

NHMS 2019

National Health and Morbidity Survey 2019
Non-communicable diseases, healthcare demand,
and health literacy

Key Findings

National Institutes of Health (NIH)
Ministry of Health Malaysia

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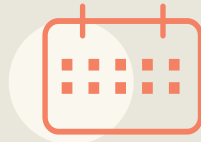
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01

Overview of the survey

The **NHMS** has been conducted in **4-yearly cycles** since the year 2011



The **first year** of each cycle focuses on **non-communicable diseases (NCD) and healthcare demand (HCD)**, with the other years focusing on other priority areas as determined by the Ministry of Health, Malaysia.



2019 marks the beginning of a **new cycle** for NHMS, to focus on NCD, HCD and a few other topics as requested by the stakeholders



The survey series is commissioned by the Ministry of Health to provide reliable information on the health, and factors related to health, of people living in Malaysia.

The series aims to:

- estimate the occurrence of particular health conditions and certain risk factors
- monitor trends in the population's health over time
- describe the community's perception and demand for health care
- determine the prevalence of health literacy among people living in Malaysia

The 2019 survey covered 3 main scopes:

NHMS 2019

National Health and Morbidity Survey 2019
Technical Report — Volume I

NCDs — Non-Communicable Diseases: Risk Factors and other Health Problems

National Institutes of Health (NIH)
Ministry of Health Malaysia

NHMS 2019

National Health and Morbidity Survey 2019
Technical Report — Volume II

Healthcare Demand

National Institutes of Health (NIH)
Ministry of Health Malaysia

NHMS 2019

National Health and Morbidity Survey 2019
Technical Report — Volume III

Sarawak Rural Health

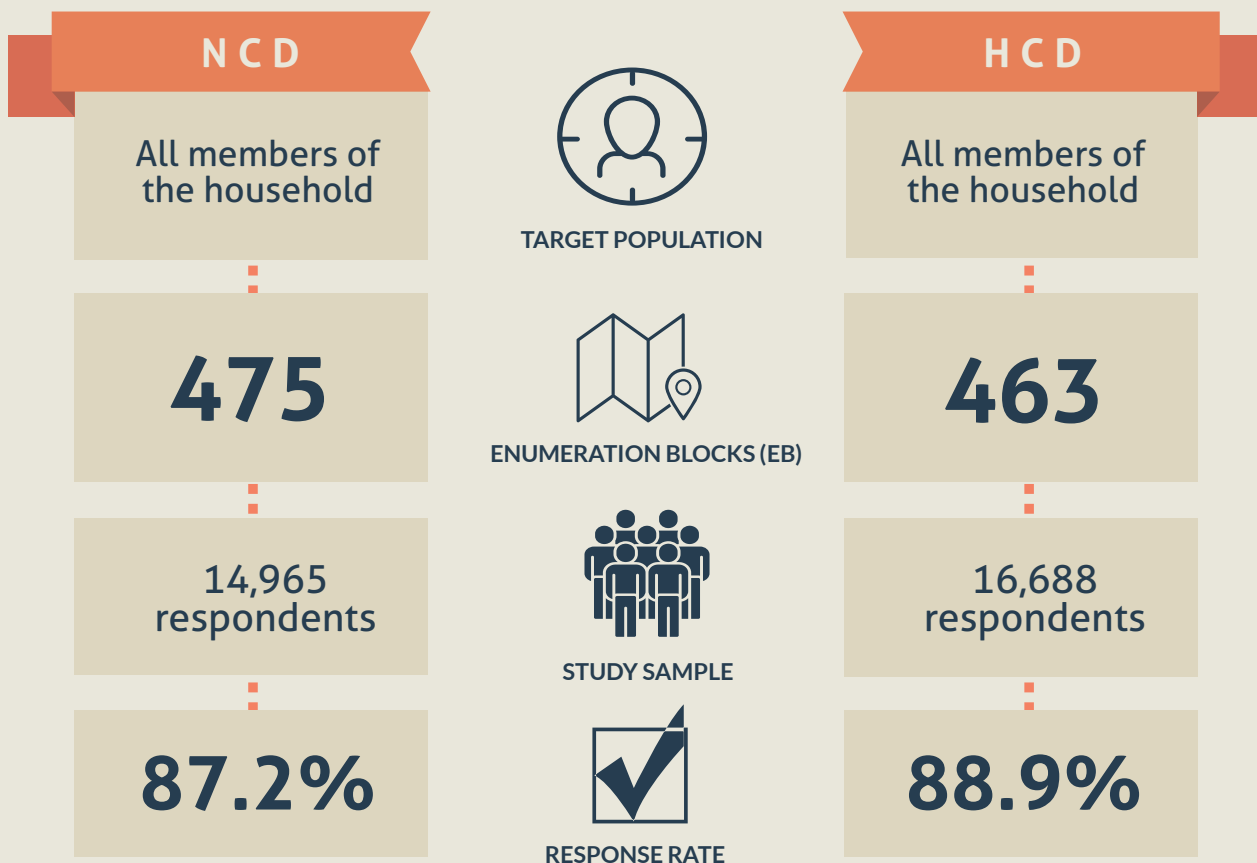
National Institutes of Health (NIH)
Ministry of Health Malaysia

*included both NCD and HCD questionnaires; results are presented elsewhere

Key findings from the 2019 survey are presented here in this booklet, the form of plain-language information graphics. The above technical reports, which contain further discussion of the findings and full documentation of the survey's methods and questionnaires, are available from the IKU website: www.iku.gov.my/nhms.

02

Survey sample and process



TWO STAGE STRATIFIED RANDOM SAMPLING DESIGN

1st Stratum: All states & Federal territories
2nd Stratum: Urban & Rural



CROSS- SECTIONAL STUDY DESIGN

Population-based study



NMRR-18-3085-44207

Study protocol approved by Medical Research and Ethics Committee (MREC), MOH



DATA COLLECTION

From 14 July to 30 September 2019



FACE TO FACE INTERVIEW OR SELF-ADMINISTERED QUESTIONNAIRE

Individual and parental consent obtained before interviewing



TOOLS

Used validated questionnaires



DATA ANALYSIS

Publication of findings into report



REFERRAL

Nearest government clinic for referred case

03

Non-communicable diseases (NCDs) — Diabetes, hypertension and high cholesterol in Malaysia



Diabetes



Hypertension



High
Cholesterol

High blood sugar, high blood pressure and high cholesterol are **major risk factors for cardiovascular disease**

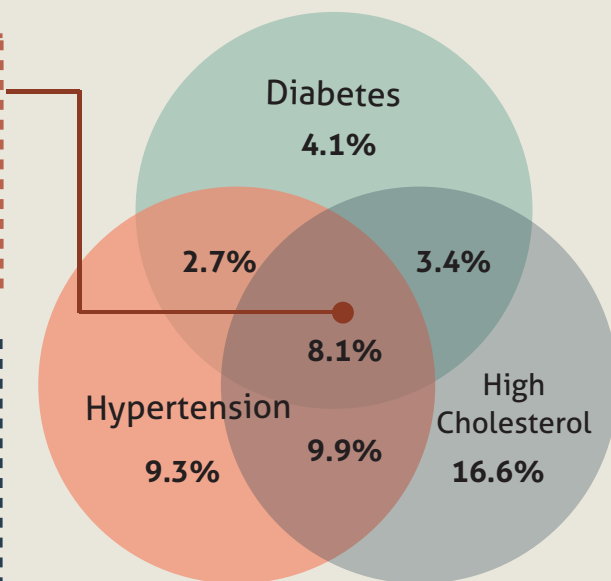
Cardiovascular diseases (CVDs) are the leading causes of death in Malaysia

