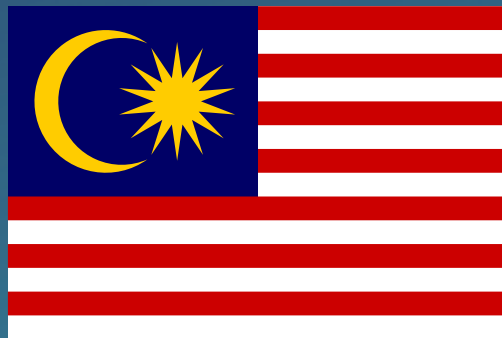




Malaysia



Country report card - children

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/malaysia-130/>.

FedmeprÃ|valens

BÃ_rn, 2022



UndersÃ_gelsestyp:	MÃ¥lt
Alder:	13-17
PrÃ_vens stÃ_rrelse:	33523
Area covered:	National

Referencer:

Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf

Cutoffs:

WHO 2007

Overvægt/fedme efter uddannelse

Børn, 2017



Undersøgelsestype:	Selvrapporteret
Alder:	10-17
Prøvens størrelse:	40017
Area covered:	National

Referencer:

Institute for Public Health (IPH) 2017. National Health and Morbidity Survey (NHMS) 2017: Adolescent Nutrition Survey 2017, Malaysia.
<https://iku.gov.my/images/IKU/Document/REPORT/NHMS2017/NutritionSurveyNHMS2017.pdf> (Accessed 05.06.23)

Cutoffs:

WHO

Overv gt/fedme efter alder

B rn, 2022



Unders�gelsestype:	M�lt
Pr�vens st�rrelse:	33523
Area covered:	National

Referencer:

Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf (last accessed: 16.05.25)

**Noter (kun
tilgÆngelige pÆ
engelsk):**

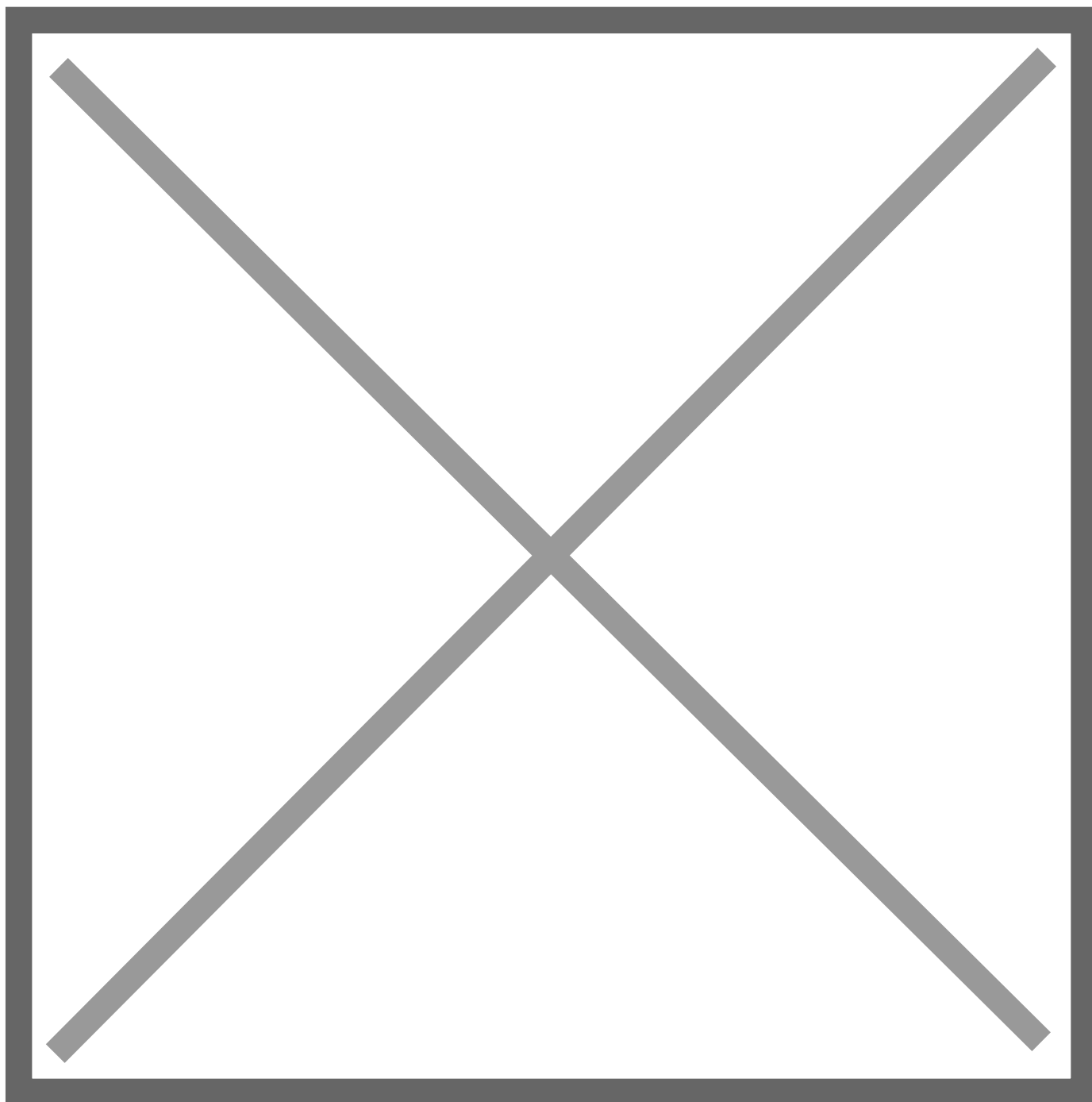
The age range studied was between 13 and 17 years. Results were presented by form. Form 1 is presented as age 13, form 2 is presented as age 14...

Cutoffs:

WHO 2007

Overv gt/fedme efter region

B rn, 2022



Unders�gelsestype:	M�lt
Alder:	13-17
Pr�vens st�rrelse:	33523
Area covered:	National

Referencer:

Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf

**Noter (kun
tilg;ngelige p;ngelsk):**

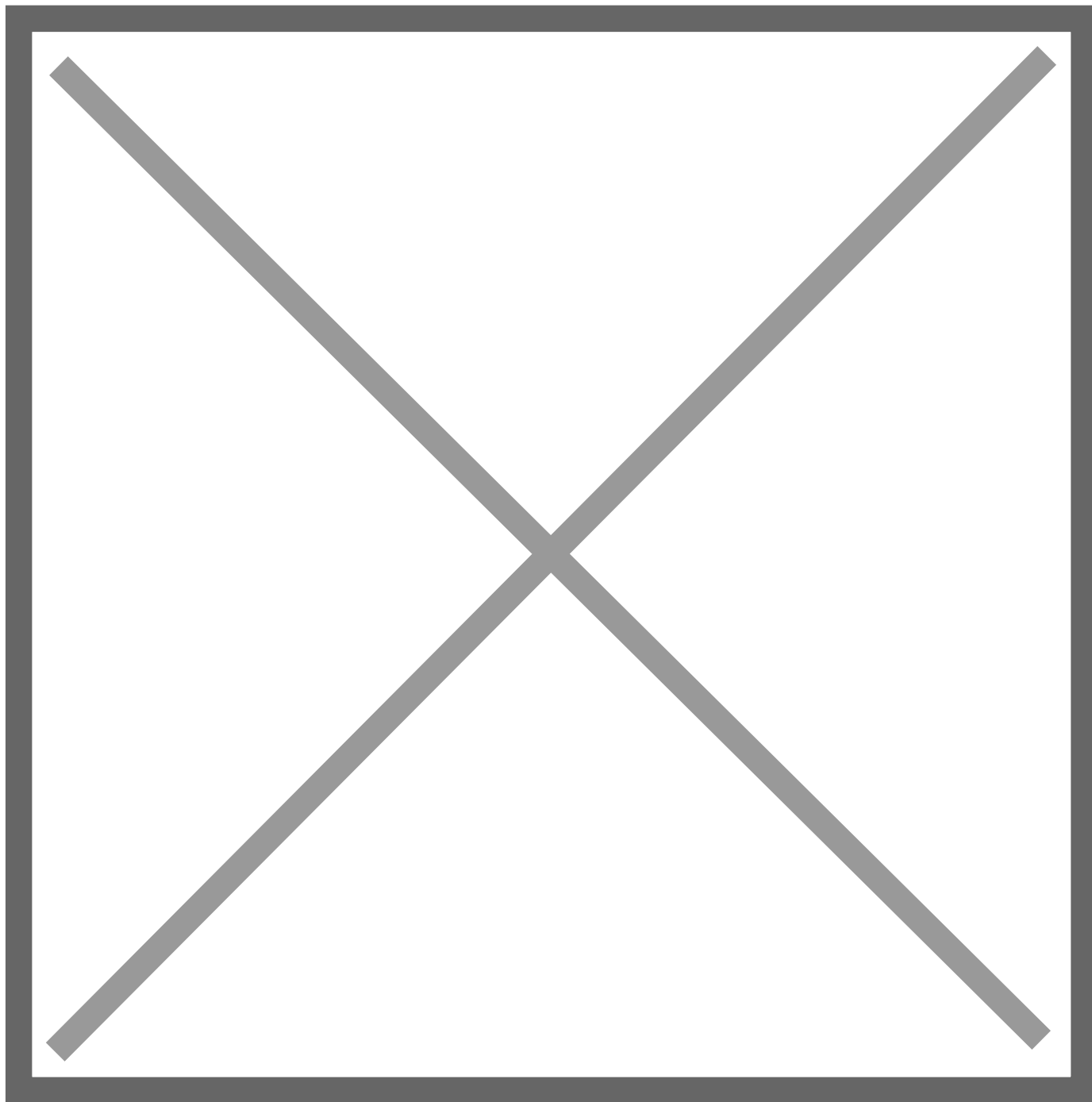
Data for other Malaysian states are available in the full report.

