



**MINISTRY OF HEALTH MALAYSIA
PRESS STATEMENT BY MINISTER OF HEALTH MALAYSIA
NATIONAL HEALTH AND MORBIDITY SURVEY (NHMS) 2015
MINISTER OF HEALTH SESSION WITH PRESS**

Based on the National Health and Morbidity Survey (NHMS) 2015, in general, most of the non-communicable diseases risk factors among adult population in Malaysia are on the increasing trends compared to the previous survey.

Among adults 18 years and above:

- 17.5% with the estimated population of 3.5 million had diabetes.
- 1 out of 3 (30%) or about 6.1 million people had hypertension.
- Almost half of the population (47.7%) or about 9.6 million people are with high blood cholesterol level.

It is very worrying when more than half of population with diabetes and hypertension and 4 out of 5 (80%) people with high blood cholesterol level were unaware of their health conditions.

The prevalence of obesity are also on the increasing trend. About 17.7% (3.3 million) adults 18 years and above are obese and about 1 out of 3 are overweight.

The smoking prevalence are still high with 22.8% (5 million) among population aged 15 years and above. This problem is prominent among males with the prevalence of 43%. There is also a significant increase in the prevalence of smokeless tobacco which include electronic cigarette from 0.7% in 2011 to 10.9% in 2015.

In healthcare services utilization, the community preferred for government facilities compared to private sectors. 77% of the inpatient healthcare services, 60% of the outpatient healthcare services, and 68% of the oral healthcare services were utilized from the government facilities.

Ministry of Health has always been alert with the status of Non-communicable diseases and the risk factors in the country and will continue to strengthen our efforts in reducing these problems. At the same time, people must take more responsibility to look after their own health.

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