



MINISTRY OF HEALTH MALAYSIA
INSTITUTE FOR PUBLIC HEALTH

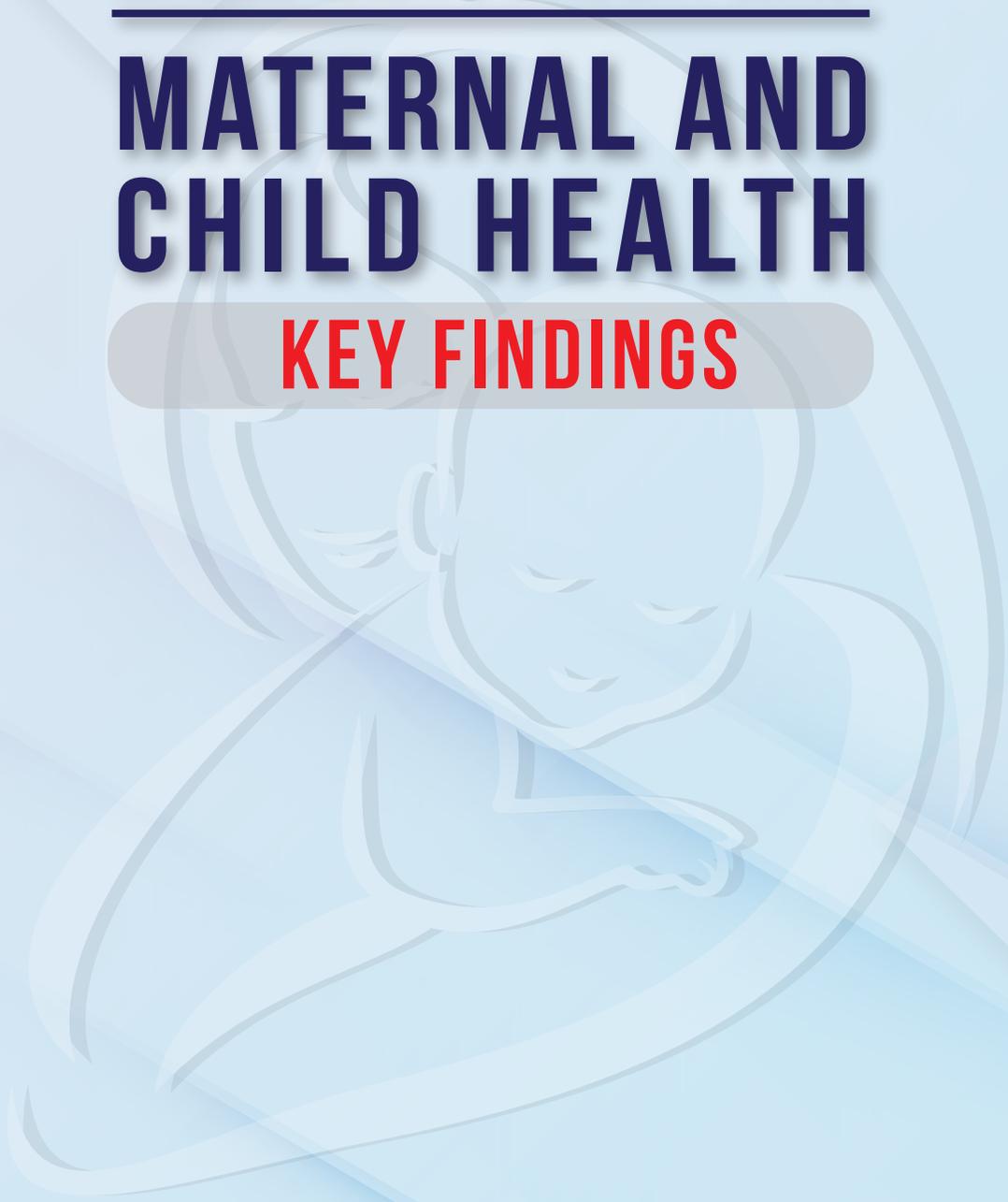
MOH/S/IKU/201.23(TR)-e

NHMS 2022: MCH

NATIONAL HEALTH & MORBIDITY SURVEY

MATERNAL AND CHILD HEALTH

KEY FINDINGS



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01 OVERVIEW OF THE SURVEY

Survey that aimed to assess health status among women and children in Malaysia

First survey in **2016**



Second in **2022**



All States & Federal Territories Involved

1,029
Areas

13,832
Houses



Overall response rate
74.9%

1,877
Women Reproductive 15-49 years



6,360
Mothers



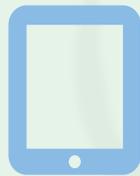
17,176
Children 0-5 years



DATA COLLECTION



From 8/8 to 31/10



Data collection using mobile devices



Adapt standard questionnaire from UNICEF



49 field supervisors
140 research assistants
130 nurses

TOPICS COVERED

- Care During Pregnancy
- Care During Child Birth
- Care After Child Birth
- Women Reproductive Health
- Vaccination
- Nutritional Status
- Infant & Young Child Feeding Practice
- Child Development
- Child Diseases
- Child Discipline
- Child Oral Health
- Anaemia



02

PREGNANCY CARE IS A PRIORITY



