



# NEWSLETTER

[www.who.int/timorleste/](http://www.who.int/timorleste/)

[@WHOTL](#)

[@WHOTLS](#)

[@WHO tls](#)

[@WHO Timor-Leste](#)

[@whotls](#)



**Message from  
WHO Representative  
Dr Arvind Mathur**

The start of 2025 brought significant financial uncertainty for World Health Organization globally. Here in Timor-Leste, however, our focus never wavered.

Thanks to the exemplary leadership of the Ministry of Health and our partners, we transformed this challenge into a year of historic action: achieving malaria-free certification, expanding health services to hundreds of thousands of children and adults, and building lasting capacity for our health systems. This first edition of the WHO Timor-Leste Annual Highlights newsletter chronicles that story of collaboration and achievement.

Our collective work proves that strong national ownership and resilient partnerships create progress against all odds. This was the year Timor-Leste eliminated malaria, a monumental victory over an entrenched disease. Several partners joined hands to mount a decisive, multi-sectoral response to rabies, declared a public health emergency of national concern.

Ministries of Health and Education came together with WHO to place health directly where children learn, protecting education. School-based checks reached over a quarter of a million children. For adults, the MoH along with WHO, expanded treatment for hypertension and diabetes, reaching more than 50,000 people. Health services to remote

## 2025 by the Numbers

**250,000+**

children screened through  
the school health program

**50,000+**

people with diabetes  
and/or hypertension  
placed on standard care

**20,000+**

doses of anti-rabies vaccine  
and immunoglobulins  
facilitated

**6,000+**

people screened under  
the HIV Sentinel  
Surveillance programme

**500+**

frontline workers  
trained in rabies and  
outbreak response

**32**

health professionals sent  
for advanced training  
abroad

# A NATIONAL TRIUMPH TIMOR-LESTE CERTIFIED MALARIA-FREE



Timor-Leste was officially certified malaria-free by the WHO in July 2025. This historic accomplishment followed three consecutive years of zero indigenous malaria cases, making Timor-Leste the third country in the WHO South-East Asia Region to achieve this coveted status. This milestone was reached just two decades after the nation's independence, underscoring the remarkable speed and effectiveness of its public health programmes.

This nation built the National Malaria Programme, launched indoor spraying, distributed thousands of bed nets, trained to study mosquitoes and tracked every single case. Where malaria once thrived, cases fell from over 223,000 in 2006 to zero indigenous cases from 2021.

**Mr Kay Rala Xanana Gusmão, Prime Minister of Timor-Leste, called the elimination a moment of immense national pride. While Dr Élia dos Reis Amaral, Minister of Health, said malaria has been one of the country's most relentless enemies.**

This achievement exemplifies how strong national leadership and sustained commitment from agencies like the Global Fund and technical partnership of WHO, can translate into profound and lasting human impact.

(Watch the journey here: A Small Nation's Giant Victory Over Malaria | Timor-Leste's Journey to Zero)

“



**Victory driven through actions, science**

Malaria is no longer part of our future.

A victory won through evidence driven actions, care, and collective will. To every health worker, and to our partners like WHO—this milestone carries your fingerprints.

**His Excellency Dr José Ramos-Horta,  
President, Democratic Republic of  
Timor-Leste**

“



**Mosquitoes once filled the air — now hope does**

Decades ago in Manatuto, mosquitoes swarmed everywhere.

We cleared waterways, drained stagnant areas, and slowly reduced their numbers. Our efforts continue so no one in Timor-Leste dies of malaria again.

**Horacio De Assuncao  
Entomologist**



# STORIES FROM THE FIELD TRANSFORMING LIVES ON GROUND

## Ainaro

### A new smile ending 7 years of hurt: Salisia's story



For 11-year-old Salisia Espirito Santos, born with a cleft lip and palate, life was shadowed by anxiety and shame. Feeding was a daily ordeal as milk spilled from her nose, while her peers mocked her nasal speech. After incomplete surgery at four and seven agonizing years of wait, the decisive turning point arrived when the School-based Primary Health Care Package (PHCP) screening team visited Salisia's school and flagged her condition this August. The WHO team became the crucial connection, linking Salisia to a visiting Australian volunteer medical team, who consulted and successfully operated on her.

Salisia now speaks with confidence: "I can talk, eat and drink well." Running under the Say No to 5S (SN5S) programme and supported by the KOICA, PHCP reached impressive scale in 2025—screening over 290,000 children across 1,300 schools and identifying hidden illnesses.

(Read more: Thousands screened, Timor-Leste's school health programme brings hidden illnesses to light)

## Atauro

### When eyecare arrived on a boat and transformed Adelina's life story



For Adelina Gomes, a 48-year-old tailor from Atauro, deteriorating vision was both a pressing health issue and a threat to her livelihood. For two years, she lived with pterygium, a painful eye condition that caused blurred vision and irritation so severe she couldn't even enter her kitchen.

