

NIHIMS

(1986 - 2020)

Reflecting On The Past As We Strive Forward....





NHMS (1986 – 2020): REFLECTING ON THE PAST AS WE STRIVE FORWARD....

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The views expressed in this report are those of the authors alone and do not necessarily represent the opinions of other investigators involved in the survey, nor the views or policy of the Ministry of Health.



NHIMS

(1986 - 2020)

Reflecting On
The Past As
We Strive
Forward....

INSTITUTE FOR PUBLIC HEALTH,
NATIONAL INSTITUTES OF HEALTH

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@NIH



Institut Kesihatan Umum



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“Time flies over us, but leaves
its shadow behind.”

NATHANIEL HAWTHORNE





FOREWORD

Director General of Health



TAN SRI DATO' SERI DR HAJI NOOR HISHAM BIN ABDULLAH

The National Health and Morbidity Survey (NHMS), carried out by Institut Kesihatan Umum, has been a pillar for providing epidemiological data and evidence across various health aspects to the Ministry of Health. Since its inception in 1986, the NHMS has focused on non-communicable diseases, communicable disease and evaluation of the healthcare utilization for various targeted groups, including maternal & child, adolescents, adults and the elderly. For over a decade, the Ministry of Health has been conducting these surveys yearly, and the data generated plays a pivotal role in guiding the policies across the various services of the ministry.

The wisdom says a picture says a thousand words, and this coffee table book, "NHMS: Reflecting On The Past As We Strive Forward" captures the sweet moments and hardships the project team, coordinators, managers, supervisors and data collectors have gone through over these years in the field data collection across Malaysia. It always is a challenge: hence, my gratitude to the editorial team for making this effort to compile years of experience into this book, documenting and immortalizing the memories. I hope this collection reminds us of the hard-earned journey beyond the numbers, data and evidence, from the National Health and Morbidity Survey.

I wish to thank every individual involved in this survey over the years, from the respondents to the principal investigators. For the future teams, all the best in their journey.

Tan Sri Dato' Seri Dr Noor Hisham bin Abdullah
Director General of Health Malaysia
Chairman of NHMS Steering Committee
Ministry of Health Malaysia



Deputy Director General of Health



DATUK DR MUHAMMAD RADZI ABU HASSAN

The "NHMS: Reflecting On The Past As We Strive Forward" serves as a sweet and timely reminder of the National Health and Morbidity Survey journey over these years. The photos, together with the accounts from the Principal Investigators, are retrieved from the archives of Institut Kesihatan Umum, to create an everlasting memory for all those involved.

The editorial team of this coffee table book has done an excellent job in compiling the photos and documents, and I greatly appreciate their efforts. NHMS has indeed been the authoritative source of evidence for epidemiology and health status of the population. The findings have been guiding policy makers over the years in formulating new action plans, monitoring and evaluating the existing programs, and identifying gaps in healthcare. This annual survey also serves as an important tool for the planning and strategic direction of the Ministry of Health. Since its inception, NHMS has been carried out in the highest standards to inform national and international indicators.

NHMS will continue to play an important role in assessing population health. I would like my deepest gratitude to all those involved. I wish all the best to future teams can maintain the excellent standard of NHMS and create more memories for *Institut Kesihatan Umum*.

Datuk Dr Muhammad Radzi Abu Hassan
Deputy Director General of Health
(Research and Technical Support)
Ministry of Health Malaysia



Director of the Institute for Public Health



DR. NOOR ANI BINTI AHMAD

"NHMS: Reflecting On The Past As We Strive Forward" was brought forward to document the history, the journey, the memories and not forgetting, the people who have been involved over the years in carrying out the National Health and Morbidity Survey (NHMS). This has been more than a health survey, born to provide evidence on health status, but has since evolved to be a pillar in epidemiological data for the nation.

The first NHMS was carried out almost 20 years after the inception of Institut Kesihatan Umum (IKU). It marked an important milestone in the history of IKU. In 2005, with the establishment of the National Institutes of Health, the institute underwent a paradigm shift, to move from a training centre to a research institute. NHMS became a brand synonymous to IKU.

Carrying out each of this national survey has indeed been a challenge for the respective teams. Through teamwork, learning, guidance and support from all across the ministry and policy makers, NHMS continues strong till today, evolving and improving, keeping to the highest standards of any international survey. NHMS continues to provide crucial health data, keeping in line with the vision of the institute to be a centre for epidemiological research and population surveys.

Even though each NHMS has had its differences, in scope, target area and size, but each and every one has been carried out successfully thanks to the hard work of a dedicated team of researchers. We wish we could thank everyone involved in this book, but the list would be just too long. We however can cherish their memory and in the form of a simple gift back to the teams of the past, these memoirs we hope will stand as an everlasting print of their journey in these surveys, in IKU and in the Ministry of Health.



Dr. Noor Ani Binti Ahmad

Director of Institute for Public Health (2022 – Present)
National Institutes of Health
Ministry of Health Malaysia



Chief Editor



DR SHUBASH SHANDER GANAPATHY

It has been a daunting task, to compile almost 40 years of history into a single book. A heavy burden lay upon the team to do justice to the National Health and Morbidity Survey, a monumental history by itself within the Ministry of Health Malaysia.

However, as we poured through ideas, documents, photos and the variety of material in relation to the National Health and Morbidity Survey of past, it brought a smile to our faces. These photos may not fully express the challenges faced by the teams, but without a doubt, there was joy seen in every one of them, a sense of pride and accomplishment, seen through the decades.

