Healthy life expectancy

Life expectancy at birth provides an indication of overall mortality of a country’s population. In Timor-Leste, from 2000 (58.7 years) to 2015 (68.3 years), the life expectancy at birth has improved by 9.6 years.

Healthy life expectancy reflects overall health of the country’s population. In Timor-Leste, from 2000 (52.2 years) to 2015 (60.7 years), healthy life expectancy has improved by 8.5 years.

Universal health coverage: At the centre of the health goal

The goal of universal health coverage (UHC) is that all people and communities receive the health care they need, without suffering financial hardship. Monitoring UHC requires measuring health service coverage and financial protection (SDG target 3.8).

HEALTH SERVICE COVERAGE

A new summary measure of health service coverage, a composite service coverage index, is currently under development: 16 indicators are derived from four main areas of work: (1) reproductive, maternal, newborn and child health; (2) infectious diseases; (3) noncommunicable diseases; (4) service capacity, access and health security.

Reproductive, maternal, newborn and child health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family planning coverage¹</td>
<td>27</td>
<td>71</td>
</tr>
<tr>
<td>Pregnancy care¹</td>
<td>47</td>
<td>71</td>
</tr>
<tr>
<td>Child immunization coverage²</td>
<td>76</td>
<td>71</td>
</tr>
<tr>
<td>Care seeking behaviour suspected pneumonia³</td>
<td>71</td>
<td>71</td>
</tr>
</tbody>
</table>

Communicable diseases

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuberculosis detection and treatment⁴</td>
<td>48</td>
<td>41</td>
</tr>
<tr>
<td>HIV antiretroviral therapy coverage⁴</td>
<td>100</td>
<td>41</td>
</tr>
<tr>
<td>Insecticide-treated bednets/indoor residual spray coverage for malaria prevention⁶</td>
<td>100</td>
<td>41</td>
</tr>
<tr>
<td>Access to improved sanitation⁷</td>
<td>1</td>
<td>44</td>
</tr>
</tbody>
</table>

Noncommunicable diseases

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence of normal blood pressure level in population⁸</td>
<td>45</td>
<td>44</td>
</tr>
<tr>
<td>Prevalence of normal blood glucose level in population⁹</td>
<td>100</td>
<td>44</td>
</tr>
<tr>
<td>Cervical cancer screening¹⁰</td>
<td>1</td>
<td>44</td>
</tr>
<tr>
<td>Tobacco non-use¹¹</td>
<td>100</td>
<td>44</td>
</tr>
</tbody>
</table>

Service capacity, access and health security

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2010</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Density of hospital beds¹², expressed as % of global threshold, 18/10 000</td>
<td>68</td>
<td>66</td>
</tr>
<tr>
<td>Health worker density¹³, expressed as % of new global threshold, 44/5 000</td>
<td>46</td>
<td>46</td>
</tr>
<tr>
<td>Health security: IHR compliance¹⁴</td>
<td>66</td>
<td>66</td>
</tr>
<tr>
<td>Access to essential medicines</td>
<td>66</td>
<td>66</td>
</tr>
</tbody>
</table>

UHC services coverage index of essential health services

To provide a summary measure of coverage, an index of national service coverage is computed by averaging service coverage values across the 16 tracer indicators. The UHC coverage index ranges from 0% to 100%, with 100% implying full coverage across a range of services.

FINANCIAL PROTECTION

Financial protection is measured through two indicators: (1) impoverishment, and (2) catastrophic health expenditure.

Impoverishment: 0.1% of approximately 1 600 people are being pushed into poverty because of out-of-pocket health spending.

Catastrophic expenditure on health: 0.9% of people spent more than 10% of their household’s total expenditure on health care.

Out of pocket expenditure in most cases, high percentage of out-of-pocket expenditure out of the total health expenditure is associated with low financial protection.

Public spending on health is determined by the capacity of the government to raise revenues and allocate it to health.

This profile provides an overview of the current status of achieving better health towards the 13 targets under the Sustainable Development Goal #3 (SDG3): Ensure healthy lives and promote well-being for all at all ages. 25 SDG3 indicators plus other selected health-related indicators are presented where data is available.
SDG 3: Health targets

**Maternal and child mortality** (SDG target 3.1, 3.2)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults aged ≥18 years who are obese¹⁹ (%)</td>
<td>2.9</td>
<td>1.0</td>
</tr>
<tr>
<td>Prevalence of raised blood pressure among adults aged ≥ 18 years¹² (%)</td>
<td>28.1</td>
<td>26.9</td>
</tr>
<tr>
<td>Prevalence of raised fasting blood glucose among adults aged ≥ 18 years²⁰ (%)</td>
<td>5.5</td>
<td>5.4</td>
</tr>
</tbody>
</table>

Tracking inequalities and targeting disadvantaged groups in health service coverage is central to monitoring progress towards UHC. Currently national health information systems and periodic surveys are inadequate for capturing data disaggregated by health equity stratifiers. The SDG target 17.18 highlighted below emphasizes the importance for countries to improve data and statistics available by multiple equity dimensions in all sectors, including health.

