

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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List of Infographics

01 Overview of the survey

Nazirah Alias, LeeAnn Tan, Shubash Shander Ganapathy, Suhana Jawahir, Komathi Perialathan, Muhammad Fadhli Mohd Yusoff, Noor Ani Ahmad, Nor Izzah Ahmad Shauki, Manimaran Krishnan, Tahir Aris

02 Survey sample and process

Nazirah Alias, LeeAnn Tan, Shubash Shander Ganapathy, Suhana Jawahir, Komathi Perialathan, Muhammad Fadhli Mohd Yusoff, Noor Ani Ahmad, Nor Izzah Ahmad Shauki, Manimaran Krishnan, Tahir Aris

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

Nur Liana Ab Majid, Halizah Mat Rifin, Hasimah Ismail, Wan Shakira Rodzlan Hasani, Jane Ling Miaw Yn, Tania Gayle Robert Lourdes, Thamil Arasu Saminathan, Muhammad Fadhli Mohd Yusoff, Syarifah Nazeera Syed Anera, Masrol Hafizal Ismail, Abdul Muneer Abdul Hamid, Nabilah Hanis Zainuddin, Feisul Idzwan Mustapha, Arunah Chandran, Masni Mohamad, Rizawati Ramli, Chang Li Cheng, Ahmad Hazri Ilyas, Fatanah Ismail, Ahzairin Ahmad

04 Diabetes in Malaysia

Hasimah Ismail, Wan Shakira Rodzlan Hasani, Nur Liana Ab. Majid, Halizah Mat Rifin, Jane Ling Miaw Yn, Tania Gayle Robert, Thamil Arasu Saminathan, Ahzairin Ahmad, Muhammad Fadhli Mohd Yusoff, Syarifah Nazeera Syed Anera, Masrol Hafizal Ismail, Abdul Muneer Abdul Hamid, Nabilah Hanis Zainuddin, Feisul Idzwan Mustapha, Arunah Chandran, Masni Mohamad, Rizawati Ramli, Chang Li Cheng, Ahmad Hazri Ilyas, Fatanah Ismail, Ahzairin Ahmad

05 Pressure rising: Hypertension in Malaysia

Nur Liana Ab Majid, Halizah Mat Rifin, Hasimah Ismail, Wan Shakira Rodzlan Hasani, Jane Ling Miaw Yn, Tania Gayle Robert Lourdes, Thamil Arasu Saminathan, Muhammad Fadhli Mohd Yusoff, Syarifah Nazeera Syed Anera, Masrol Hafizal Ismail, Abdul Muneer Abdul Hamid, Nabilah Hanis Zainuddin, Feisul Idzwan Mustapha, Arunah Chandran, Masni Mohamad, Rizawati Ramli, Chang Li Cheng, Ahmad Hazri Ilyas, Fatanah Ismail, Ahzairin Ahmad

06 Keeping an eye on cholesterol

Halizah Mat Rifin, Wan Shakira Rodzlan Hasani, Nur Liana Ab Majid, Hasimah Ismail, Jane Ling Miaw Yn, Tania Gayle Robert Lourdes, Thamil Arasu Saminathan, Muhammad Fadhli Mohd Yusoff, Syarifah Nazeera Syed Anera, Masrol Hafizal Ismail, Abdul Muneer Abdul Hamid, Nabilah Hanis Zainuddin, Feisul Idzwan Mustapha, Arunah Chandran, Masni Mohamad, Rizawati Ramli, Chang Li Cheng, Ahmad Hazri Ilyas, Fatanah Ismail, Ahzairin Ahmad

07 Are we active enough?

Lim Kuang Kuay, Ahzairin Ahmad, Nazirah Alias, Mohd Azahadi Omar, Muhammad Fadhli Mohd Yusoff, Chan Ying Ying, Thamil Arasu Saminathan, Nur Hidayatun Fadillah Mohd Nor, Zanariah Zaini, Mohd Azemir Mustafa, Hazizi Abu Saad, Ridwan Sanaudi

08 Smokers continue to smoke despite smoking ban at eateries

Jane Ling Miaw Yn, Muhammad Fadhli Mohd Yusoff, Nur Liana Ab Majid, Noraryana Hassan, Mohd Hairul Nizam, Nizam Baharom, Tania Gayle Robert Lourdes, Thamil Arasu Saminathan, Halizah Mat Rifin, Hasimah Ismail, Wan Shakira Rodzlan Hasani, Hasmah Mohamed Haris

09 Of fruits, veggies, and plain water

Ahmad Ali Zainuddin, Cheong Siew Man, Jayvikramjit Singh, Ruhaya Salleh, Nur Shahida Abdul Aziz, Syafinaz Mohd Sallehuddin, Azli Baharudin, Munawara Pardi, Mohamad Hasnan Ahmad, Romzi Mohammad Ali, Norsyamalina Che Abdul Rahim, Suhaila Abd Ghafar, Lalitha Palaniveloo, Hazizi Abu Saad, Evi Diana Omar, Leong Han Yin, Shirley Chai Sook Yi, Nazli Suhardi Ibrahim

10 Malaysians and sugary drinks: A not-so-sweet picture

Norsyamalina Che Abdul Rahim, Ahmad Ali Zainuddin, Cheong Siew Man, Jayvikramjit Singh, Ruhaya Salleh, Nur Shahida Abdul Aziz, Syafinaz Mohd Sallehuddin, Azli Baharudin, Munawara Pardi, Mohamad Hasnan Ahmad, Romzi Mohammad Ali, Suhaila Abd Ghafar, Lalitha Palaniveloo, Hazizi Abu Saad, Evi Diana Omar, Leong Han Yin, Shirley Chai Sook Yi, Nazli Suhardi Ibrahim

11 Ladies, have you been screened?

Tamil Arasu Saminathan, Muhammad Fadhli Mohd Yusoff, RajiniS ooryanarayana, Shubash Shander Ganapathy, Hasimah Ismail, Norzawati Yoepp, Rafidah Ali, Muhammad Faiz Mohd Hisham, Wan Shakira Rodzlan Hasani, Zakiah Mohd Said, NorS aleha Ibrahim Tamin, Fatanah Ismail, Tania Gayle Robert Lourdes, Jane Ling Miaw Yn, Halizah Mat Rifin, Nur Liana Ab Majid

