



MINISTRY OF HEALTH MALAYSIA
INSTITUTE FOR PUBLIC HEALTH

MOH/S/IKU/250.25(IL)

NHMS 2024

National Health & Morbidity Survey (NHMS) 2024

NUTRITION

KEY FINDINGS

National Health and Morbidity Survey (NHMS) 2024 (NMRR ID-23-01542-RPR)
Nutrition: Key Findings

MOH/S/IKU/250.25(IL)

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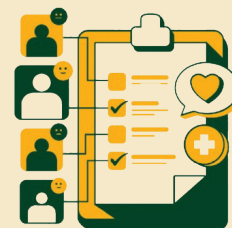
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01

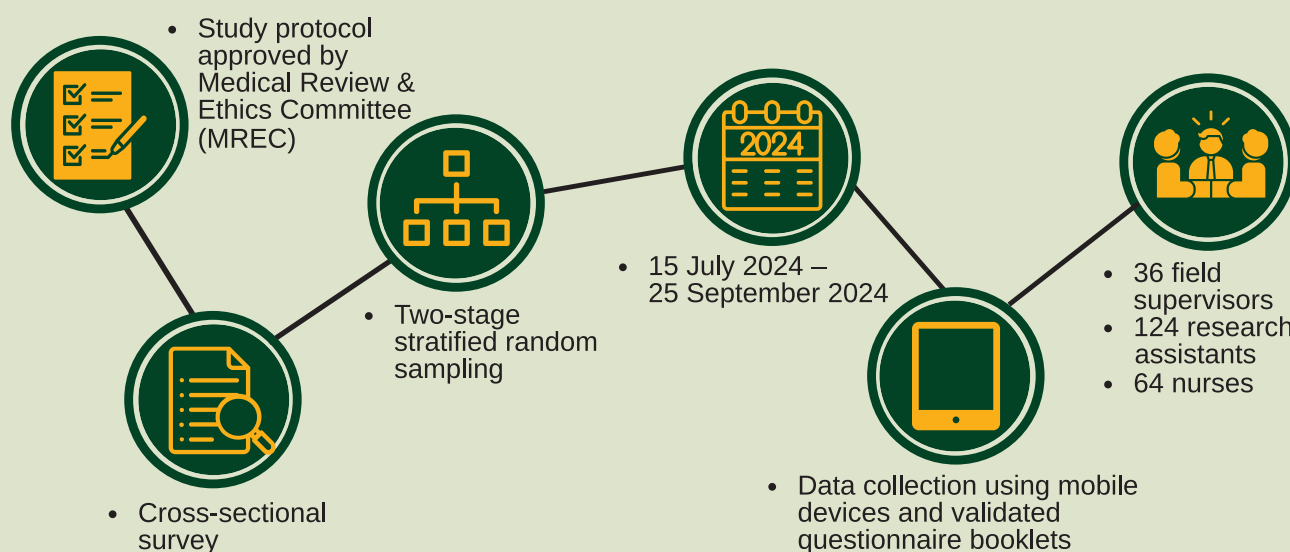
OVERVIEW OF THE SURVEY

WHY DID WE CONDUCT THE NHMS 2024?

To provide community-based data and evidence to the Ministry of Health Malaysia on **nutrition-related issues and factors**



HOW DID WE COLLECT THE DATA?



WHO PARTICIPATED?



5,400 households nationwide randomly selected by the Department of Statistics Malaysia (DOSM)



WHAT METHODS DID WE USE?



Face-to-face Interviews



Blood Investigation



24-Hour Urine Collection



Household Salt Sampling



Clinical Assessment

02

LOW FRUITS & VEGGIES, LESS VITAMIN A & C

ONLY

13%
adolescents

17%
adults



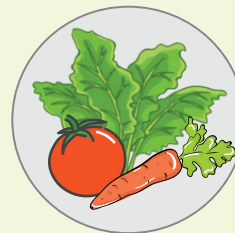
consumed **2 SERVINGS***
of fruits daily

*1 serving of fruits = 1 medium apple/1 medium banana/ 1 slice of papaya/ $\frac{1}{2}$ medium guava. Recommended intake: 2 servings daily

ONLY

5%
adolescents

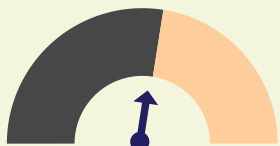
12%
adults



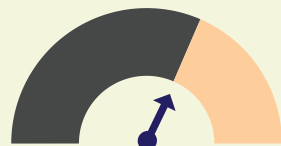
consumed **3 SERVINGS***
of veggies daily

*1 serving of vegetables = 1 cup (250ml) of raw vegetables/ $\frac{1}{2}$ cup of cooked vegetables. Recommended intake: 3 servings daily

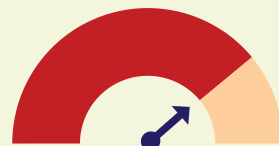
INADEQUATE fruits & veggies intake contributed to



