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INSTITUTE FOR PUBLIC HEALTH

MOH/S/IKU 221.24(IL)-e

NHMS 2023

NATIONAL HEALTH & MORBIDITY SURVEY 2023

NON-COMMUNICABLE DISEASES
AND HEALTHCARE DEMAND

KEY FINDINGS

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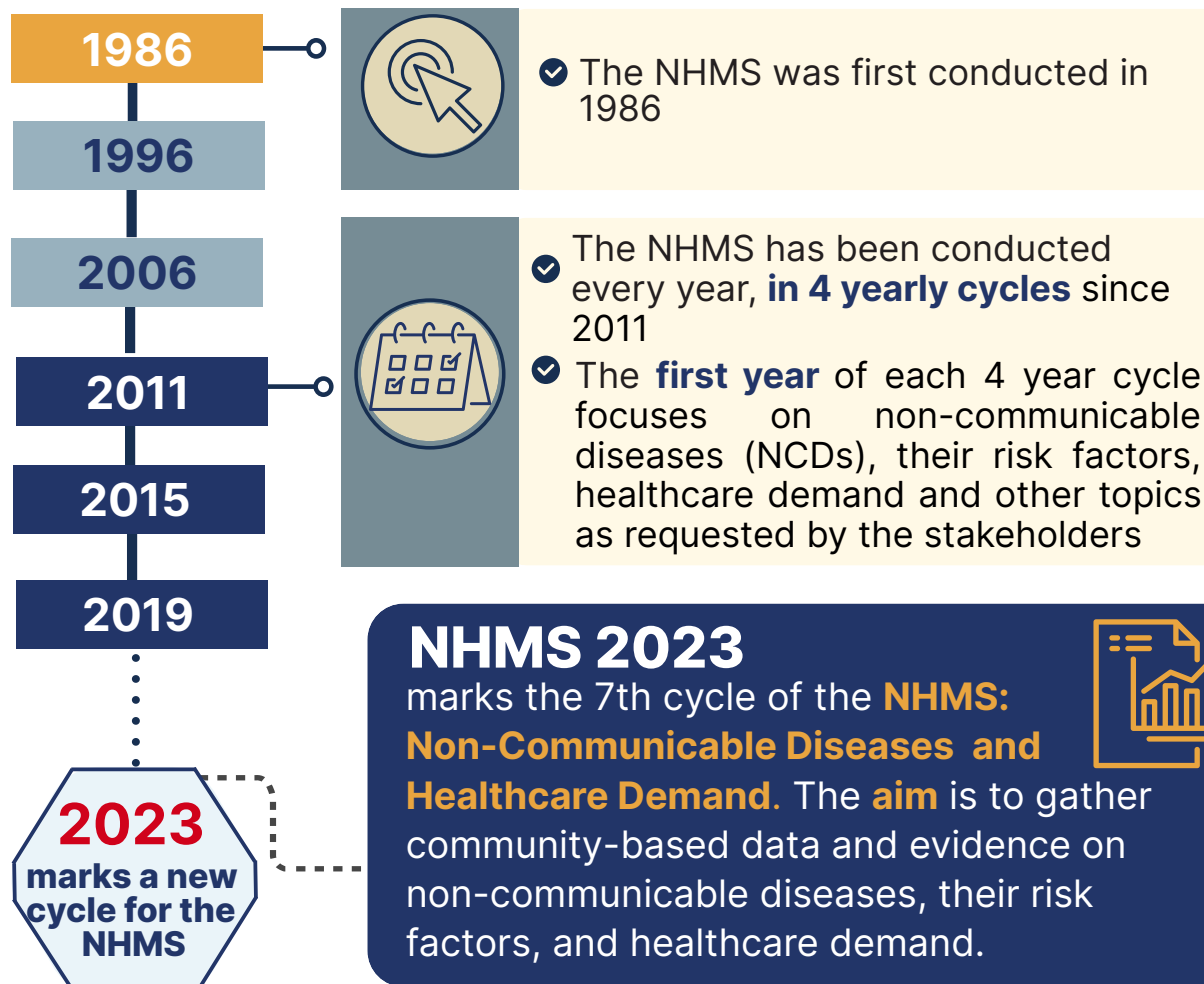
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National Health & Morbidity Survey (NHMS) 2023

About the survey:



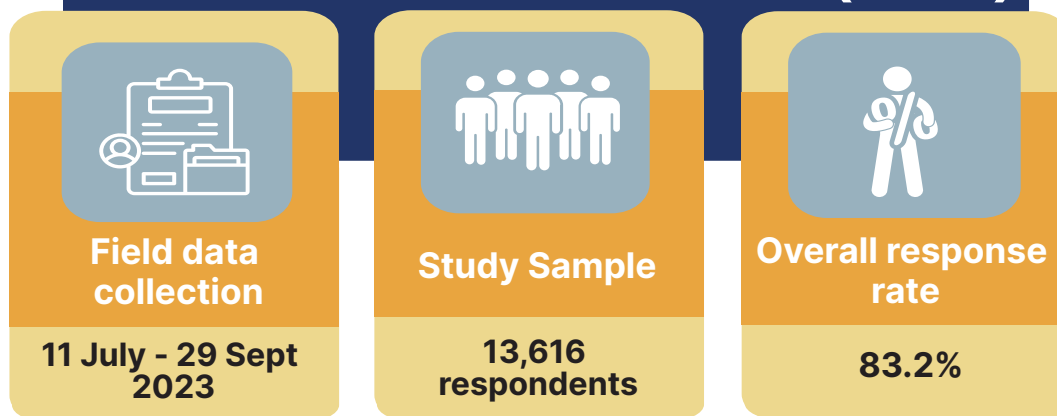
The technical report, which contains the detailed findings, complete description of the survey's methodology, and full questionnaires is available on the official website:
iku.nih.gov.my/nhms

Topics Covered

- NCDs- Diabetes, hypertension & hypercholesterolaemia
- Overweight & obesity, abdominal obesity
- Physical activity
- Insufficient sleep
- Smoking & tobacco use
- Health screening
- Dietary practices
- Alcohol consumption
- Mental health (adult & children)
- Disability
- Asthma (adult & children)
- Healthcare demand

Survey sample and process

Non-Communicable Diseases (NCDs)



Methodology & Sampling Design



Target Population

- Individuals residing in the Living Quarters (LQ) for at least 2 weeks prior to data collection.*



Study Design

- Cross-sectional survey



Living Quarters

- 5006 successfully visited



Sampling Design

- Living Quarters were randomly selected using a sampling frame from the Department of Statistics Malaysia (DOSM)

*Institutional populations (e.g. old folk homes, hotels, hostels, hospitals) were not included in this survey.