We had reached out to senior members of the past, and each and every one of them had only returned to us with a sense of excitement to be involved again, in recounting their experiences of their time, and were only happy to go above and beyond towards documenting this piece of history. The editorial team thanks everyone involved, directly and indirectly, for their amazing support in making this book a success.

An assignment that started off with pouring through dusty old albums, the making of these memoirs quickly turned into a wonderful trip down memory lane, bring smiles and laughter to the team. It has been a privilege to given this opportunity to document the National Health and Morbidity Survey over these decades. It is not possible to capture even a small portion of all the experiences by all the people involved, but we hope this book will serve a token of reminder of these everlasting memories.

Dr Shubash Shander Ganapathy

Chief Editor of NHMS: Reflecting On The Past AS We Strive Forward....
Institute for Public Health
Ministry of Health Malaysia



“ *The only source of
knowledge is experience.* ”

ALBERT EINSTEIN





PROLOGUE



THE HISTORY OF INSTITUTE FOR PUBLIC HEALTH (IKU)





Old IKU Building, Bangsar



INSTITUTE FOR PUBLIC HEALTH (IKU)



Stepping into its sixth decade, Institute for Public Health (IKU) is currently one of the six research institutes operating under the National Institutes of Health, Ministry of Health Malaysia. Starting from a more humble role as a public health-focused training institution upon establishment in the 1960s, known then as Maktab Kesihatan Umum and IKU is currently the leading national organisation on epidemiological surveys, training and technical expertise. Primarily focused on the domains of Disease Control, Family Health, Nutrition, Occupational Health, and Disease Burden, IKU strives to equip stakeholders and policymakers with facts, data and information on population health for evidence-based policy-making purposes.





LEGACY OF THE NATIONAL HEALTH AND MORBIDITY SURVEY



National Health and Morbidity Survey



In accordance with the Declaration of Alma-Ata (1978) and the Fifth Malaysian Plan, the first National Health and Morbidity Survey (NHMS) was initiated by the Ministry of Health Malaysia in 1986. It was commenced as an effort to determine the health status and prevalence of morbidities of the population, towards attaining the global 'Health For All' milestone in the public health sector. The first NHMSs focused on non-communicable diseases and health service utilisation in the community, but over the years NHMS has evolved to cover a wide range of areas, including maternal and child health, adolescent health, nutrition, communicable diseases, elder health and many more.

“ NHMS 1986 was basically the Star Wars of that time, going where no man has ever been before in the context of the health system in our country. ”

DR INDRA





From the year 1986 to 2006, NHMS was conducted as a decennial survey. Each decadal interval was considered a cycle. Beginning from the year 2011, based on the Health Minister's suggestion and the need for more comprehensive and updated information on population health, the interval was reduced to 4 yearly cycles, with surveys carried out each year and the first survey of each cycle focused on Non-communicable Diseases (NCDs) alongside other modules. Thus far, NHMS has produced a total of 6 cycles with 15 reports and is currently in preparation for its seventh cycle.

“ NHMS will always be significant, whether in the past, present or future. ”