12 Harmful use of alcohol in Malaysia

Tania Gayle Robert Lourdes, Nur Liana Ab Majid, Halizah Mat Rifin, Hasimah Ismail, Wan Shakira Rodzlan Hasani, Jane Ling Miaw Yn, T hamil ArasuS aminathan, Muhammad Fadhli Mohd Yusoff, Nor Azizi Abu Bakar, Norli Abdul Jabbar, Mohd Hatta Abdul Mutalip

13 Drug use continues despite strict drug laws

Wan Shakira Rodzlan Hasani, Fazila Ahmad, Eida Nurhadzira, Aliza Lodz, Muhammad Fadhli Mohd Yusoff, Rushidi Ramly, Rusdi Abd Rashid, Musalnizan Mustalkah, Norli Abd Jabbar, Tania Gayle Robert Lourdes, Jane Ling Miaw Yn, Halizah Mat Rifin, Nur Liana Abd Majid, Tamil Arasu Saminathan, HasimahI smail, Ahzairin Ahmad, Shubash Shander Ganapathy

14 Depression among Malaysian adults

Mohd Shaiful Azlan Kassim, Noor AniA hmad, NurashikinI brahim, SherinaM ohd Sidik, Idayu Badilla Idris, S alina Abdul Aziz, Siti HazrahS elamat Din, Abdul Aziz Harith, Zamtira Seman, Mohd Amierul FikriM ahmud, Faizul Akmal Abdul Rahim, Hazrin Hasim @ Hashim, Muhammad Faiz Mohd Hisham, Karen Sharmani Sandanasamy

15 The hidden epidemic

Abdul Aziz Harith, Mohd Shaiful Azlan, Noor Ani Ahmad, Norhafizah Shahril, Nur Azna Mahmud, Nurashikin Ibrahim, Idayu Badilla Shah, Sherina Mohd Sidik, Salina Abdul Aziz, Siti Hazrah Selamat Din, Nor Asiah Mohamad, Rimah Melati Ab Ghani, Zamtira Seman

16 Leaving no one behind — Persons with functional difficulties

Chan Ying Ying, Nur Azna Mahmud, Noor Ani Ahmad, Rajini Sooryanarayana, Norhafizah Shahril, Nor'Ain Ab Wahab, Rasidah Jamaludin, Norazizah Ibrahim Wong, Noor Safiza Mohamad Nor, Yusniza Mohd Yusof

17 Let's talk about ED

Mohamad Fuad Mohamad Anuar, Chong Zhuo Lin, Mohamed Ashraf Mohamed Daud, Shaiful Bahari Ismail, ZakiahM ohd Said, Noor AniA hmad, Mohd Shaiful AzlanK assim, Muhamad Solihin Rezali, Azli Baharudin, Ridwan Sanaudi

18 BPH: A man's dilemma

Mohamad Fuad Mohamad Anuar, Chong Zhuo Lin, Mohamed Ashraf Mohamed Daud, Shaiful Bahari Ismail, Zakiah Mohd Said, Noor Ani Ahmad, Mohd Shaiful AzlanK assim, Muhamad Solihin Rezali, Azli Baharudin, Ridwan Sanaudi

19 Obesity/overweight and abdominal obesity: A tag-team of health risk

Syafinaz Mohd Sallehuddin, Nur Shahida Abdul Aziz, Azli Baharudin, Munawara Pardi, Mohamad Hasnan Ahmad, Jayvikramjit Singh, Ruhaya Salleh, Romzi Mohammad Ali, Ahmad Ali Zainuddin, Cheong Siew Man, Nursyamalina Abdul Rahim, Suhaila Abd Ghafar, Lalitha Palaniveloo

20 Anaemia in Malaysia

Nik Adilah Shahein, Muhd. Hafizuddin Taufik Ramli, Noor Ani Ahmad, Nor'Ain Ab Wahab, Ruhaya Salleh, Sharifah Nazeera Syed Anera, Rasidah Jamaluddin, Nur Amalina Muhamad, Nurul Zaiza Zainudin.

21 Paying for healthcare in Malaysia

Nur Amalina Zaimi, Mohd Shaiful Jefri bin Nor Sham, Suhana Jawahir, Normaizira Hamidi, Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Fiona Chua Chun Yong, Kong Yuke Lin, Noor Hasidah Ab Rahman, Nor Azlina Hashim, Nurulasmak Mohamed, Masrol Hafizal Ismail, Tan Ee Hong

22 Are we in good health?

Nor Azlina Hashim, NurulasmakM ohamed, Fiona Chua Chun Yong, Suhana Jawahir, Normaizira Hamidi, Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Kong Yuke Lin, Noor Hasidah Ab Rahman, Masrol Hafizal Ismail, Tan Ee Hong

23 Chronic bodily pain

Nor Azlina Hashim, NurulasmakM ohamed, Fiona Chua Chun Yong, Suhana Jawahir, Normaizira Hamidi, Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Kong Yuke Lin, Noor Hasidah Ab Rahman, Masrol Hafizal Ismail, Tan Ee Hong

24 Community pharmacies do more than just selling medicines

Suhana Jawahir, Normaizira Hamidi, Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Kong Yuke Lin, Noor Hasidah Ab Rahman, Nor AzlinaH ashim, Nurulasmak Mohamed, Masrol Hafizal Ismail, Tan Ee Hong

25 Outpatient healthcare utilisation

Sarah Nurain Mohd Noh, Nurul Iman Jamalul-lail, Tan Ee Hong, Suhana Jawahir, Iqbal Ab Rahim, Tan Yeung R'ong, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Ainul Nadziha Hanafiah, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Normaizira Hamidi, Kong Yuke Lin, Noor Hasidah Ab Rahman, Nor AzlinaH ashim, NurulasmakM ohamed, Masrol Hafizal Ismail

26 Hospital admissions

Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Normaizira Hamidi, Kong Yuke Lin, Noor Hasidah Ab Rahman, Nor Azlina Hashim, NurulasmakM ohamed, Masrol Hafizal Ismail, Tan Ee Hong, Suhana Jawahir

27 Dental visits in Malaysia

Tan Ee Hong, Tan Yeung R'ong, Ainul Nadziha Hanafiah, Iqbal Ab Rahim, M Hafiz M Yunos, Anis Syakira Jailani, Salwana Bakar, Sarah Nurain Mohd Noh, Nurul Iman Jamalul-lail, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Normaizira Hamidi, Kong Yuke Lin, Noor Hasidah Ab Rahman, Nor AzlinaH ashim, Nurulasmak Mohamed, Masrol Hafizal Ismail, Suhana Jawahir

