

National Health and Morbidity Survey (NHMS) 2024

NUTRITION

INTRODUCTION

The National Health and Morbidity Survey (NHMS) 2024 was conducted to provide community-based data and evidence to the Ministry of Health Malaysia on **nutrition-related issues and factors**.

METHODOLOGY

The NHMS 2024 is a cross-sectional survey using a two-stage stratified random sampling design. It covered all states and federal territories in Malaysia to obtain national data. The survey used face-to-face interviews for topics on food insecurity, meal patterns, food labeling, physical activity, and malnutrition. Dietary intake was assessed using a food frequency questionnaire (FFQ) and a one-day 24-hour diet recall, while weight, height, and waist circumference were measured. Blood and urine tests were also conducted to evaluate folate, vitamin D, sodium, potassium and iodine status. In addition, household salt samples were collected to examine the proportion of iodised salt used.

HIGHLIGHTS

A) NUTRITIONAL STATUS



Prevalence of stunting, overweight & obesity among children & adolescents (5 – 19 years)

- Stunting: **8.1%**
- Overweight: **14.4%**
- Obesity: **13.6%**

Prevalence of overweight, obesity & abdominal obesity among adults (18 years and above)

- Overweight: **30.5%**
- Obesity: **23.1%**
- Abdominal obesity: **52.1%**

B) NUTRIENT INTAKE



Mean energy intake

- **Adolescents (10 - 19 years)**
 - Male: 2115 kcal (RNI: 1930-2340 kcal)
 - Female: 1842 kcal (RNI: 1710-1890 kcal)
- **Adults (18 - 59 years)**
 - Male: 2056 kcal (RNI: 1920-1960 kcal)
 - Female: 1635 kcal (RNI: 1610-1660 kcal)
- **Older persons (60 years and above)**
 - Male: 1902 kcal (RNI: 1780 kcal)
 - Female: 1538 kcal (RNI: 1770 kcal)

Total energy intake distribution

- **Adolescents**
 - Carbohydrate: **49.3%**
 - Protein: **14.6%**
 - Fat: **36.2%**
- **Adults**
 - Carbohydrate: **49.3%**
 - Protein: **15.7%**
 - Fat: **34.9%**
- **Older persons**
 - Carbohydrate: **50.5%**
 - Protein: **15.4%**
 - Fat: **34.1%**

Inadequacy of nutrients intake

- **Prevalence of inadequate vitamin A intake**
 - Adolescents: **54.5%**
 - Adults: **62.9%**
 - Older persons: **63.3%**
- **Prevalence of inadequate vitamin C intake**
 - Adolescents: **78.1%**
 - Adults: **73.5%**
 - Older persons: **61.0%**
- **Prevalence of inadequate calcium intake**
 - Adolescents: **97.9%**
 - Adults: **96.4%**
 - Older persons: **96.7%**
- **Prevalence of inadequate iron intake**
 - Adolescents: **54.1%**
 - Adults: **56.7%**
 - Older persons: **34.6%**

C) MEAL PATTERN



Intake of heavy meal after dinner (10:00 pm - 6:00am) in a week

- **At least one day**
 - Adolescents: **34.7%**
 - Adults: **27.2%**
 - Older persons: **14.8%**
- **Daily**
 - Adolescents : **7.1%**
 - Adults: **6.3%**
 - Older persons: **7.9%**

Sources of heavy meal after dinner (10:00 pm - 6:00am)

- | | |
|--|---|
| • Home prepared <ul style="list-style-type: none">- Adolescents : 79.5%- Adults: 74.4%- Older persons: 85.1% | • Outside food <ul style="list-style-type: none">- Adolescents: 20.5%- Adults : 25.6%- Older persons: 14.9% |
|--|---|

D) HABITUAL FOOD INTAKE



Prevalence of population meeting recommended levels by food groups

- **Adolescents (10 - 19 years)**
 - Fruits (2 servings or more): **12.8%**
 - Vegetables (3 servings or more): **5.2%**
 - Cereals, cereal products & tubers (3-6 servings): **33.6%**
 - Meat, poultry & egg (1-2 servings): **39.1%**
 - Fish & seafood (1 serving): **16.8%**
 - Nuts & legumes (1 serving): **1.3%**
 - Milks & dairies (2 servings): **2.9%**

- **Adults (18 years and above)**
 - Fruits (2 servings or more): **17.1%**
 - Vegetables (3 servings or more): **12.2%**
 - Cereals, cereal products & tubers (3-5 servings): **41.3%**
 - Meat, poultry & egg (1-2 servings): **43.4%**
 - Fish & seafood (1 serving): **23.0%**
 - Nuts & legumes (1 serving): **2.8%**
 - Milks & dairies (2 servings): **0.7%**

Mean intake of free sugar from foods and beverages

- | | |
|----------------------------|----------------------------|
| • Adolescents | • Adults |
| - Beverages: 24.9 g | - Beverages: 21.9 g |
| - Foods: 31.7 g | - Foods: 20.9 g |

Mean intake of sugar-sweetened beverages (SSB)

- **Adolescents**
 - Prepared SSB: **6.2 servings/week**
 - Ready to drink SSB: **6.5 servings/week**
- **Adults**
 - Prepared SSB: **7.3 servings/week**
 - Ready to drink SSB: **4.6 servings/week**

E) MICRONUTRIENT STATUS OF ADULTS(18 YEARS AND ABOVE)

(derived from blood or urine analysis)

Prevalence of folate deficiency and possible deficiency

- Deficiency: **2.2%**
- Possible deficiency: **36.4%**

Prevalence of vitamin D insufficiency and deficiency

- Insufficiency (30 - 49 nmol/L): **31.0%**
- Deficiency (less than 30 nmol/L): **11.1%**

Prevalence and mean intake of sodium

- High sodium intake (more than 2000mg/day): **75.9%**
- Mean sodium intake: **2892 mg/day ~ 7.3 g salt/day**

Prevalence and mean intake of potassium

- Prevalence of low potassium intake (less than 3500 mg/day): **99.8%**
- Mean potassium intake: **1141 mg/day**



Prevalence of inadequate iodine based on urinary iodine concentration (UIC)

- Severe or moderate (less than 50 µg/L): **15.3%**
- Mild (50-99 µg/L): **30.4%**

Proportion of households using salt containing iodine (20 mg/kg or more)

- Malaysia: **64.4%**
 - Peninsular: **62.3%**
 - Sabah: **71.6%**
 - Sarawak: **70.2%**

F) FOOD INSECURITY



Prevalence of food insecurity by severity

- **Adults (18 years and above)**
 - Moderate or severe: **8.6%**
 - Severe: **1.1%**
- **Older persons (60 years and above)**
 - Moderate or severe: **6.2%**
 - Severe: **0.6%**

Prevalence of moderate or severe food insecurity by strata

- Rural: **11.1%**
- Urban: **7.8%**

G) FOOD LABELLING



Prevalence of never read food labels

- Adolescents: **28.7%**
- Adults: **22.7%**
- Older persons: **40.5%**

Percentage of people who always read Healthier Choice Logo (HCL) on the food labels

- Adolescents: **39.0%**
- Adults: **29.1%**
- Older persons: **20.0%**

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

☎ **03-3362 8787**
✉ **nhms2024@moh.gov.my**