Her hope was restored when a team of eye surgeons arrived on the island as part of the SPECS 2030 initiative—a WHO-supported programme bringing eye care to remote communities. Adelina received sight-saving surgery at an outreach camp. "For me, this surgery was survival. It meant keeping my work and my income," she said.

Under SPECS 2030, teams from the MoH, HNGV and WHO conducted two outreach drives that helped restore or improve vision for more than 300 people in Oecusse and Atauro.

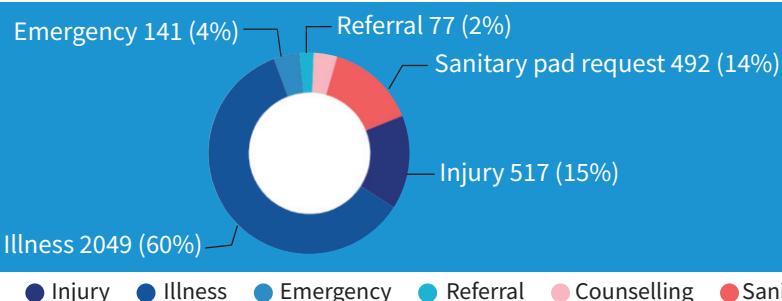
(Read more: Seeing change: Timor-Leste sharpens focus on eye health through outreach camps to national policy)

## Health just a few steps from the classroom: The Sala Saudável Initiative

### Manufahi

Sala Saudável brings basic health care straight into schools. What began as a single pilot in 2024 has, with 10 new rooms in 2025, grown into 11 fully operational Sala Saudáveis across four municipalities—Dili, Baucau, Bobonaro and Manufahi. This WHO-supported SN5S initiative, in partnership with MoH, MoE and KOICA, places a full-time trained nurse in each room to provide first aid, health education and basic care.

Like a Manufahi boy who had been hiding a dog bite until his friends brought him to the Sala Saudável—where the nurse immediately cleaned the wound and referred him to the CHC—over 3,200 students sought help in 2025 for headaches, fever to injuries. Up to 97% cases were managed on-site.



### Illnesses tackled at Sala Saudavels

### Dili



### The power of early screening: Saozinha's journey with cervical cancer

Saozinha Noronha still remembers the moment doctors at the Colposcopy Centre in HNGV told her she had cervical cancer. She feared the worst, but timely diagnosis and treatment at the national referral hospital saved her life. “Early detection is key. I am living proof of the importance of seeking help on time,” she says.

In Timor-Leste, screening and treatment services have expanded from the first Centre at HNGV to CHC Formosa, Baucau Referral Hospital and Vera Cruz (supported by the University of Sydney). A strong HPV vaccination coverage, which reached over 96% of 11-year-old girls in 2024 with support from Gavi and partners, builds on it. Through inclusive outreach under the Ministry’s flagship Programa Integrado Saude, screening now reaches women in remote municipalities, and even women in uniform.

[Read more: Timor-Leste’s all-out effort towards cervical cancer elimination in 2024]

### IMPLEMENTASAUN VASINA HPV NIVEL MUNISI KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

INTEGRADU HOGO VASASAUN DIFTERIA-  
(DT) IHA ESER

KONTRA KANKER SERVIS

# 2025 HIGHLIGHTS: A YEAR OF PROGRESS ACROSS THE HEALTH SECTOR



## A. Responding to critical health threats:

### Push to end rabies through partnerships:



When rabies was declared a public health emergency in June, Timor-Leste's response hinged on the One Health approach and partnerships. Working side by side, the MoH, the Ministry of Agriculture (MALFF), Australia's Department of Foreign Affairs and Trade (DFAT) and WHO developed the country's first-ever National Strategic Plan for Rabies Control – The Road to Zero. Since the first death in 2024, WHO facilitated the immediate mobilization of life-saving supplies. Leveraging regional solidarity, WHO coordinated additional doses from the Governments of Indonesia and India, securing more than 15,000 anti-rabies vaccines and immunoglobulins. WHO's Regional office itself supported with more than 10,000 vax doses.

This multi-sectoral strategy was implemented on the ground through extensive training, ensuring over 500 health and animal health workers were oriented for swift response. Because 40% of bite victims are children, WHO, MoH and MoE rolled out a school-centered awareness drive across four municipalities.

(Read more: <https://www.who.int/timorleste/news/detail/29-09-2025-the-road-to-zero-rabies-through-partnerships>)

### Stepped up fight on HIV-TB



The fight against HIV and TB evolved in 2025, with programmes embracing more innovative, data-driven ways of working. MoH and WHO rolled out an upgraded HIV Sentinel Surveillance (HSS+) that looks beyond case counts, testing for HIV alongside syphilis and viral hepatitis, linking results with people's behaviours, and using digital tools like ICBS-TL, in addition to AI-supported tools to reveal hidden pockets of risk.

