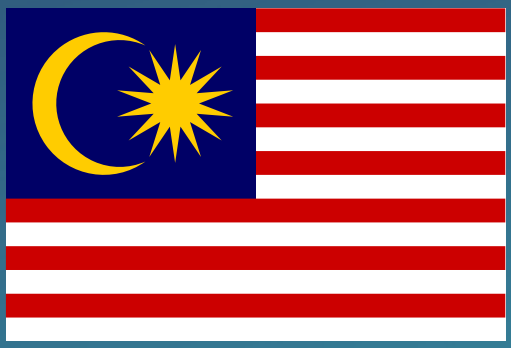
Malaysia



Country report card - children

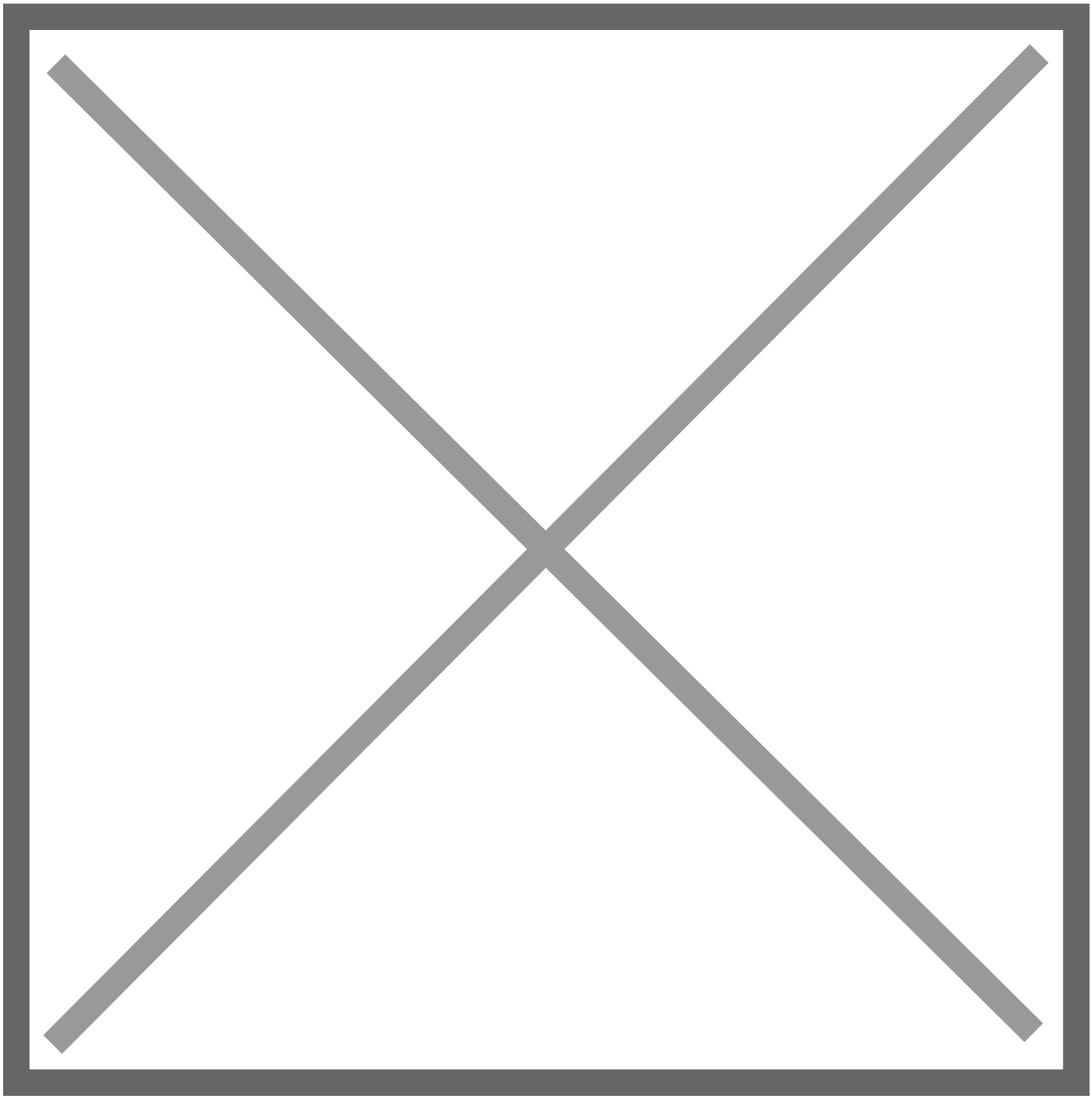
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

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, 2024

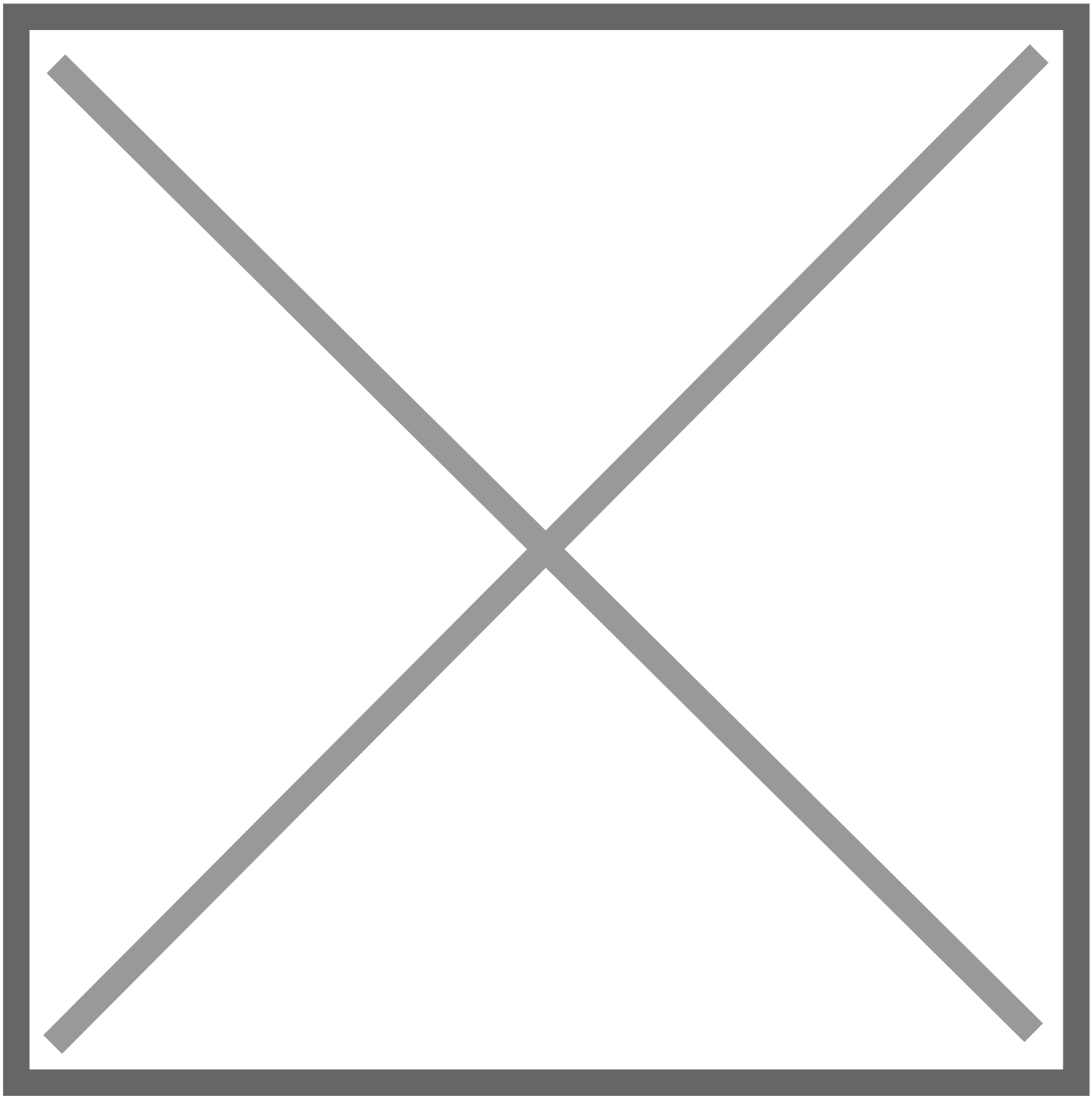


Survey type:	Measured
Age:	5-19
Sample size:	1,645
Area covered:	National
References:	Institute for Public Health (IPH). National Health and Morbidity Survey (NHMS) 2024: Nutrition: Vol. II: Findings; 2025. https://iku.nih.gov.my/NHMS-2024 [Accessed 10.12.25]