(such as stroke and coronary heart diseases)



1.7 million people in Malaysia currently live with **three** major risk factors

3.4 million people in Malaysia currently live with **two** major risk factors



Our health is our responsibility. Here are some things we can do to combat NCDs:



Control blood pressure <140/90



Eat a healthy diet



Maintain a healthy weight



Exercise regularly



Stop smoking and reduce harmful use of alcohol

04

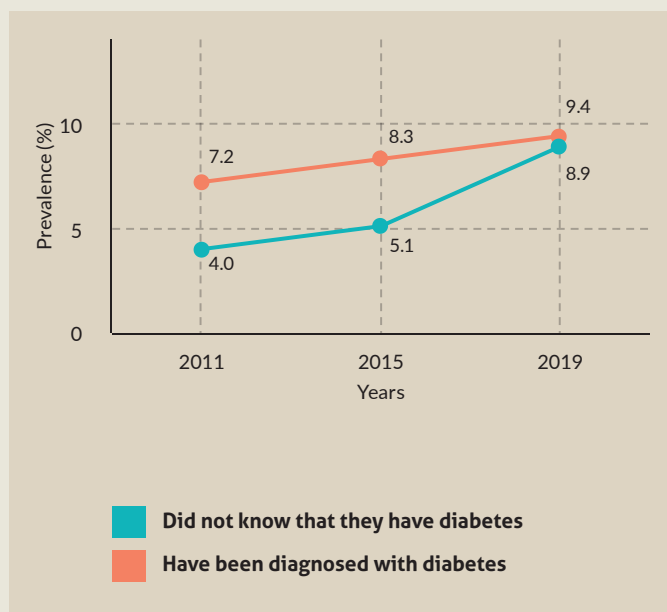
Diabetes in Malaysia

1 in 5 adults in Malaysia have **diabetes**

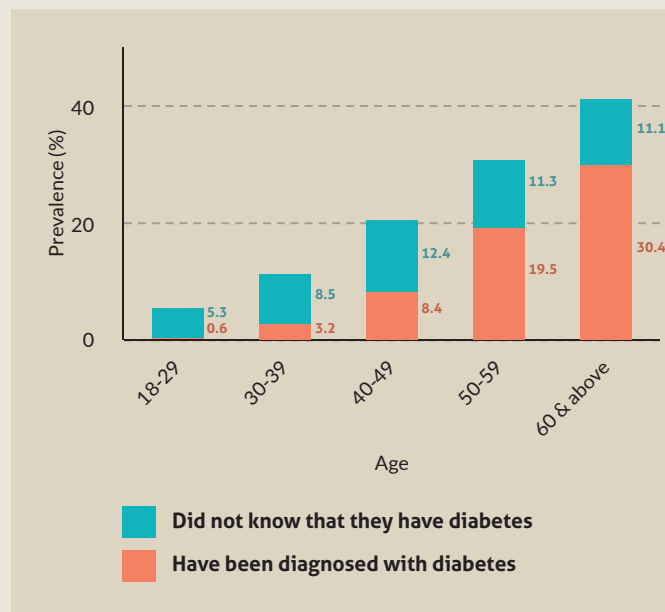


That's about **3.9 million** people aged 18 years and above

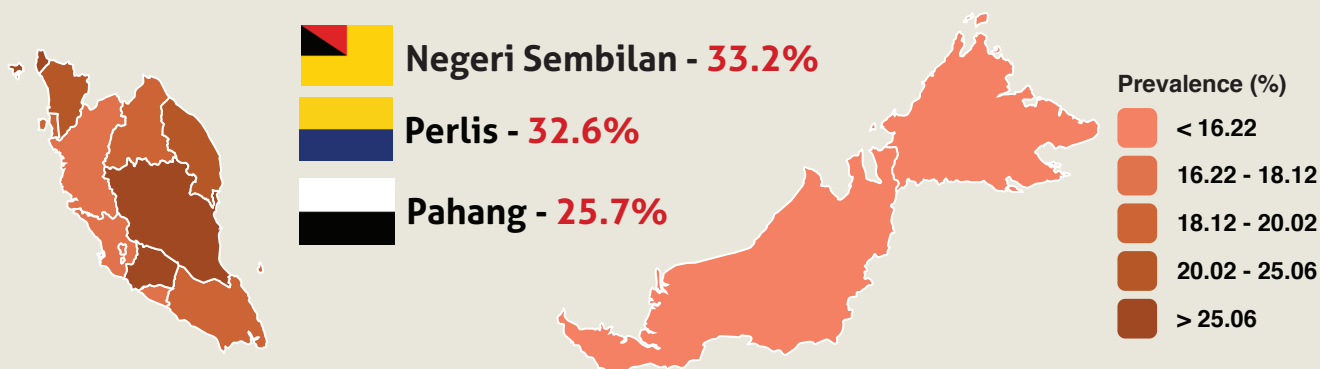
Diabetes trend 2011 - 2019



Prevalence of diabetes by age groups



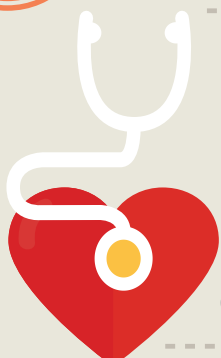
Prevalence of diabetes across states; the highest prevalence was found in these states:



*using a cut-off of 7.0 mmol/L for fasting blood sugar level

05

Pressure rising: Hypertension in Malaysia



Untreated high blood pressure can lead to serious consequences such as heart attacks, strokes and other cardiovascular diseases

A blood pressure value of **140/90 mmHg** is considered **high**

only half

are aware that they have the disease

Among these,

90% are on medication

but only

45% have their blood pressure controlled



3 in 10

or **6.4 million people** in Malaysia have hypertension

Hypertension increases with age

Among those below 30 years of age, hypertension occurs

3x in **males**

than in females

Get your blood pressure checked regularly and keep it under control

#checkyourpressure



06

Keeping an eye on cholesterol



Having too much cholesterol in your blood stream will result in **cholesterol deposits** in the walls of your arteries, causing **heart disease**

