



بانچي قندودوق دان قرومهن
**BANCI PENDUDUK
dan PERUMAHAN 2021**
Pastikan awda dihitung untuk masa depan kitani


**INSIGHTS INTO
THE POPULATION AND HOUSING CENSUS (BPP) 2021**

HEALTH

JABATAN PERANCANGAN EKONOMI DAN STATISTIK
KEMENTERIAN KEWANGAN DAN EKONOMI
NEGARA BRUNEI DARUSSALAM

DEPARTMENT OF ECONOMIC PLANNING AND STATISTICS
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HEALTH

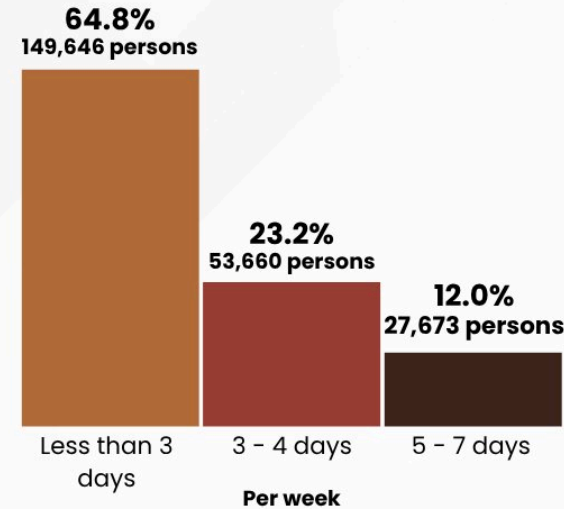
Activeness in Physical Activity



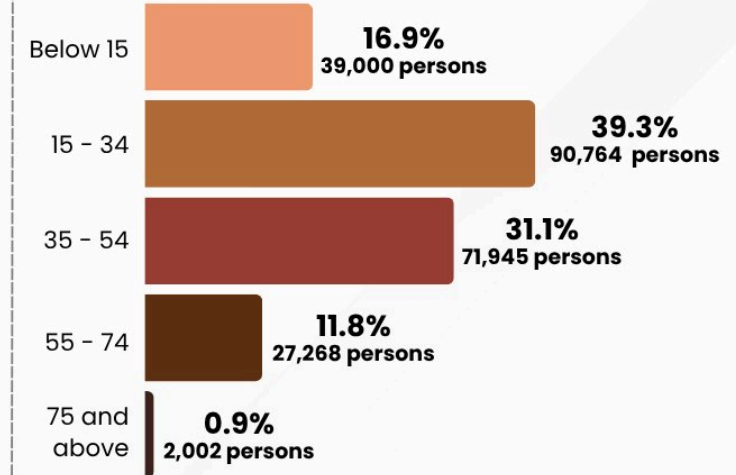
Physically Active refers to persons who have engaged in any form of exercise or physical activity, such as running, swimming, badminton and similar activities.

Physically inactive refers to persons who did not participate in any form of exercise or physical activity, including those who were unable to participate due to health or physical limitations.

