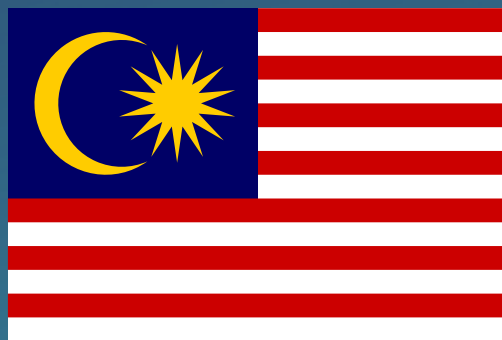




Malaysia



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/>.

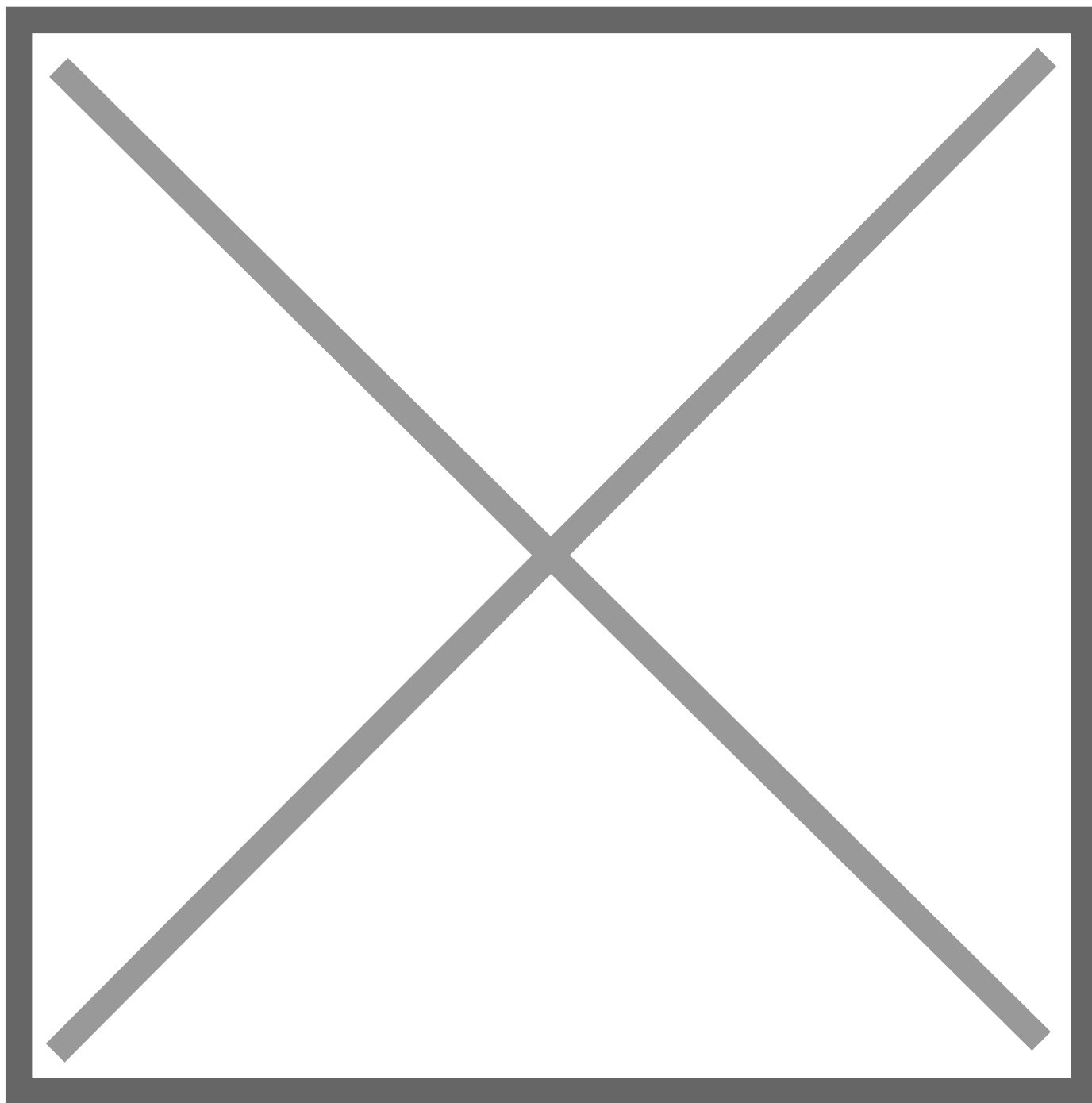
Riesgo nacional de obesidad *8/10 This is a composite "obesity risk" score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels.

Riesgo de obesidad infantil *7,5/11 This is a "risk score" for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Basado en datos estimados. Para obtener más información, consulte Publicaciones.

Prevalencia de obesidad

Niños, 2022



Tipo de encuesta:	Medido
Edad:	13-17
Tamaño de la muestra:	33523

Zona abarcada:	Nacional
Referencias:	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

Sobrepeso/obesidad según nivel de estudios

Niños, 2017

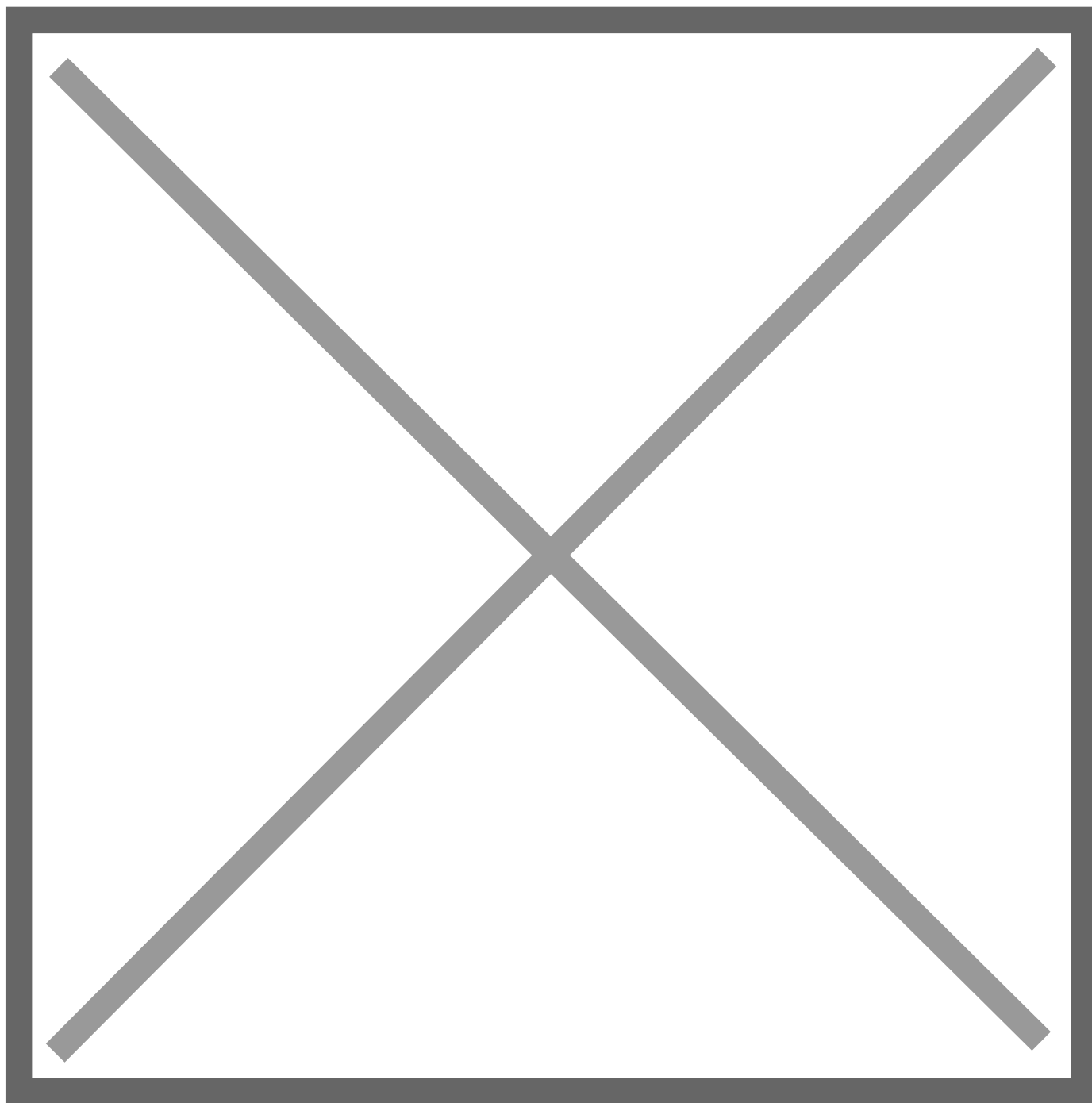


Tipo de encuesta:	Autodeclarado
Edad:	10-17
Tamaño de la muestra:	40017

Zona abarcada:	Nacional
Referencias:	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

Sobrepeso/obesidad por edad

Niños, 2022



Tipo de
encuesta:

Medido

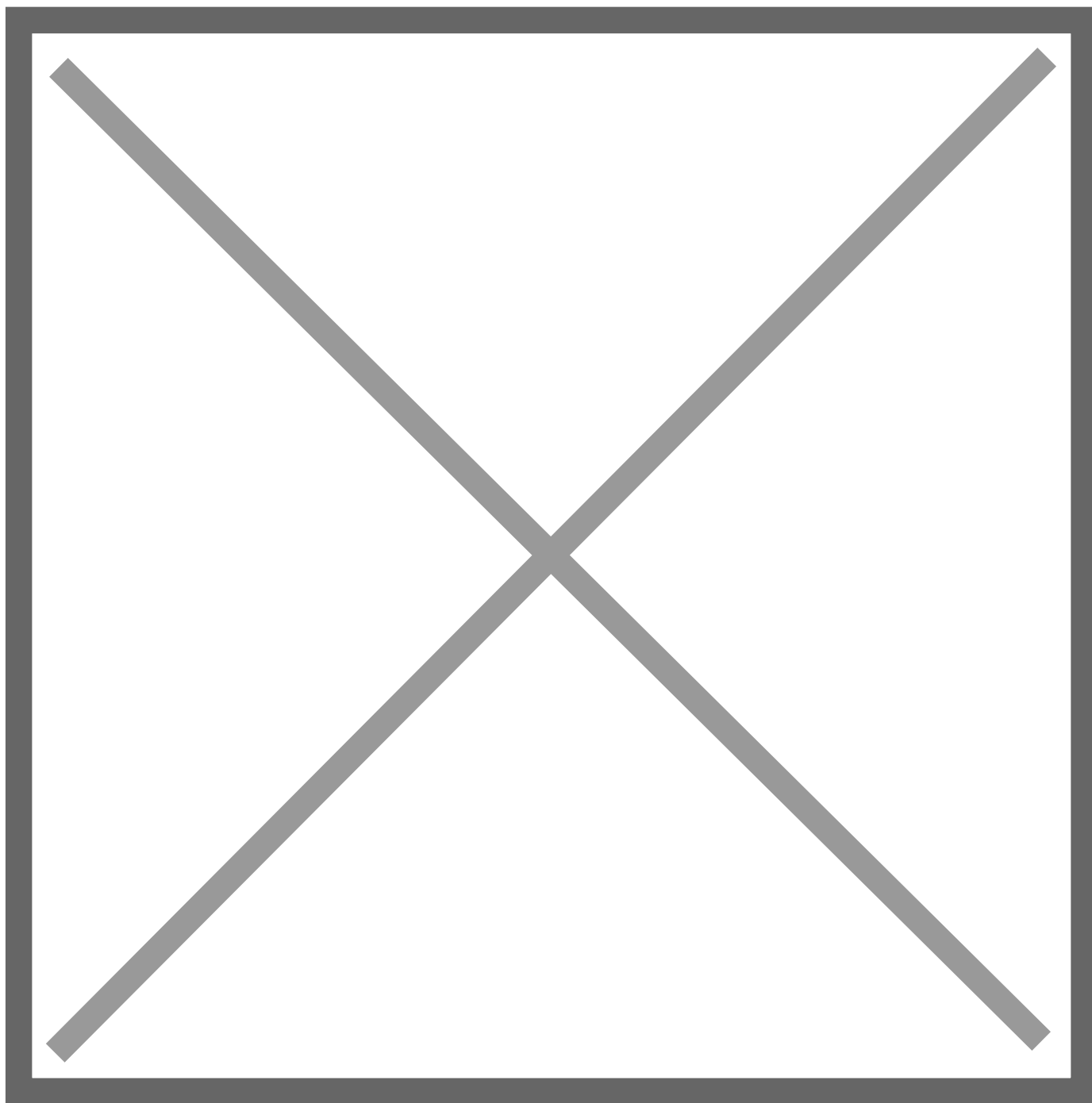
Tamaño de
la muestra:

33523

Zona abarcada:	Nacional
Referencias:	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)
Notas:	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

Sobrepeso/obesidad por región³

Niños, 2022

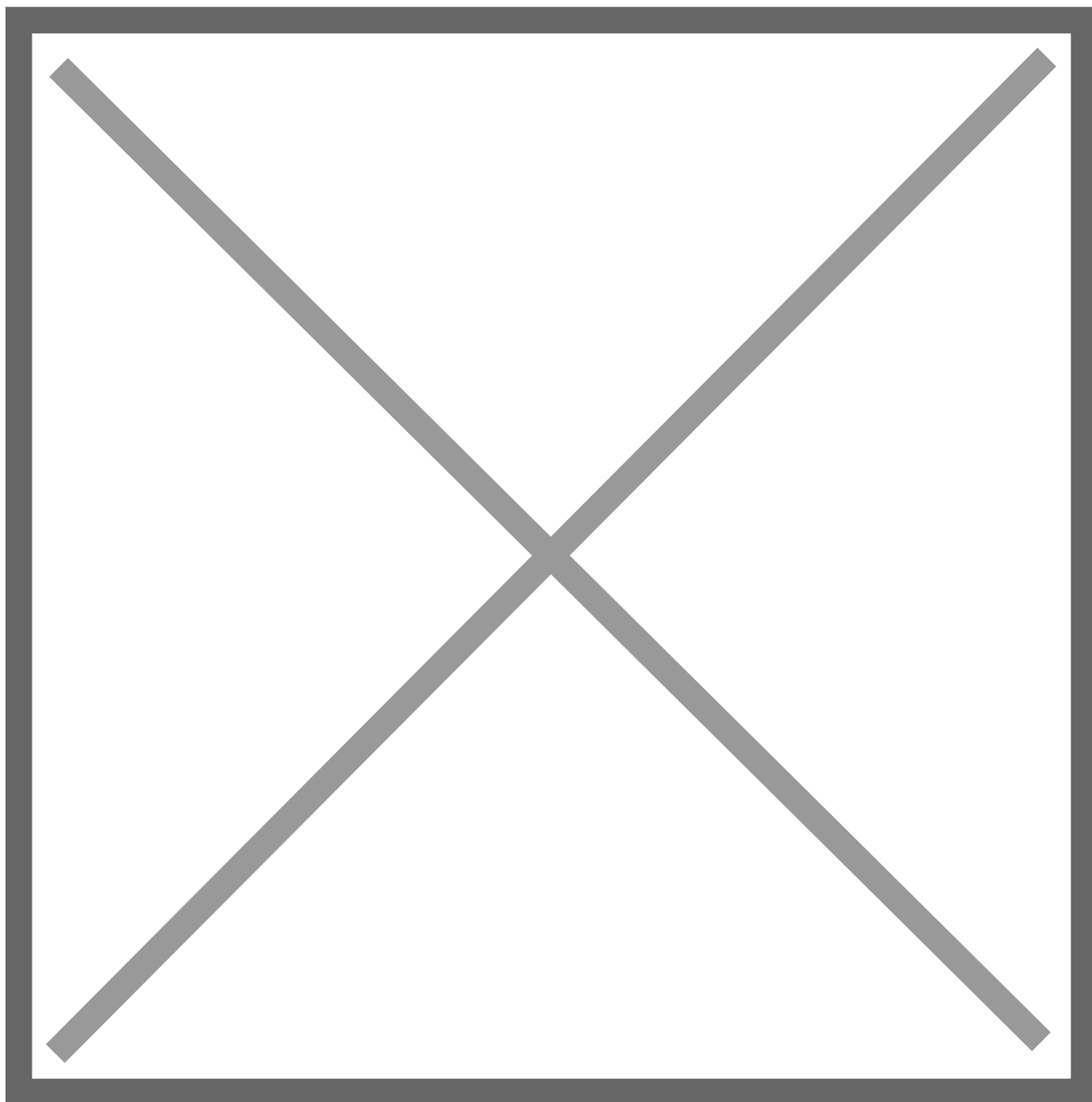


Tipo de encuesta:	Medido
Edad:	13-17
Tamaño de la muestra:	33523

Zona abarcada:	Nacional
Referencias:	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
Notas:	Data for other Malaysian states are available in the full report.
Cutoffs:	WHO 2007