Cutoffs:

WHO 2007

Overv gt/fedme efter socio konomisk gruppe

B rn, 2019



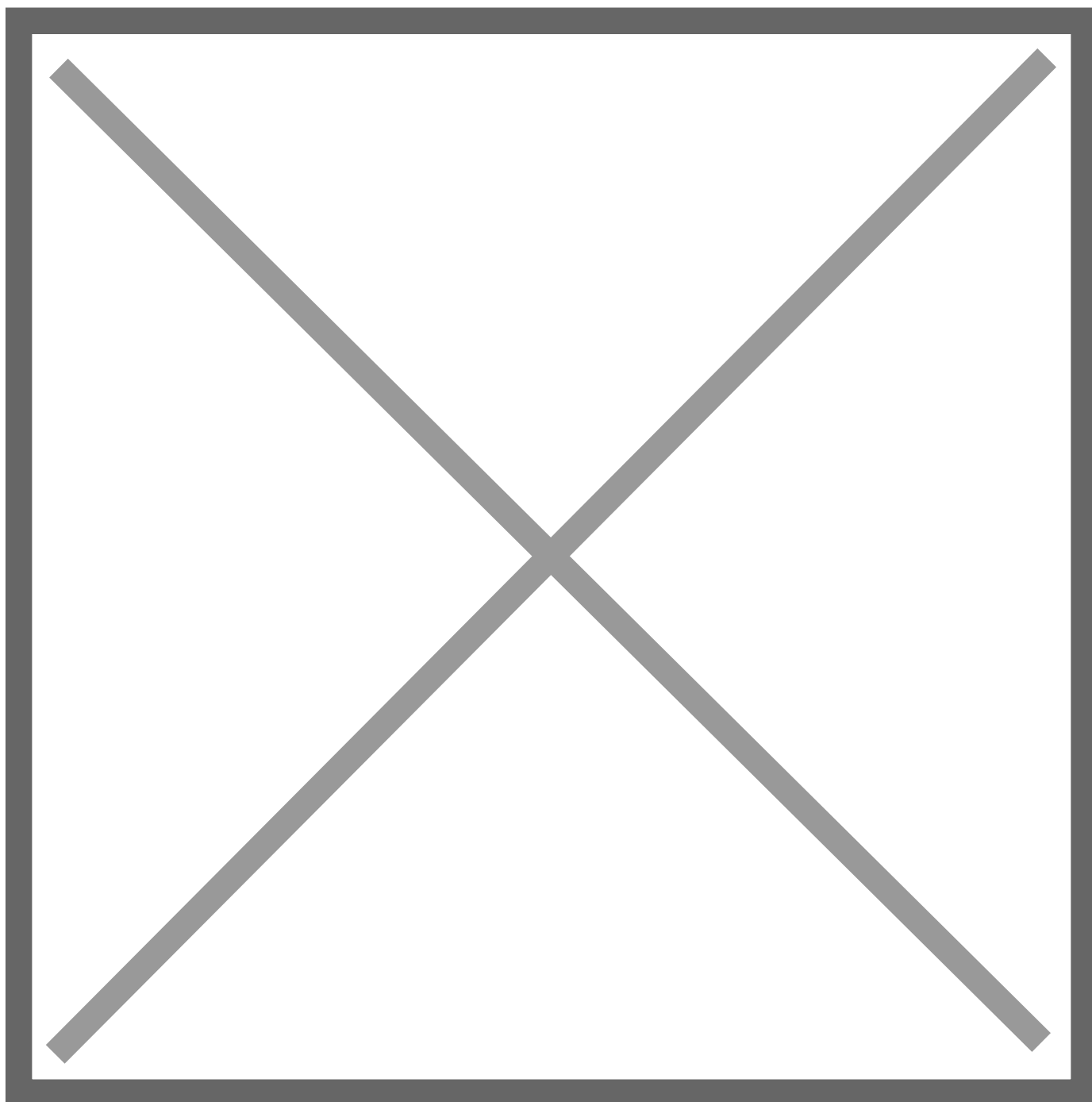
Unders�gelsestype:	M�lt
Alder:	5-17
Pr�vens st�rrelse:	3179
Area covered:	National

Referencer:	National Health and Morbidity Survey 2019. Available at: http://iku.gov.my/images/IKU/Document/REPORT/NHMS2019/Report_NHMS2019-NCD_v2.pdf . Accessed 01.11.21.
Noter (kun tilg�ngelige p� engelsk):	Household Income Category
Definitioner (kun tilg�ngelig p� engelsk):	BMI-for-Age
Cutoffs:	WHO

Overv gt/fedme efter etnicitet

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

BÅ_rn, 2022



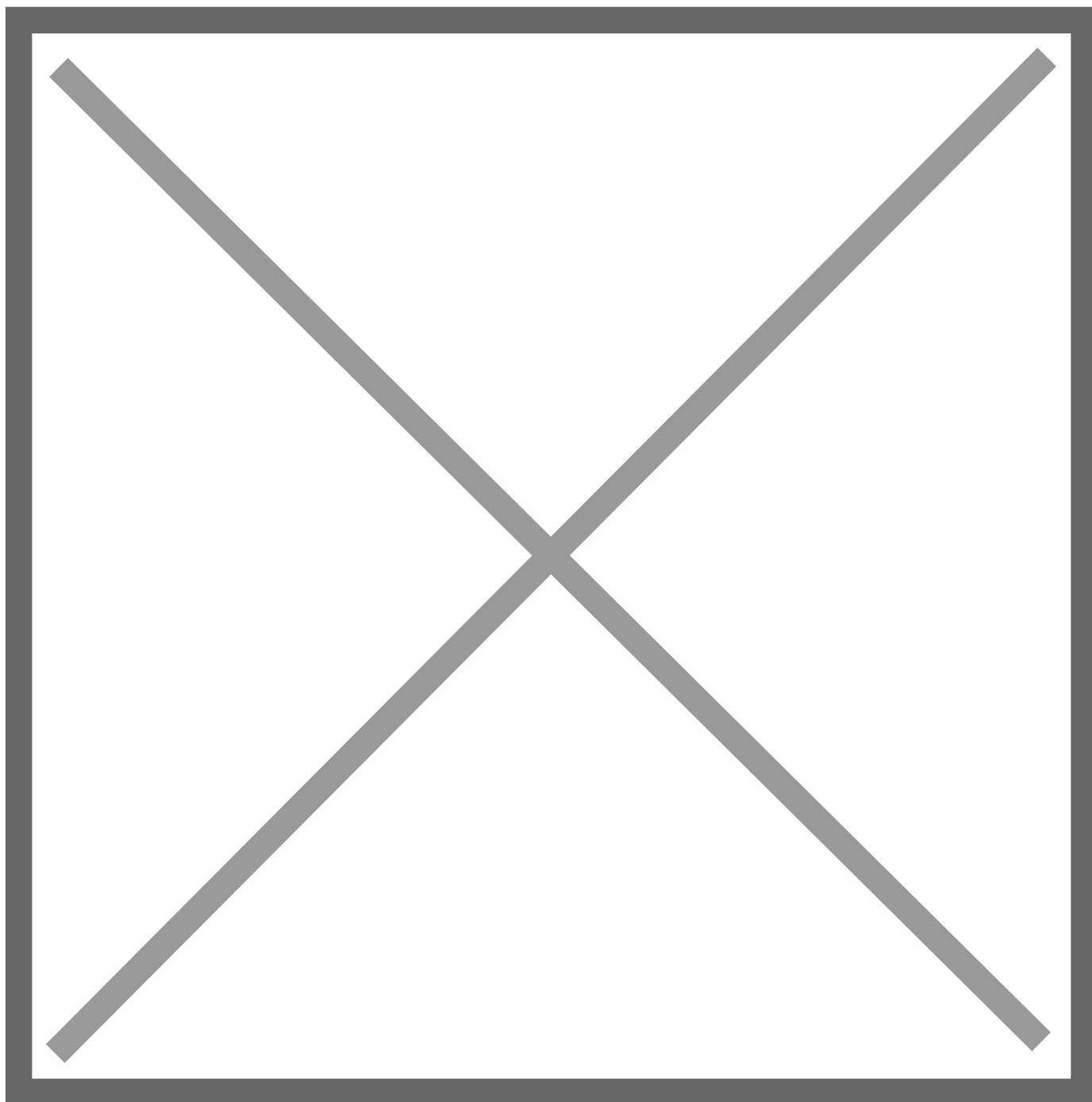
UndersÄ_gelsestyp:	MÄ¥it
Alder:	13-17
PrÄ_vens stÄ_rrelse:	33523
Area covered:	National
Referencer:	Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf

Cutoffs:

WHO 2007

Double burden of underweight & overweight

Bar, 2022



Underweight type:

Mal

Alder:

5-19

Referencer:

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).