DR RAJINI



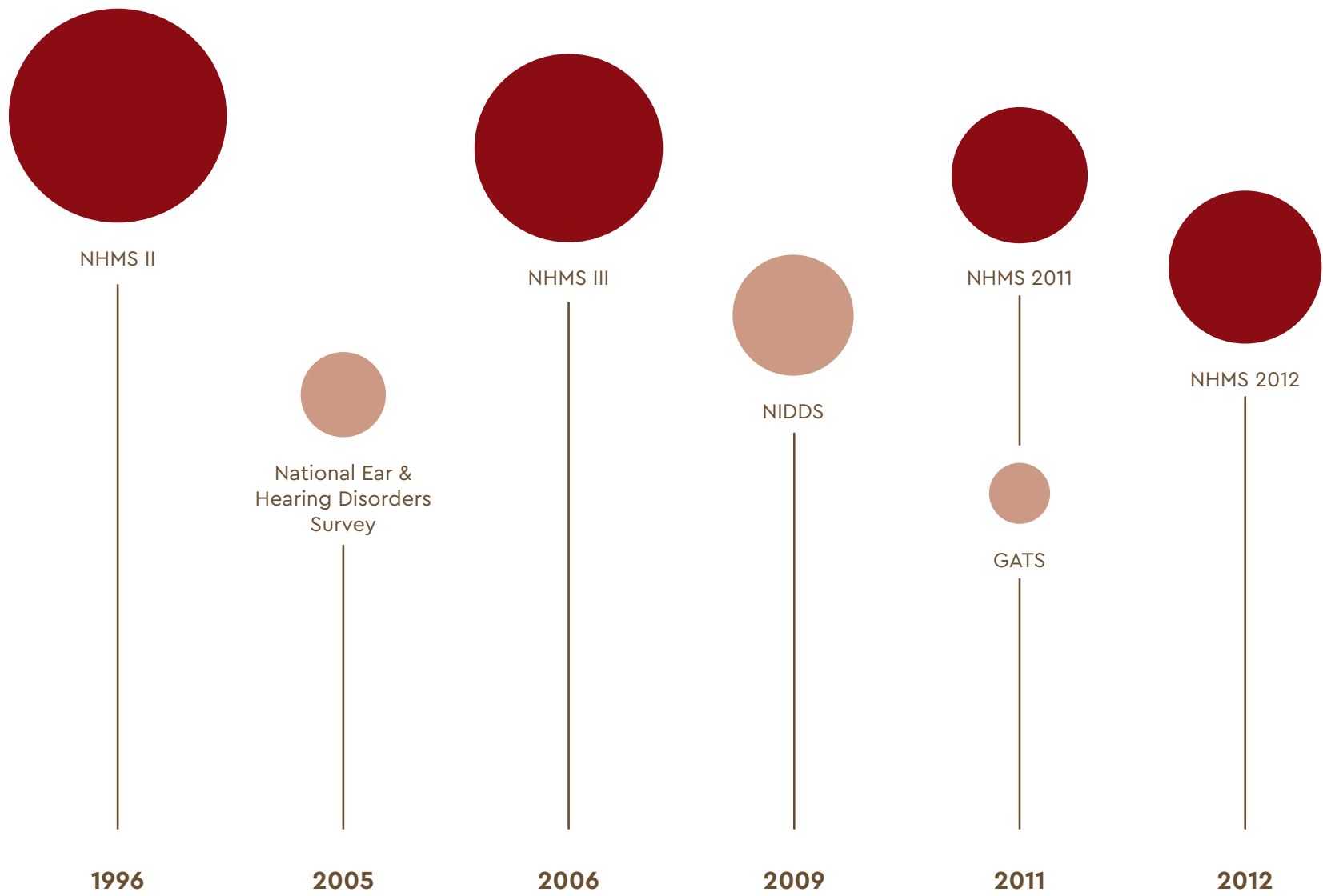
THE NATIONAL HEALTH AND MORBIDITY SURVEY OVER THE YEARS



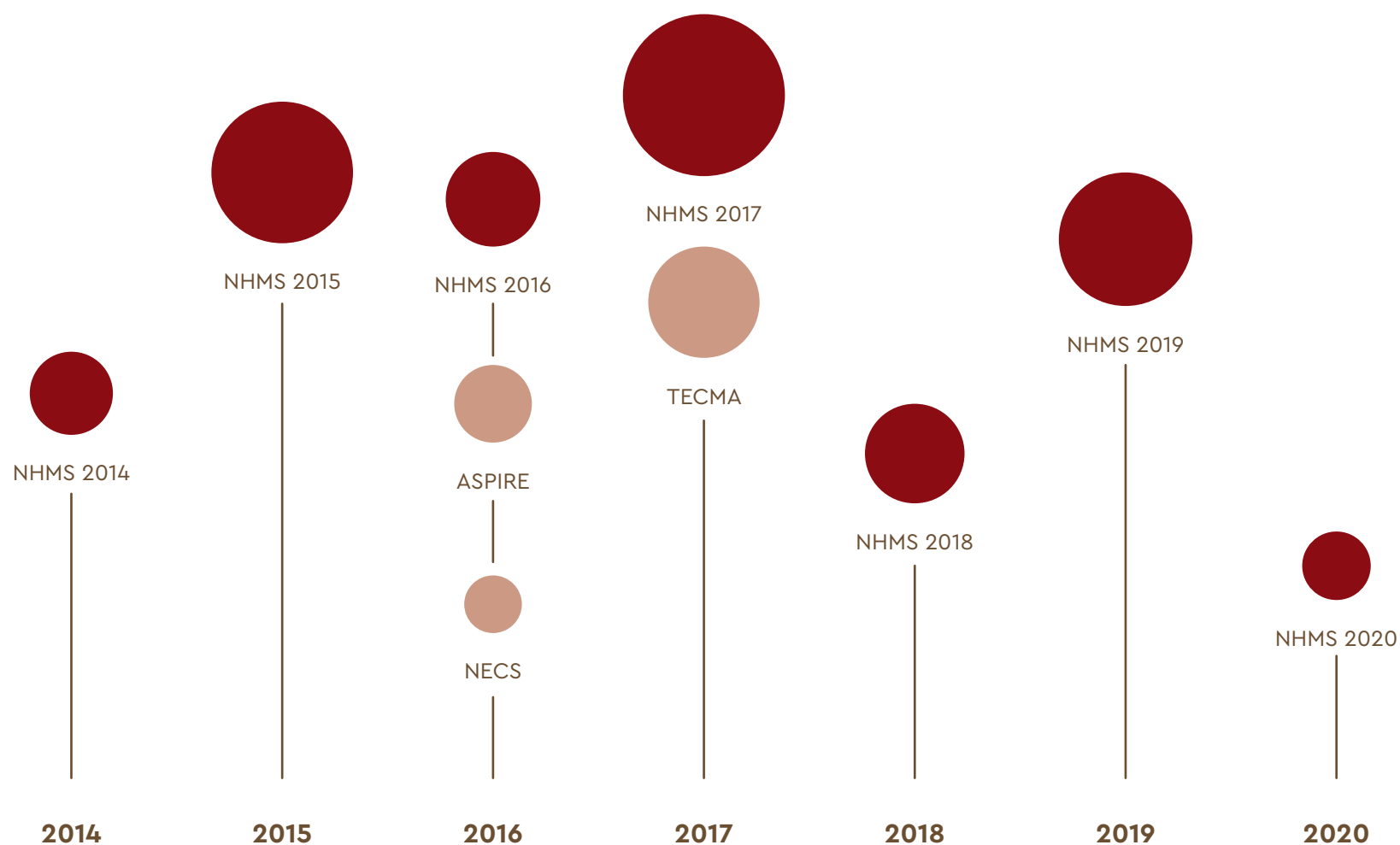
NHMS Over the Years



Over the years, IKU has conducted numerous nationwide, nationally-representative survey as shown below, with bubble size corresponding to the number of persons interviewed in that particular survey.



