



The State of Viet Nam’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 8 years between Viet Nam’s health span and life span.¹

Health span versus life span in Viet Nam, 2021

Healthy life expectancy Life expectancy



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 Viet Nam? Cardiovascular diseases, road injuries, and high blood pressure rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Stroke
2	Ischemic heart disease
3	Road injuries
4	Diabetes
5	COVID-19
6	Neonatal disorders
7	COPD ³
8	Cirrhosis of the liver ⁴
9	Low back pain
10	Headache disorders

Leading risk factors 2021 ranking, all ages⁵

1	High blood pressure
2	Smoking
3	Air pollution ⁶
4	High blood sugar
5	High alcohol use

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

³Chronic obstructive pulmonary disease. Includes emphysema and chronic bronchitis.

⁴Includes cirrhosis and other chronic liver diseases.

⁵Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

⁶Particulate matter.

Depression and anxiety are among the top health issues for young people in Viet Nam.

Leading causes 2021 ranking, ages 10-24⁷

1	Road injuries
2	Headache disorders
3	Drowning
4	Depressive disorders
5	Anxiety disorders

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

Smoking among males in Viet Nam exceeds the global average.

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



Key actions for improving Viet Nam's health

Address risk factors for chronic diseases.

Strengthen tobacco control measures.

Implement evidence-based strategies to reduce harmful alcohol use.

Expand screening for and treatment of mental disorders.

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