Overview of Non-Communicable Diseases in Malaysia

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Burden of Disease, Malaysia (2016)

Issues:
Aging Population

Slide courtesy of Dr Arunah Chandran, Disease Control Division, MOH
Issues: Rising Burden of Non-Communicable Diseases

Slide courtesy of Dr Arunah Chandran, Disease Control Division, MOH
Prevalence of Selected NCD Risk Factors

Based on NHMS 2015, amongst the Malaysian adult population (≥18 years):

- **63.6%** of men, and **64.5%** of women are either overweight or obese
- **43%** of men smoke; **59%** of men ages 21-30 smoke
- **43.5%** of men, and **52.2%** of women have hypercholesterolemia
- **30.8%** of men, and **29.7%** of women have hypertension
- **16.7%** of men, and **18.3%** of women have diabetes mellitus
Prevalence of Diabetes in Malaysia (1986 to 2015)

Diabetes projection for year 2025
Spectrum for NCD Prevention & Control

- Prevention
- Early Detection
- Diagnosis & Management
- Rehabilitation
- Palliative Care
Spectrum for NCD Prevention & Control

Diabetes in Malaysia as a case study

1.8 M Early Detection
1.8 M Diagnosis & Management

6 to 7 M (at risk)
Is it all about knowledge?

Screening for NCD risk factors in Malaysia as a case study

Issue: Health is of Low Priority for Malaysians

Awareness | Knowledge | Behavioural Change

Sticks and/or carrots
Supportive living environment
Do we really understand, why Malaysians do the things that we do?

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

Health literacy affects people's ability to:

- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

**Newest Vital Sign tool**

NHMS 2015

Health literacy**

6.6%

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Ecological public health transitions in Malaysia

- Epidemiological transition
- Urban transition
- Economic transition
- Energy transition
- Nutrition transition
- Cultural transition

Source: http://denmasyan.weebly.com/urban-geography1.html
Issues: Urbanisation in Malaysia

[Graph showing the urban population percentage of the total population in Malaysia from 1960 to 2018. The graph shows a steady increase in the urban population percentage over the years.]
The Causation Pathway for NCDs

Underlying Determinants
- Globalisation
- Urbanisation
- Population Ageing

Common Risk Factors
- Unhealthy diet
- Physical Inactivity
- Tobacco & Alcohol use
- Age (non modifiable)
- Heredity (non modifiable)

Intermediate Risk Factors
- Overweight/obesity
- Raised blood sugar
- Raised blood pressure
- Abnormal blood lipids

Main NCDs
- Heart Disease
- Diabetes
- Stroke
- Cancer
- Chronic resp. diseases

Asymptomatic
Life-course perspective – exposure to NCD risk factors
Personal choice versus government’s responsibility

- Health promotion and education will increase awareness and knowledge
  - However changes in behaviour are strongly influenced by our living environment

![Diagram showing the relationship between awareness, knowledge, behavioural change, supportive living environment, health promotion & education, and policies & regulations.]

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If we want people to make healthy choices we have to make healthy choices available, accessible and affordable...

Social Determinants of Health

Fig. 2. The health gradient

Health hazards

Environmental health hazards
Lack of education
Inadequate food and nutrition
Unemployment
Poor housing
Poverty

Source: adapted from Making partners: intersectoral action for health (13)
HEALTH IN THE SDG ERA

GOOD HEALTH AND WELL-BEING

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

World Health Organization

www.who.int/sdgs
Summary points

• Malaysians have a very high exposure to NCD risk factors
• The Government has a responsibility to protect the health of the population
  – Focus must be on prevention
  – Empower individuals and communities
  – Health-promoting built or living environment
• We need new partners to find new solutions
Thank you

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