MALAYSIA – SEPTEMBER 2022

Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)

Country Demographics

World Bank Classification

High/Middle income

Life expectancy at birth (in years):

MALE **77.2**   FEMALE **77.3**

77.2% of population living in **urban** areas

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Premature mortality due to CVD (death during 30-70 years of age) (% of deaths):

11%

Total mortality due to CVD (% of deaths):

male: **33.7%**
female: **33.1%**

male: **32%**
female: **44.5%**

Percentage of adult population with raised total **cholesterol** (≥5.0 mmol/L)

Global data: **38.9%**

MALE   **FEMALE**

25.3%   **20.8%**

Percentage of adult population (age-standardized) with raised **blood pressure** (SBP ≥140 or DBP ≥90)

Global data: **24.1%** (male) **20.1%** (female)

Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m2 or higher):

male: **13%**
female: **17.9%**

Percentage of adolescents (ages 11-17) who are insufficiently active (**less than 60 minutes** of moderate- to vigorous intensity physical activity daily):

male: **80.6%**
female: **91.4%**

male: **40.5%**
female: **1.2%**

Prevalence of **tobacco** use **age ≥15**

Global data: **36.1%** (male) **6.8%** (female)

National health expenditure as % of GDP (%):

4.2%

Percentage of adults (age-standardized estimate) who are insufficiently active (**less than 150 minutes** of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):
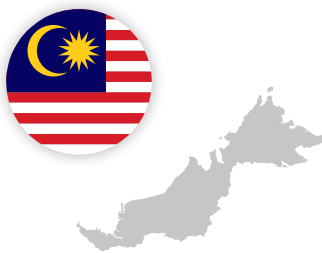
male: **22.1%**
female: **28.2%**

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Health System Capacity

2.08
Number of physicians
(per 10,000 population)

4.04
Number of nurses
(per 10,000 population)

18.8
Number of hospital beds
(per 10,000 population)

KEY: No data | Not in place | In process/ partially implemented | In place

Essential Medicines

Following essential medicines generally available in primary care facilities in the public health sector:

ACE inhibitors: . . . . . 🟢

Metformin: . . . . 🟢

Aspirin: . . . . 🟢

Insulin: . . . . 🟢

Beta blockers: . . . . . . 🟢

Warfarin: . . . . 🟢

Statins: . . . . 🟢

Clopidrogrel: . . . . 🟢

Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

Clinical tool to assess CVD risk: . . . . 🔴

CVD prevention (within the last 5 years): . . . . 🟢

Treatment of tobacco dependence: . . . . 🟢

Detection and management of
Atrial Fibrillation: . . . . 🟢

Cardiovascular Disease Governance

A National strategy or plan that addresses:

• NCDs and their risk factors: . . . . 🟢

• A national tobacco control plan: . . . . 🟢

• Measures to protect tobacco control policies
from tobacco industry interference: . . . . 🟢

• A national surveillance system that includes
CVDs and their risk factors: . . . . 🟢

• Legislation banning the marketing of unhealthy
foods to minors: . . . . ⚫

• Policy interventions that promote a diet that
reduces cardiovascular disease risk: . . . . 🟢

• Policy interventions that facilitate
physical activity: . . . . 🟢

Stakeholder Action

NGO advocacy for CVD policies and
programmes: . . . . ⚫

Active involvement of patients'
organizations in advocacy for CVD
prevention and management: . . . . ⚫

Involvement of civil society in the
development and implementation
of a national CVD prevention and
control plan: . . . . ⚫

Involvement of civil society in the
development and implementation of a
national tobacco control plan: . . . . 🟢