



Facts and Figures

Healthy Ageing



Timor-Leste

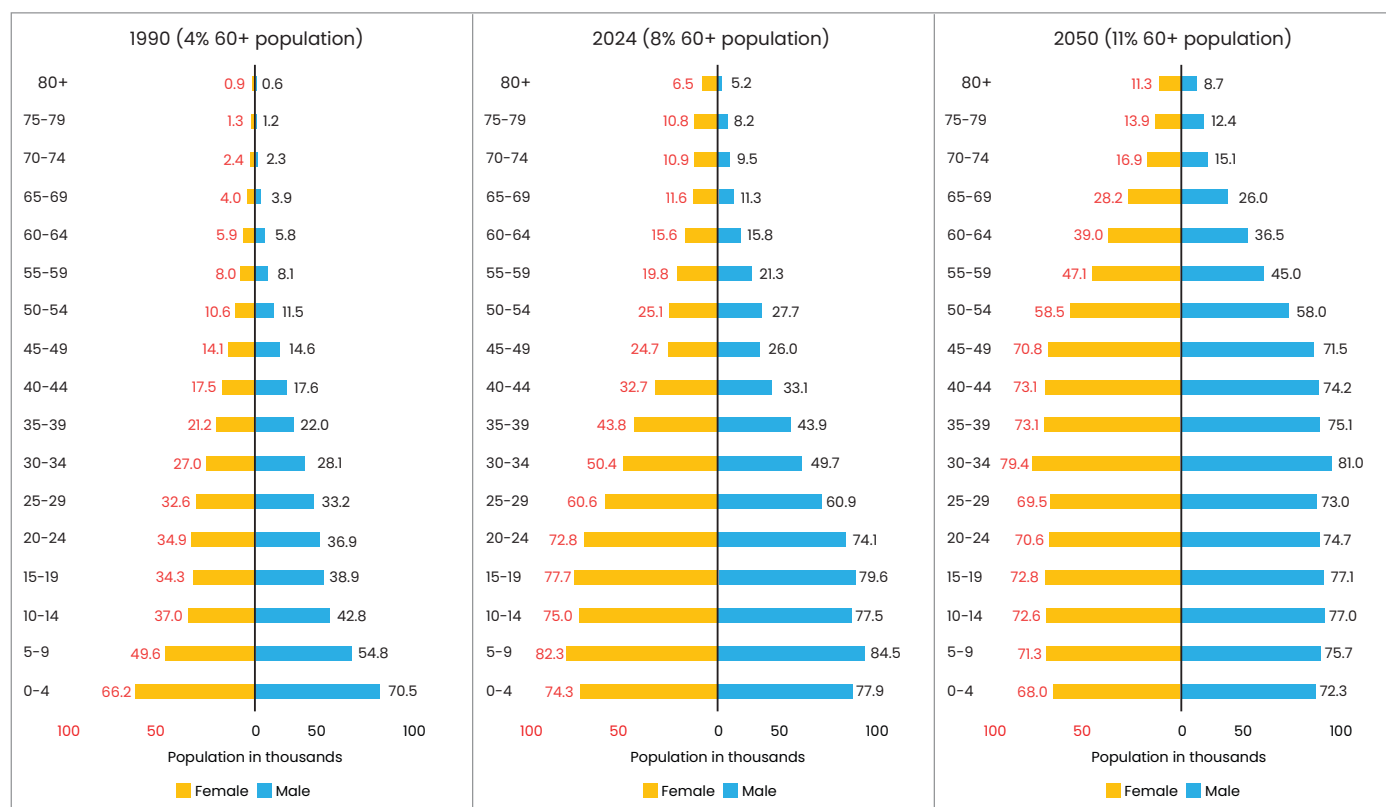


Demographic profile, 2024

	Total	Female	Male
Total population	1 401 000	695 000 (50%)	706 000 (50%)
Total 60+ years population	105 000 (8%)	55 000 (8%)	50 000 (7%)
Total 80+ years population	12 000 (0.8%)	7000 (0.9%)	5000 (0.7%)

