

Fact Sheet

National Health and Morbidity Survey (NHMS) 2023

Non-Communicable Diseases & Healthcare Demand

NHMS 2023

Introduction

NHMS 2023 focuses on “**Non-Communicable Diseases (NCDs) and Healthcare Demand (HCD)**”. The primary aim was to gather population-based data and evidence on non-communicable diseases, their risk factors, and healthcare demand.

Methodology

The NHMS 2023 is a cross-sectional survey conducted using weighted complex sample analysis with a two-stage stratified random sampling methodology. The survey covered all states and Federal Territories in Malaysia to ensure that the data was nationally representative. Trained research assistants carried out data collection via face-to-face interviews, along with structured self-administered questionnaires (SAQ) while clinical and anthropometric measurements, and point-of-care finger prick blood tests were conducted by nurses or assistant medical officers. A total of 13,616 respondents participated in the field survey, with 5,006 Living Quarters(LQs) successfully visited. Computer-assisted telephone interviews (CATI) were conducted for the Healthcare Demand module where a total of 9,177 respondents participated with 2,759 LQs successfully visited.



Others

Physical activity

- Physically inactive: 29.9%
- Sedentary behaviour: 49.9%

Nutritional status

- Inadequate fruit/vegetables intake of 5 servings per day: 95.1%
- Inadequate water intake of 6 glasses per day: 22.2%

Smoking and tobacco use

- Current tobacco smokers: 19.0%
- Current e-cigarette users: 5.0%

Alcohol consumption

- Current alcohol drinkers: 10.4%
- The proportion of binge drinkers among current drinkers: 45.1%

Mental health

- Depressive symptoms among adults: 4.6%
- Mental health problems among children aged 5 to 15 years old: 16.5%

Health screening

- Mammogram examination (past 3 years): 12.8%
- Pap smear examination (past 3 years): 34.9%
- NCD health screening/medical check up (past 1 year): 57.2%
- Faecal occult blood test: 6.8%

Asthma

- Known asthma among adults: 6.2%
- Probable undiagnosed asthma among adults: 2.7%
- Current asthma among children (6-17 years): 3.4%

Disability

- Disability among adults: 8.2%
- Difficulty among adults: 21.7%

Insufficient sleep: 37.7%

Highlights

Non-Communicable Diseases

Prevalence of diabetes among adults

- Overall: 15.6%
- Known diabetes: 9.7%
- Raised blood glucose among those not known to have diabetes: 5.9%

► **An upward trend from 2011 to 2023**

Prevalence of hypertension among adults

- Overall: 29.2 %
- Known hypertension: 17.3 %
- Raised blood pressure among those not known to have hypertension: 11.9%

► **Plateau in the prevalence from 2011 to 2023**

Prevalence of hypercholesterolaemia among adults

- Overall: 33.3%
- Known hypercholesterolaemia: 15.2%
- Raised blood cholesterol among those not known to have hypercholesterolaemia: 18.1%

► **A declining trend observed from 2011 to 2023**

Prevalence of overweight, obesity and abdominal obesity

- Overweight and obese: 54.4% (overweight: 32.6% and obese: 21.8%)
- Abdominal obesity: 54.5%

► **The prevalence of overweight and obesity and abdominal obesity increased by almost 10% from 2011 to 2023**



General health

- **Self-rated health**
 - About 85.2% of the population in Malaysia, aged 13 years and above, generally self-rated their health as “excellent or good”.
- **Acute health problems and health-seeking behaviour**
 - 18.8% had acute health problems in the last two weeks.
 - Among them, 70.8% sought treatment/medication/advice from healthcare practitioners (HCPs), 20.7% took medicine without advice from HCPs and 15.1% got advice from other resources such as the internet, TV, radio and others.



Barriers to get healthcare

- 2.3% of the population in Malaysia reported unmet healthcare needs in the last 12 months.
- Among them, 12.9% reported the unmet healthcare needs were due to treatment costs.



Healthcare Services Utilisation

- **Medical check-up**
 - Among adults, 34.6% utilised medical check-up in the last 12 months prior to the interview.
 - Among them, 47.4% were referred from HCP, 31.2% were self-initiated and 21.4% were for other reasons.
- **Online healthcare services (OHS)**
 - Among adults, 6.3% utilised OHS in the last 12 months prior to the interview, where the majority used OHS for appointments.
- **Outpatient healthcare**
 - 12.5% utilised outpatient healthcare in the last two weeks, where an equal share of public-private utilisation was reported.
- **Inpatient healthcare**
 - 5.8% utilised inpatient healthcare in the last 12 months, where 72.6% utilised the public sector and 28.6% utilised the private sector.
- **Oral healthcare**
 - 25.7% utilised oral healthcare in the last 12 months, where 68.4% utilised the public sector and 34.6% utilised the private sector.

Out-of-Pocket (OOP) expenditure

- Outpatient healthcare had the largest average of expenditure (RM134), followed by oral healthcare expenditure (RM28).



Informed of sick child's diagnosis

- About 10.6% had experienced accompanying a sick child to a healthcare facility in the last 3 months.
- Among them, 96.9% were informed of the diagnosis and/or care plan by healthcare practitioners.



For more information, please scan this QR code:



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