28 Domiciliary care

Salwana Bakar, Noor Hasidah Ab Rahman, Tan Ee Hong, Tan Yeung R'ong, Ainul Nadziha Hanafiah, Iqbal Ab Rahim, M. Hafiz M. Yunos, Anis Syakira Jailani, Sarah Nurain Mohd Noh, Nurul Iman Jamalul-lail, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Normaizira Hamidi, Kong Yuke Lin, Nor Azlina Hashim, Nurulasmak Mohamed, Masrol Hafizal Ismail, Suhana Jawahir

29 Informal care in Malaysia

Kong Yuke Lin, Anis Syakira Jailani, Suhana Jawahir, Masrol Hafizal Ismail, Sarah Nurain Mohd Noh, Iqbal Ab Rahim, M. Hafiz M. Yunos, Salwana Bakar, Tan Yeung R'ong, Nurul Iman Jamalul-lail, Ainul Nadziha Hanafiah, Fiona Chua Chun Yong, Nur Amalina Zaimi, Mohd Shaiful Jefri Nor Sham, Normaizira Hamidi, Noor Hasidah Ab Rahman, Nor Azlina Hashim, Nurulasmak Mohamed, Tan Ee Hong

30 Health literacy among Malaysian adults

Komathi Perialathan, N orrafizah Jaafar, M asitah Ahmad, N urashma Juatan, T eresa Yong Sui Mien, Mohammad Zabri Johari, K amarulzaman Salleh, M animaran Krishnan, N or Hanizah Abu Hanit, Wan Shakira Rodzlan Hasani, Shubash Shander Ganapathy, Affendi Isa

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

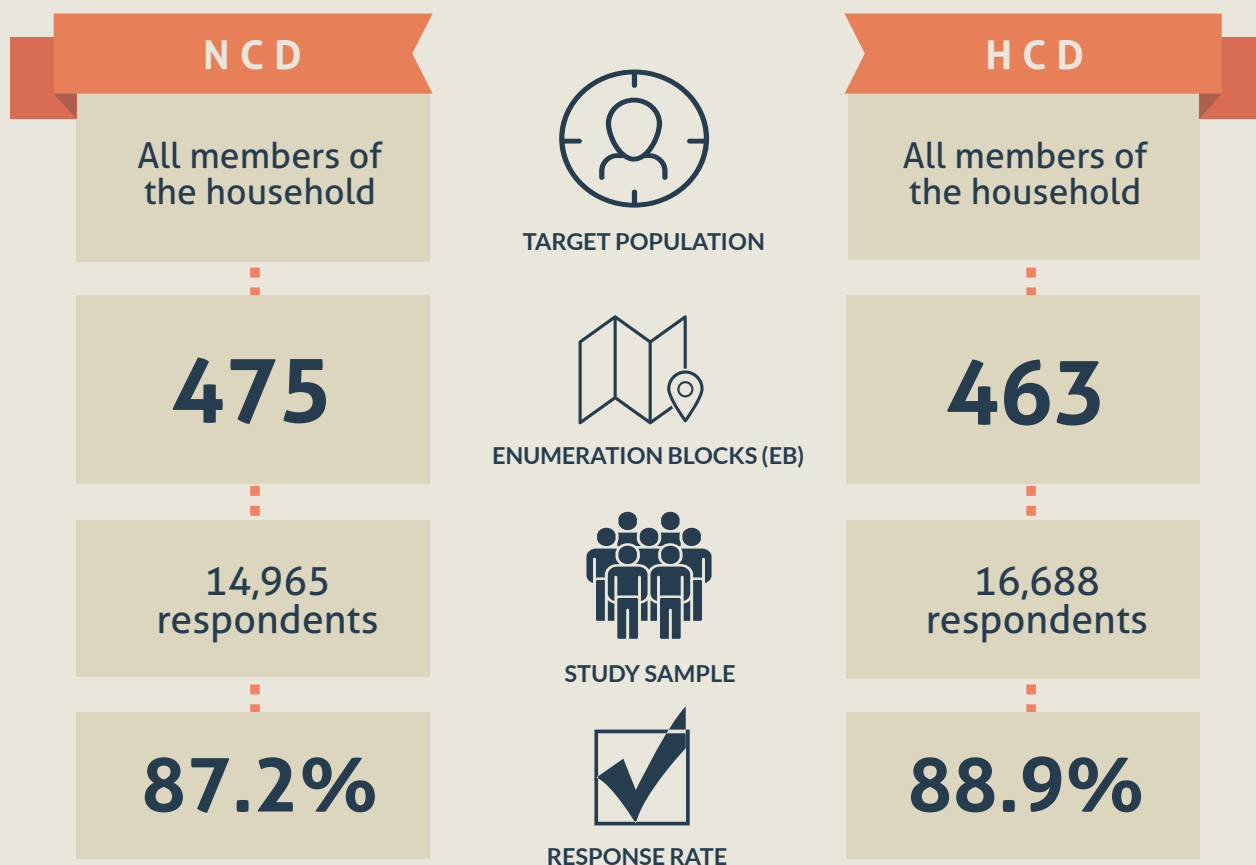
The 2019 survey covered 3 main scopes:



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 Review 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

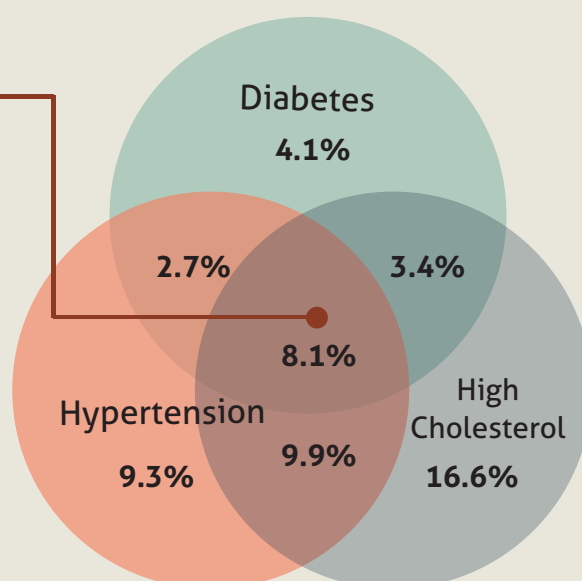
Cardiovascular diseases (CVDs) are the leading causes of death in Malaysia