Methods used for data collection:



Face-to-face interviews



Self-administered questionnaires



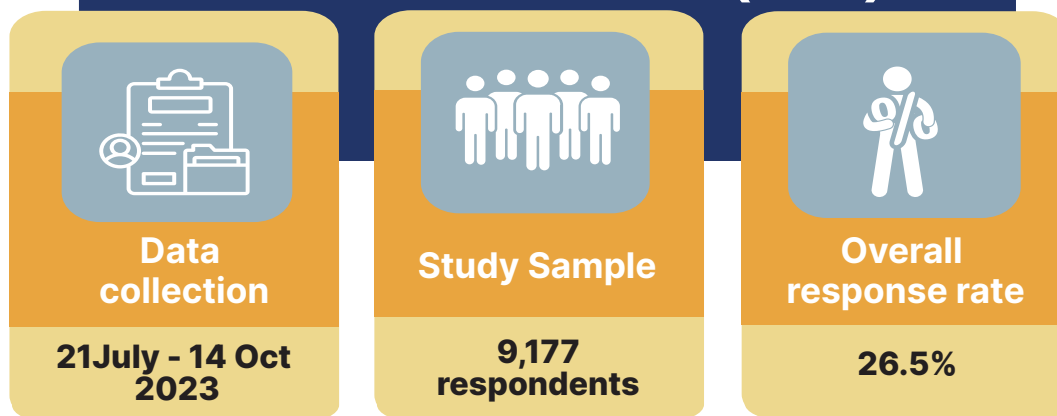
Anthropometry measurement



Clinical assessment

Survey sample and process

Healthcare Demand (HCD)



Methodology & Sampling Design



Target Population

- Individuals residing in the Living Quarters (LQ) for at least 2 weeks prior to data collection.*



Study Design

- Cross-sectional survey



Living Quarters

- 2,579 successfully visited



Sampling Design

- Living Quarters were randomly selected using a sampling frame from the Department of Statistics Malaysia (DOSM)

*Institutional populations (e.g. old folk homes, hotels, hostels, hospitals) were not included in this survey.

Methods used for data collection:



Computer-Assisted Telephone Interview (CATI)

Non-Communicable Diseases

**National Health and Morbidity Survey (NHMS)
2023**

The three plus one

Diabetes, hypertension, high cholesterol **PLUS** obesity

**Over half
a million**

or **2.5%** of adults in Malaysia live with **four non-communicable diseases (NCDs)**



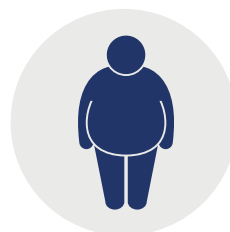
Diabetes



Hypertension



High cholesterol



Obesity

They are major risk factors for:



Heart disease



Stroke

Almost **2.3 million** adults in Malaysia live with **three NCDs**

5.1%

Diabetes
+
Hypertension
+
High cholesterol

0.4%

Diabetes
+
High cholesterol
+
Obesity

1.2%

Diabetes
+
Hypertension
+
Obesity

2.9%

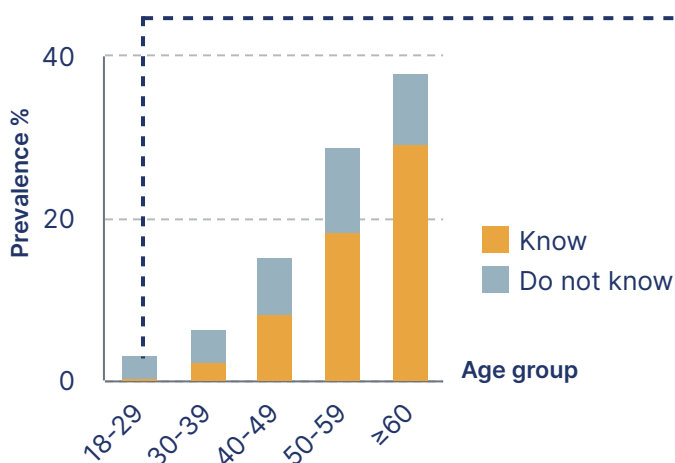
Hypertension
+
High cholesterol
+
Obesity

Decoding diabetes

Diabetes is one of the top causes of death in Malaysia!



Diabetes increases with age, yet many do not even know they have it



Young adults are affected as well

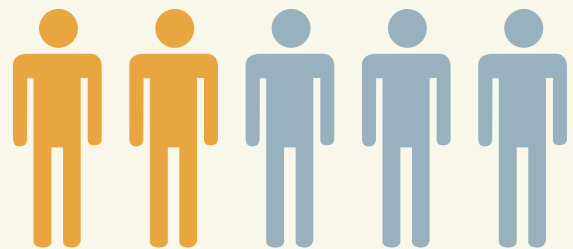
84%

of adults aged **18 – 29 years** with diabetes do not know they have diabetes

2 in 5

adults with *diabetes **do not know** that they have diabetes

*detected during the survey

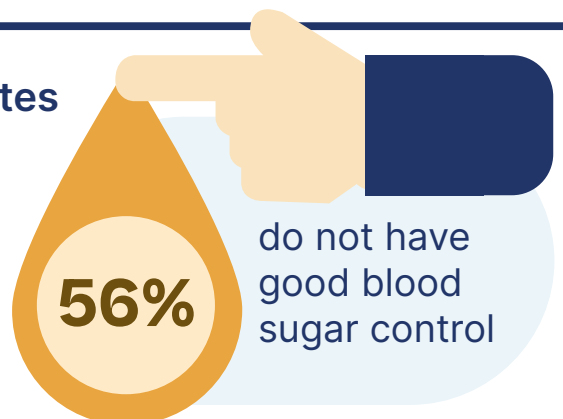


Among adults who know they have diabetes



2 in 5

have a glucometer at home



do not have good blood sugar control

Hypertension:

What's the hype?