Measuring the degree of inequity in service coverage is not currently feasible for most indicators, and data is generally only available for indicators in reproductive, maternal, newborn and child health using data from international household health surveys. A relative inequality score based on the ratio of the mean coverages among the poorest populations to the national average can be computed. A value of 100 means no difference at all, whereas the smaller value indicates greater gap between the poorest and the national average.

**Child under-five mortality rate inequality by maternal education and wealth quintile for some high-burden countries, 2009 to 2016²¹**

**SDGs emphasis on equity**

SDG target 17.18 emphasizes the need for disaggregated data. By 2020, enhance capacity-building support to developing countries to increase significantly the availability of high-quality, timely and reliable data disaggregated by income, gender, age, race, ethnicity, migratory status, disability, geographical location and other characteristics relevant in national contexts.

### 2017 Health SDG Profile: Timor-Leste
2017 Health SDG Profile: Timor-Leste

Communicable diseases (SDG target 3.3)

New HIV infections among adults 15 to 49 years

Indicators Year Timor-Leste Regional estimate
Hepatitis B incidence - - -
Number of people requiring interventions against neglected tropical diseases 2015 1 170 044 726 474 894

Noncommunicable diseases and injuries

Indicators SDG target Year Timor-Leste Regional estimate
Mortality between 30 and 70 years of age from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases¹¹ (%) 3.4.1 2015 20.7 23.2
Suicide rate¹¹ (per 100 000 population) 3.4.2 2015 7.1 12.9
Total alcohol per capita (age 15+ years) consumption¹¹ 3.5.2 2016 1 4
Mortality rate from road traffic injuries¹¹ (per 100 000 population) 3.6.1 2013 16.6 17

Sexual and reproductive health

Proportion of married or in-union women of reproductive age who have their need for family planning satisfied with modern methods¹¹ (%) 3.7.1 2005-2015 38.3 74.1
Adolescent birth rate (per 1000 women aged 15 to 19 years)¹² 3.7.2 2009 51 33.9

Mortality due to environmental pollution

Mortality rate attributed to household and ambient air pollution¹¹ (per 100 000 population) 3.9.1 2012 91.6 119.9
Mortality rate attributed to exposure to unsafe WASH services¹¹ (per 100 000 population) 3.9.2 2012 10.3 20.1
Mortality rate attributed to unintentional poisoning* (per 100 000 population) 3.9.3 2015 1 1.5

Tobacco use

Prevalence of tobacco use among persons 15 years and older-Female¹⁰ 3.a.1 2015 29 18
Prevalence of tobacco use among persons 15 years and older-Male¹⁰ 3.a.1 2015 71 52

Essential medicines and vaccines

Proportion of the population with access to affordable medicines and vaccines on a sustainable basis 3.b.1 - - -
Total net official development assistance to medical research and basic health per capita¹¹ (constant 2014 US$) 3.b.2 2014 10.8 0.47

Health workforce

Health worker density¹¹ (per 10 000 population) 3.c.1 2016 20.3 -

National and global health risks

International Health Regulations Core Capacity Index¹¹ 3.d.1 2010–2016 66 80

Note: A dash (-) implies relevant data are not available
## General government health expenditure

<table>
<thead>
<tr>
<th>Indicators</th>
<th>SDG target</th>
<th>Year</th>
<th>Timor-Leste</th>
<th>Regional estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>General government health expenditure as % of general government expenditure⁶¹</td>
<td>1.a</td>
<td>2014</td>
<td>2.4</td>
<td>9.3</td>
</tr>
</tbody>
</table>

### Child nutrition

| Children under 5 years who are stunted³⁹ | 2.2.1 | 2013 | 50.2 | 33.8 |
| Children under 5 years who are wasted³⁰ | 2.2.2 | 2013 | 11.0 | 15.3 |
| Children under 5 years who are overweight³⁰ | 2.2.3 | 2013 | 1.5 | 5.3 |

### Drinking water services and sanitation

| Proportion of population using improved drinking water sources⁶¹ | 6.1 | 2015 | 72 | 92 |
| Proportion of population using improved sanitation⁴¹ | 6.2 | 2015 | 41 | 49 |

### Ambient air pollution

| Air pollution level in cities⁴¹ (PM 2.5) (µg/m³) | 11.6.2 | 2014 | 15 | 58.8 |

### Natural disasters

| Number of deaths by disaster¹¹ (per 100,000 people) | 13.1.2 | 2011-2015 | 0 | 0.3 |

### Homicide and conflicts

| Mortality rate due to homicide¹¹ (per 100,000 population) | 16.1.1 | 2015 | 4.4 | 4 |
| Estimated direct deaths from major conflicts¹¹ (per 100 000 population) | 16.1.2 | 2011-2015 | 0 | 0.1 |

### Birth registration

| Birth registration coverage¹ | 16.9.1 | 2009-2010 | 55 | 0 |

### Cause-of-death data


### Other health-related SDGs

#### Prevalence of children under 5 years who are stunted³⁰

- 2003: 55.0
- 2007-08: 50.2
- 2009-10: 50.2
- 2013:

#### Prevalence of children under 5 years who are overweight³⁰

- 2003:
- 2007-08:
- 2009-10:
- 2013:

## References