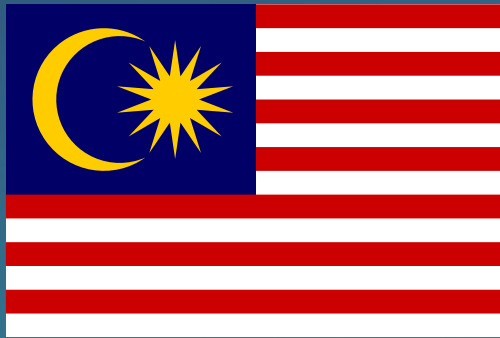




# Malaysia



## Country report card - children

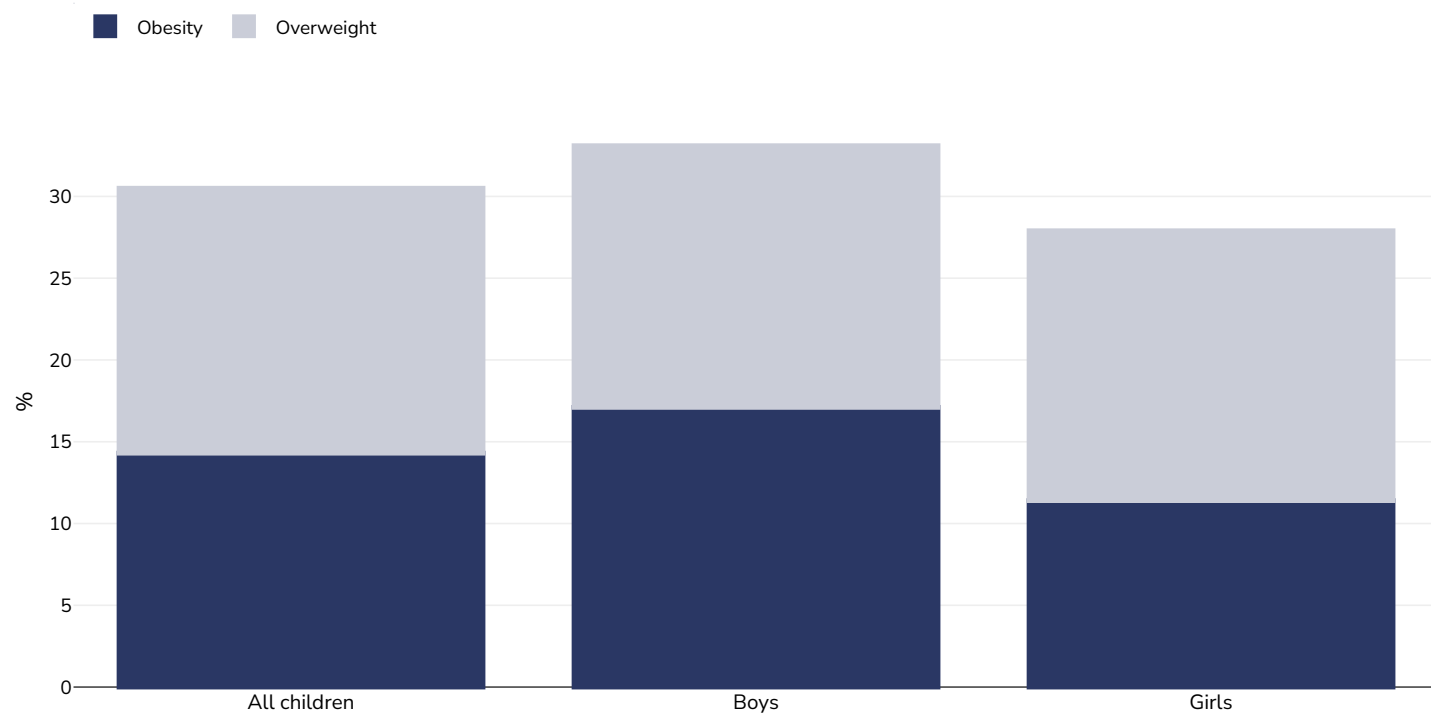
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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## Obesity prevalence

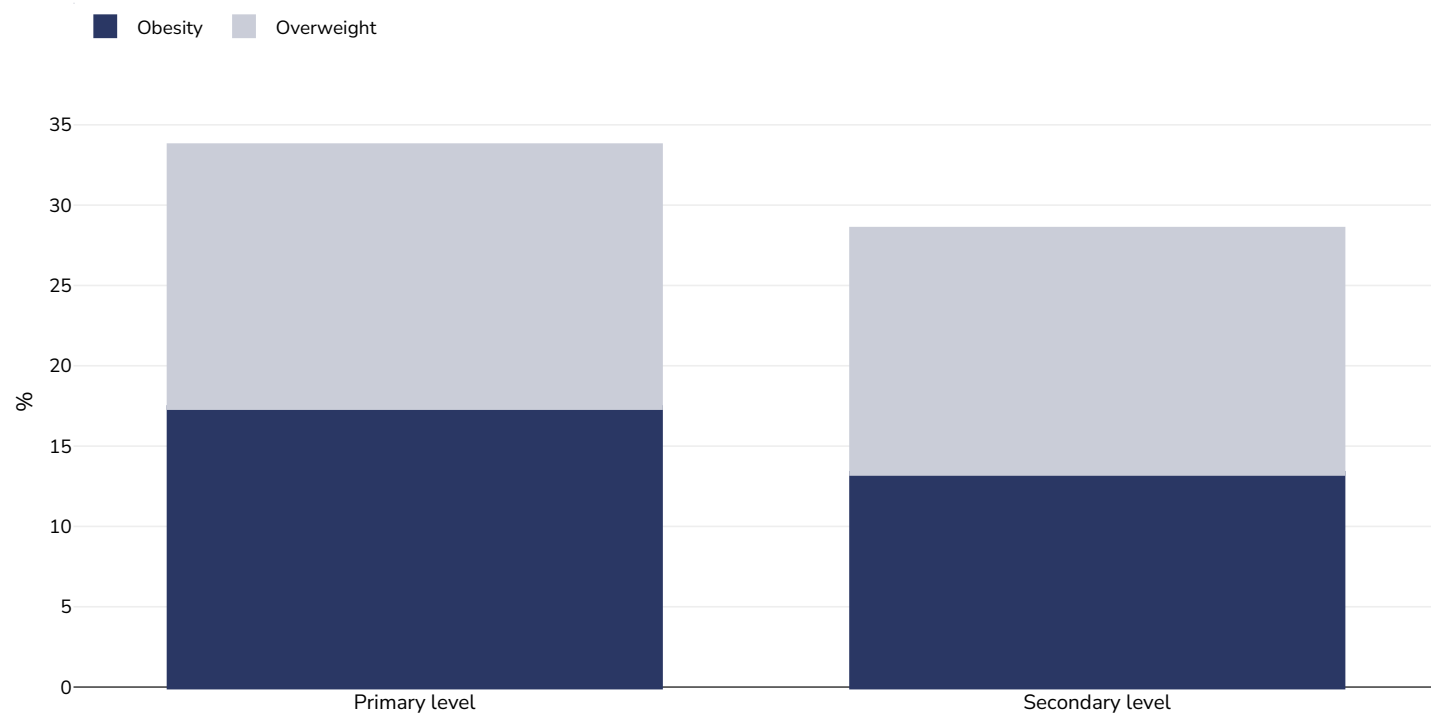
### Children, 2022



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 13-17  |
| Sample size:  | 33523  |
| Area covered: | National   |
| References:   | Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. <a href="https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf">https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf</a> |
| Cutoffs:      | WHO 2007   |