● NHMS	National Health and Morbidity Survey The first ever edition of this survey–NHMS I–was conducted in 1986. However, it is not featured here as it only covered Peninsular Malaysia.
● NIDDS	National Iodine Deficiency Disorder Survey
● GATS	Global Adult Tobacco Survey
● NHMS 2012	Adolescent Health (including Mental Health and Nutrition)
● NHMS 2014	Malaysian Adult Nutrition Survey
● NHMS 2015	Non-communicable diseases, Healthcare Demand, Traditional and Complementary Medicine
● NHMS 2016	Maternal and Child Health
● ASPIRE	Postnatal Depression and Intimate Partner Violence
● NECS	National E-Cigarette Survey
● NHMS 2017	Adolescent Health (including Mental Health and Nutrition)
● TECMA	Tobacco & – E-Cigarette Survey among Malaysian Adolescents
● MYCOSS	Malaysian Community Salt Study
● NHMS 2018	Elderly Health
● NHMS 2019	Non-communicable diseasesm Healthcare Demand, and Health Literacy
● NHMS 2020	Communicable Diseases



“ *You must be the change you wish to see in the world.* ”

MAHATMA GANDHI





CHAPTER 1:
THE 1980'S



NHIMS 1986



Non Communicable Diseases



NHMS - 1986

Principal Investigator

DR INDRA PATHMANATHAN

Birthday

21st October 1936

Place Of Birth

Singapore

Hobbies

Exercising, Dancing & Reading

Favorite Book

Pride And Prejudice By Jane Austen

Personal Motto

*Challenges are
opportunities.*

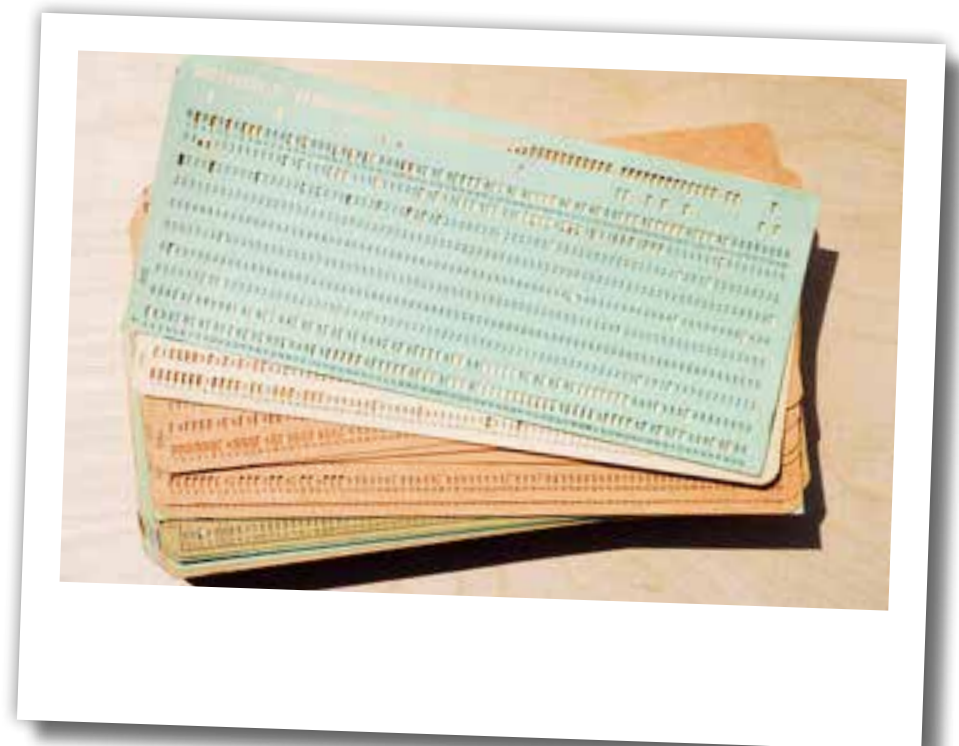




“ It has been 40 years since the very first NHMS in 1986 and what I can mostly remember are emotions. The memories of the actual events are less powerful than the emotions I experienced at various stages of NHMS 1986. ”



“ To be the pioneer of the very first NHMS at a time with no nationwide health survey concepts, I was filled with. ”