Pregnancy care of at least four visits

97.4% → 98.1%

2016

2022



Early pregnancy care within the first three months

69.1% → 77.0%

2016

2022

Almost all mothers received pregnancy care assessments as follows:



Physical examination



Blood pressure check-up



Urine test



Blood test



Ultrasound scan



Health education



Pregnancy care during the COVID-19 pandemic

96.9%

Mothers reported unaffected pregnancy care appointments



03 CONCERNING COMPLICATIONS DURING PREGNANCY

Diabetes in Pregnancy

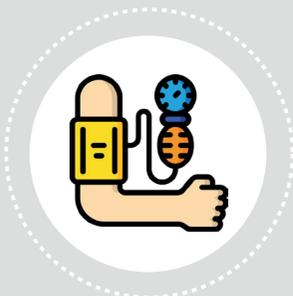


13.5%
2016



27.1%
2022

High Blood Pressure in Pregnancy



5.8%
2016



6.5%
2022

Anaemia in Pregnancy



29.3%
2016



19.3%
2022



04

PRE-PREGNANCY CARE

ENSURING THE CONTINUITY OF WOMEN'S HEALTHCARE



1 in 10

of women had selected diseases* before their last pregnancy



90%

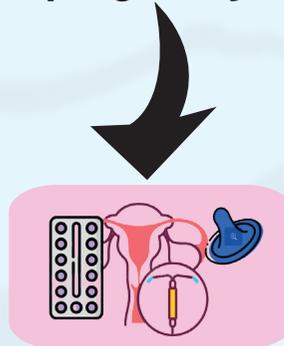
received advice on risks related to the disease and pregnancy



64%

were advised to delay pregnancy

- *Selected diseases:
- Hypertension
 - Diabetes mellitus
 - Heart disease
 - Thalassemia
 - Thyroid disease
 - Asthma
 - Seizures
 - Epilepsy



