

NATIONAL HEALTH AND MORBIDITY SURVEY (NHMS) 2025

OLDER PERSONS HEALTH

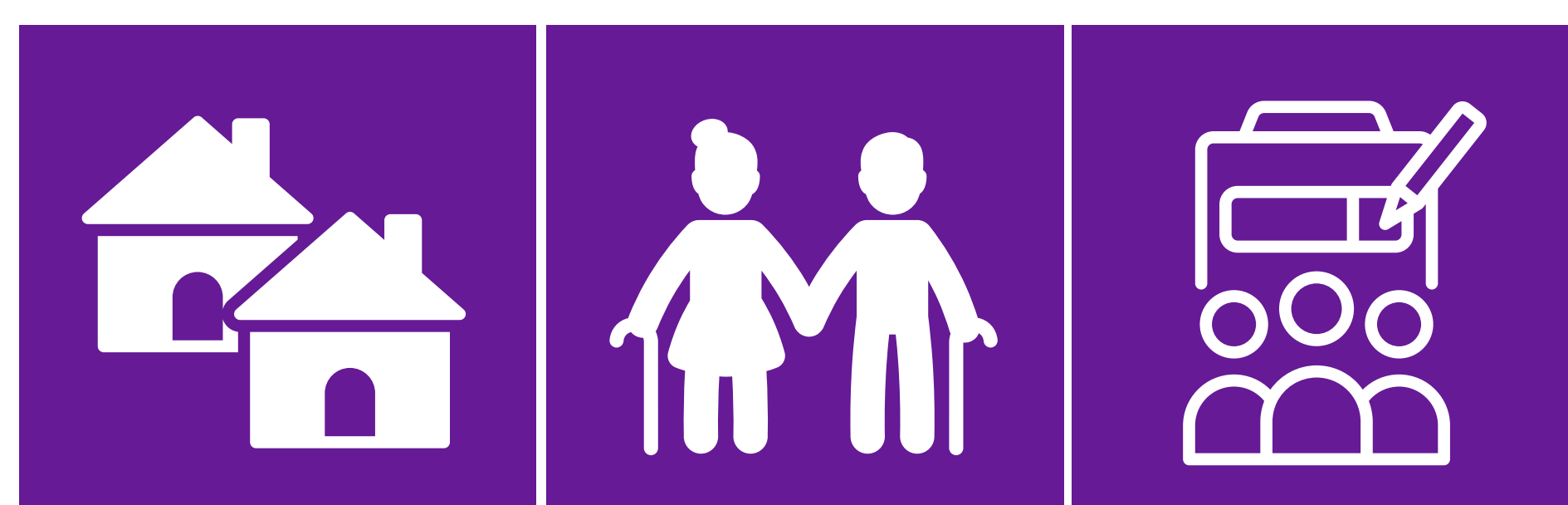
INTRODUCTION

The National Health and Morbidity Survey (NHMS) 2025 was carried out to collect detailed information from communities across Malaysia. This information helps the Ministry of Health understand what older persons are experiencing in their daily lives, including the challenges they face, the support they need and the factors that affect their health and wellbeing.

METHODOLOGY

The NHMS 2025 was a cross-sectional survey that focused on adults aged 60 years and above in Malaysia and their informal caregivers.

- Trained field teams conducted face-to-face household interviews using tablet-based questionnaires covering key health, functional, social and caregiving topics.
- Ethical approval was obtained and informed consent was taken from all participants.
- The methodology ensured systematic sampling, high data quality and reliable findings.



7,029
houses visited

7,528
respondents

72.5%
response rate

A) AGEING WELL

- **Prevalence of ageing well: 14.7%.**

B) SOCIAL DOMAIN (SOCIAL SUPPORT & QUALITY OF LIFE)

- **Prevalence of poor social support: 33.1%**, compared with 30.8% (2018).
- **Mean score quality of life: 46.33**, compared with 46.76 (2018). (skor: 0 - 57)

C) MENTAL DOMAIN

- **Prevalence of dementia: 9.8%**, compared with 8.5% (2018).
- **Prevalence of depression:**
 - **Depression: 8.0%**, compared with 11.2% (2018).
 - **Severe depression: 2.2%**, compared with 5.3% (2018).

D) PHYSICAL DOMAIN (IADL & ADL, FALLS & PHYSICAL ACTIVITIES)

- **Prevalence of limitation in Instrumental Activities of Daily Living (IADL): 27.3%**, compared with 32.7% (2018).
- **Prevalence of limitation in Activities of Daily Living (ADL): 10.0%**, compared with 17.0% (2018).
- **Prevalence of falls: 14.3%**, compared with 14.1% (2018).
- **Prevalence of physically inactive: 30.6%**, compared with 29.8% (2018).
- **Prevalence of high sedentary behaviour: 12.8%**, compared with 23.2% (2018).

E) VISION & HEARING

- **Prevalence of vision limitations: 4.1%**, compared with 4.5% (2018).
- **Prevalence of hearing limitations: 3.3%**, compared with 6.4% (2018).

F) SARCOPENIA & FRAILITY

- **Prevalence of sarcopenia: 45.3%.**
- **Prevalence of pre-frail: 60.0%.**
- **Prevalence of frailty: 10.7%.**

G) DIABETES, HYPERTENSION & HYPERCHOLESTEROLAEMIA)

- **Prevalence of diabetes:**
 - **Overall diabetes: 39.1%.**
 - **Known diabetes: 32.3%.**
 - **Undiagnosed diabetes: 6.8%.**
- **Prevalence of hypertension:**
 - **Raised blood pressure: 73.1%.**
 - **Known hypertension: 57.6%.**
 - **Undiagnosed hypertension: 15.5%.**
- **Prevalence of hypercholesterolaemia:**
 - **Raised total cholesterol: 76.2%.**
 - **Known hypercholesterolaemia: 55.3%.**
 - **Undiagnosed hypercholesterolaemia: 20.9%.**

H) INFORMAL CAREGIVER BURDEN

- **Prevalence of burden among primary informal caregivers: 32.2%.**