Sobrepeso/obesidad por nivel socioeconómico

Niños, 2019



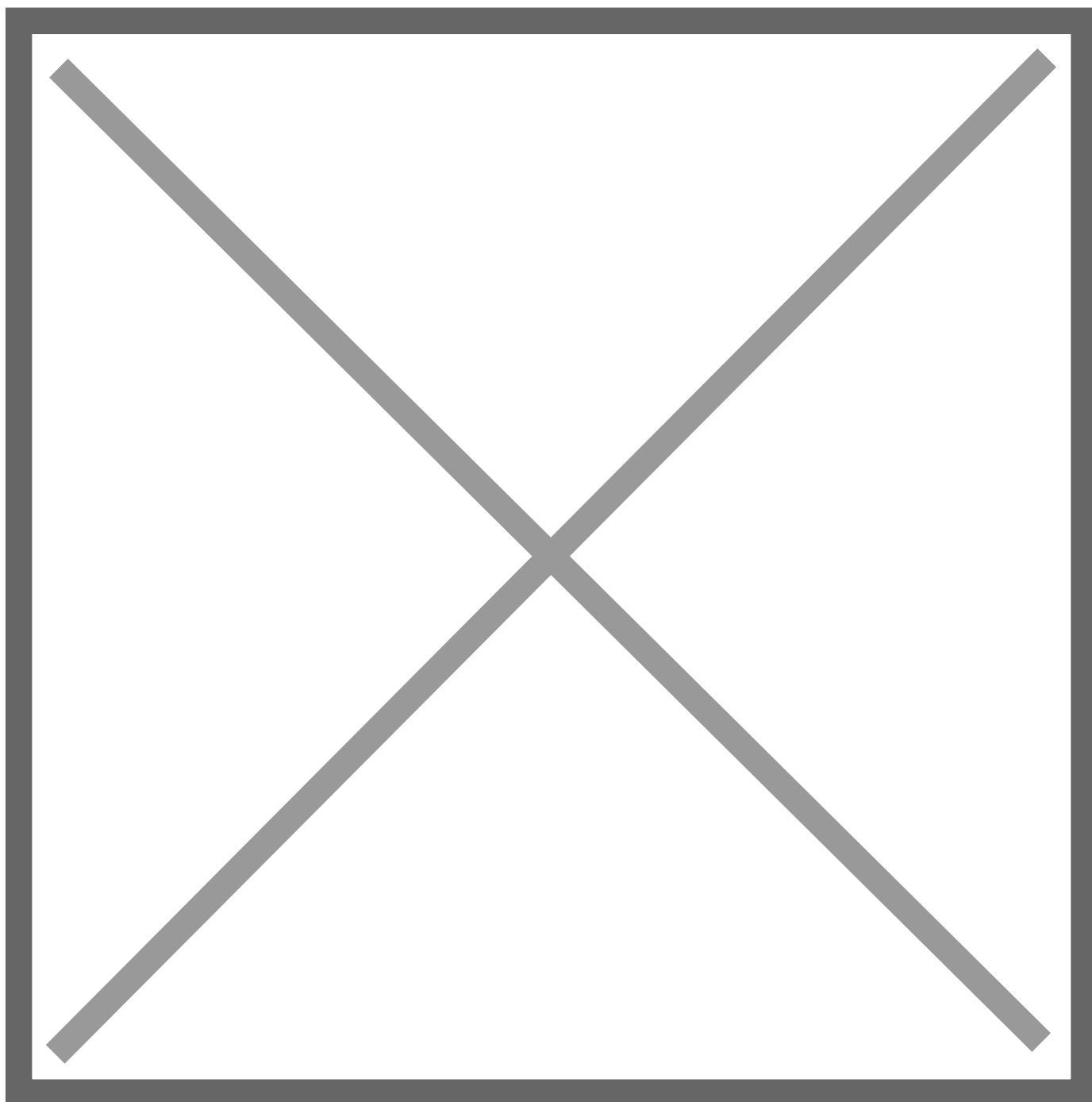
Tipo de encuesta:	Medido
Edad:	5-17
Tamaño de la muestra:	3179

Zona abarcada:	Nacional
Referencias:	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.
Notas:	Household Income Category
Definiciones (solo disponible en inglés):	BMI-for-Age
Cutoffs:	WHO

Sobrepeso/obesidad por etnia

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.

Niños, 2022



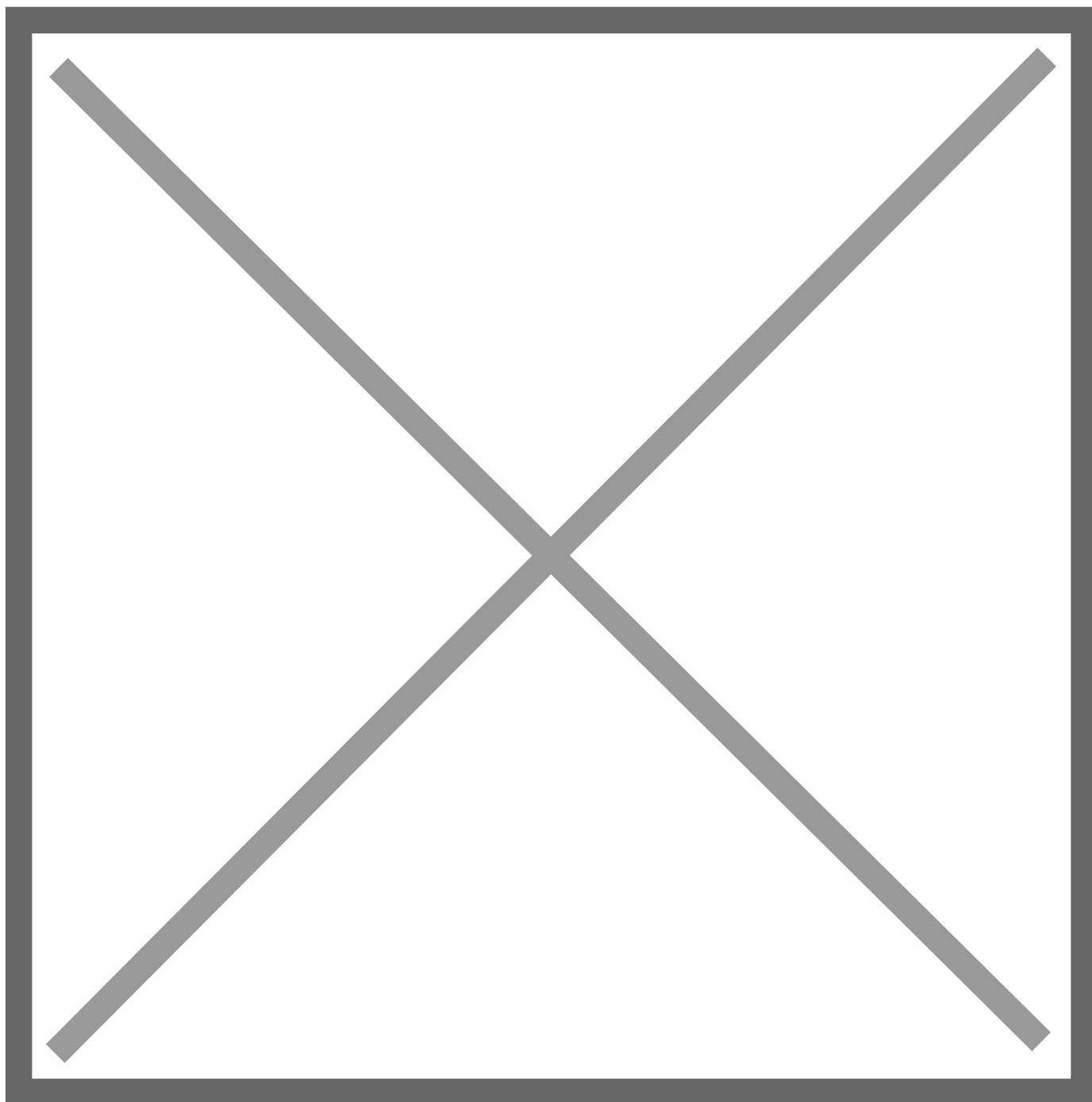
Tipo de encuesta:	Medido
Edad:	13-17
Tamaño de la muestra:	33523
Zona abarcada:	Nacional

Referencias: 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

Niños, 2022



Tipo de encuesta:

Medido

Edad:

5-19

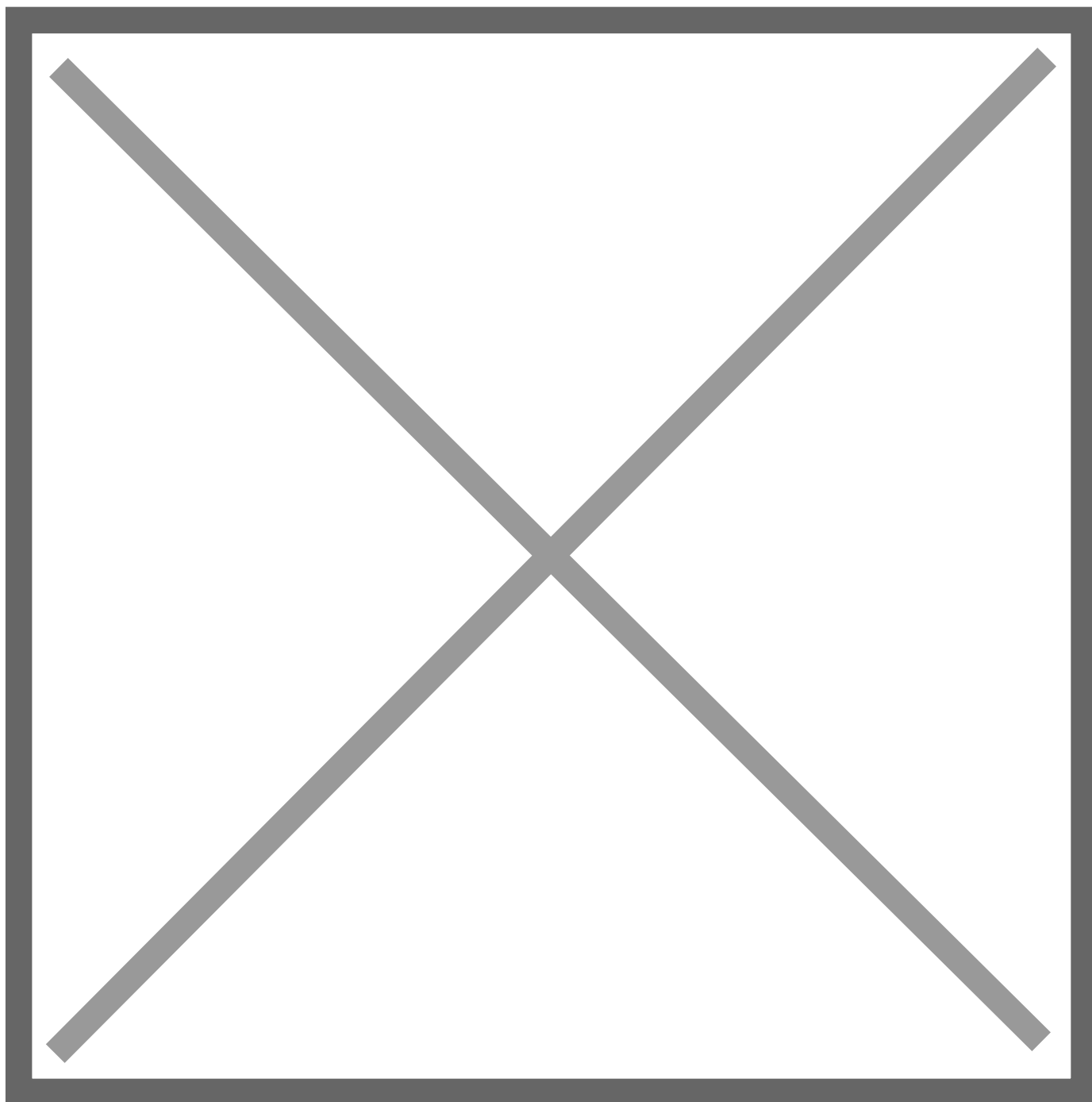
Referencias:

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).

Notas:	Age standardised estimates
Definiciones (solo disponible en inglés):	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Actividad física insuficiente

Niños, 2016



Tipo de encuesta:

Autodeclarado

Edad:

11-17

Referencias:

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

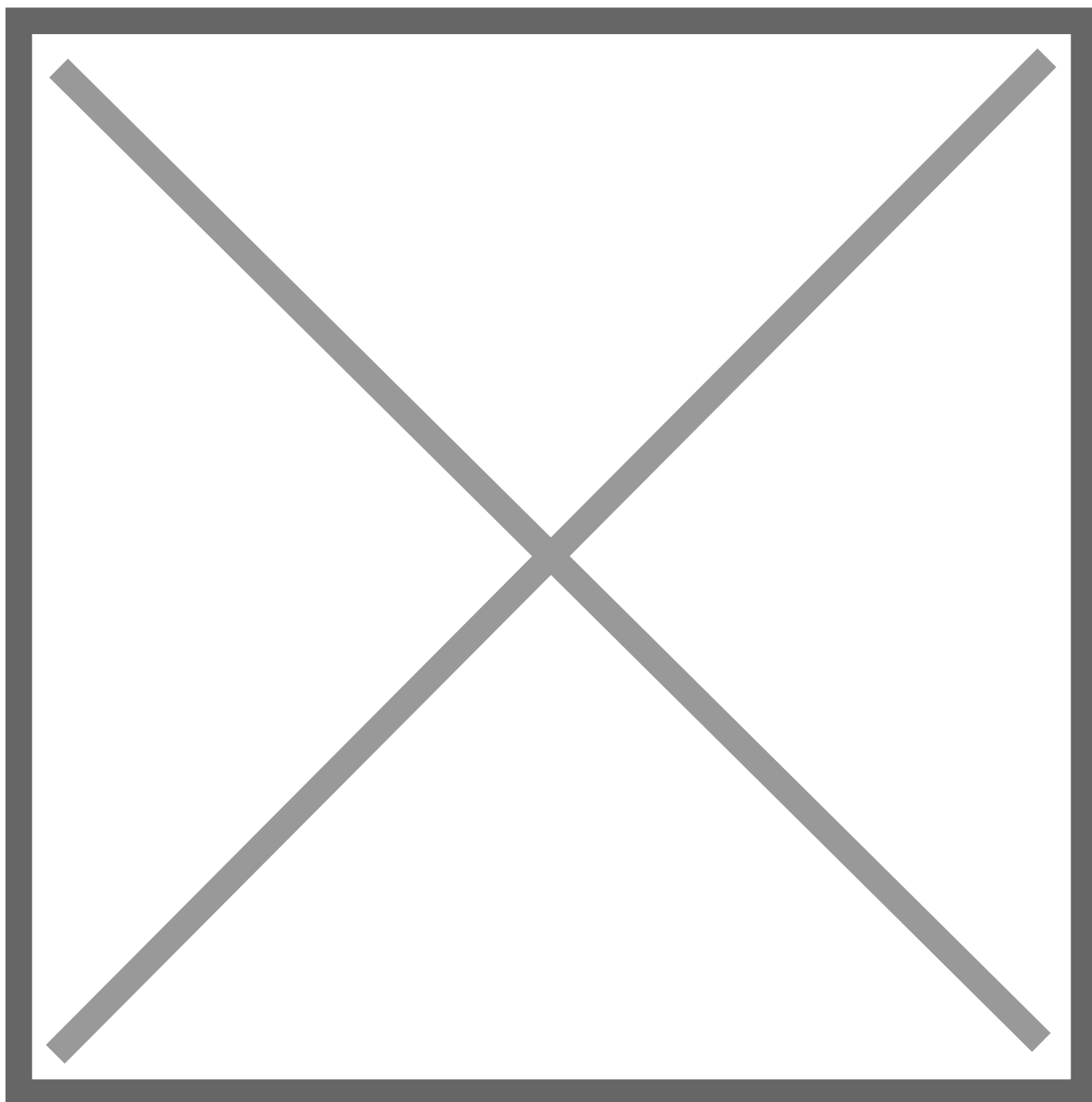
Notas:

% 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.

**Definiciones
(solo
disponible en
inglés):**

% Adolescents insufficiently active (age standardised estimate)

Chicos, 2016



Tipo de encuesta: Autodeclarado

Edad: 11-17

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

Notas: % 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.

**Definiciones
(solo
disponible en
ingl  s):**

% Adolescents insufficiently active (age standardised estimate)

Chicas, 2016



Tipo de encuesta: Autodeclarado

Edad: 11-17

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

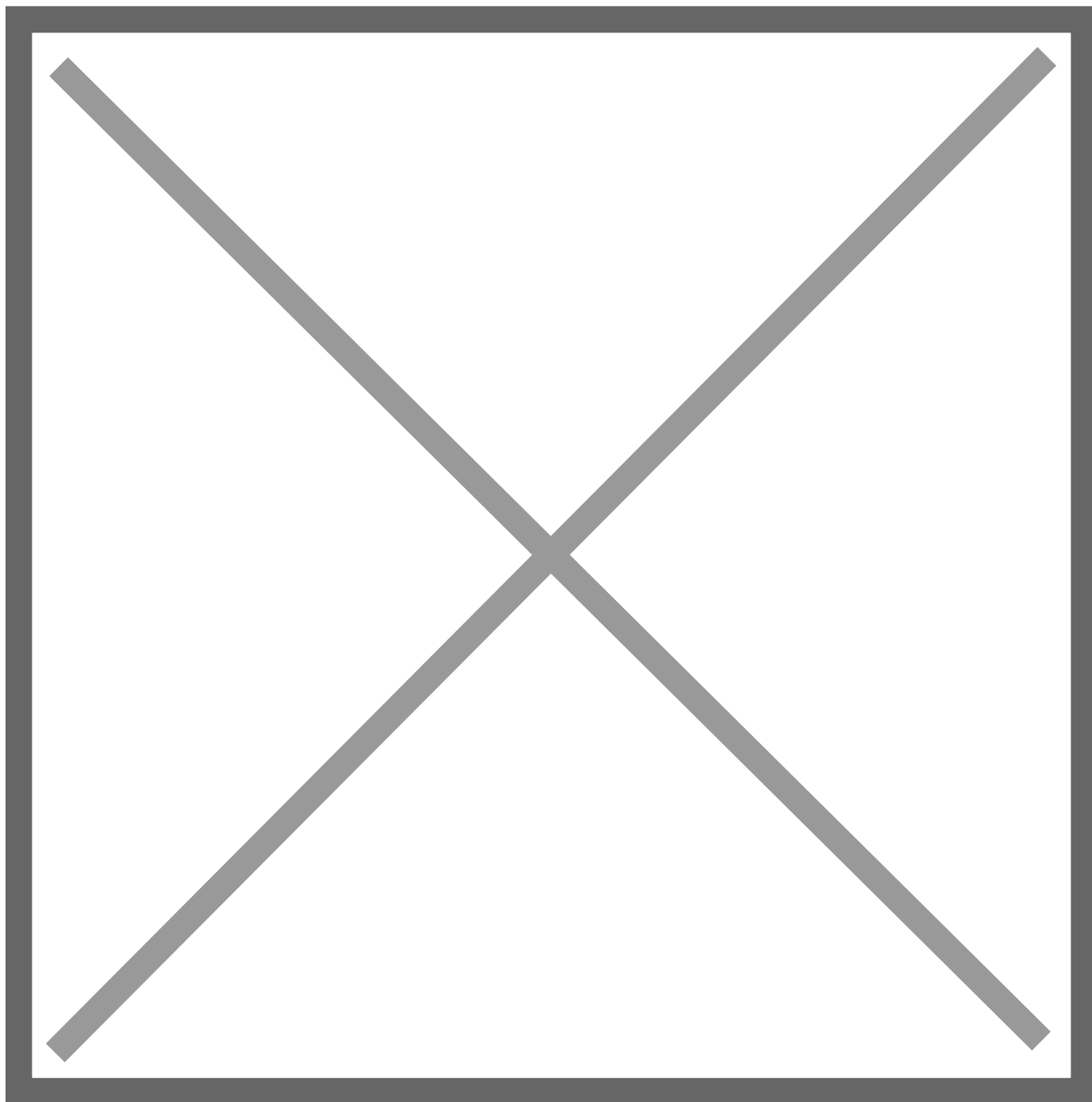
Notas: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definiciones
(solo
disponible en
ingl  s):**