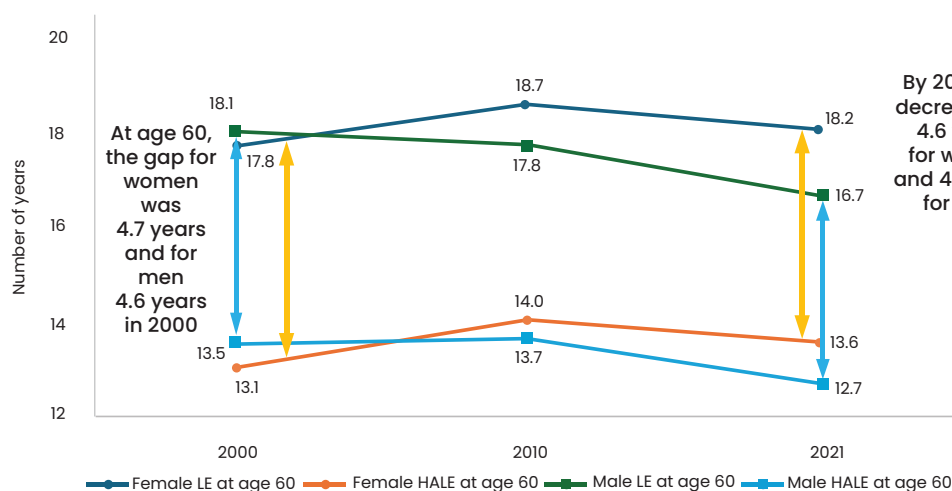
Demographic shift:

Share of people aged 60 years and above expected to increase from 8% in 2024 to 11% in 2050



Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition (accessed on 1 August 2025)

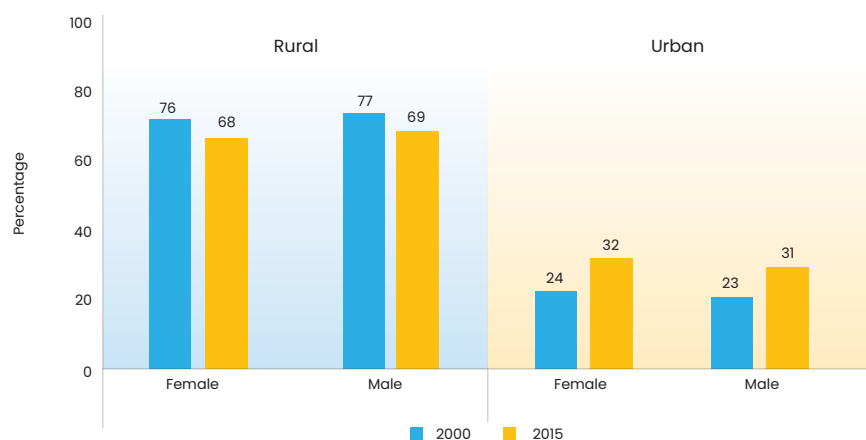
Gap between life expectancy and health life expectancy at age 60 years, 2000-2021



Source: Global Health Observatory-World Health Organization (accessed on 1 August 2025)

Older women live longer than men but spend more years in poor health, with the LE-HALE gap at 4.6 years for women and 4.0 years for men in 2021