Cholesterol is a type of fat that circulates in your blood

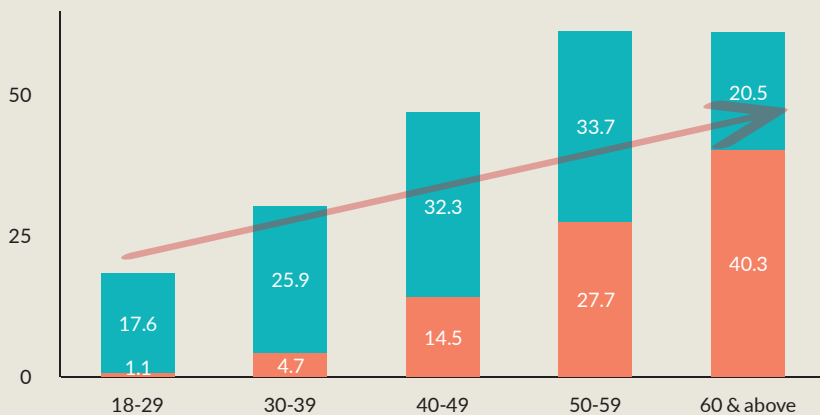
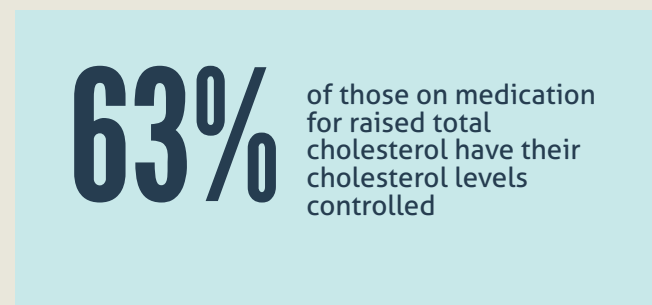
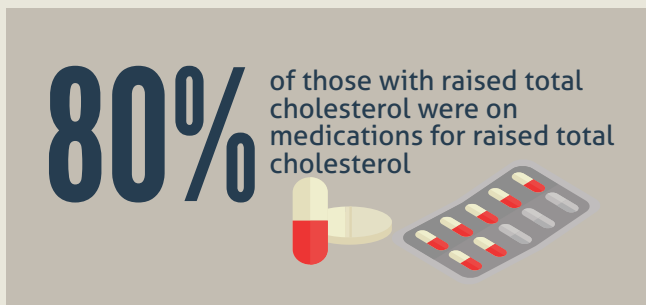
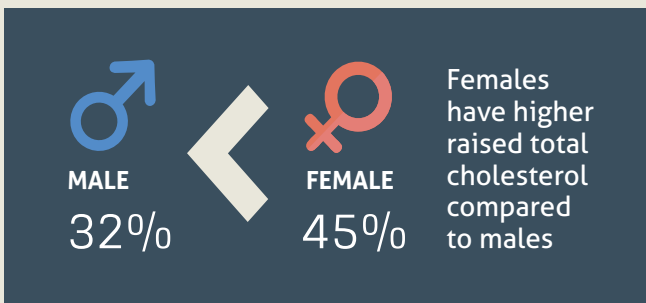
Raised total cholesterol is defined as a **total cholesterol level of**

5.2 mmol/L or higher



4 in 10

people or **8 million adults** in Malaysia have raised total cholesterol level



Most people aged **40-59 years** did not know that they have raised total cholesterol

- Did not know that they have raised total cholesterol
- Diagnosed hypercholesterolaemia

07

Are we active enough?



1 in 4

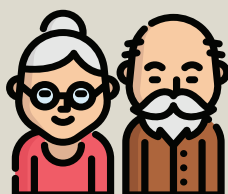
adults* in Malaysia are physically NOT active

* 16 years and above

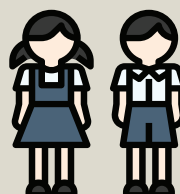
Who were the least active physically?



28%
of FEMALES



59%
of those aged 75 YEARS & ABOVE



39%
of STUDENTS



27%
of URBAN DWELLERS

Physical inactivity is the 4th leading risk factor for global mortality*.

*World Health Organization, 2019

Reducing physical inactivity by climbing stairs or taking short walks can increase our levels of physical activity.



Recommended physical activity for adults aged 18–64 years:

At least 150 minutes of moderate-intensity physical activity throughout the week



or

at least 75 minutes of vigorous-intensity physical activity throughout the week



or

an equivalent combination of moderate- and vigorous-intensity activity

08

Tobacco use and second-hand smoke exposure among Malaysians

What are people smoking in Malaysia?



Cigarette

21%



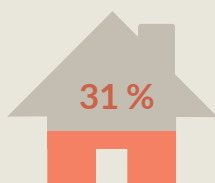
E-Cigarette

5%

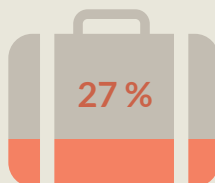
1 in 2

people reported being exposed to second-hand smoke at eateries without air-conditioning.

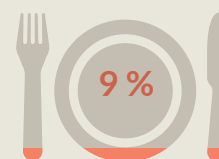
Where else do people get exposed to second-hand smoke?



Home



Work



Eateries WITH air conditioning

Non-smokers

Speak out!

Everyone has a right to clean air



09

Of fruits, veggies, and plain water

95%



of Malaysian adults **do not** eat the recommended daily amount of both fruits and vegetables.

Percentage of those who were not eating enough fruits and vegetables varied slightly by state:



However, we are doing slightly better in terms of hydration, where:



3 in 4

 people drink enough plain water every day

Eating enough fruits and vegetables is important in weight management and disease prevention



Adequate plain water intake helps your kidneys work more efficiently and helps to prevent kidney stones

10

Malaysians and sugary drinks: a not-so-sweet picture

Sugary drinks intake among Malaysian adults

self-prepared drinks



53.2%
daily

carbonated and non-carbonated drinks



4.2%
daily

premixed drinks



6.7%
daily

- Sugar added self-prepared drink: coffee, tea, chocolate or malted beverages added with sugar or/and sweetened condensed milk or sweetened creamer (based on Operational Definition by Nutrition Division, Ministry of Health Malaysia)
- Premixed drinks: Instant drink products containing sugar (e.g. premix coffee, tea, chocolate, soy, cereal)

On average, how much sugar do Malaysian adults consume from sugary drinks?



self-prepared drinks

3
teaspoons of sugar
DAILY



carbonated and non-carbonated drinks

6
teaspoons of sugar
DAILY



premixed drinks

3
teaspoons of sugar
DAILY

Take home message

It is best to drink **plain water** or **unsweetened drinks** such as coffee or tea without added sugar

* Sugar intake among those drank sugary drinks everyday

11

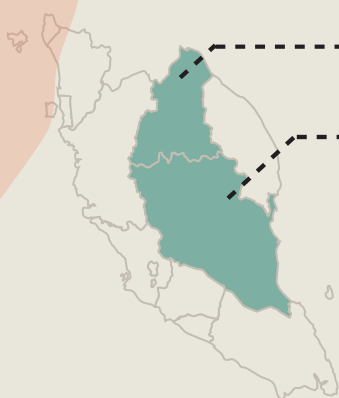
Ladies, have you been **screened**?



Mammogram Screening

3 in 4

women aged 40 and above have **never** had a mammogram



7%

11%

Kelantan & Pahang are two states with the lowest uptake of the mammogram screening test



Breast Self-Examination (BSE)

1 in 2

women aged 18 and above **did not** practice Breast Self-Examination (BSE)



Cervical Cancer Screening

60%

of women aged 20 and above **did not** undergo pap smear test in the past 3 years



Only 25% are aware of self-sampling HPV test

12

Harmful use of **alcohol** in Malaysia



According to WHO,
deaths caused by
alcohol in Malaysia...



17.6%	Road traffic injuries	10.9%
16.8%	Liver cirrhosis	16.2%
2.2%	Cancer	0.6%

***Binge drinking**: consuming **6 or more** standard alcoholic drinks at **one sitting**

***Heavy Episodic Drinking (HED)**: consuming **6 or more** standard alcoholic drinks at one sitting **weekly**

13

Drug use continues despite strict drug laws

300,000

adults in Malaysia

used drugs at least once in their lifetime

100,000

adults in Malaysia

currently use drugs

DRUG USE (BOTH LIFETIME AND CURRENT) WERE HIGHEST IN THESE GROUPS:



RURAL DWELLERS



LOW INCOME



MALE

TYPES OF DRUGS (EVER) USED:

Marijuana



Ganja
Cannabis
Hemp

146,000 people

Kratom



Ketum
Miragyna

128,000 people

Amphetamine



Speed
LSD
Ecstasy

101,000 people

Opiate



Morphine
Smack
Heroin

45,000 people

Inhalant



Paint
Glue
Marker

33,000 people

THE MAJORITY OF DRUG USERS...