Cutoffs:	WHO 2007

Overweight/obesity by education

Children, 2017

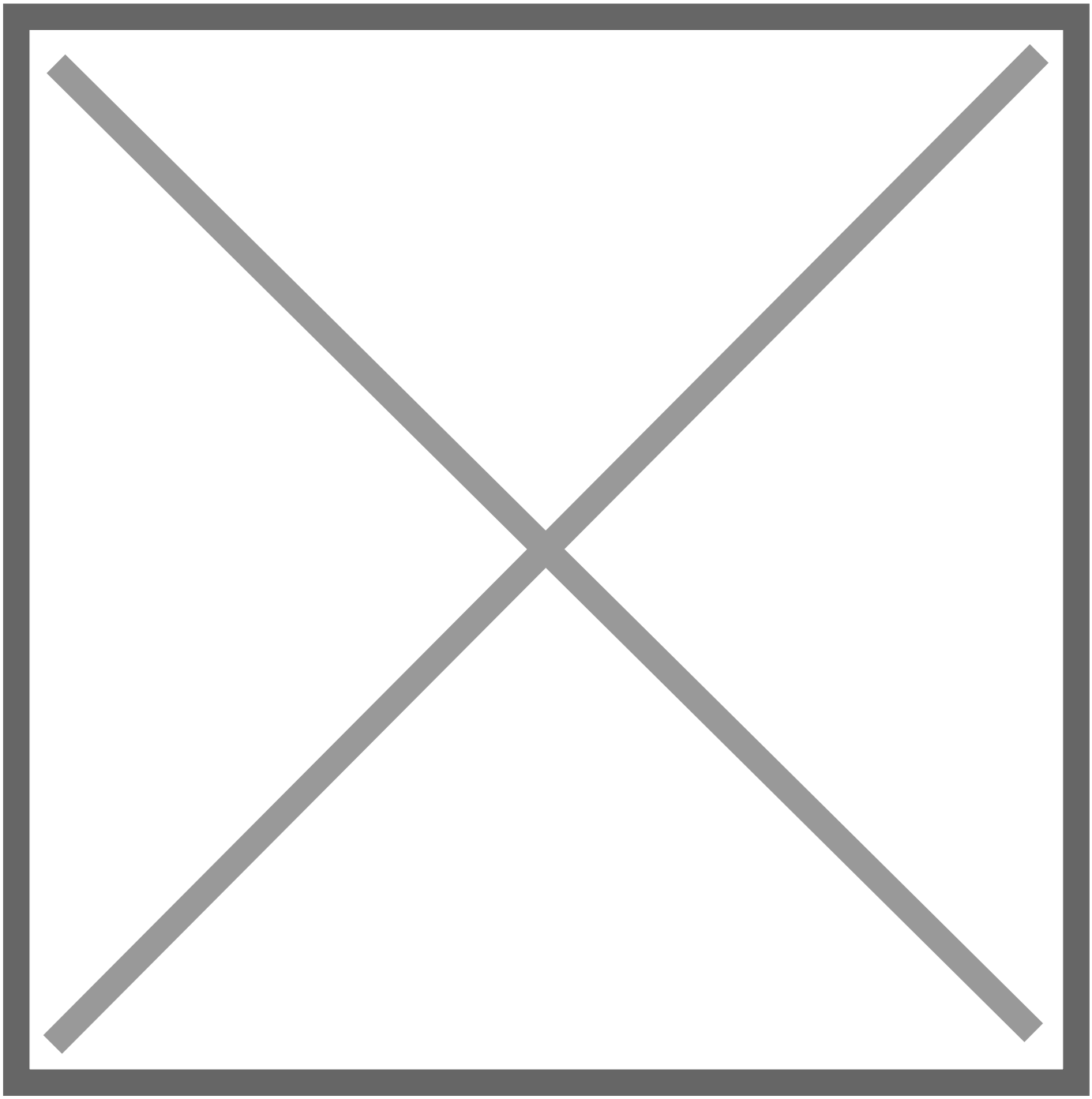


Survey type:	Self-reported
Age:	10-17
Sample size:	40017
Area covered:	National
References:	Institute for Public Health (IPH) 2017. National Health and Morbidity Survey (NHMS) 2017: Adolescent Nutrition Survey 2017, Malaysia. https://iku.gov.my/images/IKU/Document/REPORT/NHMS2017/NutritionSurveyNHMS2017.pdf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

Cutoffs:	WHO

Overweight/obesity by age

Children, 2022

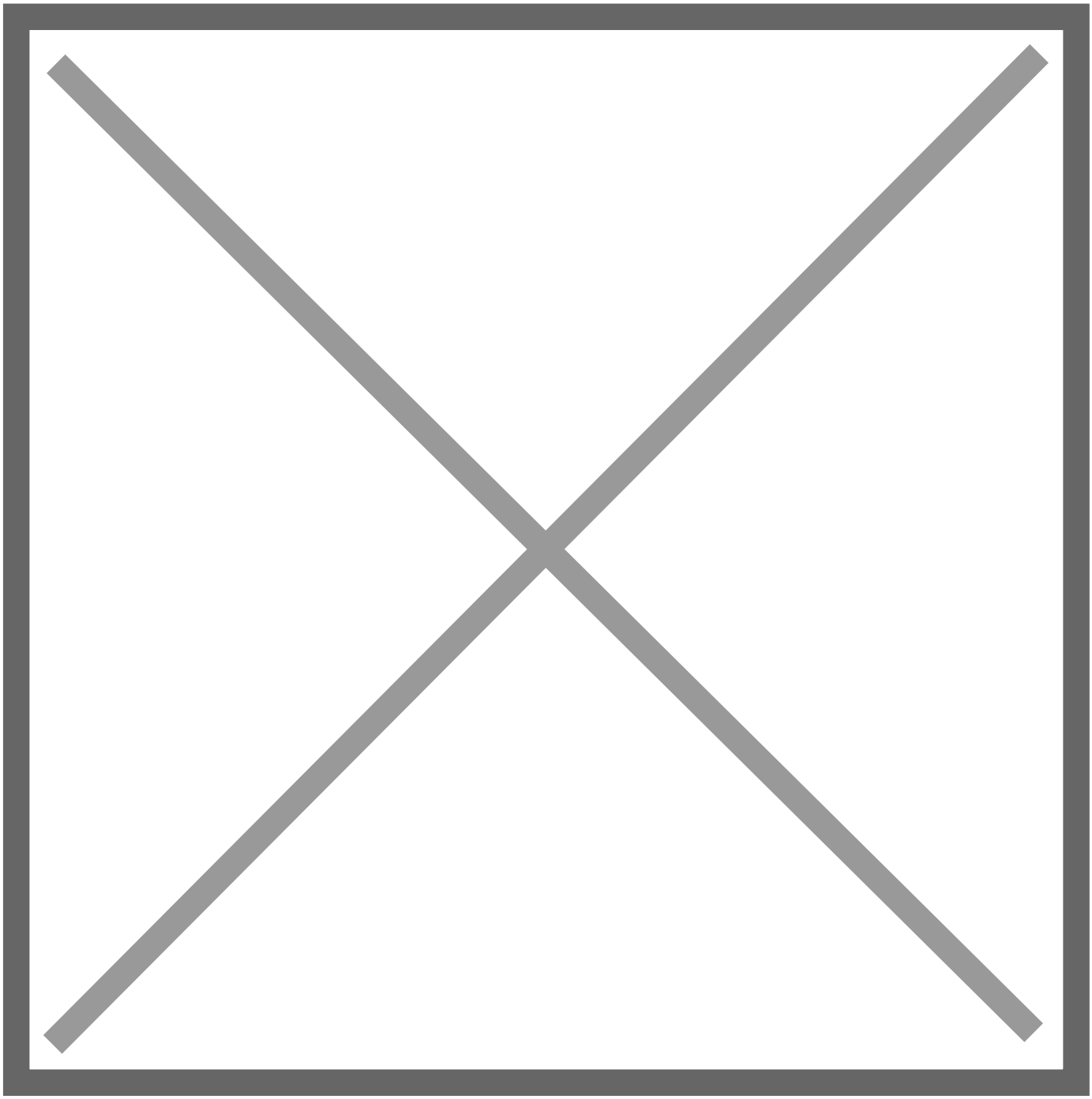


Survey type:	Measured
Sample size:	33523
Area covered:	National
References:	Institute for Public Health (IPH) 2022. Technical Report National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey, Malaysia. https://iku.gov.my/images/nhms-2022/Report_Malaysia_nhms_ahs_2022.pdf (last accessed: 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, 2024