% Adolescents insufficiently active (age standardised estimate)

Frecuencia media diaria de consumo de refrescos carbonatados

Niños, 2010-2015



Tipo de encuesta:

Medido

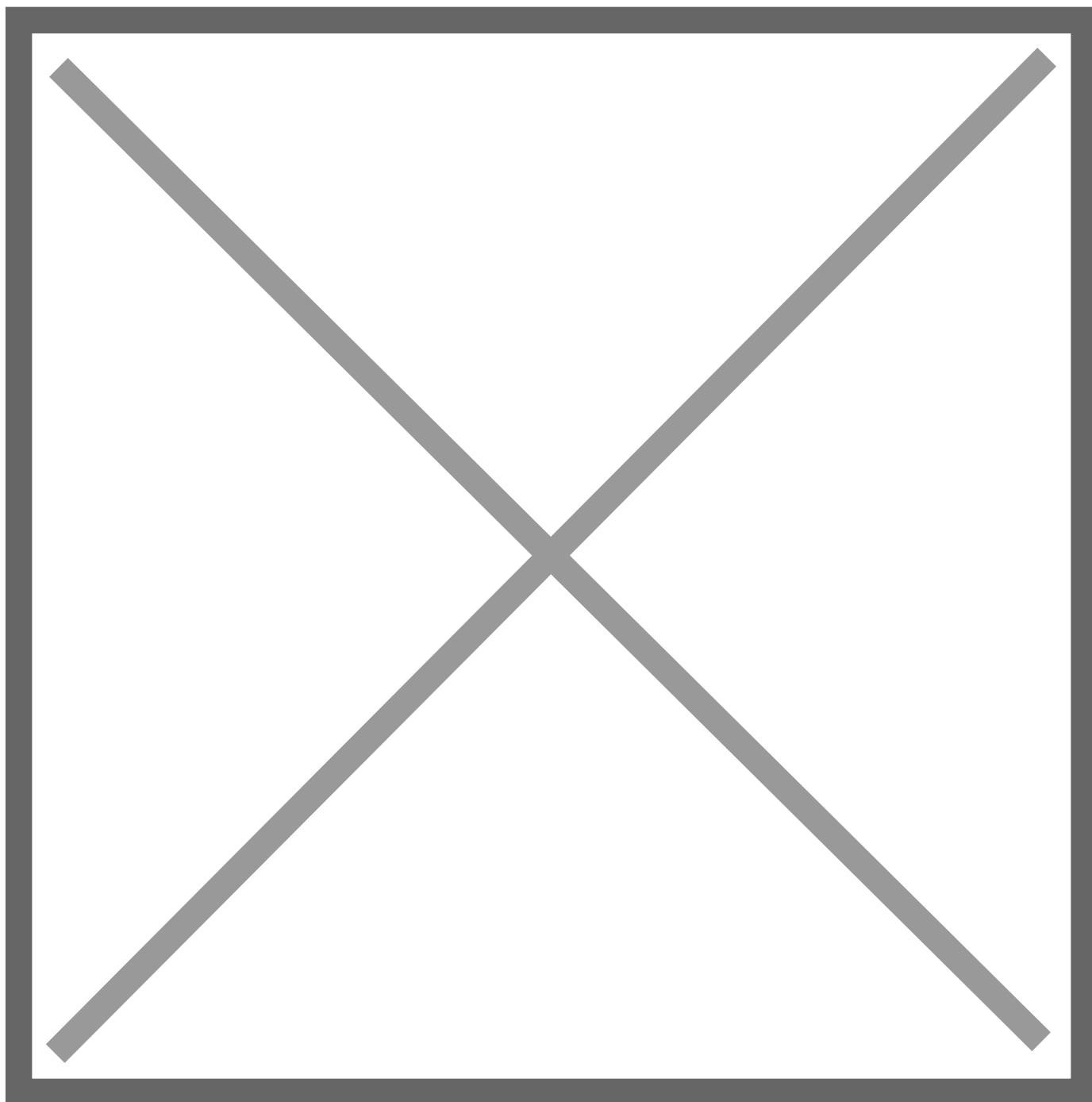
Edad:

12-17

Referencias:

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>

Prevalencia del consumo de fruta menos de una vez al día Niños, 2010-2015



Tipo de encuesta:

Medido

Edad:

12-17

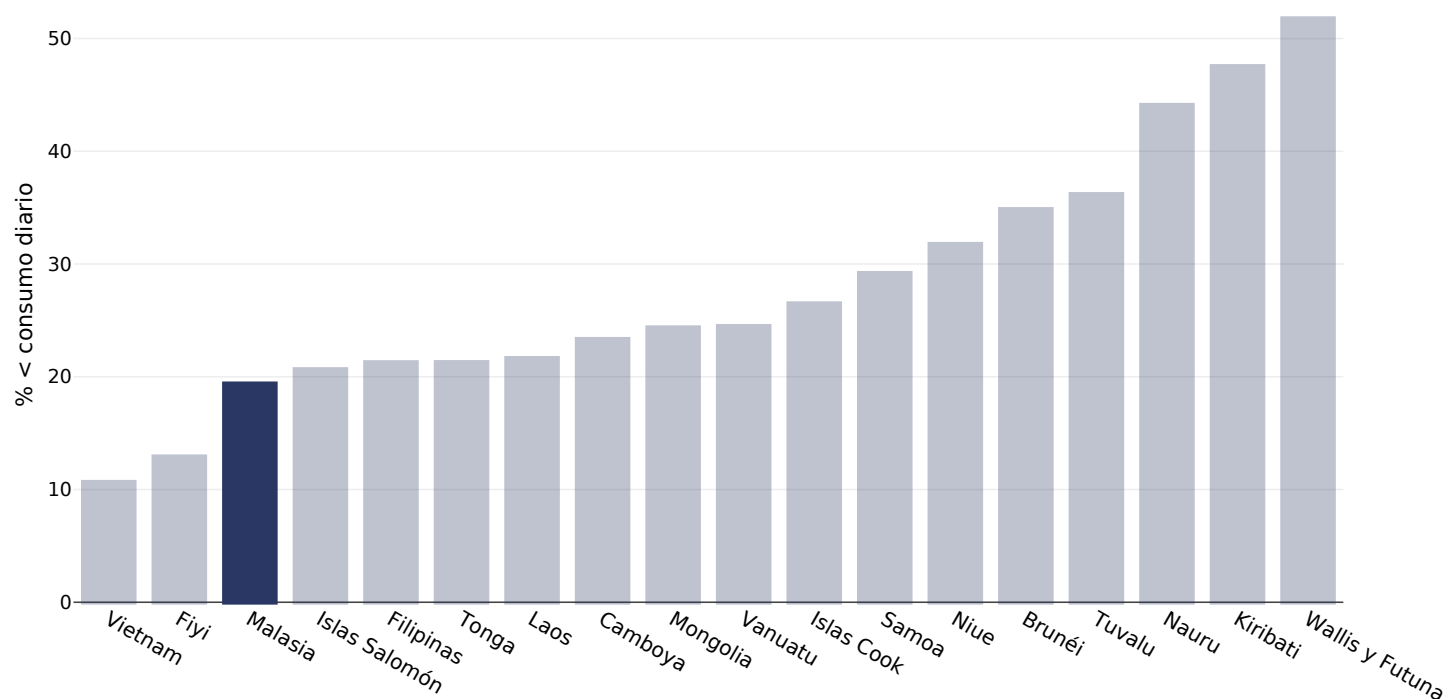
Referencias:

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>

**Definiciones
(solo
disponible en
ingl  s):**

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

Prevalencia del consumo de verdura menos de una vez al día Niños, 2010-2015



Tipo de encuesta:

Medido

Edad:

12-17

Referencias:

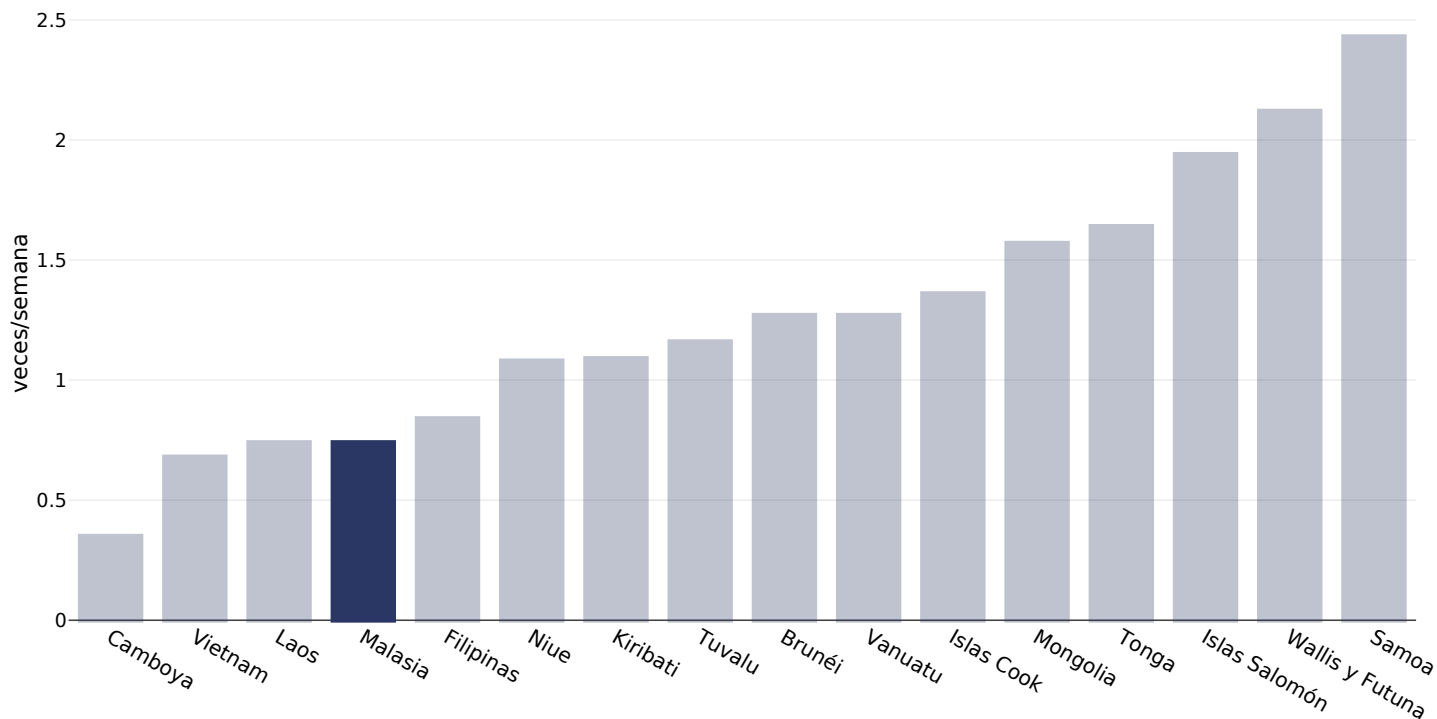
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definiciones (solo disponible en inglés):

