

# Health Situation in Indonesia, Singapore, Brunai Darussalam, Philippines, and Japan

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## **PENDAHULUAN**

Asia is the most populous continent in the world. With a population of more than 2.000 million, developing countries in Asia surely faced a lot of problem in economic growth, education as well as health services. On the other hand Japan as one of Asian country, have already enjoyed a very high level of health status.

This article will describe the health situation in several Asian countries, including Japan.

## **INDONESIA**

The total of Indonesian population in 1985 was 164,046,988.<sup>(1)</sup> The total population estimate in mid 1986 was 163.366.000 with annual rate of increase (1976-1986) of 2.2% and density 86 person/sq.km.<sup>(2)</sup> In 1988 the estimated total population is 179,275,400 and in 1990 the estimated total population will be 187,616,900.<sup>(3)</sup> In 1985, 39.3% population were below 15 year of age, and 13.1% were below 5 years of age.

The crude death rate in 1980 was 12.5 and the crude live birth rate in 1980 was 35.4 per 1,000 population.<sup>(2)</sup> The Ijousehold Health Survey found that in 1986 the crude death rate was 7,000 per 1,000 population and the infant mortality rate was 71.8 per 1,000 live births.<sup>(4)</sup>

The ten leading causes of death in 1986 were : lower respiratory tract infection, diarrhea, cardiovascular diseases, tuberculosis, measles, tetanus, malaria, diseases of the nervous system, certain conditions in the perinatal period and bronchitis-asthma-empysema. On the other hand, the ten leading morbidity in 1986 were acute respiratory infection, skin diseases, diseases of the oral and gastrointestinal system, other infection, bronchitis-asthma-other infection of the respiratory system, malaria, diseases of the nervous system, cardiovascular diseases, diarrhea and tuberculosis.<sup>(4)</sup>

Life expectancy at birth in 1971 was 45 years for male and

48 years for female. The estimated life expectancy at birth in 1981 - 1985 was 51.9 years for female and 48.9 years for male. The estimated life expectancy at birth by the year of 2000 will be 60 years old.<sup>(5)</sup>

The annual government health budget in 1980 was about 1.5 - 2.5% of the total national budget. In 1980, around 3% of the GNP was used for health activities.<sup>(6)</sup> Hospital activities (government and private) takes around 30% of the total health budget. The developmental health budget for Ministry of Health in 1987/1988 is Rp. 34,584,901,000.<sup>(6)</sup>

The number of hospital in 1987 was 1,436 with 112,328 beds. There are 5472 health centres and 12,562 health sub-centres throughout Indonesia. The ratio of health centres and population served is 1 : 30,000. Number of physicians in 1986 was 18,610 so the ratio was one physician for 8,800 population.<sup>(1)</sup>

## **SINGAPORE**

The total population for Singapore in 1987 was 2,612,800 with a population growth rate (1985 - 1986) of 1.1%. By age grouping, 23.4% of the population were below 15 years old, 68.4% were 15 to 59 years old and 8,2% were 60 years and over. The population comprises 76.1% Chinese, 15.1% Malay, 6.5% Indian and 2.3% other ethnic groups.<sup>(7)</sup>

The crude death rate in 1987 was 5.0 and the crude birth rate in 1987 was 16.7 per 1,000 population. The infant mortality rate in 1987 was 7.4 per 1,000 live births and the maternal mortality rate in 1987 was 0.1 per 1,000 live births & still births. The life expectancy at birth in 1987 was 73.9 years old, for male it was 71,4 years and for female it was 76.3 years.<sup>(7)</sup>

The ten leading causes of death in 1987 were cancer, ischaemic & other heart disease, cerebrovascular diseases, pneumonia, accidents-poisoning & violence, diabetes mellitus, hypertensive disease, nephritis-nephrotic syndrome & nephrosis, tuberculosis and bronchitis-empysema & asthma.<sup>(7)</sup> The main

causes of hospitalisation for male in 1986 were accidents and disease of the circulatory and digestive system. For female, other than pregnancy and childbirth, the most common cause of hospitalisation in 1986 was diseases of genitourinary system.<sup>(8)</sup>