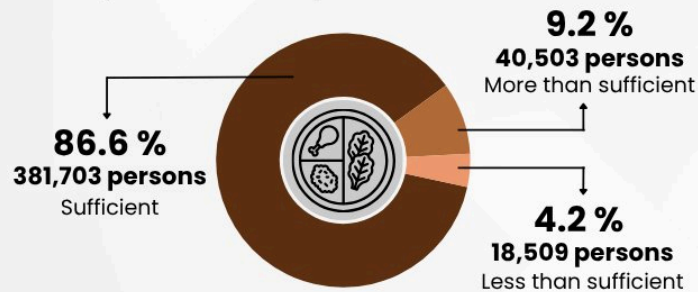
Physical Activity Frequency per Week



Physical Activity Participation by Age Group



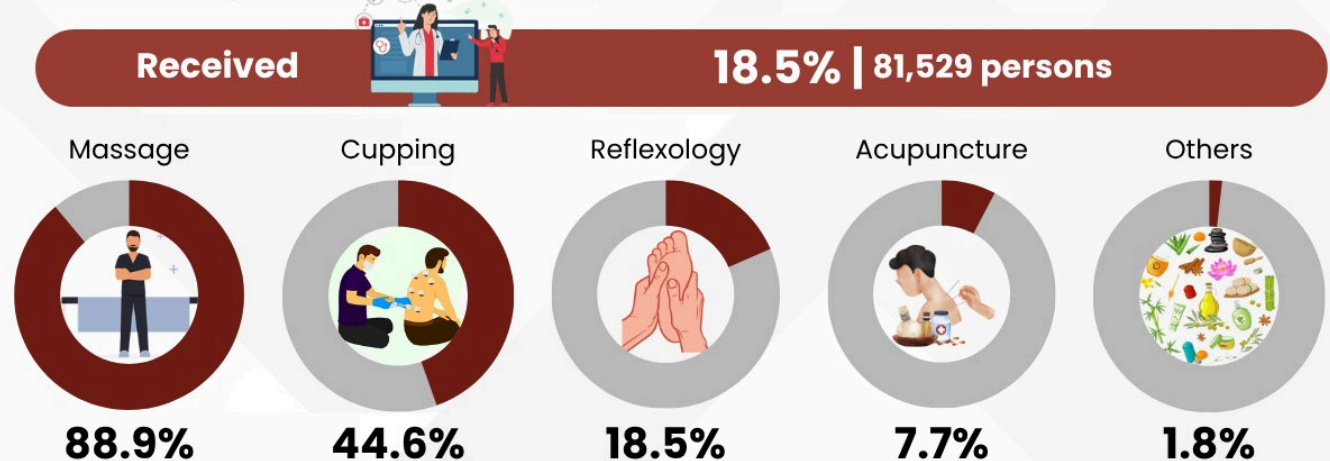
Healthy Food Consumption



Insurance Coverage



Traditional & Complimentary Medicine (TCM) Treatment



TCM treatment is a form of health-related practice used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illnesses, and excludes medical or dental practices utilised by registered medical or dental practitioners.

Note:

Figures for types of TCM treatment received do not sum to the total as multiple responses were allowed.