(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

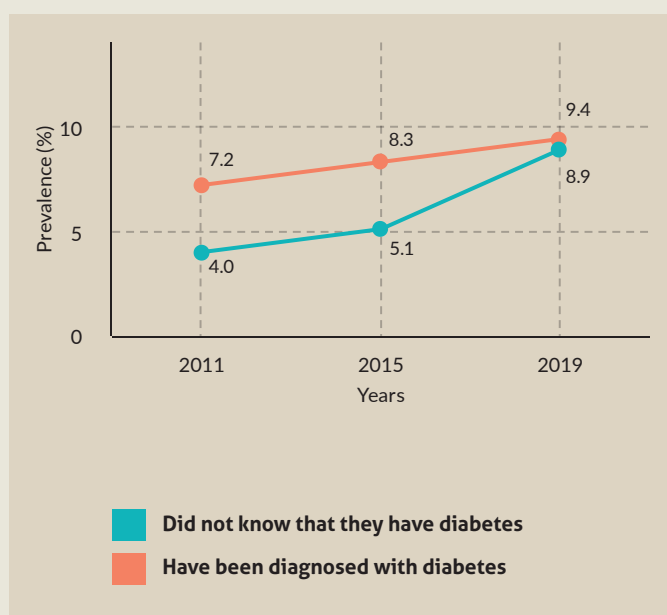
Diabetes in Malaysia

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

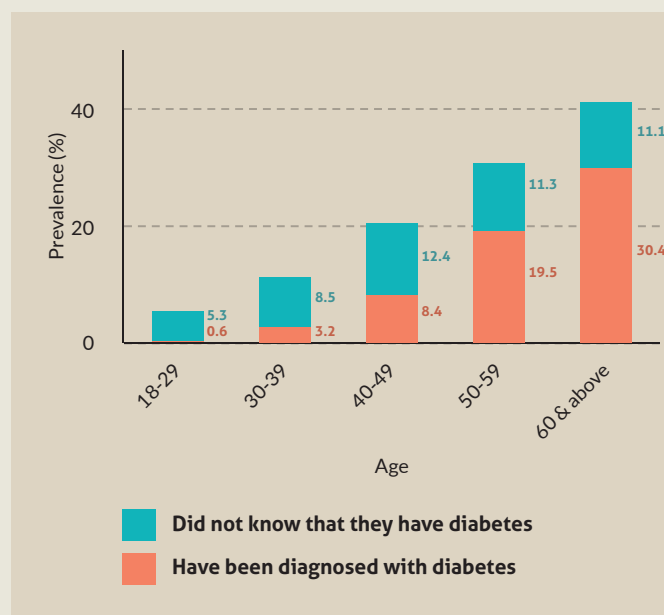


That's about
3.9 million
people aged
18 years and
above

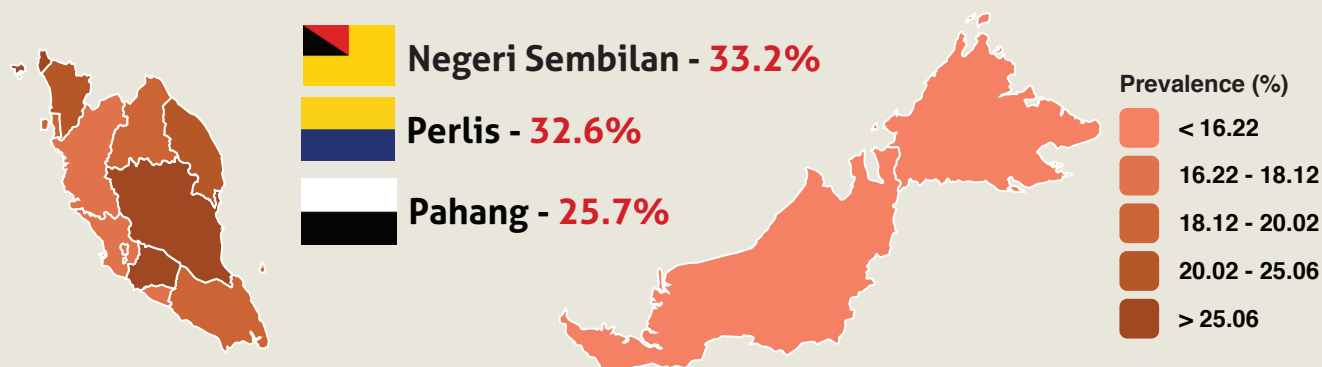
Diabetes trend 2011 - 2019



Prevalence of diabetes by age groups



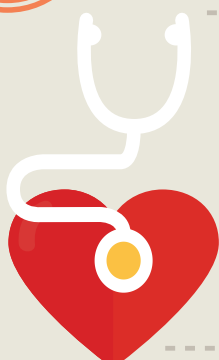
Prevalence of diabetes across states; the highest prevalence was found in these states:



*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

♂
MALE
32%



♀
FEMALE
45%

Females have higher raised total cholesterol compared to males

1 in 4

people were unaware they have raised total cholesterol



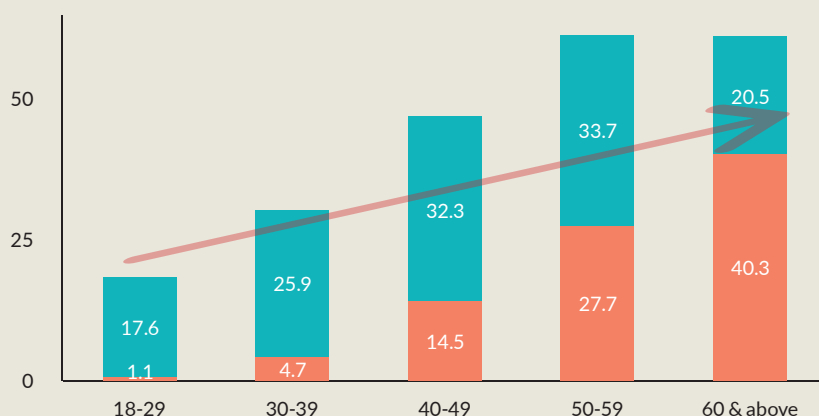
80%

of those with raised total cholesterol were on medications for raised total cholesterol



63%

of those on medication for raised total cholesterol have their cholesterol levels controlled

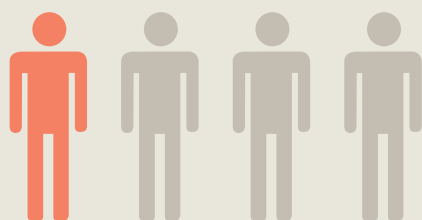


Most people aged **40-59 years** did not know that they have raised total cholesterol

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

07

Are we active enough?