The Ministry of Health's total recurrent expenditure in fiscal year 1986 was S\$ 374 million. Hospitals continued to be the largest user of the health budget, consuming S\$ 258 million or 69% of the total current expenditure. Primary Health Care & Health Education Division consumed S\$ 36 million, only about 10% of the total recurrent expenditure in 1986. The Ministry of Health collected S\$ 129.7 million in revenue in fiscal year 1986. The bulk of the revenue S\$ 108.7 million (83.8%) came from the hospitals. (8) In 1987 the current health expenditure was S\$ 396 million, S\$ 52.9 million of this were for development health expenditure. The current health expenditure in fiscal year 1987 was 0.9% of the GNP, and the total government health expenditure per person was S\$ 172.<sup>(7)</sup>

Number of hospitals in 1987 was 22 with 10,185 beds, one hospital bed for 257 persons. There were 24 Community Health Clinics and 23 Maternal and Children Health Clinics. Total number of doctors in 1987 were 2,939, so it was old doctor fix 889 persons.<sup>(8)</sup>

#### **BRUNEI DARUSSALAM**

The total population of Brunei Darussalam in 1986 was 226,000.<sup>(9)</sup> By age grouping, 13.5% of the population in 1985 were below 5 year old and 4.59% were 60 years old and over. The natural increase in 1985 was 5,887, which is 2.62%.<sup>(10)</sup>

Malays form a majority of the population but it is estimated to be some 70,000 non Malays, including Chinese and others; there are small communities of Britons, Dutch, Americans and Australians who work in the oil and gas industry and commerce.<sup>(11)</sup> In 1985, 63.95% of the population were Malays, 20.19% were Chinese, 8.47% were indigenous and 7.39% other race.<sup>(10)</sup>

Brunei Darussalam continues to enjoy health norms comparable to those of developed countries, with an infant mortality rate in 1986 of 9.67/1,000 live births and a life expectancy for men of 70.E years and 72 years for women.<sup>(11)</sup> The crude death rate in 1985 was 3.54 per 1000 population and the maternal death rate in 1984 was 0.47 per 1.000 births<sup>(10)</sup>

Morbidity due to diseases associated with affluence and changing life styles, such as diabetes and hypertension is rising and death due to road traffic accidents, cardiovascular diseases and malignancy rank high among the causes of adult mortality. Upper respiratory infection and gastro enteritis are the most common cause of morbidity among children.<sup>(11)</sup> During 1985 not a single case of diphtheria, tetanus, poliomyelitis or viral encephalitis is reported. Malaria has been eradicated and 17 December 1988 is the day of Commemoration for the achieved eradication of malaria in Brunei Darussalam.

In 1985, 3.5% of the National Budget is allocated to health. The health budget forms 1.24% of the Nation's Gross Domestic Products. Per capita health expenditure in 1985 was about B\$ 450.00, which is one of the highest in the world.<sup>(10)</sup> Allocation of current expenditure for Ministry of Health Services in 1986 was B\$ 114 million.

There are 550 bed in central referral hospital in Bandar Seri Begawan (RIPAS hospital), 185 bed hospital at Kuala Belait city, another hospital at Tutong city and another 50 bed hospital at Temburong district. There are 56 Primary Health Care clinics, three of them were at Kampong Ayer or the water village. Remote villages in the interior of the country are served by Flying Doctor Service. In 1986 this service made 151 flights, goes to 14 areas which are inaccessible by land, and treated 4,243 patients. In 1986 there are ten Bruneian doctors in addition to contract staff doctors and specialist from overseas.<sup>(11)</sup>

#### **PHILIPPINES**

The estimated total population in the Philippines in 1987 was 57,356,042.<sup>(0)</sup> The annual rate of increase 1976 - 1986 was 2.5%. The population includes 111 cultural and linguistic groups. Filipinos are basically of Malayo-Polynesian origin, though in the traditional trading areas there is an evidence of Chinese, Indian, Arab, Spanish and North American influence in varying degrees.