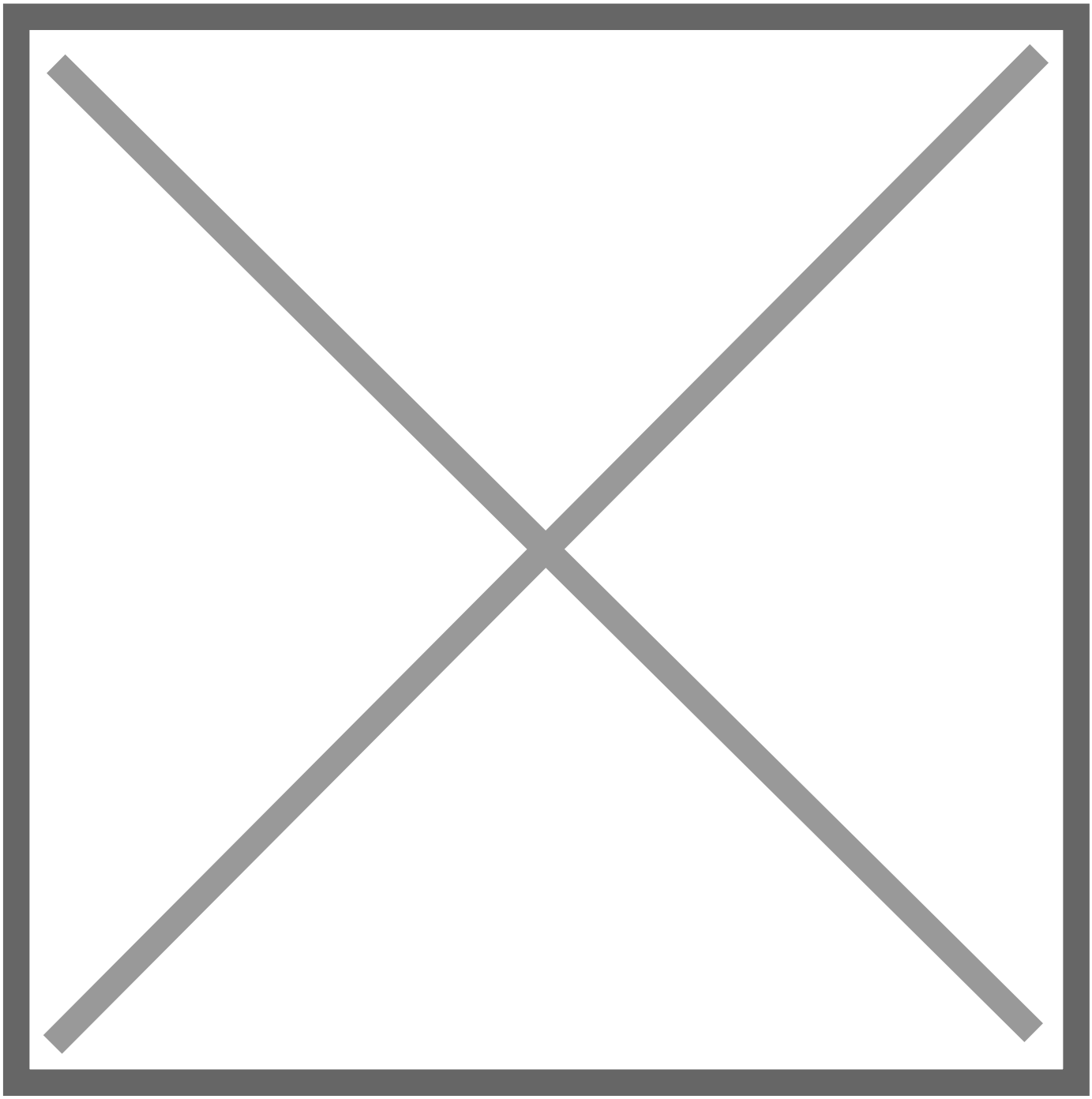


Survey type:	Measured
Age:	5-19
Sample size:	1,645
Area covered:	National
References:	Institute for Public Health (IPH). National Health and Morbidity Survey (NHMS) 2024: Nutrition: Vol. II: Findings; 2025. https://iku.nih.gov.my/NHMS-2024 [Accessed 10.12.25]

Cutoffs:	WHO 2007

Overweight/obesity by socio-economic group

Children, 2024



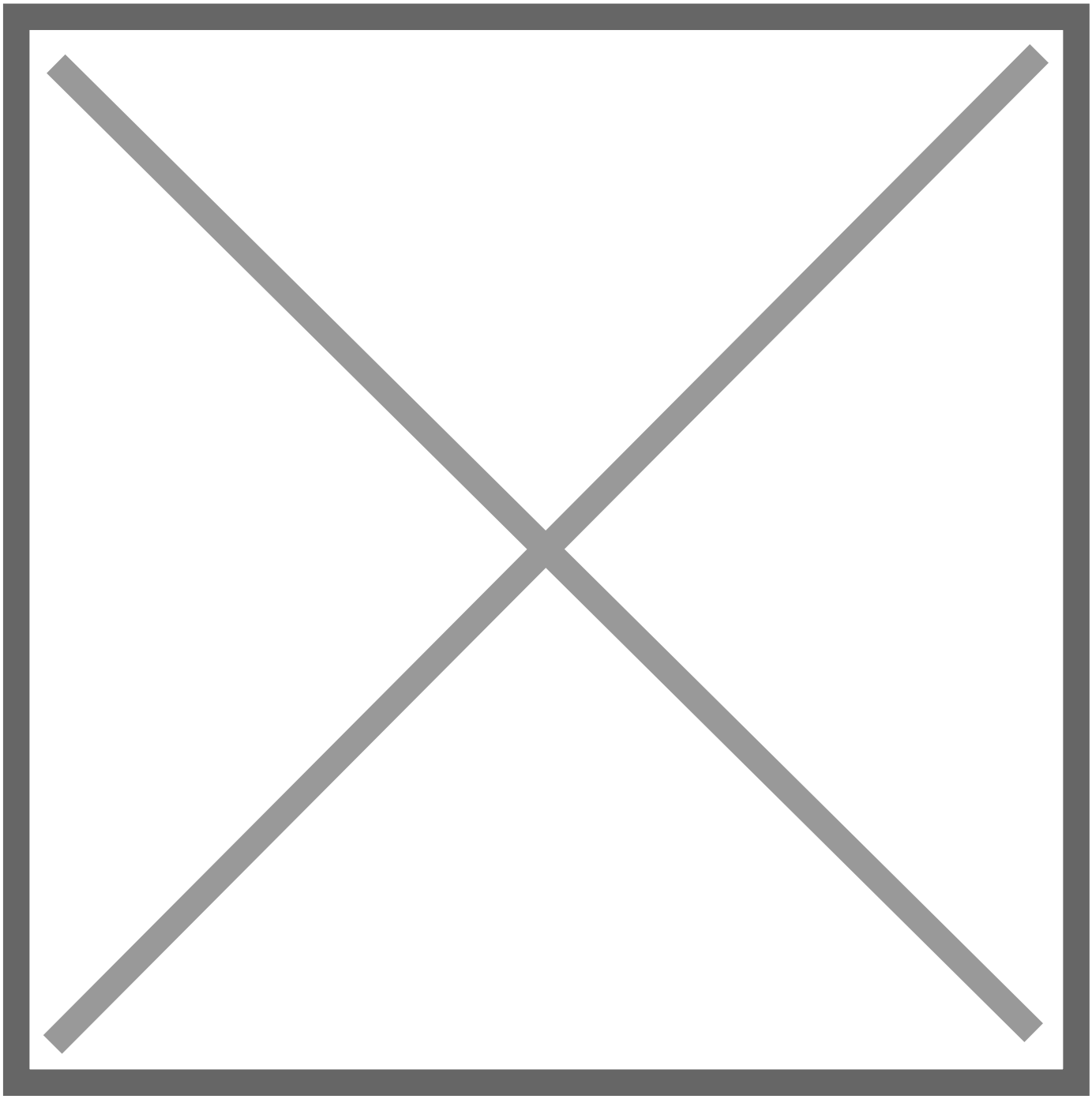
Survey type:	Measured
Age:	5-19
Sample size:	1,645
Area covered:	National
References:	Institute for Public Health (IPH). National Health and Morbidity Survey (NHMS) 2024: Nutrition: Vol. II: Findings; 2025. https://iku.nih.gov.my/NHMS-2024 [Accessed 10.12.25]

Notes:	Household Income Category
Definitions:	BMI-for-age
Cutoffs:	WHO 2007

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, 2024

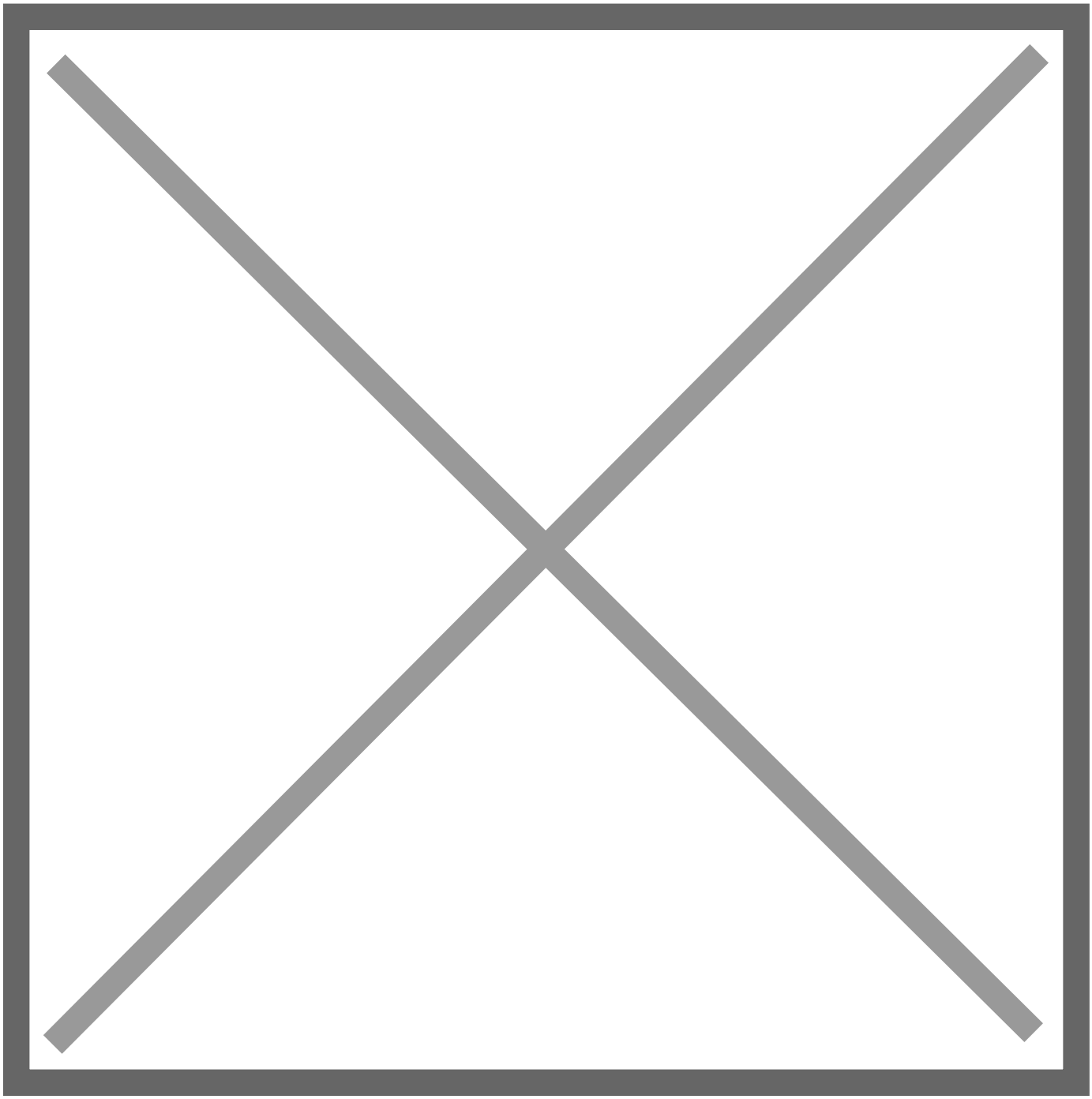


Survey type:	Measured
Age:	5-19
Sample size:	1,654
Area covered:	National
References:	Institute for Public Health (IPH). National Health and Morbidity Survey (NHMS) 2024: Nutrition: Vol. II: Findings; 2025. https://iku.nih.gov.my/NHMS-2024 [Accessed 10.12.25]