1 in 4

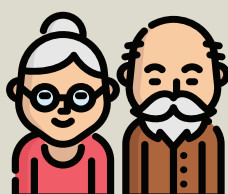
adults* in
Malaysia are
**physically
NOT active**

* 16 years and above

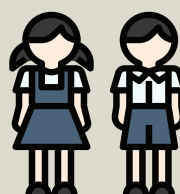
Who were the least active physically?



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 sedentary activity 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

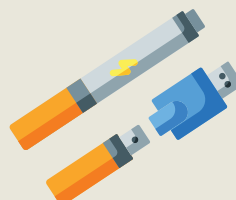
Tobacco use and second-hand smoke exposure among Malaysians

What are people smoking in Malaysia?



Cigarette

21%



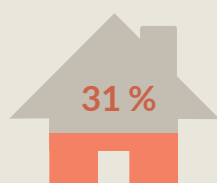
E-Cigarette

5%

1 in 2

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

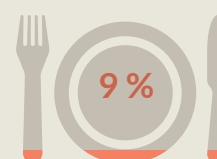
Where else do people get exposed to second-hand smoke?



Home



Work



Eateries WITH air conditioning

Non-smokers

Speak out!

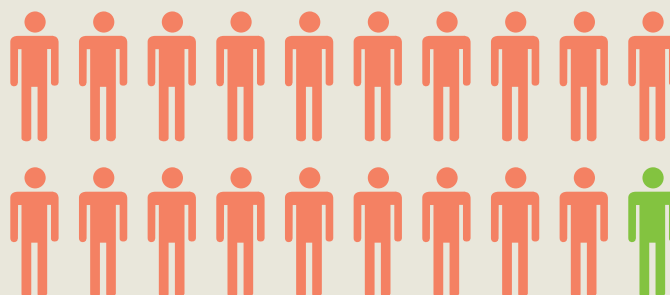
Everyone
has a
right to
clean air



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

commercially packed ready to drink beverages



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)
- Commercially packed ready to drink beverages (CPRD beverages): Carbonated and non-carbonated drinks
- 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



commercially packed ready to drink beverages

6 teaspoons of sugar
DAILY



premixed drinks

3 teaspoons of sugar
DAILY

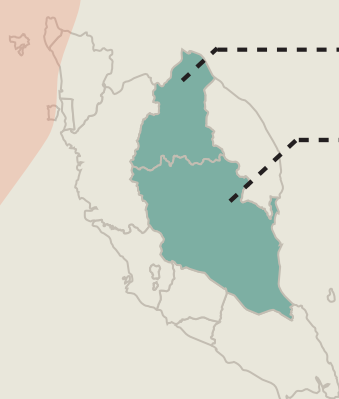
Take home message

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

11

Ladies, have you been **screened**?

Mammogram Screening

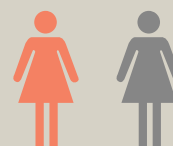
3 in 4women aged 40 and above have **never** had a mammogram

7%

11%

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

Breast Self-Examination (BSE)

1 in 2women aged 18 and above **did not** practice Breast Self-Examination (BSE)

Cervical Cancer Screening

60%of women aged 20 and above have **never** had a pap smear test

Only 25% are aware of self-sampling HPV test

12

Harmful use of **alcohol** in Malaysia**11.8%**Malaysians
drink alcohol**1 in 2**

binge drink

1 in 10

practice HED

3 million deaths
from harmful use
of alcohol globally
every yearAccording 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
Heroine

45,000 people

Inhalant

Paint
Glue
Marker

33,000 people

THE MAJORITY OF DRUG USERS...

started with
marijuanastarted drug use
between ages
18-24 years

* Estimated figures based on national prevalence

14

Depression among Malaysian adults

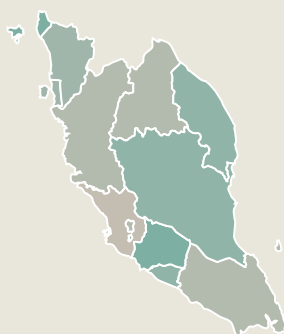


KEY FACTS

National prevalence of depression:

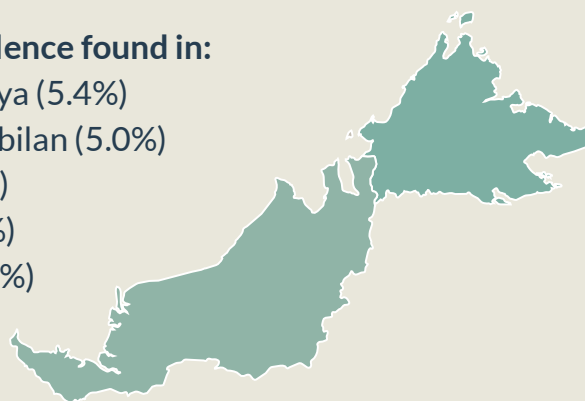
2.3% that's about
half a million
people

By states:

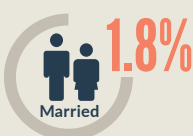
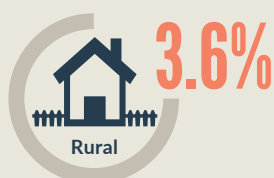
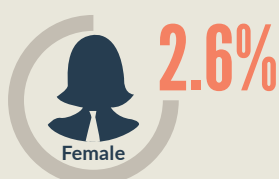
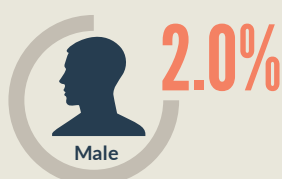


Highest prevalence found in:

- WP Putrajaya (5.4%)
- Negeri Sembilan (5.0%)
- Perlis (4.3%)
- Sabah (4.0%)
- Melaka (3.8%)



By sociodemographic groups:



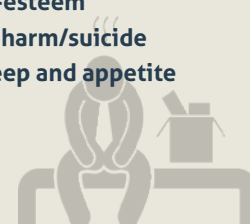
By household income:



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?



