2020

Country Fact Sheet
Public Health Data at a Glance

Brunei Darussalam

World Health Organization
Representative Office
for Malaysia, Brunei Darussalam,
and Singapore

كمنترين كصيحتن
KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

Country Fact Sheet

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Ministry of Health, Brunei Darussalam

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459 500
Total population, 2019

● **53.2%** Male   ● **46.8%** Female

Population by age group

74.6% **15-64** Years

20.6% **0-14** Years

4.8% **65+** Years
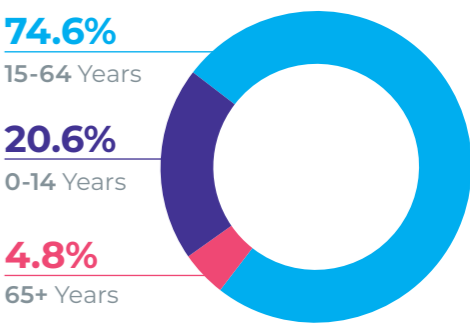
Source: Economic Planning and Development, Ministry of Finance and Economy Brunei Darussalam (1).

Demographic indicators		*Source*
Total population (2019)	459 500	*(1)*
Economic indicators		
Gross national income per capita based on purchasing power parity (current international $, 2018)	62 820	*(2)*
Total expenditure on health as % of gross domestic product (%, 2019/2020)	2.11	*(3)*
General government expenditure on health as % of general government expenditure (%, 2017/2018)	8.83	*(3)*
Population below national poverty line	NA	-
Unemployment rate among population aged 15 years and above (%, 2018)	**8.7**	*(4)*
Vital statistic		
Life expectancy at birth: male /female (years, 2018)	76.4/78.5	*(5)*
Probability of dying between 15 and 60 years: male /female (per 1000 population, 2016)	111/83	*(6)*
Maternal mortality ratio (per 100 000 live births, 2019)	**32.4**	*(3)*
Under-5 mortality rate (per 1000 live births, 2019)	**9.7**	*(4)*
Infant mortality rate (per 1000 live births, 2019)	8.4	*(4)*
Environmental indicators		
Population using improved drinking-water source	NA	-
Population using improved sanitation facilities	NA	-
Education indicators		
Human development index (2018)	0.987	*(7)*
Literacy rate among adults aged 9 years and above (%, 2018)	97.1	*(5)*

NA, not available
*Values in **blue bold** denote latest available for Sustainable Development Goal (SDG) indicators.*

Top Five Leading Causes of Deaths, 2019

9.8%
Diabetes Mellitus

4.2%
Hypertensive diseases

19%
Cancer (Malignant Neoplasms)

15.7%
Heart diseases (including acute rheumatic fever)

9.2%
Cerebrovascular diseases

Source: Ministry of Health, unpublished data.

ncidence Rate of Top Ten Leading Causes of Deaths, 2019

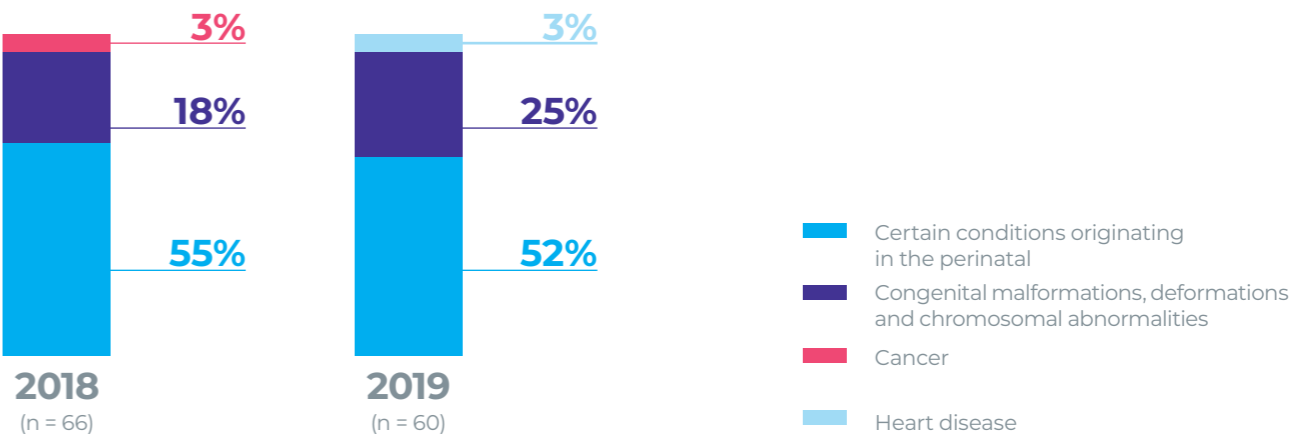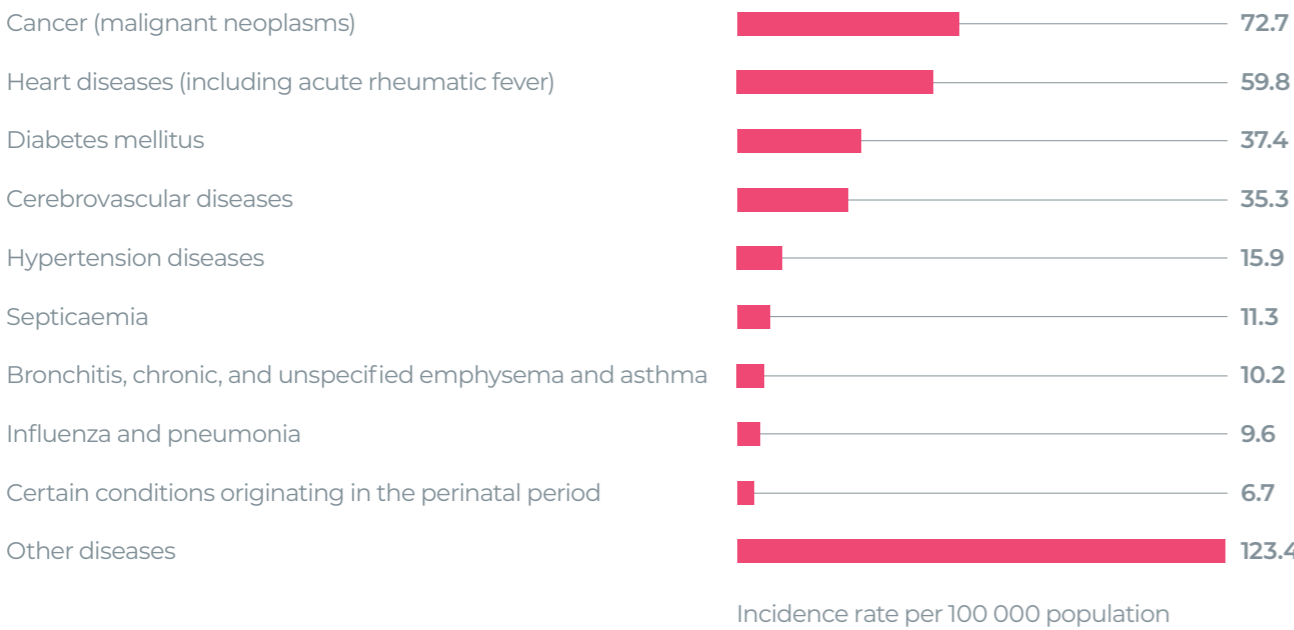| Cause	Incidence rate
Cancer (malignant neoplasms)	72.7
Heart diseases (including acute rheumatic fever)	59.8
Diabetes mellitus	37.4
Cerebrovascular diseases	35.3
Hypertension diseases	15.9
Septicaemia	11.3
Bronchitis, chronic, and unspecified emphysema and asthma	10.2
Influenza and pneumonia	9.6
Certain conditions originating in the perinatal period	6.7
Other diseases	123.4