55% of adolescents
consumed insufficient
Vitamin A



63% of adults
consumed insufficient
Vitamin A



78% of adolescents
consumed insufficient
Vitamin C



74% of adults
consumed insufficient
Vitamin C

Vitamin A is essential
for healthy vision, skin
& immunity



Vitamin C is essential for
collagen synthesis,
supporting immunity
& iron absorption



"Eat 2 servings of fruits & 3 servings of vegetables daily
to ensure adequate vitamin A & C intake"

03

MISSING MILK, MISSING NUTRIENTS

Only **3%**of **adolescents**
drink enough*
milk daily

*2 glasses of 250 ml

Only **1%**of **adults**
drink enough*
milk daily**NOT ENOUGH** milk intake contributed to**Inadequate
Calcium****98%** of adolescents**96%** of adults**Inadequate
Phosphorus****67%** of adolescents**38%** of adults**Inadequate
Vitamin B2****48%** of adolescents**56%** of adultsCalcium & phosphorus
are essential for

strong bones and teeth

Vitamin B2 is
essential for

energy metabolism



"Consume at least 2 glasses of milk daily to ensure
adequate intake of calcium, phosphorus & vitamin B2"

04 VITAMIN D: THE SUNSHINE VITAMIN

Sources of Vitamin D



Sun

80%



Food

20%

Vitamin D is important for healthy bones, good immunity and stable mood



Low levels can cause weak bones and muscles in adults

42.1% of adults in Malaysia have **LOW** Vitamin D in their blood

WHO are at risk?



1 in 2

Urban residents



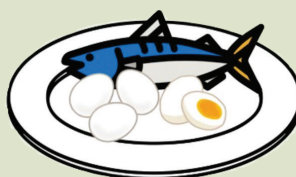
3 in 5

Women

How to **IMPROVE** vitamin D levels?



Have adequate daily morning sun exposure for at least 30 minutes



Have more food rich in Vitamin D such as mackerels and eggs

05 CUT SUGAR, BE HEALTHIER

2 in 3
Adolescents



consumed **FREE SUGAR**
MORE THAN
37.5 g or 7.5
teaspoons a day

1 in 2
Adults



"Free sugars" are sugars added to foods and drinks, and sugars naturally present in honey, syrup, juices and concentrates.

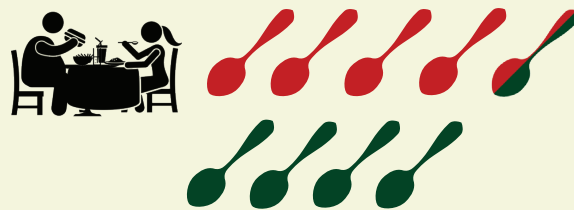
Half of total free sugar consumed were from **beverages**

ADOLESCENTS



Sugar from beverages: **5** teaspoons
Total free sugar: **11.5** teaspoons

ADULTS



Sugar from beverages: **4.5** teaspoons
Total free sugar: **9** teaspoons

Too much of Sugar Sweetened Beverages can cause



Weight gain



Risk of diabetes



Risk of heart attack

What can we do?



Limit added sugar when preparing beverages



Check nutritional labels when buying packed beverages



Opt for less or no sugar when ordering

One teaspoon of sugar is enough. Less is better. None is the best!

06

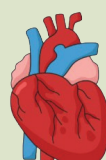
THE SALTY TRUTH

What are the effects of too much salt intake?



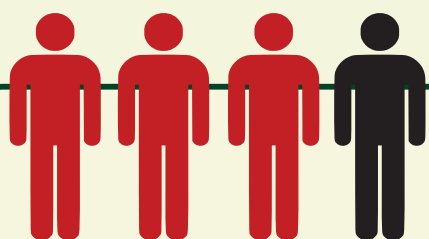
High blood pressure

Stroke



Heart disease

Kidney failure



3 in 4

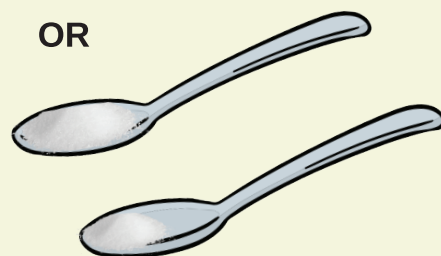
adults in Malaysia
consumed

diet high in salt

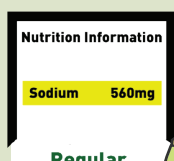
How much salt was consumed
daily by adults?7.3
grams

OR

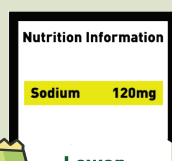
1.5 teaspoons

* Recommendation by World Health Organisation (WHO):
Less than **5 grams (1 teaspoon)** of salt daily

Tips to reduce your salt consumption

Replace salt with natural
seasonings and spices
in cookingCheck food label and choose
product low in sodium

Regular

Lower
sodiumAvoid processed foods
with hidden salt

07

IODINE DEFICIENCY: A SMALL MINERAL WITH BIG CONSEQUENCES

Deficiency can lead to:



Infant death, premature birth and low birth weight



Mental and growth retardation in children



Goiter and hypothyroidism

Prevention and control program

1980s to 2000s

Water iodination in endemic areas

1980s to 2020

Distribution of iodised salt to high risk group in government clinic

2000, 2008 and 2018

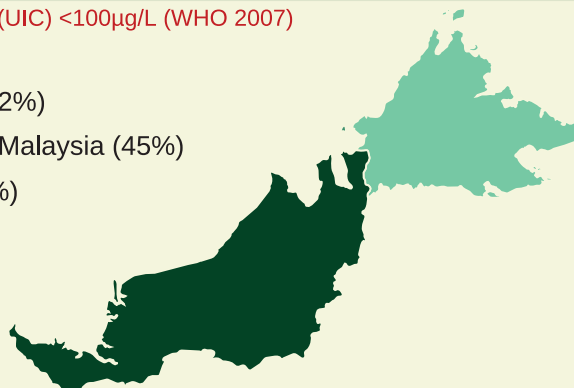
Universal salt iodisation (USI) in Sabah, Sarawak and Peninsular Malaysia, respectively

Iodine deficiency* in the population

*urine iodine concentration (UIC) <100µg/L (WHO 2007)



- Sarawak (52%)
- Peninsular Malaysia (45%)
- Sabah (44%)



WHAT SHOULD WE DO?

Eat iodine rich foods



- Seawater fishes and shellfish
- E.g: fish, anchovies, seaweed, prawn, squid, mussel and clam

Proper storage of iodised salt



- Use airtight container. Close tightly.
- Store in a cool, dry place. Keep away from heat, sunlight, moisture and air.

Cook properly foods high goitrogen



- Grating, blending, soaking or exposing in water or air for 1 hour also can lower goitrogen
- E.g: cassava, cassava leaves, cabbage, broccoli, cauliflower, soybean and peanut.

Usage of iodised salt



- Use iodised salt after turning off the heat.
- Cover with a lid to reduce evaporation of iodine.

08

HEAVY SUPPER AND YOU SUFFER!

" Eating a heavy supper at night is a bad habit,
what satisfies your hunger now may harm your
health later "



DID YOU KNOW?



2 in 5 adolescents

AND



1 in 3 adults

had both dinner and
heavy supper at least
once a week

Eating late at night can have
negative effects on health



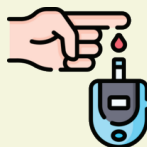
Disrupted sleep quality

Metabolic issues and weight
gain



Digestive problems

Increased risk of heart disease



Higher risk of type 2 diabetes



"When temperance and moderation in eating and drinking are observed,
the body is kept in a healthy state."- Avicenna (Ibn Sina)

"Thou shouldst eat to live; not live to eat."-Socrates

09

THE GROWING CONCERN: OVERWEIGHT/OBESITY

In ADULTS



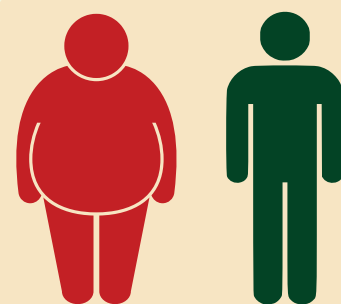
1 in 3 were **NOT** physically active



59% took **MORE THAN** 1 serving of sugar-sweetened beverage (SSB) per day



68% consumed excess* **FAT**
* >35% of recommended fat intake



1 in 2
were overweight/obese

While in ADOLESCENTS



3 in 5 were **NOT** physically active



63% took **MORE THAN** 1 serving of sugar-sweetened beverage (SSB) per day



75% consumed excess* **FAT**
* >35% of recommended fat intake



1 in 3
were overweight/obese

"Be active, limit sugar intake & reduce fat intake to prevent overweight/obesity"

10

IS YOUR CHILD EATING DIVERSE FOOD?

Children are recommended to consume **at least 5 out of 10 food groups** daily to ensure adequate nutrients

**1 in 2**

Children aged 5-9 years eat less than 5 food groups

The most consumed food groups

**97.8%**

Grains and tubers

**43.5%**

Other fruits

**87.8%**

Meat, fish and poultry

**37.6%**

Dark green leafy vegetables

**58.1%**

Milk and milk products

**25.9%**

Other vegetables

**55.8%**

Eggs

**8.4%**

Nuts and seeds

**50.8%**

Yellow or orange fruits and vegetables (rich in vitamin A)

**8.4%**

Pulses (beans, peas, lentils)

'Healthy kids, eat at least 5 food groups daily'

11

IMBALANCE DIET IN OLDER PERSONS

1 in 4

older persons aged 60 years and above has an



imbalance of nutrient intake, which is too much or too little

Among OLDER PERSONS



64.4%

**Excessive
fat intake**

49.7%

**Inadequate
carbohydrate
intake**



63.3%

**Inadequate
Vitamin A**

80.6%

**Inadequate
Vitamin B1**

64.7%

**Inadequate
Vitamin B2**

71.0%

**Inadequate
Vitamin B3**



Vitamin A
is important for
vision, immunity
and skin



Vitamin B1, B2, B3
are important for
energy metabolism,
nervous system and
muscle growth



Practice the "**Quarter Quarter Half**"
concept for a balanced diet and
better well-being



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