Notes:	Malay includes Orang Asli
Cutoffs:	WHO 2007

Double burden of underweight & obesity

Children, 2022

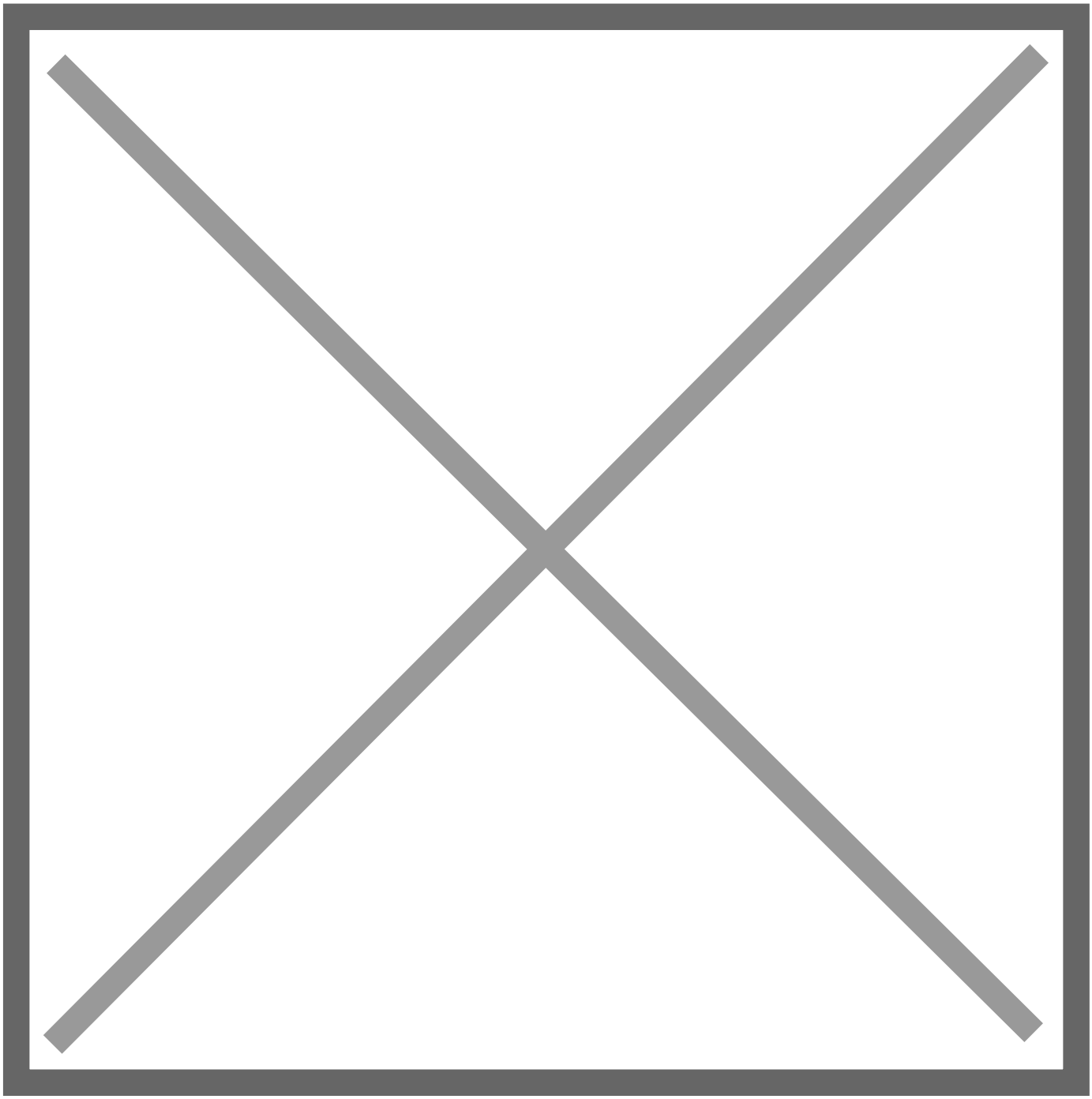


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
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

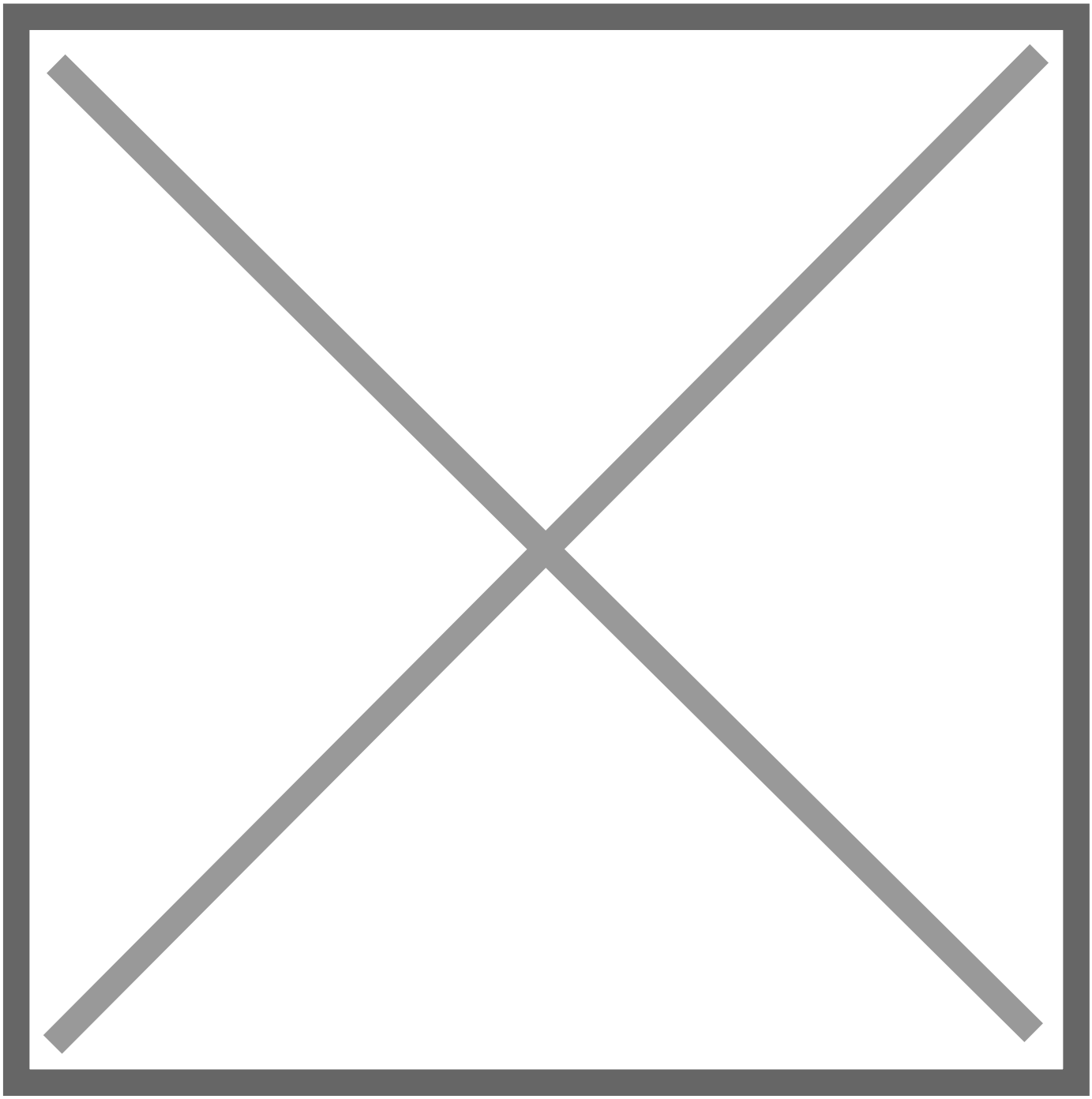
Children, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

