

# THE WORLD'S HEALTHIEST COUNTRIES

## HEALTHIEST COUNTRIES 1 to 40

Rank	Country	Health Grade	Total Health Score	Health Risk Penalty
1	Singapore	89.45%	92.52%	3.07%
2	Italy	89.07	94.61	5.54
3	Australia	88.33	93.19	4.86
4	Switzerland	88.29	93.47	5.17
5	Japan	86.83	91.08	4.25
6	Israel	85.97	91.97	6.00
7	Spain	84.36	91.26	6.90
8	Netherlands	84.09	88.40	4.31
9	Sweden	83.90	89.37	5.47
10	Germany	83.58	88.81	5.23
11	Cyprus	83.29	88.87	5.57
12	Austria	83.10	89.12	6.02
13	France	82.99	88.66	5.68
14	Canada	82.46	88.60	6.14
15	New Zealand	81.79	87.87	6.08
16	Greece	81.63	86.40	4.77
17	Hong Kong	81.41	86.10	4.69
18	Norway	80.53	86.53	6.01
19	Ireland	79.91	86.48	6.57
20	Belgium	77.48	82.88	5.40
21	United Kingdom	76.84	82.82	5.98
22	Finland	76.69	82.12	5.43
23	Portugal	75.15	81.72	6.57
24	Costa Rica	74.01	79.39	5.38
25	Slovenia	73.02	80.29	7.27
26	Denmark	72.55	78.30	5.75
27	Chile	72.46	79.34	6.87
28	Cuba	72.11	77.26	5.16
29	South Korea	71.27	76.08	4.81
30	United Arab Emirates	70.34	77.31	6.97
31	Kuwait	69.44	75.93	6.48
32	Czech Republic	66.96	73.49	6.53
33	United States	66.84	72.96	6.12
34	Bosnia and Herzegovina	64.99	72.27	7.27
35	Bahrain	64.32	70.54	6.23
36	Croatia	63.69	69.91	6.22
37	Mexico	62.40	69.03	6.63
38	Albania	61.18	66.94	5.76
39	Panama	60.87	67.02	6.15
40	Poland	60.71	67.13	6.42

## HEALTHIEST COUNTRIES 41 - 90

Rank	Country	Health Grade	Total Health Score	Health Risk Penalty
41	Uruguay	60.52	66.96	6.44
42	Syrian Arab Republic	60.36	67.41	7.04
43	Macedonia	59.00	64.82	5.83
44	Turkey	58.83	64.45	5.62
45	Tunisia	58.23	64.00	5.77
46	Oman	57.97	62.87	4.90
47	Ecuador	57.63	63.21	5.57
48	Argentina	57.03	63.94	6.91
49	Slovak Republic	56.77	63.20	6.43
50	Peru	56.23	60.90	4.67
51	Malaysia	54.91	60.93	6.02
52	Nicaragua	54.48	59.84	5.37
53	Libya	54.35	61.26	6.91
54	Hungary	53.67	60.36	6.69
55	China	53.55	58.03	4.47
56	Sri Lanka	52.85	57.35	4.50
57	Estonia	52.72	60.12	7.40
58	Colombia	52.61	58.44	5.82
59	Algeria	52.14	56.66	4.51
60	Mauritius	52.13	58.02	5.88
61	Venezuela	52.10	59.35	7.26
62	Vietnam	51.99	56.97	4.98
63	Egypt	49.52	53.52	4.00
64	Paraguay	49.51	55.68	6.17
65	Morocco	48.99	53.64	4.65
66	Jordan	48.98	54.66	5.69
67	Dominican Republic	48.87	54.86	6.00
68	Lebanon	48.80	55.40	6.60
69	Romania	48.38	54.60	6.22
70	Brazil	48.37	54.29	5.92
71	Georgia	48.11	54.05	5.94
72	Saudi Arabia	48.09	54.80	6.71
73	Bulgaria	47.54	53.61	6.08
74	Serbia	46.31	53.17	6.85
75	Honduras	45.21	50.47	5.26
76	Iran	45.13	50.38	5.25
77	Thailand	44.82	49.89	5.07
78	El Salvador	44.17	49.94	5.77
79	Armenia	43.96	51.01	7.05
79	Latvia	43.96	51.62	7.66
81	Lithuania	43.54	50.46	6.91
82	Jamaica	43.39	49.61	6.22
83	Guatemala	40.80	46.21	5.40
84	Tajikistan	38.27	43.50	5.22
85	Uzbekistan	37.89	41.67	3.79
86	Philippines	37.41	43.14	5.73
87	Azerbaijan	36.72	43.81	7.09
88	Trinidad and Tobago	34.35	41.26	6.91
89	Nepal	33.43	39.48	6.04
90	Indonesia	33.10	38.39	5.30

