



The State of Lao PDR's Health

IHME measures the world's health problems in 204 countries and territories. It is the most comprehensive and comparable research on health to date, tracking 400+ diseases, injuries, and risk factors in its Global Burden of Disease (GBD) study. IHME's new research captures the latest evidence on health in ASEAN countries.

There is a gap of more than 7 years between Lao PDR's health span and life span.¹

Health span versus life span in Lao PDR, 2021

■ Healthy life expectancy ■ Life expectancy

60.1

67.8

¹Health span is the number of years someone can expect to live in good health. Estimate is based on healthy life expectancy versus life expectancy at birth for all sexes.

What drives poor health and early death in Lao PDR? Neonatal disorders, cardiovascular diseases, air pollution, and high blood pressure rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Neonatal disorders
2	Stroke
3	Ischemic heart disease
4	Lower respiratory infections
5	Congenital defects
6	Other COVID-19 outcomes
7	COVID-19
8	Tuberculosis
9	Diabetes
10	Road injuries

Leading risk factors 2021 ranking, all ages³

1	Air pollution ⁴
2	High blood pressure
3	Low birth weight & short gestation
4	Smoking
5	High blood sugar

²Based on disability-adjusted life years per 100,000 people, all sexes, all ages, Level 3 of the GBD hierarchy.

³Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

⁴Particulate matter.

Anxiety and depression are among the top health issues for young people in Lao PDR.

Leading causes 2021 ranking, ages 10-24⁵

1	Road injuries
2	Headache disorders
3	Anxiety disorders
4	Interpersonal violence
5	Depressive disorders

⁵Based on disability-adjusted life years per 100,000 people, all sexes.

Smoking among males in Lao PDR exceeds the global and ASEAN regional average.

Percentage of males who are smokers (age-adjusted), 2021



Key actions for improving Lao PDR's health

Implement evidence-based strategies to improve maternal and child health.

Improve the health care system for both infectious and non-communicable diseases.

Strengthen tobacco control policies and enforcement.

Enhance health information systems for better disease monitoring.

About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice.

About the NUS Yong Loo Lin Medical School

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Its enduring mission centers on nurturing highly competent, values driven and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

For more information, contact:

Dr. Marie Ng
Affiliate Associate Professor
marieng@uw.edu