

# DEMENTIA: FORGET ME NOT...



**1 in 10 suffers**



## What is dementia?

"a medical condition that affects especially old people, causing the memory and other mental abilities to gradually become worse, and leading to confused behaviour"

## Where?



## Who?



## Marital status?



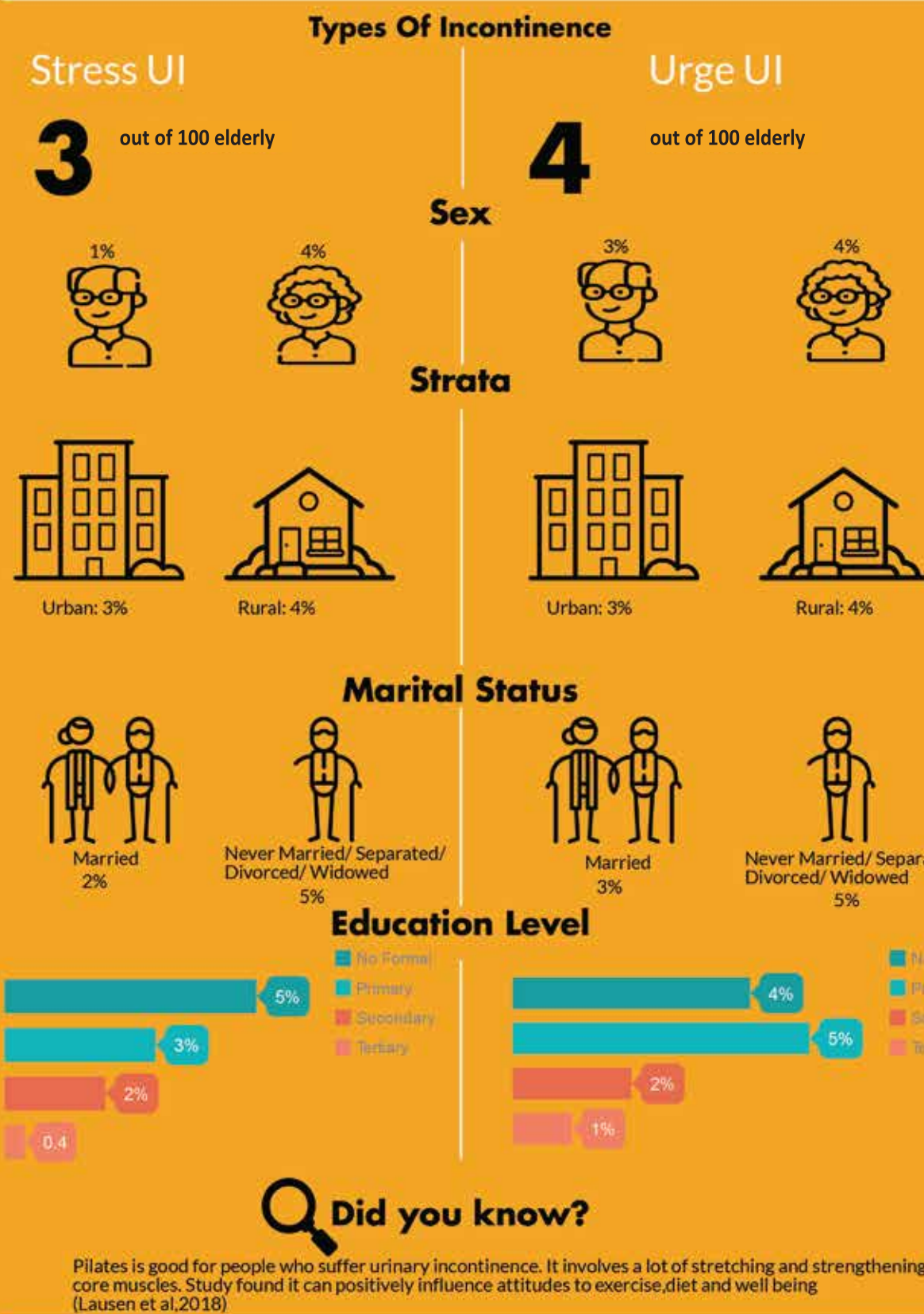
## Education level?



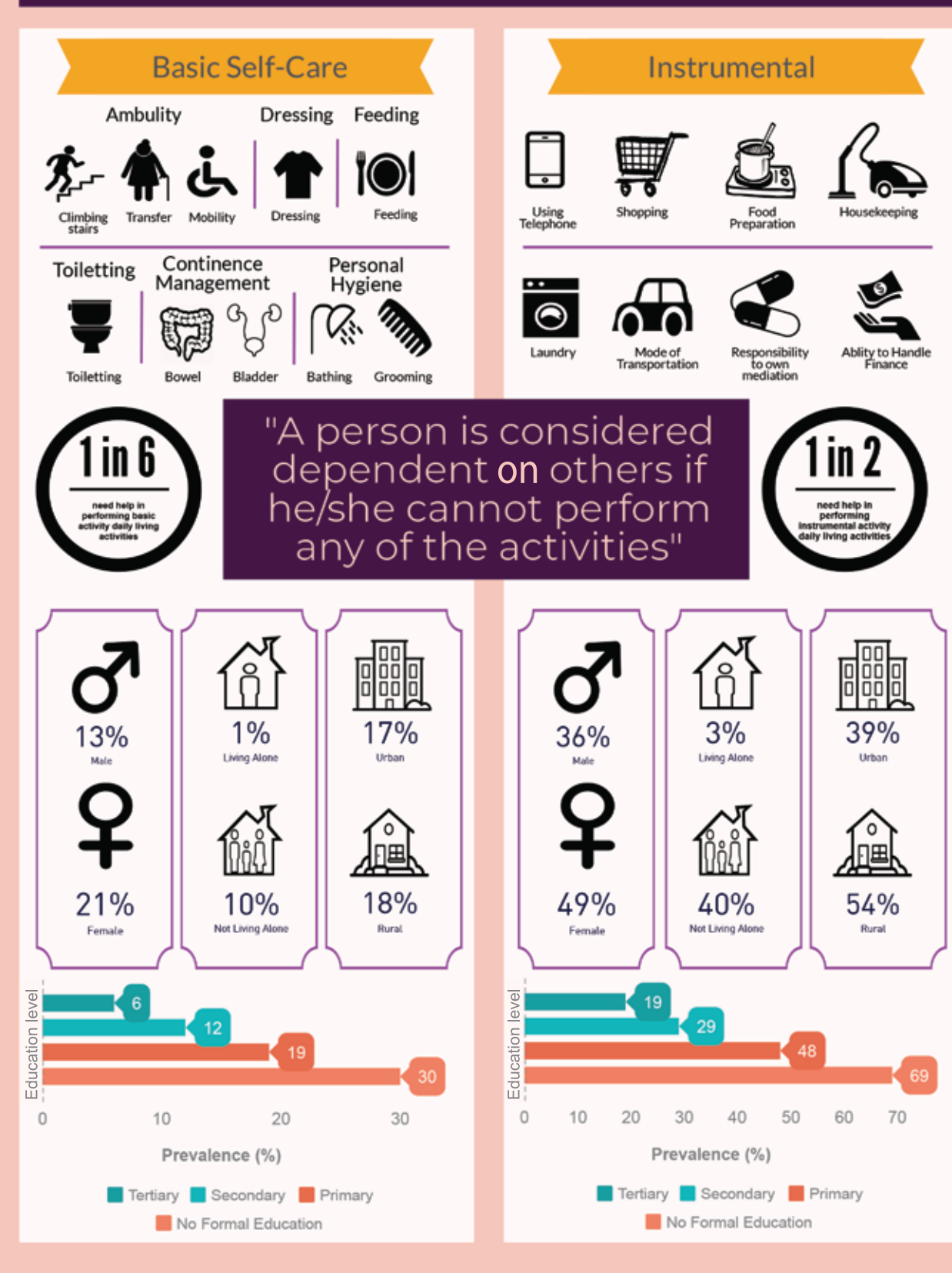
## What can we do...



