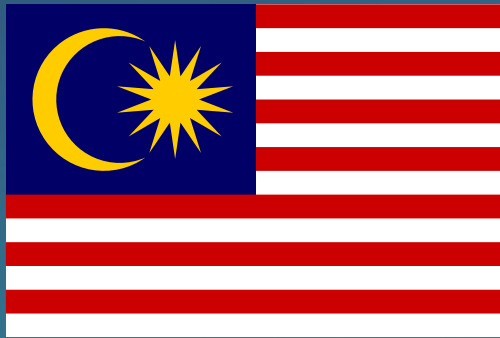




# Malaysia



## Country report card - under-5s

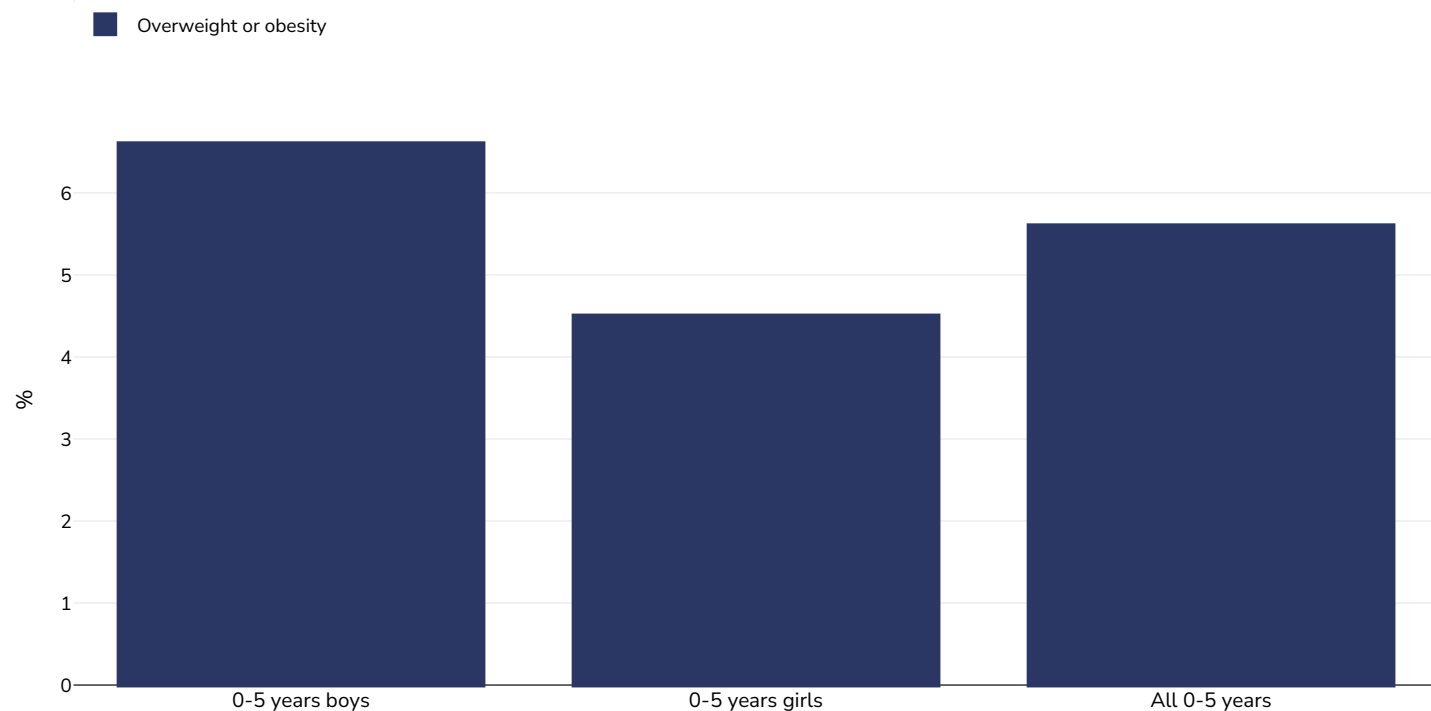
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