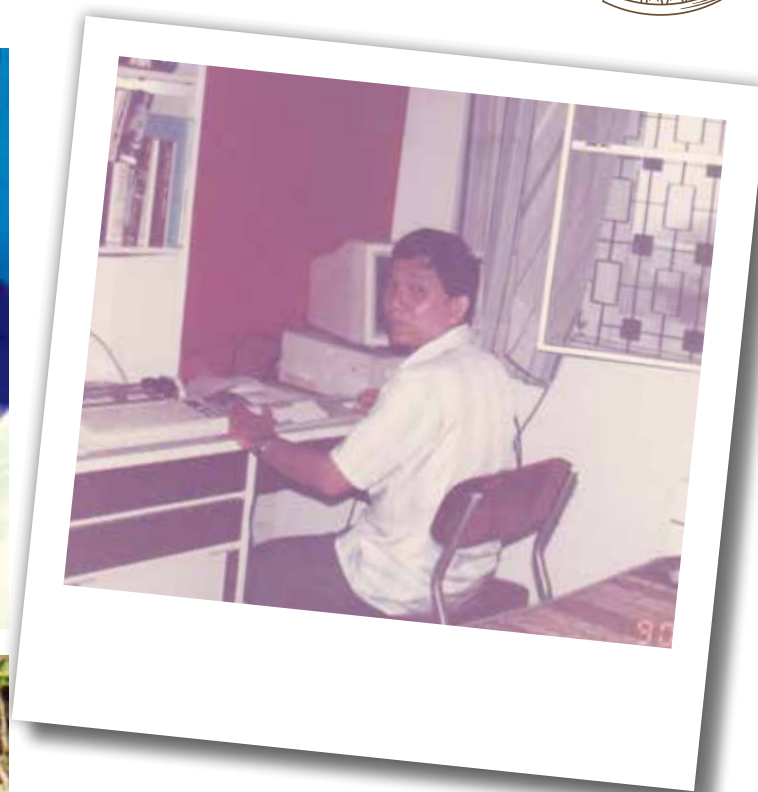
Training Workshops



A photograph showing a woman in a white hijab pointing at a large data table. The table is titled "PERSONAL HEALTH AND KNOWLEDGE SURVEY" and contains columns for "PROGRESS" and "DATE". The table lists various locations and their corresponding data points.

PROGRESS	DATE
PERAK	
Malacca	80 11 25 00 09 07 02
Kedah	80 11 25 00 09 07 02
Kuala Lumpur	80 11 25 00 09 07 02
Penang	80 11 25 00 09 07 02
Selangor	80 11 25 00 09 07 02
T.M.A.	80 11 25 00 09 07 02
JOHOR	80 11 25 00 09 07 02
K. TINGGI	80 11 25 00 09 07 02
MERSING	80 11 25 00 09 07 02
PONTIAN	80 11 25 00 09 07 02
J. BARU	80 11 25 00 09 07 02





“ Our data enumerators were all very bright school leavers from SPM and STPM levels and we were blessed to have excellent trainers who equipped them with all the necessary knowledge of research methodology. ”

DR INDRA

Data Collection



“ One key lesson is that if you are prepared to collaborate and cooperate, assistance and help available are infinite out there. ”

DR INDRA



“The journey of a thousand
miles begins with one step.”

LAO TZU





CHAPTER 2: THE 1990'S



NHIMS 1996



Non Communicable Diseases



Principal Investigator

**DATO' DR MAIMUNAH
ABDUL HAMID**

Birthday

1st February 1954

Place Of Birth

Pontian, Johor

Hobbies

Sewing & Handcrafting

Favorite Book

-

Personal Motto

*Always strive
to your best.*



NHMS - 1996





“ The great and everlasting friendship that I have gained from my team members is the most precious gift of all. ”



“ NHMS is an extraordinary experience that enhanced my professional and personal development. ”



Training Workshops





“ We had mammoth tasks, underwent challenges and created success stories together and still talk about the good times today. ”

DATO' MAIMUNAH



Data Collection





“ Every researcher will face challenges in any of their research work but NHMS being mega in nature has both administrative and technical challenges to master. ”

DATO' MAIMUNAH

“Excellence is a continuous process and not an accident.”

A. P. J. ABDUL KALAM





CHAPTER 3: THE 2000'S



NHIMS 2006



Non Communicable Diseases



Principal Investigator

**DR AHMAD
FAUDZI YUSOFF**

Birthday

30th May 1963

Place Of Birth

Alor Setar, Kedah

Hobbies

Cooking

Favorite Book

From The Creator

Personal Motto

*This too
shall pass.*





“ What else can be said
except that NHMS is simply
everything about the health
of our people. ”



“ NHMS consists of a
huge spectrum of memories,
the good and the bad that
we still cherish for a
lifetime. ”



Training Workshops





“ We had to train personnel specifically for data collection in different states but it was a successful effort given the limited resources we had then. ”

DR FAUDZI



Data Collection



“ We travelled to many rural villages through unpaved roads to meet our people for NHMS. ”

DR FAUDZI



“Action is the foundational
key to all success.”

PABLO PICASSO





CHAPTER 4:
THE 2010'S



NHIMS 2011



*Non Communicable Diseases
and Healthcare Demands*



Principal Investigator

DR. NOOR ANI AHMAD

Birthday

10th June 1968

Place Of Birth

Alor Setar, Kedah

Hobbies

Reading

Favorite Book

Tami Hoag & Tess Gerritsen

Personal Motto

*A leader leads by
example, not by force.*



NHMS - 2011





“ As a young officer to be appointed as the PI for the first time, I learned everything from precious NHMS team members and past NHMS documents. ”



“ NHMS 2011, was the brand new NHMS born from the then Minister of Health's request for more recent data of population health and it was truly a challenge. ”



Training Workshops





“ The extreme efficiency of my team was established so many times, especially in overcoming various hurdles during NHMS implementation. ”

DR NOOR ANI



Data Collection



“ We were very fortunate to have brilliant support from the state health departments to successfully conduct the new NHMS. ”

DR NOOR ANI





NHMS 2012



Global School-Based Student
Health Survey
Malaysian School-Based
Nutrition Survey



