Data updates as of May 6th, 2025

TIMOR-LESTE

POPULATION 1,384,286 (2023)

Human development summary capturing achievements in the HDI and complementary metrics that take into account gender gaps, inequality, planetary pressures and multidimensional poverty.

HDI
Human Development Index

The HDI is a summary measure for assessing long-term progress in three basic dimensions of human development: a long and healthy life, access to knowledge and a decent standard of living. Timor-Leste's HDI value for 2023 is 0.634—which puts the country in the Medium human development category—positioning it at 142 out of 193 countries and territories.

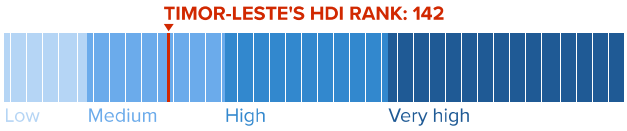
Between 2000 and 2023, Timor-Leste's HDI value changed from 0.507 to 0.634, a change of 25.0 percent.

Between 2000 and 2023, Timor-Leste's life expectancy at birth changed by 9.59 years, expected years of schooling changed by 3.56 years and mean years of schooling changed by 2.45 years. Timor-Leste's GNI per capita changed by about 30.2 percent between 2000 and 2023.

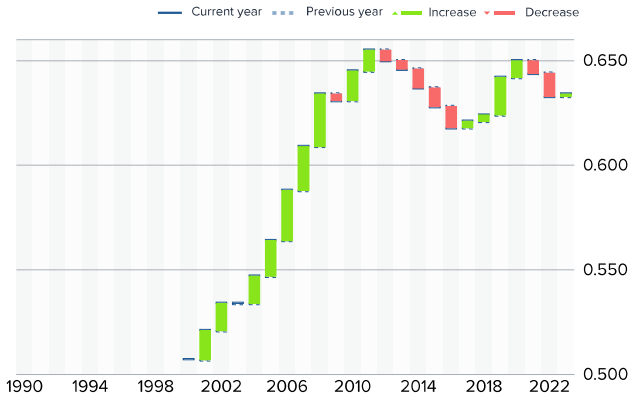
HDI value (2023)
0.634

Human development classification
Medium

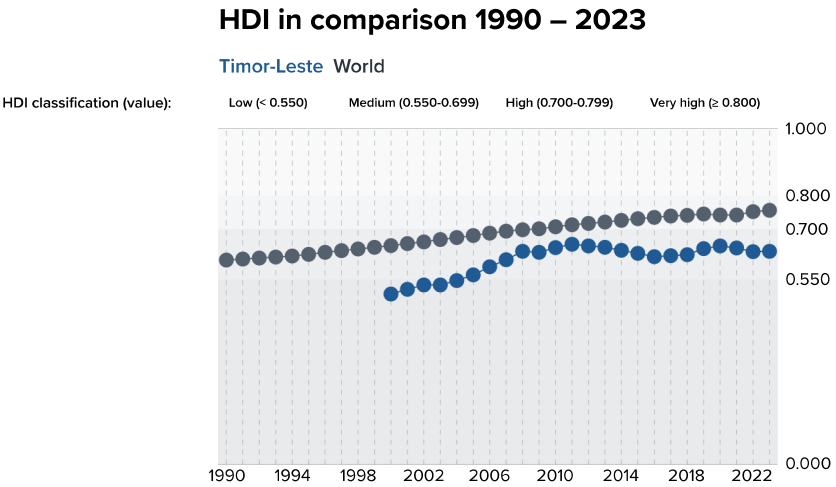
Developing region
East Asia and the Pacific