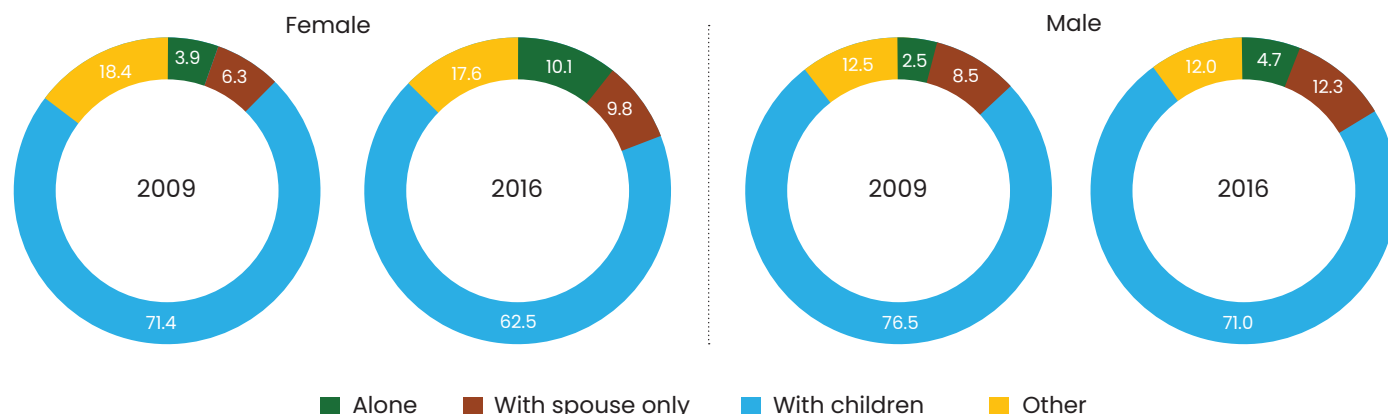
Percentage of older people aged 60 years and above living in rural and urban areas



Between 2000 and 2015, the percentage of older people living in rural areas has declined by around 9%, while the share living in urban areas has increased by a similar margin, indicating a clear trend of urbanization

Source: Ageing Data Portal -World Health Organization (accessed on 1st August 2025)

Household living arrangements (60+ years)



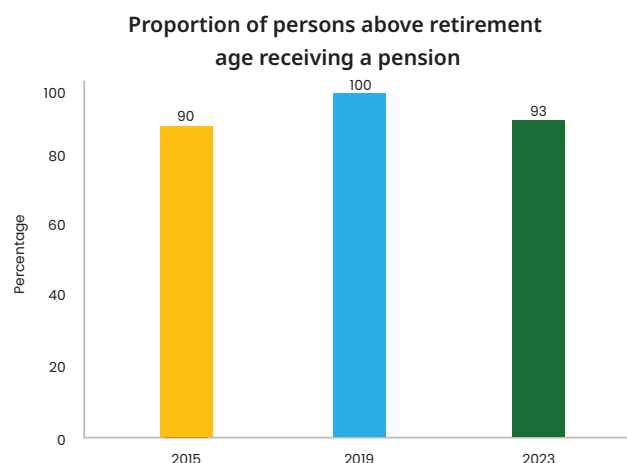
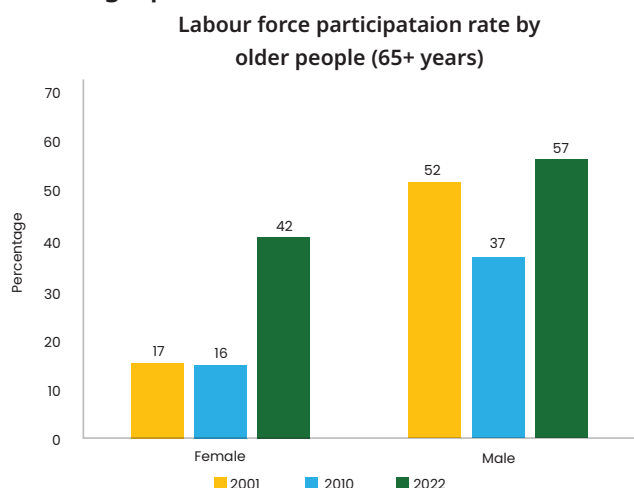
■ Alone ■ With spouse only ■ With children ■ Other

Source: Ageing Data Portal -World Health Organization (accessed on 1 August 2025)



While most older people continue to live with their children, the proportion of those living alone or only with a spouse has been steadily increasing over the years

Labour force participation rate by older people (65+ years) and proportion of persons above retirement age receiving a pension



Source: ILOSTAT (accessed on 1 August 2025)



Between 2001 and 2022, labour force participation among older people (65+ years) increased both for women and men. Pension coverage also increased from 90% in 2015 to 93% in 2023, indicating a shift from reliance on work to greater financial security through pensions in old age