The crude death rate in 1985 was 6.1 per 1000 population with the infant mortality rate of 38 per 1000 live births and maternal death rate of 1 per 1000 live birth.<sup>(14)</sup> Life expectancy is 63 years for males and 66.5 years for females.<sup>(12)</sup> The crude birth rate in 1985 was 26.3 per 1000 population and the fetal death rate was 10.2 per 1000 live births.<sup>(14)</sup>

The ten leading causes of death in 1985 was pneumonia, diseases of the heart, tuberculosis, diseases of vascular system, malignant neoplasm, diarrhea, accidents, measles, avitaminosis & nutritional deficiency and nephritis. On the other hand, the ten leading causes morbidity in 1985 was bronchitis-emphysemaasthma, diarrhea, influenza, pneumonia, tuberculosis, malaria, accidents, diseases of the heart, measles and malignant neoplasm.<sup>(14)</sup>

The number of hospital in 1986 (government & private) was 1846 with 89,081 beds, giving a bed : population ratio of 1 : 628. Total number of RHU (rural health unit) was 1962 and there were 8844 Barangray health station. There were 9,599 government physicians in 1986 with 11,585 nurses, 10,396 midwives and 375,889 Barangray health worker.<sup>(15)</sup> The total health budget in 1987 was US \$ 213,976,350.<sup>(1)</sup>

#### **JAPAN**

Japan is an island country stretching along the northeastern coast of the Asian continent. It consists of four main island-Hokkaido, Honshu, Shokoku and Kyushu-from north to south-and more than 3,900 smaller islands. With a total land area of 377,765 square kilometers, Japan accounts for less than 0.3% of total land area of the world<sup>(16)</sup>

Of the total entire land area, 73% is mountainous and the remaining 27% is relatively flat. Japan is characterized by complex topographical features, with a prominent "spine" of mountains in Honshu, including Mt. Fuji with an elevation of 3,776 meters. Since Japan islands stretch from north to south, the climate zones range from the subarctic zone to the subtropical zone. District changes of climate follow the rotation of the four seasons and this contributes to the wide variety of vegetation.

The population of Japan at the end of 1985 was 121 million, ranking seventh in the world, and about 2.5% of the world population. The population density in 1985 was 325 persons per square kilometer; Japan is the fourth most densely populated country among the countries with more than 5 million people (16) The estimated population of Japan for the year of 2000 will be 131,192,000 and by the year of 2085 it will be 124,066,000 people. <sup>(17)</sup>

The gross national product of Japan constitutes nearly 10% of the world GNP, and both its GNP and its national income rank second among the free economic countries, next to the United States. On a per capita basis, the gross domestic product of Japan is expected to amount to US \$ 10,445 in 1984 <sup>(16)</sup>

Japan has now become one of the countries in the world where people live longest. The average life expectancy at birth for men immediately after the Second World War in 1947 was 50.06 and for women it was 53.96. By 1986 these figures had jumped to 75.23 and 80.93 respectively." The aging population is thus steadily progressing, so that in 1986 the proportion of the elderly (the ratio of people aged 65 and over to the whole population) reached 10.6%. By the year of 2000 the proportion will be 16.3% and this aging process will subsequently peak in 2021 at 23.6%, when one person in 4 will be at least 65 years old. <sup>(18)</sup>

The mortality rate in 1947 was 14.6, and this was reduced to 6.2 in 1986, while the infant mortality rate dropped drastically from 76.7 to 5.2 between those same years (per 1000 population). In the past, tuberculosis and other communicable diseases constituted the main causes of death in Japan. However, after the war, the occurrence of such diseases declined and in 1951 cerebrovascular diseases occupied the top spot. After this, cancer and heart diseases have taken the top position, and over recent years, with these three as the most important ones, the so-called degenerative diseases have come to the account for the larger part of all deaths. With regard to the trends in patients receiving medical care, there has been a marked increase in cardiovascular diseases like hypertension, cerebrovascular diseases and heart diseases. Moreover, there has been a considerably increase in the case of mental disorder. <sup>(17)</sup>

At the end of 1986 there were 191,346 doctors in Japan, giving a ratio of 157.3 per 100,000 people. There were also

22,050 public health nurses (18.1 per 100,000 people) and another 672,249 nurses and assistant nurses (558.3 per 100,000 people). There were 9,699 hospitals at the end of 1986 with 1,533,877 beds, and there were 76,369 clinics at that time X18) These number of doctors and hospital beds have now reached the levels prevailing in the western advanced countries <sup>(17)</sup>

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*Forget it Drop the subject when you can not agree  
There is no need to be bitter because you know you are right*