29.2% or **1 in 3 adults** in Malaysia have hypertension*



*A persistent blood pressure reading of 140/90 mmHg and above is categorized as **hypertension**

17.3% **KNOW** that they have hypertension

11.9% **DO NOT KNOW** that they have hypertension



91% are on blood pressure medications



48% have their blood pressure under control (<140/90)

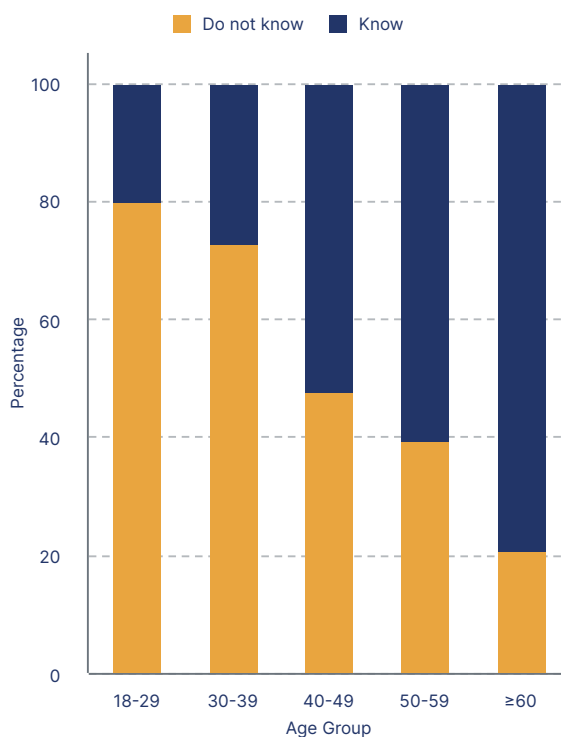


44% have their own blood pressure measuring device at home



89% use their blood pressure measuring device at least once a day

The biggest proportion of those who **do not know** that they have hypertension were within the age range of **18-39 years**

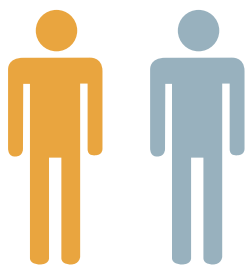


Know your fats!

33.3% of adults in Malaysia have **high cholesterol**

...that's about **7.6 million** adults

Do you know that increased levels of cholesterol often show **NO SYMPTOMS?**



1 in 2 adults with high cholesterol **DO NOT KNOW** that they have high cholesterol

What makes up total cholesterol?



- ↑ High LDL
- ↓ Low HDL
- ↑ High TG

These increase the risk of cardiovascular disease

41% of adults have **high LDL** levels

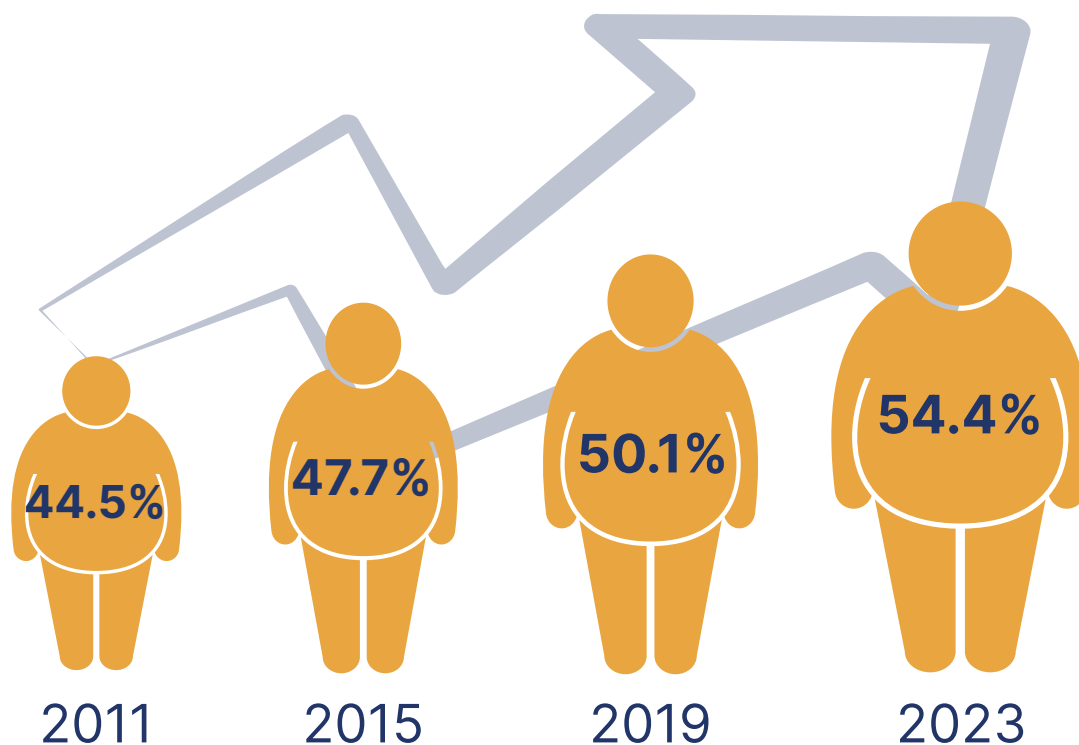
27% of adults have **low HDL** levels

23% of adults have **high TG** levels

We are getting fatter!

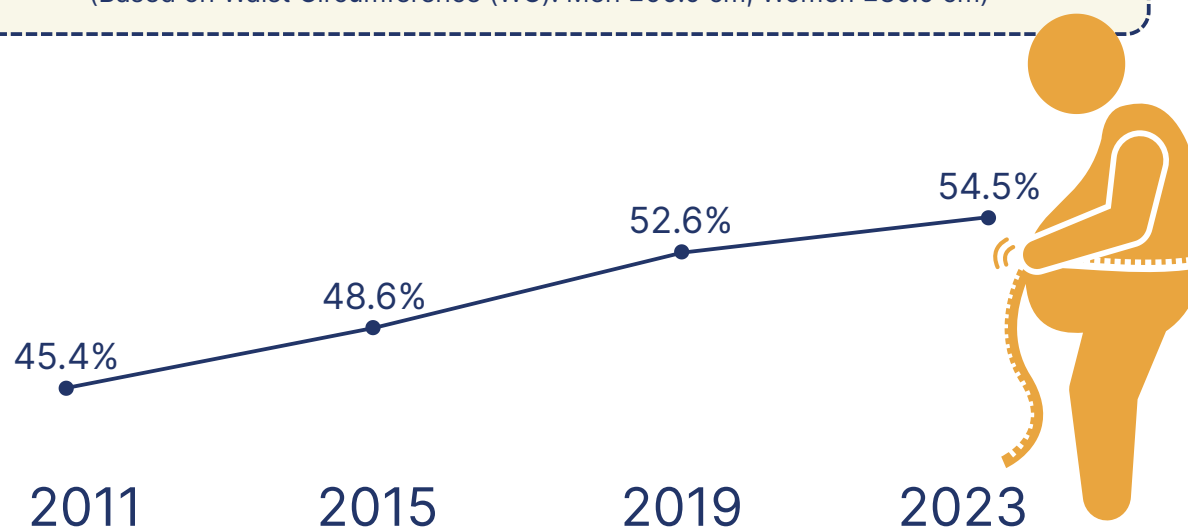
Trend in overweight & obesity among adults in Malaysia from 2011 to 2023