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

Frecuencia media semanal de consumo de comida rápida

Niños, 2010-2015

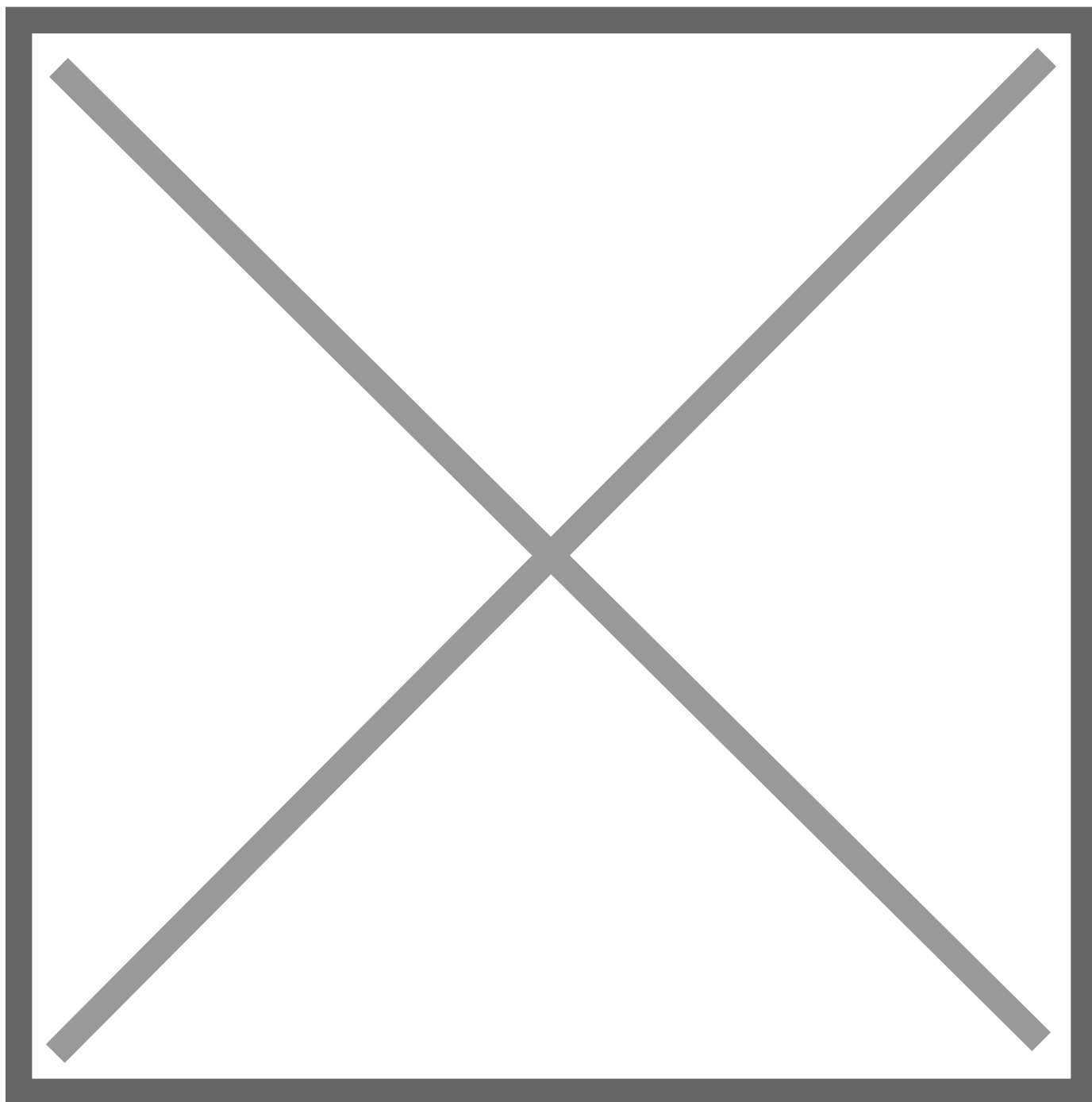


Edad: 12-17

Referencias: 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>

Salud mental: trastornos de depresi3n

Ni±os, 2021



**Zona
abarcada:**

Nacional

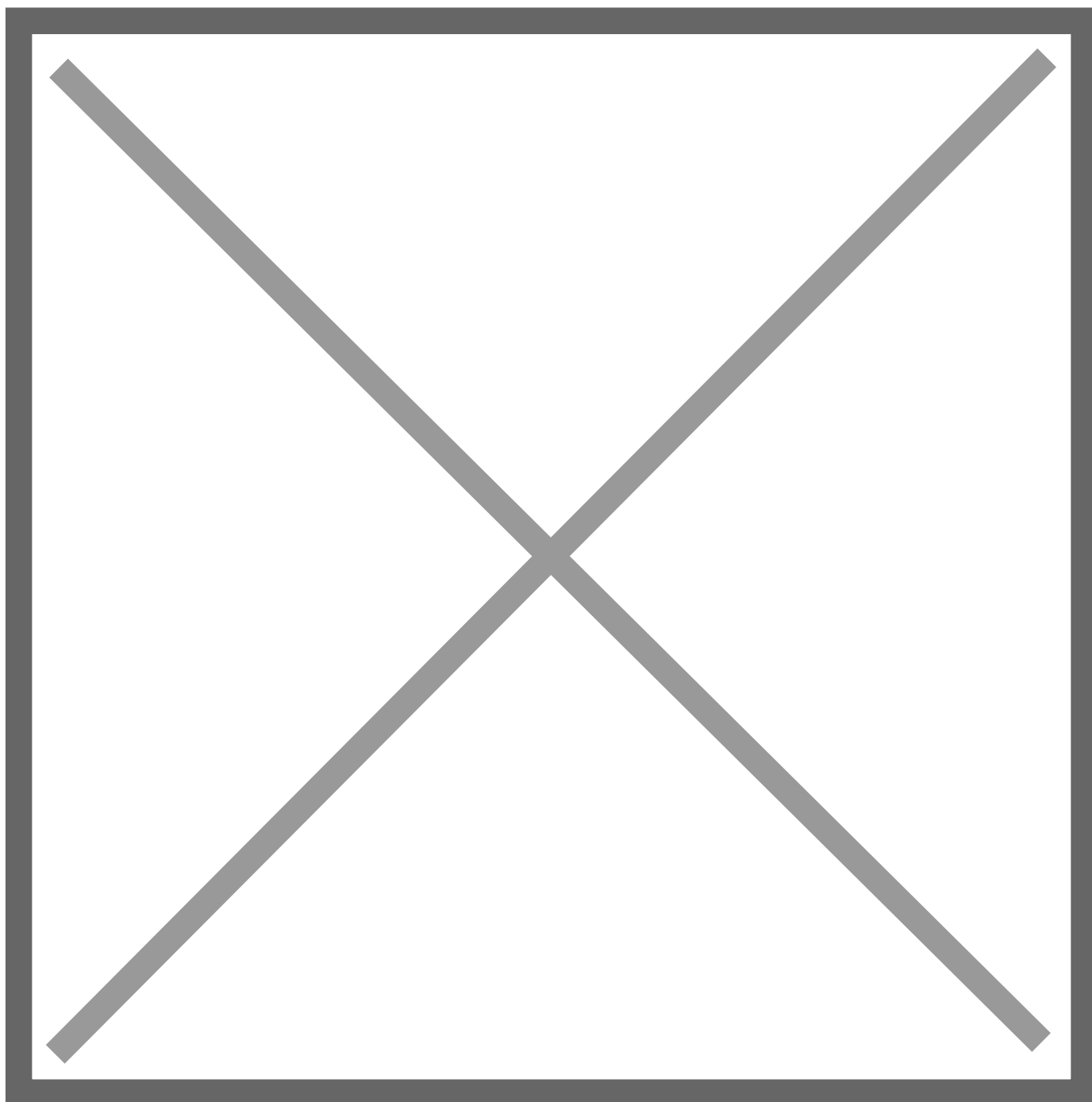
Referencias:

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)

**Definiciones
(solo
disponible en
ingl  s):**

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

Chicos, 2021



**Zona
abarcada:**

Nacional

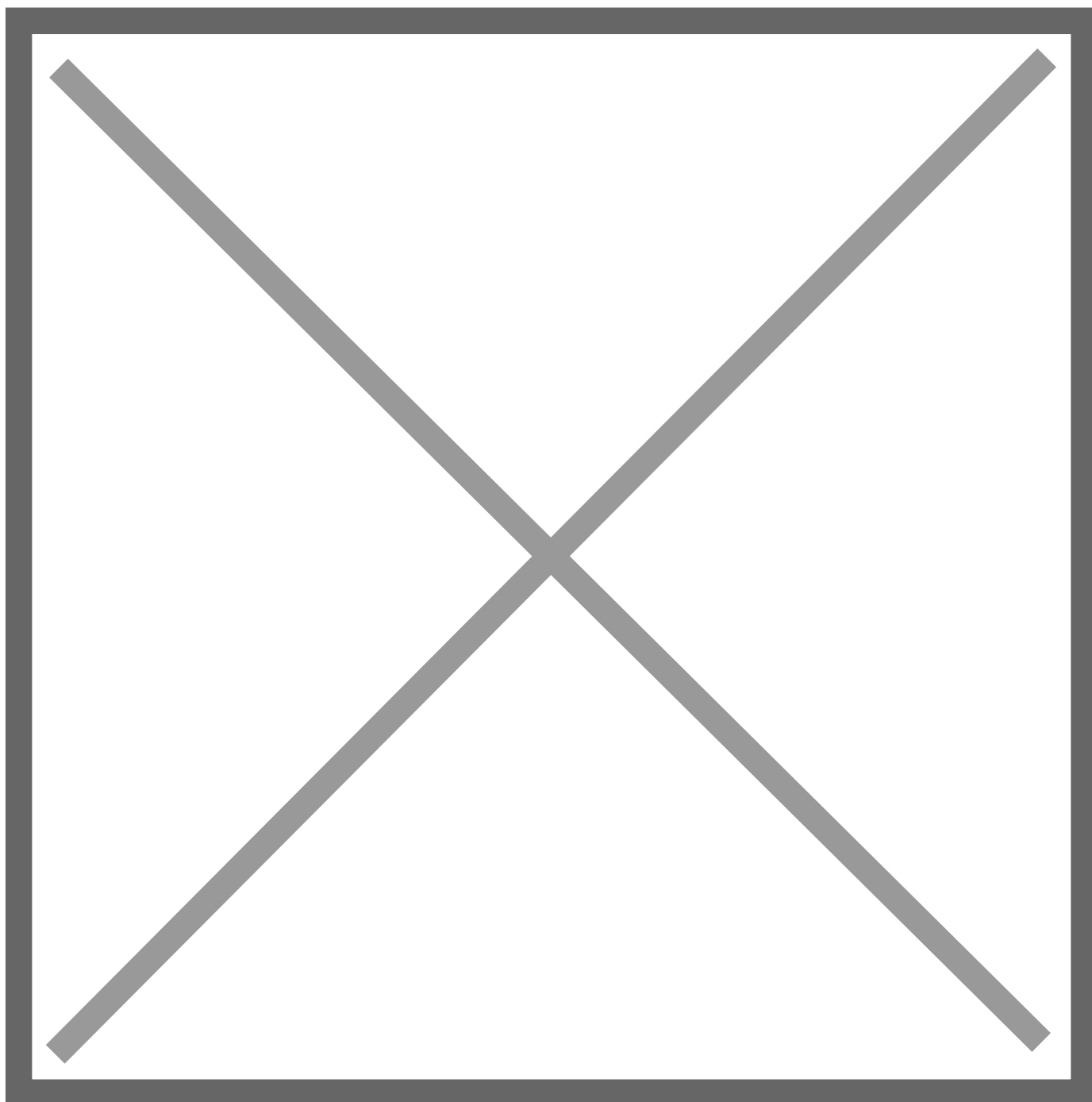
Referencias:

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**Definiciones
(solo
disponible en
ingl  s):**

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

Chicas, 2021



**Zona
abarcada:**

Nacional

Referencias:

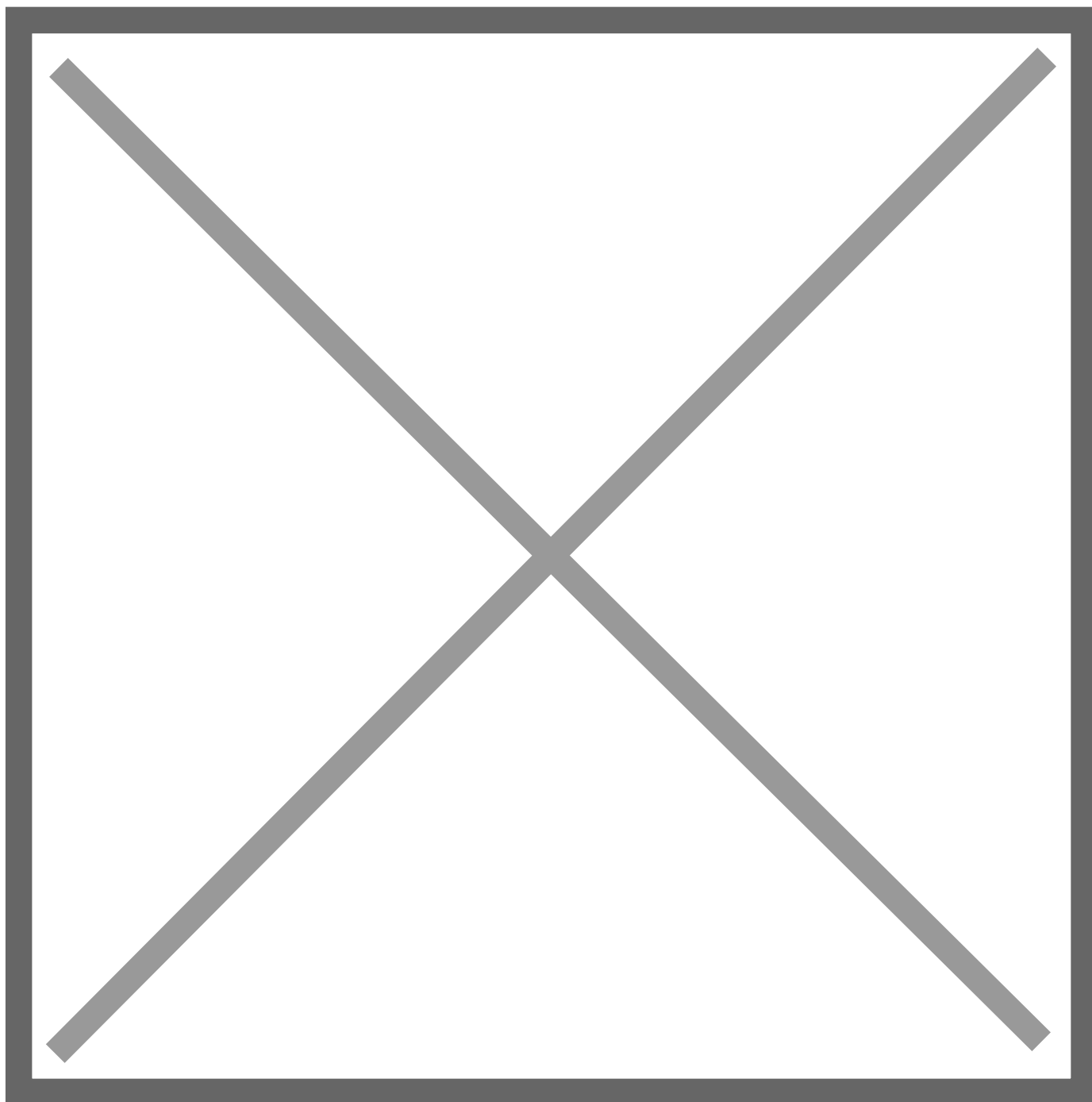
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definiciones
(solo
disponible en
ingl  s):**