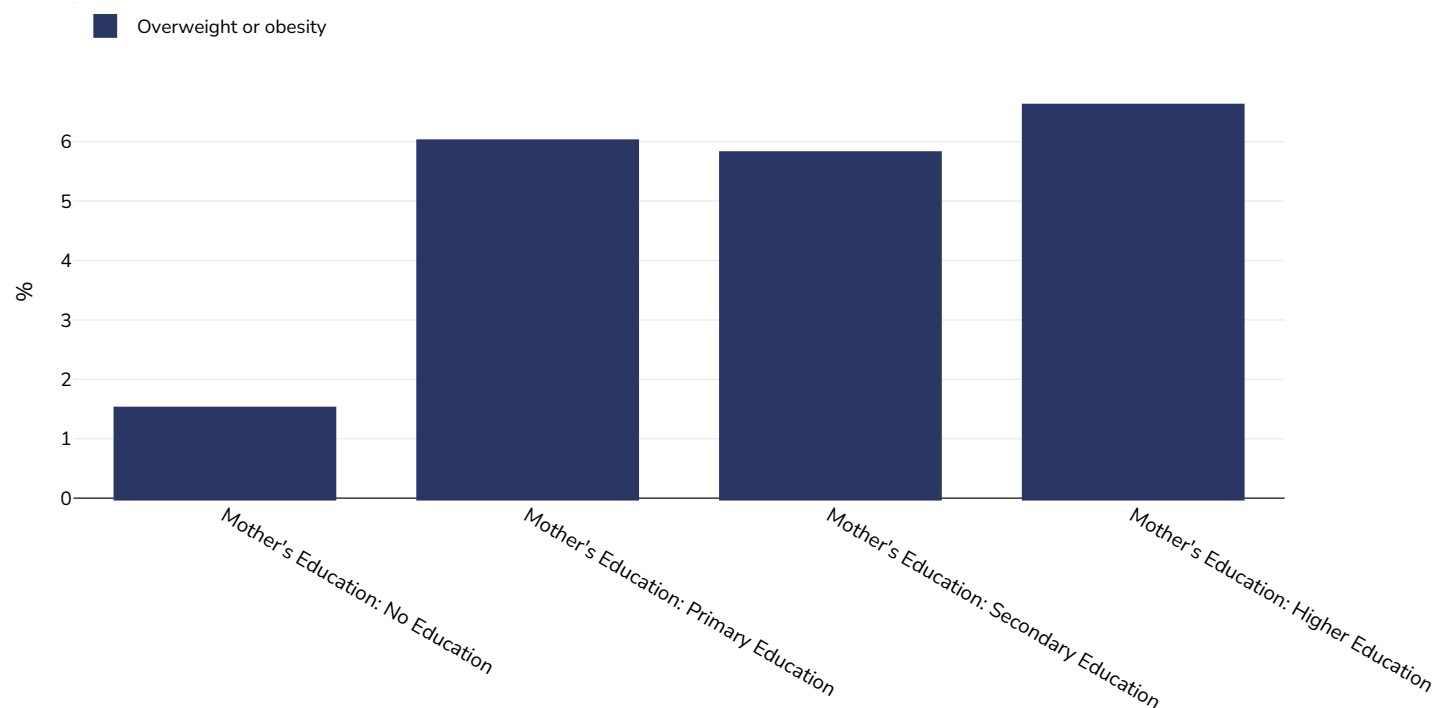
### 0-5 years, 2022



Survey type:	Measured
Age:	0-5
Sample size:	16790
Area covered:	National
References:	Malaysia National Health and Morbidity Survey 2022
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult <a href="https://data.unicef.org/resources/jme/">https://data.unicef.org/resources/jme/</a> .
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

