

ELDERLY AGED 60 YEARS OR MORE

Introduction

National Health and Morbidity Survey (NHMS) 2018: Elderly Health was part of NHMS V (2015-2018). The objective of this survey was to provide health related community-based data and information to the Ministry of Health to review health priorities, program strategies and activities, and to plan for the allocation of resources for **elderly health care services**.

This survey was conducted as a nation-wide community-based survey targeting **elderly aged 60 years or more**. Data was collected via face-to-face interview at respondent's homes using mobile devices with various assessments done based on topics. A total of 5,636 living quarters were approached with 7,117 respondents successfully interviewed, of whom **3,977** were elderly aged 60 years or more.

HIGHLIGHTS FROM THE ELDERLY AGED 60 YEARS OR MORE IN MALAYSIA

1. FUNCTIONAL STATUS:

1.1 ACTIVITIES OF DAILY LIVING

- **17.0%** of elderly were dependent on others in terms of activities of daily living (ADL).
- **42.9%** of elderly were dependent on others in terms of instrumental activities of daily living (IADL).

1.2 DISABILITY

- Hearing disability was reported by **4.5%** of elderly.
- Vision disability was reported by **6.4%** of elderly.

1.3 PHYSICAL ACTIVITY

- **70.2%** of elderly were physically active.
- **23.2%** of elderly displayed sedentary behaviour.

2. GERIATRIC SYNDROMES

2.1 MENTAL HEALTH

- **8.5%** of elderly screened positive for dementia.
- **5.3%** of elderly screened positive for depressive symptomatology.

2.2 URINARY INCONTINENCE

- **3.8%** of elderly experienced urinary incontinence, comprising of 2.9% stress incontinence and 3.4% urge incontinence

2.3 FALLS

- **14.1%** of elderly had a fall in the 12 months prior to the survey.

3. NON-COMMUNICABLE DISEASES (NCDs)

3.1 NCDs

- **27.7%** of elderly reported themselves as having been told to have diabetes by a medical professional.
- **80.5%** elderly reportedly had diabetes screening in the past 12 months.
- **51.1%** of elderly reported themselves as having been told to have hypertension by a medical professional.
- **79.0%** elderly reportedly had hypertension screening in the past 12 months.
- **1.6%** of elderly similarly reported having been told to have cancer.

3.2 NCD RISK FACTORS

- **41.8%** of elderly reported themselves as having been told to have hyperlipidaemia by a medical professional.
- **75.5%** of elderly reportedly had hypercholesterolemia screening in the past 12 months.
- **13.3%** of elderly admitted to being smokers.

4. NUTRITION

4.1 NUTRITIONAL STATUS

- **30.8%** of elderly suffer from malnutrition
- **5.2%** of elderly are underweight.
- **37.0%** of elderly are overweight.
- **17.6%** of elderly are obese.
- **36.4%** of elderly have abdominal obesity.
- **10.5%** of elderly have muscle wasting.

4.2 DIETARY PRACTICES

- **10.8%** of elderly consume adequate servings of fruit daily (≥ 2 servings fruits/day).
- **10.9%** of elderly consume adequate vegetables daily (≥ 3 servings vegetables/day).
- **69.8%** of elderly have adequate daily plain water intake (≥ 6 glasses plain water/day).
- **10.4%** of elderly experience food insecurity

5. QUALITY OF LIFE (QOL)

- **28.6%** of elderly perceived themselves as having poor QOL, across the control, autonomy, self-realisation and pleasure domains.
- **34.0%** of elderly perceived themselves as having poor oral health related QOL
- **9.0%** of elderly reported experiencing elder abuse in the past 12 months.
- **31.9%** of elderly reported themselves as having low social support in terms of their social interaction and perceived satisfaction from their subjective support.
- **7.4%** of elderly lived alone.



For more details, kindly refer to:

*Institute for Public Health (IPH):
National Health and Morbidity
Survey 2018: Elderly Health*

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