Incidence rate per 100 000 population

Source: Ministry of Health, unpublished data.

Top Three Causes of death among children under 5, 2018–2019

2018 (n = 66)
- 3%
- 18%
- 55%

2019 (n = 60)
- 3%
- 25%
- 52%

- Certain conditions originating in the perinatal
- Congenital malformations, deformations and chromosomal abnormalities
- Cancer
- Heart disease

Source: Ministry of Health, unpublished data.

Number of cases of top ten notifiable communicable diseases, 2018–2019

Disease	2019	2018
Gastroenteritis	8290	6676
Chickenpox	4261	2541
Hand, foot, and mouth disease	3047	1076
Food poisoning	280	118
Tuberculosis	252	249
Syphilis (all forms)	145	293
Dengue fever	119	75
Influenza A	116	64
Salmonella infection	71	11
Dysentery	56	25

■ 2019 ■ 2018
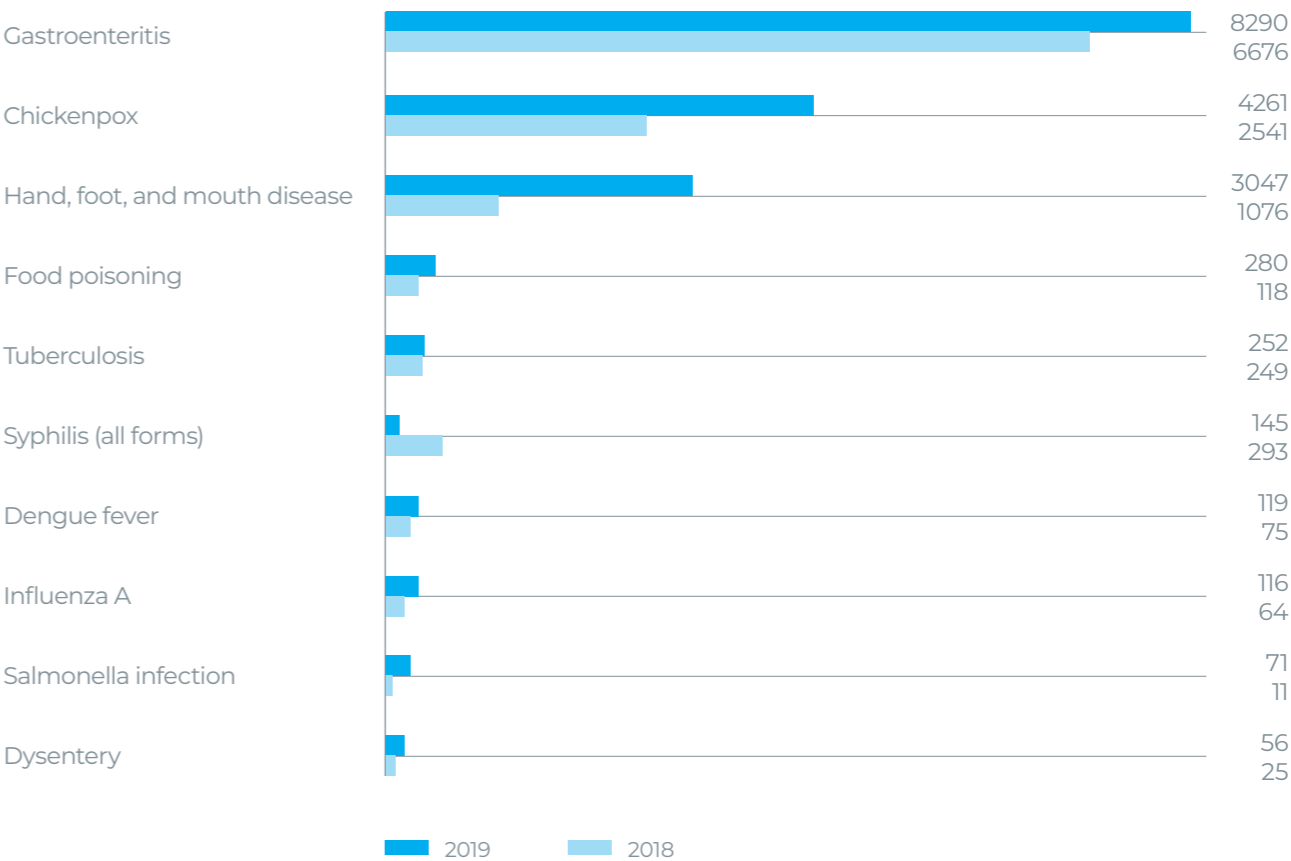
Source: Ministry of Health, Diseases Control Division, unpublished data.