(Based on Body Mass Index (BMI): $\geq 25.0 \text{ kg/m}^2$)



Trend in abdominal obesity among adults in Malaysia from 2011 to 2023

(Based on Waist Circumference (WC): Men $\geq 90.0 \text{ cm}$, Women $\geq 80.0 \text{ cm}$)



Are you **active enough?**

1 in 3 adults in Malaysia are **NOT PHYSICALLY ACTIVE**



84% of adults are **NOT ACTIVE** in sports, fitness and leisure activities; and

84% of adults **DO NOT WALK** or **CYCLE** from one place to another



1 in 2

adults in Malaysia lead sedentary lifestyles

(spend **over 2 hours a day** either sitting, lying down, or reclining while awake)

Are you **sleeping enough?**

Insufficient sleep is defined as **less than**

7 hours of sleep on average within a 24-hour period

Insufficient sleep is linked to obesity, cardiovascular disease, diabetes, hypertension, depression and accidents



or **38%** of adults in Malaysia are not getting enough sleep

More common in urban areas and middle-aged adults



39%
Urban areas



32%
Rural areas

But **similar** in both sexes and all household income groups

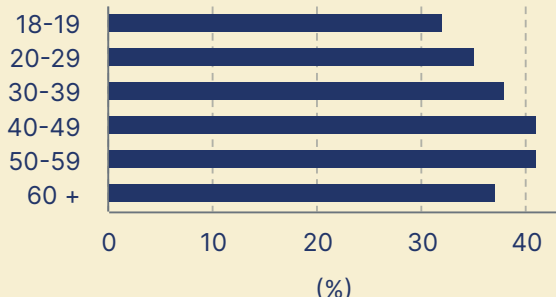


38%



B40: **38%**
M40: **37%**
T20: **39%**

Insufficient sleep by age groups



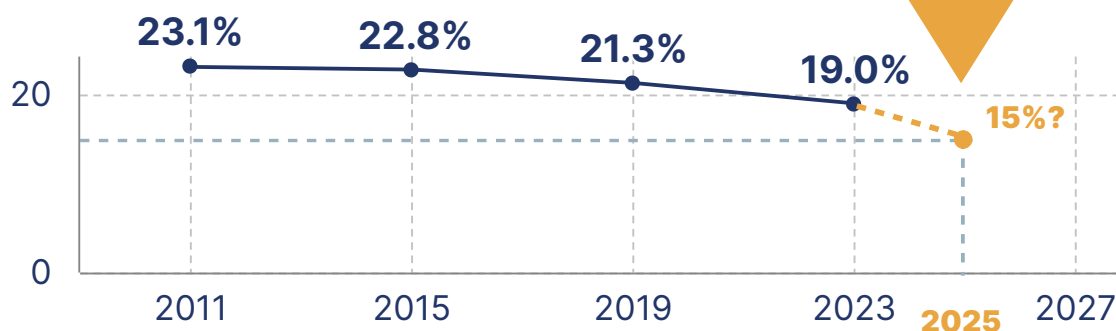
Inadequate sleep is a pervasive public health issue in Malaysia

Mission impossible?

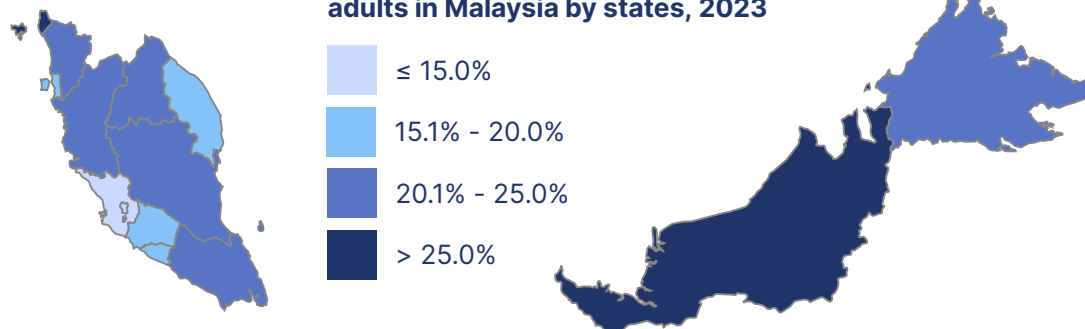
Malaysia has set a target to lower the prevalence of **current tobacco smoking to 15% or less** by 2025.

Are we on track?

Trend of current tobacco smoking prevalence among adults in Malaysia, 2011-2023



Prevalence of current tobacco smokers among adults in Malaysia by states, 2023

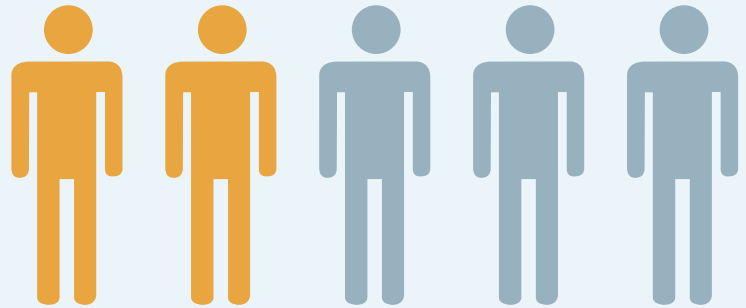


Based on current trend and state prevalences, can we **accomplish the mission by 2025?**

Get your health screened!

2 in 5

adults aged 18 years and above **DID NOT** do any health screening* in the past 12 months



*screening for diabetes, hypertension or high cholesterol

Top 3 reasons why people **DO NOT DO** health screening

90%



Feeling healthy

84%



No symptoms

39%



Time constraint

Screening for cancer



Breast self-examination

46%

of women* **DID NOT** do breast self examination in the past 12 months

*18 years and above



Mammogram

71%

of women* have **NEVER** had a mammogram examination

*aged 40 years and above

Pap smear

65%

of women* **DID NOT** undergo a pap smear test in the past 3 years

*aged 20 years and above

Faecal occult blood test

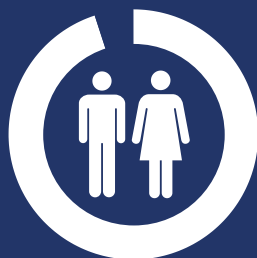
88%

of adults* had **NEVER** done a test to detect blood in their stool

*aged 50 years and above had

Off the mark:

Fruit, vegetables and plain water intake



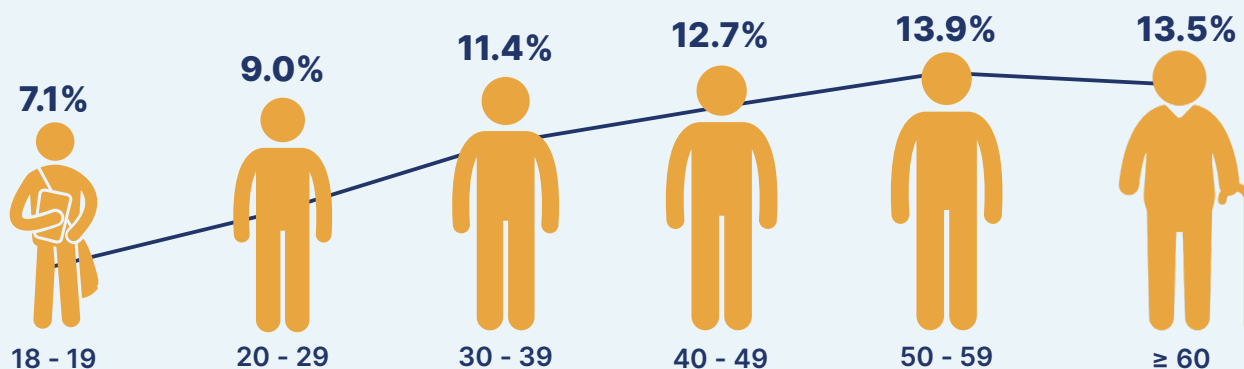
95.1% Adults in Malaysia consume **INADEQUATE** fruit and vegetables daily

On average, adults consume only **2 servings*** of fruit and/or vegetables daily instead of the recommended 5 servings daily



*1 serving of vegetables = 1 cup (250ml) of raw vegetables/ $\frac{1}{2}$ cup of cooked vegetables
 1 serving of fruit = 1 medium apple/1 medium banana/ 1 slice of papaya/ $\frac{1}{2}$ medium guava

Prevalence of **adequate fruit intake** by age group



1 in 5

adults do not drink ***enough** plain water everyday



*Note: 6-8 glasses (1 glass = 250ml)

Think before you drink

1 in 10 adults in Malaysia
DRANK ALCOHOL in the past 12 months



Among those who drink alcohol in the past 12 months,

1 in 2 drink excessively*



*more than six standard drinks in one session (more than 60 grams of alcohol)

75% are men



55% are between ages
20-39 years



27% do so at least
once a week



Trapped in the shadows

1,000,000

or **4.6%**

people in Malaysia aged 16 years old and above have **DEPRESSION**

↑ 2X

The number of people with depression **doubled** from 2019 to 2023



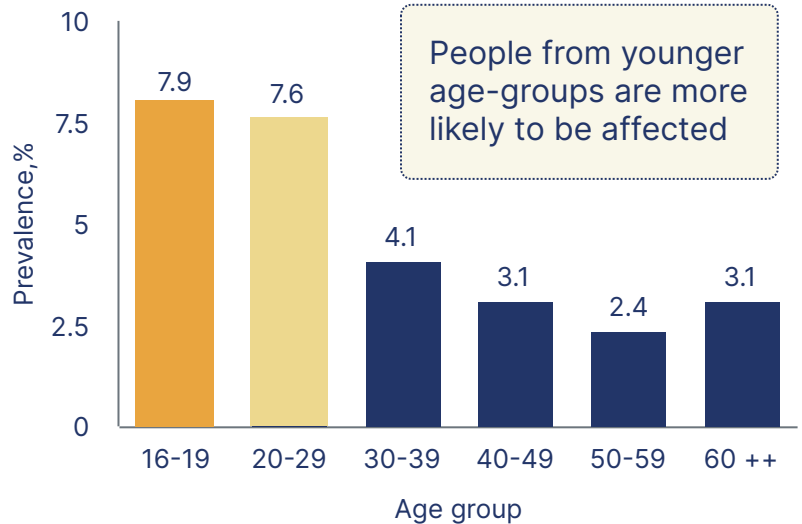
About **HALF**

of them have thoughts about **hurting themselves**, or being **better off dead**



Self-care is important!

- ✓ Stay connected to friends and family
- ✓ Talk to someone
- ✓ Exercise regularly
- ✓ Eat healthily
- ✓ Get enough sleep



Help is available



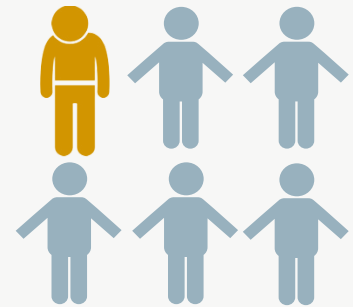
Reach out to someone at

Helpline HEAL: 15555

A child's mind matters

1 in 6 children

in Malaysia experience mental health problems



The burden of mental health problems among children has **doubled** since 2019

46% have peer problems

- find it difficult to play with other kids
- have no good friends
- are bullied by other children
- are not liked by other children
- get along better with adults



25% have conduct problems

- often have tantrums
- often disobey instruction
- often lie or cheat
- often have stealing habits
- often fight with other children



17% have emotional problems

- often complain of headaches
- tend to worry a lot
- are often unhappy
- are often nervous or clingy
- tend to be easily scared



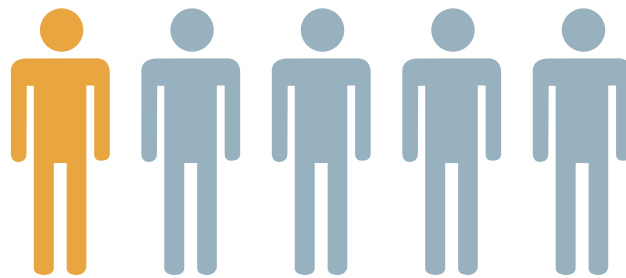
8% have hyperactivity problems

- are often restless
- are often fidgety
- are easily distracted
- tend to have short attention spans
- tend to be impulsive



Diverse challenges

1 in 5 adults in Malaysia are currently living with **functional limitations**



What kinds of **difficulties** do people face, and how many sought help for it (in the past 12 months)?