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

Salud mental: trastornos de ansiedad

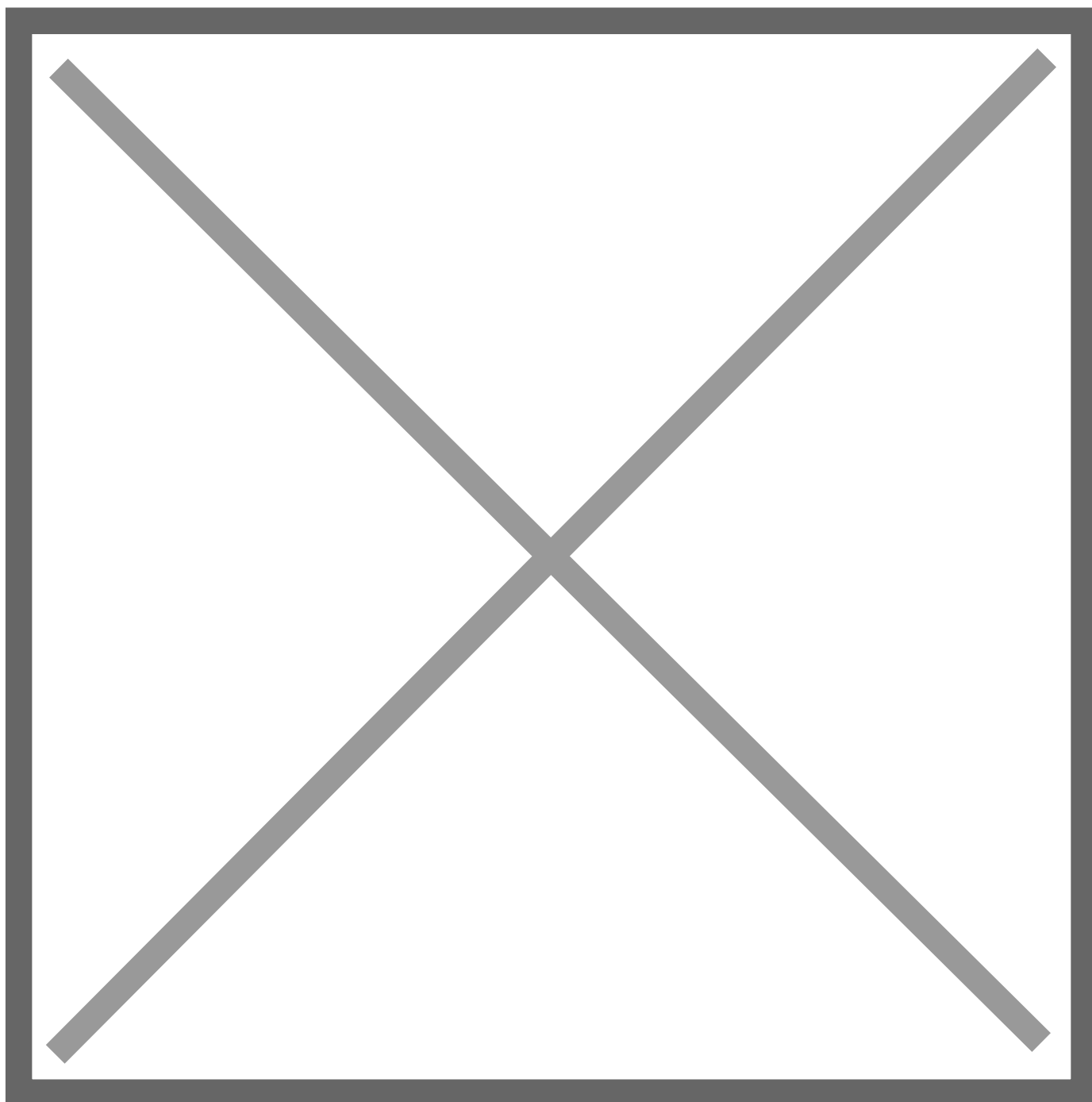
Niños, 2021



Referencias:

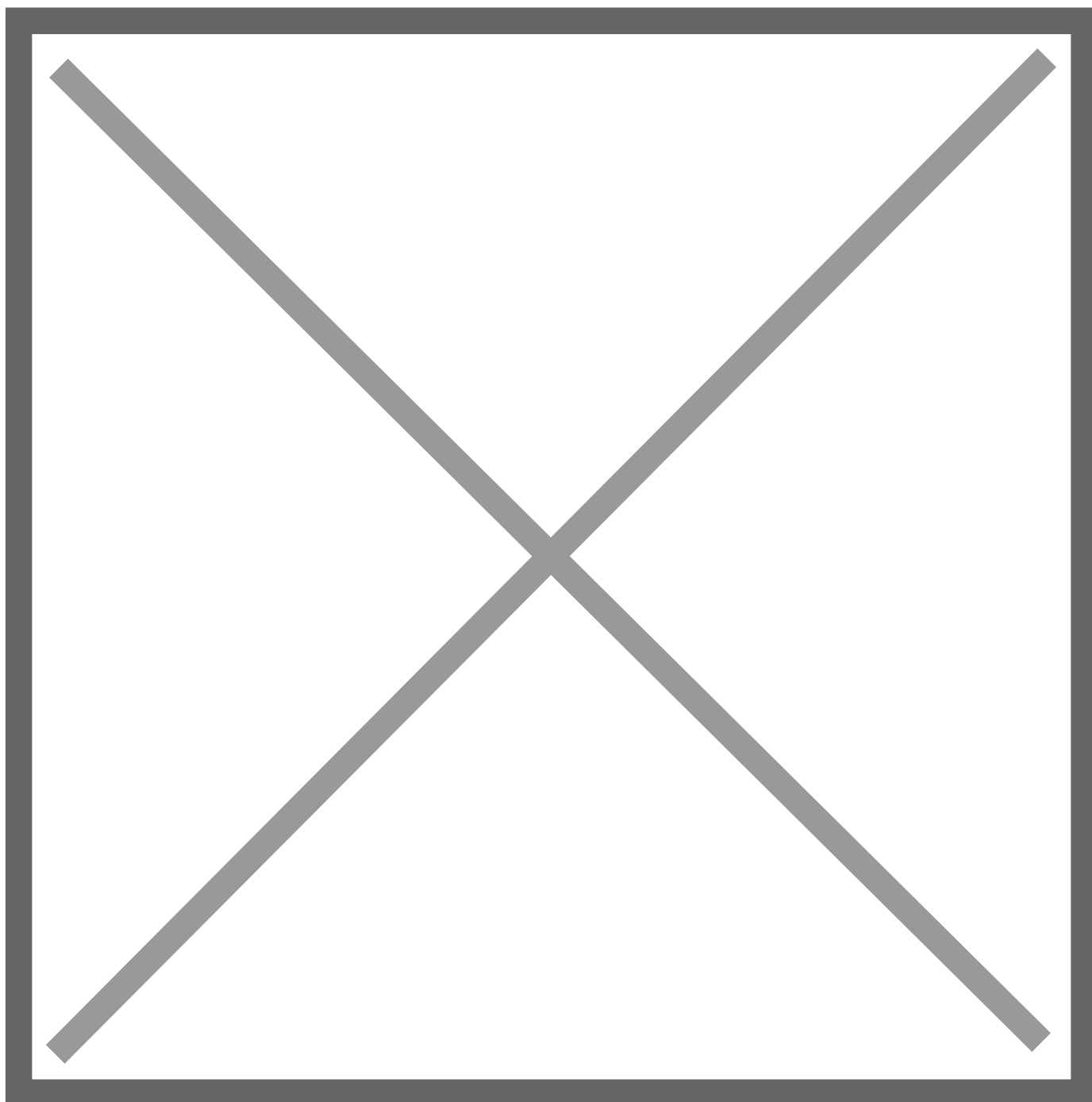
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Chicos, 2021

**Referencias:**

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)

Chicas, 2021



Referencias:

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 16, 2025