# Urinary Incontinence (UI) among the elderly in Malaysia



# ACTIVITIES OF DAILY LIVING

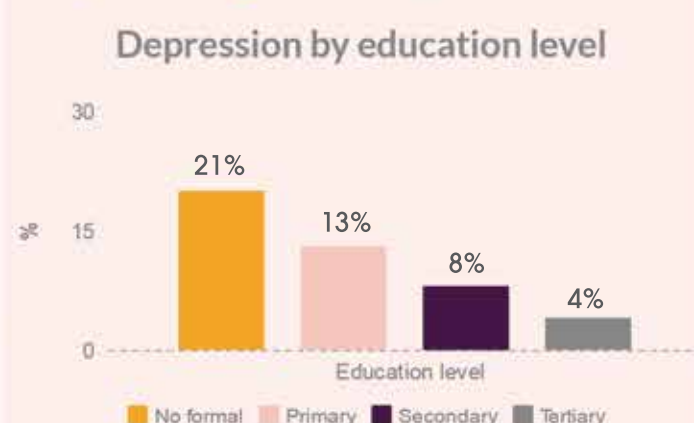
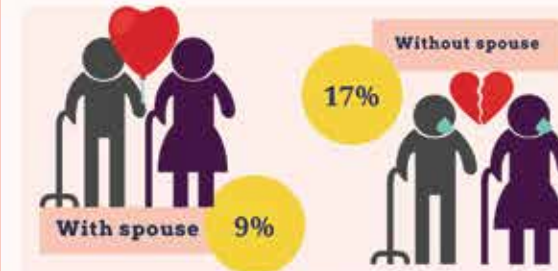
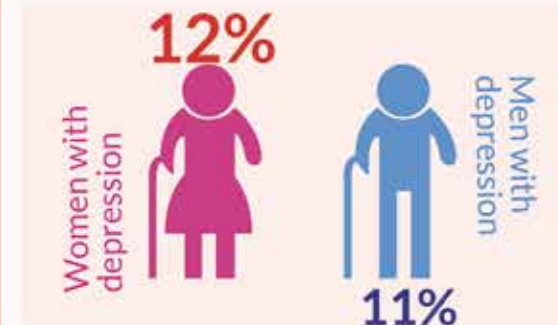


## Depression & The Elderly:

# WHO ARE THEY?

"mood disorder characterised by symptoms that adversely affects an elderly's psychosocial well-being and daily functioning"