**Noter (kun
tilgǻngelige pǻŕ
engelsk):**

Age standardised estimates

**Definitioner (kun
tilgǻngelig pǻŕ
engelsk):**

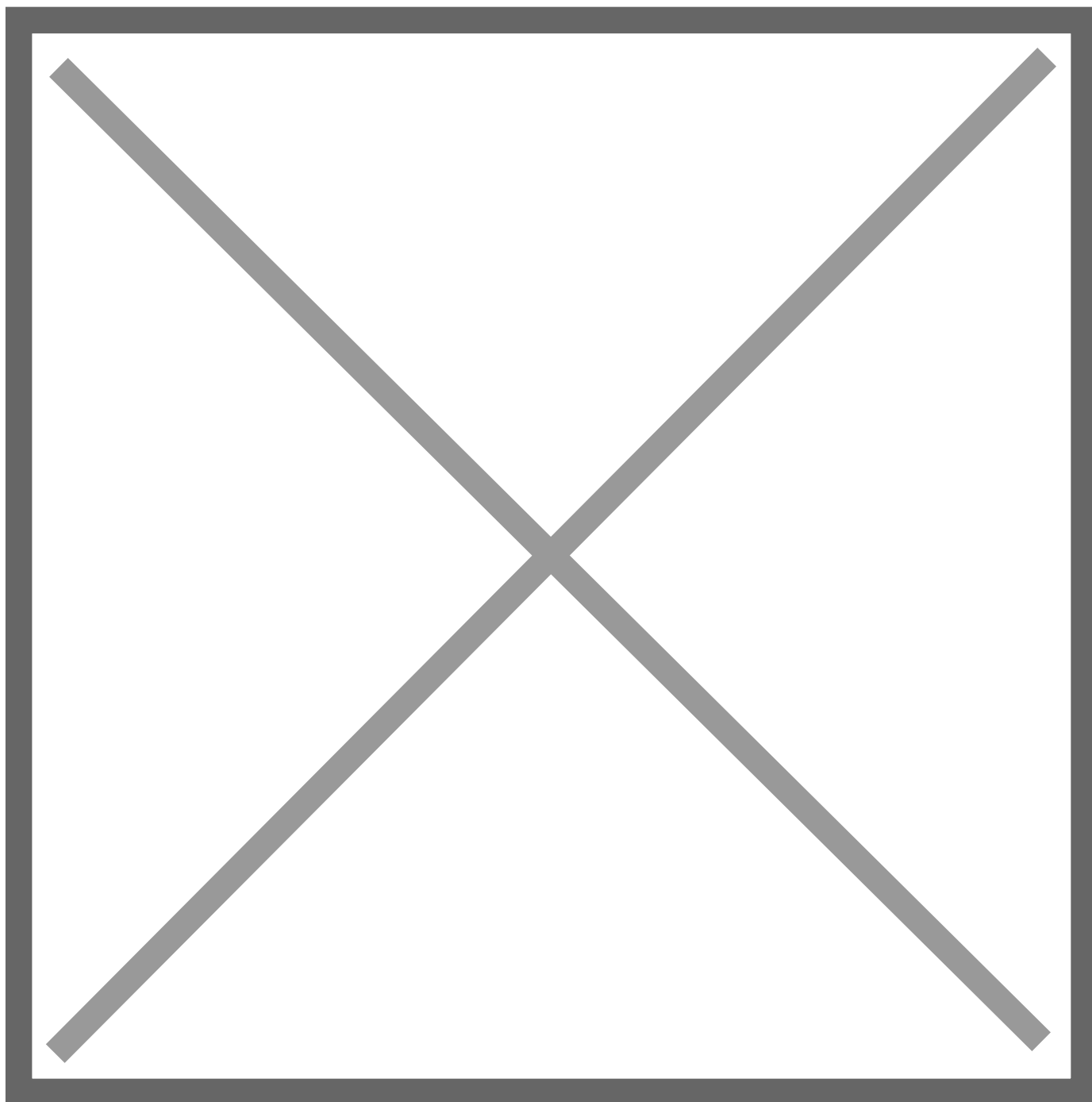
Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)

Cutoffs:

BMI < -2SD and BMI > 2SD

Utilstr kkelig fysisk aktivitet

B rn, 2016



Unders gelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

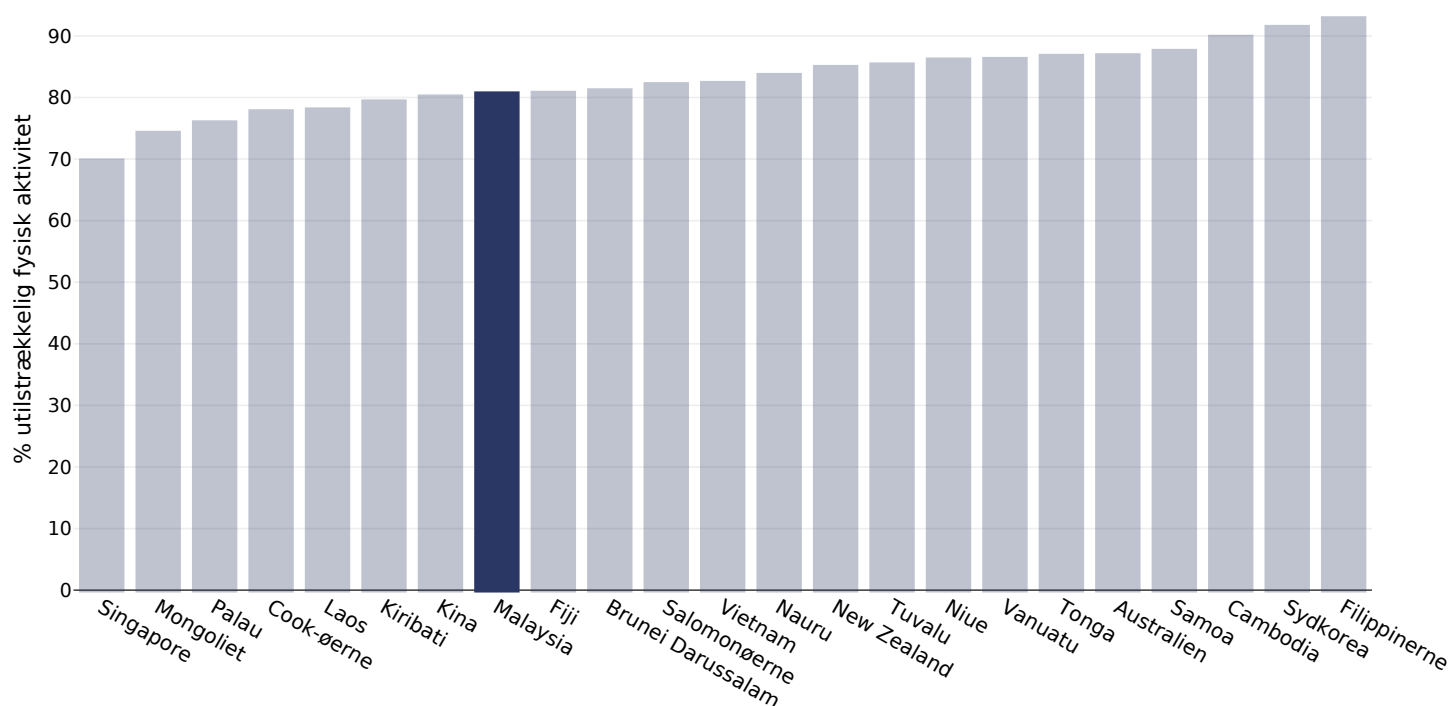
Noter (kun tilgængelige på engelsk):

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitioner (kun tilgængelige på engelsk):

% Adolescents insufficiently active (age standardised estimate)