Principal Investigator

DR. NOOR ANI AHMAD

Birthday

10th June 1968

Place Of Birth

Alor Setar, Kedah

Hobbies

Reading

Favorite Book

Tami Hoag & Tess Gerritsen

Personal Motto

*A leader leads by
example, not by force.*





“ NHMS 2012 was a new and massive survey that included students from primary to secondary levels throughout Malaysia, where collaboration with the Ministry of Education and the WHO itself was remarkable. ”



“ As the PI of NHMS, my responsibilities were multiheaded where I learned how to be a problem-solver, negotiator and even a counsellor. ”



Training Workshops





“ The extreme efficiency of my team was established so many times, especially when we managed to manually correct thousands of questionnaires during our training sessions. ”

DR NOOR ANI

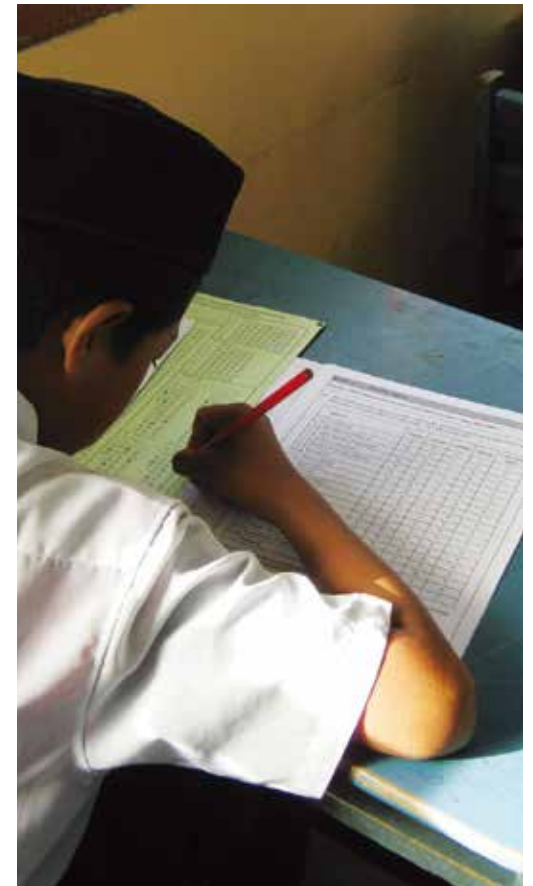
Data Collection





“ We were very fortunate to have brilliant support from the state health departments to successfully conduct the new NHMS. ”

DR NOOR ANI





NHMS 2014



Malaysian Adults Nutrition Survey

Principal Investigator

**DR. AHMAD ALI
ZAINUDDIN**

Birthday

20th July 1975

Place Of Birth

Kuala Nerang, Kedah

Hobbies

Travelling

Favorite Book

The Godfather By Mario Puzo

Personal Motto

*Focus on the
journey, not the
destination.*



NHMS - 2014



“ Being the first PI for the first ever nutrition survey to be conducted by IKU, which was previously conducted by nutrition division was an honour. ”



“ There are no other studies that beat NHMS in terms of its size and its importance. ”



Training Workshops



“ Although I was anxious, I was still very excited and willing to accept the challenge of conducting NHMS. ”

DR AHMAD ALI





Data Collection





“ Teamwork is indeed the key to a successful survey. ”

DR AHMAD ALI





NHMS 2015



*Non-Communicable Diseases
and Healthcare Demands*



Principal Investigator

**DR. MUHAMMAD
FADHLI MOHD YUSOF**

Birthday

11th September 1970

Place Of Birth

Kota Bharu, Kelantan

Hobbies

Reading

Favorite Book

Win Without Fighting

By Khoo Kheng-Hor

Personal Motto

*Stay strong
and be positive.*



NHMS - 2015





“ NHMS is a quite challenging experience that bore sweet satisfaction in the end. ”



“ A very significant moment of NHMS 2015 was when the then Minister of Health himself presented the findings in a press meet event. ”



Training Workshops





“ NHMS is an important survey that must be done with robust methodology, where its quality must never be compromised. ”

DR FADHLI



Data Collection



“ To do NHMS, you need to have a passionate team and I was very fortunate. ”

DR FADHLI







NHIMS 2016



Maternal and Child Health



Principal Investigator

DR. NOOR ANI AHMAD

Birthday

10th June 1968

Place Of Birth

Alor Setar, Kedah

Hobbies

Reading

Favorite Book

Tami Hoag & Tess Gerritsen

Personal Motto

*A leader leads by
example, not by force.*



NHMS - 2016





“ We were glad that we brought up important maternal issues such as mothers living in very remote areas missing out on postnatal care or immunizations through NHMS 2016. ”



“ Although our teams had to go through unpaved logger's paths to reach the mothers for our survey in some states, that was a challenge worth enduring. ”



Training Workshops



“ I learned it is extremely important to seek support from IKU staffs, previous PIs and seniors in order to conduct a successful NHMS. ”

DR NOOR ANI





Data Collection





“ My field teams were so dedicated and never gave up even when they had to reach respondents from the most rural parts of east Malaysia. ”

DR NOOR ANI





NHMS 2017



Adolescent Health Survey
Adolescent Nutrition Survey



Principal Investigator

**DR S MARIA
AWALUDDIN**

Birthday

26th July 1977

Place Of Birth

Tanjung Karang, Selangor

Hobbies

Reading

Favorite Book

The Al-Quran

Personal Motto

*Be kind but keep
healthy boundaries.*



NHMS - 2016





“ NHMS is not only related to MOH, but it is the data on population health. A political understanding on this evidence-based data should be promoted at the political level for a better nation. ”



