NATIONAL HEALTH & MORBIDITY SURVEY

MATERNAL AND CHILD HEALTH

KEY FINDINGS
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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

1,877 Women Reproductive 15-49 years
6,360 Mothers
17,176 Children 0-5 years

Overall response rate 74.9%

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
Pregnancy care care is a priority

Pregnancy care of at least four visits

- 2016: 97.4%
- 2022: 98.1%

Early pregnancy care within the first three months

- 2016: 69.1%
- 2022: 77.0%

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

- 2022: 96.9%

Mothers reported unaffected pregnancy care appointments
CONCERNING COMPLICATIONS DURING PREGNANCY

Diabetes in Pregnancy
- 13.5% in 2016
- 27.1% in 2022

High Blood Pressure in Pregnancy
- 5.8% in 2016
- 6.5% in 2022

Anaemia in Pregnancy
- 29.3% in 2016
- 19.3% in 2022

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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
95% received advice on contraceptive

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

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05

SAFE CHILDBIRTH PRACTICES FOR A HEALTHY BABY AND MOTHER

Safe childbirth (98.4%)

* Births attended by skilled health personnel

Public Hospital 86.5%
Private Hospital 11.7%

Type of childbirth

71.6% Normal / Breech
2.2% Vacuum / forceps
26.2% Caesarean section

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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

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Complementary feeding practices (6 months - 2 years)

- 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

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%
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

NHMS 2022: Maternal and Child Health
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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

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RAISE CHILDREN WITHOUT VIOLENCE

2 in 3 are exposed to violent punishment

25.6% Aggressive Verbal Punishment

32.7% Both

8.1% Physical Punishment

2 in 3 Boys are exposed to violent punishment

3 in 4 Children ages 4 to 5 are exposed to violent punishment

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THE DOUBLE BURDEN OF MALNUTRITION

6.0% are overweight

1 in 5 is too short for their age

21.8% 20.6%

20.2% 23.8%

80.3% parents unaware their children are overweight

1 in 10 is too thin for their height

11.8% 10.2%

10.7% 11.8%

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

74.4% parents unaware their children are too thin for height

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

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

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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.
Complete vaccination schedule

*based on the National Immunisation Programme (NIP)

95.3%  
2016

87.1%  
2022

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

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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
2. 22.8% Injectables
3. 12.5% Male Condoms
4. 8.5% Intrauterine Device (IUD)
5. 7.6% Implant
6. 2.8% Female Condoms

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

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<th>Lifetime</th>
<th>Past One Year</th>
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<td>Emotional Violence</td>
<td>5.9%</td>
<td>3.5%</td>
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<tr>
<td>Physical Violence</td>
<td>3.6%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Sexual Violence</td>
<td>1.6%</td>
<td>0.8%</td>
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1 in 5 women experienced controlling behaviour by their partners.
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