Trends in Timor-Leste's HDI 1990 – 2023



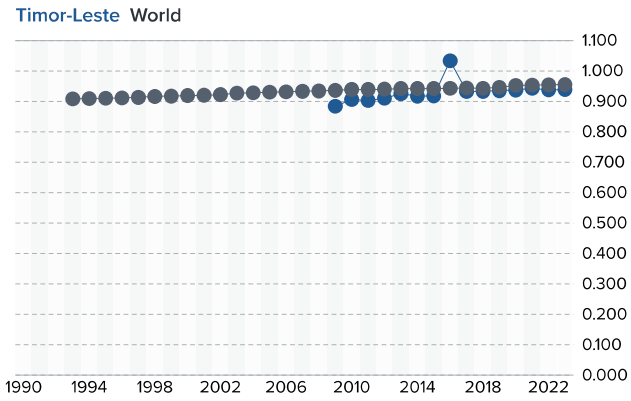
HDI in comparison 1990 – 2023



GDI
Gender Development Index

The GDI measures gender gaps in achievements in three basic dimensions of human development: health (measured by female and male life expectancy at birth), knowledge (measured by female and male expected years of schooling for children and mean years of schooling for adults aged 25 years and older) and living standards (measured by female and male estimated GNI per capita). It is a ratio of the female to the male HDI. The 2023 female HDI value for Timor-Leste is 0.613 in contrast with 0.653 for males, resulting in a GDI value of 0.939, placing it into Group 3.

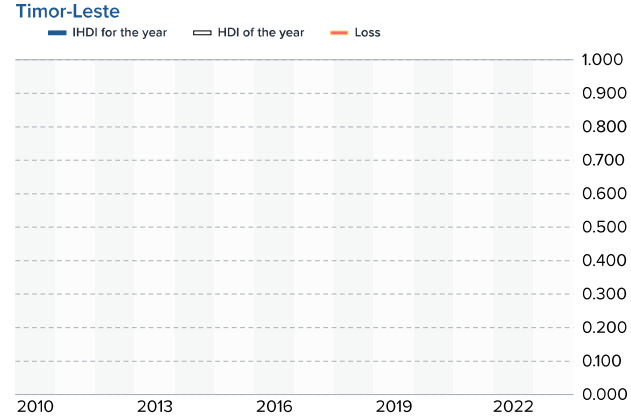
GDI in comparison 1990 – 2023



IHDI
Inequality-adjusted HDI

The IHDI adjusts the HDI for inequality in the distribution of each dimension across the population. The 'loss' in human development due to inequality is given by the difference between the HDI and the IHDI. As the inequality in a country increases, the loss in human development also increases. Timor-Leste's loss due to inequality is 28.86 percent, which lowers the HDI to 0.451 in 2023.

IHDI in comparison 2010 – 2023

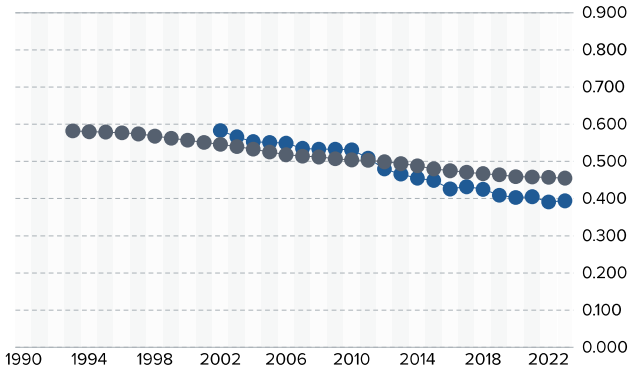


GII
Gender Inequality index

The GII measures gender inequalities in three key dimensions – reproductive health, empowerment, and labour market. Reproductive health is measured by maternal mortality ratio and adolescent birth rates; empowerment is measured by the shares of parliamentary seats held and population with at least some secondary education by each gender; and labour market participation is measured by the labour force participation rates for women and men. Timor-Leste has a GII value of 0.394, ranking it 99 out of 172 countries in 2023.

GII in comparison 1990 – 2023

Note: the lower GII values represent a better performance regarding gender inequality.