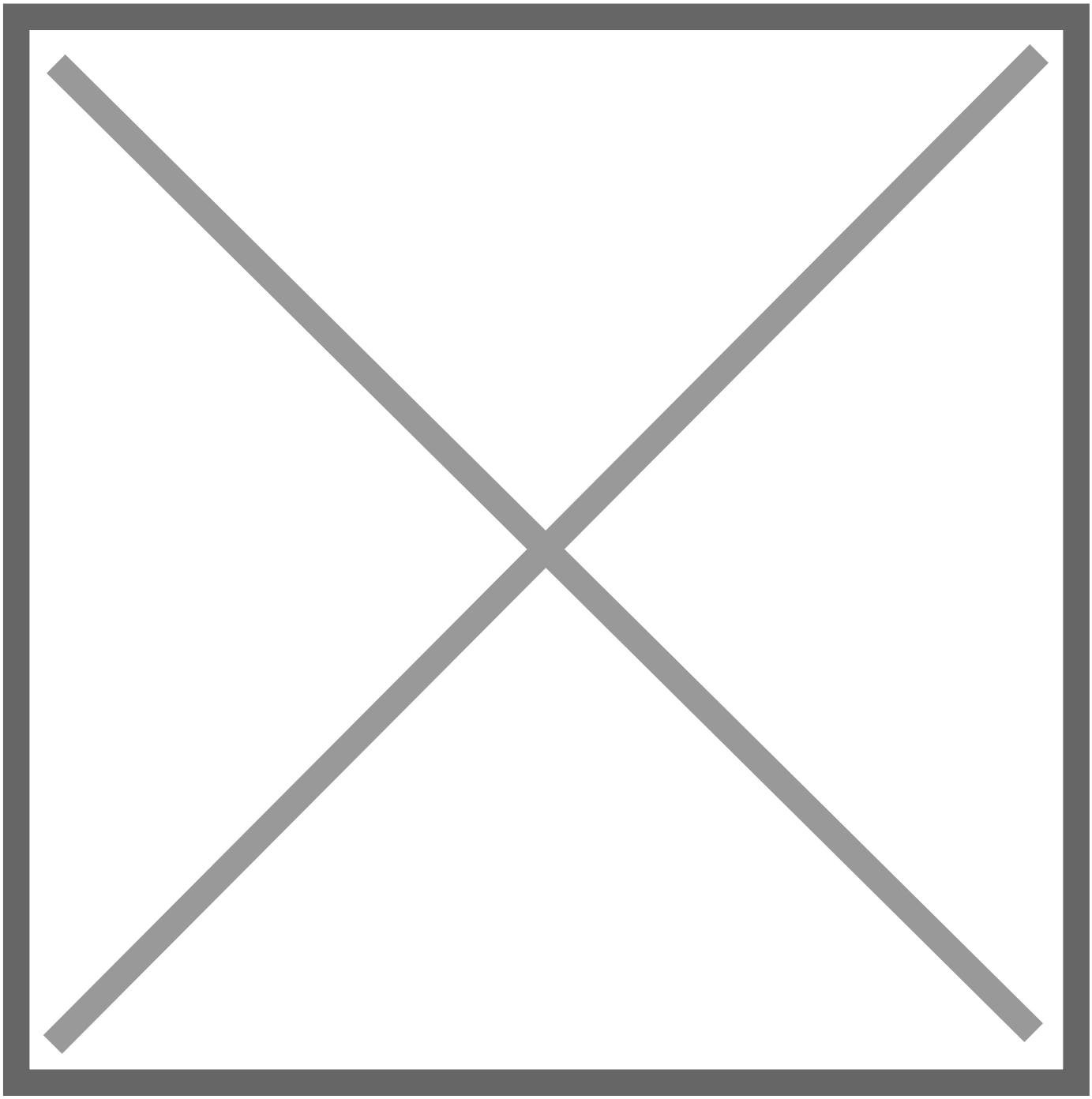
Boys, 2025



Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Girls, 2025

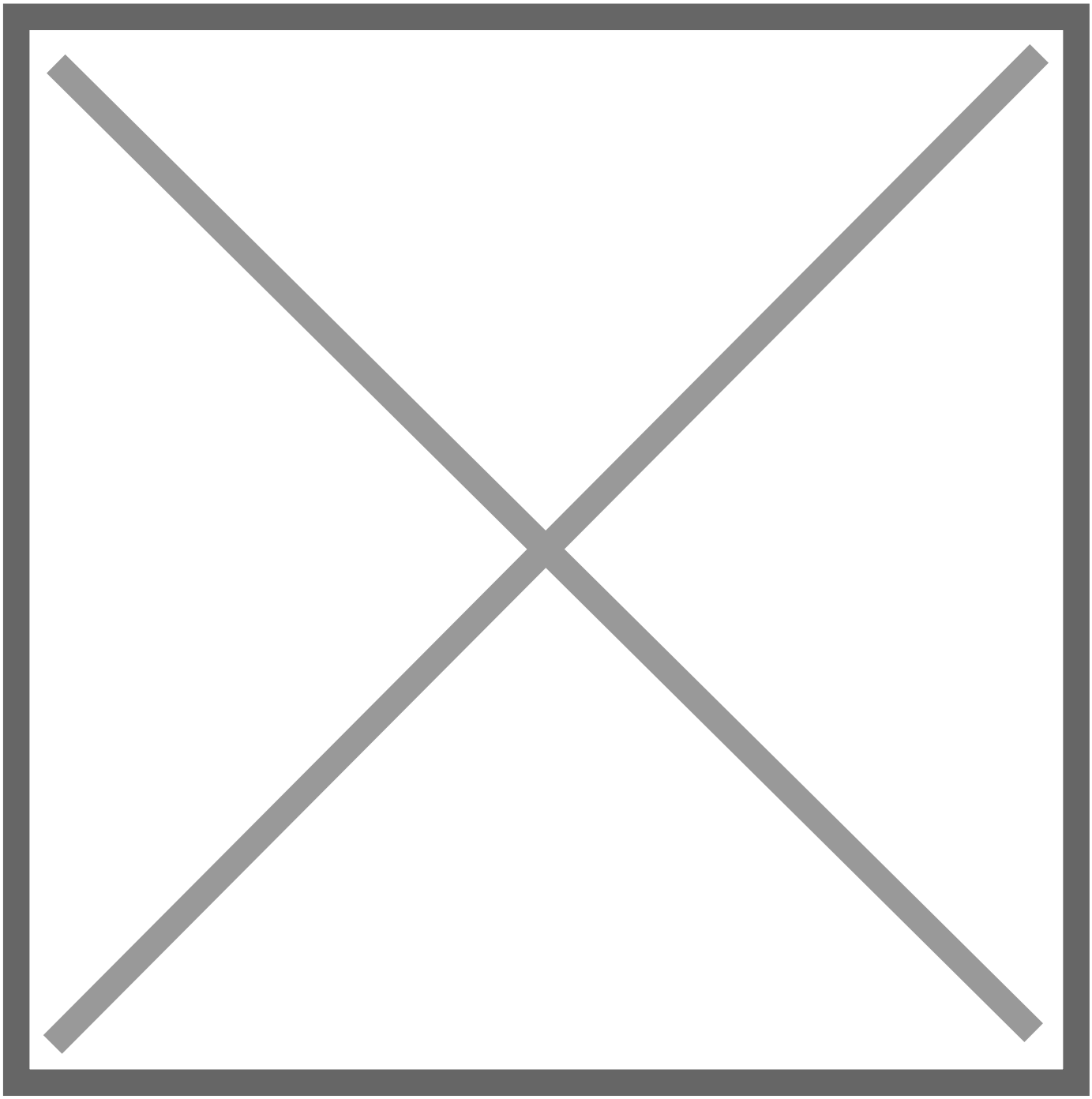


Survey type:	Self-reported
Age:	11-17
Area covered:	National
References:	World Health Organization. (2026). Physical activity among adolescents, no active days in the past week, prevalence (%). Global Health Observatory. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-physical-activity-among-adolescents-no-active-days-in-the-past-week-prevalence [Accessed 06.11.26]

Notes:	An active day is a day on which an adolescent reports at least 60 minutes of moderate-to-vigorous physical activity (MVPA).
Definitions:	Percentage of adolescents aged 11–17 years who reported no active day in the past 7 days (0 active days per week).