started with marijuana



started drug use between ages 18-24 years

* Estimated figures based on national prevalence

14

Depression

among Malaysian adults

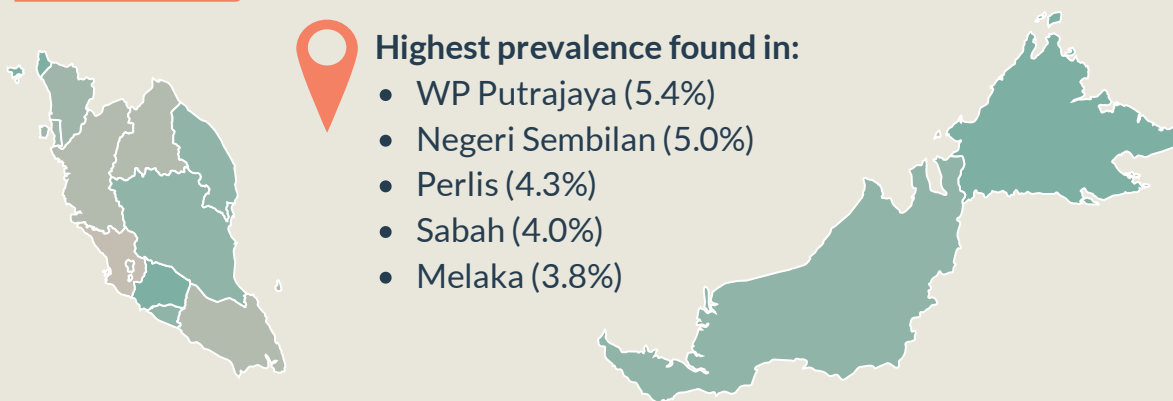


KEY FACTS

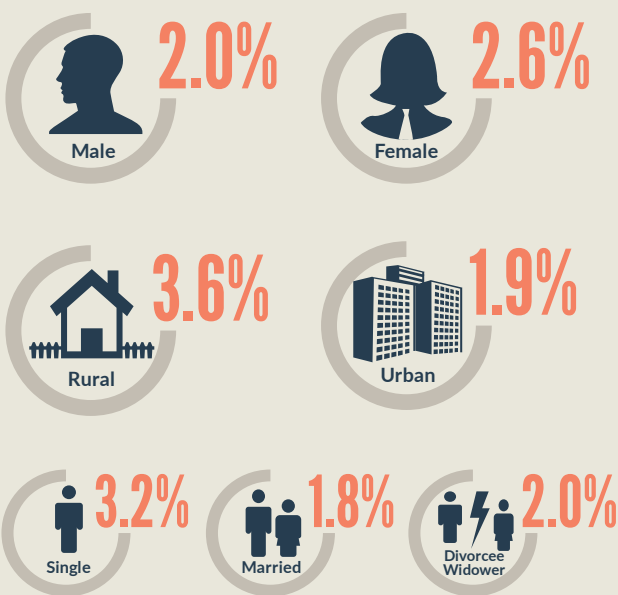
National prevalence of depression:

2.3% that's about half a million people

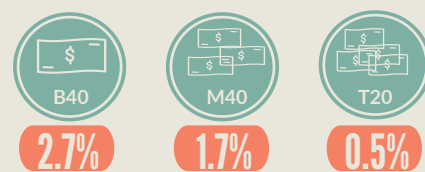
By states:



By sociodemographic groups:



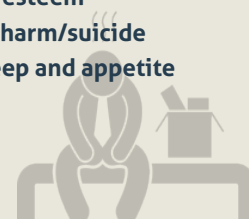
By household income:



Consult your doctor

if you have any of these symptoms:

- depressed mood
- loss of interest & enjoyment
- reduced concentration
- reduced self-esteem
- ideas of self-harm/suicide
- disturbed sleep and appetite



15

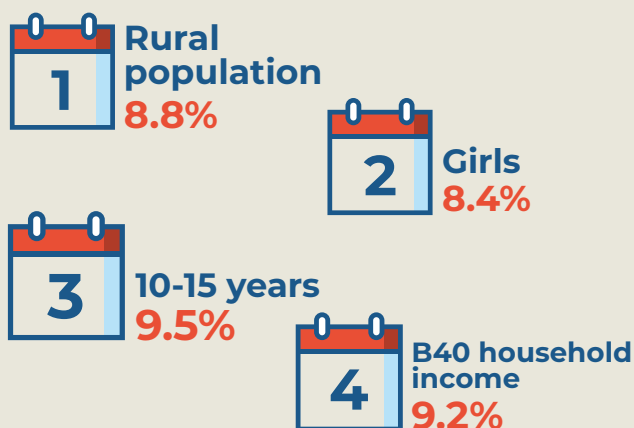
The hidden epidemic

424,000 children

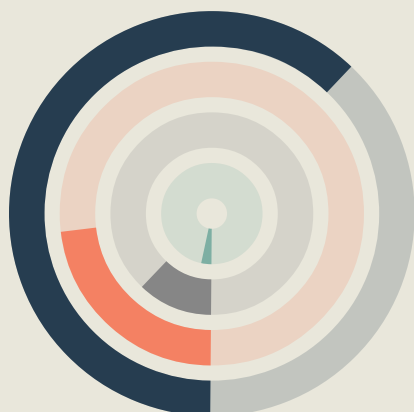
were found to have mental health problems in Malaysia.

-NHMS 2019-

Which children have more problems?



What contributes to the mental health problem?



Prevalence of mental health problems by **DOMAINS**

- 42.9% Peers problem
- 15.9% Conduct problem
- 8.3% Emotional problem
- 2.3% Hyperactive problem

16

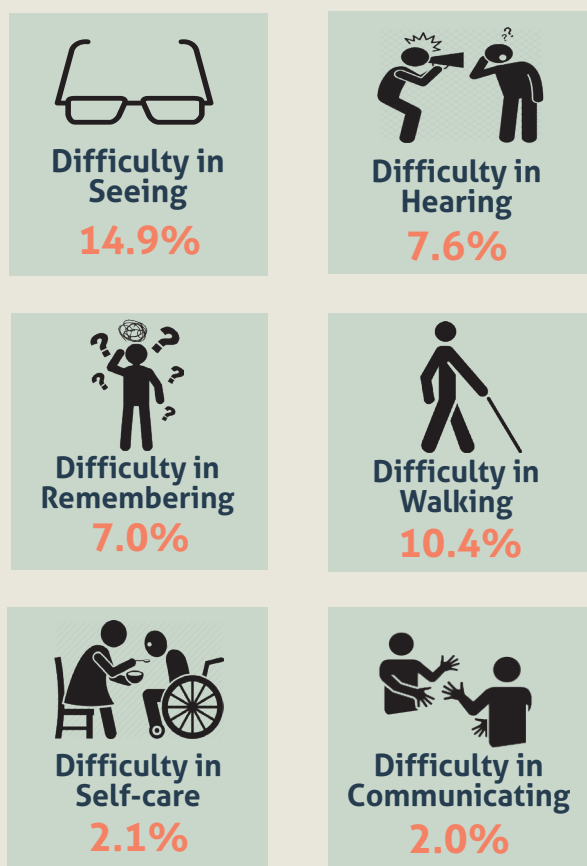
Leaving no one behind — Persons with functional difficulties