Drenge, 2016



Undersøgelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

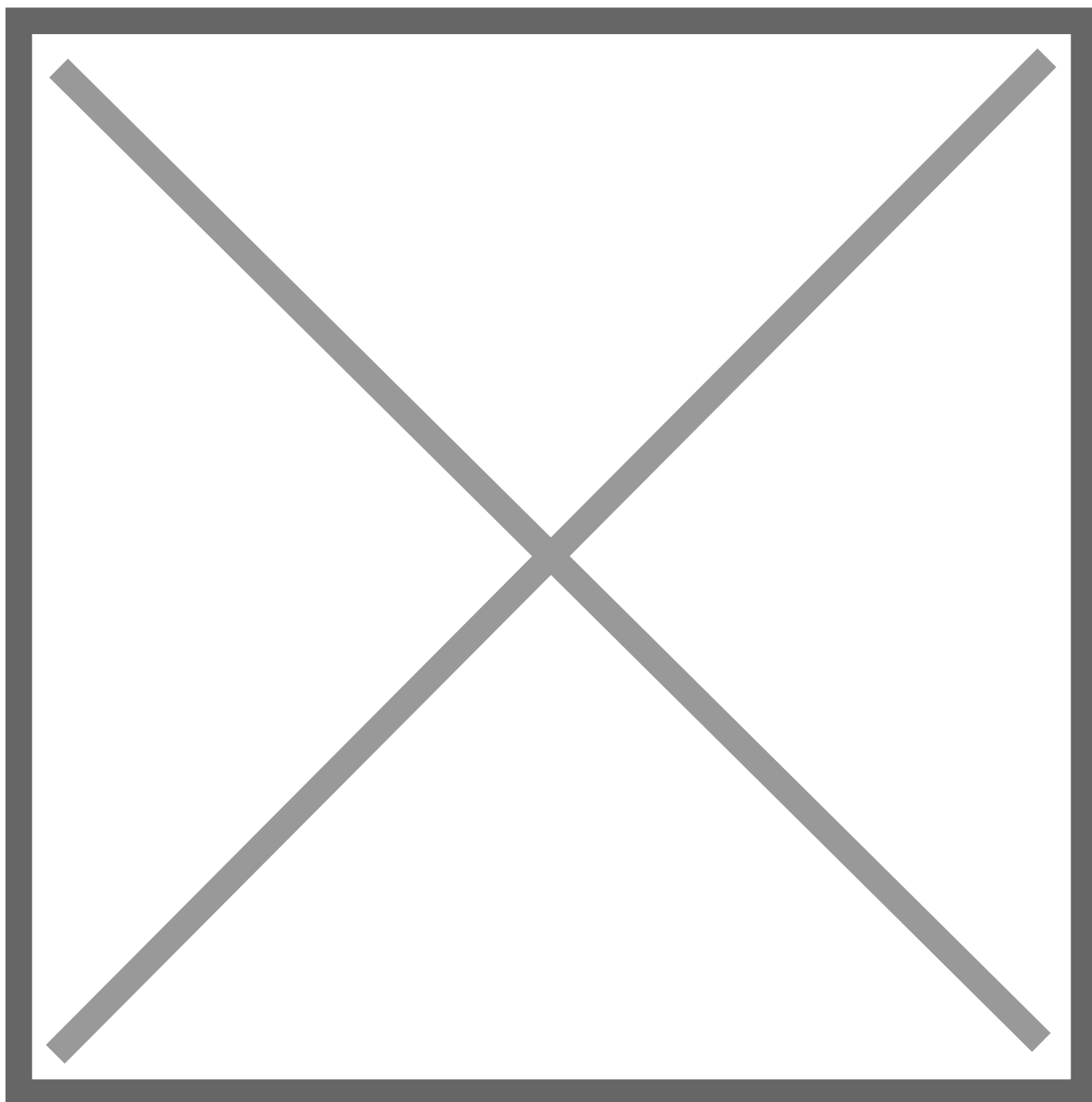
Noter (kun tilgængelige på engelsk):

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitioner (kun tilgængelige på engelsk):

% Adolescents insufficiently active (age standardised estimate)

Piger, 2016



Undersølgelsestype:

Selvrapporteret

Alder:

11-17

Referencer:

Global Health Observatory data repository, World Health Organisation,
<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

**Noter (kun
tilgængelige på
engelsk):**

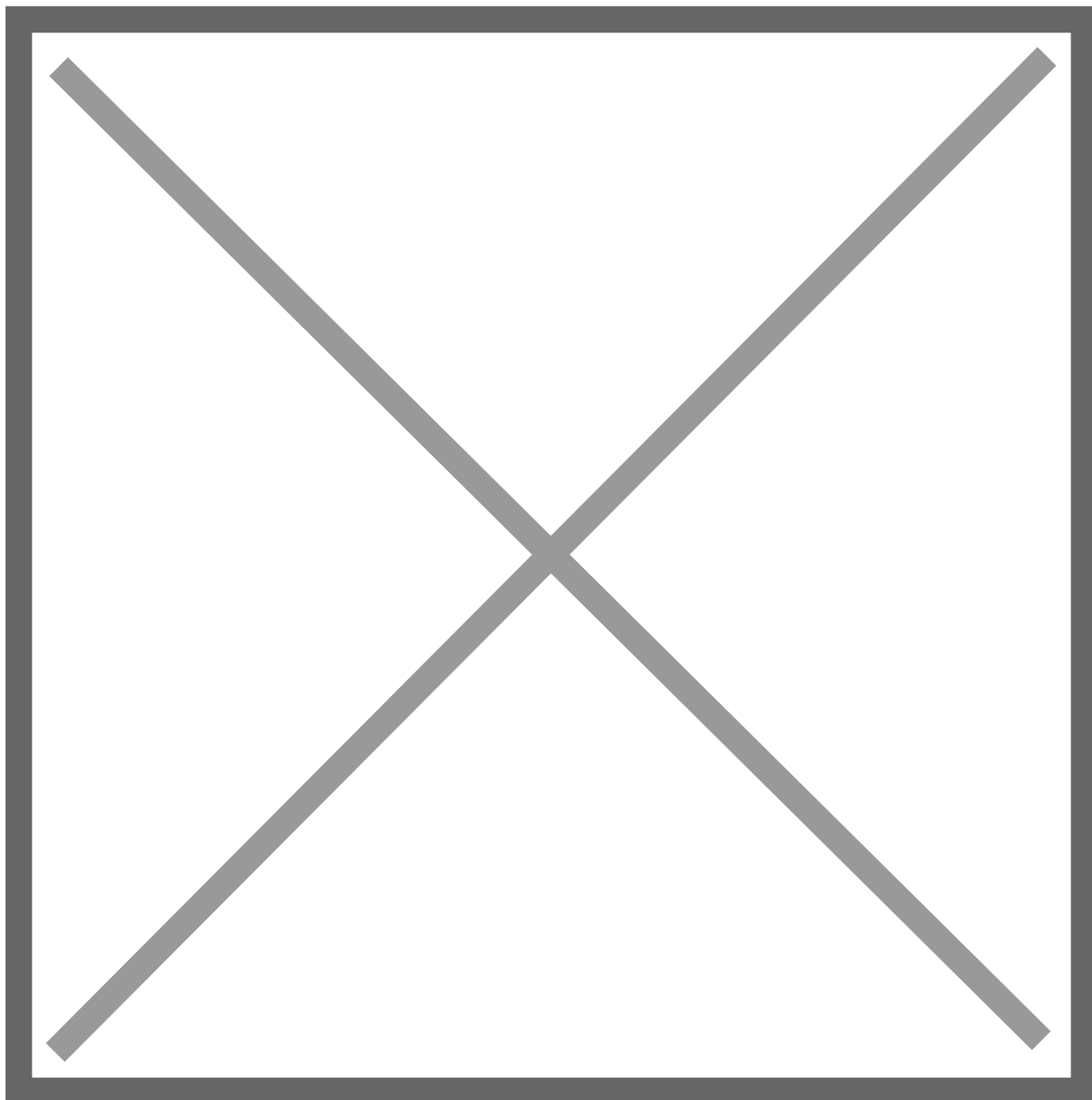
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitioner (kun
tilgængelig på
engelsk):

% Adolescents insufficiently active (age standardised estimate)

Gennemsnitlig daglig hyppighed af indtagelse af kulsyreholdige l  skedrikke

B  rn, 2010-2015



Unders  gelsestype:

M  lt

Alder:

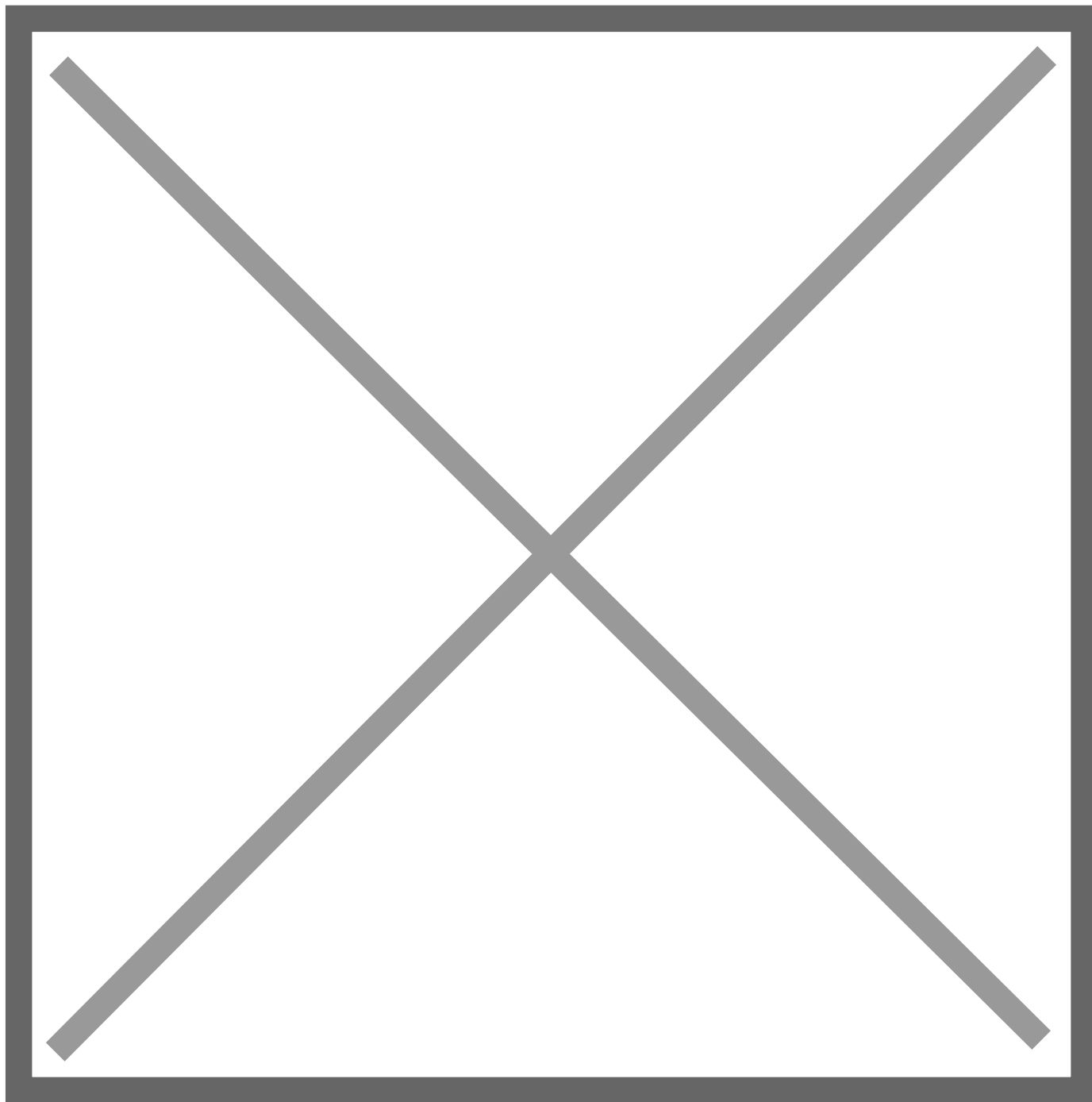
12-17

Referencer:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Forekomst af indtag af frugt mindre end dagligt

Børn, 2010-2015



Undersøgelsestype:

Målt

Alder:

12-17

Referencer:

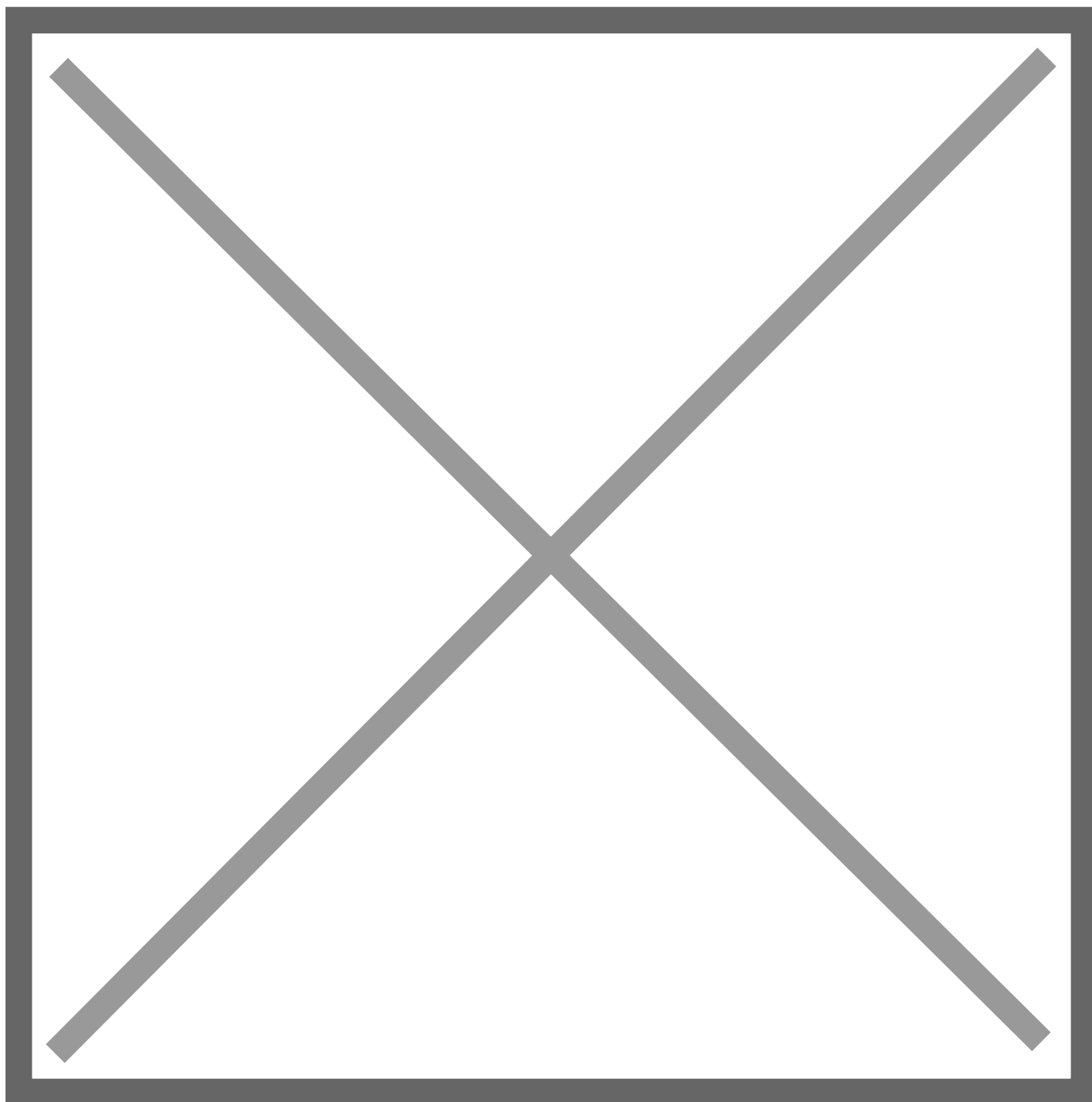
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner (kun
tilgængelig på
engelsk):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Forekomst af indtag af grĂ¸ntsager mindre end dagligt

BĂ¸rn, 2010-2015



UndersĂ¸gelsestype:

MĂ¸lt

Alder:

12-17

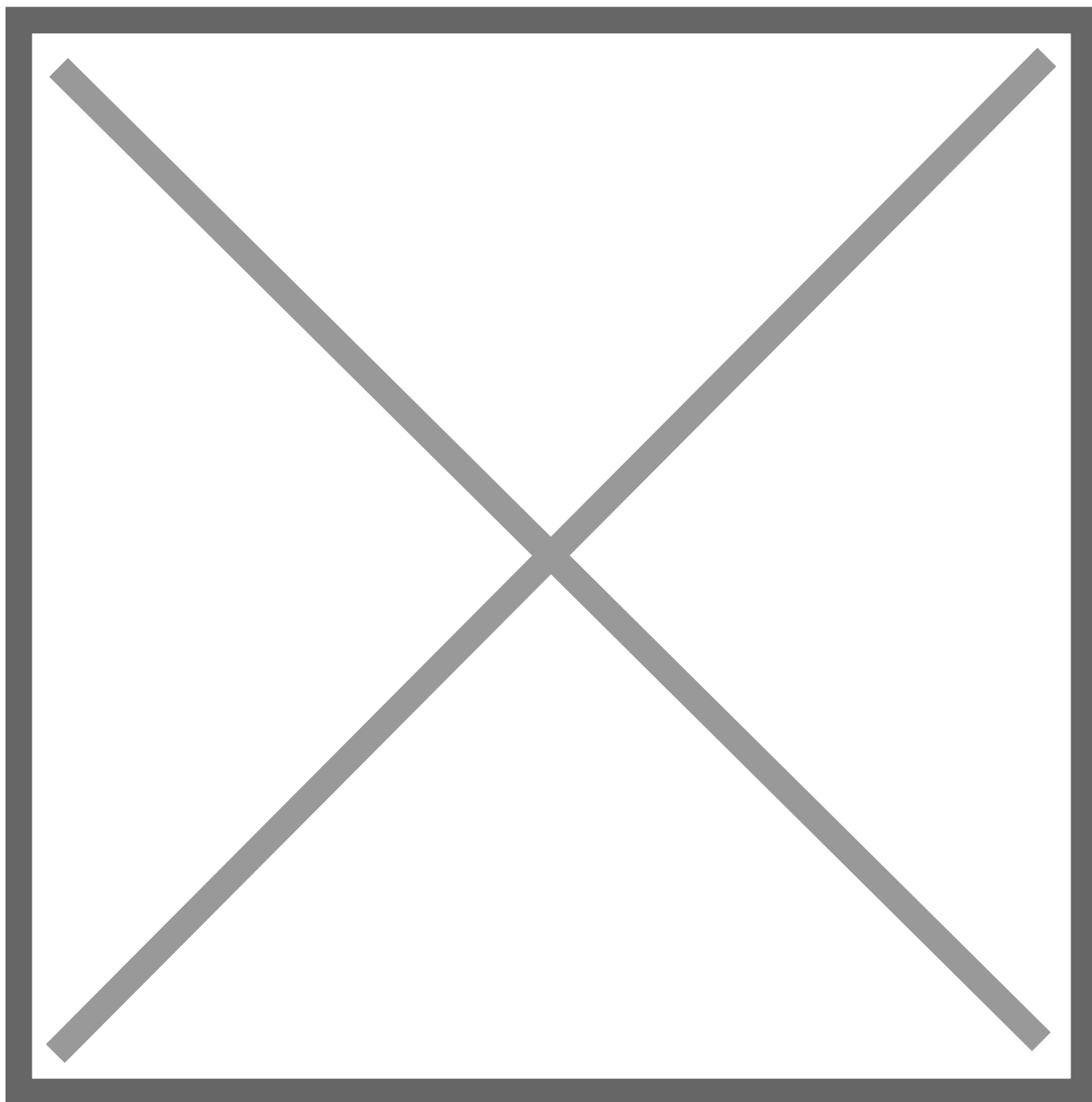
Referencer:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner (kun
tilgængelig på
engelsk):**

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Gennemsnitlig ugentlig hyppighed af indtagelse af fastfood Børn, 2010-2015

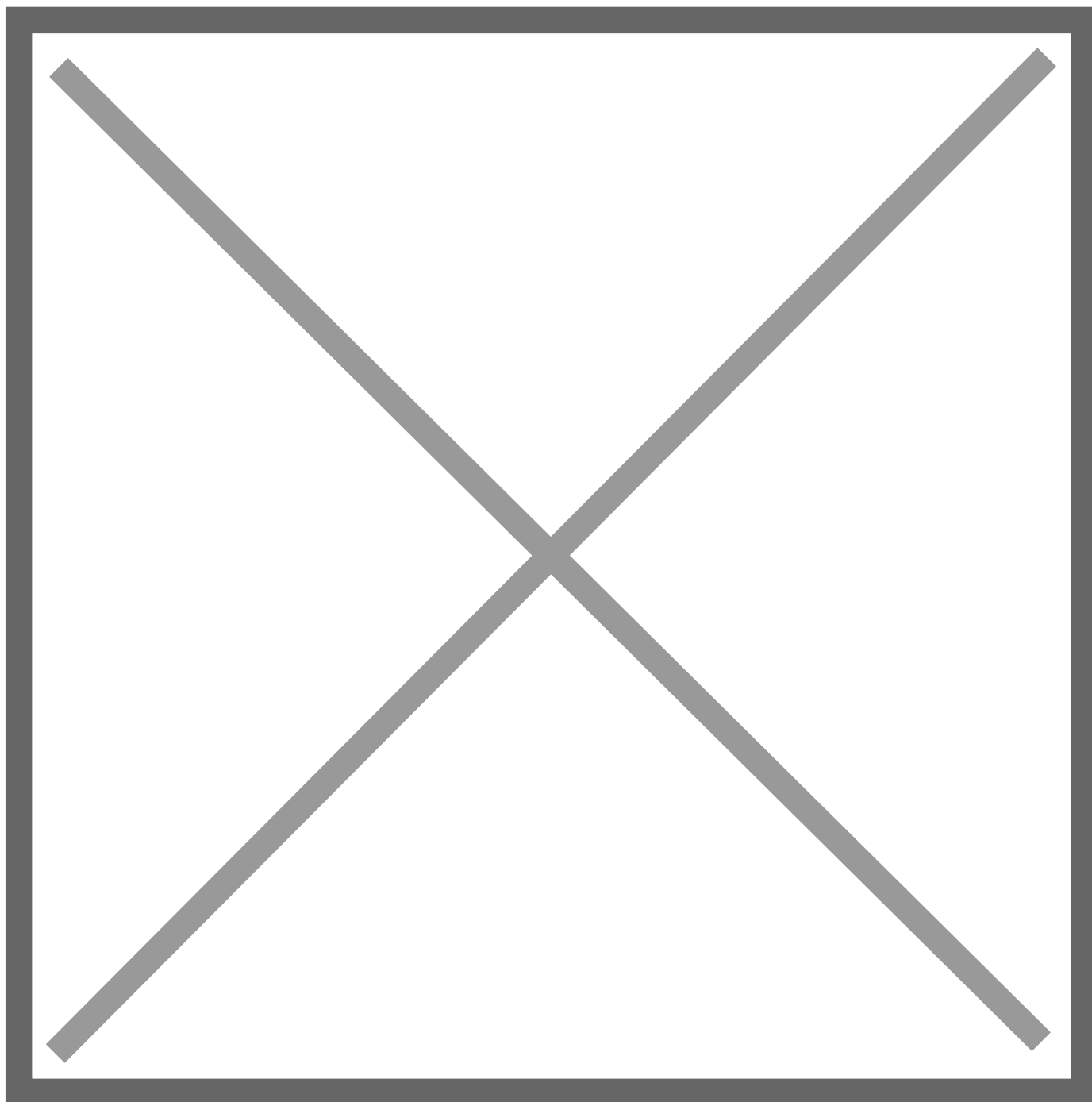


Alder: 12-17

Referencer: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Psyisk sundhed og depressioner

År, 2021



Area covered:

National

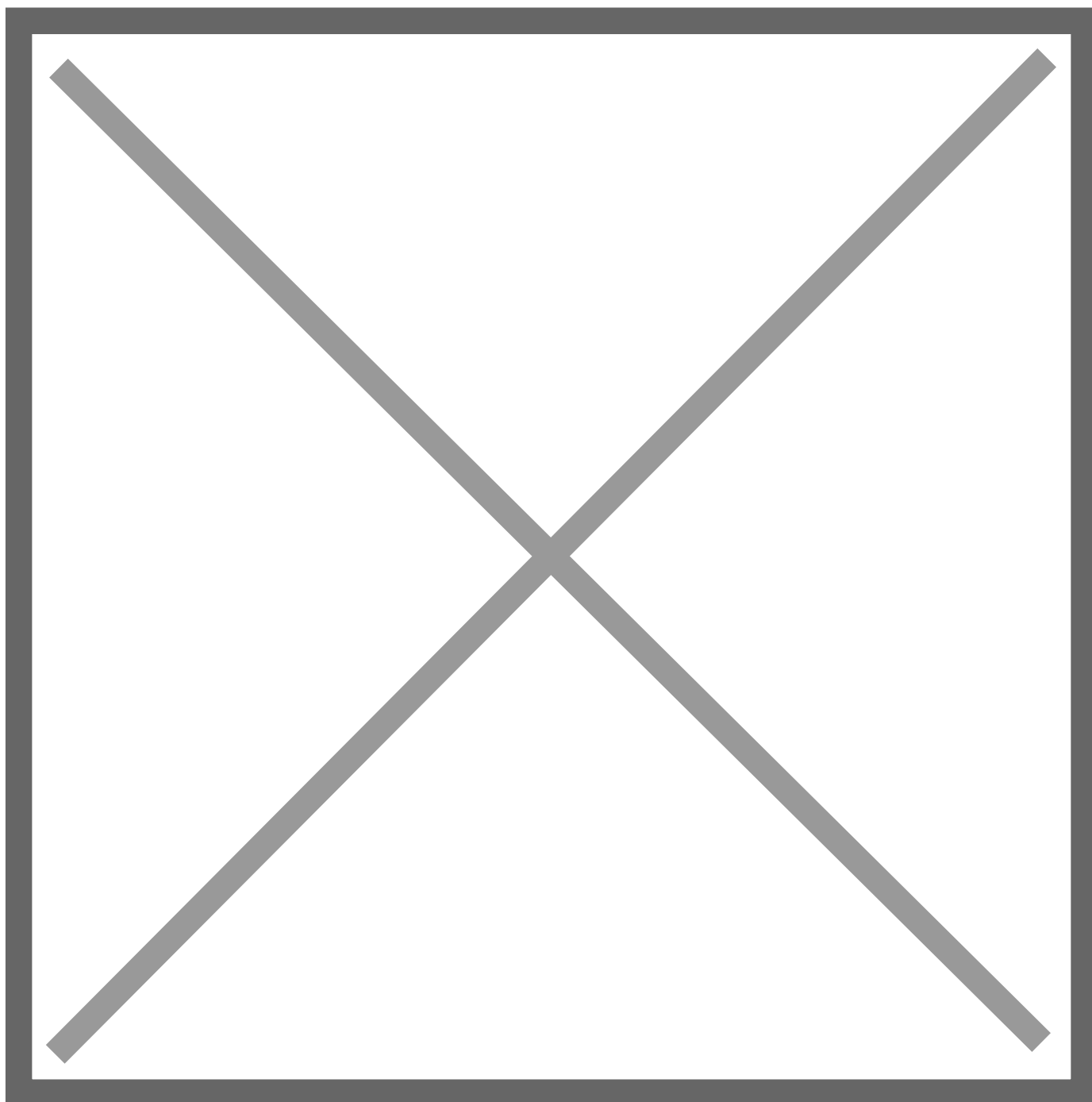
Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
(kun
tilgængelig
på engelsk):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Drenge, 2021