## Overweight/obesity by education

0-5 years, 2016



### References:

Other: Malaysia National Health and Morbidity Survey 2016

### Notes:

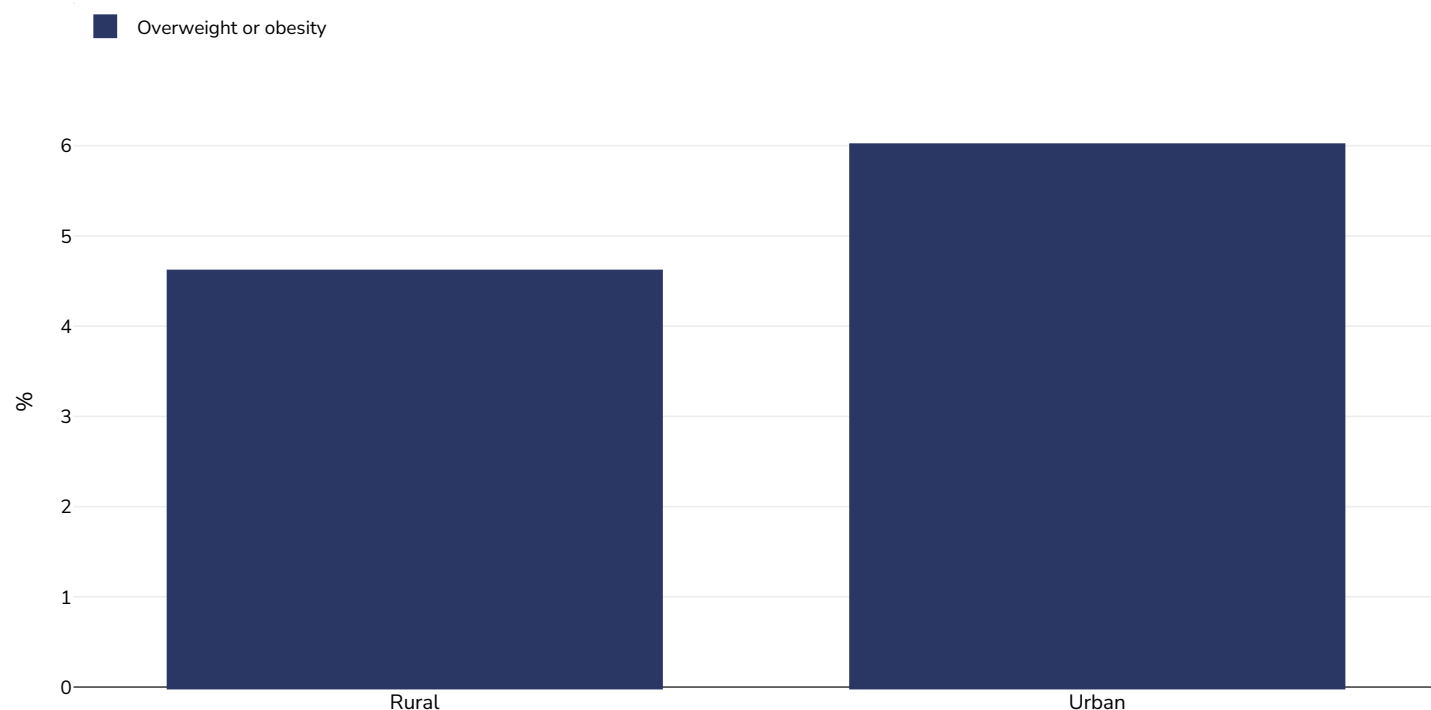
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