## Overweight/obesity by education

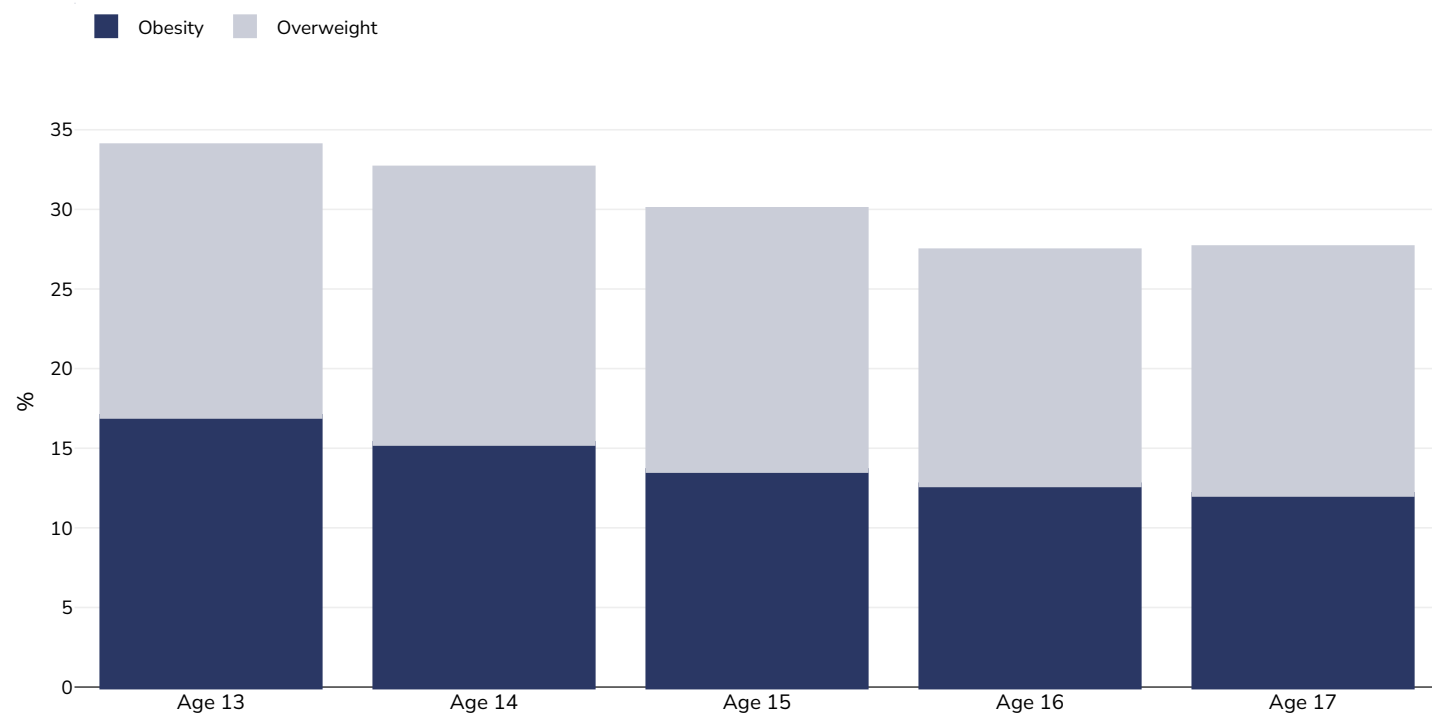
### Children, 2017



|               |  |
|---------------|--|
| Survey type:  | Self-reported  |
| Age:          | 10-17  |
| Sample size:  | 40017  |
| Area covered: | National   |
| References:   | Institute for Public Health (IPH) 2017. National Health and Morbidity Survey (NHMS) 2017: Adolescent Nutrition Survey 2017, Malaysia.<br><a href="https://iku.gov.my/images/IKU/Document/REPORT/NHMS2017/NutritionSurveyNHMS2017.pdf">https://iku.gov.my/images/IKU/Document/REPORT/NHMS2017/NutritionSurveyNHMS2017.pdf</a> (Accessed 05.06.23) |
| Cutoffs:      | WHO  |

## Overweight/obesity by age

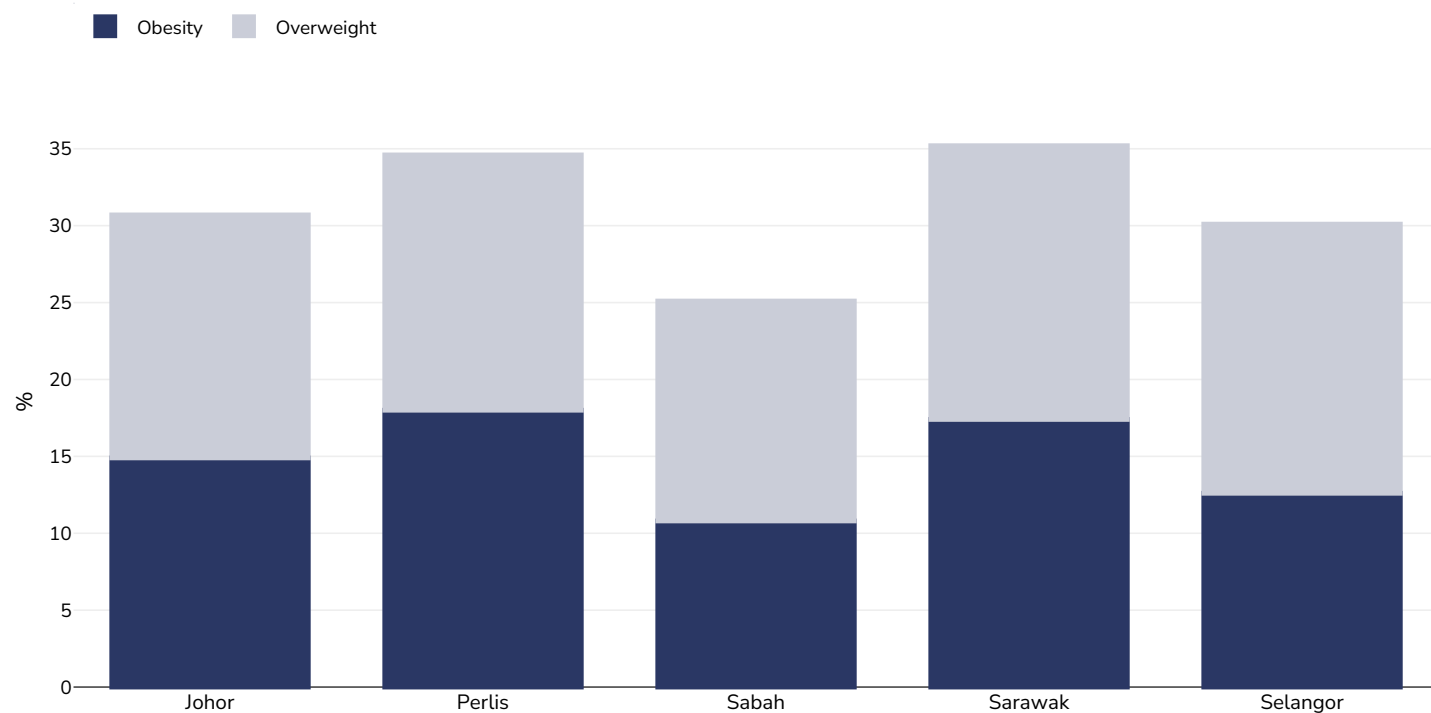
### Children, 2022



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Sample size:  | 33523  |
| Area covered: | National   |
| References:   | Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. <a href="https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf">https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf</a> (last accessed: 16.05.25) |
| Notes:        | 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   |

## Overweight/obesity by region

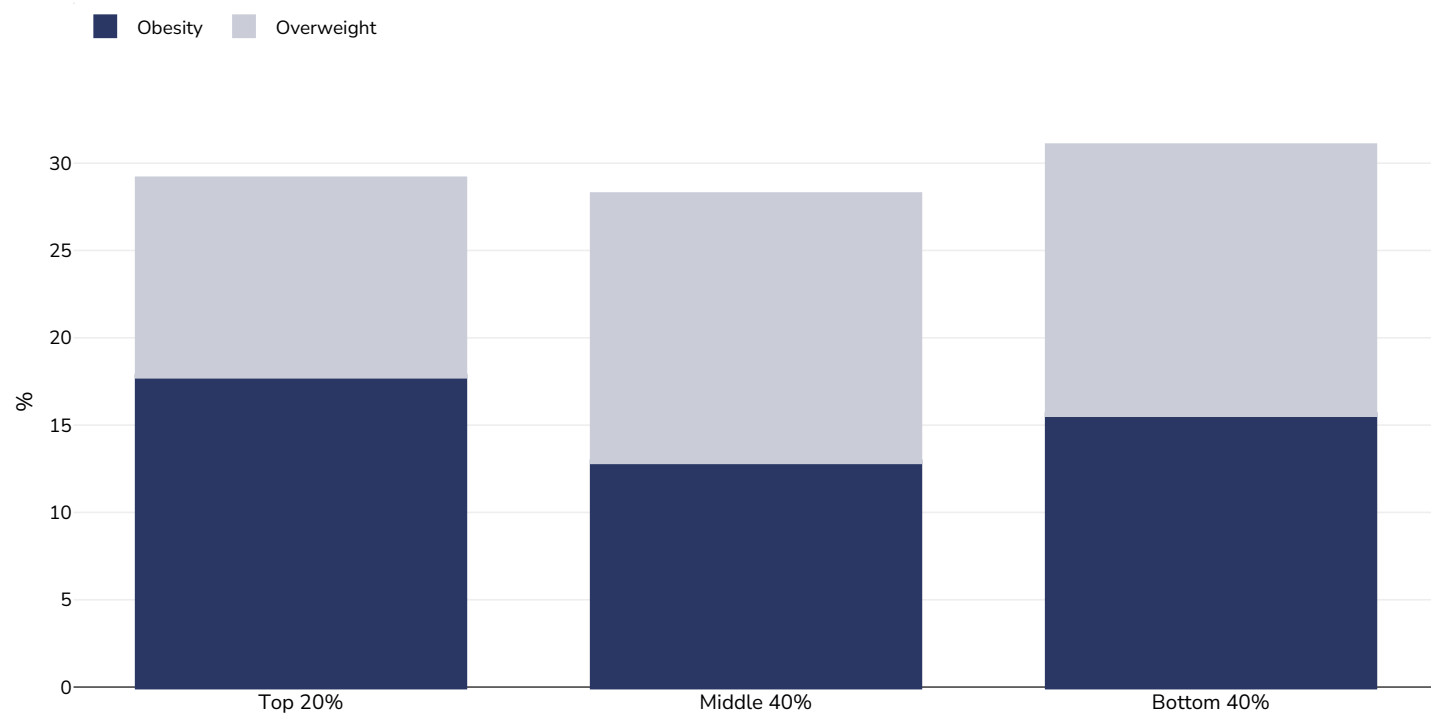
### Children, 2022



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 13-17  |
| Sample size:  | 33523  |
| Area covered: | National   |
| References:   | Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. <a href="https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf">https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf</a> |
| Notes:        | Data for other Malaysian states are available in the full report.  |
| Cutoffs:      | WHO 2007   |