“ NHMS 2017 successfully covered several significant subtopics which were adolescent health, adolescent mental health, adolescent nutrition health and adolescent dental health that we continued from the previous NHMS 2012. ”



Training Workshops



“ It was a long journey and I only feel thankful to Allah that I was able to sail this journey from 2016 until January 2020. ”

DR MARIA



Data Collection



“ For an impactful survey, it is necessary to be prepared and work in a team. ”

DR MARIA







NHIMS 2018



Elderly Health



Principal Investigator

**DR RAJINI
SOORYANARAYANA**

Birthday

10th September 1977

Place Of Birth

Kuala Lumpur

Hobbies

Reading

Favorite Book

The Chronicles Of Narnia By C.S. Lewis

Personal Motto

*Perseverance will
get you through.*



NHMS - 2018





“ Bringing the spotlight onto elderly health and ageing, a first-time topic chosen was very apt given that we are indeed an ageing society. ”



“ NHMS is of great significance because it yields results that are used and cited by the top management down to those engaging directly with patients. ”



Training Workshops





“ Conducting training sessions for the data enumerators, many of whom are fresh from school and college was an inspiring time. ”

DR RAJINI



Data Collection





“ Instilling a sense of belonging and a sense of achievement of contributing towards a national-level survey in the data enumerators is crucial. ”

DR RAJINI





NHIMS 2019



*Non-Communicable Diseases
and Healthcare Demands*



Principal Investigator

DR SHUBASH SHANDER GANAPATHY

Birthday

15th March 1980

Place Of Birth

Kluang, Johor

Hobbies

Reading & Diving

Favorite Book

The Wheel Of Time Series By Robert Jordan

Personal Motto

*Be better than
the person you
were yesterday.*





“ There is a lot to learn, you have to read things, ask people, and learn from scratch to conduct NHMS. ”



“ NHMS has evolved over the past years and it will always be relevant and needed because it provides crucial health info. ”



Training Workshops





“ After a year and a half of preparation, NHMS 2019 was finally going to start. ”

DR SHUBASH



Data Collection



“ You are important,
your team is
important, and
the people around
you are just as
important as the
work you do. ”

DR SHUBASH





“*It always seems impossible
until it is done.*”

NELSON MANDELA





CHAPTER 5:
THE 2020'S



NHIMS 2020



Communicable Diseases

Principal Investigator

**MR MOHD HATTA
ABDUL MUTALIP**

Birthday

27th March 1982

Place Of Birth

Kuala Lumpur

Hobbies

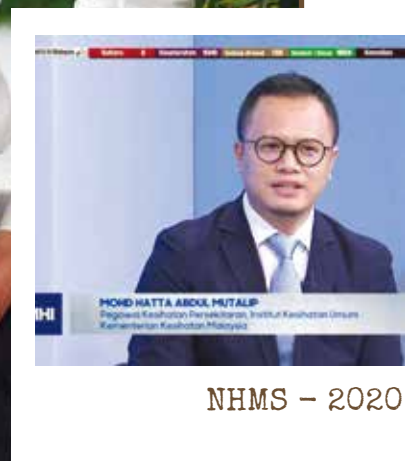
Reading

Favorite Book

The Sea, The Sea By Iris Murdoch

Personal Motto

*Alang-alang menyeluk
pekasam biar sampai ke
pangkal lengan.*





“ Though it was a struggle to carry out NHMS 2020 Communicable Diseases during the most difficult period when the entire world was hit by the COVID-19 pandemic, we still did it. ”



“ NHMS is not just a market survey where information is only one direction, but it is a survey where we also educate and inform the health status of the respondents who participated for early preventative measures on their health outcomes. ”



Training Workshops



“ We went through ups and downs together to ensure that the NHMS process runs smoothly and that the results benefit the country. ”

MR HATTA





“ We were upbeat, held numerous discussions with experts and experienced ground personnel, and meticulously discussed and piloted our methods to ensure they could be implemented in the field. ”

MR HATTA

Data Collection





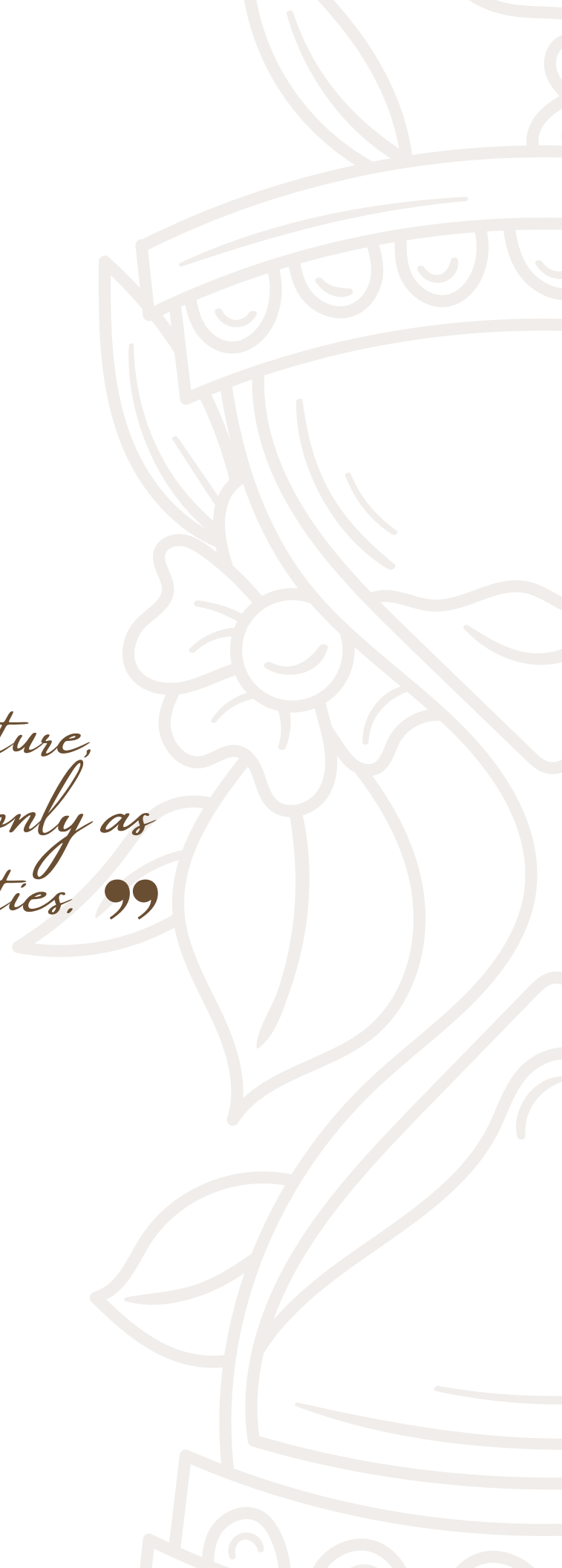
“ There were ups and downs when conducting NHMS, but teamwork prevails. I feel great because I had an incredible team that was committed to taking on this challenge. ”

MR HATTA



“*The past, like the future,
is indefinite and exists only as
a spectrum of possibilities.*”

STEPHEN HAWKING





EPILOGUE

The Course Ahead





“ It is such a proud moment to witness how NHMS has become an institution within the health system and it excites me to look forward to its further growth. ”

DR INDRA

“ Only from surveys like NHMS, we can obtain the truest and rawest health data to be utilized in the improvement of Malaysian health status and as a developing country, Malaysia needs populationbased data. ”

DR NOOR ANI





“ The output of NHMS is very crucial and the data needs to be consistently translated to be more beneficial to the nation and people. ”

DR FAUDZI

“ NHMS will continue to be a good reference to our policy makers in reviewing our policies and allocating resources to strengthen the services of MOH. ”

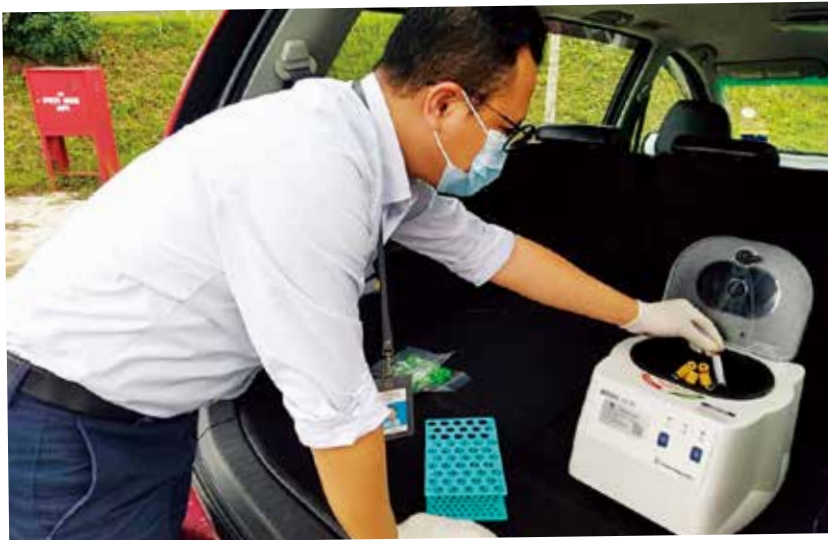
DR FADHLI





“ The ability of NHMS to adapt to technology and be relevant to change according to times will continue to be significant. ”

DR SHUBASH



“ It’s about time for NHMS to be equipped with its own mini portable labs that can perform simple biochemistry or infectious diseases testing. ”

MR HATTA

Acknowledgement



The editorial team would like to thank the present and past Director Generals of Health Malaysia for their enduring support for the National Health and Morbidity Survey (NHMS) over these years. Our sincere appreciation to the Deputy Director General (Research and Technical Support) and the Director of Institute for Public Health for their guidance, advice and leadership from the conception to completion of this book.

Our sincere gratitude to the past Principal Investigators of NHMS, the past Directors of Institute for Public Health and other key members of previous NHMS, who have not only been gracious, but also excited to share their experiences and their personal photo collections with us, which led to the successful completion of this memoir. We also extend our sincere gratitude to the staff of Institute for Public Health and Ms Jayasuria Ravinthiran for their support, hard work and ideas which led to the fruition of this book.

Autograph





NHMS
(1986 - 2020)
Reflecting On
The Past As
We Strive
Forward....



MINISTRY OF HEALTH MALAYSIA
INSTITUTE FOR PUBLIC HEALTH