Rural
dwellers
8.8%



Girls
8.4%



10-15 years
9.5%



B40 household
income
9.2%%

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



Difficulty in Seeing
14.9%



Difficulty in Hearing
7.6%



Difficulty in Remembering
7.0%



Difficulty in Walking
10.4%



Difficulty in Self-care
2.1%



Difficulty in Communicating
2.0%

Who is at risk?



Urban
25.0%



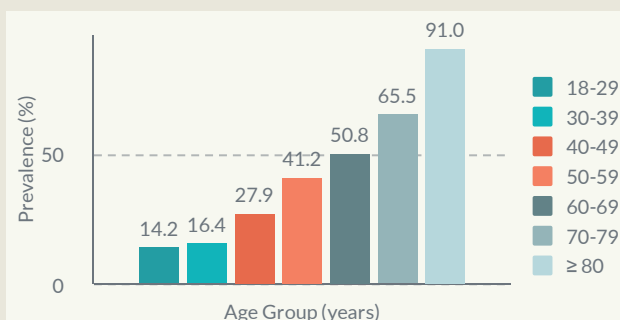
Rural
34.4%



Male
22.9%



Female
31.6%



4.7%

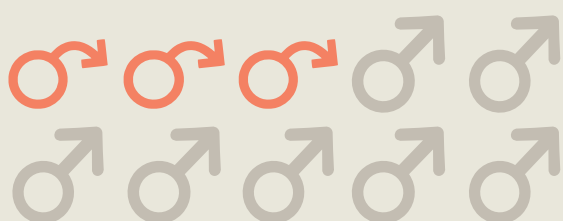
of **children aged 2 to 17 years** in Malaysia experienced functional difficulties

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:



36.9%

18 - 29 years



25.2%

30 - 59 years



64.1%

60+ years

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**

16%

of men aged 40 years and above suffer from BPH



16%

among married men



24%

among older people



17%

among rural men

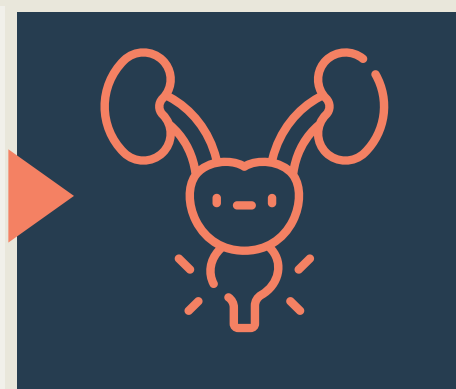


Lower percentage of symptomatic enlarged prostate compared to Global estimates which was 26%.



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

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



What should I do?

- The two most common forms of treatment for BPH are pharmaceuticals and surgery.
- 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/m

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



This was found to be
highest among:

Females
54.7%



Indian ethnicity
63.9%



**50-59 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:



Mildly anaemic

16%



Moderately anaemic

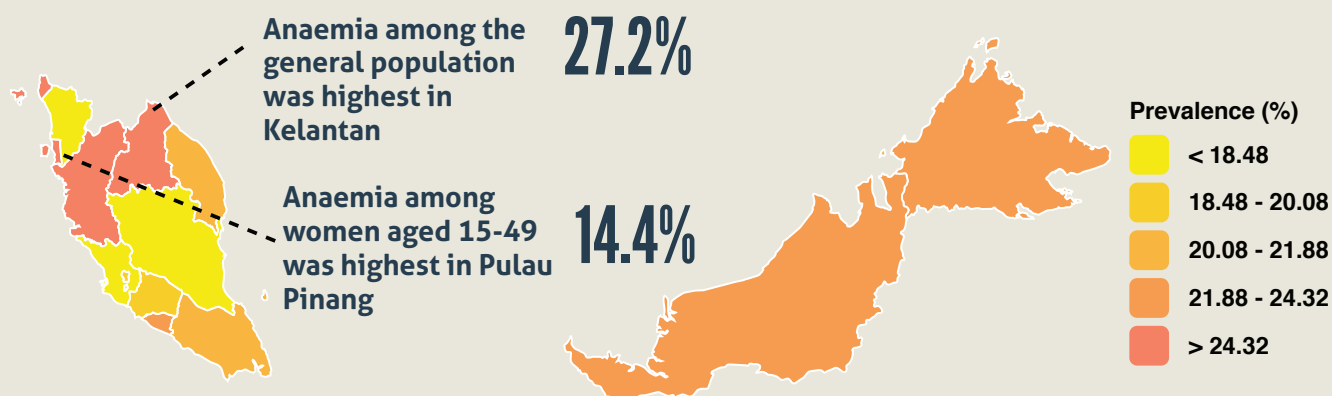
13%



Severely anaemic

1%

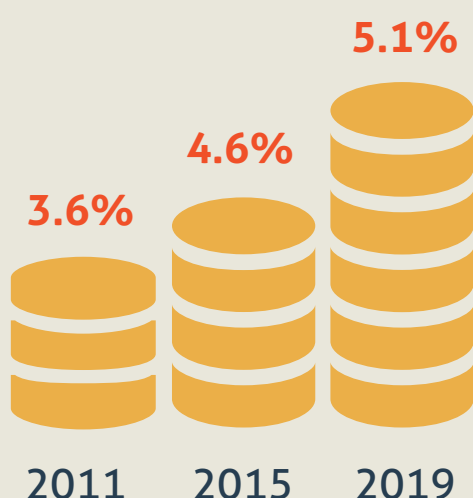
Anaemia by state



21

Paying for healthcare in Malaysia

Healthcare spending from total household monthly expenditure:



Financial sources used by household for paying for health services:



81%
used **current income**



36%
used **savings**



11%
borrowed from family and friends, other than household members

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



Only 22%

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

Reasons for not having Personal Health Insurance:

36%

Not needed

Cannot afford

43%

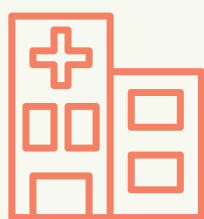
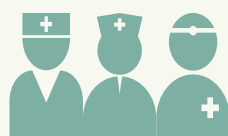
22

Are we in **good health?**

Generally,

1 in 5of the population[^]
rated their health as**"not good"**[^] aged 13 years old and overIn 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