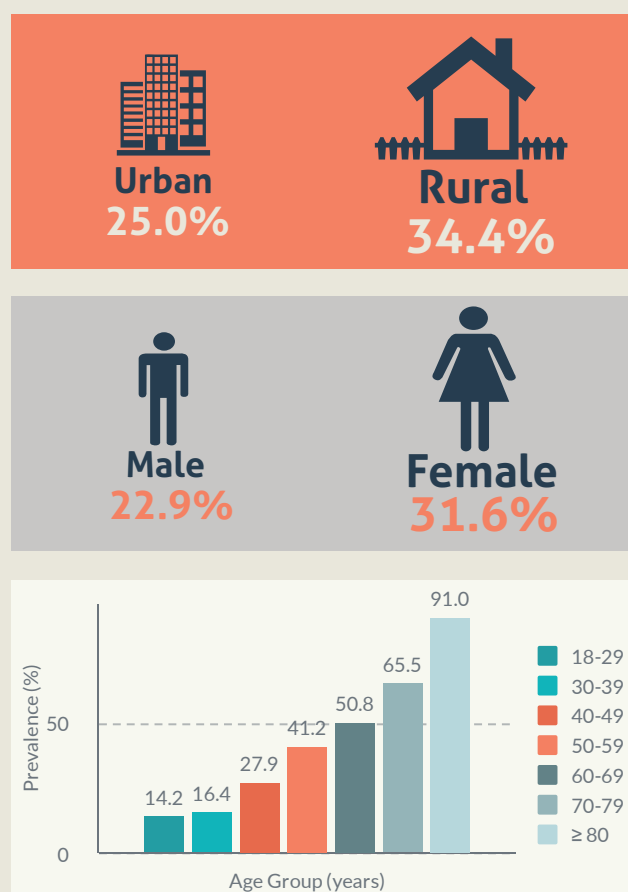
1 in 4

adults in Malaysia experienced functional difficulties

Types of difficulties



Who is at risk?



4.7%

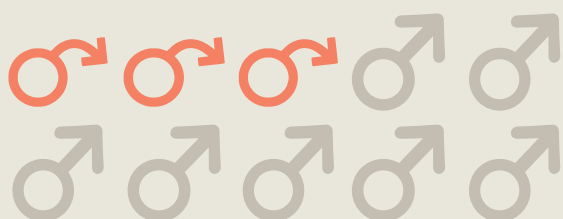
of children aged 2 to 17 years in Malaysia experienced functional difficulties

17

Let's talk about ED

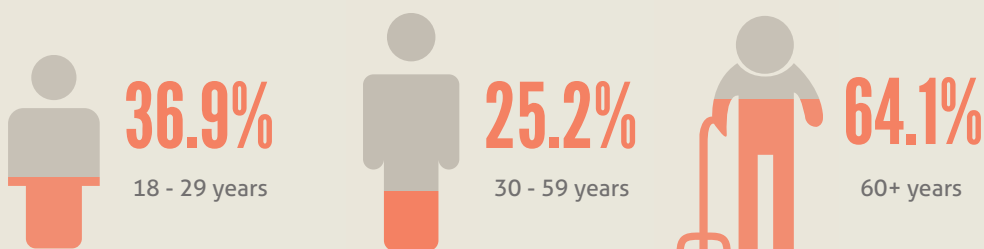
When Malaysian adult males were asked about their erection in bed:

Erectile dysfunction (ED) or impotence is the inability of a male to produce or maintain an erection during sexual activity.



3 in 10 admitted that they had great difficulty getting hard enough

This response was more common in one age group than others:



If you are one of them, you may be suffering from **erectile dysfunction (ED)**

WHAT SHOULD I DO?

The causes of erectile dysfunction vary by age, and so does its management

YOUNGER

< VS >

OLDER

- May be due to over-expectation than it being an actual problem
- If you practise a healthy lifestyle and are found healthy by a doctor, seek counselling or proper sexual health information for reassurance

- Could be a disease by itself or a symptom of other diseases
- Consult your doctor quickly! Early detection and proper treatment of ED and the diseases causing it are important for your general health.

18

BPH: A man's dilemma

WHAT IS BPH?

Benign prostatic hypertrophy (BPH) is an enlarged prostate gland.

16%

of men aged 40 years and above suffer from BPH



16%

among married men



24%

among older people



17%

among rural men

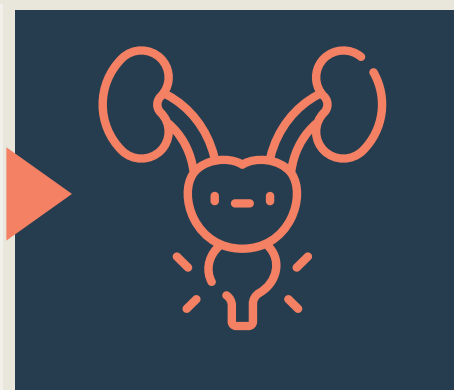


Lower percentage of symptomatic **enlarged prostate** compared to Global estimates which was 26%.



57% of those with symptomatic BPH reported being unsatisfied with their urination

The percentage of symptomatic **BPH** increases from 10% among 40-year-olds to 33% among 75-year-olds.



What should I do?

- The two most common forms of treatment for BPH are medicines and surgeries.
- Consult your doctor for a prostate checkup if you experience any problems with urination.

19

Overweight/obesity & abdominal obesity: A tag team of health risk

1 in 2 adults in Malaysia were **overweight or obese**

OVERWEIGHT = Body mass index (BMI) more than 25 kg/m²

OBESE = Body mass index (BMI) more than 30 kg/m²



This was found to be highest among:

Females
54.7%



Indian ethnicity
63.9%



55-59 years old age group
60.9%

1 in 2 adults in Malaysia had **abdominal obesity**

ABDOMINAL = OBESITY = Waist circumference (WC) ≥90cm for men
≥80cm for women



This was found to be highest among:

Females
64.8%



Indian ethnicity
68.3%



60-64 years old age group
71.5%

Major diseases associated with overweight/obesity and abdominal obesity



Diabetes



High Blood Pressure



Heart Disease

What can you do to reduce your risk?



Eat a healthy diet



Be physically active



Don't drink alcohol



Stop smoking



Manage stress well

20

Anaemia in Malaysia

What is anaemia?

Anaemia is a condition when someone has not enough healthy red blood cells that carries oxygen in the body



Why is it dangerous?

It can cause serious problems to the heart.



1 in 5

Malaysians were anaemic

21.3%

of the population

Estimated **4.6 million** people

Among women of reproductive age group (15 - 49 years old):



3 in 10 were anaemic

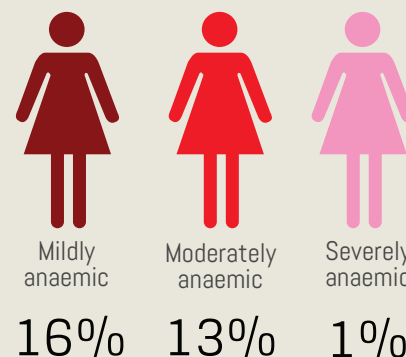


39.8% of women who had anaemia were of Indian ethnicity

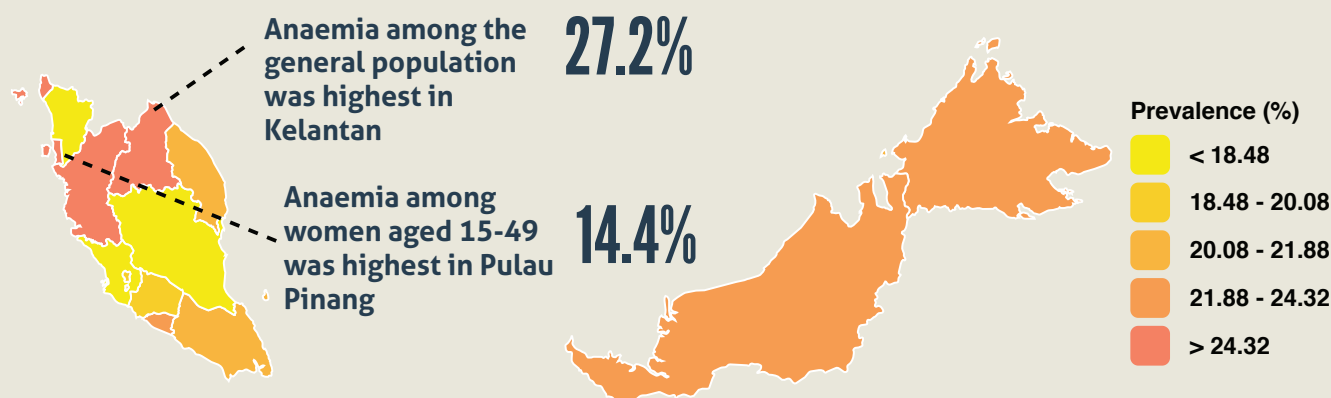
Why is it a threat towards women's health?