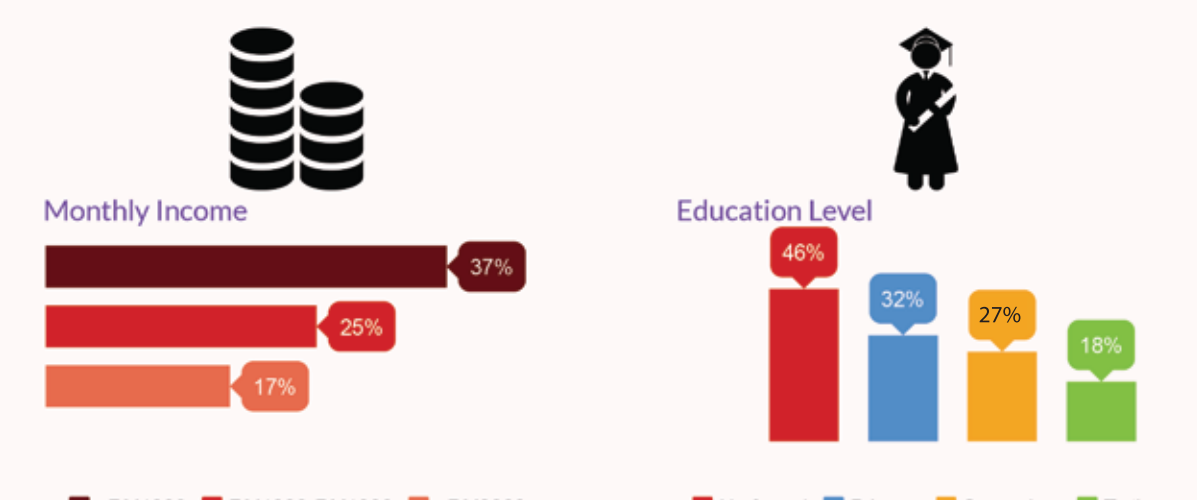
**1 in 10** elderly are depressed



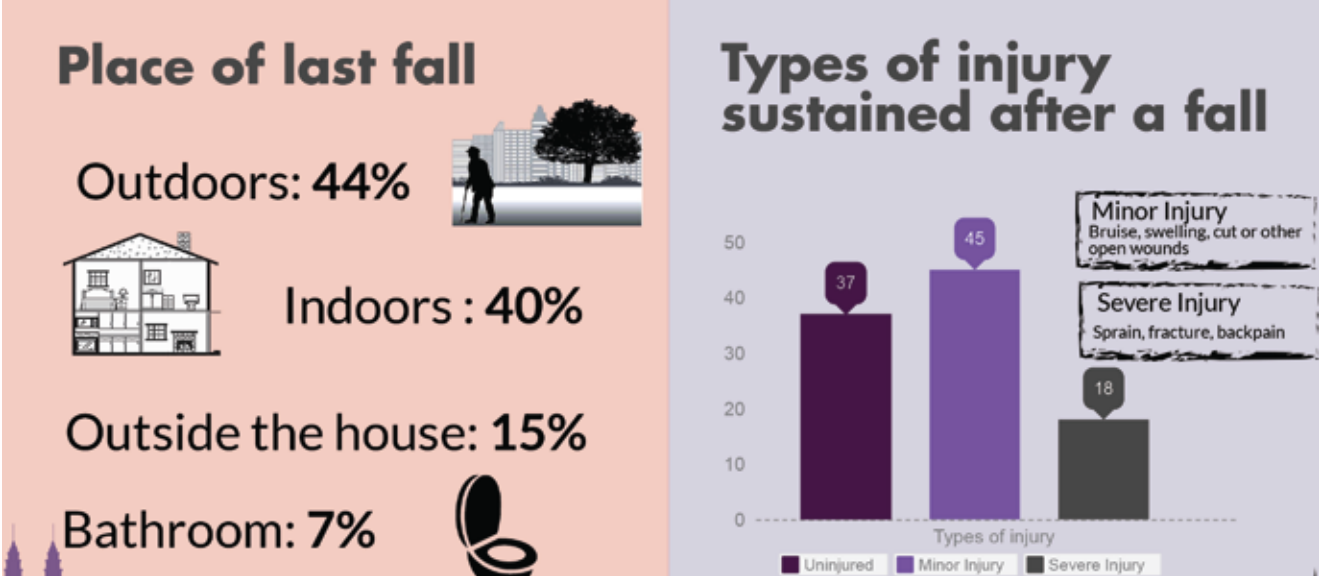
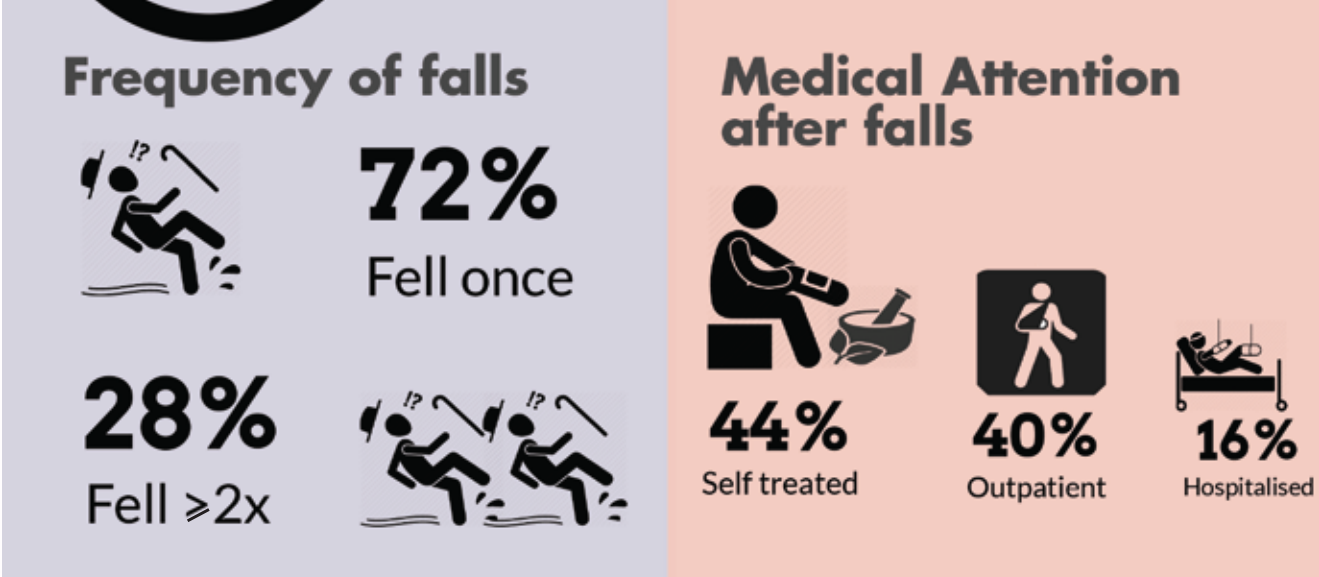
# Poor social support is a problem



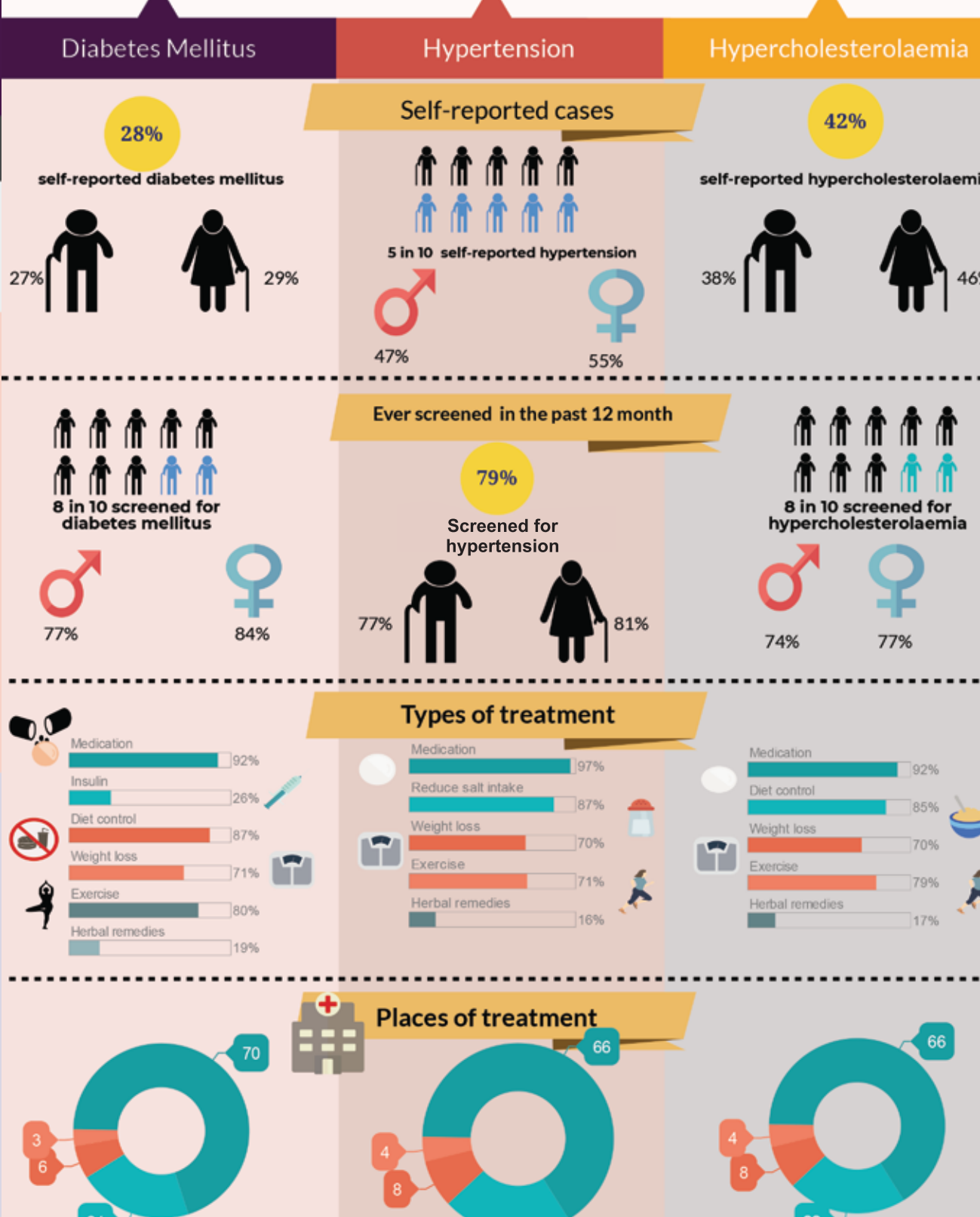
As many as 3 in 10 elderly individuals had poor social support