Age-Standardized Mortality Rates of non-Communicable diseases (per 100 000), 2018–2019

	2019	2018
Cancer	105.5	102.8
Cardiovascular diseases	165.5	161.8
Diabetes mellitus	54.9	55.6
Chronic respiratory diseases	30.9	30.3
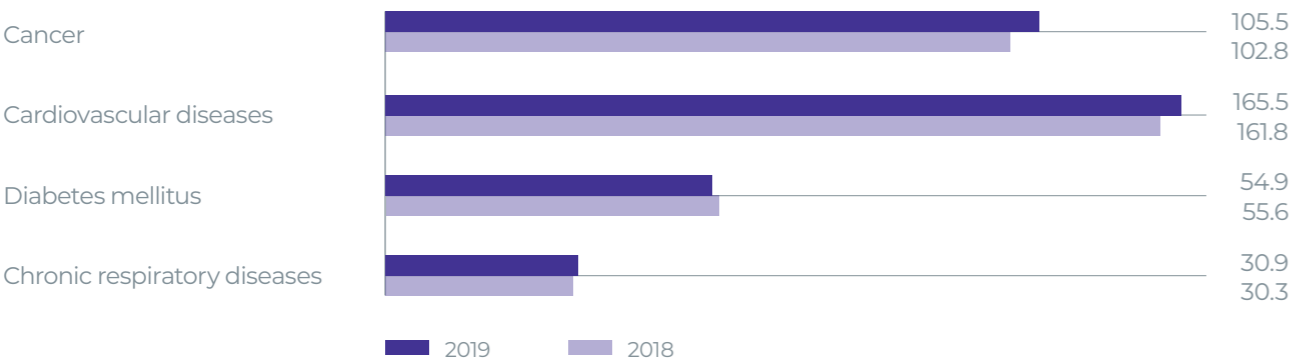
Source: Ministry of Health, unpublished data.

Overview

In 2019, Brunei Darussalam's population was estimated to be 459 500 (53.2% males and 46.8% females) with a sex ratio of 114 males for every 100 females *(1)*. The ann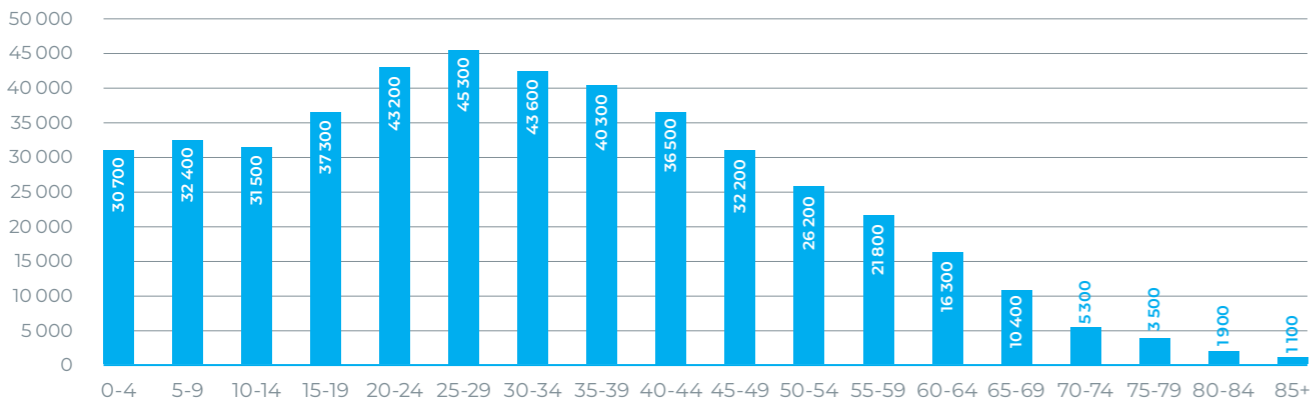ual population growth rate has increased from 3.0% during the period of 2017 to 2018 to 3.9% during the period of 2018 to 2019 *(9)*. From 2016 to 2018, the percentage of population aged 15–64 years constantly comprised more than 70% of total population, and the median age continued to increase from 29.5 *(9)* to 30.6 *(1)* over the same period. The life expectancy at birth for males has levelled around 76 years of age since 2016 *(1)*. The life expectancy at birth for females has remained consistent at 78.7 years in 2016 and 78.5 years in 2018 *(1)*. In 2019, total population over 65 years accounted for 4.8% *(9)*. Gross national income has decreased by nearly 15%, from BND 21 644.3 million in 2014 to BND 18 586.4 million in 2018 *(9)*, the World Bank classifies Brunei Darussalam as a high-income country *(10)*. Over the same period, the unemployment rate has increased by 26.1%, from 6.9% to **8.7%** *(4)*.