**Area covered:**

National

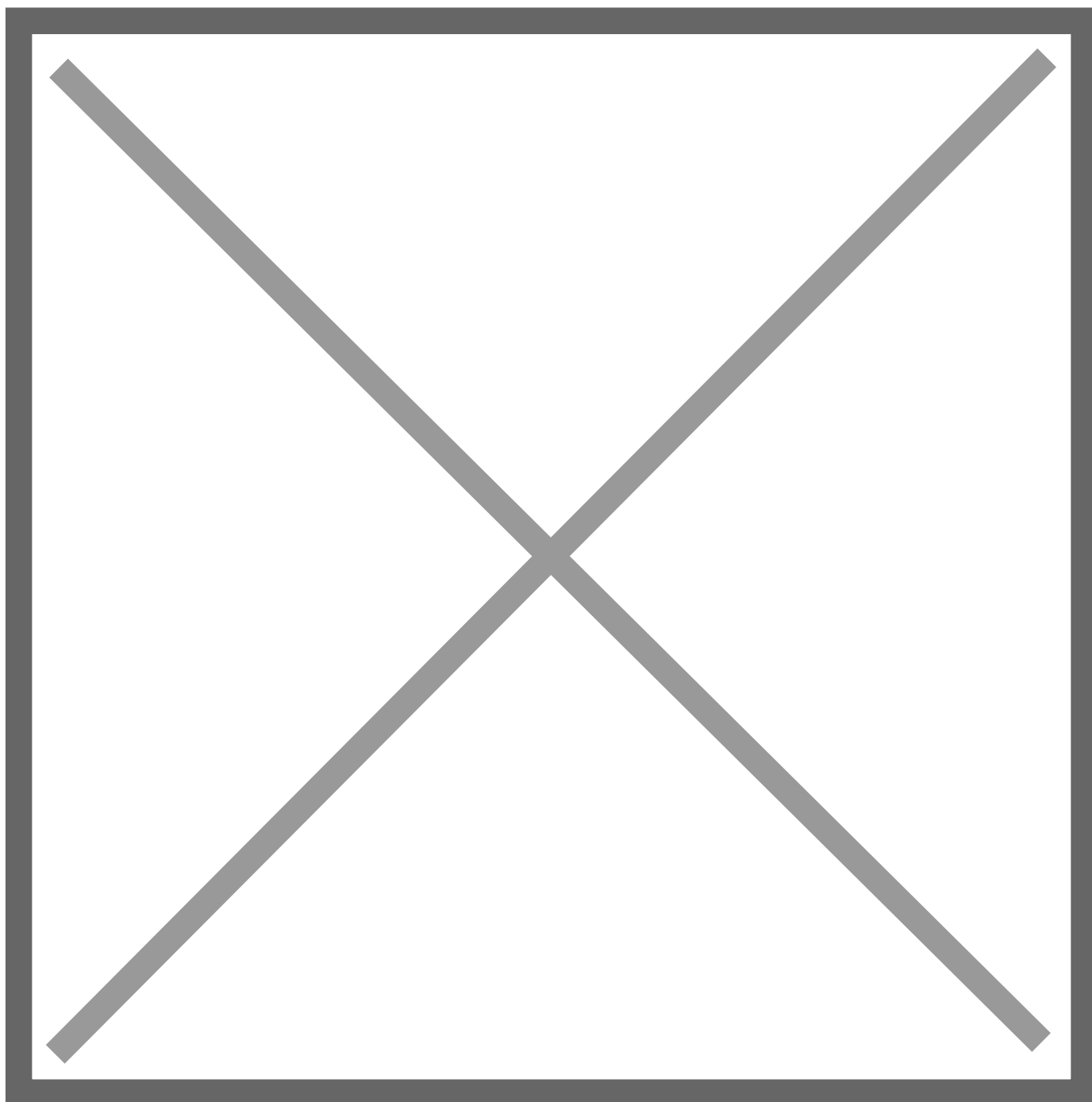
Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
(kun
tilgÅngelig
på engelsk):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Piger, 2021



Area covered:

National

Referencer:

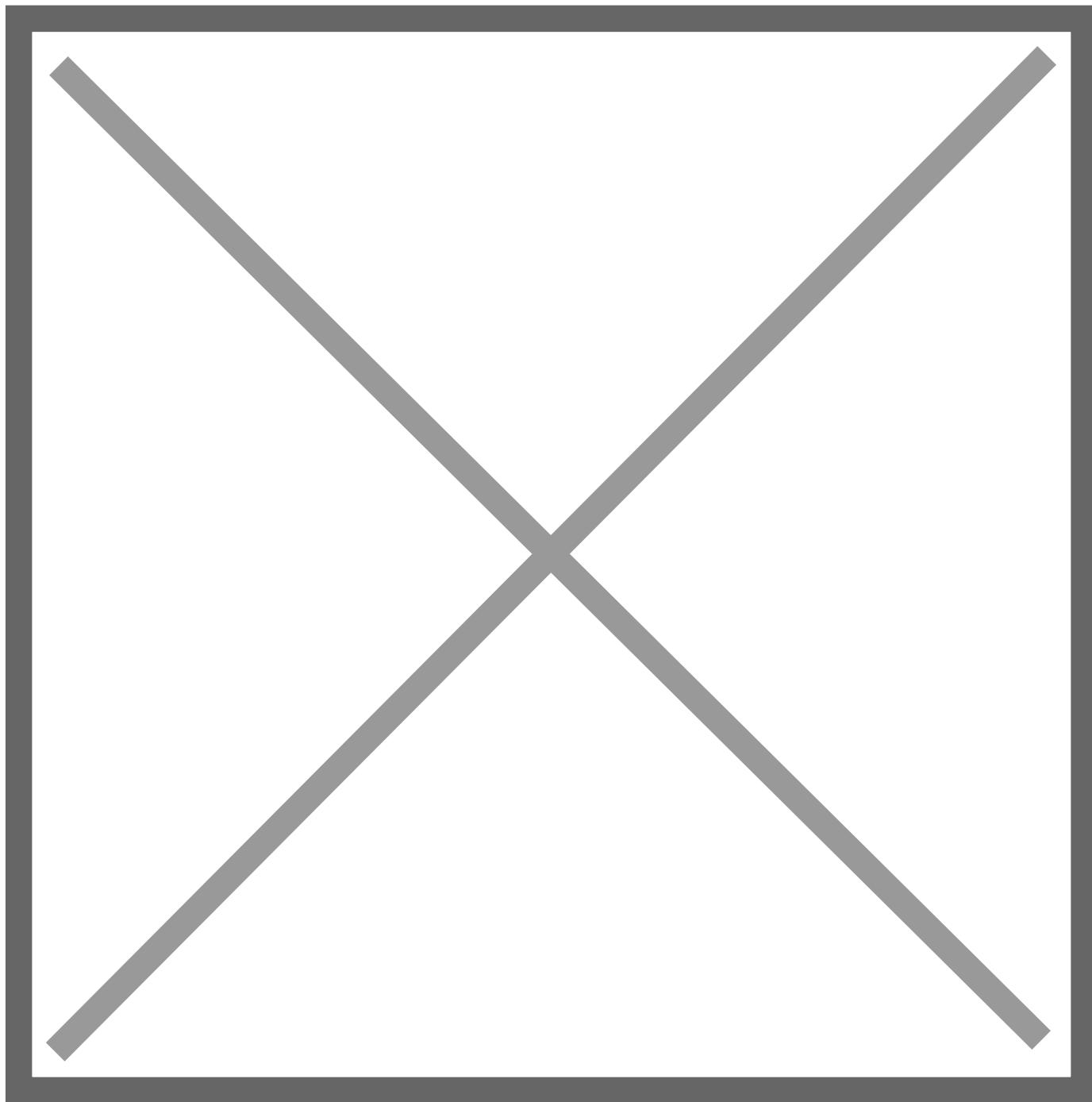
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitioner
(kun
tilgÅngelig
på engelsk):

