



The State of the Philippines' 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 the Philippines' health span and life span.¹

Health span versus life span in the Philippines, 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 the Philippines? Cardiovascular diseases, neonatal disorders, high blood pressure, and air pollution rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	COVID-19
2	Ischemic heart disease
3	Stroke
4	Neonatal disorders
5	Other COVID-19 related health issues
6	Lower respiratory infection
7	Diabetes
8	Chronic kidney disease
9	Tuberculosis
10	Interpersonal violence

Leading risk factors 2021 ranking, all ages³

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

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 air pollution.

Anxiety and interpersonal violence are among the top health issues for young people in the Philippines.

Leading causes 2021 ranking, ages 10-24⁵

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

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

Smoking among males in the Philippines exceeds the global average.

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



Key actions for improving the Philippines' health

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

Improve access to health care and reduce health inequities.

Reduce harm caused by road injuries and interpersonal violence.

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.

For more information, contact:

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