Population age structure, 2019

Age group	Value
0-4	30 700
5-9	32 400
10-14	31 500
15-19	37 300
20-24	43 200
25-29	45 300
30-34	43 600
35-39	40 300
40-44	36 500
45-49	32 200
50-54	26 200
55-59	21 800
60-64	16 300
65-69	10 400
70-74	5 300
75-79	3 500
80-84	1 900
85+	1 100

Source: Department Economic Planning and Development, Ministry of Finance and Economy Brunei Darussalam (1).

Average annual population growth, 2016-2019

Average annual growth	%
2017	2.9
2018	3.0
2019	3.9
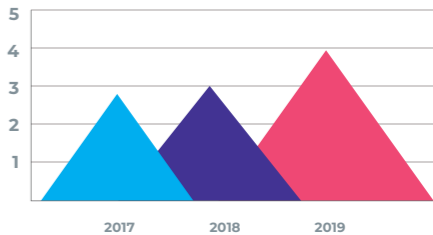
Source: Department of Economic Planning and Development, Ministry of Finance and Economy Brunei Darussalam (1).

Population growth, by age-groups, 2017-2019

Year	0 - 14	15 - 64	65+
2017	91 300	317 100	21 000
2018	91 600	330 600	20 200
2019	94 600	342 700	22 200
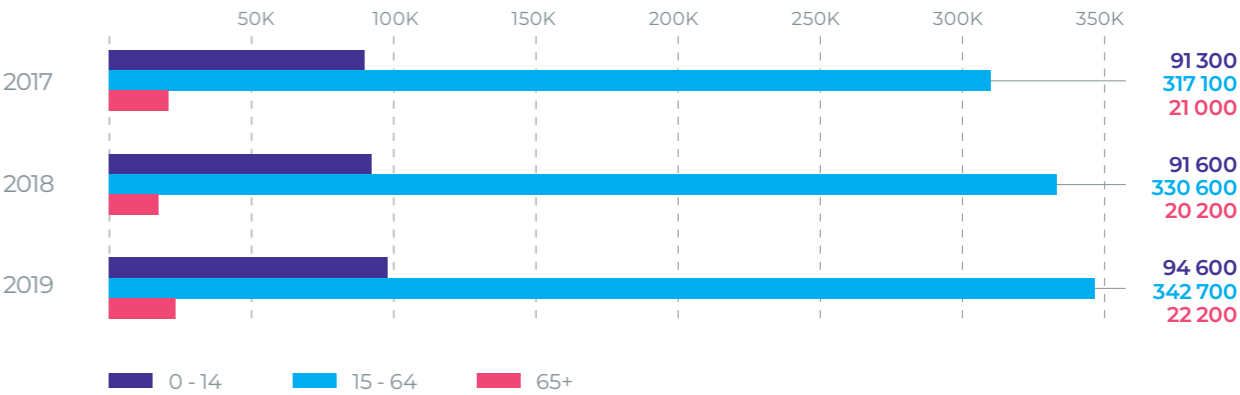
Source: Ministry of Finance and Economy (11).

Brunei Darussalam has achieved most of the health-related targets set in the Sustainable Development Goals (SDGs), including a significant reduction in the infant mortality rate and under-5 mortality rate. The reported infant mortality rate has declined from 42.3 per 1000 live births in 1966 *(12)* to 7.6 in 2007 *(13)* but increased to **8.4** in 2019. The under-5 mortality rate has also declined from 22.7 per 1000 live births in 1980 *(12)* to 9.5 per 1000 live births in 2007 *(13)*; but slightly increased to **9.7** per 1000 live births in 2019 *(5)*. The probability of a 15-year-old male dying before reaching age 60 decreased from 113 to 111 per 1000 population between 2007 and 2016. For females, the corresponding probability of dying increased from 77 to 83 per 1000 population over the same period *(6)*. Notably, Brunei Darussalam's small population and relatively low live births (around 7000 annually over the past 5 years) makes calculation of the maternal mortality ratio (MMR) sensitive to small changes, and any small fluctuations will result in significant jumps in MMR such as 43.3 and 59.7 per 100 000 live births in 2012 and 2015, respectively *(3,11)*. In 2019, MMR was **32** per 100 000 live births (two maternal death cases) *(3)*.
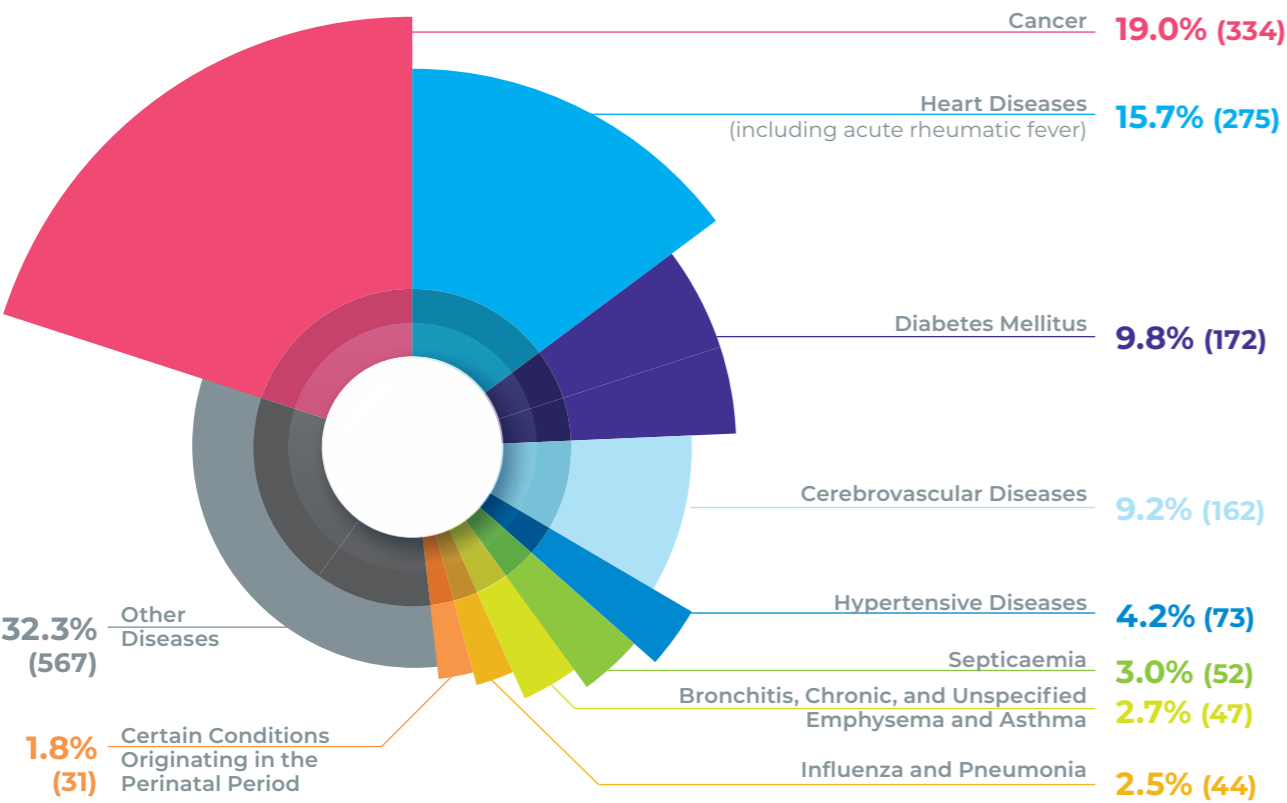
Trends of vital statistics, 1990, 2000, 2009 and 2019