- It increases pregnancy risks such as miscarriage & premature delivery.
- It can affect the baby causing low birth weight and stunting.

Level of Severity:



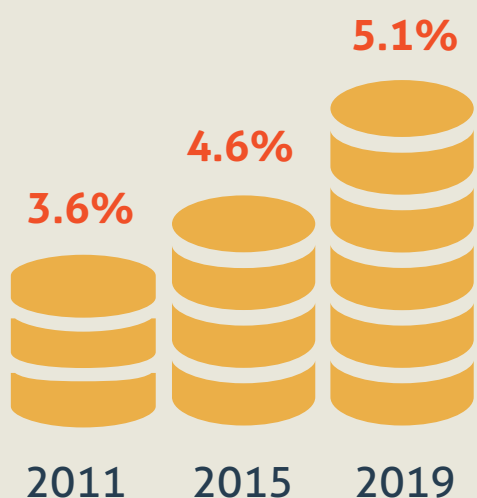
Anaemia by state



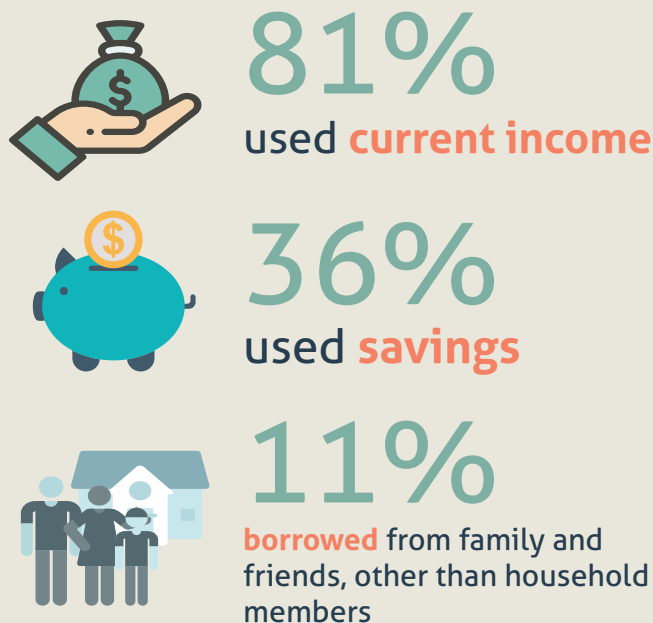
21

Paying for healthcare in Malaysia

Reported healthcare spending from total household monthly expenditure:



Reported financial sources used by household for paying for health services:



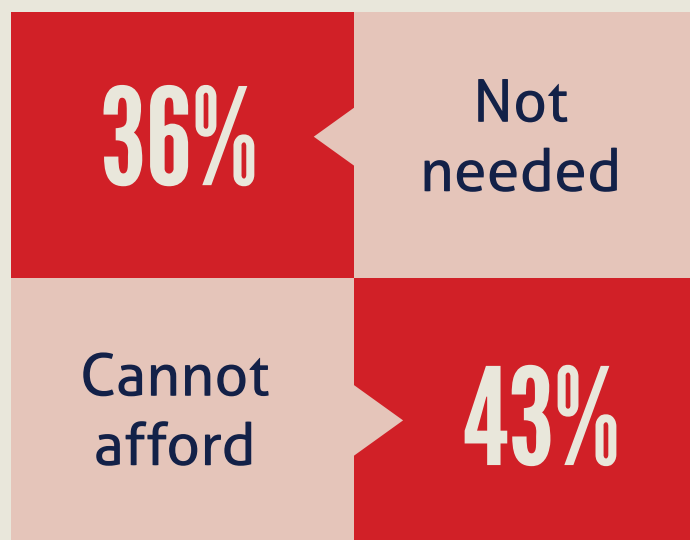
How many **individuals** are **insured**?



Only 22%

of the population are covered by **Personal Health Insurance**.

Reasons for **not having** Personal Health Insurance:



22

Are we in good health?

Generally,

1 in 5

of the population[^]
rated their health as
"not good"

[^] aged 13 years old and over



In the last **two weeks**^{*},

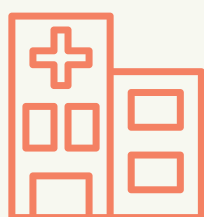


20%

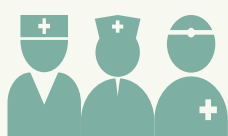
of people
in Malaysia
reported to
have been **sick**

^{*} prior to interview

Among those who were sick,



57.5%



sought care or advice
from healthcare
practitioners



22.8%



self-medicated[~]
[~] took medicine without advice
from healthcare practitioners



16.4%



sought advice from
family/friends



11.3%



**sought advice from
media**
(e.g. Internet, TV, radio, print
newspaper etc.)

23

Chronic bodily pain



9 in 100

of the population[^] experienced chronic bodily pain

[^]aged 13 years old and over

WHAT IS CHRONIC BODILY PAIN?

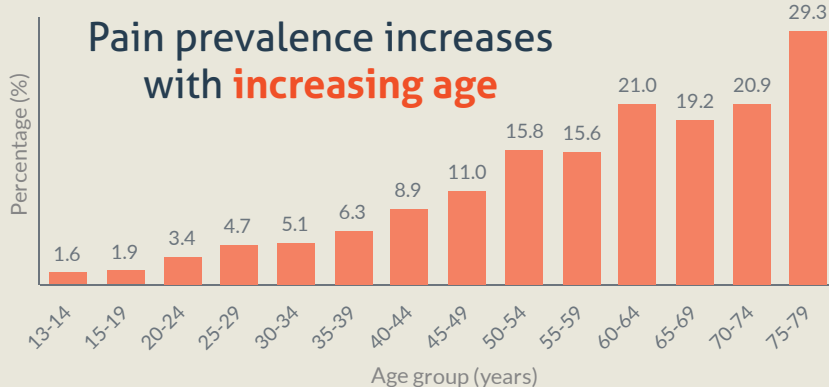
Pain in any parts of the body, which is felt every day or most days for 3 months or more

Who were affected?

1.6%



Teenagers aged 13 - 14 years



29.3%



Elderly aged 75 years and over



To what extent were their daily activities affected?

3.5 % extremely disturbed

12.8 % severely disturbed

16.8 % moderately disturbed

48.2 % mildly disturbed

18.2 % not disturbed at all



24

Community pharmacies do more than just selling medicines

There are about **3,000** community pharmacies in Malaysia

Source: Pharmaceutical Services Division, Ministry of Health Malaysia (2016).