Average daily frequency of carbonated soft drink consumption

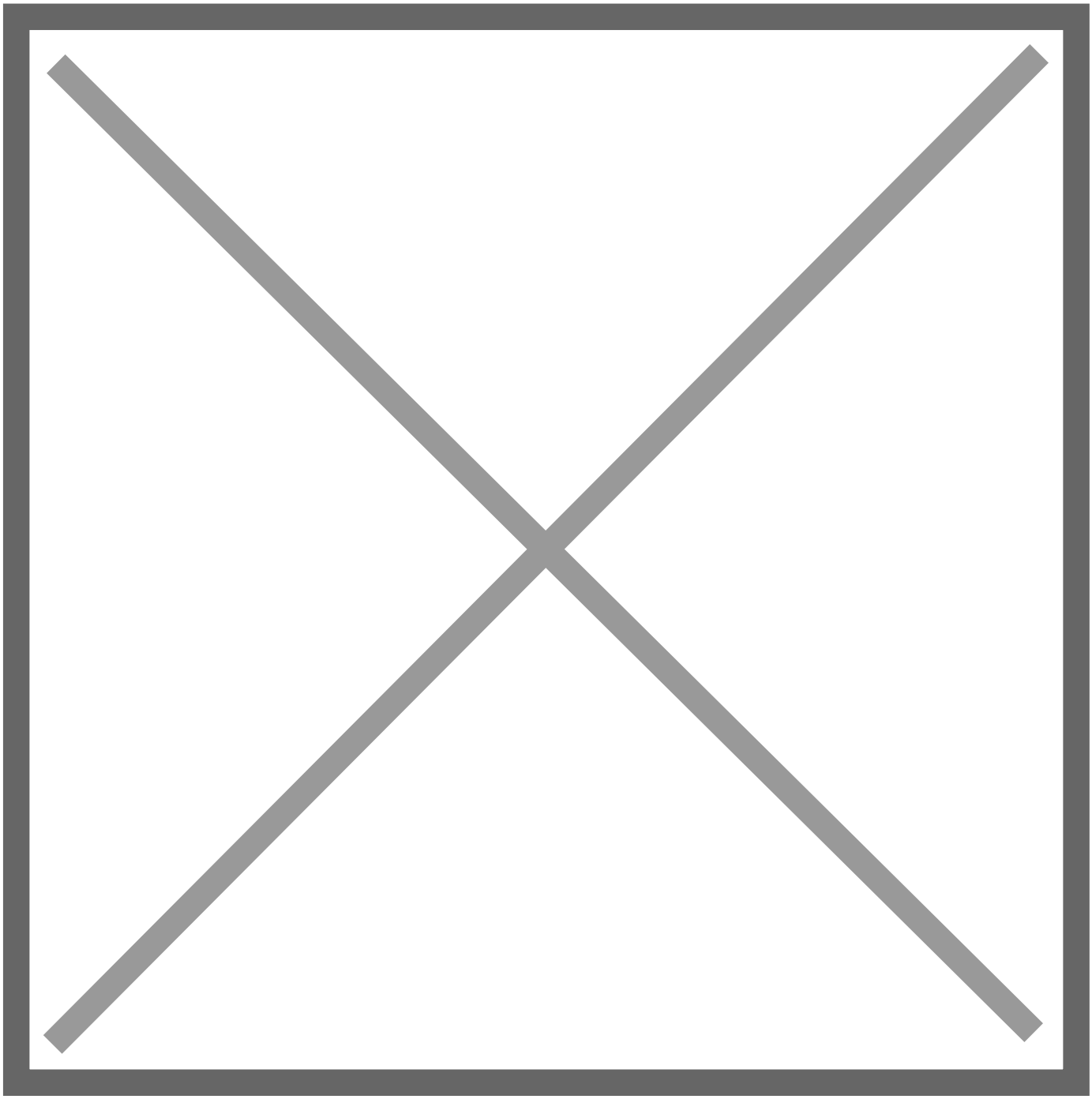
Children, 2010-2015



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, 2012

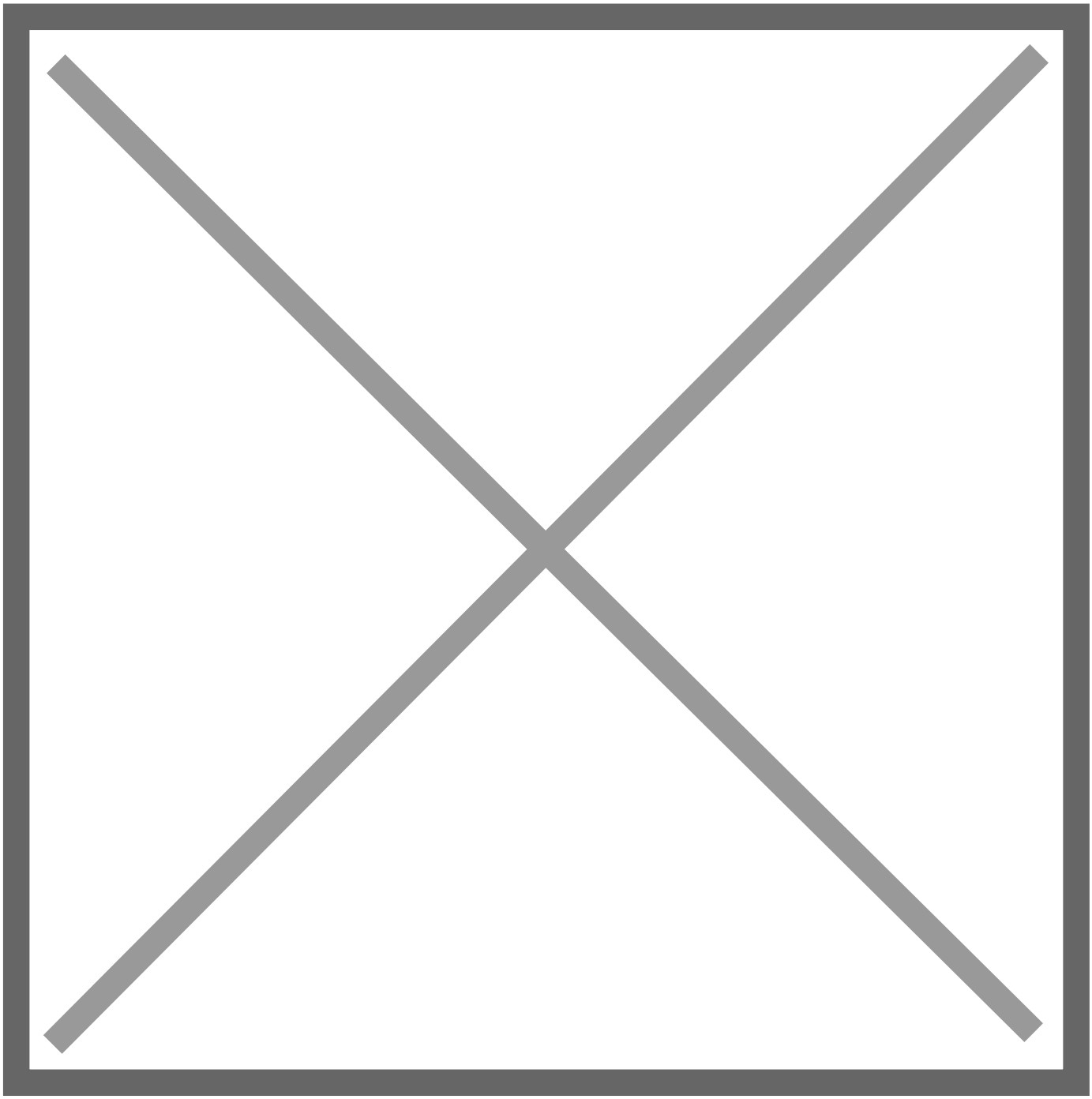


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food 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, 2012

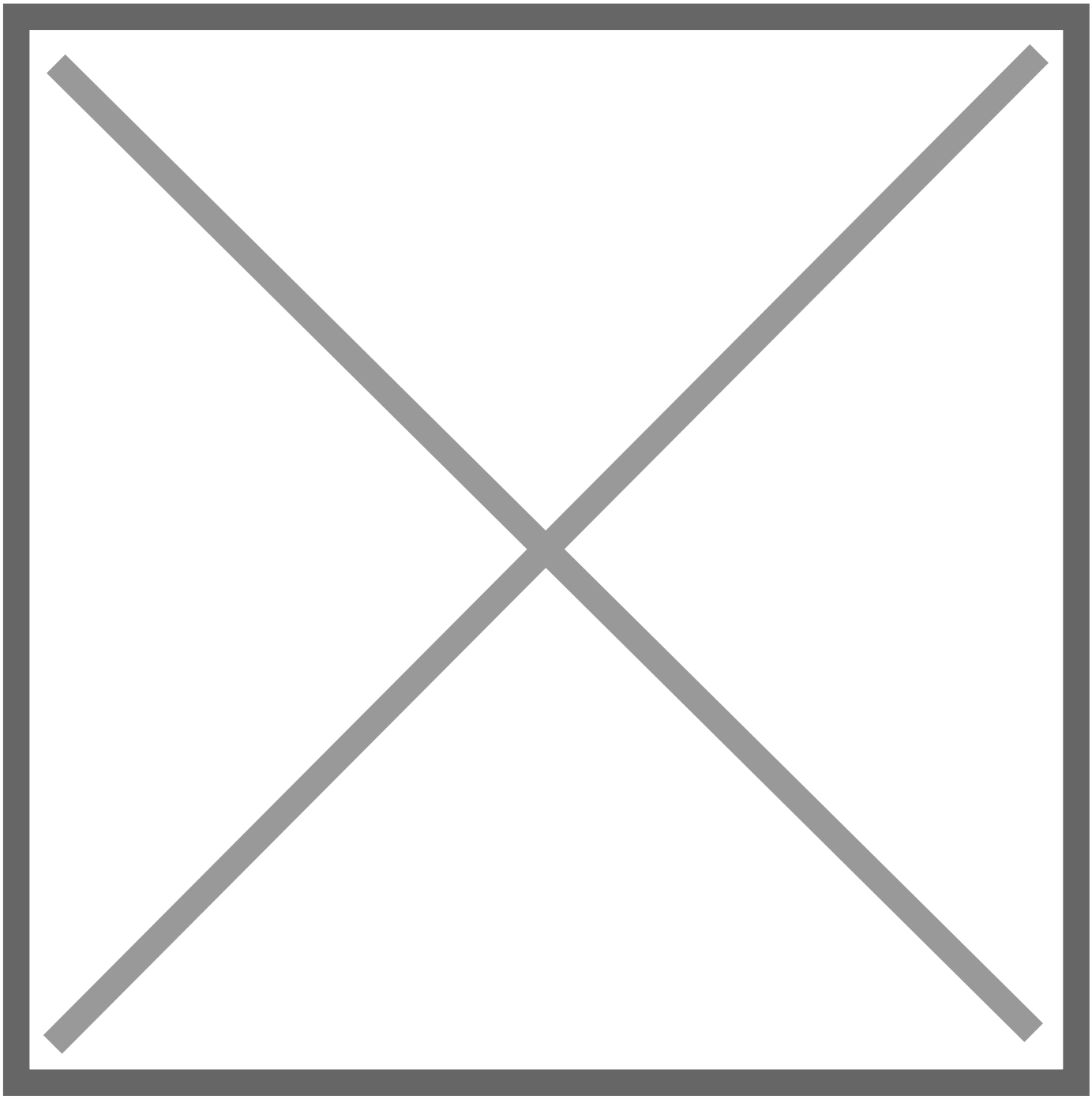


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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