	1990	2000	2009	2019
Neonatal mortality rate (per 1000 live births)	5.3	4.8	5.3	8.1
Infant mortality rate (per 1000 live births)	7.4	7.4	7.4	8.4
Under-5 mortality rate (per 1000 live births)	10.3	10.3	8.2	9.7
Maternal mortality ratio (per 100 000 live births)	0.0	26.7	15.1	32.4
Death rate (per 1000 population)	3.0	3.0	3.1	3.8

Leading causes of death

In 2019, the total number of deaths (1757) increased by 9.0%, as compared to 2018 (1612). The figure below represents the percentage of death cases contributing to the leading causes of death in 2019. Cancer was the principal cause of death in Brunei (19%), followed by heart diseases (15.7%), diabetes mellitus (9.8%) and cerebrovascular diseases (9.2%) *(14)*. Four noncommunicable diseases (NCDs) comprised more than 50% of the total death cases.

Causes of deaths, 2019

Cancer **19.0% (334)**

Heart Diseases (including acute rheumatic fever) **15.7% (275)**

Diabetes Mellitus **9.8% (172)**

Cerebrovascular Diseases **9.2% (162)**

Hypertensive Diseases **4.2% (73)**

Septicaemia **3.0% (52)**

Bronchitis, Chronic, and Unspecified Emphysema and Asthma **2.7% (47)**

Influenza and Pneumonia **2.5% (44)**

32.3% (567) Other Diseases

1.8% (31) Certain Conditions Originating in the Perinatal Period

Source: Ministry of Health, unpublished data.

In 2019, the top five causes of death among children under 5 in Brunei Darussalam were 1) conditions originating in the perinatal (51.7%), 2) congenital malformations, deformations and chromosomal abnormalities (25.0%), 3) sudden infant death syndrome (5.0%), 4) heart diseases (3.3%), and 5) cancer (1.7%) (table below) *(3)*.

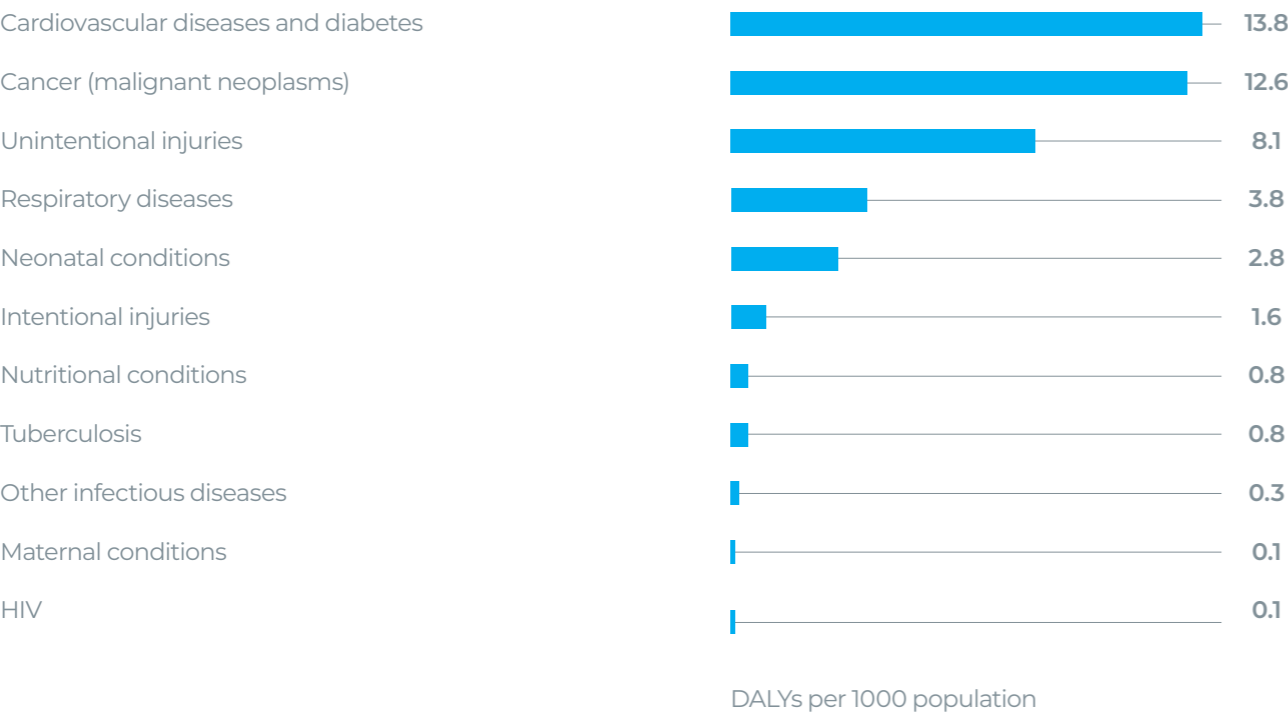## Number of cases of the top five causes of death among children under 5, 2011, 2013, 2015, 2017 and 2019

