

## NHMS 2011 Background

The Institute for Public Health conducted the National Health and Morbidity Survey, NHMS, for the fourth time in 2011. From 2011 onwards, the interval of the conduct of the NHMS will be reduced from a survey every decade to cycles of four-yearly surveys with annual data collection targeting different topics and target groups. The first year of each cycle will focus on similar areas that have been monitored on, since 1986, to provide trends on prevalence of certain diseases and health behaviour.

## NHMS 2011 Objectives

The objective of the NHMS was to provide health related community-based data and information so as to inform the Ministry of Health Malaysia in the review of health priorities, programme strategies, activities as well as the planning and allocation of resources.

## NHMS 2011 Methodology

NHMS covered both urban and rural areas and canvassed all states in Malaysia. The target population was all non-institutionalized individuals residing in Malaysia for at least 2 weeks prior to data collection. To ensure national representativeness, a two stage stratified sampling design was used. A total of 794 Enumeration Blocks (EB) were selected from the total EBs in Malaysia, where 484 and 310 EBs were randomly selected from urban and rural area respectively. Twelve living quarters (LQ) were randomly selected from each selected EB and all households within the selected LQs and all members in the households were surveyed. Structured questionnaires with face-to-face interviews as well as self-administered methods were used to collect data. Clinical assessment and biochemistry tests were performed based on the modules. A total of 7,522 LQs were successfully visited and 28,650 individuals

were interviewed with a response rate of 88.2% and 93.0% respectively.

## NHMS 2011 Highlights

### CARDIOVASCULAR DISEASES

#### DIABETES MELLITUS

- 15.2% (2.6 million) of adults 18 years and above have diabetes
  - 7.2% are known to have diabetes
  - 8.0% are previously undiagnosed with diabetes.

#### HYPERTENSION

- 32.7% (5.8 million) of adults 18 years and above have hypertension
  - 12.8% are known to have hypertension
  - 19.8% are previously undiagnosed with hypertension

#### HYPERCHOLESTEROLEMIA

- 35.1% (6.2 million) of adults 18 years and above have hypercholesterolemia
  - 8.4% are known to have hypercholesterolemia
  - 26.6% are previously undiagnosed with hypercholesterolemia

### NUTRITIONAL STATUS AND DIETARY PRACTICES

#### NUTRITIONAL STATUS

- adults, 18 years and above (based on CPG 2004 Classification)
  - 33.3% (5.4 million) are pre-obese
  - 27.2% (4.4 million) are obese
- Children below 18 years (based on weight for age status)
  - 3.9% (0.3 million) are obese

#### DIETARY PRACTICES

- 92.5% (16.4 million) of adults 18 years and above consumed less than 5 servings fruits and/or vegetables per day

**PHYSICAL ACTIVITY**

- 64.8% (11.4 million) of adults aged 18 years and above were active physically based on IPAQ definition.

**ALCOHOL CONSUMPTION**

- 12.8% (2.3 million) of adults 18 years and above currently consumed alcoholic beverages such as shandy, beer, stout, brandy, whisky, wine, samsu, tuak and others

**CURRENT SMOKER**

- 25% (4.4 million) of adults currently smoked tobacco product such as cigarettes, cigars, pipes, shisha, etc.

**MENTAL HEALTH PROBLEMS, ADULTS (16 YEARS AND ABOVE)**

- 1.7% (0.3 million) have Generalised Anxiety Disorders
- 1.8% (0.3 million) have current depression
- 1.7% (0.3 million) have suicidal ideation
- 1.1% (0.2 million) reported to have attempted suicide in the past

**MENTAL HEALTH PROBLEM, CHILDREN (FIVE TO BELOW 16 YEARS)**

- 20.0% (1.0 million) have mental health problems such as developmental disability, emotional and behavioural disorders.

**HOME INJURY (CHILDREN AND ELDERLY)**

- 8.2% (0.1 million) of children below 7 years experienced home injury
- 5.3% (0.1 million) of elderly 60 years and above experienced home injury

**HEALTH CARE DEMAND****PERCEIVED ILLNESS**

- 33% reported recent illness/ health problem
  - Of these, 28.8% reported this

affected daily activities at home, work or in school.

- Average days affected: 1.6 days
- Self-reports of medically certified conditions:
  - 10.4% (age 60-69) and 12.6% (age >70) with heart disease
  - 5.8% age >70) with stroke
  - 19.2% (age > 70) with arthritis
  - 6.4% with asthma
  - 2.7% ever had Dengue fever
  - 1.6% with urinary tract problems

**HEALTH CARE UTILISATION****In-patient care**

- 6.9% experienced hospital admission in last 1 year
  - 69.1% of total utilisation was in government facilities
  - Overall mean travel time and distance to health facility were 32 minutes and 21.8 km respectively
  - 72.2% visits were made by using own car, while 4.6% by ambulance

**Out-patient care**

- 12.6% reported received outpatient care in last 2 weeks
  - 53.8% of total utilisation was in private facilities
  - Overall mean travel time and distance to health facility were 17 minutes and 8.5km respectively

**PREVENTIVE AND PROMOTIVE CARE**

- In the last 1 year before survey, it was reported that
  - 37.8% had a medical check-up
  - 11.7% received vaccination of any types

**ORAL HEALTH CARE**

- 5.7% (1.5 million) reported oral health problems in last 2 weeks
  - 59.2% did not seek care
- 22.4% had dental visit in last 1 year