## Overweight/obesity by socio-economic group

### Children, 2019

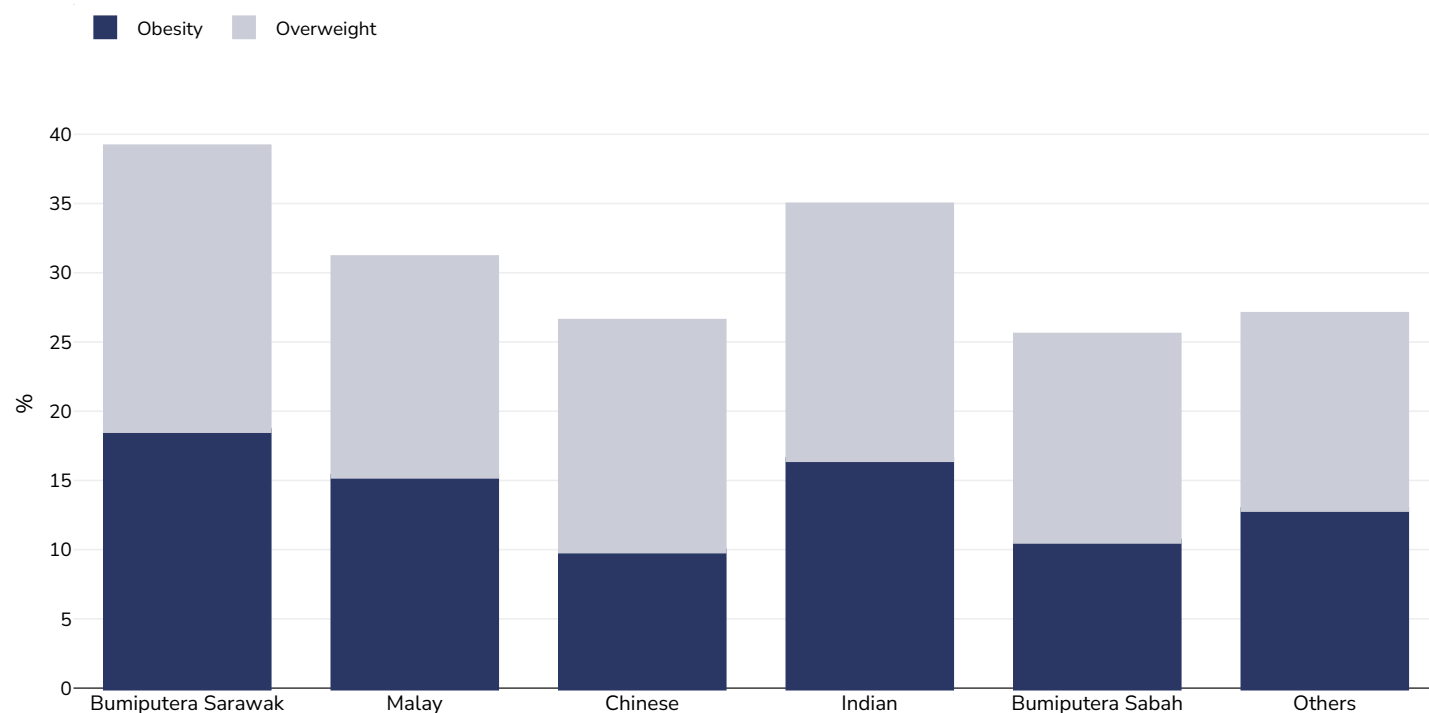


|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 5-17  |
| Sample size:  | 3179  |
| Area covered: | National  |
| References:   | National Health and Morbidity Survey 2019. Available at: <a href="http://iku.gov.my/images/IKU/Document/REPORT/NHMS2019/Report_NHMS2019-NCD_v2.pdf">http://iku.gov.my/images/IKU/Document/REPORT/NHMS2019/Report_NHMS2019-NCD_v2.pdf</a> . Accessed 01.11.21. |
| Notes:        | Household Income Category   |
| Definitions:  | BMI-for-Age   |
| Cutoffs:      | WHO   |

## Overweight/obesity by ethnicity

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.

### Children, 2022

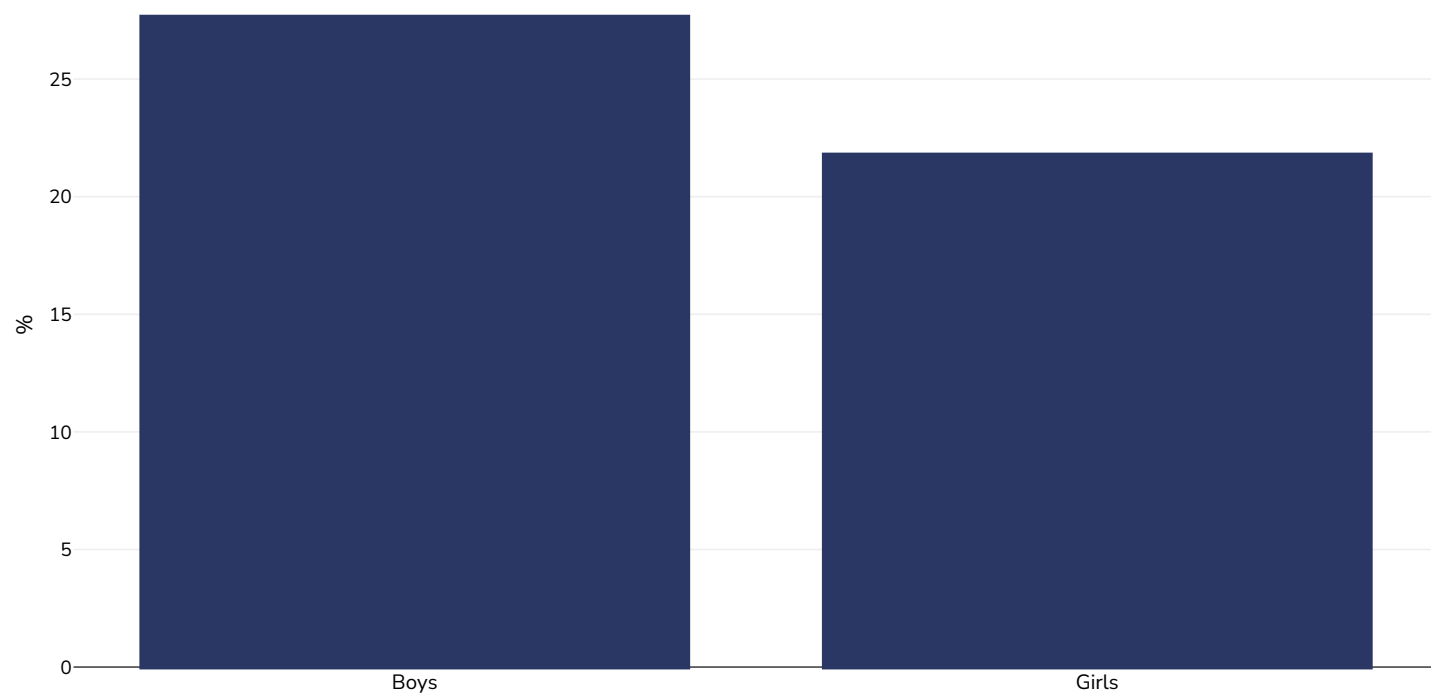


|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 13-17  |
| Sample size:  | 33523  |
| Area covered: | National   |
| References:   | Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. <a href="https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf">https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf</a> |
| Cutoffs:      | WHO 2007   |