	2011	2013	2015	2017	2019
Total cases	**67**	**65**	**67**	**74**	**60**
Certain conditions originating in the perinatal	24	26	27	18	31
Congenital malformations, deformations and chromosomal abnormalities	23	15	26	22	15
Sudden infant death syndrome	0	3	2	1	3
Heart diseases	2	2	2	3	2
Cancer	1	3	1	2	1
Accidental drowning and submersion	2	0	2	1	0

Source: (10, 13) Ministry of Health, unpublished data.

Burden of morbidity and mortality

The following figure outlines the broad cause group of the disability-adjusted life years (DALYs) for 2016, which combine years of life lost due to premature mortality (YLL) and years of healthy life lost due to disability (YLD). The all causes of disease burden in Brunei was 87.5 DALYs per 1000 population in 2016, of which 58% was due to premature death and 42% to non-fatal health outcomes. The diseases burden was predominantly due to NCDs, accounting for 80% of them, similar to high-income countries (85%). Cardiovascular diseases (20.4%) and cancer (12.6%) were the most common NCDs *(15)*.

DALYs by broad cause group, 2016

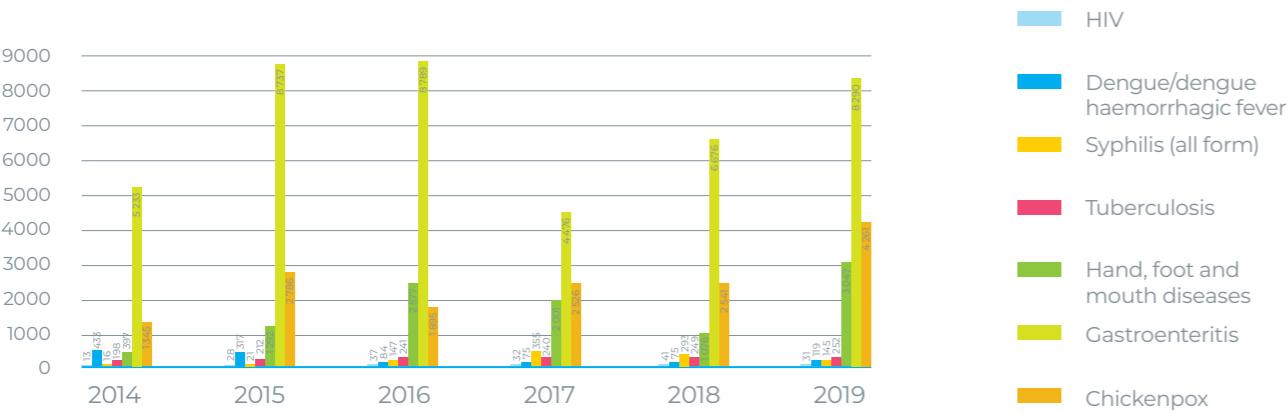| Cause	DALYs per 1000 population
Cardiovascular diseases and diabetes	13.8
Cancer (malignant neoplasms)	12.6
Unintentional injuries	8.1
Respiratory diseases	3.8
Neonatal conditions	2.8
Intentional injuries	1.6
Nutritional conditions	0.8
Tuberculosis	0.8
Other infectious diseases	0.3
Maternal conditions	0.1
HIV	0.1

DALYs per 1000 population

Source: World Bank Group (10).

Communicable diseases

Gastroenteritis accounted for 8290 cases as of 2019, followed by chickenpox (4261 cases). Gastroenteritis is highly infectious and from September 2014, there has been for increased awareness of viral gastroenteritis outbreak by authorities. For STIs, notifiable cases have decreased from 454 cases in 2017 to 391 cases in 2018 and further to 221 cases in 2019 *(14) (Ministry of Health, unpublished data).*