Number living with depressive disorder per 100,000 population (Under 20 years of age)

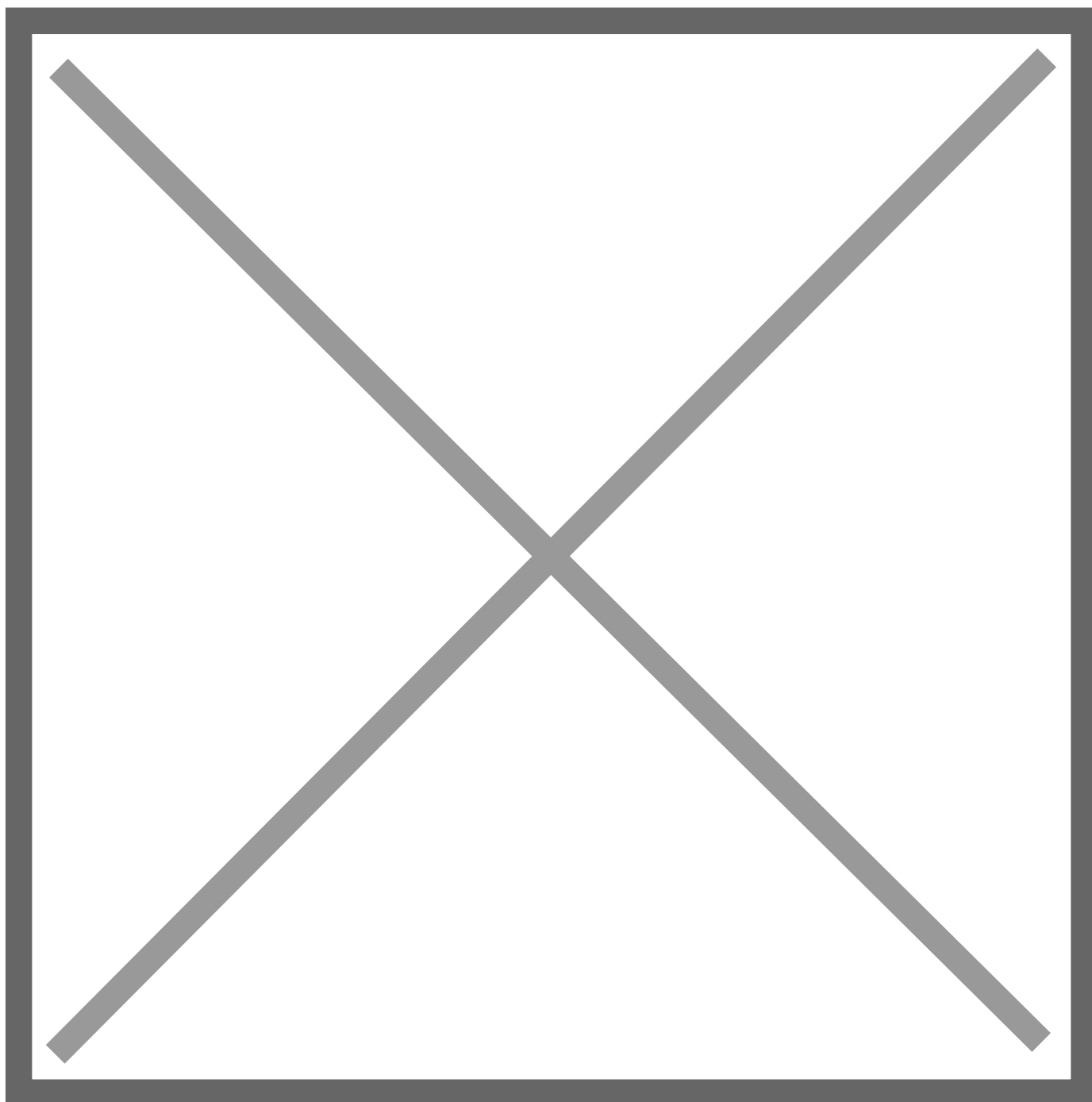
Psykisk sundhed og angstlidelser

Børn, 2021

**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

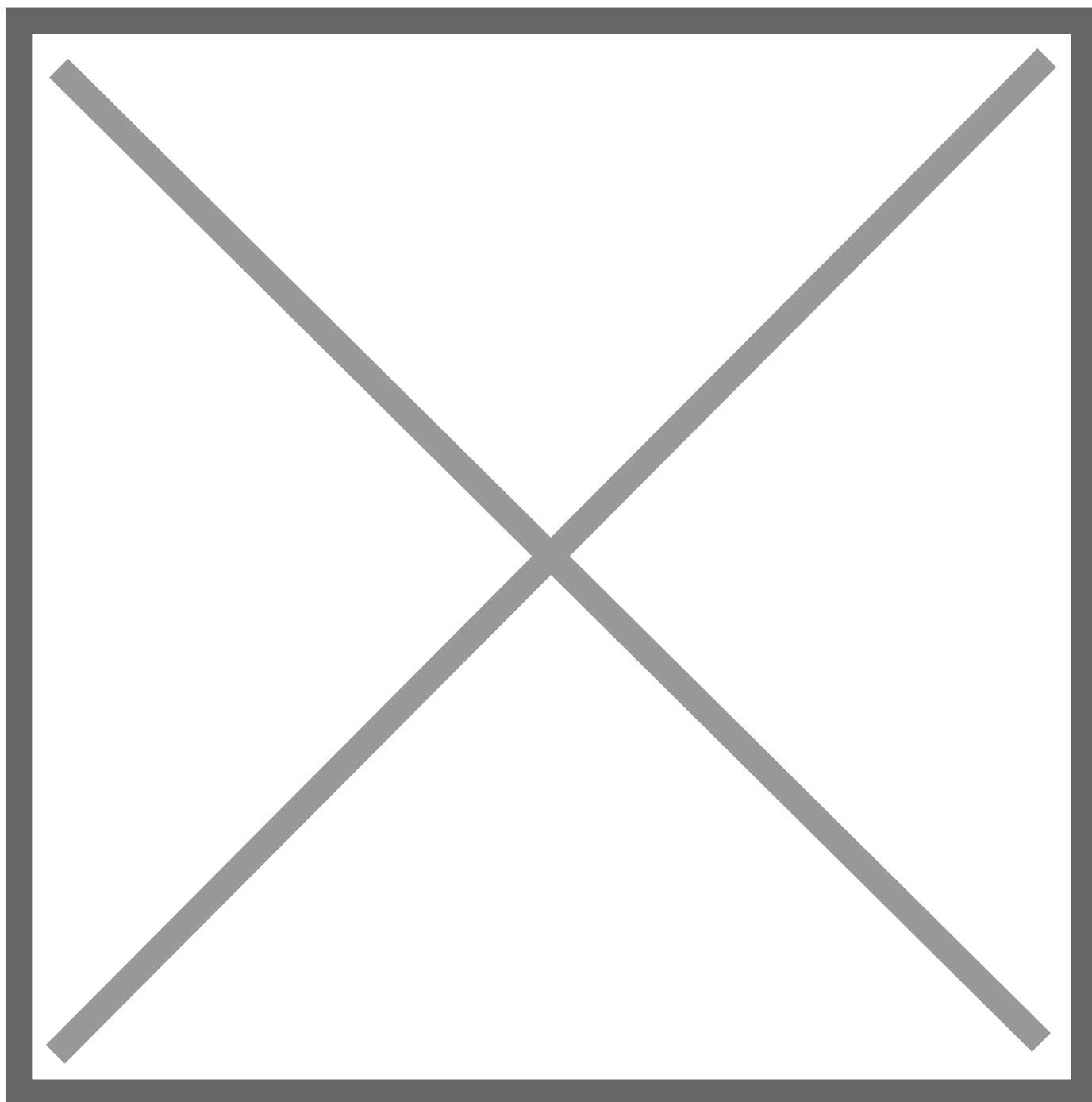
Drenge, 2021



Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Piger, 2021



Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on July 19, 2025