# SENIORS WHO FALL: SCENARIO IN MALAYSIA



# NCDs AMONG THE ELDERLY IN MALAYSIA

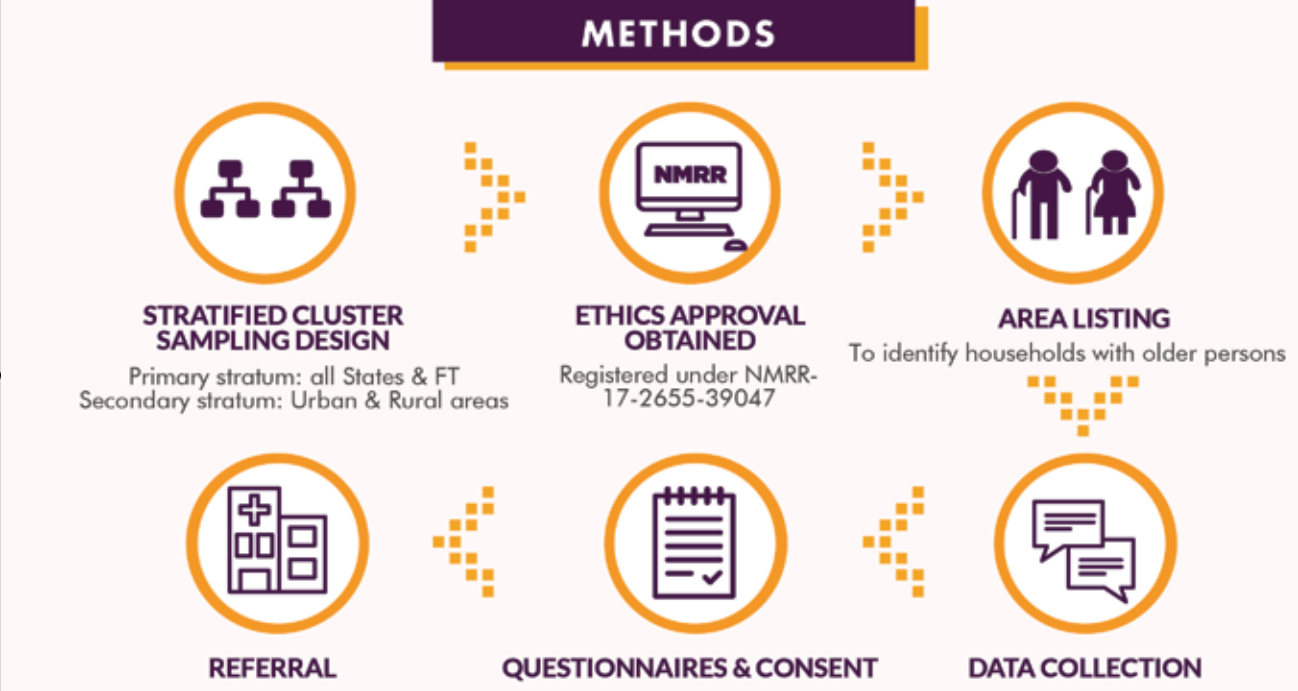


# The NHMS 2018:

## HOW DID WE DO IT?

**WHY DID WE CONDUCT A SURVEY ON ELDERLY HEALTH?**  
Malaysia is fast achieving an ageing population status, and a focus on healthy aging is needed.

**INFORMATION FROM THE SURVEY WILL BE USED BY THE HEALTH & OTHER MINISTRIES TO:**  
Review programs and plan for resources to improve elderly care.



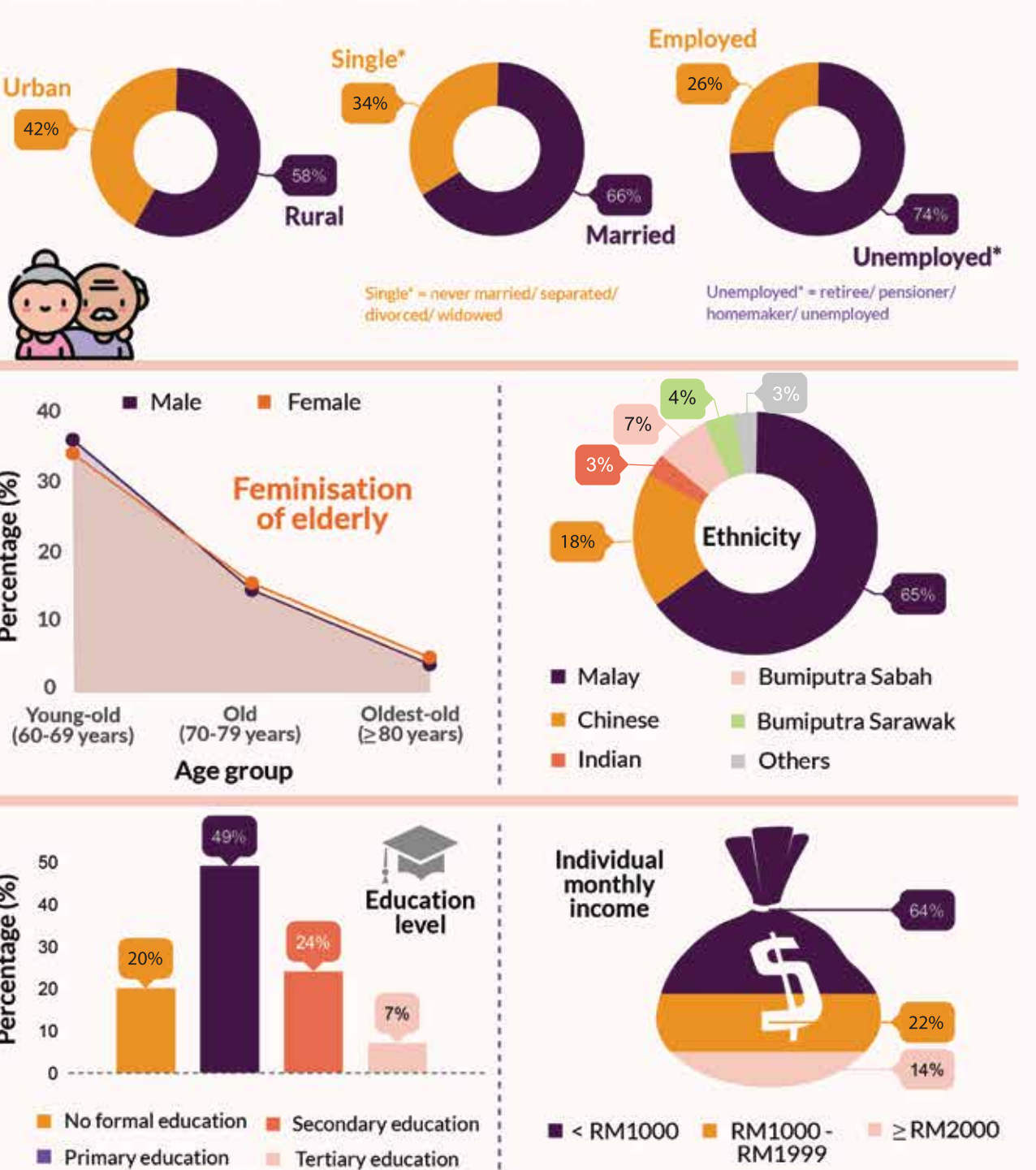
Scan this QR code to download a PDF copy of the full technical report for this survey



