



The State of Thailand'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 9 years between Thailand's health span and life span.¹

Health span versus life span in Thailand, 2021

■ Healthy life expectancy ■ Life expectancy

66.5

76.3

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 Thailand? Cardiovascular diseases, road injuries, and diabetes/high blood sugar rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Stroke
2	Road injuries
3	Ischemic heart disease
4	Diabetes
5	COVID-19
6	Chronic kidney disease
7	Lower respiratory infections
8	Cirrhosis of the liver ³
9	HIV/AIDS
10	Lung cancer

Leading risk factors 2021 ranking, all ages⁴

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

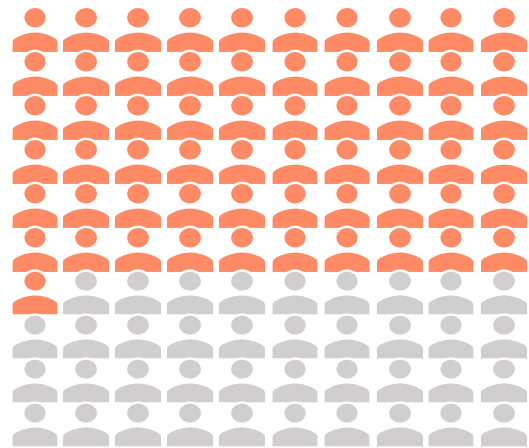
Anxiety, self-harm, and depression are among the top health issues for young people in Thailand.

Leading causes 2021 ranking, ages 10-24⁶

1	Road injuries
2	Headache disorders
3	Anxiety disorders
4	Self-harm
5	Depressive disorders

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

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



By 2050, IHME projects that **61%** of adults will be overweight or obese in Thailand.

Key actions for improving Thailand's health

- Address risk factors for chronic diseases.
- Implement evidence-based strategies to prevent road injuries.
- Maintain and enhance universal coverage to promote equitable health care access.
- Expand access to mental health services.

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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