HEALTH

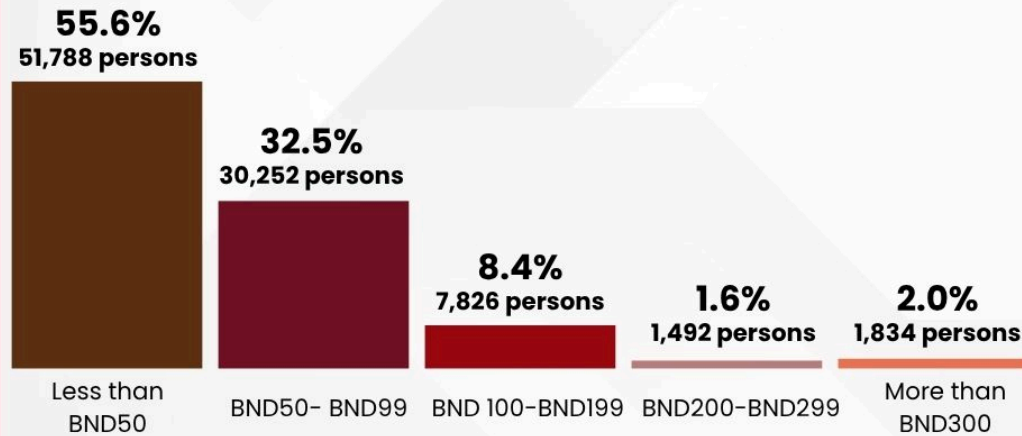
Private Clinics in Brunei Darussalam



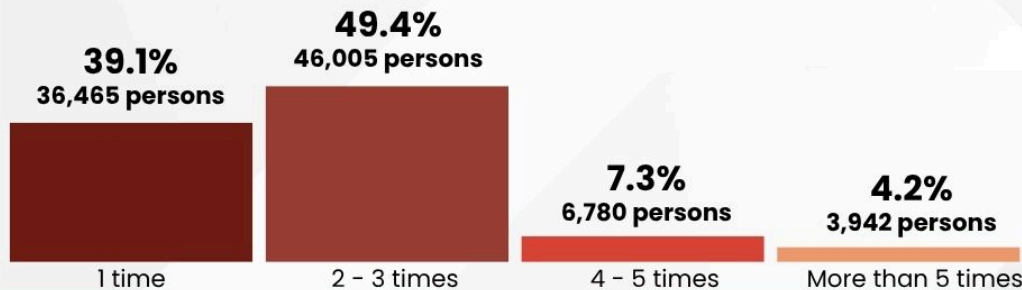
21.1%
93,192 persons

Persons who get health treatment or services at private clinics in Brunei Darussalam using their own expenses in the past 12 months.

Cost of Treatment Paid (per session)



Frequency of Treatment Received



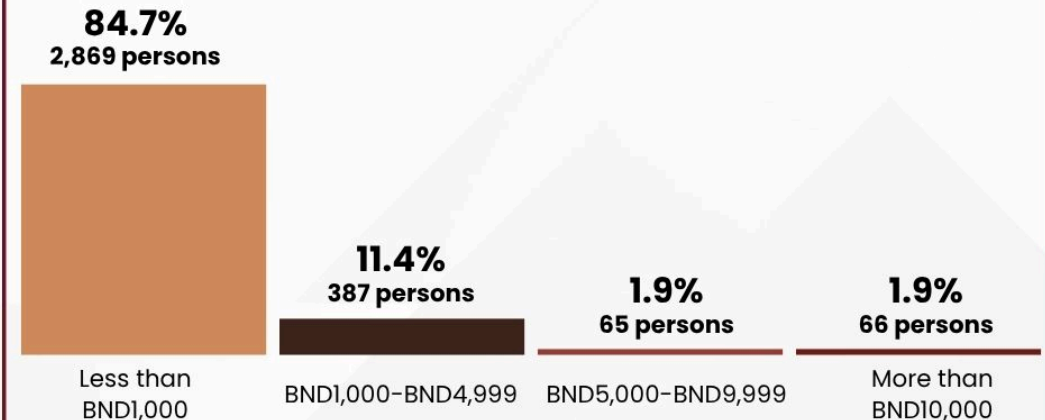
Private Clinics Outside Brunei Darussalam



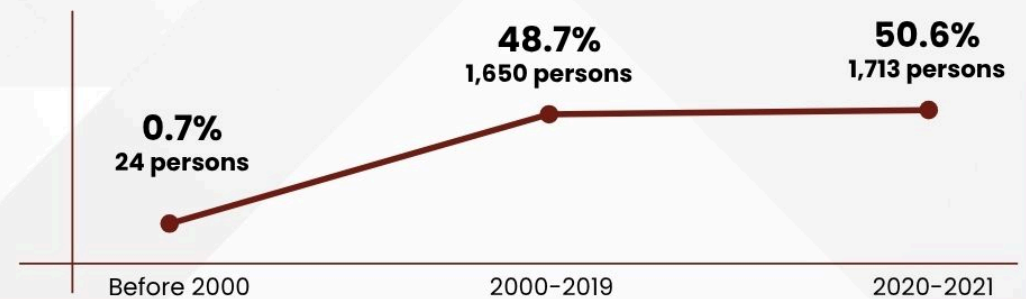
0.8%
3,387 persons

Persons who get health treatment or services at private clinics outside Brunei Darussalam using their own expenses in the past 12 months.

Cost of Treatment Paid (per session)



Year of Treatment Received





Executive Summary

The Department of Economic Planning and Statistics (DEPS) has conducted the **Population and Housing Census (BPP) 2021** starting from January until December 2021. BPP 2021 was the sixth such census conducted in Brunei Darussalam. The earlier censuses were conducted in 1971, 1981, 1991, 2001 and 2011. BPP 2021 covered all housing units and households in Brunei Darussalam. It was conducted on a de jure basis, whereby all persons, whether Brunei Darussalam citizens, permanent residents or temporary residents who had stayed or intended to stay as usual members of the household for a period of 6 months or more in 2021, were enumerated according to their usual place of residence.