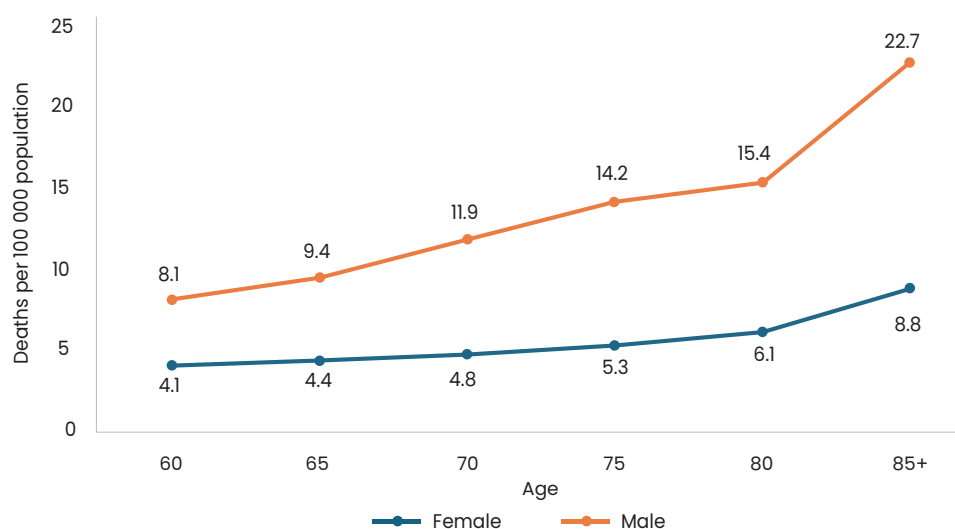
Mortality profile

Top five causes of mortality in older people

Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Stroke	Stroke	Stroke	Tuberculosis	Stroke	Stroke	Stroke	Ischaemic heart disease
2	Ischaemic heart disease	Ischaemic heart disease	Tuberculosis	Stroke	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Stroke
3	Tuberculosis	Tuberculosis	Ischaemic heart disease	Ischaemic heart disease	Lower respiratory infections	Tuberculosis	Chronic obstructive pulmonary disease	Tuberculosis
4	Chronic obstructive pulmonary disease	Lower respiratory infections	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Diarrhoeal diseases	Lower respiratory infections	Tuberculosis	Chronic obstructive pulmonary disease
5	Lower respiratory infections	Hypertensive heart disease	Lower respiratory infections	Lower respiratory infections	Chronic obstructive pulmonary disease	Alzheimer disease and other dementias	Lower respiratory infections	Lower respiratory infections

Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)

Suicide mortality rate (per 100 000 population) among older people, 2021



Source: World Health Organization-Global Health Estimates (accessed on 7 October 2025)



Suicide mortality rates among older people rose sharply for males, and were consistently higher in males than females, with the gap widening significantly in the oldest age groups



Morbidity profile

Top five causes of years of healthy life lost due to disability (YLD)