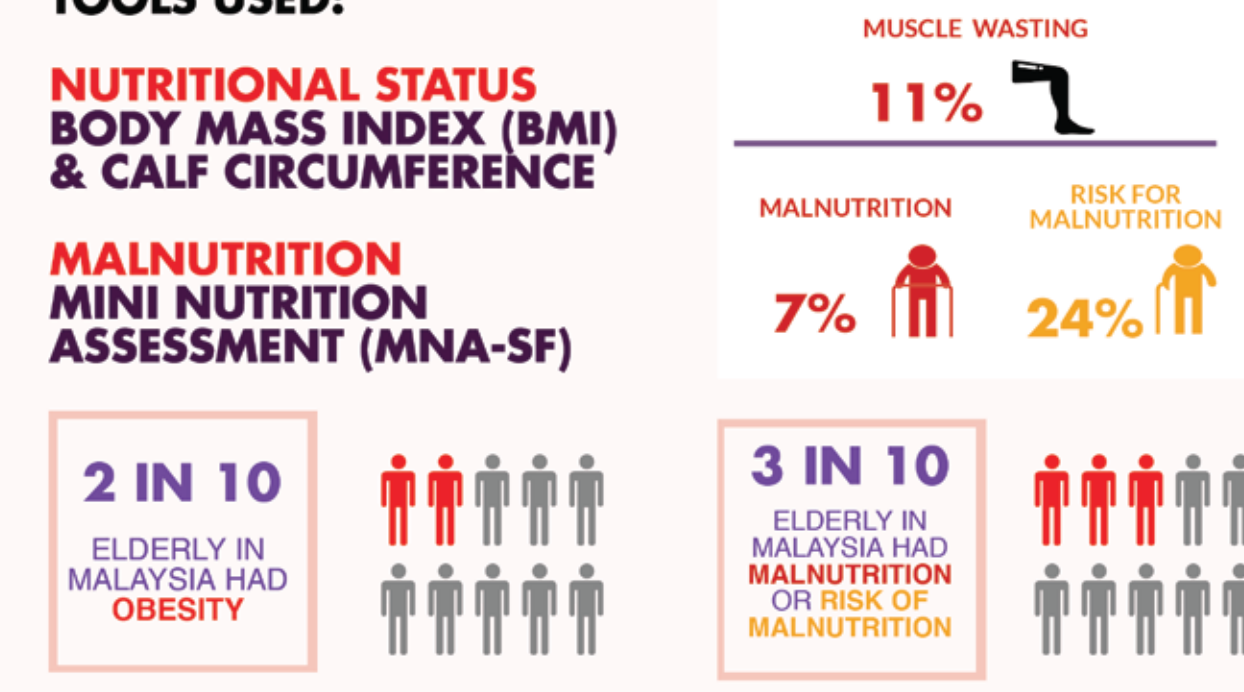


# AGEING & HEALTH: WHO ARE OUR MALAYSIAN ELDERLY?

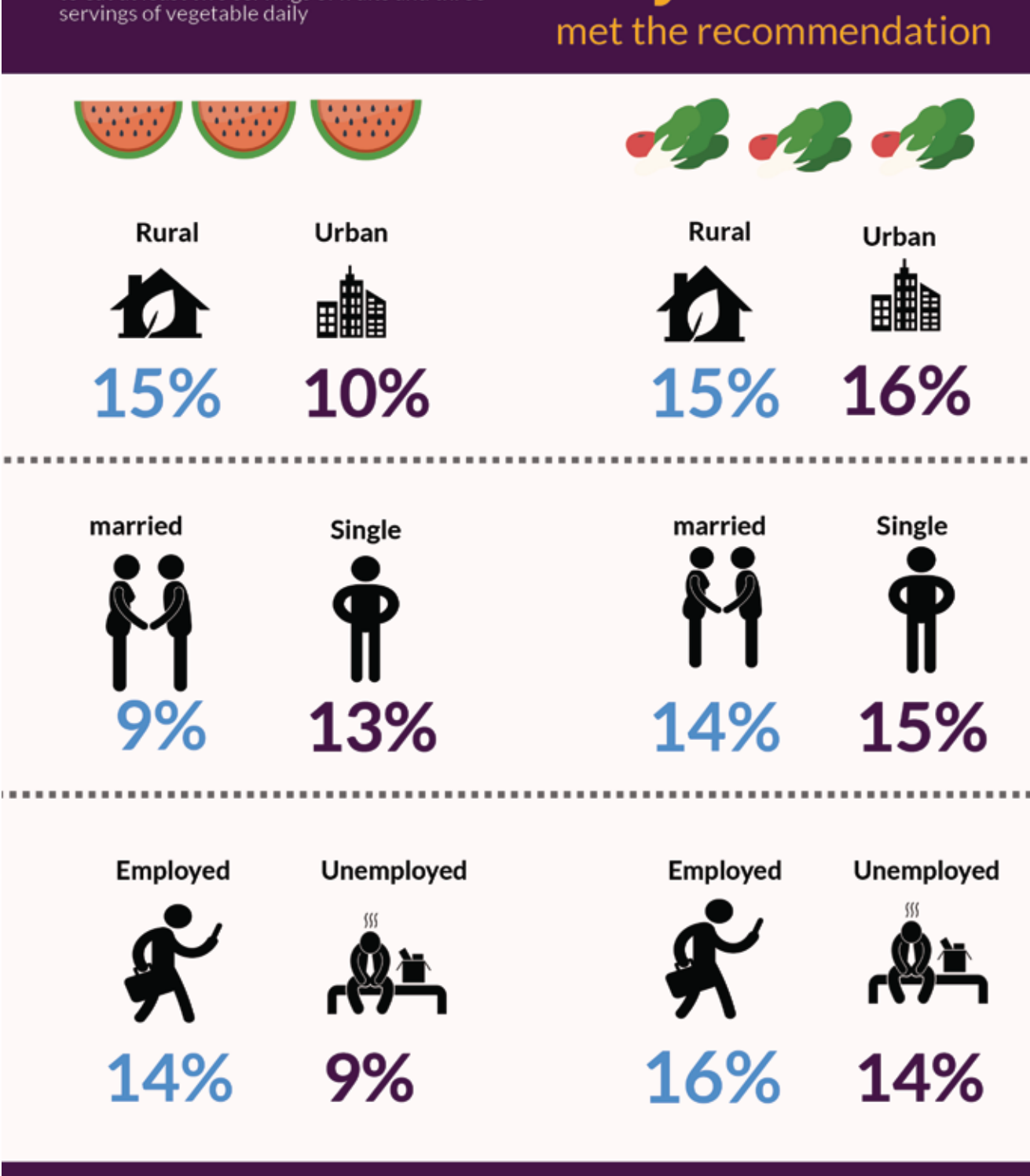
## CHARACTERISTICS OF RESPONDENTS



# How NOURISHED are our elderly?