 **11%**

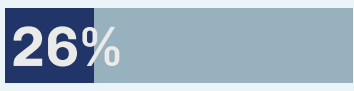
have difficulties with **seeing** (despite corrective eyewear), of which only



sought help for it

 **3%**

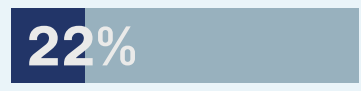
have difficulties with **hearing** (despite hearing aids), of which only



sought help for it

 **10%**

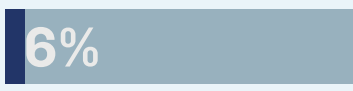
have difficulties with **walking or going up and down stairs**, of which only



sought help for it

 **7%**

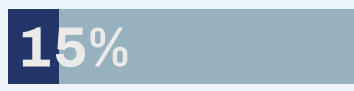
have difficulties with **memory and concentration**, of which only



sought help for it

 **1.5%**

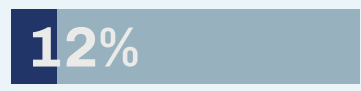
have difficulties with **caring for themselves**, of which only



sought help for it

 **1.8%**

have difficulties in **communicating with others**, of which only

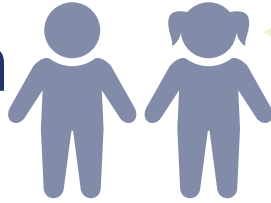


sought help for it

Asthma

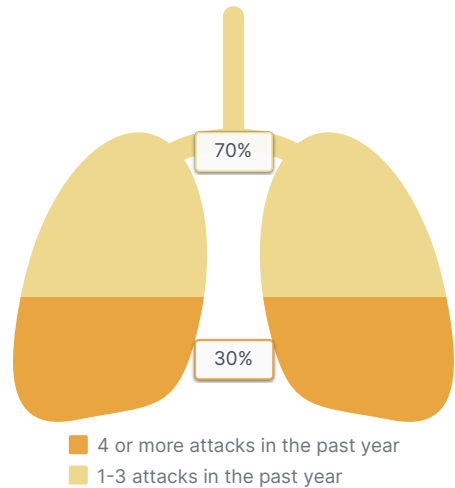
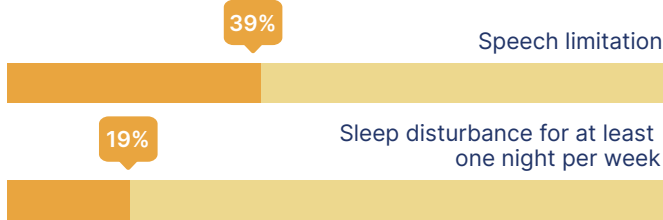
in children and adults

Almost **half a million** children aged **6 to 17 years** in Malaysia have **asthma**



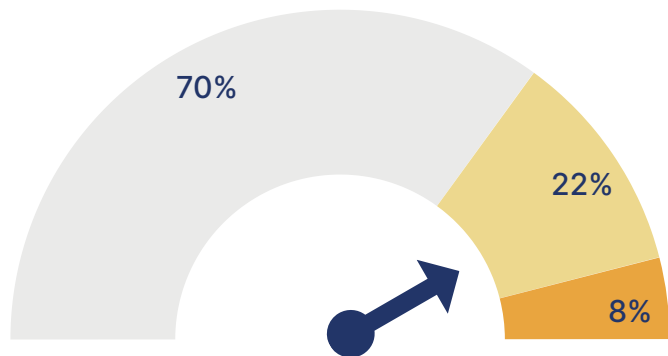
1 in 2 of these children have had **at least one attack** in the past year

Symptoms of severe asthma experienced by these children include:



More than **1.4 million** adults in Malaysia have been diagnosed with asthma

Among **adults** in Malaysia with diagnosed asthma,



3 out of 10 asthmatics have not been diagnosed

22% reported having **1 to 3** asthma attacks in the past 12 months

8% reported having **4 or more** asthma attacks in the past 12 months

Healthcare Demand

National Health and Morbidity Survey (NHMS)
2023

Health in general

In general,



1 in 7

of the population*
rated their health as
not good

*13 years and above

In the last two weeks*,



1 in 5

people in Malaysia
reported being **sick**

* prior to the interview

Among those who reported being **sick**,



30.0%

felt their
health issues
affected
their daily
activities

70.8%

Sought care or advice
from healthcare
practitioners



20.7%

Took medicine without
advice from healthcare
practitioners



15.1%

Sought advice from
media
(Internet, TV, radio, newspaper, etc.)

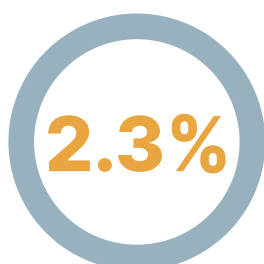


11.1%

Sought advice from
family or friends



Unmet healthcare needs



reported
having
unmet
healthcare
needs



Among them,

12.9% reported that

**treatment was too expensive /
cannot afford / lack of money**

Outpatient healthcare utilisation



1 in 8

or **12.1%** of people in Malaysia used **outpatient** healthcare services in the last 2 weeks*
*prior to interview

High utilisation of outpatient healthcare services among:



(0-9 years)

22.2%

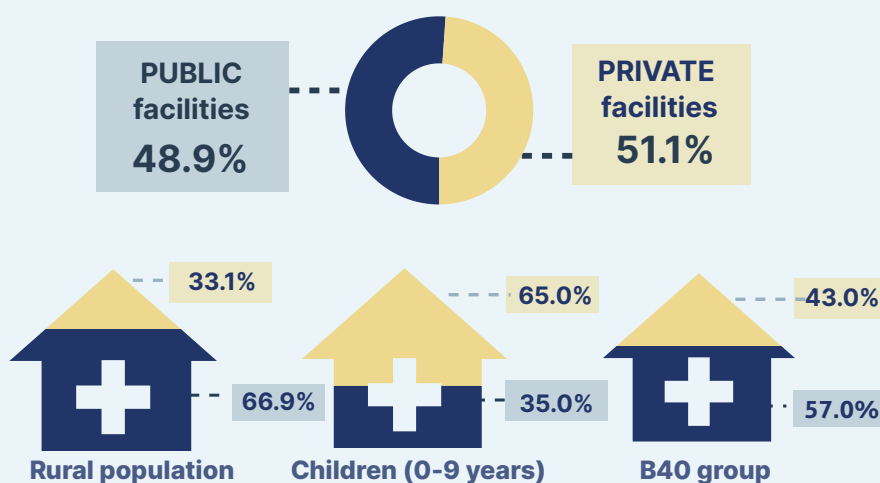


(60 years+)

16.3%

Among those who utilised, they sought outpatient healthcare services* from:

*based on average number of visits / year



61.5%

Self or family or household members

< Outpatient visits were paid by >



18.2%

Panel clinic or employee insurance



11.8%

Fee exemption (such as senior citizen, blood donor and others)

Informed of sick child's diagnosis

10.6%

of caregivers* accompanied a sick child to health facilities in the last 3 months**

*aged 18 years old and above
**prior to interview

Among them,

96.9%

were informed of diagnosis / care plan

Hospital admissions



3 in 50

people in Malaysia were admitted to a hospital in the last 12 months[^]

[^]prior to interview

Where were the people admitted to*?

