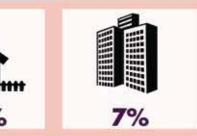
DEMENTIA: FORGET ME NOT...



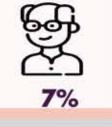


What is dementia?

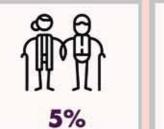
"a medical condition that affects especially old people, causing the memory and other mental abilities to gradually become worse, and leading to confused behaviour"















As many as 3 in 10

poor social support

elderly individuals had

What can we do...







Poor social support is a problem

among elderly







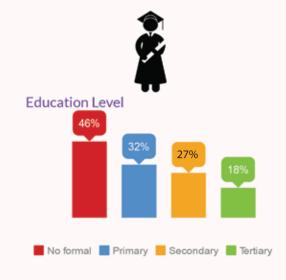


<RM1000 RM1000-RM1999 >RM2000









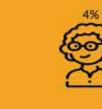
Urinary Incontinence (UI) among the elderly in Malaysia





Urban: 3%



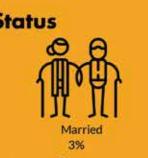






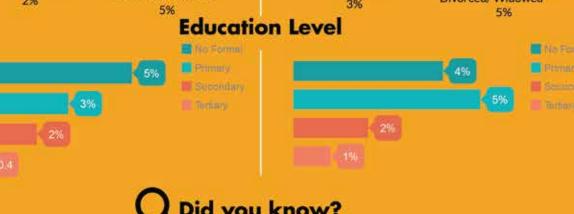






Urban: 3%





Q Did you know?

SENIORS WHO FALL:











Place of last fall

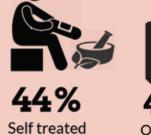
Outdoors: 44%

Bathroom: 7%

Outside the house: 15%

Indoors: 40%





after falls



Minor Injury Bruise, swelling, cut or other open wounds





<u>..</u>

3%

Prevalence (%)

Tertiary Secondary Primary

39%

54%

he/she cannot perform any of the activities"

NCDs among the elderly in Malaysia

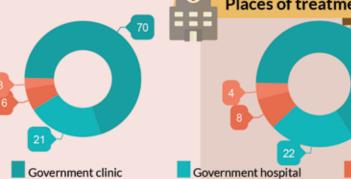
Self-reported cases

1%

10%

13% Male

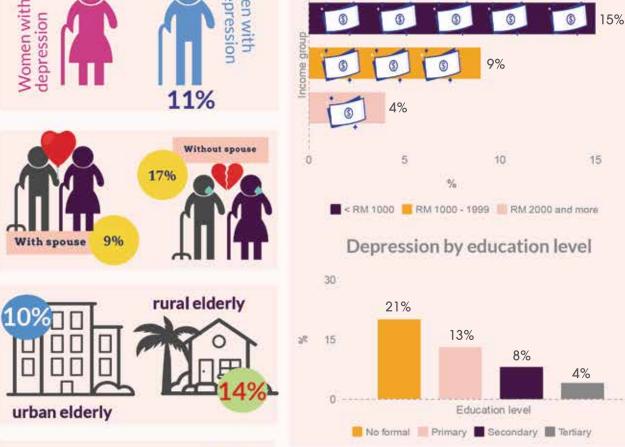
Diabetes Mellitus





8 in 10 screened for







Depression & The Elderly:







MOH/S/IKU/125.19(IL)-e

40170 Shah Alam, Selangor

No.1, Jalan Setia Murni U13/52

HTJAH DIJBUR POBLIC HEALTH

Seksyen UT3, Setia Alam



NATIONAL HEALTH AND MORBIDITY SURVEY (NHMS) 2018:

Key Findings from the Elderly Health Survey

Infograpic Brochure May 2019

В РІКТОСНАВТ

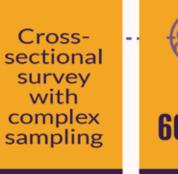


The NHMS 2018:

HOW DID WE DO IT?

WHY DID WE CONDUCT A SURVEY ON ELDERLY HEALTH?