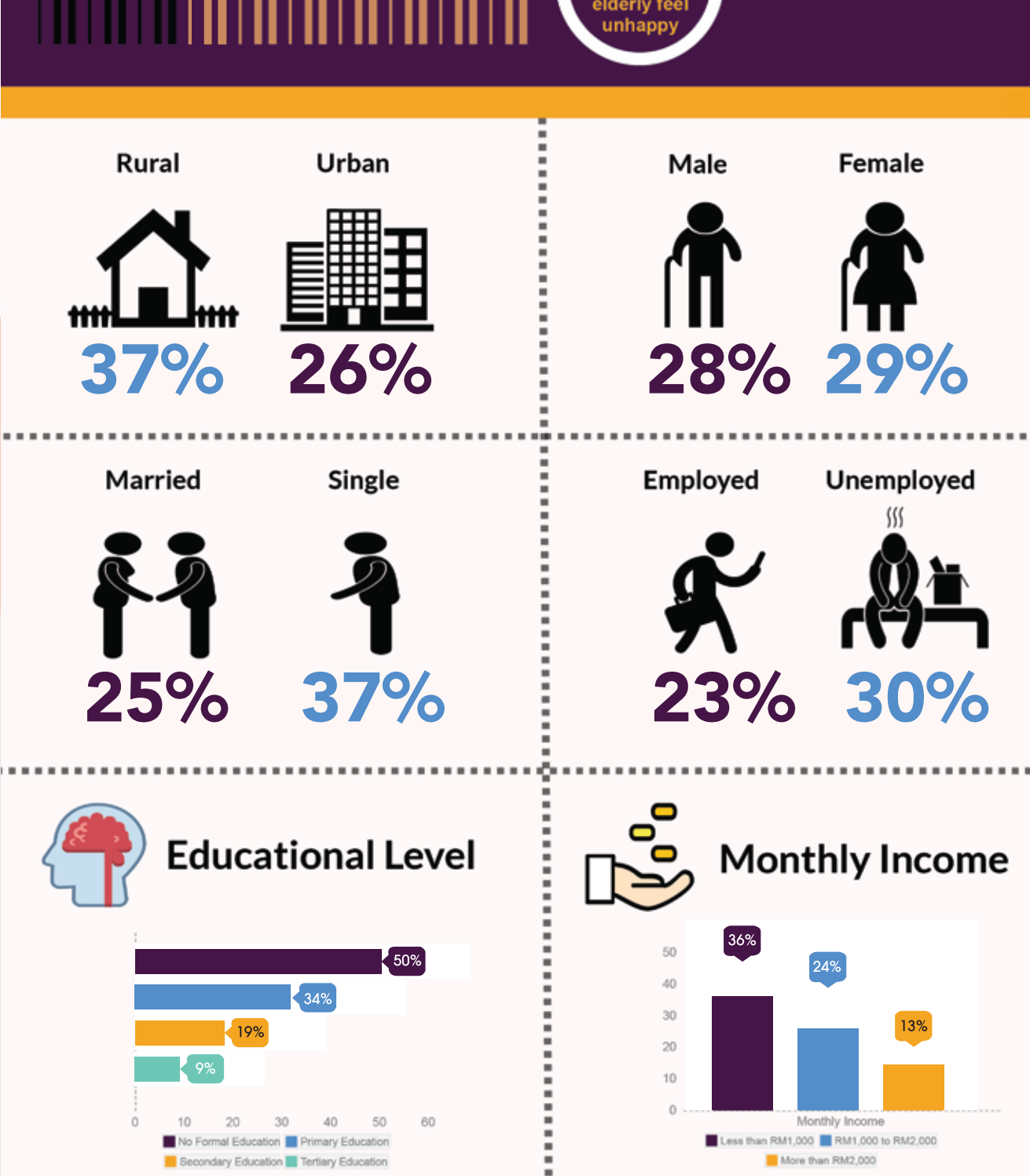
# ELDERLY FIBER INTAKE CHALLENGES



# Food SECURITY status among the Elderly

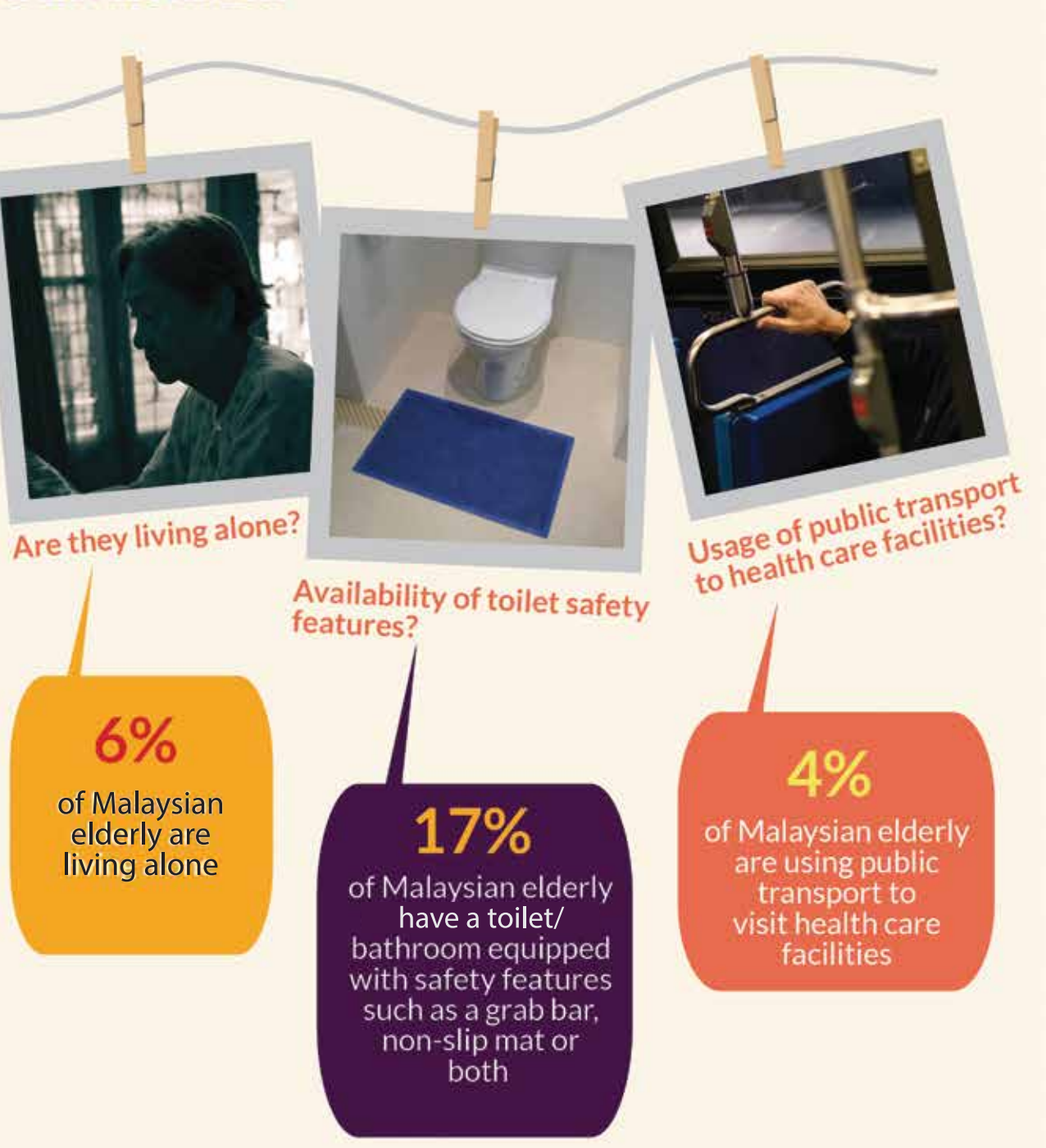


# ARE OUR MALAYSIAN ELDERLY UNHAPPY?