Number of cases of notifiable communicable diseases

Legend:
- HIV
- Dengue/dengue haemorrhagic fever
- Syphilis (all form)
- Tuberculosis
- Hand, foot and mouth diseases
- Gastroenteritis
- Chickenpox
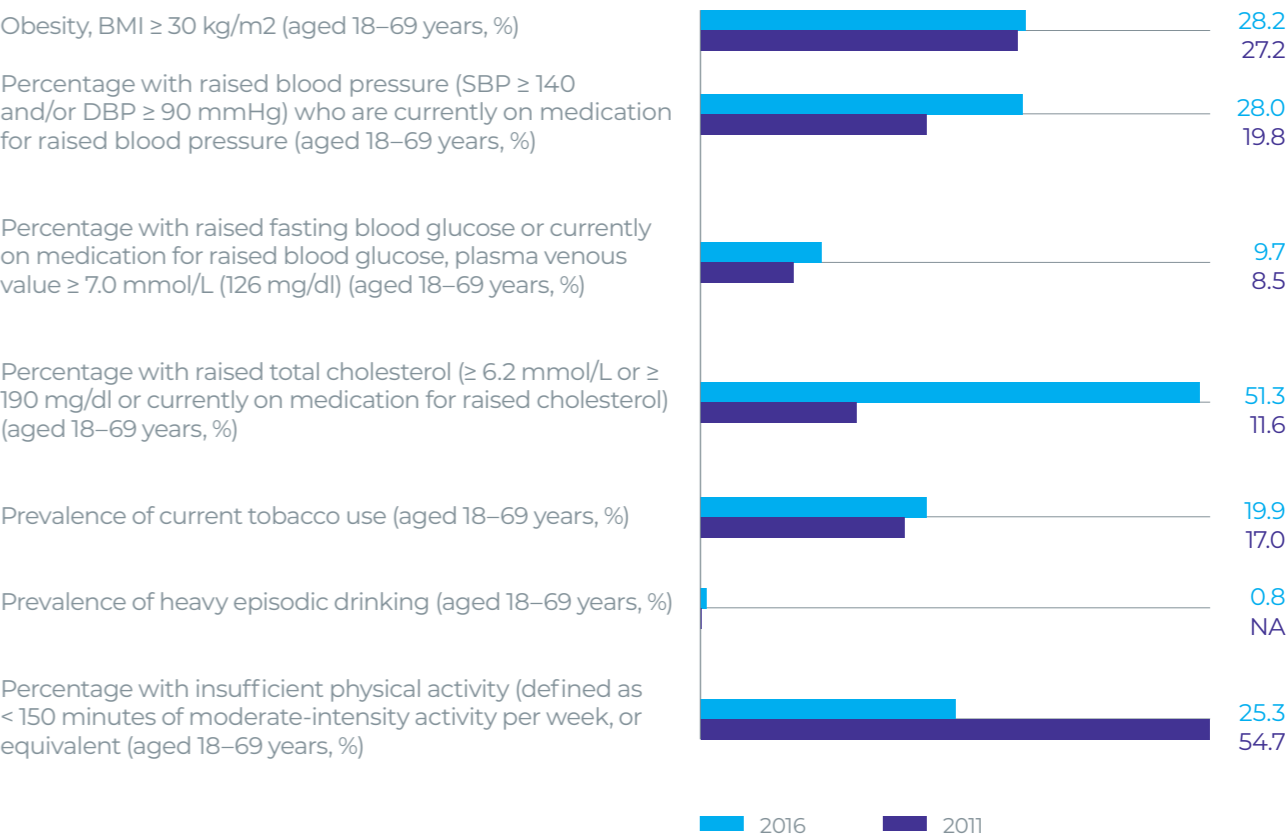
Years: 2014, 2015, 2016, 2017, 2018, 2019

Source:- (13), Ministry of Health, unpublished data.

Noncommunicable diseases (NCDs)

The probability of dying between ages 30 and 70 years from the one of the four main NCDs (cancer, diabetes, cardiovascular diseases or chronic respiratory diseases) was 20.5% in 2000, which continued to decrease to 17.4% in 2010 and **16.6%** in 2016 respectively *(16)*. The following figure documents the NCD risk factors in Brunei Darussalam in 2011 and 2016 *(16)*.

NCD risk factors, 2011 and 2016

Risk factor	2016	2011
Obesity, BMI ≥ 30 kg/m2 (aged 18–69 years, %)	28.2	27.2
Percentage with raised blood pressure (SBP ≥ 140 and/or DBP ≥ 90 mmHg) who are currently on medication for raised blood pressure (aged 18–69 years, %)	28.0	19.8
Percentage with raised fasting blood glucose or currently on medication for raised blood glucose, plasma venous value ≥ 7.0 mmol/L (126 mg/dl) (aged 18–69 years, %)	9.7	8.5
Percentage with raised total cholesterol (≥ 6.2 mmol/L or ≥ 190 mg/dl or currently on medication for raised cholesterol) (aged 18–69 years, %)	51.3	11.6
Prevalence of current tobacco use (aged 18–69 years, %)	19.9	17.0
Prevalence of heavy episodic drinking (aged 18–69 years, %)	0.8	NA
Percentage with insufficient physical activity (defined as < 150 minutes of moderate-intensity activity per week, or equivalent (aged 18–69 years, %)	25.3	54.7

2016 / 2011

NA, not available

*Values in **blue bold** denote latest available for Sustainable Development Goal (SDG) indicators.*

Sources: Ministry of Health Brunei Darussalam (15); World Health Organization (16, 17, 18).

In 2019, the top five causes of cancer deaths among males were trachea, bronchus and lung cancer; rectum and anus cancers; liver and intrahepatic bile ducts cancers; prostate cancers; and non-hodgkin's lymphoma. Among females, the top five causes of cancer deaths were trachea, bronchus and lung cancer; breast cancers; rectum and anus cancers; liver and intrahepatic bile ducts cancers; and cervix uteri cancer.

Top 5 cancer deaths by gender for Brunei Darussalam in 2019

No	Type of cancers	Male	Female	Total
1	Trachea, Bronchus and Lung	27	32	59
2	Rectum and Anus	22	15	37
3	Liver and intrahepatic bile duct	17	15	32
4	Breast	0	30	30
5	Lip, oral cavity and pharynx	5	12	17
	Total cancer deaths	**137**	**197**	**334**

Source: Ministry of Health, unpublished data

Obesity

In 2016, 28.2% of adults in Brunei Darussalam were reported to be obese, a slight increase from 27.2% in 2011. Around 29.5% of females aged 18 years and above were obese, compared to 26.9% of males aged 18 years and above *(17)*.

