



The State of Indonesia'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 nearly 8 years between Indonesia's health span and life span.¹

Health span versus life span in Indonesia, 2021

■ Healthy life expectancy ■ Life expectancy

61.6

69.5

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 Indonesia? Cardiovascular diseases, neonatal disorders, high blood pressure, and smoking rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Stroke
2	COVID-19
3	Ischemic heart disease
4	Neonatal disorders
5	Other COVID-19 outcomes
6	Cirrhosis of the liver ³
7	Tuberculosis
8	Diabetes
9	Road injuries
10	COPD

Leading risk factors 2021 ranking, all ages⁴

1	High blood pressure
2	Smoking
3	Air pollution ⁵
4	High blood sugar
5	Kidney dysfunction

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

³Includes cirrhosis and other chronic liver diseases.

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

⁵Particulate matter.

Anxiety disorders are among the top health issues for young people in Indonesia.

Leading causes 2021 ranking, ages 10-24⁶

1	Road injuries
2	Headache disorders
3	Anxiety disorders
4	COVID-19
5	Tuberculosis

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

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

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



Key actions for improving Indonesia's health

Address risk factors for chronic diseases.

Strengthen tobacco control policies and enforcement.

Improve access to health care and reduce health inequities.

Enhance health information systems for more effective 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.

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