

PRE-ELDERLY AGED 50 TO 59 YEARS

Introduction

National Health and Morbidity Survey (NHMS) 2018: Elderly Health was part of NHMS V (2015-2018). The objective of this survey was to provide health related community-based data and information to the Ministry of Health to review health priorities, program strategies and activities, and to plan for the allocation of resources for **pre-elderly and elderly health care services**.

This survey was conducted as a nation-wide community-based survey targeting elderly aged 60 years or more and **pre-elderly aged 50 to 59 years**. Data was collected via face-to-face interview at respondent's homes using mobile devices with various assessments done based on topics. A total of 5,636 living quarters were approached with 7,117 respondents successfully interviewed, of whom **3,140** were pre-elderly aged 50 to 59 years old.

HIGHLIGHTS FROM THE PRE-ELDERLY AGED 50 TO 59 YEARS IN MALAYSIA

1. FUNCTIONAL STATUS:

1.1 ACTIVITIES OF DAILY LIVING

- **3.8%** of pre-elderly were dependent on others in terms of activities of daily living (ADL)
- **21.3%** of pre-elderly were dependent on others in terms of instrumental activities of daily living (IADL)

1.2 DISABILITY

- Hearing disability was reported by **1.8%** of pre-elderly
- Vision disability was reported by **0.9%** of pre-elderly

1.3 PHYSICAL ACTIVITY

- **83.3%** of pre-elderly were physically active
- **17.4%** of pre-elderly displayed sedentary behaviour

2. GERIATRIC SYNDROMES:

2.1 MENTAL HEALTH

- **11.2%** of pre-elderly screened positive for depressive symptomatology

2.2 FALLS

- **8.8%** of pre-elderly had a fall in the 12 months prior to the survey

3. NON-COMMUNICABLE DISEASES (NCDs):

3.1 NCDs

- **18.8%** pre-elderly reported themselves as having been told to have diabetes by a medical professional
- **77.1%** pre-elderly reportedly had diabetes screening in the past 12 months
- **32.7%** pre-elderly reported themselves as having been told to have hypertension by a medical professional
- **77.3%** pre-elderly reportedly had hypertension screening in the past 12 months
- **1.3%** of pre-elderly similarly reported having been told to have cancer

3.2 NCD RISK FACTORS

- **29.1%** of pre-elderly reported themselves as having been told to have hyperlipidaemia by a medical professional
- **72.1%** of pre-elderly reportedly had hypercholesterolemia screening in the past 12 months
- **21.8%** of pre-elderly admitted to being smokers

4. NUTRITION

4.1 NUTRITIONAL STATUS

- **1.9%** of pre-elderly are underweight
- **39.4%** of pre-elderly are overweight
- **22.8%** pre-elderly are obese
- **1.3%** of pre-elderly have abdominal obesity

4.2 DIETARY PRACTICES

- **12.5%** of pre-elderly consume adequate servings of fruit daily (≥ 2 servings fruits/day)
- **11.4%** of pre-elderly consume adequate vegetables daily (≥ 3 servings vegetables/day)
- **82.9%** of pre-elderly have adequate daily plain water intake (≥ 6 glasses plain water/day)
- **11.5%** of pre-elderly experience food insecurity

5. QUALITY OF LIFE (QOL)

- **28.3%** of pre-elderly perceived themselves as having poor QOL, across the control, autonomy, self-realisation and pleasure domains
- **24.6%** of pre-elderly reported themselves as having low social support in terms of their social interaction and perceived satisfaction from their subjective support
- **2.1%** of pre-elderly lived alone



For more details, kindly refer to:

*Institute for Public Health (IPH):
National Health and Morbidity
Survey 2018: Elderly Health*

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