## HEALTHIEST COUNTRIES 91 - 140

Rank	Country	Health Grade	Total Health Score	Health Risk Penalty
91	Belarus	33.09	40.44	7.35
92	Mongolia	32.35	37.57	5.22
93	Bolivia	30.83	37.37	6.54
94	Bangladesh	29.39	34.14	4.76
95	Madagascar	29.32	35.92	6.60
96	Timor-Leste	27.79	34.47	6.67
97	Russia	26.44	33.76	7.31
98	Iraq	25.48	32.30	6.82
99	Ukraine	25.36	32.27	6.91
100	Pakistan	24.90	31.15	6.25
101	Kyrgyz Republic	24.62	29.98	5.36
102	Ghana	22.31	28.05	5.73
103	India	22.17	28.21	6.04
104	Turkmenistan	21.88	27.67	5.79
105	Lao PDR	20.70	27.12	6.42
106	Cambodia	20.63	26.51	5.87
107	Haiti	20.62	28.46	7.84
108	Yemen	20.16	27.19	7.03
109	Senegal	19.26	25.48	6.22
110	Gabon	18.83	26.93	8.10
111	Kazakhstan	18.41	24.58	6.17
112	Eritrea	17.81	23.05	5.23
113	Niger	17.56	24.52	6.96
114	Togo	17.28	24.00	6.71
115	Botswana	16.52	24.11	7.58
116	Zimbabwe	15.03	22.04	7.01
117	Papua New Guinea	14.78	22.02	7.24
118	Kenya	14.38	20.76	6.38
119	Gambia, The	13.69	20.01	6.32
120	Sudan	13.59	20.66	7.06
121	Namibia	12.49	20.71	8.21
122	Benin	12.47	18.31	5.84
123	South Africa	12.05	21.00	8.95
124	Tanzania	11.38	18.43	7.05
125	Rwanda	10.92	18.15	7.24
126	Mauritania	10.84	17.69	6.84
127	Liberia	10.61	17.87	7.25
128	Ethiopia	10.55	16.26	5.71
129	Mali	8.68	15.03	6.35
130	Republic of Congo	8.08	14.95	6.87
131	Burkina Faso	6.10	12.30	6.20
132	Nigeria	5.16	13.32	8.16
133	Afghanistan	4.03	10.09	6.06
134	Guinea	3.84	11.14	7.30
135	Cote d'Ivoire	3.75	10.40	6.65
136	Cameroon	2.96	10.15	7.19
137	Uganda	2.92	10.80	7.88
138	Angola	2.46	9.56	7.11
139	Malawi	2.30	8.22	5.92
140	Burundi	1.73	9.15	7.42

## HEALTHIEST COUNTRIES 141 - 145

Rank	Country	Health Grade	Total Health Score	Health Risk Penalty
141	Mozambique	1.42	8.48	7.06
142	Chad	1.01	8.14	7.13
143	Democratic Republic of Congo	0.92	7.47	6.54
144	Lesotho	0.37	8.37	8.00
145	Swaziland	0.26	8.31	8.05

SOURCE: United Nations, World Bank, World Health Organization

AS OF: May 22, 2012

**METHODOLOGY:** To identify the healthiest countries in the world, Bloomberg Rankings created health scores and health-risk scores for countries with populations of at least one million. We subtracted the risk score from the health score to determine the country's rank. Five-year averages, when available, were used to mitigate some of the short-term year-over-year swings.