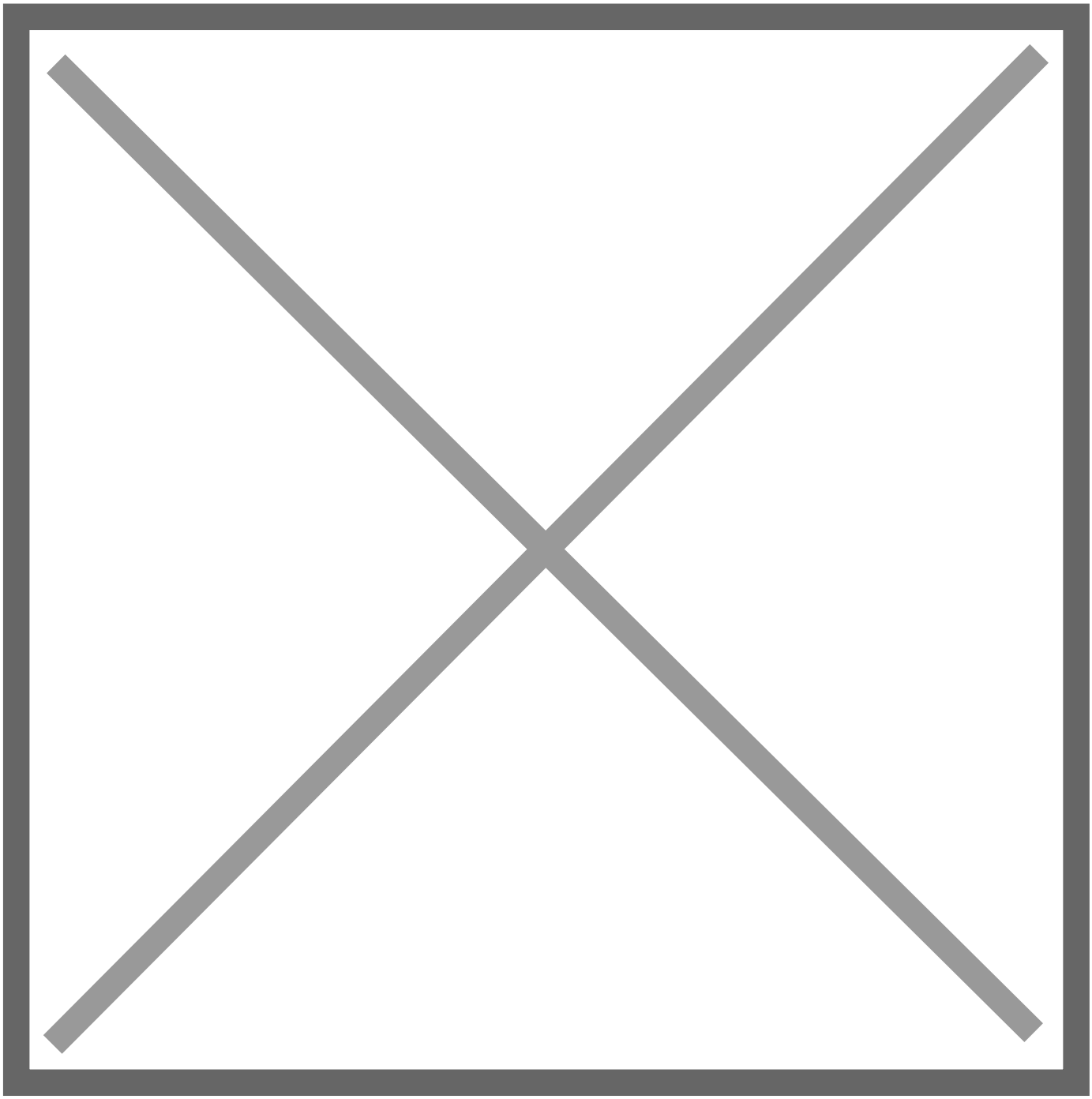
Mental health - depression disorders

Children, 2023



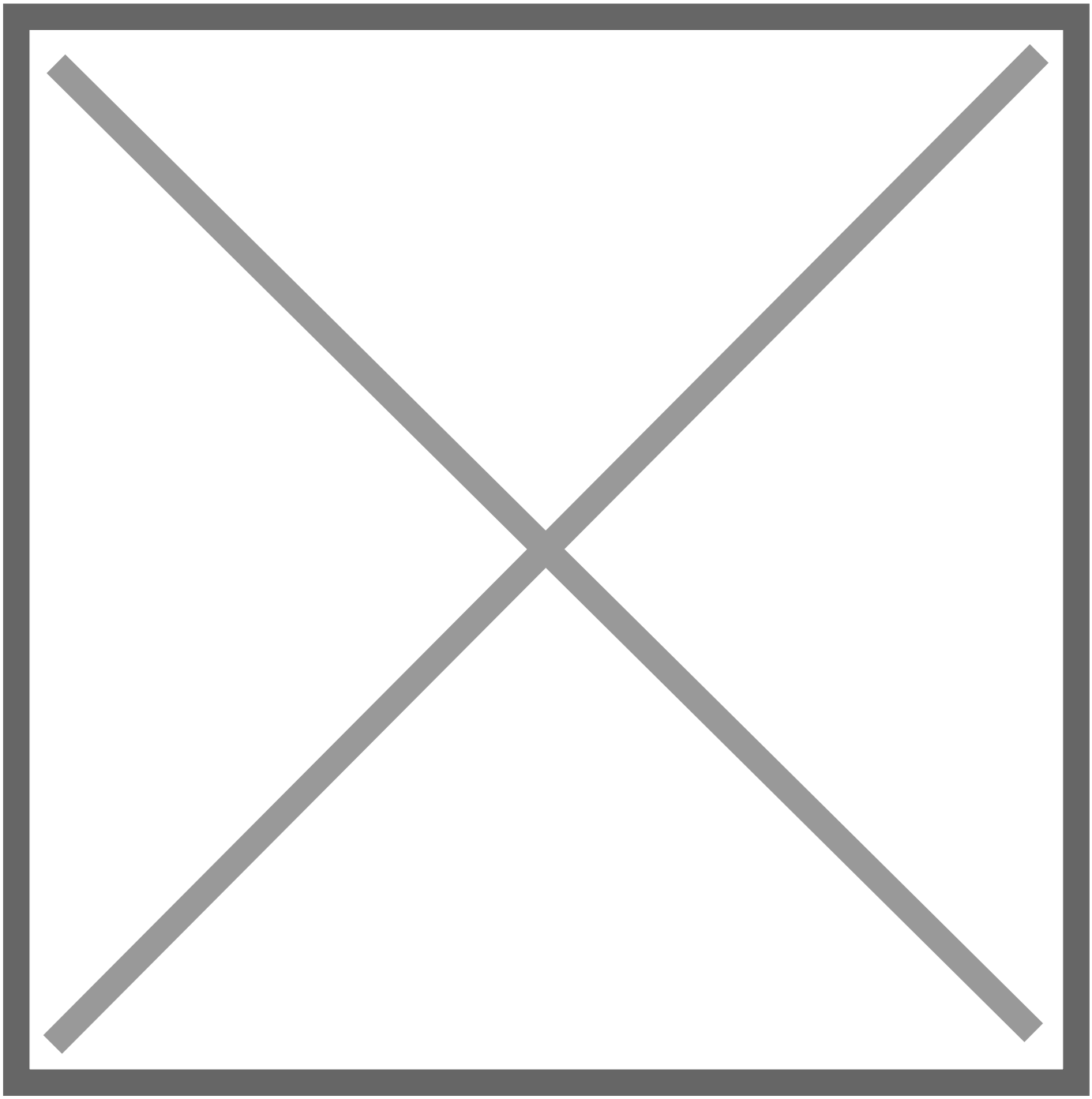
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

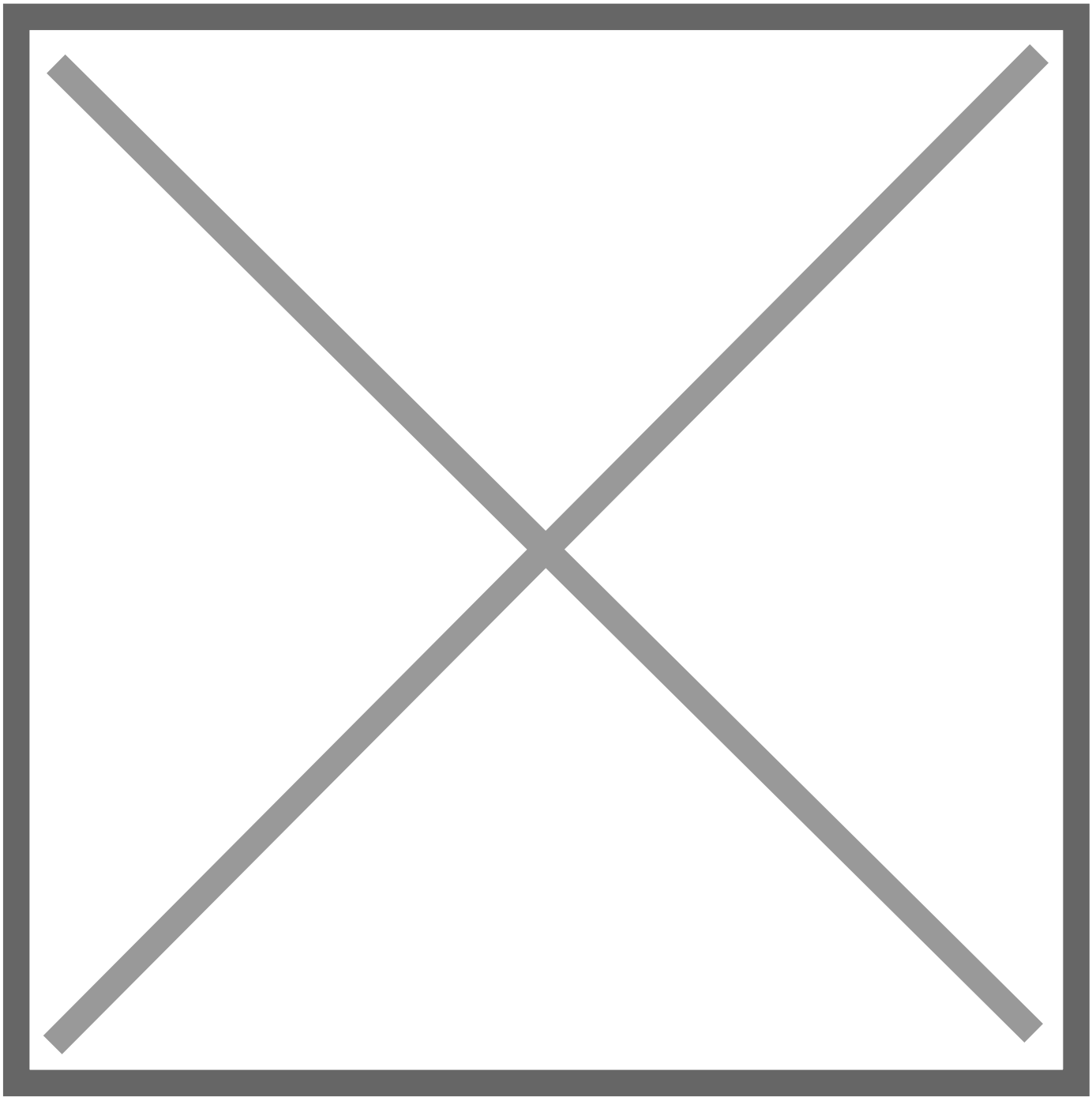
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