Malaysia is fast achieving an ageing population status, and a focus on healthy aging is needed.









older persons Study Sample

INFORMATION FROM THE

SURVEY WILL BE USED BY THE

HEALTH & OTHER MINISTRIES TO:

resources to improve elderly care.

Review programs and plan for

METHODS



For those with health or social

issues to nearest government clinic















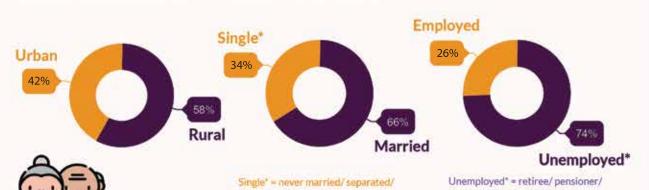
informed consent obtained

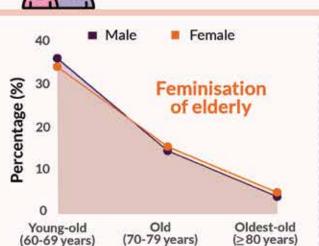


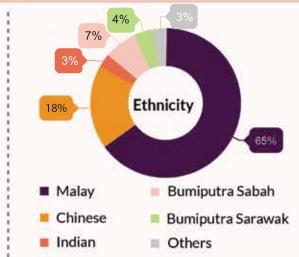
37 teams - 11 in East Malaysia 26 in Peninsular Malaysia

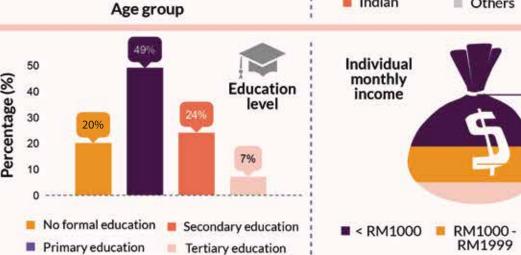


CHARACTERISTICS OF RESPONDENTS









How NOURISHED our elderly?

TOOLS USED:

ELDERLY IN

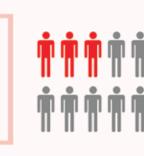
NUTRITIONAL STATUS BODY MASS INDEX (BMI)& CALF CIRCUMFERENCE

MALNUTRITION MINI NUTRITION **ASSESSMENT (MNA-SF)**





MALNUTRITION



MUSCLE WASTING

11%

OBESITY IS HIGHER IN URBAN AREA 2 IN 10 ELDERLY HAD OBESITY

IN RURAL AREA

1 IN 10 ELDERLY WERE UNDERWEIGHT

2 IN 10 ELDERLY HAD MUSCLE WASTING 4 IN 10 ELDERLY HAD MALNUTRITION OR RISK OF MALNUTRITION

What next?

OLD AND ALONE:

ELDER ABUSE AND NEGLECT



NEGLECT is most rampant

Lack of...

We found that elderly in BOTH

urban AND rural areas

ALL experience abuse

married AND single

a single or repeated act, or lack of appropriate action,

occurring within any relationship where there is an expectation of

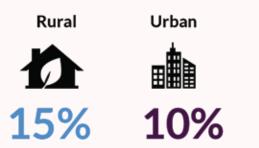
trust, which causes harm or distress to an older person 🎵

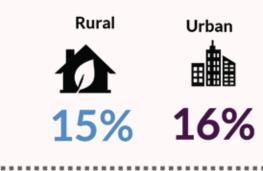
· male AND female gender

ELDERLY FIBER INTAKE CHALLENGES

Only 1 in 10 🗥 Malaysian Dietary Guideline's recommendation to eat at least two servings of fruits and three servings of vegetable daily met the recommendation







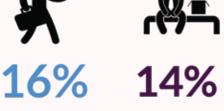




14%

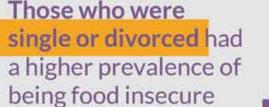






elderly are

15%





status among the Elderly

Food insecurity is defined as limited access towards sufficient quantity, affordable and nutritious food.