The census collected a wide range of information about the demographic, social, economic and housing characteristics of Brunei Darussalam's population. Apart from providing a comprehensive profile of the population, the 2021 census data can be compared with similar information from the previous censuses to show how the conditions of the population have changed over time.

Health information collected from the Population and Housing Census (BPP) 2021 provides an overview of basic information on the use of health services, including healthy food consumption, insurance coverage and physical activity. It also covers treatment or health services received at private clinics both inside and outside Brunei Darussalam, as well as the use of Traditional and Complementary Medicine (TCM) treatments.

Healthy Food Consumption

In the 2021 Census, out of the total population of 440,715 persons, a large proportion of the population (86.6 per cent or 381,703 persons) reported consuming sufficient and healthy food on a daily basis. Meanwhile, 9.2 per cent (40,503 persons) reported consuming healthier food than required. The remaining 4.2 per cent (18,509 persons) indicated that they did not consume sufficient healthy food.

Insurance Protection Plan

Almost three-quarter of the population (74.2 per cent or 327,091 persons) did not have any insurance protection plan. The remaining 25.8 per cent (113,624 persons) were covered by an insurance plan, which may include group, general, health or life insurance.

Physical Activity

Slightly more than half of the population (52.4 per cent or 230,979 persons) were physically active over the previous six months. The remaining 47.6 per cent (209,736 persons) were not engaged in any physical activity.



➤ Frequency of Physical Activity

Among those who were physically active, the frequency of physical activity in the past week was as follows:

- More than half (64.8 per cent or 149,646 persons) exercised less than 3 days per week;
- Less than one quarter (23.2 per cent or 53,660 persons) exercised 3 to 4 days per week; and
- Only about 12.0 per cent (27,673 persons) exercised 5 to 7 days per week.

➤ Age Distribution for Physical Activity

Among those who were physically active, 39.3 per cent (90,764 persons) were aged 15 to 34 years, followed by 31.1 per cent (71,945 persons) aged 35 to 54 years. Meanwhile, 16.9 per cent (39,000 persons) were below 15 years old, and the remaining 12.7 per cent (29,270 persons) were aged 55 years and above.

Health Treatment in Private Clinics Within Brunei Darussalam

In 2021, less than quarter of the population (21.1 per cent or 93,192 persons) received treatment or health services in private clinics within Brunei Darussalam, using their own expenses, over the last twelve months.

➤ Frequency of Receiving Health Treatment

Among those who received treatment:

- Almost half (49.4 per cent or 46,005 persons) received treatment 2 to 3 times a year;
- More than one quarter (39.1 per cent or 36,465 persons) received treatment once a year;
- Around 7.3 per cent (6,780 persons) received treatment 4 to 5 times a year; and
- The remaining 4.2 per cent (3,942 persons) received treatment more than 5 times a year.



➤ Cost Paid for Health Treatment

Among those who received treatment, the cost per session was estimated as follows:

- More than half (55.6 per cent or 51,788 persons) paid less than BND50;
- More than one quarter (32.5 per cent or 30,252 persons) paid between BND50 and BND99;
- About 8.4 per cent (7,826 persons) paid between BND100 and BND199;
- Around 1.6 per cent (1,492 persons) paid between BND200 and BND299; and
- The remaining 2.0 per cent (1,834 persons) paid more than BND299.

Health Treatment in Private Clinics Outside Brunei Darussalam

In 2021, only a small minority of the population (0.8 per cent or 3,387 persons) received treatment or health services at private clinics outside Brunei Darussalam using their own expenses over the last twelve months.

➤ Cost Paid for Health Treatment

Among those who received treatment, the cost per session was estimated as follows:

- More than half (84.7 per cent or 2,869 persons) paid less than BND1,000;
- About 11.4 per cent (387 persons) paid between BND1,000 and BND4,999;
- Around 1.9 per cent (65 persons) paid between BND5,000 and BND9,999; and
- The remaining 1.9 per cent (66 persons) paid more than BND9,999.