*based on average number of admission / year

Public Hospital
74.7%



Private Hospital
25.3%

Hospital admissions were paid by:



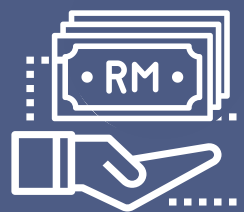
**Self/family/
household
members**

54.8%



**Private health
insurance**

15.0%



**Fee exemption
(such as senior
citizen, blood
donor and
others)**

9.6%



**Panel clinic/
employee
insurance**

8.8%

Dental visit

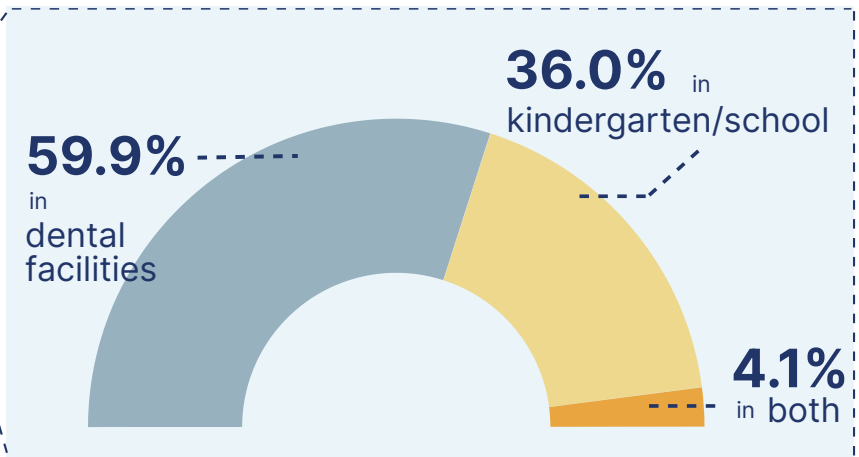
In the last 12 months*

about

8.6 million

people in Malaysia
visited a dentist*

*prior to interview



Based on average number of visits / year,

7 in 10 visits

were to

PUBLIC
dental facilities[#]

inclusive of school oral health programmes.



■ Public dental facilities
■ Private dental facilities

Dental services were
paid by:

Self/family/
household
members **52.3%**

Fee exemption
(such as school oral
health programmes,
senior citizen, blood
donor and others) **43.6%**

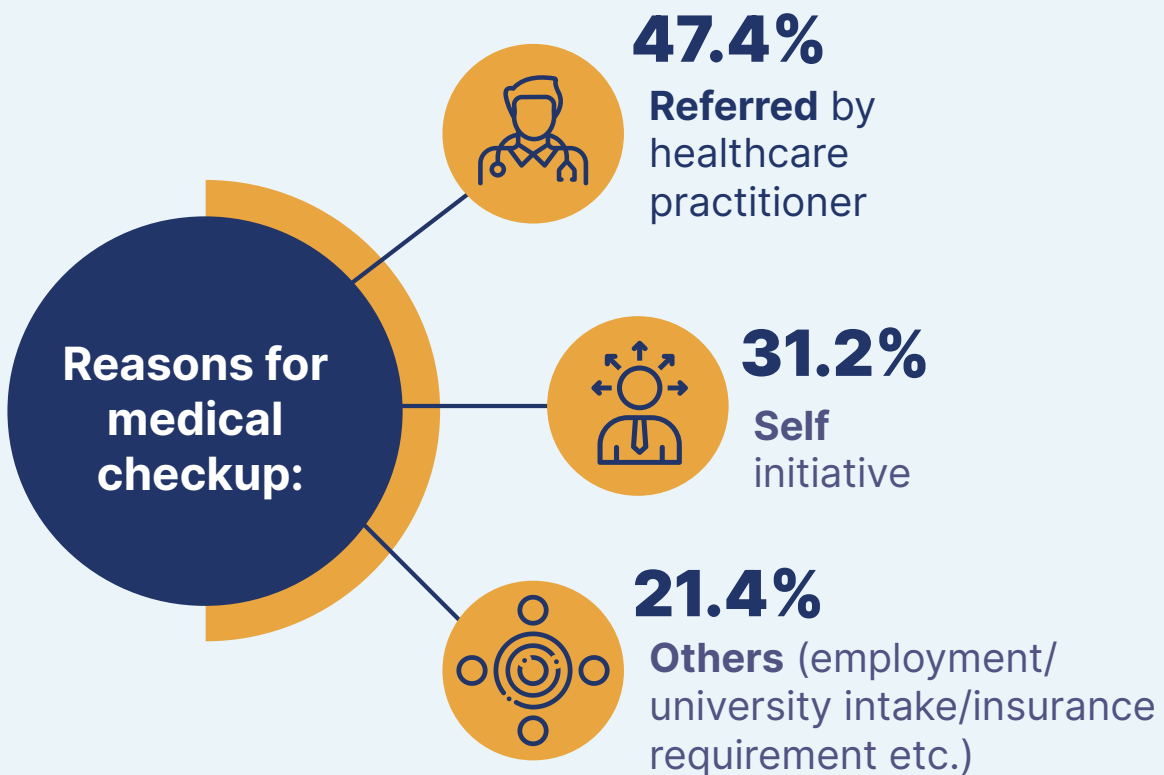
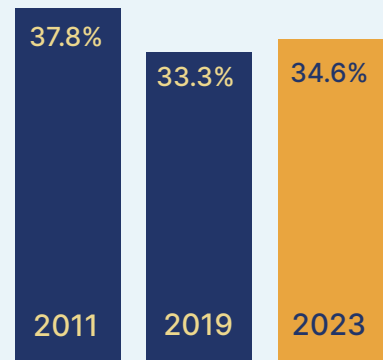
Panel clinic/
employee
insurance **3.7%**

Medical check-up

34.6%
 of the population[^]
 in Malaysia reported that they had a
medical check-up*
 in the last 12 months
 prior to the interview

[^] aged 18 years and above
 * referred to health screening which included, but not limited to, blood tests, urine tests and x-rays

Medical check-up trend
 NHMS 2011 - 2023



Among those who went for medical check-up,

34.8% reported that their results were **ABNORMAL**

Among those who had abnormal results,

3.7% **DID NOT** seek care

Health at your fingertips

About

1.5 million

adults in Malaysia utilised at least one type of **online healthcare services***



* Includes online i) appointment, ii) clinical consultation and care plan, iii) delivery/pick-up of follow-up medicines, iv) request for a visit by a healthcare practitioner, v) notification of laboratory and radiology tests including self-test and vi) health education session with healthcare practitioner including rehabilitation simulation

Online healthcare services used



Appointment scheduling

1.2 million users



Delivery/pickup of medicines

170,000 users



Health education session

115,000 users



Notification laboratory and imaging tests

114,000 users

**Prevalence of Metabolic
Syndrome & Metabolic
Dysfunction-Associated
Fatty Liver Disease in
Malaysia 2023**

Mets & MAFLD 2023

Metabolic syndrome



2 in 5 (35.9% or 8.5 million) adults in Malaysia have **metabolic syndrome**

Who are they?