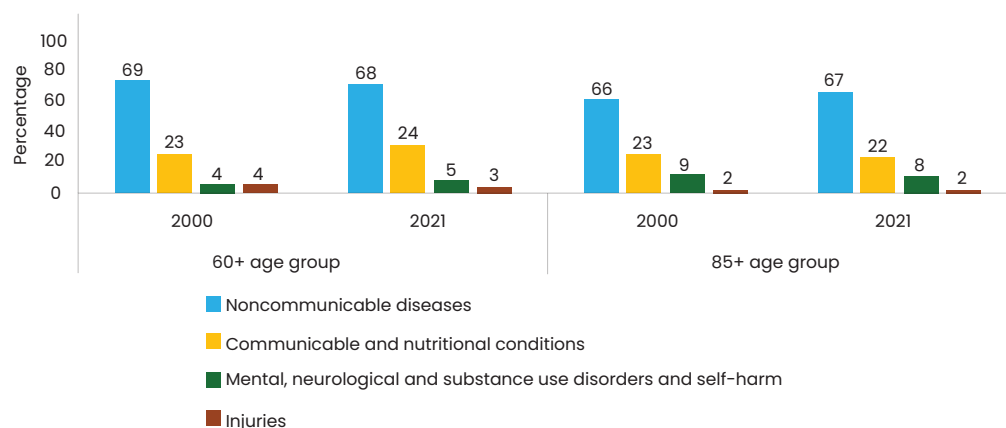
Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Back and neck pain	Diabetes mellitus	Lymphatic filariasis	Diabetes mellitus	Alzheimer disease and other dementias	Alzheimer disease and other dementias	Other hearing loss	Other hearing loss
2	Other hearing loss	Back and neck pain	Other hearing loss	Other hearing loss	Other hearing loss	Other hearing loss	Alzheimer disease and other dementias	Diabetes mellitus
3	Lymphatic filariasis	Other hearing loss	Back and neck pain	Back and neck pain	Cataracts	Diabetes mellitus	Lymphatic filariasis	Alzheimer disease and other dementias
4	Other vision loss	Alzheimer disease and other dementias	Other vision loss	Collective violence and legal intervention	Back and neck pain	Cataracts	Cataracts	Chronic obstructive pulmonary disease
5	Diabetes mellitus	Osteoarthritis	Diabetes mellitus	Chronic obstructive pulmonary disease	Other vision loss	Back and neck pain	Other vision loss	Kidney diseases

Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)



Diabetes mellitus emerged as a leading cause of disability among the 60+ population, while hearing loss, and back and neck pain remained prevalent, and conditions such as Alzheimer's disease, hearing loss, diabetes were prominent in the 85+ population

Distribution of Disability Adjusted Life Years (DALYs) among older people



Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)



Between 2000 and 2021, the burden of DALYs in older people remained dominated by noncommunicable diseases. Whereas the share from communicable and nutritional conditions and mental, neurological, and substance use disorders remained largely unchanged across age groups

Incidence and prevalence of common health conditions

Age group	Tuberculosis* 2021		Acute hepatitis B* 2021		Falls* 2021		Hearing impairments** 2021		Vision impairments** 2019		Anaemia** 2021		Lower back pain** 2021	
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
60–64	81 656	109 117	56 717	81 757	1236	1455	64	68	39	35	31	17	15	8
65–69	95 429	129 365	51 469	76 646	1531	1486	74	76	57	51	38	27	17	9
70–74	97 865	125 933	47 076	69 368	1757	1584	80	82	76	67	40	37	19	10
75–79	97 694	132 126	41 531	62 266	2816	1779	83	84	90	82	43	44	23	11
80–84	113 215	184 251	37 279	56 878	4261	1851	85	85	98	92	47	49	25	13
85–89	128 752	234 377	33 151	51 867	5279	1865	86	87	100	98	53	61	23	14
90–94	143 313	282 738	29 050	45 714	5334	1810	86	87	100	99	66	92	20	14
95+	158 229	330 720	25 250	40 701	4748	1702	86	87	100	100	72	94	17	14

Source: Global Burden of Disease (accessed on 1 August 2025)

*Incidence rate per 100 000 population **Prevalence

The health burden in older age is shaped by a dual challenge of infectious diseases and chronic/functional impairments



Tuberculosis

Increases with age, with men consistently showing higher incidence than women



Acute hepatitis B

Declines with age, but men have nearly double the rates compared to women



Falls

Incidence rises sharply in advanced age, especially among women



Hearing impairments

Prevalence increases steadily with age, slightly higher among men



Vision impairments

Affect the majority of older adults, surpassing 90% in the 80+ age group, with slightly higher among women