## Double burden of underweight & overweight

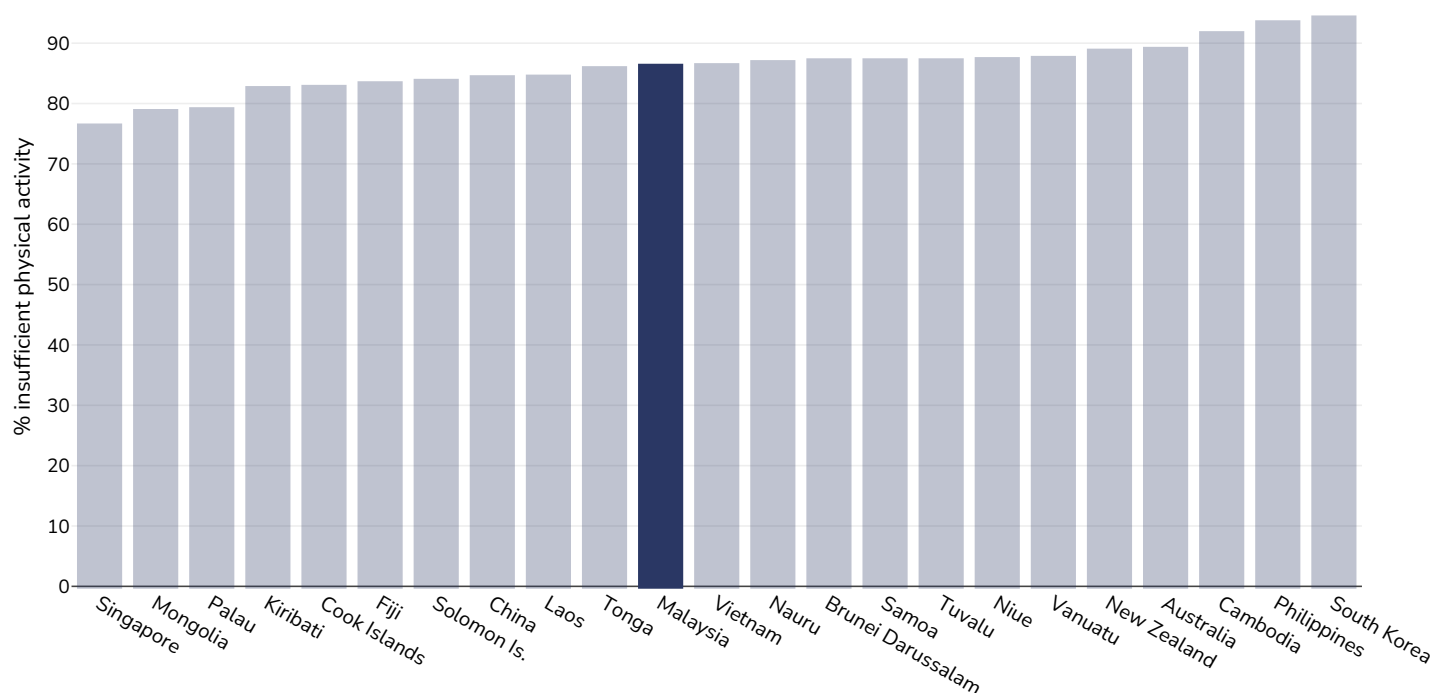
Children, 2022



|              |  |
|--------------|--|
| Survey type: | Measured   |
| Age:         | 5-19   |
| References:  | 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> . |
| Notes:       | Age standardised estimates   |
| Definitions: | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)  |
| Cutoffs:     | BMI < -2SD and BMI > 2SD   |

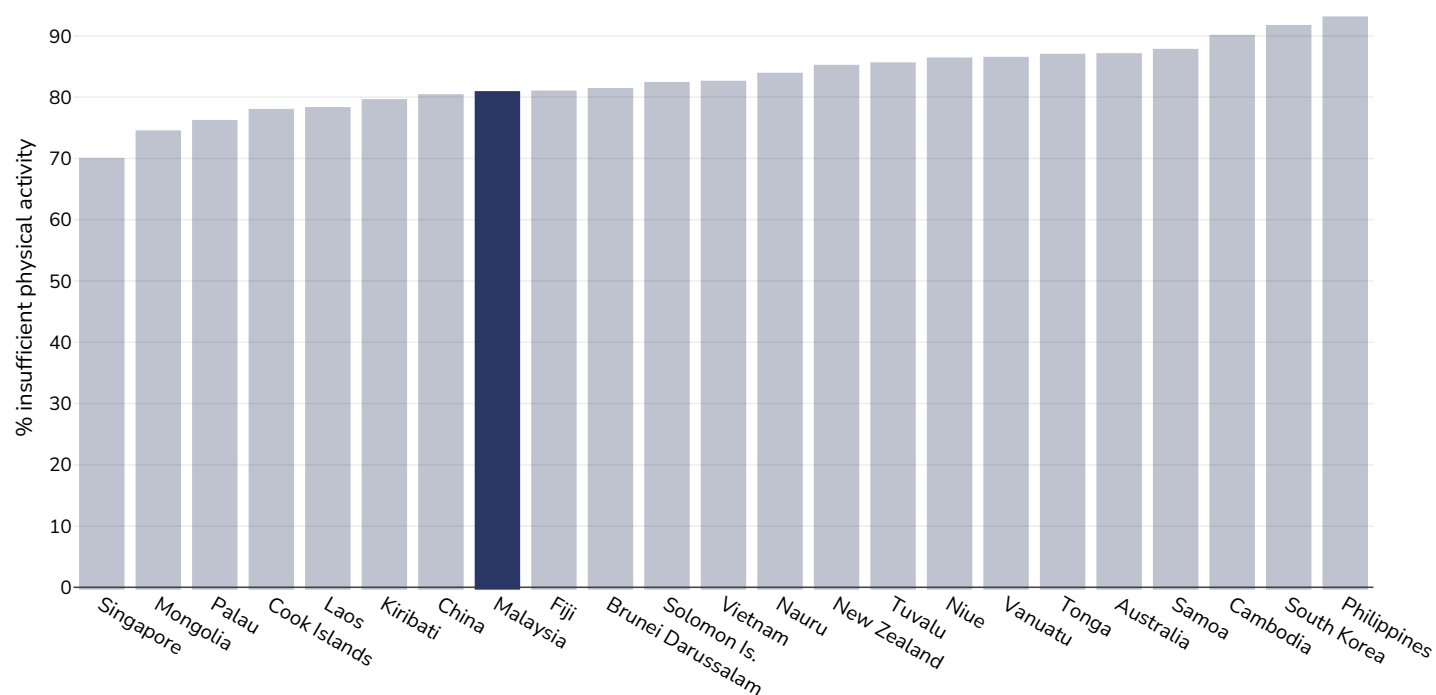
## Insufficient physical activity

### Children, 2016



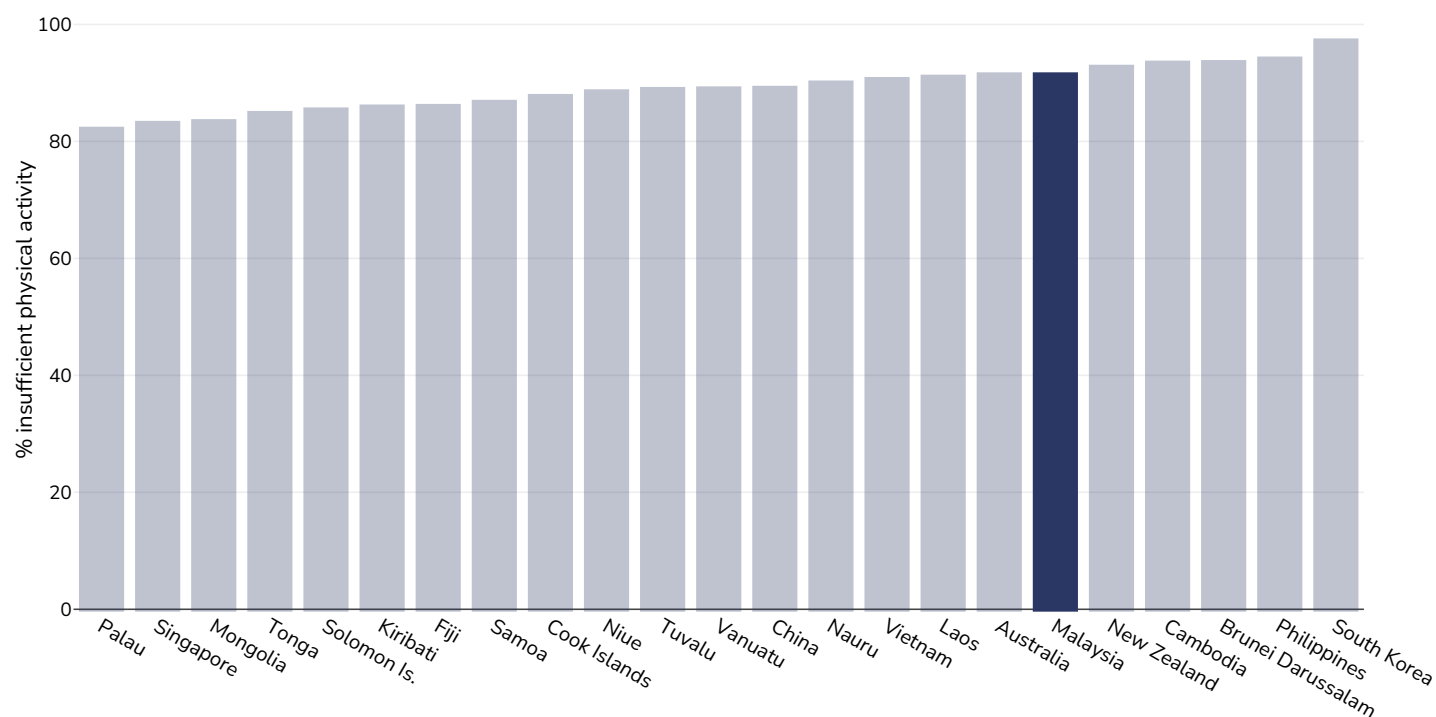
|              |  |
|--------------|--|
| Survey type: | Self-reported  |
| Age:         | 11-17  |
| References:  | Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a> (last accessed 16.03.21) |
| Notes:       | % 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.                                   |
| Definitions: | % Adolescents insufficiently active (age standardised estimate)  |