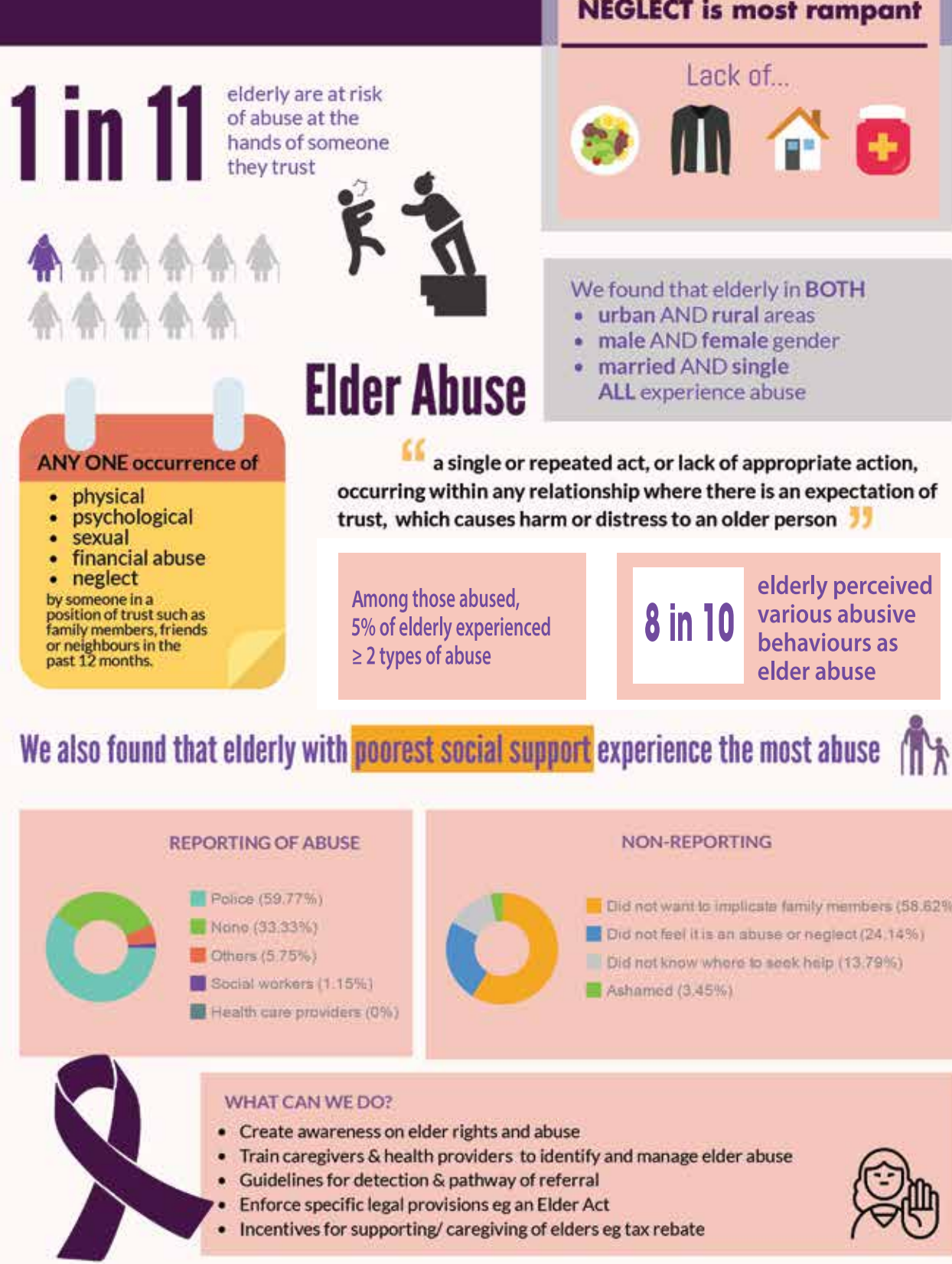


# AGEING & HEALTH: WHO ARE OUR MALAYSIAN ELDERLY?

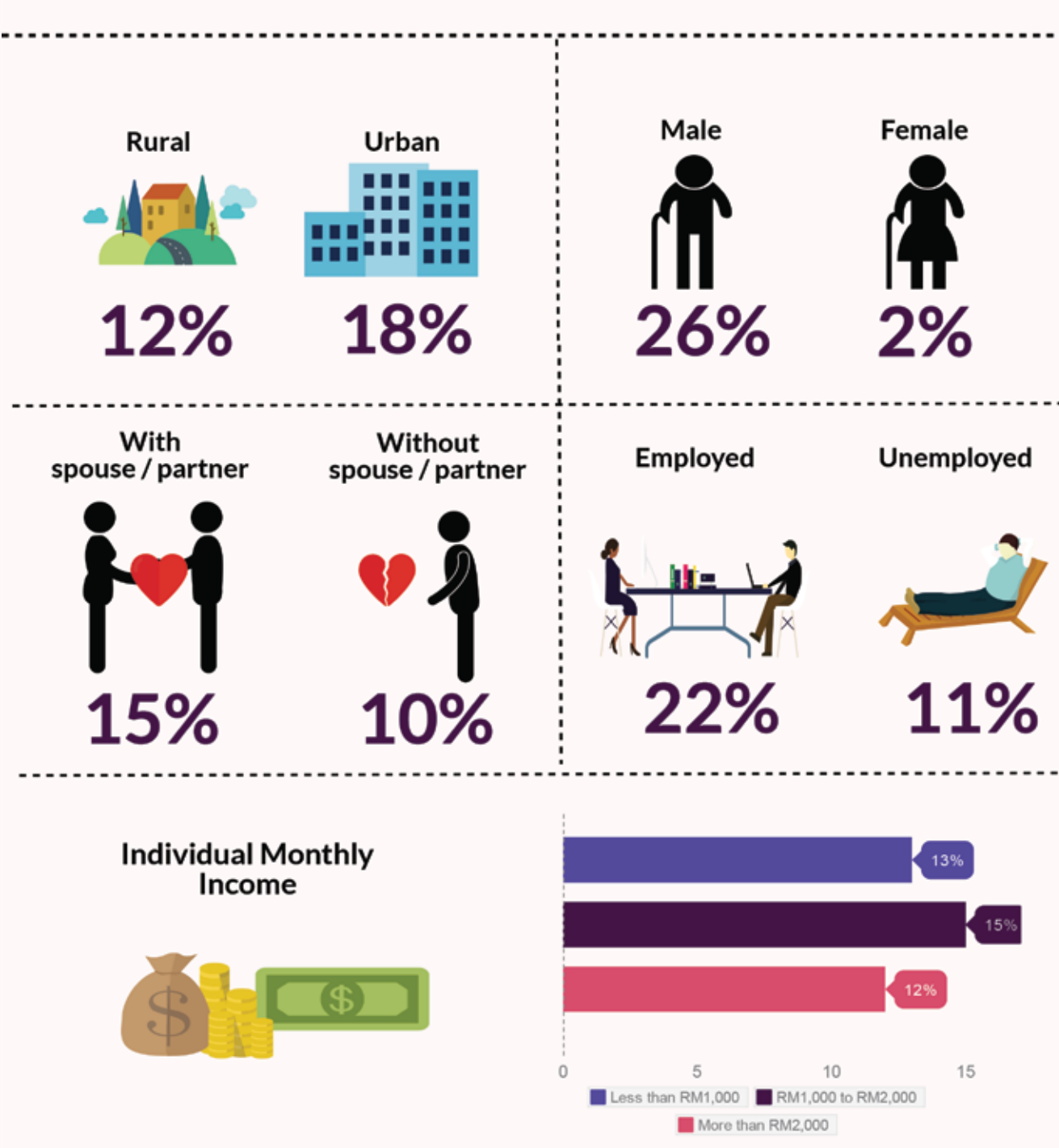
## CHARACTERISTICS OF THEIR LIVING ARRANGEMENT & ENVIRONMENT