However, only **1 in 10**

of adults[^] in Malaysia had visited a community pharmacy in the last 2 weeks* for health purposes

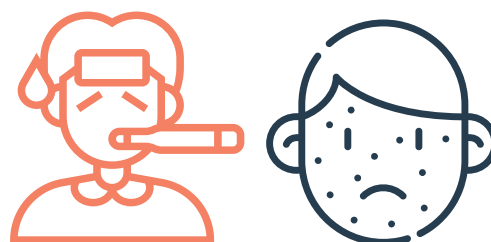
[^]aged 18 years old and over
^{*}prior to interview

AT A COMMUNITY PHARMACY, YOU CAN GET:

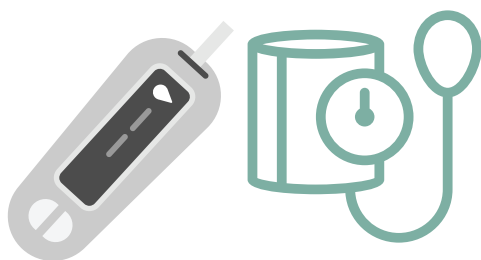
Advice on your medication



Advice and treatment for minor illnesses



Assistance in self-monitoring of your blood glucose and blood pressure levels



Other services such as smoking cessation, weight management and others

25

Outpatient healthcare utilisation

1 in 12 people in Malaysia used outpatient healthcare services in the last 2 weeks[^].
[^] prior to interview

Who were they?

8.8%
OF THE RURAL POPULATION

7.8%
OF THE URBAN POPULATION

9.1%
OF THE FEMALE POPULATION

7.1%
OF THE MALE POPULATION

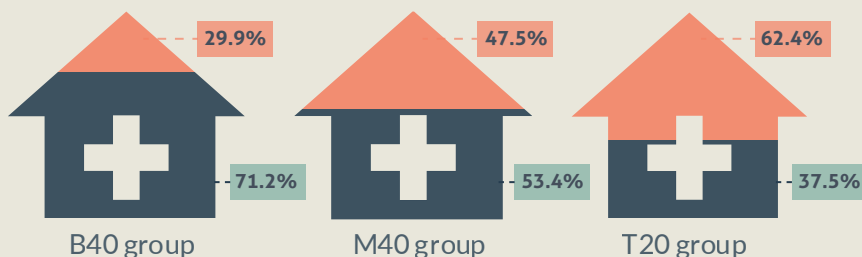
8.1% of the **B40** population

7.6% of the **M40** population

9.1% of the **T20** population

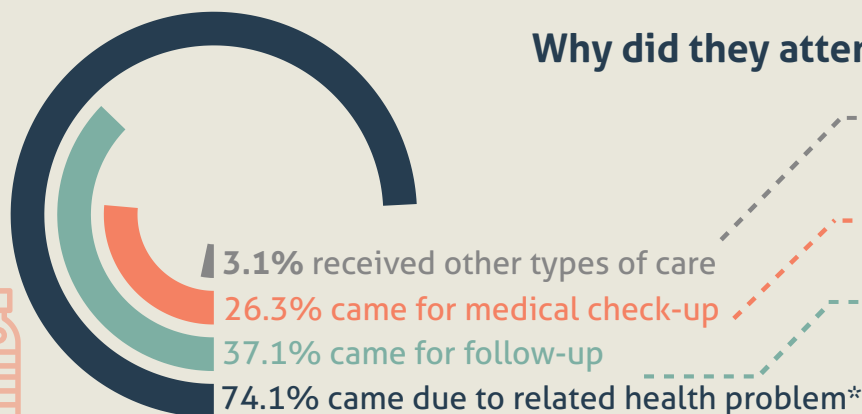
40% of those who used outpatient services were **THE ELDERLY** (60 years old and over)

Where did they go*?

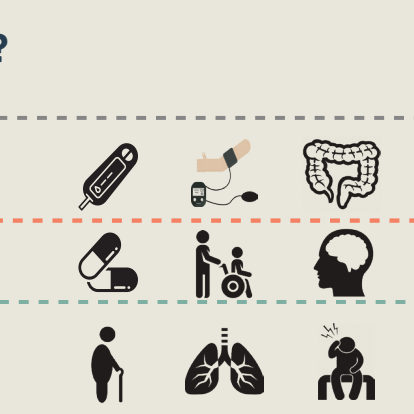


*some people went to both public and private facilities, and went more than once

Why did they attend?



*related health problems in the last 2 weeks prior to interview



26

Hospital admissions



1 in 20

people in Malaysia was admitted to hospital in the past 12 months[^].

[^] prior to interview



Who got admitted?



4.1%
OF THE MALE POPULATION



6.2%
OF THE FEMALE POPULATION

Who were more likely to get admitted?



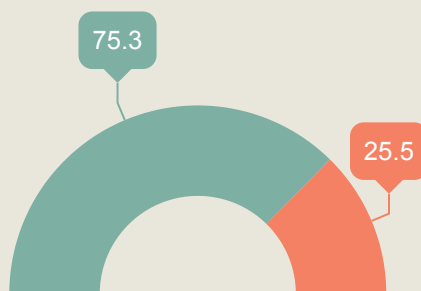
Women of reproductive age (20-49 years old)
37.2%
of the reported admissions



Elderly people (60+ years old)
16.6%
of the reported admissions

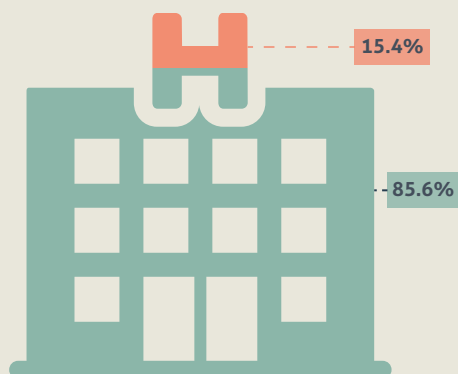
Where were the people admitted to*?

**some people were admitted to both public and private hospitals, and were admitted more than once*

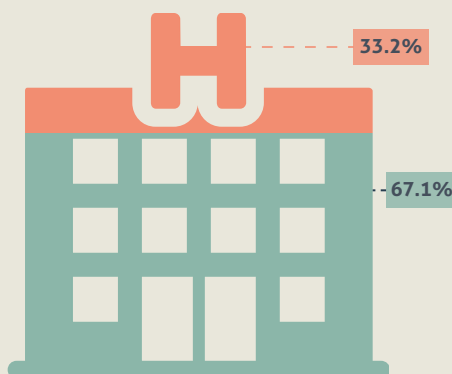


Public hospitals
Private hospitals

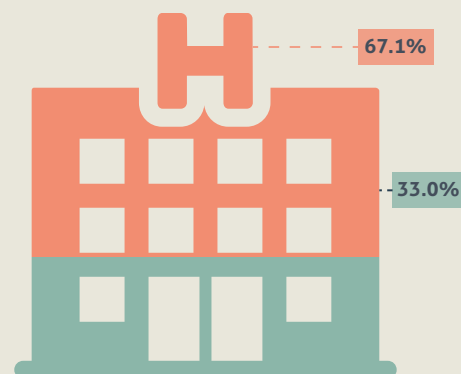
B40 group



M40 group



T20 group



those who were admitted were from

4.7% of the B40 population

5.8% of the M40 population

7.0% of the T20 population

27

Dental visits in Malaysia



Only a quarter

of people in Malaysia visited a dentist in the last 12 months[^].

[^] prior to interview



Regular dental visits are **IMPORTANT** to maintain optimal oral health

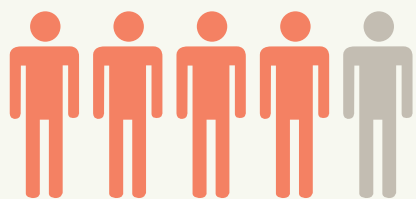
However,

50%

last visited their dentist **MORE THAN 2 YEARS AGO**

15%

in their lifetime had **NEVER** visited a dentist!



4 in 5 people

utilised public dental services



The top 20% richest utilised private dentists the most (**42.1%**)



The poor and the rich utilised the public sector **equally**



Services received during dental visit

1.5% Other services

33.8% Oral health treatment

63.3% Oral health check-up



28

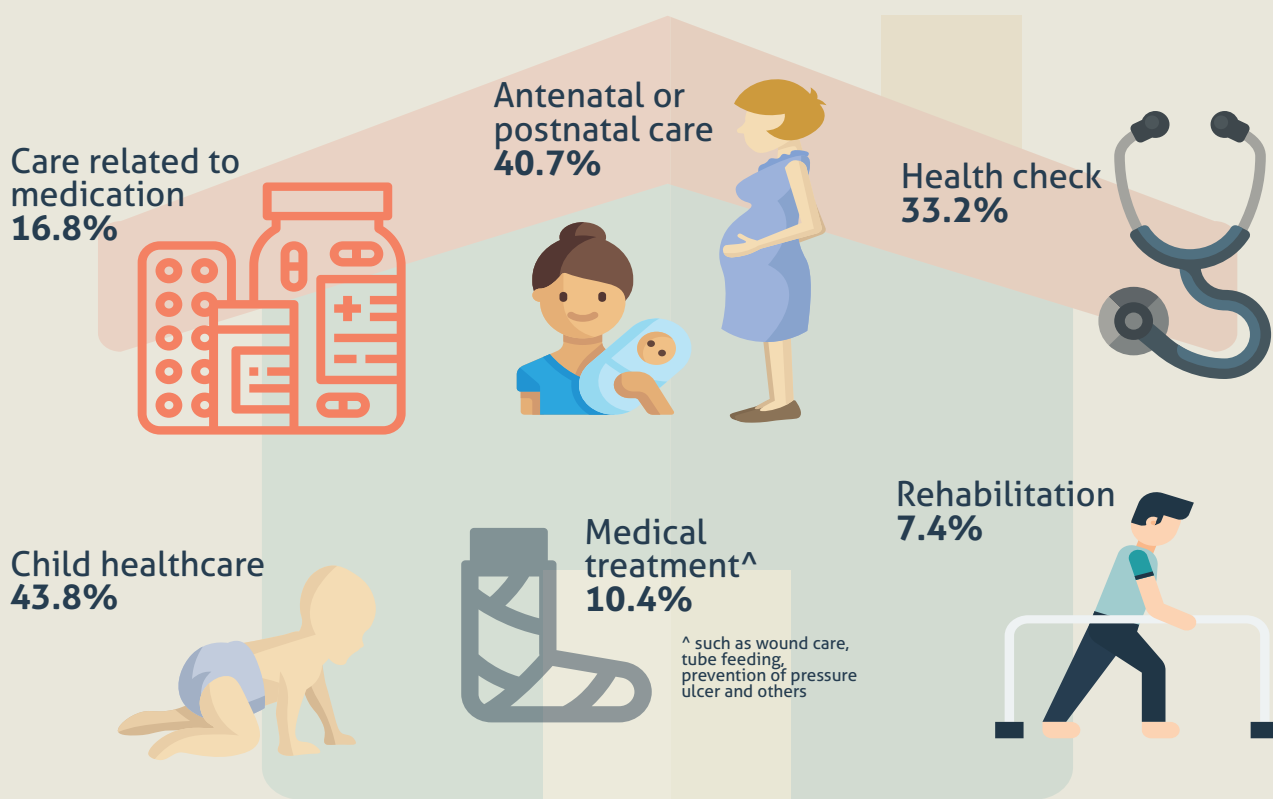
Domiciliary care



1 in 50 people in Malaysia reported **receiving care at their home*** in the last 12 months[^]

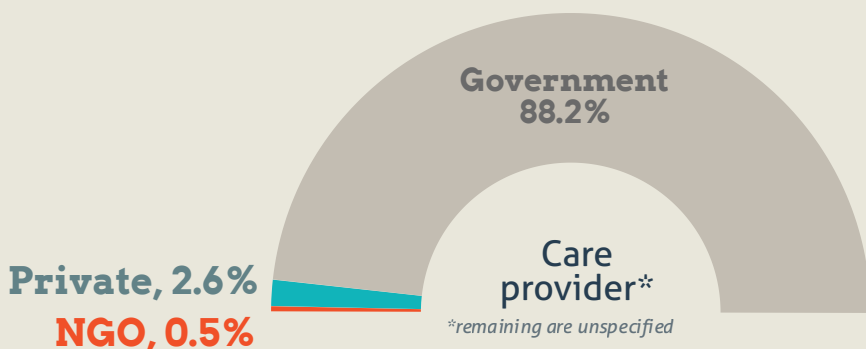
*healthcare received including consultation, check-up and/or treatment
^prior to interview

What kind of care was received*?



*more than one care can be provided during a domiciliary care visit.

Who provided the care?



The limited involvement of private sectors and NGOs presents an excellent opportunity for participation of private sectors and NGOs in providing healthcare at home.

29

Informal care in Malaysia



5.7% of the population[^] provided **informal care*** in the last 12 months prior to interview

[^]aged 18 years and over

*covers provision of personal care, healthcare or other assistance to others who are unable to care for themselves, excluding care provided by professionals or through organised voluntary services

Provision of informal caregivers

Who were they?



4.3%
of the MALE
population



7.0%
of the FEMALE
population

How many years?



Average years of
care provided

5.3
years

How many hours?



Average hours of
care provided

24.4
hours per week

Who received the care~?



85.0% of care
provided to
household member(s)



16.7% of care
provided to
non-household member(s)

~some informal caregivers provided care to both household and non-household member(s)

Effect on the caregivers

Informal caregivers reported that they were affected by the caring role.



16.0% said their
health (physical
and/or mental)
were affected

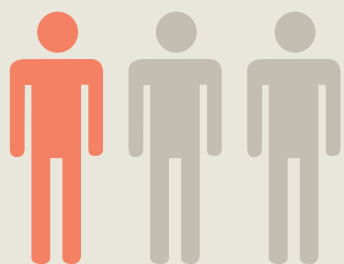
KEY MESSAGE

The health and well-being of caregivers **should not be overlooked.**

Monitoring their health is equally important as their care recipients' health.

30

Health literacy among Malaysian adults



1 in 3

adults have **LOW** health literacy

WHAT is Health Literacy?

An **ability to find, to understand, and to use** health information and services needed for everyday health decision making

WHY Health Literacy is Important?



To understand health risk factors & practice healthy lifestyle



To understand health information & medical instruction easily

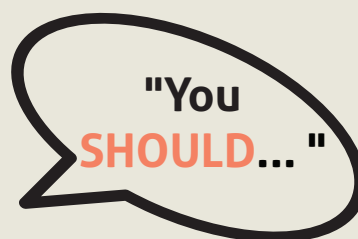


To analyse risks & benefit of treatment wisely



To organise health care appointments accordingly

"HOW to Improve My Health Literacy?"



ALWAYS ASK QUESTIONS from health care provider on your:

- health condition
- disease prevention & management
- over counter & prescription medicines, vitamins, supplements, herbal medicines

BRING SOMEONE with you to clinic/hospital to help you:

- take notes & remember important information (date & appointments, medical instruction)

KNOW your **MEDICAL HISTORY** such as:

- health condition (current & before)
- surgeries/medical procedures (if any)
- medications

especially if you go to a new clinic/hospital



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