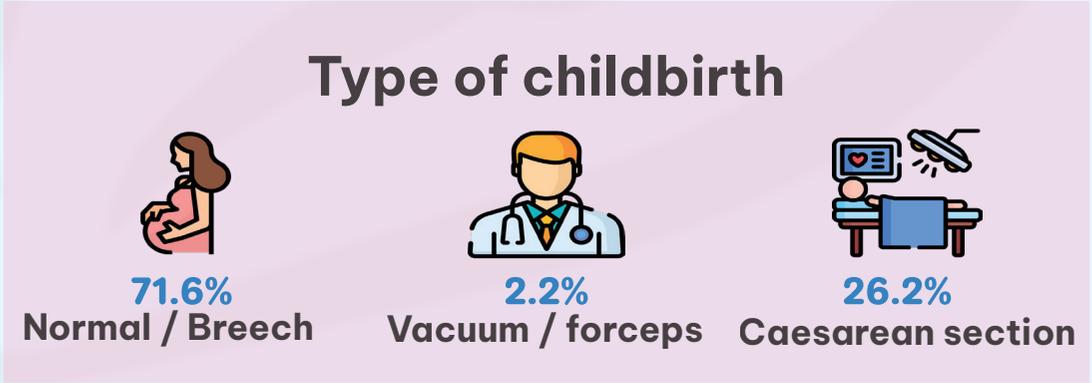
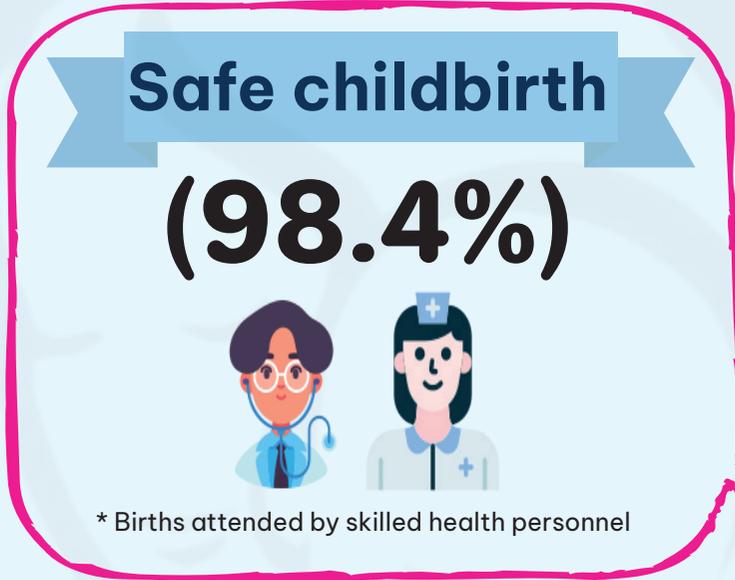
95%

received advice on contraceptive



05

SAFE CHILDBIRTH PRACTICES FOR A HEALTHY BABY AND MOTHER



06

SILENT STRUGGLES: EXPLORING POSTNATAL DEPRESSION IN MALAYSIA

11.2%

9,415

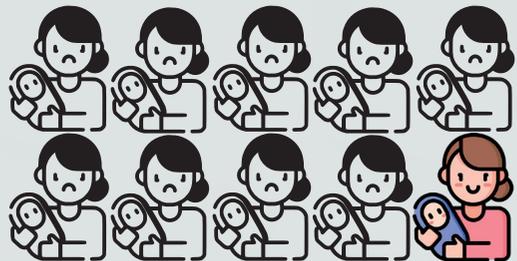
mothers had **depression** after childbirth



Unfortunately,

9 in 10

mothers unaware of their conditions



This was more common among:



Mothers living in urban areas



Younger age mothers

07 INFANT & YOUNG CHILD FEEDING PRACTICES and ANAEMIA

Complementary feeding practices (6 months - 2 years)

64.3%

Consumed at least 5 of 8 food groups



Breast milk



Dairy products (milk, infant formula, yogurt, cheese)



Grains, potato



Vegetables and vitamin A-rich fruits (mango, papaya, pumpkin, carrot)



Beans, peas, nuts



Other fruits and vegetables



Meat, fish, poultry



Eggs

78.6%

Children received solid, semi-solid and soft food a minimum number of times.

Recommendation:



Breastfed children:

- 6-8 months - 2 times/day
- 9-23 months - 3 times/day



Non-breastfed children:

- 6-23 months - 4 times/day

Anaemia among children



46.5%



08

CARE FOR ORAL HEALTH



1 in 4

mothers never clean their baby's gum
* children age below 6 months

3 in 5

children mother never brought their child to be examined and treated at dental clinic
* children age 12 months and above



Why mothers did not bring the child for dental treatment?
* children age 12 months and above

58.7%
No dental problem



22.6%
Too young



3.9%
Child is afraid



Only **1 in 5**

mothers believe that the ideal age for a child's first dental check-up is less than 1 year old

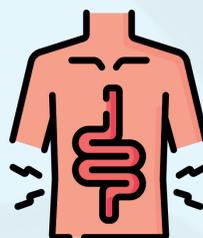


09

OUR CHILDREN ARE SICK!