Traditional and Complementary Medicine (TCM) Treatment

Traditional and Complementary Medicine (TCM) treatment is a form of health-related practice used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illnesses, and excludes medical or dental practices utilized by registered medical or dental practitioners. This includes massage, cupping, reflexology, acupuncture and other similar practices.

In 2021, 81,529 persons (18.5 per cent) of the total population reported receiving TCM treatment. Among these, massage was the most commonly reported type with 72,514 persons (88.9 per cent). This was followed by cupping (36,381 persons or 44.6 per cent), reflexology (15,113 persons or 18.5 per cent), acupuncture (6,247 persons or 7.7 per cent) and other types of TCM treatment (1,446 persons or 1.8 per cent).



Indicator	Total		Male		Female	
	Person	Percentage (%)	Person	Percentage (%)	Person	Percentage (%)
Total Population	440,715	100.0	232,194	52.7	208,521	47.3
Healthy Food Consumption						
More than sufficient	40,503	9.2	20,811	9.0	19,692	9.4
Sufficient	381,703	86.6	202,039	87.0	179,664	86.2
Less than sufficient	18,509	4.2	9,344	4.0	9,165	4.4
Insurance Coverage						
Has insurance	113,624	25.8	67,295	29.0	46,329	22.2
No insurance	327,091	74.2	164,899	71.0	162,192	77.8
Physical Activity						
Active in Physical Activity	230,979	52.4	129,550	55.8	101,429	48.6
Frequency (Past 1 Weeks)						
Less than 3 days in a week	149,646	64.8	77,562	59.9	72,084	71.1
3 - 4 days in a week	53,660	23.2	33,601	25.9	20,059	19.8
5 - 7 days in a week	27,673	12.0	18,387	14.2	9,286	9.2
By Age Group						
00 - 14	39,000	16.9	20,530	15.8	18,470	18.2
15 - 34	90,764	39.3	51,689	39.9	39,075	38.5
35 - 54	71,945	31.1	40,730	31.4	31,215	30.8
55 - 74	27,268	11.8	15,409	11.9	11,859	11.7
75+	2,002	0.9	1,192	0.9	810	0.8
Health Treatment in Private Clinics in Brunei Darussalam						
Received Health Treatment (Own Expenses)	93,192	21.1	45,724	19.7	47,468	22.8
Frequency Received Health Treatment						
1 time	36,465	39.1	19,136	41.9	17,329	36.5
2 - 3 times	46,005	49.4	21,752	47.6	24,253	51.1
4 - 5 times	6,780	7.3	3,128	6.8	3,652	7.7
More than 5 times	3,942	4.2	1,708	3.7	2,234	4.7
Cost Treatment Received Paid for One Session						
Less than BND50	51,788	55.6	25,824	56.5	25,964	54.7
BND50 - BND99	30,252	32.5	14,675	32.1	15,577	32.8
BND100 - BND199	7,826	8.4	3,698	8.1	4,128	8.7
BND200 - BND299	1,492	1.6	686	1.5	806	1.7
More than BND299	1,834	2.0	841	1.8	993	2.1
Health Treatment in Private Clinics outside Brunei Darussalam						
Received Health Treatment (Own Expenses)	3,387	0.8	1,800	0.8	1,587	0.8
Year Received Treatment						
Before 2000	24	0.7	11	0.6	13	0.8
2000-2019	1,650	48.7	830	46.1	820	51.7
2020 - 2021	1,713	50.6	959	53.3	754	47.5
Cost Treatment Received Paid for One Session						
Less than BND1,000	2,869	84.7	1,543	85.7	1,326	83.6
BND1,000 - BND4,999	387	11.4	192	10.7	195	12.3
BND5,000 - BND9,999	65	1.9	31	1.7	34	2.1
More than BND9,999	66	1.9	34	1.9	32	2.0
Traditional and Complementary Medicine (TCM) Treatment						
Received TCM treatment	81,529	18.5	38,577	16.6	42,952	20.6
*Type of TCM received						
Massage	72,514	88.9	32,349	83.9	40,165	93.5
Cupping	36,381	44.6	22,205	57.6	14,176	33.0
Reflexology	15,113	18.5	7,393	19.2	7,720	18.0
Acupuncture	6,247	7.7	3,423	8.9	2,824	6.6
Others	1,446	1.8	706	1.8	740	1.7

Note:

* Figures do not sum to the total as multiple responses were allowed.