Total health-score factors:

- o Life expectancy at birth and infant mortality (10% of score)
- o Causes of death: Communicative and non-communicative diseases, excluding war-related injuries (40% of score)
- o Death rates by three age groups: less than 14, 15-64 and 65 and up (40% of score)
- o Survival to 65 and life expectancy at 65, both gender-ratio weighted (10% of score)

Risk-score factors:

- o % of population age 15+ who smoke any form of tobacco, including cigarettes, cigars and pipes, and excluding smokeless tobacco
- o Total (reported and estimated) adult (15+ years) per-capita consumption of alcohol
- o % population ages 20+ overweight (Body Mass Index  $\geq 25$ ) and/or obese (BMI  $\geq 30$ )
- o % of population physically inactive (less than 30 minutes of moderate activity five times per week, or 20 minutes of vigorous activity three times per week)
- o % population with raised total cholesterol ( $\geq 6.2$  millimoles per liter)
- o % population with raised blood pressure (systolic blood pressure  $\geq 140$  or diastolic blood pressure  $\geq 90$ )
- o % population with raised fasting blood glucose ( $\geq 7.0$  mmol/L) or on medication for high glucose
- o % population ages 15-49 infected with HIV
- o Composite ranking of outdoor and indoor pollution, water safety and access to sanitation
- o Composite ranking of immunized coverage for DTP, measles, hepatitis B, meningitis, tuberculosis & polio among 1-year-olds
- o % of underweight children aged <5 years
- o Lifetime risk of maternal death (the probability that a 15-year-old female will die eventually from a maternal cause)

Total risk penalty is the average risk score of all factors plus an adjustment factor, which takes income into consideration. Using World Bank guidelines, countries were divided into three income groups with specific health risks. For countries with gross national income per capita of more than \$12,276, smoking, obesity/overweight, cholesterol level and blood pressure were overweighted. For countries with incomes of \$1,006 to \$12,275, high blood pressure, smoking, alcohol consumption and environmental factors were overweighted. And countries whose residents earn less than \$1,005 were overweighted in prevalence of HIV, environmental factors, childhood underweight and maternal health. Adjustments were also made for countries that ranked worst in a risk factor that was outside of their income-group specific risks.

Countries with data for less than eight risk factors were excluded. Where only aggregate health statistics on China were provided, we extrapolated Hong Kong-specific data from the HK SAR's Department of Health and the Census and Statistics Department, and adjusted mainland-only China accordingly.

## HEALTHIEST COUNTRIES BY REGION

### The Americas

Rank	Country	Health Grade
1	Canada	82.46%
2	Costa Rica	74.01%
3	Chile	72.46%
4	Cuba	72.11%
5	United States	66.84%
6	Mexico	62.40%
7	Panama	60.87%
8	Uruguay	60.52%
9	Ecuador	57.63%
10	Argentina	57.03%

### Central & Eastern Europe

Rank	Country	Health Grade
1	Slovenia	73.02%
2	Czech Republic	66.96%
3	Bosnia and Herzegovina	64.99%
4	Croatia	63.69%
5	Albania	61.18%
6	Poland	60.71%
7	Macedonia, FYR	59.00%
8	Turkey	58.83%
9	Slovak Republic	56.77%
10	Hungary	53.67%

### Western Europe

Rank	Country	Health Grade
1	Italy	89.07%
2	Switzerland	88.29%
3	Spain	84.36%
4	Netherlands	84.09%
5	Sweden	83.90%
6	Germany	83.58%
7	Cyprus	83.29%
8	Austria	83.10%
9	France	82.99%
10	Greece	81.63%

### Middle East & Africa

Rank	Country	Health Grade
1	Israel	85.97%
2	United Arab Emirates	70.34%
3	Kuwait	69.44%
4	Bahrain	64.32%
5	Syrian Arab Republic	60.36%
6	Tunisia	58.23%
7	Oman	57.97%
8	Nicaragua	54.48%
9	Libya	54.35%
10	Algeria	52.14%

### Asia Pacific

Rank	Country	Health Grade
1	Singapore	89.45%
2	Australia	88.33%
3	Japan	86.83%
4	New Zealand	81.79%
5	Hong Kong SAR, China	81.41%
6	Korea, Rep.	71.27%
7	Malaysia	54.91%
8	China	53.55%
9	Sri Lanka	52.85%
10	Vietnam	51.99%