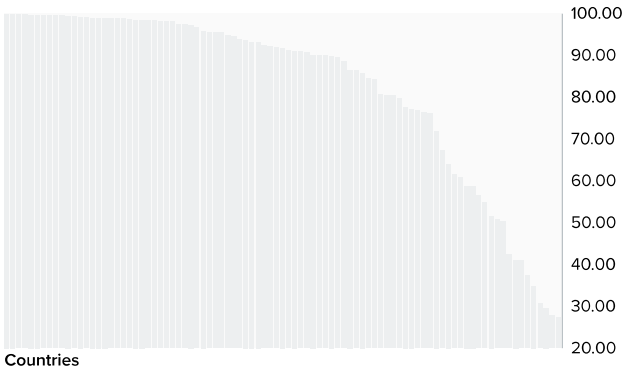
GSNI
Gender Social Norms Index

The GSNI assesses the impact of social beliefs on gender equality across four dimensions, including political, educational, economic, and physical integrity. It draws upon data from 91 countries, encompassing the World Values Survey waves 5 (2005-2009), 6 (2010-2014), and 7 (2017-2022), with the latest update reflecting information as of 12 January 2023. The core GSNI measures the percentage of people with at least one bias. The GSNI ranges from 0 to 1. Higher GSNI values indicate higher biases against gender equality and women's empowerment.

GSNI in comparison of latest year

The GSNI covers 91 countries only. The GSNI is not computed for Timor-Leste.

Note: the lower GSNI values represent a better performance regarding GSNI.



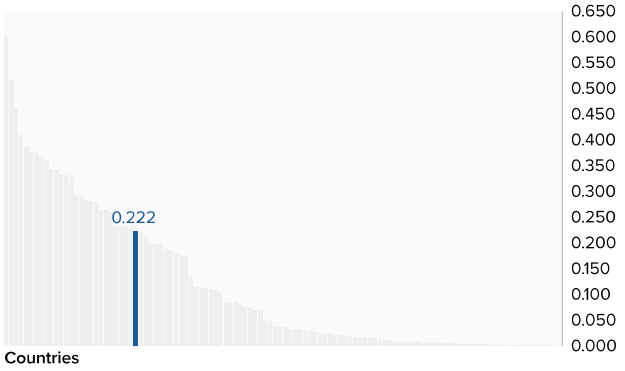
MPI
Multidimensional Poverty Index

The MPI looks beyond income and identifies multiple deprivations at the household level in three key dimensions: health, education and standard of living, comprising 10 indicators. People who experience deprivation in at least one third of these weighted indicators fall into the category of multidimensionally poor.

MPI in comparison of latest year

Note: the lower MPI values represent a better performance regarding multidimensional poverty.

Timor-Leste



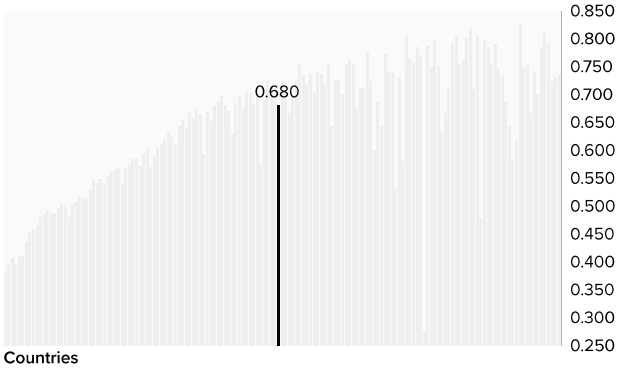
PHDI
Planetary pressures-adjusted HDI

The PHDI adjusts the HDI for pressures on the planet to reflect a concern for intergenerational inequality. It is the level of human development adjusted by carbon dioxide emissions per person (production-based) and material footprint per capita to account for the excessive human pressure on the planet. In an ideal scenario where there are no pressures on the planet, the PHDI equals the HDI. However, as pressures increase, the PHDI falls below the HDI.

PHDI in comparison of year 2023

The PHDI covers 156 countries only. The PHDI is not computed for Timor-Leste.

World



Note: HDRO is mandated to use internationally-standardized data. National and international data can differ because international agencies standardize national data to allow comparability across countries and, in some cases, may not have access to the most recent national data.

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