Diarrhoea

3 or more loose/watery stool per day



75,000

children affected

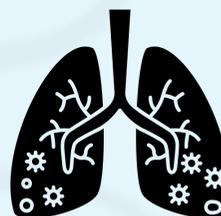


2 in 5

received ORS

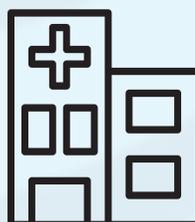
Lung Infection

cough and fast breathing or difficulty breathing



34,000

children affected



99.5%

sought advice or treatment from health facility

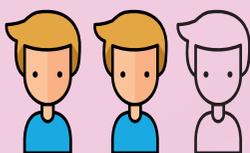
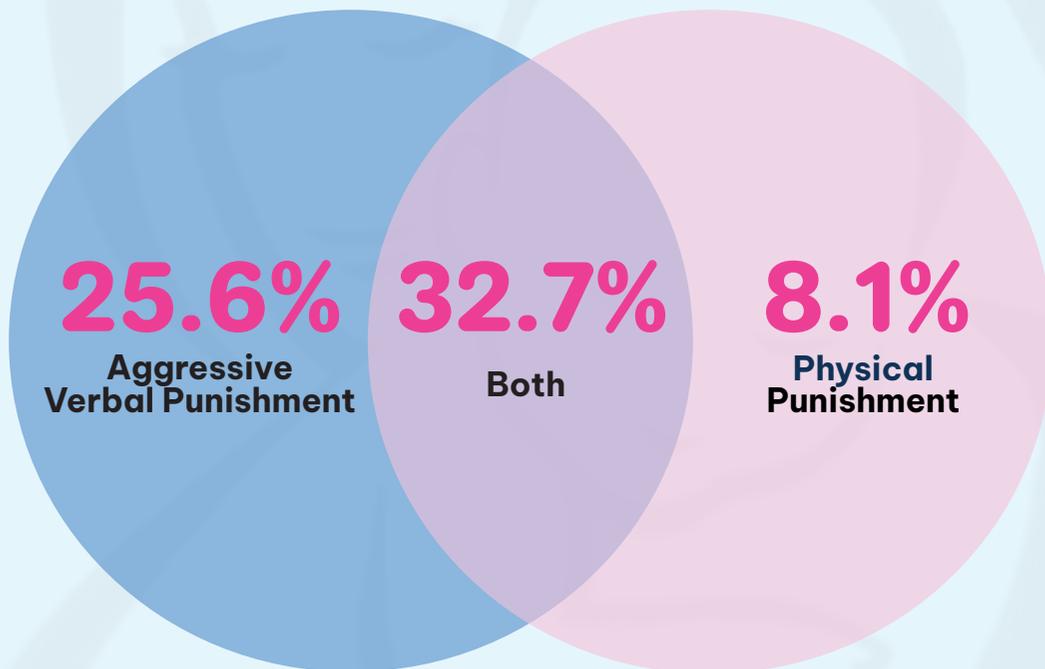


10

RAISE CHILDREN WITHOUT VIOLENCE

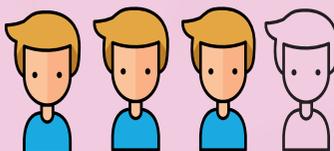


2 in 3 are exposed to violent punishment



2 in 3

Boys are exposed to violent punishment



3 in 4

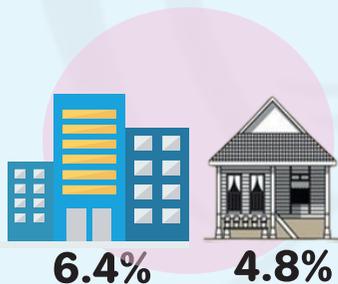
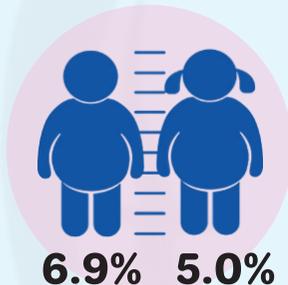
Children ages 4 to 5 are exposed to violent punishment