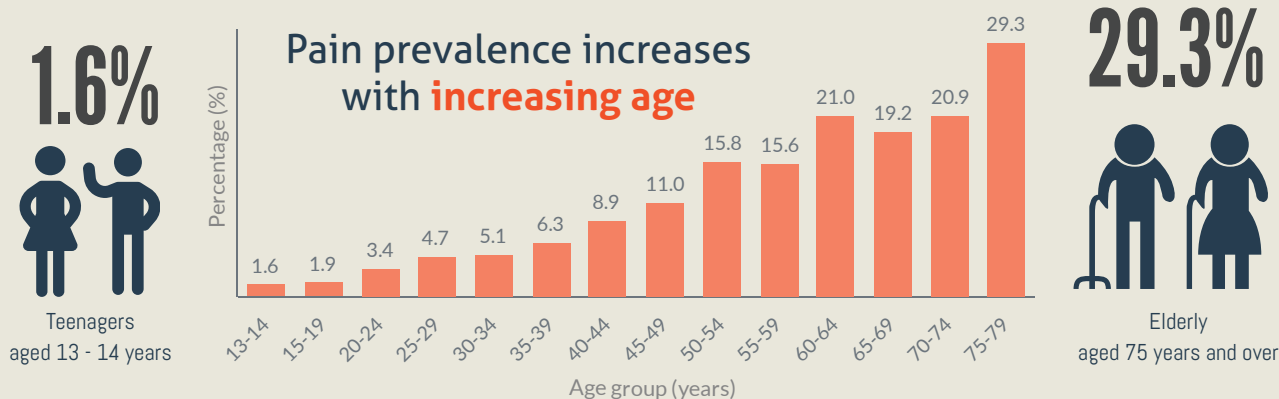
9 in 100
of the population[^]
experienced
chronic bodily pain

[^]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?



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

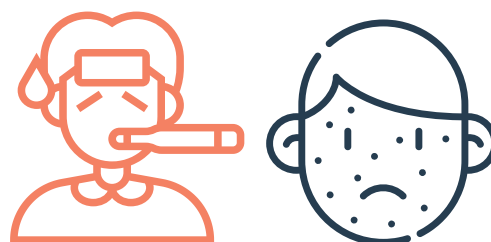
[^]aged 18 years old and over
*prior to interview

AT A COMMUNITY PHARMACY, YOU CAN GET:

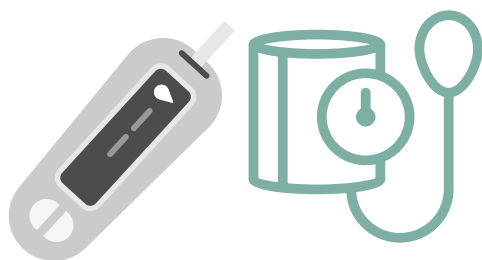
Advice on your medication



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

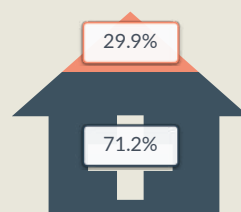
40% of those who used
outpatient services were

THE ELDERLY
(60 years old and over)

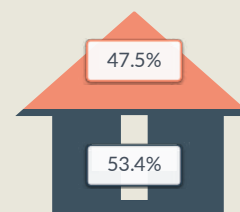


Where did they go*?

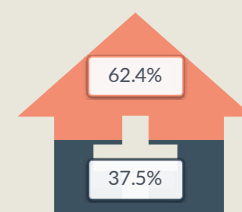
PUBLIC facilities

PRIVATE
facilities

B40 group



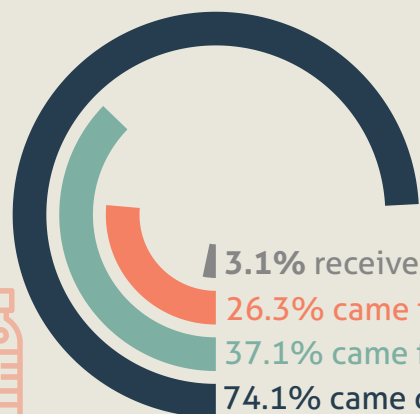
M40 group



T20 group

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

Why did they attend?



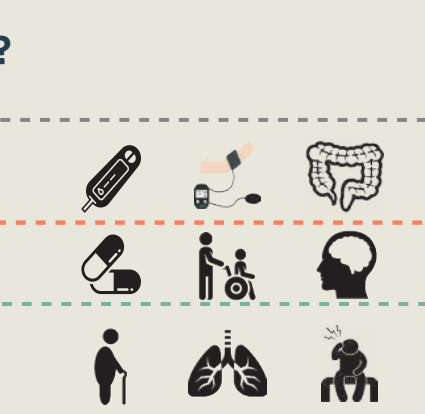
3.1% received other types of care

26.3% came for medical check-up

37.1% came for follow-up

74.1% came due to related health problem*

*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%

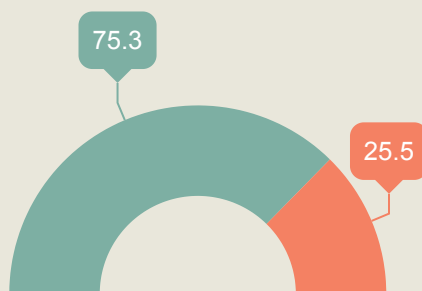
of the reported
admissions

Elderly
people
(60+ years old)

16.6%

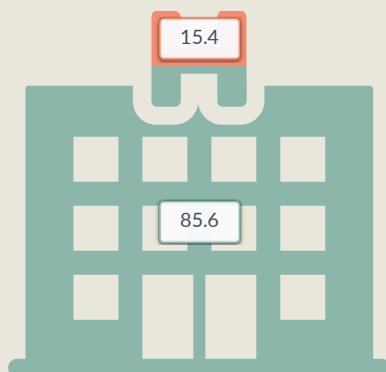
of the reported
admissionsWhere were the people
admitted to*?

**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%

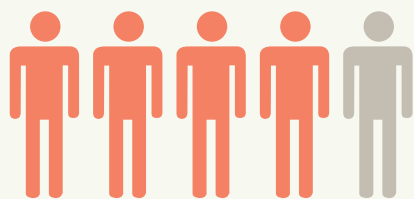
last visited their dentist

MORE THAN 2 YEARS AGO

15%

in their lifetime had

NEVER

 visited a dentist!