## Boys, 2016



|              |   |
|--------------|---|
| Survey type: | Self-reported   |
| Age:         | 11-17   |
| References:  | Global Health Observatory data repository, World Health Organisation, <a href="https://apps.who.int/gho/data/node.main.A893ADO?lang=en">https://apps.who.int/gho/data/node.main.A893ADO?lang=en</a><br>(last accessed 16.03.21) |
| Notes:       | % 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.                                      |
| Definitions: | % Adolescents insufficiently active (age standardised estimate)   |

## Girls, 2016



Survey type: Self-reported

Age: 11-17

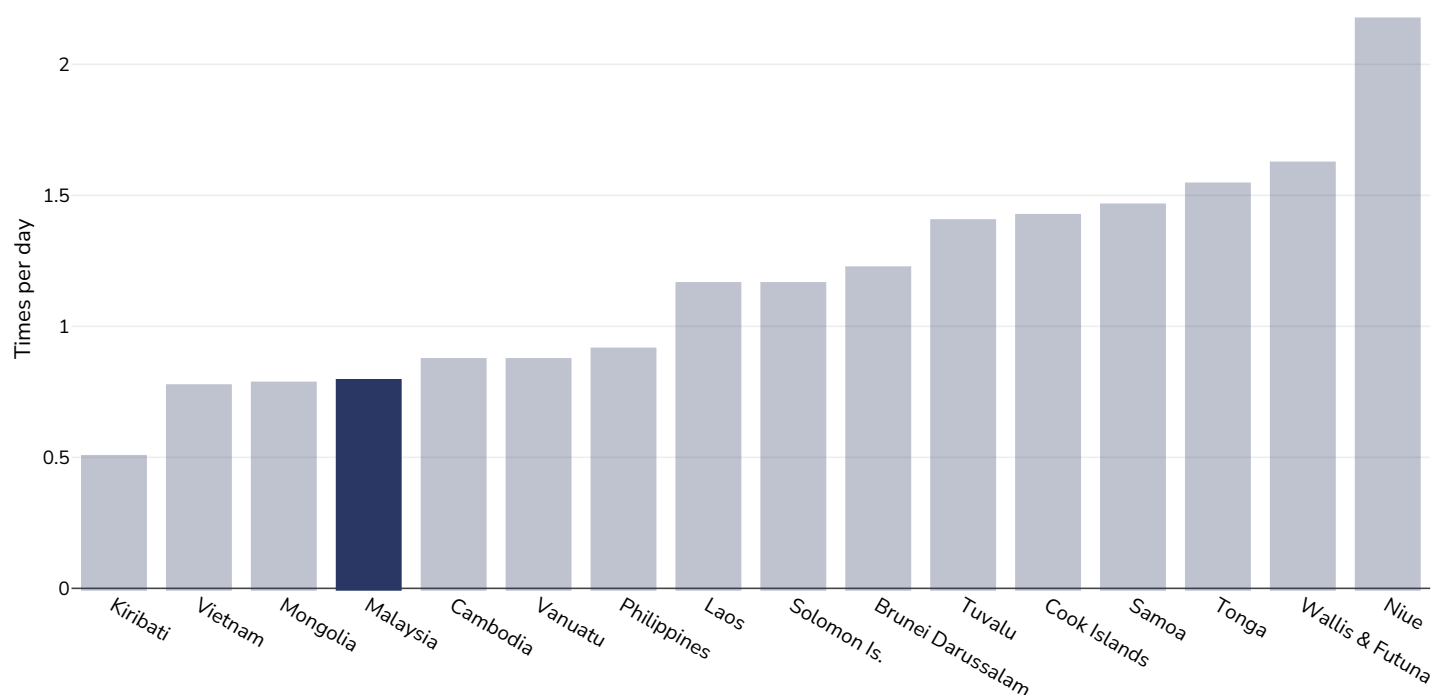
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en>  
(last accessed 16.03.21)

Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)