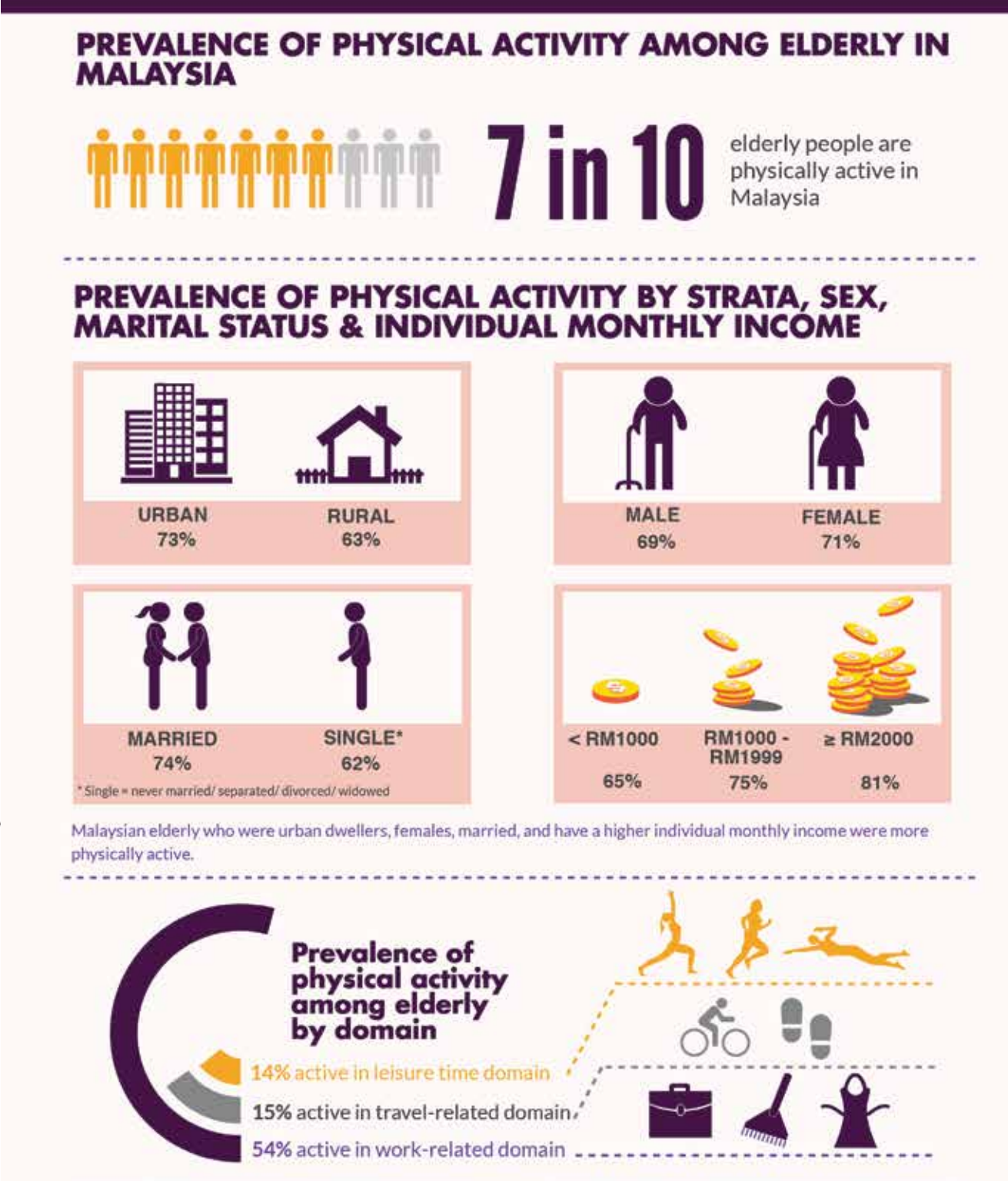
# OLD AND ALONE: ELDER ABUSE AND NEGLECT



# SMOKING 1 in 10 elderly are current smokers



# MALAYSIAN ELDERLY: HOW ACTIVE ARE THEY?



# SEE, HEAR, EAT:

