

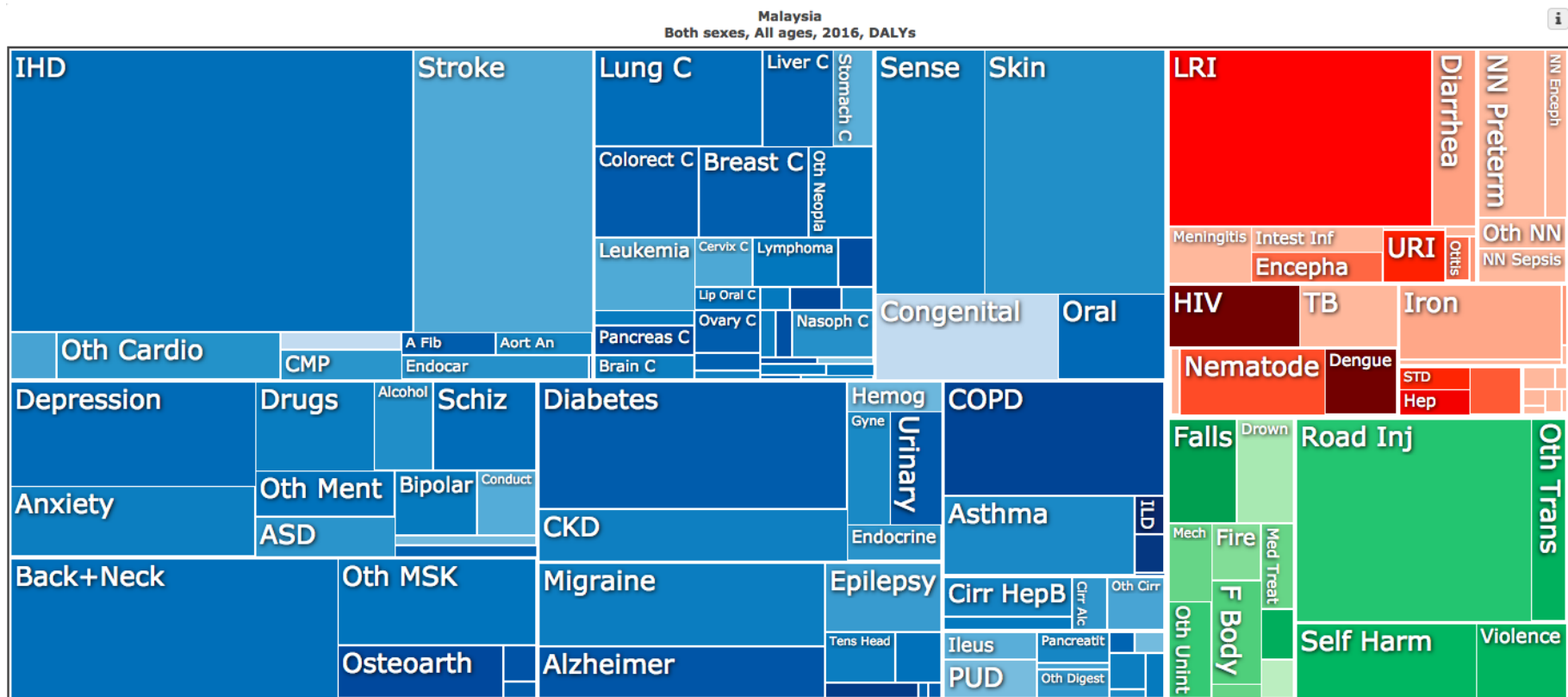
Overview of Non-Communicable Diseases in Malaysia

Feisul Idzwan Mustapha

Consultant Public Health Physician & Deputy Director (NCD)
Disease Control Division
Ministry of Health Malaysia

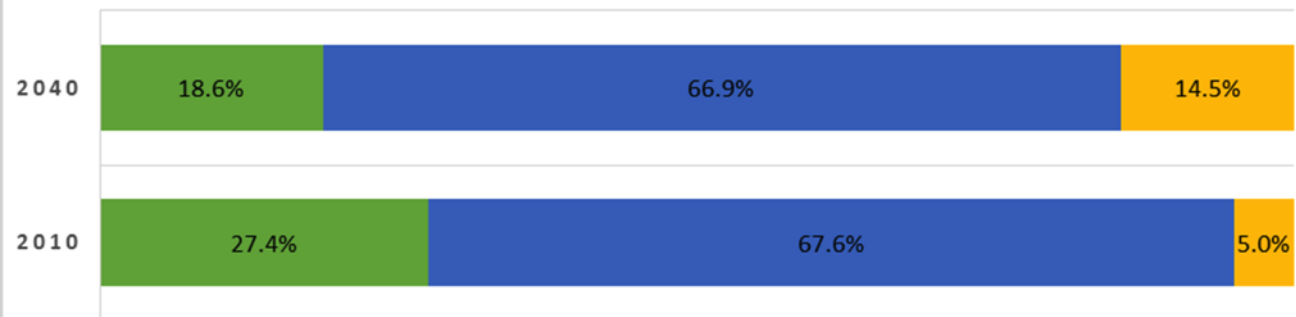
INGSA Asia Capacity Building Workshop
Bandar Enstek, Negeri Sembilan
14 August 2019

Burden of Disease, Malaysia (2016)





Issues: Aging Population



Slide courtesy of Dr Arunah Chandran,
Disease Control Division, MOH

■ 0-14 ■ 15-64 ■ 65+

Issues: Rising Burden of Non-Communicable Diseases

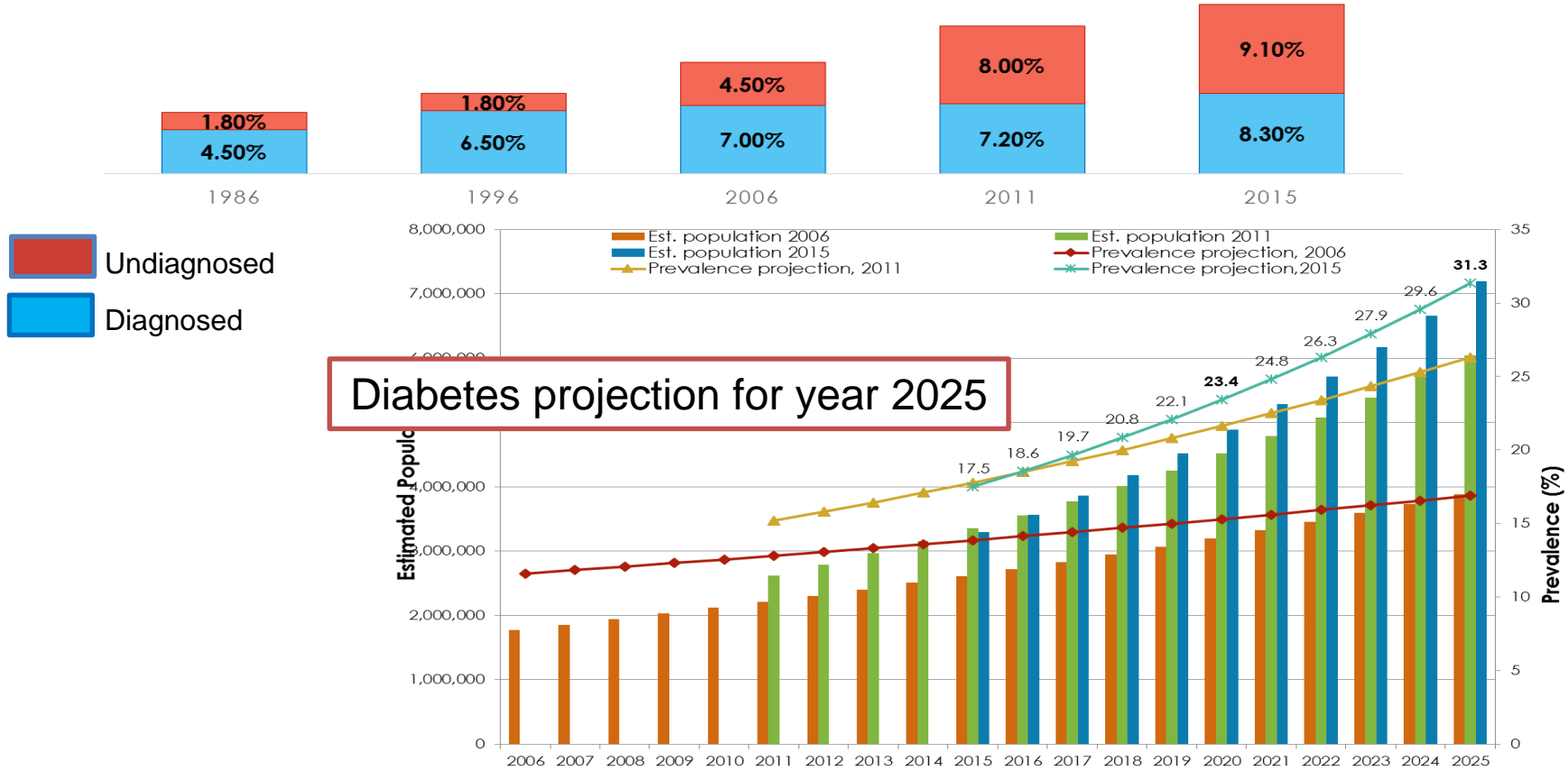


Prevalence of Selected NCD Risk Factors

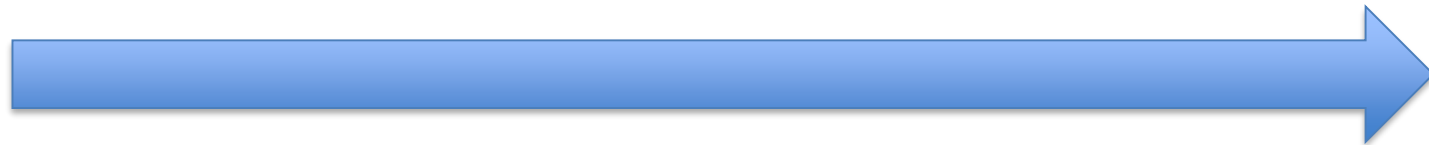
Based on NHMS 2015, amongst the Malaysian adult population (≥ 18 years):

- **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)

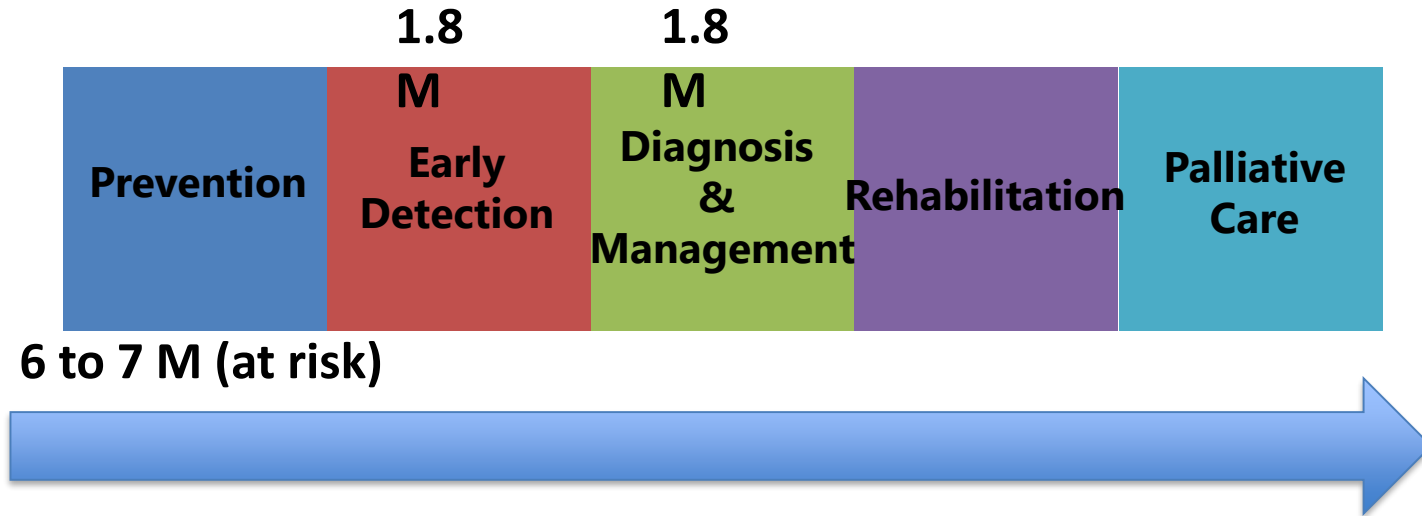


Spectrum for NCD Prevention & Control



Spectrum for NCD Prevention & Control

Diabetes in Malaysia as a case study



Is it all about knowledge?

Screening for NCD risk factors in Malaysia as a case study



Berbanding 1.9 juta baucar saringan kesihatan disediakan Perkeso
Hanya 200,000 'jumpa doktor'

OHAN SALJEHON MAY BACAD dan NURUL AZMA HARIK
perkeso.gov.my

MARAN 6 Okt. Hanya 200,000 penerusan Perubahan Kementerian Sosial Perkeso menggunakan baucar yang disediakan agensi itu bagi melakukan saringan kesihatan di klinik-klinik tersebut di seluruh negara.

Ketua Eksekutif Perkeso, Datuk A. Selvarajah berkata, sebanyak 1.9 juta baucar disediakan kerajaan untuk penerusan berkuat kuasa selama ke atas melibatkan peruntukan sebanyak RM200 juta tahun ini.

"Baucar saringan kesihatan itu membolehkan penerusan membuat pemeriksaan kesihatan, pemeriksaan tidak berbayar, selalunya akan dibuat oleh kakitangan kesihatan kerajaan," katanya.

Beliau berkata demikian kepada pemberita dalam Program Perdana Bersama Pengerusi Masyarakat Perkeso Melayu yang dirasmikan Terbitan Kertas Semasa Kementerian Sum-

ber Matzema, Datuk Mohd. Sharif Hussain di Dewan Jubbah Sultan Haji Ahmad Shah, di sini semalam.

Selvarajah berkata, meminati baucar itu adalah tidak layak bagi mereka RM200 bagi membuat pemeriksaan kesihatan. Perkeso RM200 untuk pemeriksaan kesihatan yang meliputi pemeriksaan merindai pemeriksaan kesihatan.

"Ini menyediakan Perkeso sentiasa mengambil berat masalah perkerja dengan memastikan mereka mendapat post dan mengesan penyakit dengan segera untuk rawatan dan rawatan lebih awal," katanya.

Selvarajah berkata, Perkeso akan memulakan program tersebut tahun depan dengan menyasarkan penerusan berkuat kuasa selama ke atas melibatkan peruntukan sebanyak RM200 juta tahun ini.

Issue:
Health is of
Low Priority for
Malaysians

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 decisions¹

Health literacy affects people's ability to:

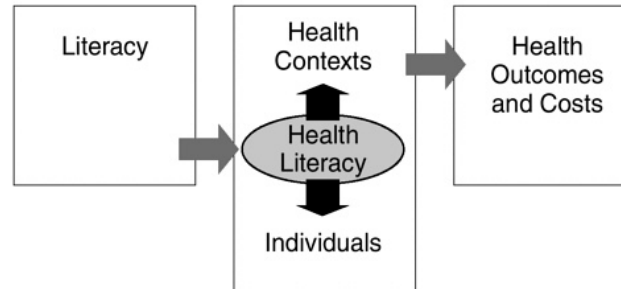
- Engage in self-care and chronic-disease management
- Understand mathematical concepts such as probability and risk

NHMS 2015



**Newest Vital Sign tool

Health Literacy Framework



¹ U.S. Department of Health and Human Services. 2000. Healthy People 2010. Washington, DC: U.S. Government Printing Office

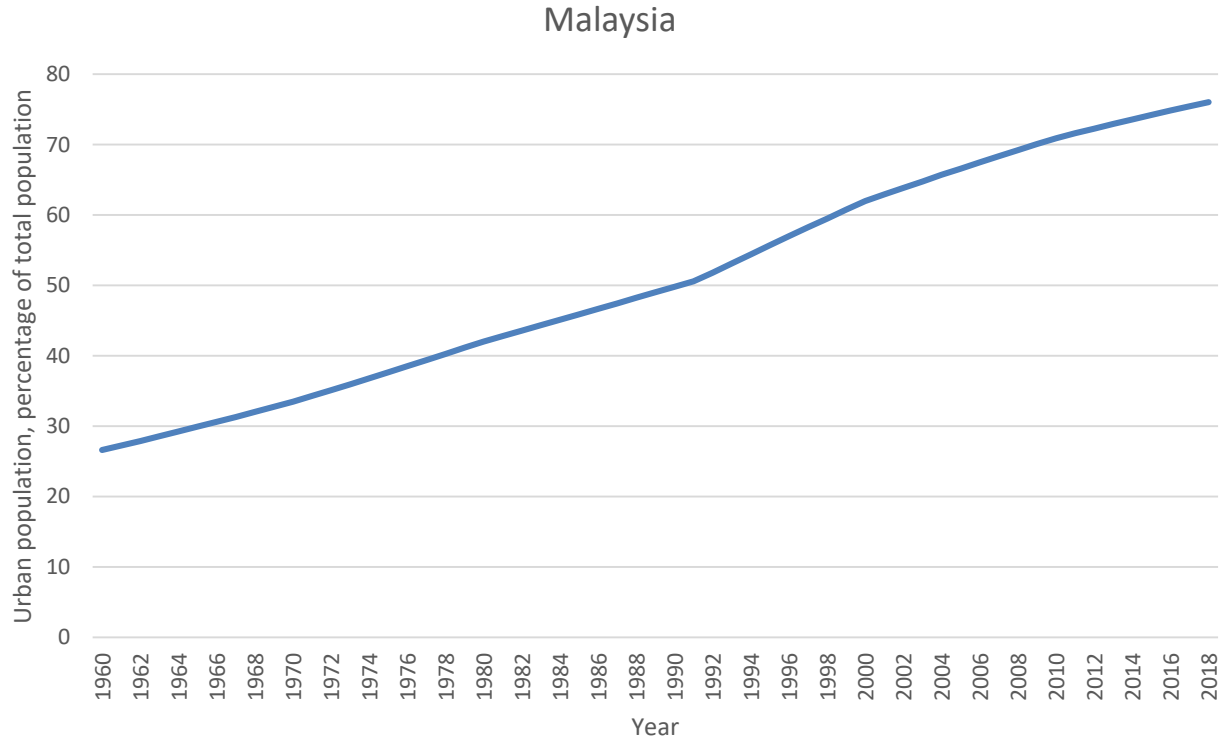
Ecological public health transitions in Malaysia

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



Source: <http://denmasyan.weebly.com/urban-geography1.html>

Issues: Urbanisation in Malaysia



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

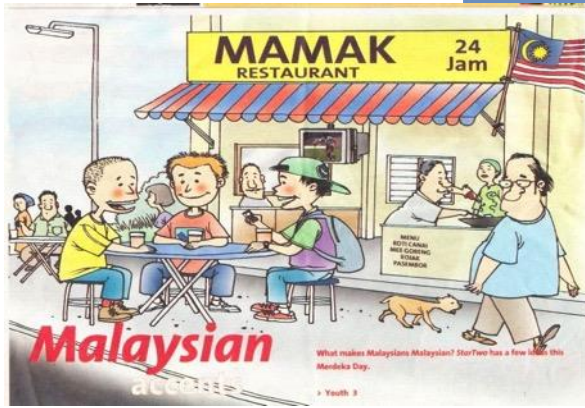
Main NCDs

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

Asymptomatic

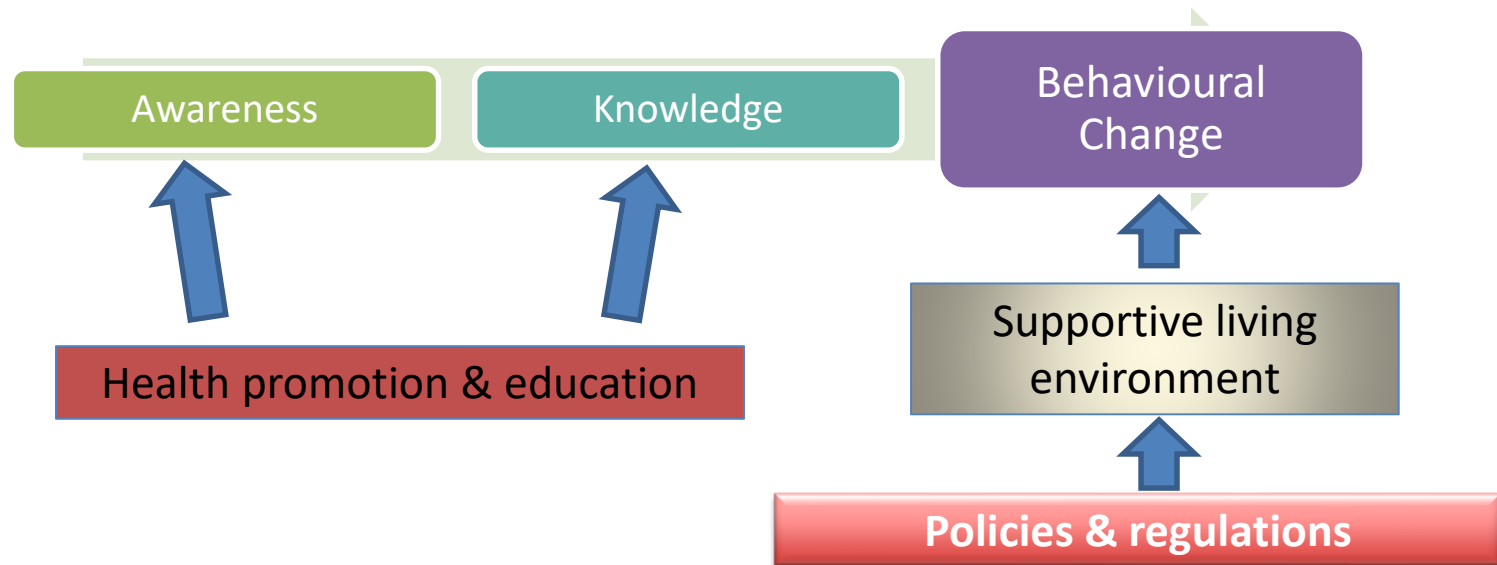
Life-course perspective – exposure to NCD risk factors





Personal choice versus government's responsibility

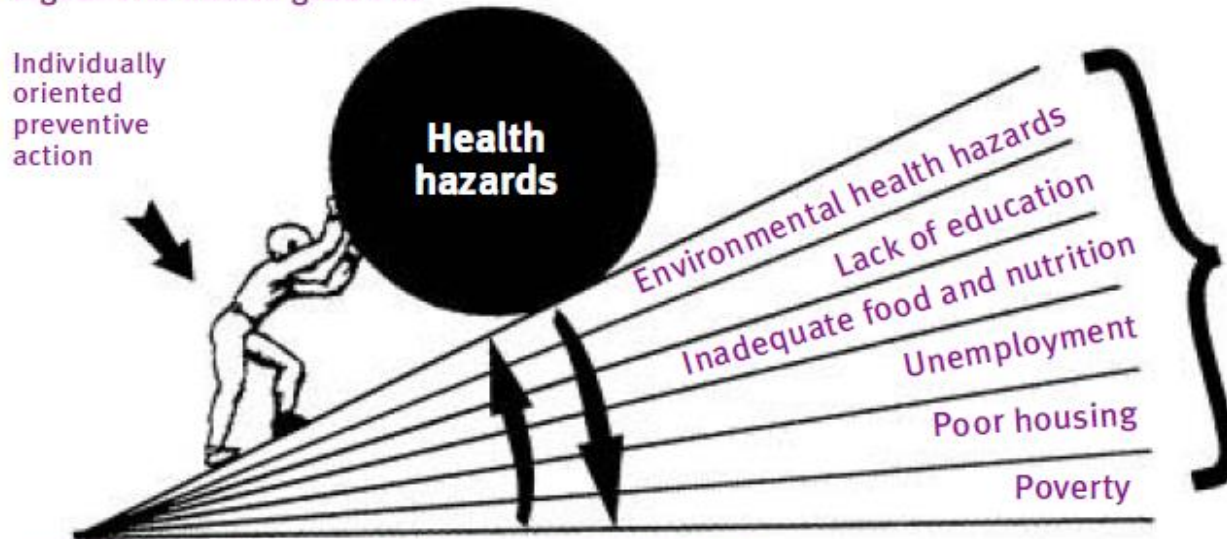
- Health promotion and education will increase awareness and knowledge
 - However changes in behaviour are strongly influenced by our living environment



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



Source: adapted from *Making partners: intersectoral action for health* (13)

HEALTH IN THE SDG ERA



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

dr.feisul@moh.gov.my