Blood pressure

The prevalence of high blood pressure (SBP ≥ 140 and/or DBP ≥ 90mmHg or currently on medication for raised blood pressure) increased from 19.8% in 2011 to 28.0% in 2016 *(17, 18)*. The prevalence was higher among men (30.2%) than women (25.8%) *(17)*.

Hypercholesterolaemia

In 2011, one out of ten (11.6%) of the adult population reported hypercholesterolaemia *(19). I*n 2016, more than half (51.3%) of all adults aged 18 years and older had raised total cholesterol (≥ 5.0 mmol/L or ≥ 190 mg/dl), or 51.6% of men and 51.0% of women. *(17)*.

Blood glucose

The prevalence of raised blood glucose (≥7.0 mmol/L or on medication) decreased from 12.5% in 2011 to 9.7% in 2016 *(17, 20)*. Type 2 diabetes is the third leading cause of death in the country. In 2016, one in 20 women was living with diabetes. Women were at higher risk of diabetes than men, reported at 10.3% and 9.1%, respectively. In addition, two out of five women with diabetes were of reproductive age. These women may experience worsening diabetic eye disease and accelerated progression of kidney disease during their pregnancy *(21)*.

Smoking

In 2016, prevalence of current tobacco use among adults aged 18 years and older was **19.9%** *(17)*, up slightly from 17.0% in 2011 *(19)*, 36.3% of males, 3.7% females.

Alcohol consumption

In 2016, **0.8%** of adults aged 18 years and above reported they were engaged in heavy episodic drinking *(22)*. The percentage of men who consumed alcohol (1.2%) was three times higher than that of women (0.4%) *(17)*.

Physical exercise

Of the total adult population aged 18 years and above, 74.7% reported having sufficient physical exercise in 2016 *(17)*.

Universal health coverage (UHC)

Indicator	Value	Year	Source
Family planning demand satisfied with modern methods (%)	**83.0**	2015	*(19)*
Antenatal care, 4+ visits (%)	100.0	2016	*(20)*
Child immunization (DTP3) (%)	99.7	2019	*(3)*
Care-seeking behaviour for child pneumonia (%)	86.0	2015	*(19)*
Tuberculosis treatment coverage (%)	87.0	2015	*(19)*
HIV treatment (%)*	NA	-	-
At least basic sanitation (%)	96.0	2015	*(19)*
Normal blood pressure (%)	NA	-	-
Mean fasting plasma glucose (mmol/L)	5.3	2015	*(19)*
Tobacco non-smoking (%)	84.5	2015	*(19)*
Hospital beds per 10 000 population	29.7	2019	**
Physicians per 10 000 population	18.0	2019	**
Psychiatrists per 100 000 population	4.3	2016	*(19)*
Surgeons per 100 000 population	22.5	2016	-
International Health Regulations (IHR) health emergency response operations (score of 5)	3	2019	*(24)*

DTP3, diphtheria-tetanus-pertussis, third dose.

*Antiretroviral therapy (ART) coverage among people with HIV infection eligible for ART according to 2010 World Health Organization guidelines.

**- Ministry of Health, unpublished data.

Values in blue bold denote latest available for SDG indicators.

Other Sustainable Development Goals (SDG) Indicator Values

Goal 2. End hunger, achieve food security and improved nutrition and promote sustainable agriculture	%	Year	Source
Prevalence of stunting among children under 5 years of age	**19.7**	2019	*(23)*
Prevalence of wasting among children under 5 years of age	**2.9**	2019	*(23)*
Prevalence of overweight among children under 5 years of age	**8.3**	2019	*(23)*

Goal 3. Ensure healthy lives and promote well-being for all at all ages	Value	Year	Source
Proportion of births attended by skilled health personnel (%)	**100.0**	2019	*(3)*
Neonatal mortality rate per 1000 live births	**8.1**	2019	*(3)*
New HIV incidence per 100 000 population	**9.1**	2019	*(3)*
Malaria incidence per 100 000 population	**4.4**	2019	*(3)*
Hepatitis B incidence per 100 000 population	**5.0**	2019	*(3)*
Tuberculosis incidence per 100 000 population	**54.8**	2019	*(3)*
Immunization coverage of BCG, DPT/Hib, polio and hepatitis (%)	**100.0**	2019	*(3)*
Immunization coverage of MMR (%)	**96.8**	2019	*(3)*
Suicide mortality rate per 100 000 population	**0.9**	2019	*(3)*
Death rate due to road traffic injuries per 100 000 population	**2.8**	2019	*(3)*
Adolescent birth rate (aged 10-14 years; aged 15-19 years) per 1000 women in that age group	**10.0**	2019	*(3)*
Number of doctors per 10 000 population	**18.0**	2019	*(3)*
Number of dentists per 10 000 population	**2.0**	2019	*(3)*
Number of pharmacists per 10 000 population	**2.0**	2019	*(3)*
Number of nurses per 10 000 population	**55.0**	2019	*(3)*
Number of midwives per 10 000 population	**7.0**	2019	*(3)*

Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all	Value	Year	Source
Per capita GDP at current market prices (US$)	**31 628.3**	2018	*(19)*

BCG, Bacillus Calmette–Guérin; DPT, diphtheria-tetanus-pertussis; Hib, Haemophilus influenzae type B; MMR, measles, mumps and rubella; polio, poliomyelitis.

Values in blue bold denote latest available for SDG indicators.

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