18+

18-29 : 11%
30-39 : 30%
40-49 : 41%
50-59 : 57%
60+ : 71%



Underweight: 4%
Normal weight: 11%
Overweight: 40%
Obese: 56%



No formal education: 45%
Primary education: 52%
Secondary education: 35%
Tertiary education: 27%



B40: 41%
M40: 30%
T20: 35%

Underweight & normal weight individuals can also get metabolic syndrome!

Having **3 or more of the 5 components** of metabolic syndrome below...

Abdominal obesity



High blood pressure



High blood sugar



High blood triglycerides
(a type of fat in blood)

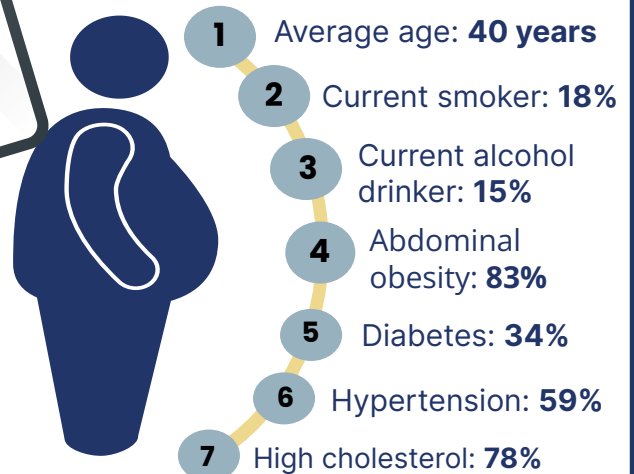


Low HDL-cholesterol
(‘good’ cholesterol)



...will increase one's risk of **diabetes, heart disease, stroke, and many cancers**, including colon, breast, and liver cancers

Characteristics of people with metabolic syndrome:



They are young & have many other diseases at the same time

What can I do?



Talk to your doctor



Go for regular health screening



Eat healthily, exercise regularly and reduce body weight (if overweight/obese)

What is MAFLD?

Metabolic dysfunction-associated fatty liver disease or **MAFLD** is the build-up of **extra fat in the liver** that is linked with **metabolic dysfunction**

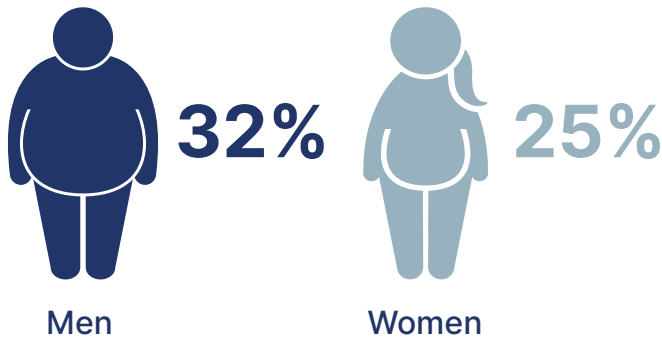


- MAFLD can lead to **serious liver damage**
- It is also associated with **diabetes, high blood pressure, heart disease, chronic kidney disease, cancers**, and other health problems



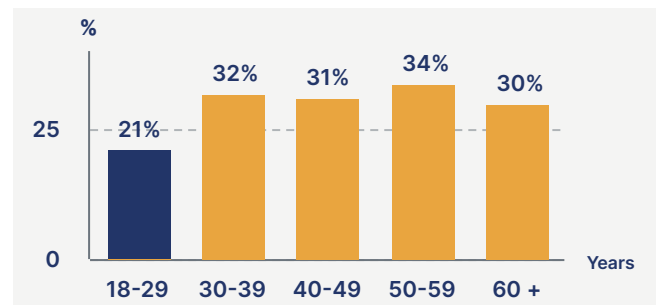
3 in 10 adults in Malaysia have **MAFLD**
(28.2% or 6.7 million)

MAFLD is more common among men

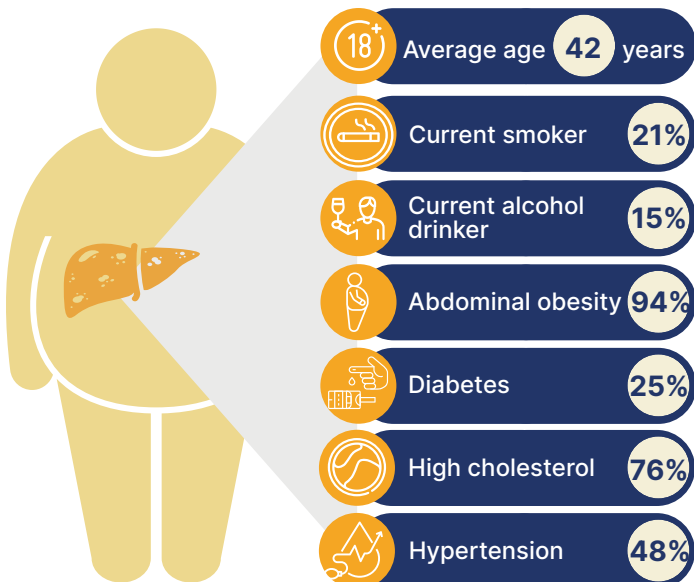


Young adults can get MAFLD too

Prevalence by age groups



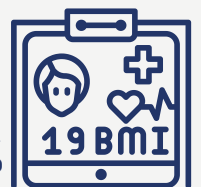
People with MAFLD are **young** and have many **other diseases at the same time**



Even some normal weight and overweight adults have MAFLD

Prevalence by body mass index (BMI)

Obese: 23%
Overweight: 5%
Normal weight: 0.3%



Am I at risk?



Talk to your doctor



Go for regular health screening



Institute For Public Health (IKU)
Institute for Health Systems Research (IHSR)
National Institutes of Health Malaysia (NIH)
No.1, Jalan Setia Murni U13/52
Seksyen U13, Setia Alam
40170 Shah Alam, Selangor

