



# The State of Myanmar'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 8 years between Myanmar's health span and life span.<sup>1</sup>

## Health span versus life span in Myanmar, 2021

Healthy life expectancy Life expectancy



<sup>1</sup>Health 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 Myanmar? Cardiovascular diseases, neonatal disorders, air pollution, and high blood pressure rank among the top health problems and risk factors.

### Leading causes 2021 ranking, all ages<sup>2</sup>

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

### Leading risk factors 2021 ranking, all ages<sup>4</sup>

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

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

<sup>3</sup>Chronic obstructive pulmonary disease. Includes emphysema and chronic bronchitis.

<sup>4</sup>Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

<sup>5</sup>Particulate matter.

Conflict & terror and anxiety are among the top health issues for young people in Myanmar.

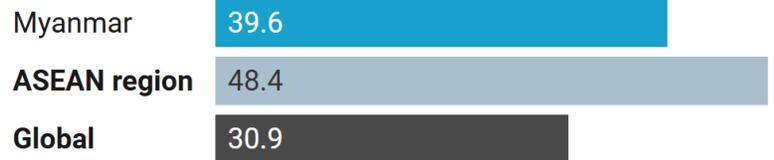
### Leading causes 2021 ranking, ages 10-24<sup>6</sup>

1	Road injuries
2	Conflict & terror
3	Headache disorders
4	Anxiety disorders
5	Dietary iron deficiency

<sup>6</sup>Based on disability-adjusted life years per 100,000 people, all sexes.

Smoking among males in Myanmar exceeds the global average.

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



## Key actions for improving Myanmar's health

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

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

Address risk factors for chronic diseases.

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](mailto:marieng@uw.edu)