Although 90% are considered food secure, as high as 10% of our elderly individuals are **FOOD INSECURE**. Of these...





no formal education

being food insecure

Those with

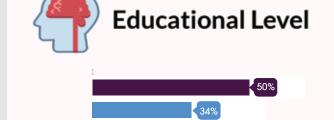
had a higher

prevalence of









■ No Formal Education ■ Primary Education

Hearing

Disability

s have

either a

difficulty

hearing,

or cannot

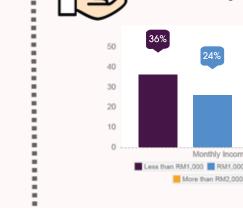
hear at all

even when wearing hearing

I in 5 elderly

treatment

26%



28%

29%



CHARACTERISTICS OF THEIR LIVING ARRANGEMENT & ENVIRONMENT



of Malaysian elderly are living alone

of Malaysian elderly have a toilet/ athroom equipped with safety features such as a grab bar, non-slip mat or

both

f Malaysian elderl transport to

visit health care

facilities

Police (59.77%) Others (5:75%) Social workers (1.15%) Health cure providers (0%

REPORTING OF ABUSE

NON-REPORTING

Among those abused,

≥ 2 types of abuse

5% of elderly experienced

We also found that elderly with poorest social support experience the most abuse

Elid not want to implicate family members (58.62% Did not feel it is an abuse or neglect (24,14%) Did not know where to seek help (13:79%)



ANY ONE occurrence of

physical

sexual

neglect

psychological

financial abuse

by someone in a position of trust such as family members, friends

WHAT CAN WE DO?

· Create awareness on elder rights and abuse Train caregivers & health providers to identify and manage elder abuse · Guidelines for detection & pathway of referral



elderly perceived

various abusive

behaviours as

elder abuse

SMOKING AMONG THE ELDERLY IN MALAYSIA:





spouse / partner

Income



spouse / partner

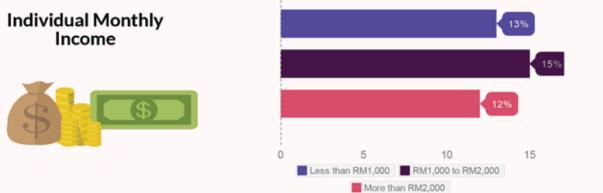










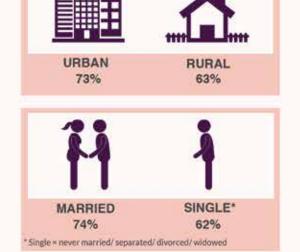


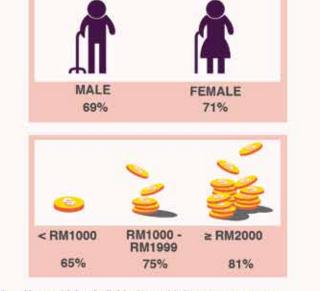
MALAYSIAN ELDERLY: HOW ACTIVE ARE THEY?

PREVALENCE OF PHYSICAL ACTIVITY AMONG ELDERLY IN MALAYSIA



PREVALENCE OF PHYSICAL ACTIVITY BY STRATA, SEX, MARITAL STATUS & INDIVIDUAL MONTHLY INCOME



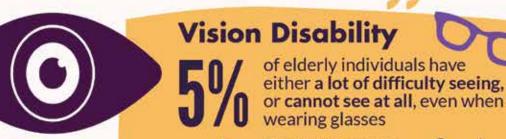


Malaysian elderly who were urban dwellers, females, married, and have a higher individual monthly income were more physically active. ------



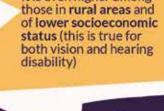


To what extent are our elderly able to enjoy these simple pleasures in their golden years?

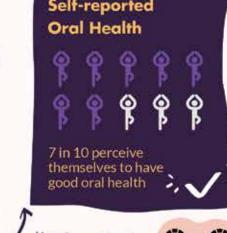


ARE OUR MALAYSIAN (* =

It is even higher among















health quality of life