11

THE DOUBLE BURDEN OF MALNUTRITION

6.0%
are overweight

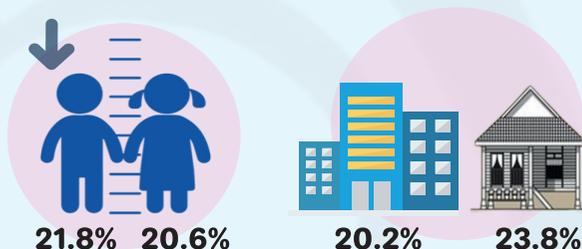


80.3%
parents unaware their children are overweight

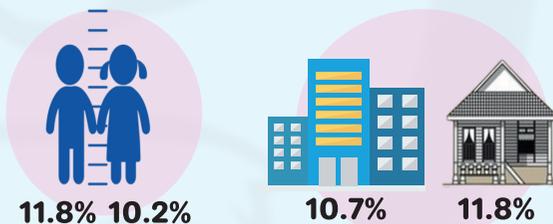
26.4%
parents have tried to increase weight of their overweight children

7.5%
parents have tried to reduce weight of their overweight children

1 in 5 is too short for their age



1 in 10 is too thin for their height



74.4%
parents unaware their children are too thin for height

42.6%
parents have tried to increase weight of their thin children



12

DEVELOPMENTAL DELAY IN CHILDREN

7.4%



of children below 5 years old experienced delays in reaching expected developmental skills, compared to others of the same age

1



86,000

children did not have the ability to participate in social interaction or unable to do basic self-care skills independently

2



56,000

children had difficulty to copy sounds, say meaningful words, have their speech understood by others or tell long stories

3



41,000

children were struggling with hand and eye movements such as stacking cubes, holding a pencil, draw or copy images

4



21,000

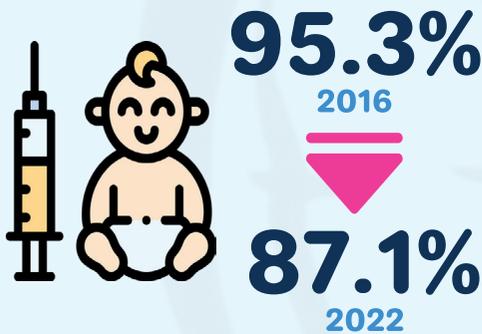
children were unable to roll over, sit or stand without support, walk independently, run or balance self on one foot



13 VACCINATION: PREVENTION IS KEY

Complete vaccination schedule

*based on the National Immunisation Programme (NIP)



Children aged 12–23 months who completed vaccination schedule confirmed by the child health record book and self-reported by the parent



2.5x
increase
in incomplete
vaccination from
4.5% (2016)
to
12.0% (2022)

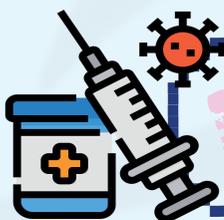


10x
increase
in unvaccinated
from
0.1% (2016)
to
1.0% (2022)

States with high unvaccinated and incomplete vaccination



Pulau Pinang (40.4%)
Kelantan (28.9%)
WP Kuala Lumpur & Putrajaya (27.2%)



5.0% of parents have vaccine hesitancy

14 UNPLANNED NO MORE

33.0%

women had unplanned pregnancy

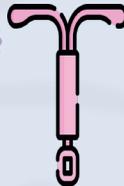
26.7%

did not get family planning as they needed

34.5%

of women current used modern contraceptive methods

Modern methods used:

- | | | | | | |
|---|---|------------------------------|---|--|--|
| 1 |  | 45.8%
Pills | 4 |  | 8.5%
Intrauterine Device (IUD) |
| 2 |  | 22.8%
Injectables | 5 |  | 7.6%
Implant |
| 3 |  | 12.5%
Male Condoms | 6 |  | 2.8%
Female Condoms |



15

LOVE SHOULD NOT HURT



Nearly **500,000** women in Malaysia have experienced **violence** by their partners

	Lifetime	Past One Year
 Emotional Violence	5.9%	3.5%
 Physical Violence	3.6%	1.6%
 Sexual Violence	1.6%	0.8%

1 in 5 women experienced controlling behaviour by their partners



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