Anaemia

Becomes more common with age, disproportionately affecting men



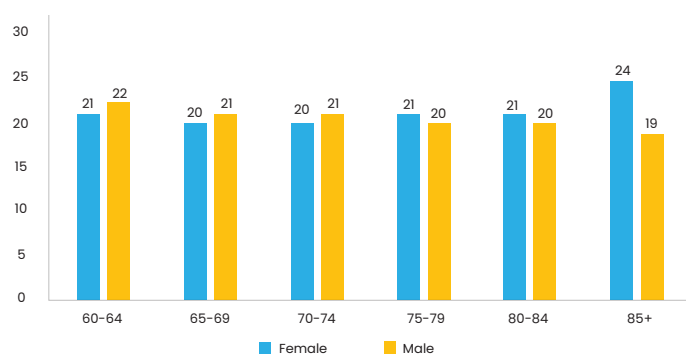
Lower back pain

Higher prevalence among women than men

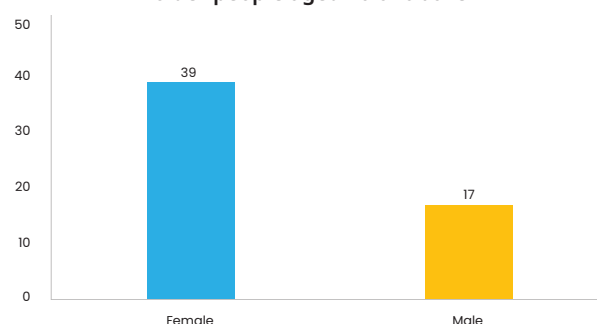


Mean Body Mass Index (based on measured height and weight) and Prevalence of insufficient physical activity in older people aged 70 years or above, 2016

Mean Body Mass Index



Prevalence of insufficient physical activity in older people aged 70 or above



Source: Global Health Observatory-World Health Organization (accessed on 1 August 2025)



UN Decade of Healthy Ageing (2021–2030)

10 national indicators	2020	2023
Focal point on ageing and health in the Ministry of Health	Yes	Yes
National plans, policies or strategies on ageing and health	Yes	Yes
National multi-stakeholder forum or committee on ageing and health	No	Yes
National legislation and enforcement strategies against age-based discrimination	No	Yes
Legislation / regulations that provide older adults with access to assistive devices from the WHO Priority Assistive Products List	No	Yes
A national programme to support activities in line with the WHO Global Network for Age-friendly Cities and Communities	No	No
National policies in place to support comprehensive assessments of the health and social care needs of older people	No	Yes
National long-term care policy / plan / strategy / framework (stand-alone or integrated within an ageing and health plan)	No	No
Nationally representative, cross-sectional, publicly available and anonymous individual level data on older persons and their health status and needs collected since 2010	No	No
Nationally representative longitudinal surveys on health status and needs of older persons available in the public domain	No	No

Additional indicators	2023
Policy, legislation, strategy, or programme to support combatting ageism	Yes
Human rights mechanisms dedicated to the promotion and protection of the rights of older persons	Yes
Specific legal, administrative, or other effective remedies (anti-discrimination body; national human rights institution) to older persons who have been subject to discrimination	Yes
Contributing to the UN-Open ended working group on ageing	No
Country that implemented actions to support income generation activities for older persons	Yes
Provision of out-patient-service free of charge in the public sector for older persons	Yes
Provision of assistive devices and technologies free of charge in the public sector for older persons	Yes
Pharmaceutical products and/or other medical supplies free of charge in the public sector for older persons	Yes
Capacity-building plans to strengthen the geriatric and gerontology workforce	No
National guidelines for organizing geriatric care and training	No
National competency frameworks for geriatrics care workers	No
Programmes (in-person or online) available for caregivers of older persons	Yes
Policy, legislation, strategy, or programme to support the integration of palliative care services into the structure and financing of national healthcare systems at all levels of care	Yes

Availability of human and financial resources to address the UN Decade strategic priorities

	Adequate resources	Substantial resources	Limited resources	Very limited resources	No resources	No response
Combating Ageism			✓			
Age-friendly Environment			✓			
Integrated Care for Older Persons			✓			
Long-term Care				✓		

Source: Global Health Observatory-World Health Organization (accessed on 1 August 2025)

Timor-Leste reported having limited to very limited human and financial resources for combating ageism, strengthening age-friendly environments, advancing integrated care, and developing long-term care

Together for
Health, care and dignity
of older population



World Health
Organization

South-East Asia Region