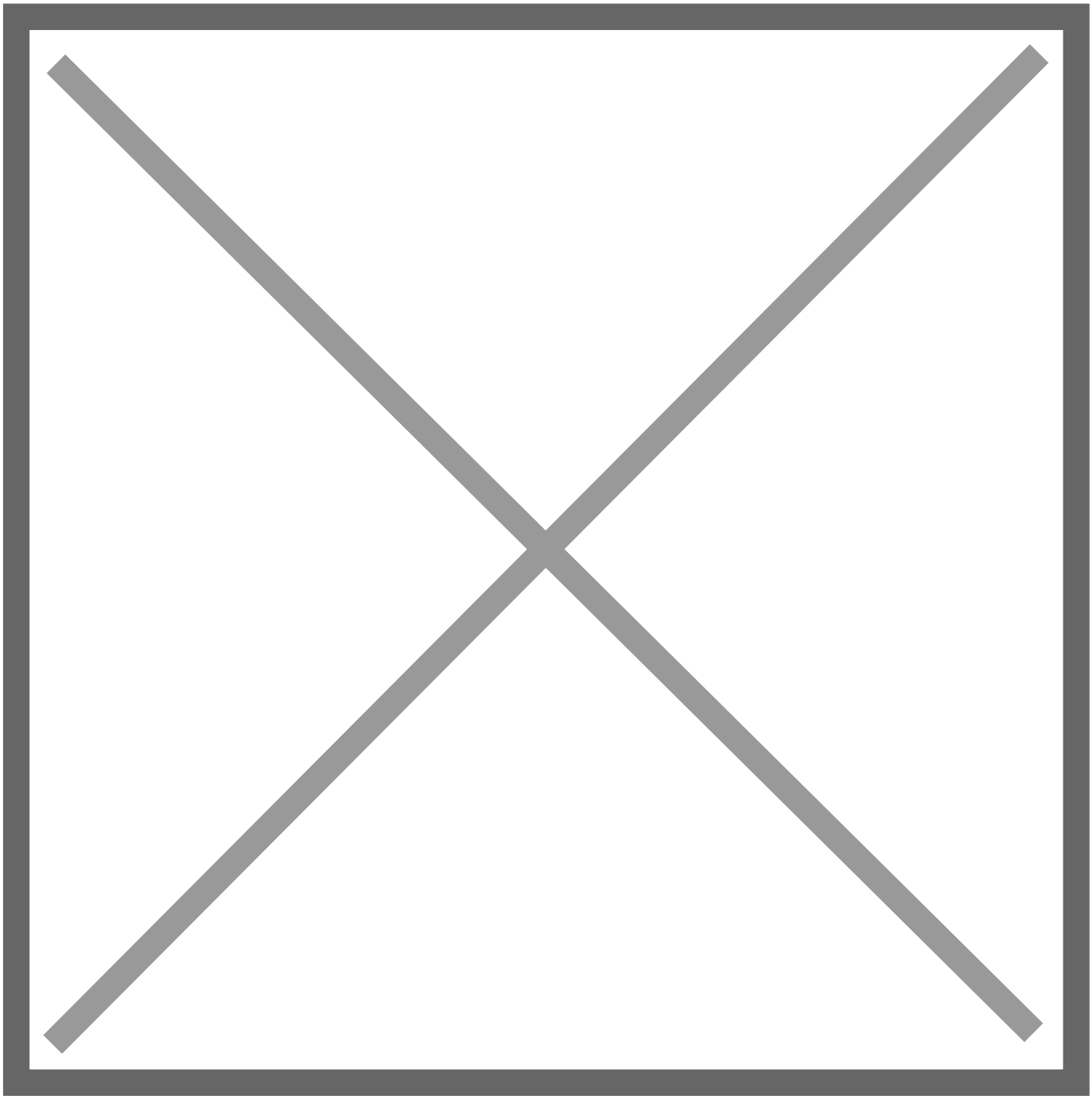
Mental health - anxiety disorders

Children, 2023



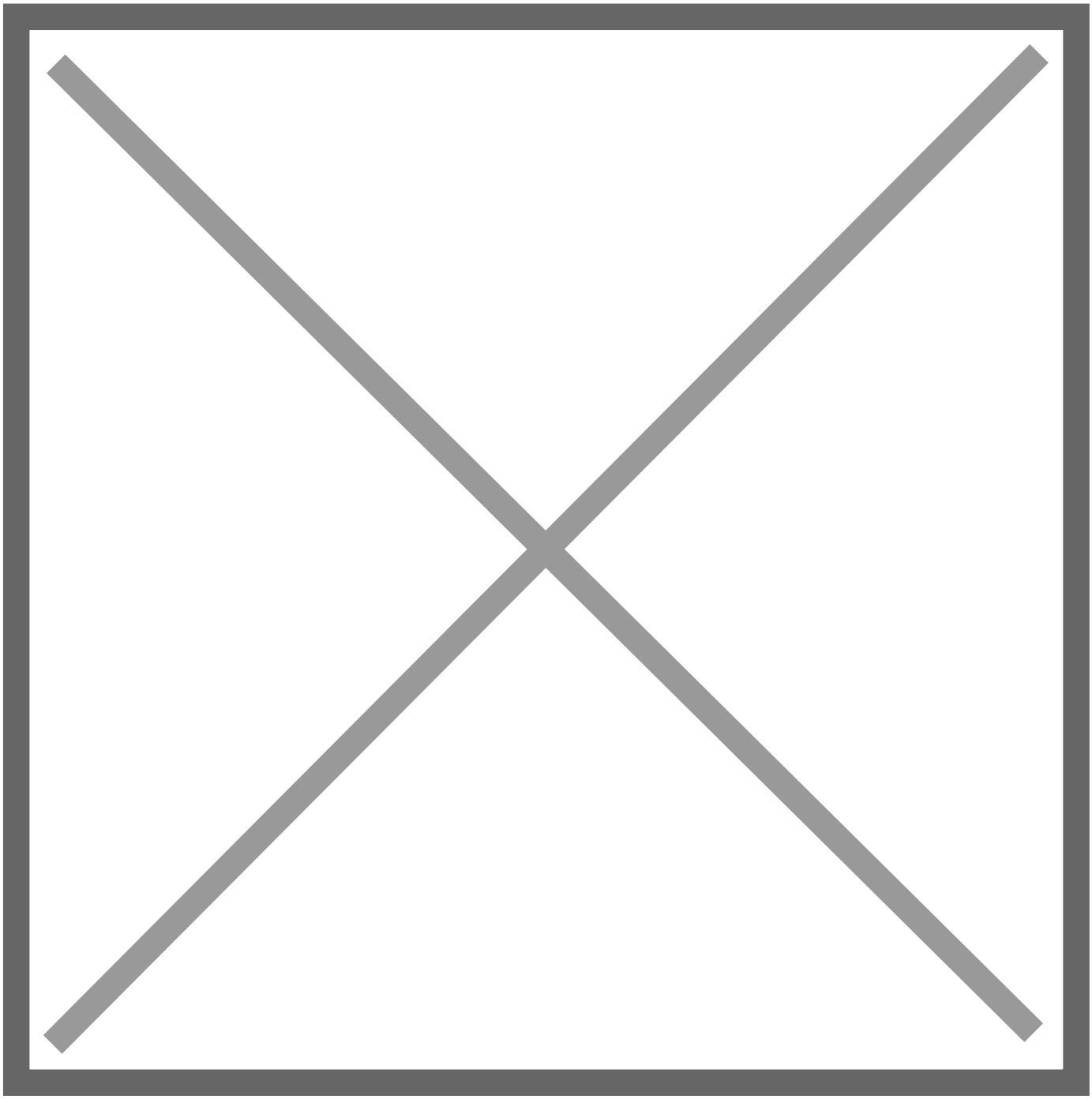
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

PDF created on November 7, 2026