In May, national and municipal TB and HIV managers gathered for the first joint programme management workshop, recognising that TB and HIV must be tackled hand in hand. A national workshop with the Global Coalition of TB Advocates took on stigma directly.

Capping these efforts, a Joint TB-HIV Monitoring Mission examined the effectiveness of national policies on the ground.



(Read more: <https://www.who.int/timorleste/news/detail/02-06-2025-strengthening-tb---hiv-response-in-timor-leste-by-ending-stigma>)

## B. Futureproofing:



### Country's first oxygen plant

With support from WHO and partners, Timor-Leste has acted on the lessons taught by Covid-19 by establishing its first Pressure Swing Adsorption (PSA) oxygen generation plant at HNGV, the country's largest hospital with 451 beds and around 40 high-demand oxygen beds. This onsite plant will reduce reliance on imported cylinders, improve oxygen purity and provide a continuous, reliable supply for patients.

### Immunization protection



Timor-Leste is shaping its next National Immunization Strategy (NIS) 2026–2030, which is also a fully costed plan meaning every intervention, from training to expanding vaccine access is budgeted beforehand. At the Ministry's request, WHO is working with UNICEF, and a technical core group of 34 experts from INSP-TL, INFPM, DNFPM, NITAG, and NCIRS to steer the process. For the first time in nearly two decades, a national Immunization in Practice (IIP) programme trained nearly 250 vaccinators across eight municipalities. WHO also facilitated a Gavi mission to introduce the Gavi 6.0 strategic framework (2026–2030) and supported developing Gavi HSS and TCA proposals.



### Investing in Timor-Leste's future health leaders

26 health professionals were supported to undertake advanced training abroad in critical fields like epidemiology and laboratory sciences at leading global universities in Thailand and South Korea. While six trainees are currently enrolled for Master's programme at Gadjah Mada University in Indonesia as part of the Advanced FETP track, supported through the WHO Fellowship Programme.

### Enhancing health resilience through climate changes



Timor-Leste hosted the high-level Alliance for Transformative Action on Climate and Health (ATACH) meeting, convening delegates from 10 WHO Member States and partners. Risk profiles for all municipalities has been developed under a national Climate Change and Health Vulnerability and Adaptation Assessment.

## C. Emergency preparedness and surveillance



### Nation's first frontline epidemiology cadre

The nation's disease surveillance capacity was significantly enhanced with the graduation of the inaugural cohort of 40 health professionals from the first Frontline Field Epidemiology Training Programme.

## Keeping your border checkpoints disease-proof

To keep border checkpoints disease-ready, the Ministry of Health, with WHO support, strengthened Points of Entry in Timor-Leste, enhancing core capacities—traveller screening, isolation and referral, disinfection and decontamination for events like avian influenza—through exercises and reporting at Tibar Port, Dili Port and Dili Airport.



## E. Groundbreaking findings

### Too much salt on the plate:

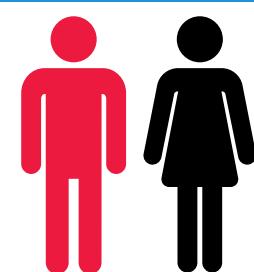
Timor-Leste's first-ever national estimates reveal a population consuming high levels of salt, providing the strong evidence base needed for urgent action.



A food study found 12 of 16 popular salty packaged foods exceed WHO sodium thresholds.



Complementing this, the NCD Risk Factor Survey estimated mean population salt intake at 9.3 g/day—almost double WHO's recommended 5 g/day



Men consume more (10.4 g/day) than women (8.6 g/day)



# POWERING HEALTH WITH DATA AND DIGITALIZATION

**Going digital wasn't just a buzzword for us in 2025.  
Our collaboration with the MoH created**

**For the future:** The National Digital Health and National HMIS blueprints

**Outbreaks detected faster:** Moved disease surveillance (IDS) from paper to a web-based platform (DHIS2), accelerating outbreak response

**Chronic care, tracked closely:** Using the same platform to electronically monitor hypertension and diabetes for improved follow-up

**Classroom to dashboard:** Capturing school health data (PHCP) digitally via the Timor-Leste Health Information System, transforming paper records into insights

**Smarter immunization:** Piloting a digital immunization register in Dili for modernized vaccination records.

**Easy Access:** Launched new online platforms for the health workforce and the National Regulatory Authority

## NATIONAL HEALTH DAY IN PICTURES



## PROGRESS THROUGH PARTNERSHIP: GOVERNMENT, DONORS AND ALLIES



**KOICA**



**RESOLVE  
TO SAVE LIVES**