## Average daily frequency of carbonated soft drink consumption

### Children, 2010-2015



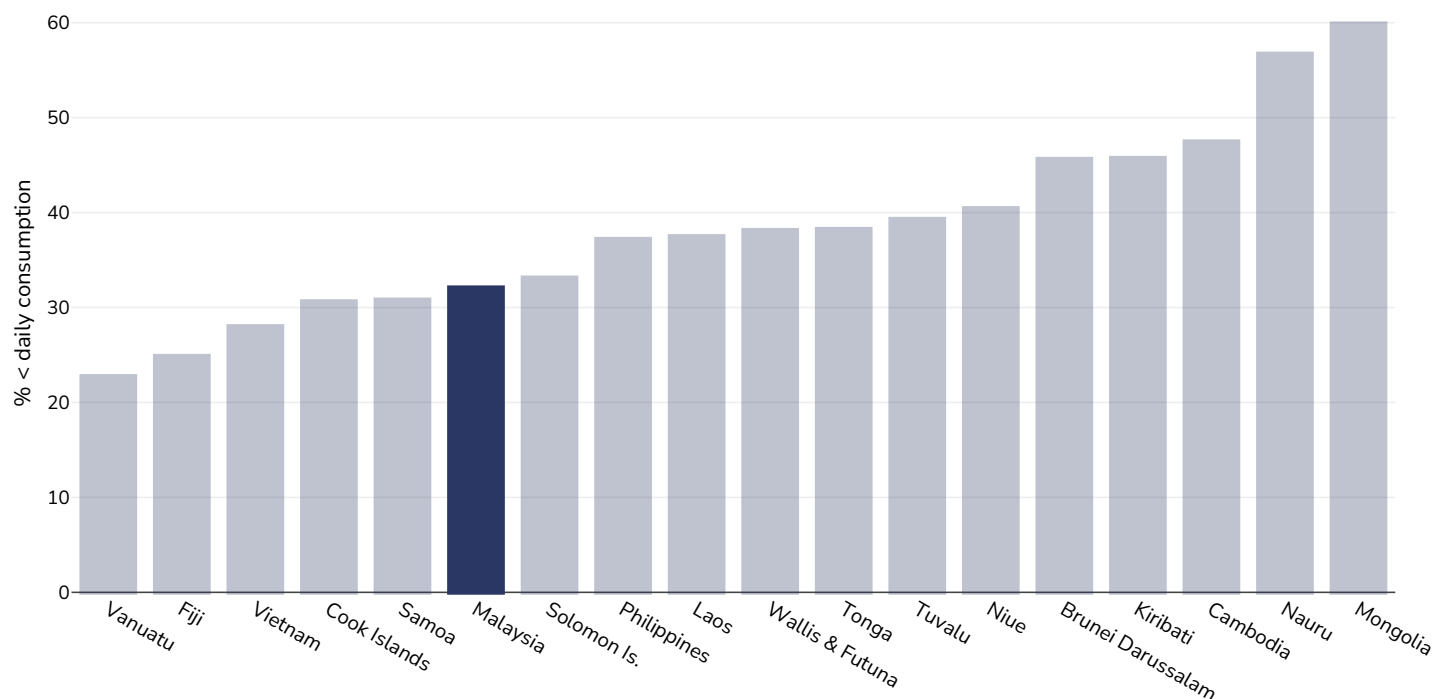
Survey type: Measured

Age: 12-17

References: 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>

## Prevalence of less than daily fruit consumption

### Children, 2010-2015



Survey type: Measured

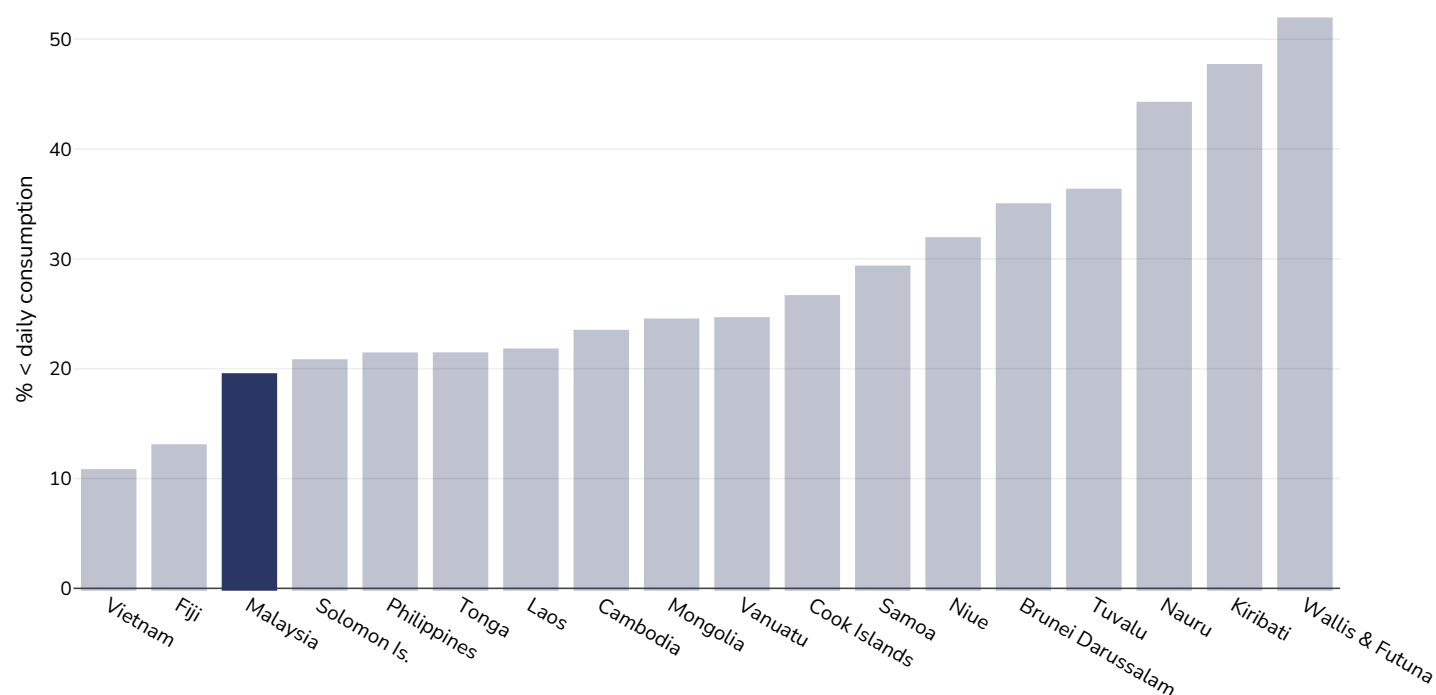
Age: 12-17

References: 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>

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

## Prevalence of less than daily vegetable consumption

Children, 2010-2015



Survey type: Measured

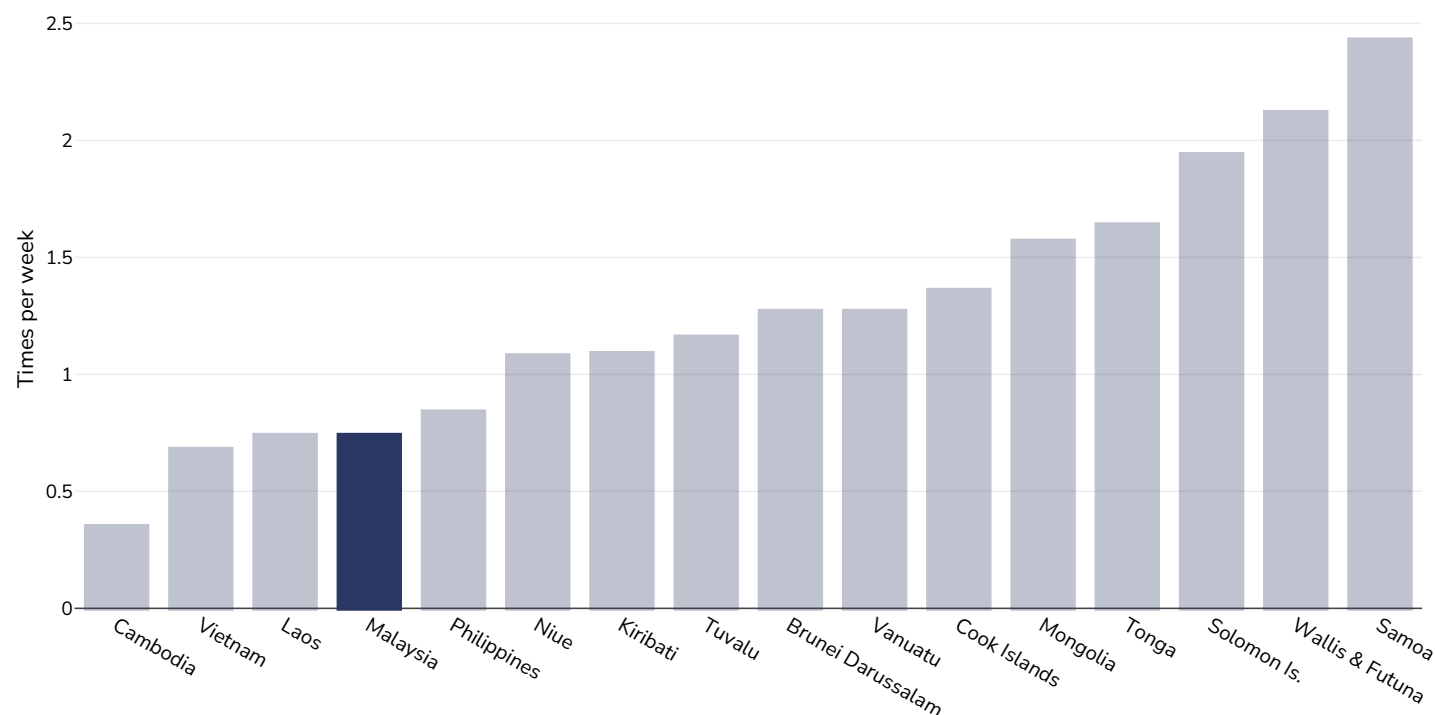
Age: 12-17

References: 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>

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

## Average weekly frequency of fast food consumption

### Children, 2010-2015



Age:

12-17

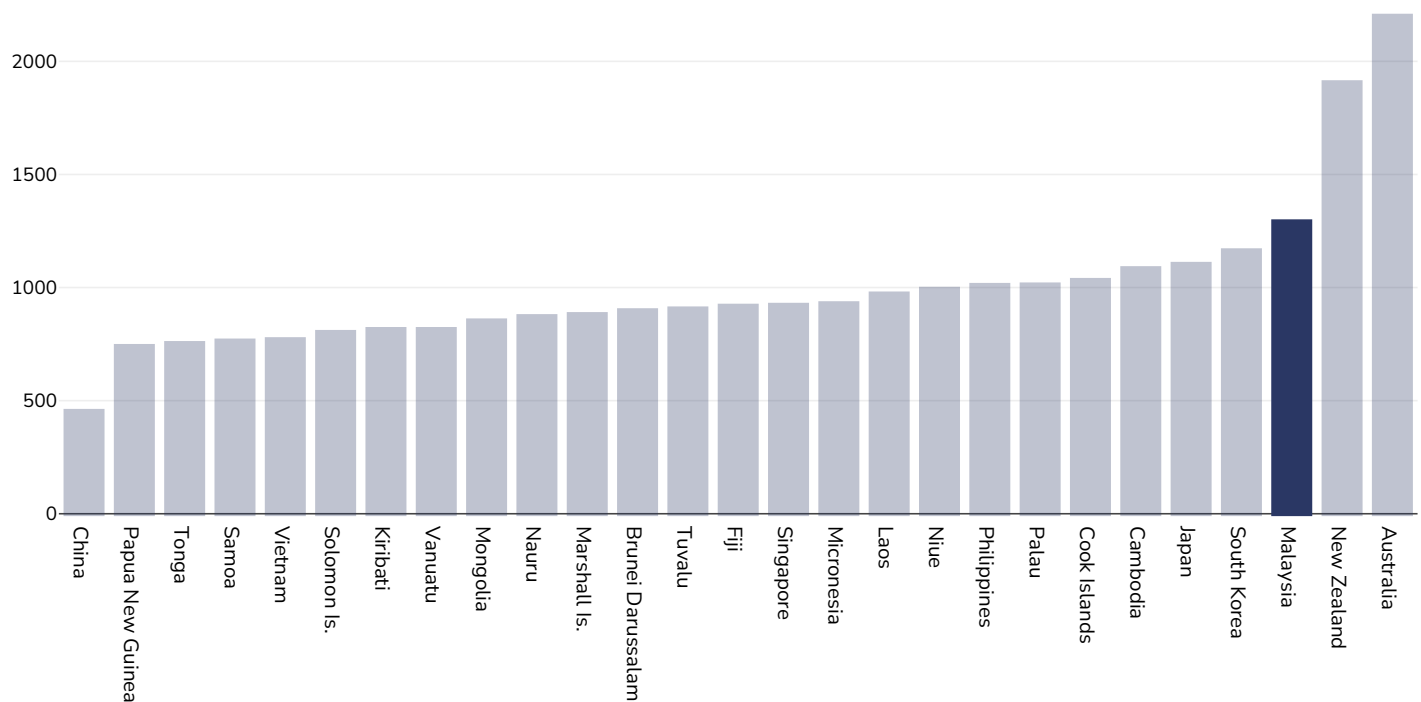
**References:**

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>



## Mental health - depression disorders

### Children, 2021



Area covered:

National

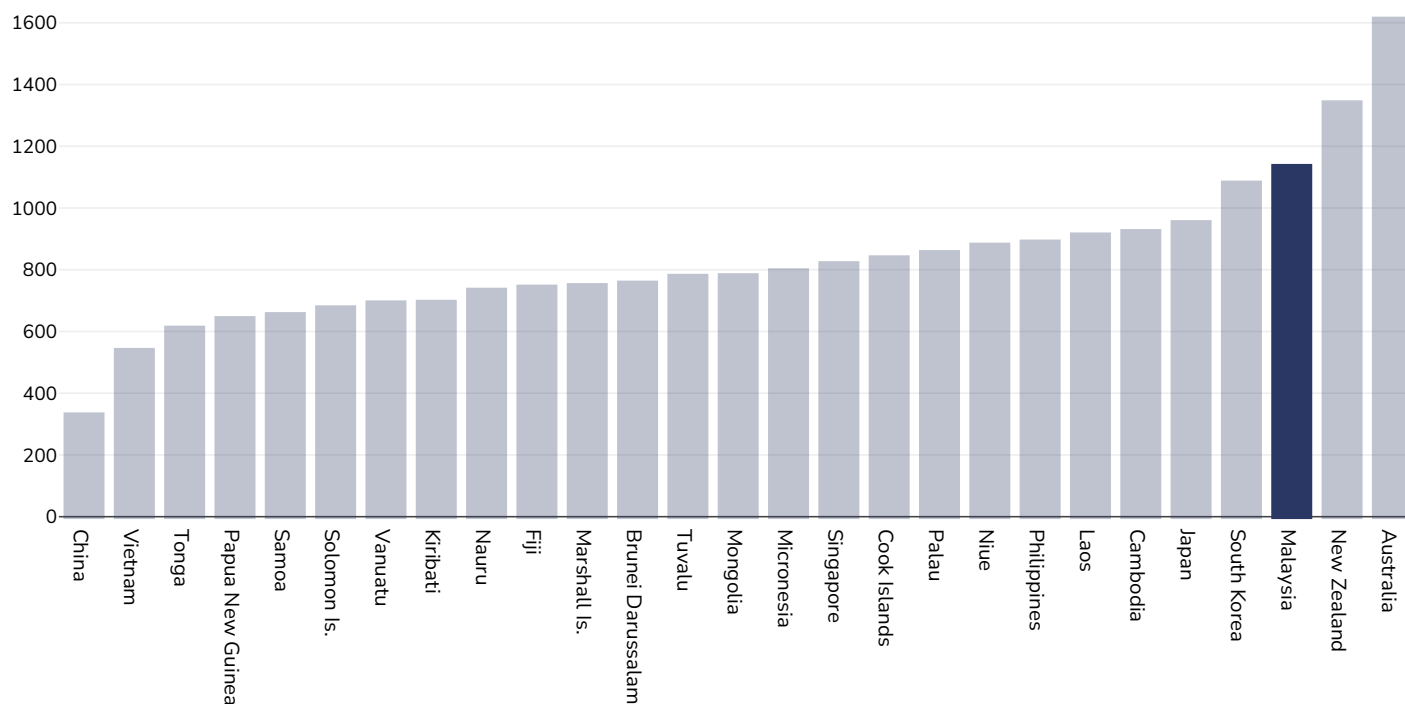
References:

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)

Definitions:

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

## Boys, 2021



Area covered:

National

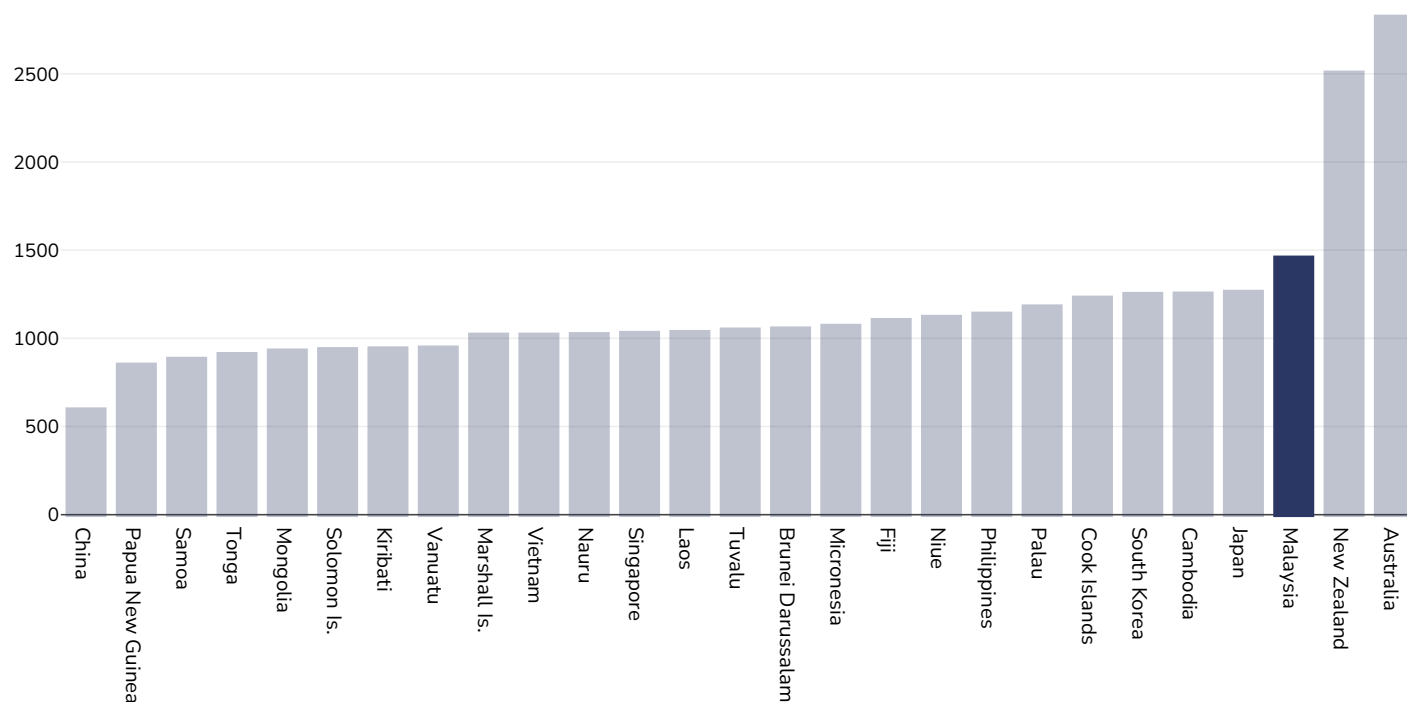
References:

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)

Definitions:

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

## Girls, 2021



Area covered:

National

References:

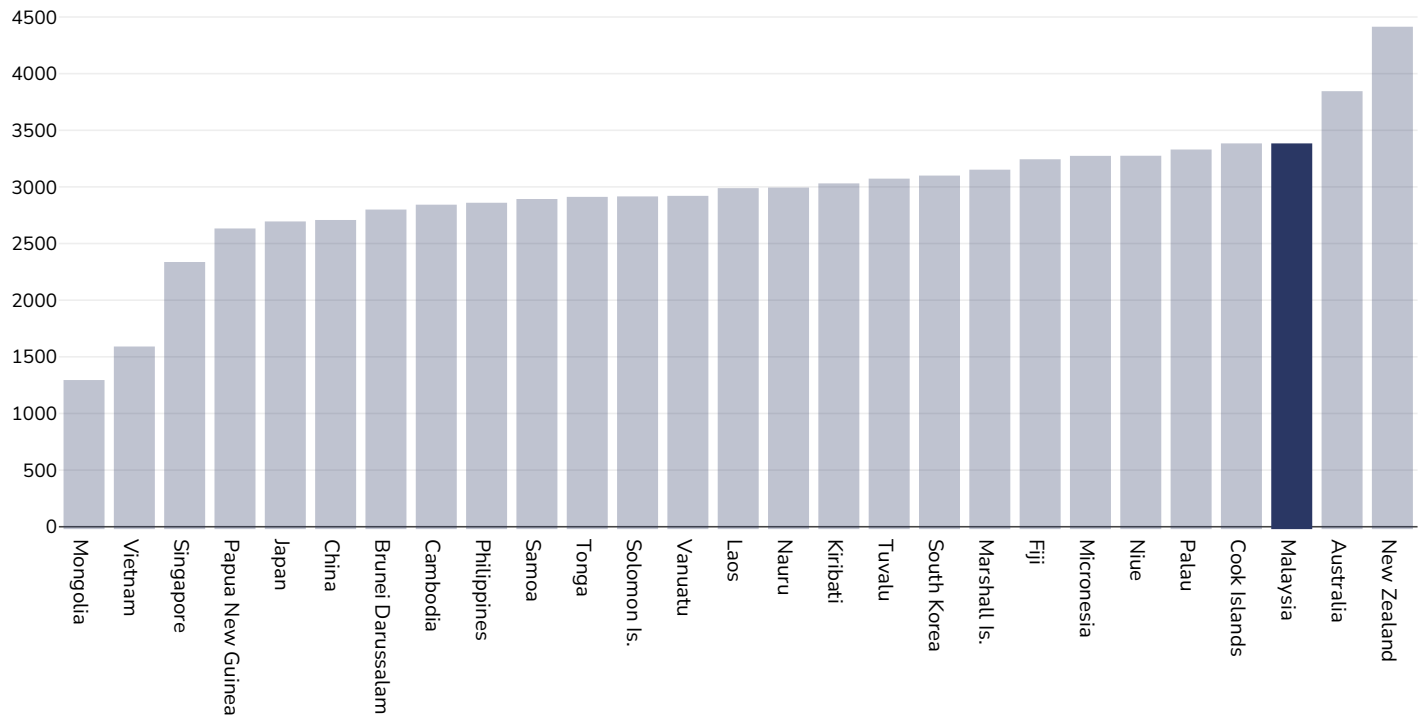
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions:

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

## Mental health - anxiety disorders

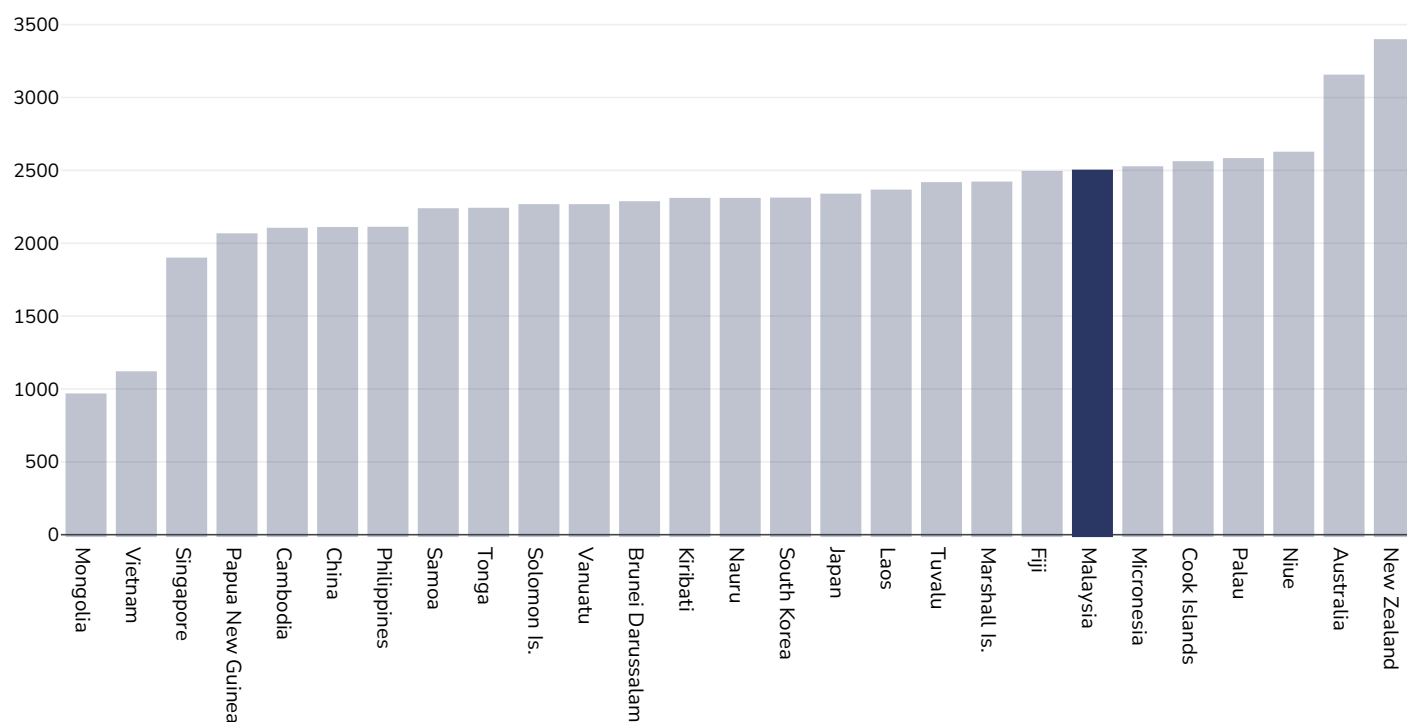
### Children, 2021



**References:**

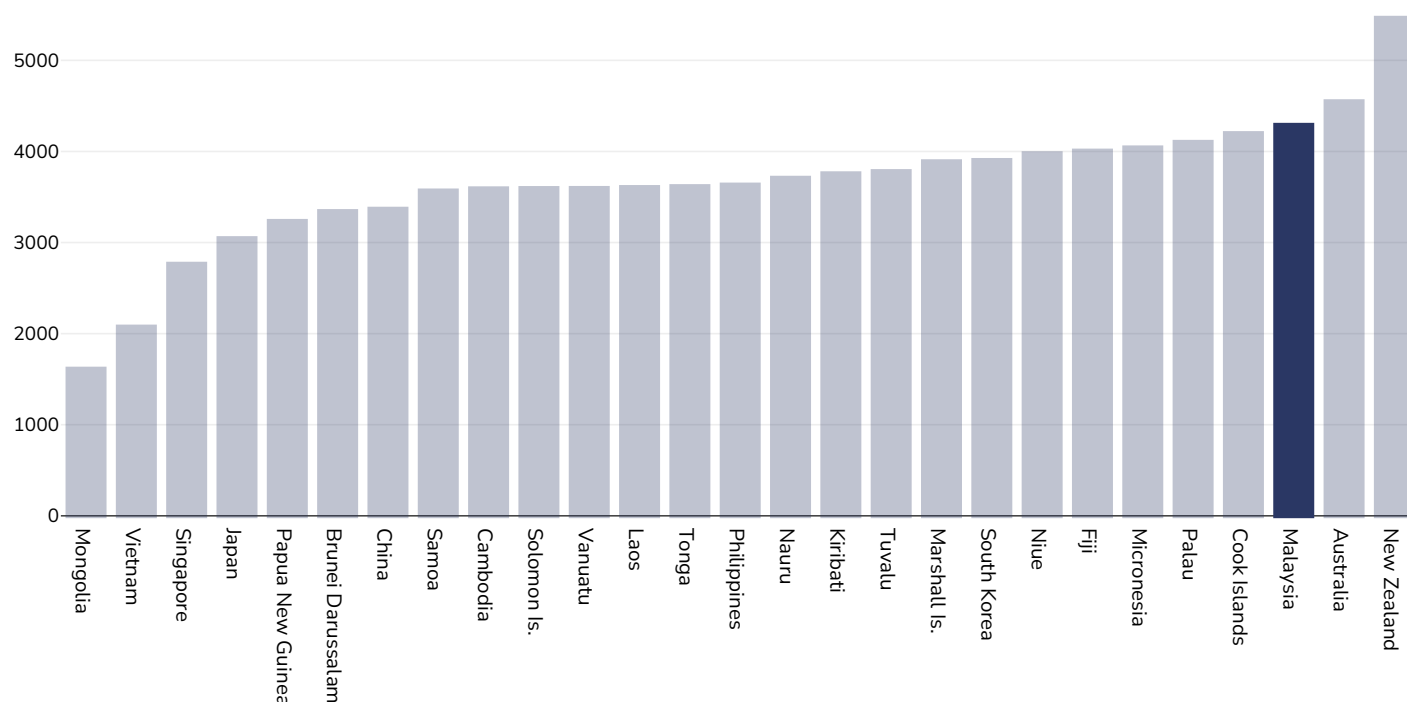
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



**References:** 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)

## Girls, 2021



**References:** 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 August 20, 2025*