Technical Note

Introduction

Population and Housing Census (BPP) is a data collection project to count the number of population as well as the households and housing units in a country and provides a statistical profile of the population and households.

The Department of Economic Planning and Statistics (DEPS) has conducted the **Population and Housing Census (BPP) 2021** starting from January until December 2021. BPP 2021 was the sixth such census conducted in Brunei Darussalam. The earlier censuses were conducted in 1971, 1981, 1991, 2001 and 2011. In 2016, DEPS conducted the Population and Housing Census Update (KBPP) 2016 for Brunei Darussalam.

BPP 2021 was conducted under the Census Act, Chapter 78 from the Laws of Brunei Darussalam. The Census Act makes it obligatory for the public to answer all the census questions and guarantees the confidentiality of information furnished.

Objectives

The main objectives of BPP 2021 were to collect comprehensive and latest information on the total count as well as demographic, social and economic characteristics of the population; and to collect comprehensive and latest information on the total number of housing units with housing characteristics and availability of household amenities.

Census Approach and Coverage

The Population and Housing Census (BPP) 2021 covered all housing units and households in Brunei Darussalam. It was conducted on a de jure basis, whereby all persons, whether Brunei Darussalam citizens, permanent residents or temporary residents who had stayed or intended to stay as usual members of the household for a period of 6 months or more in 2021, were enumerated according to their usual place of residence.



Methodology

The census was conducted in three stages:

i) First Stage (Houselisting):

The first stage was conducted from 20 January until 21 February 2021. During this stage, all housing units were listed by kampung or area, mukim and district throughout the country to ensure full coverage of the census. Census officers collected information on every household such as the names and identity card numbers of the head and each household member living in each housing unit. Census officers also affix a sticker to each housing unit.

ii) Second Stage (e-Census Implementation):

The second stage was conducted from 20 April 2021 until 21 July 2021. During this stage, the e-Census system was activated to allow the public to fill in the census questionnaire online. More detailed information from each household member was collected in this stage covering personal information such as date of birth, education and employment characteristics.

iii) Third Stage (Household Interview):

The third stage was initially scheduled to be implemented from 2 August 2021 to 29 August 2021. Following the COVID-19 situation in the country, the third stage: face-to-face interviews, has been revised and implemented from 1 November to 31 December 2021 using the following two methods:

1. Telephone Call Interview: The appointed census officers interviewed the households without visiting their housing units. The head of the household was contacted to set up an appointment before the telephone interview was held.
2. Fill in the census form themselves online: The e-Census method is only accessible to households that have an internet connection and choose to fill in the census questionnaire themselves online, including filling out the questionnaire in softcopy form and sending it via email.



Concepts and Definitions

The following are some concepts and definitions used in Population and Housing Census (BPP) 2021:

Persons having healthy food consumption:

Refers to persons who consume a healthy, balanced diet on a daily basis, to maintain good health based on self-report by the respondent themselves.

Persons with insurance coverage:

Refers to persons who are covered by insurance to protect against risks and financial losses.

Persons who were active in physical activity:

Refers to persons who engaged in any form of exercise or physical activity, such as running, swimming, badminton and similar activities.

Persons who were inactive in physical activity:

Refers to persons who did not participate in any form of exercise or physical activity, including those who were unable to participate due to health or physical limitations.

Traditional and Complementary Medicine (TCM) treatment or services:

Refers to a form of health-related practice used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illnesses, and excludes medical or dental practices utilized by registered medical or dental practitioners. This includes massage, cupping, reflexology, acupuncture and other similar practices.