



# The State of Singapore'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 10 years between Singapore's health span and life span.<sup>1</sup>

## Health span versus life span in Singapore, 2021

■ Healthy life expectancy ■ Life expectancy

75.0

85.7

<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 Singapore? Cardiovascular diseases, musculoskeletal disorders, and diabetes/high blood sugar rank among the top health problems and risk factors.

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

1	Ischemic heart disease
2	Low back pain
3	Other musculoskeletal disorders <sup>3</sup>
4	Diabetes
5	Lower respiratory infections
6	Stroke
7	Falls
8	Osteoarthritis
9	Headache disorders
10	Age-related hearing loss

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

1	High blood sugar
2	Obesity and overweight <sup>5</sup>
3	High blood pressure
4	Smoking
5	Air pollution <sup>6</sup>

<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>Includes disorders such as neck pain and arthritis.

<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>Body mass index greater than 25 in adults (≥18 years) and based on the International Obesity Task Force criteria for children (<18 years).

<sup>6</sup>Particulate matter.

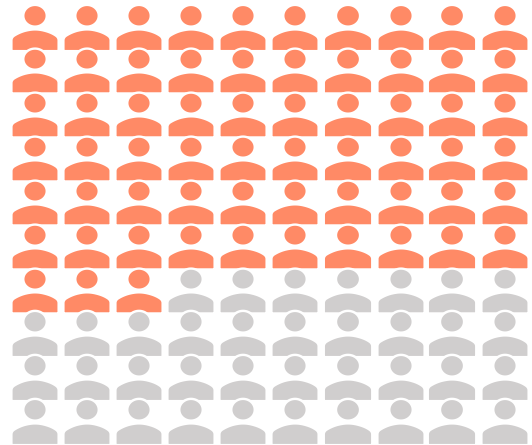
Depression, anxiety, and self-harm are the top three health issues among young people in Singapore.

#### Leading causes 2021 ranking, ages 10-24<sup>7</sup>

1	Depressive disorders
2	Anxiety disorders
3	Self-harm
4	Low back pain
5	Headache disorders

<sup>7</sup>Based on disability-adjusted life years per 100,000 people, all sexes.

Obesity and overweight is a rising threat to health in Singapore.



By 2050, IHME projects that **63%** of adults will be living with overweight or obesity in Singapore.

## Key actions for improving Singapore's health

Address risk factors for chronic diseases.

Expand screening for and treatment of mental disorders.

Improve monitoring and surveillance of self-harm.

Implement evidence-based strategies to prevent falls.

### 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.

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