4 in 5 people

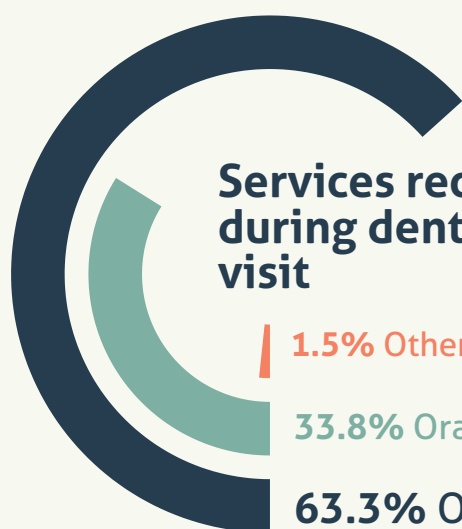
utilised public dental services



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

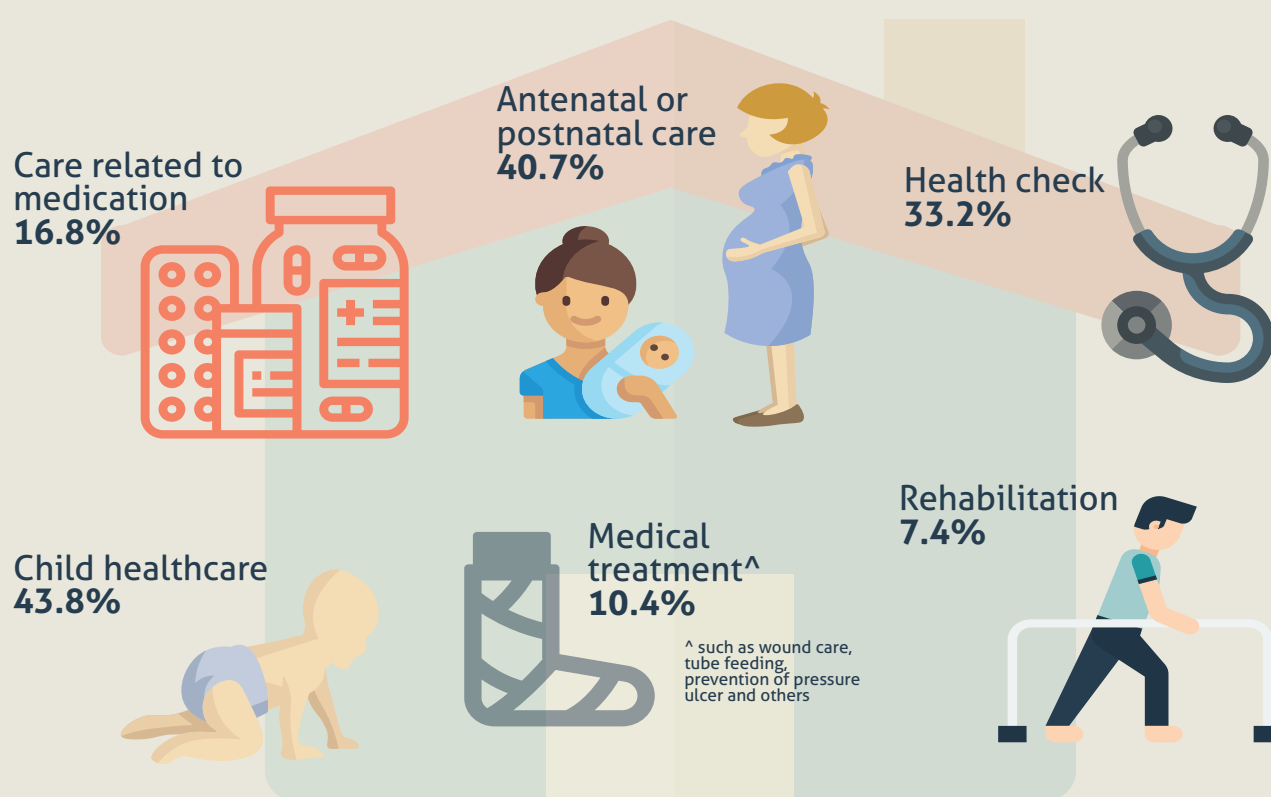
Domiciliary care



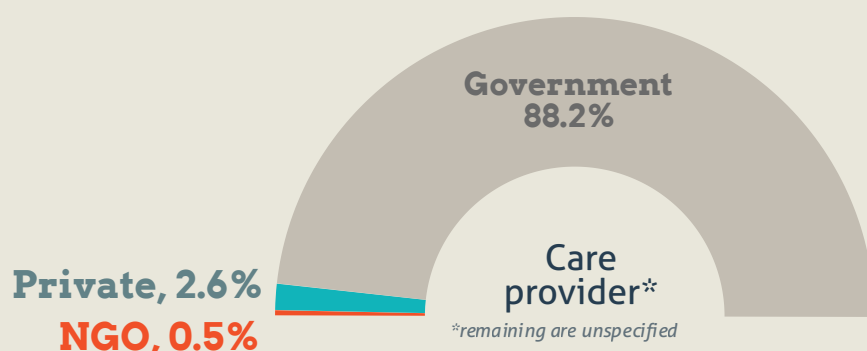
1 in 50 people in Malaysia reported **receiving care at their home**^{*} in the last 12 months[^]

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

What kind of care was received?



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)

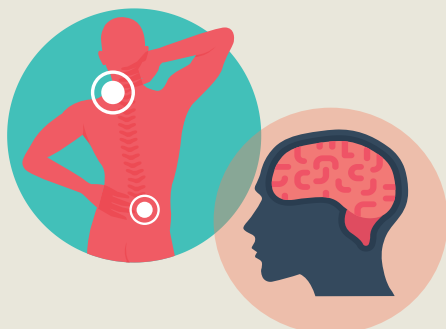


16.7% of care
provided to
non-household member(s)

~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



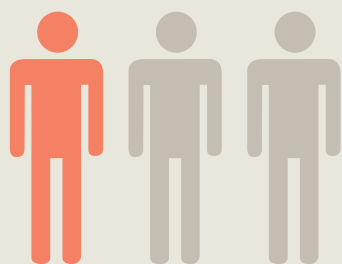
KEY MESSAGE

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



To understand health risk factors & practice healthy lifestyle



To analyse risks & benefit of treatment wisely

WHY
Health Literacy is **Important?**

To understand health information & medical instruction easily



To organise health care appointments accordingly

"HOW to Improve
My Health Literacy?""You
SHOULD..."

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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