### Definitions:

=>+2SD

## Overweight/obesity by region

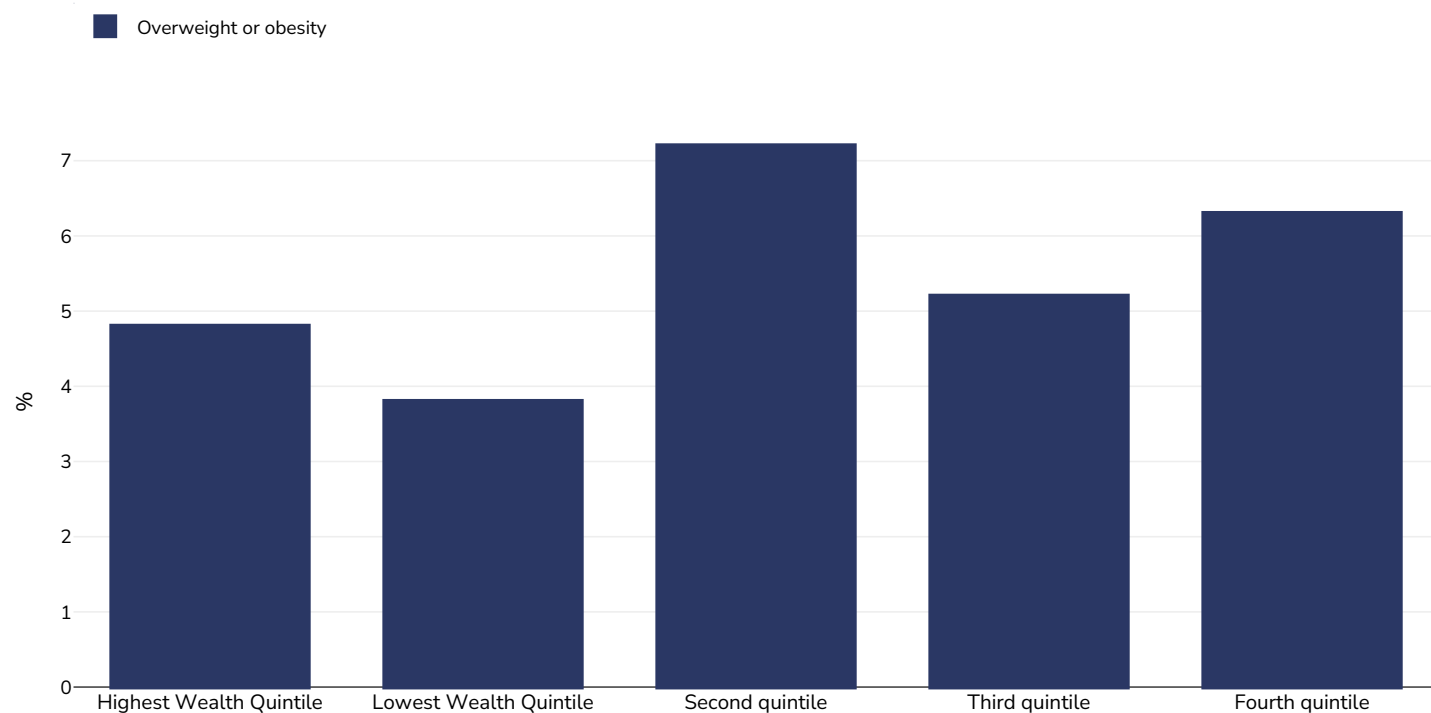
0-5 years, 2022



Survey type:	Measured
Sample size:	16790
Area covered:	National
References:	Institute for Public Health (IPH) 2023. Technical Report National Health and Morbidity Survey (NHMS) 2022: Maternal and Child Health, Malaysia <a href="https://iku.gov.my/images/teknikal-report/trnhmsmch2022v2.pdf">https://iku.gov.my/images/teknikal-report/trnhmsmch2022v2.pdf</a>
Definitions:	Overweight was defined as children's weight-for height more than 2 SD of the WHO Child growth standards median
Cutoffs:	=>+2SD

## Overweight/obesity by socio-economic group

0-5 years, 2019



Sample size: 2272206

References: Other: Malaysia National Health and Morbidity Survey (NHMS) 2019

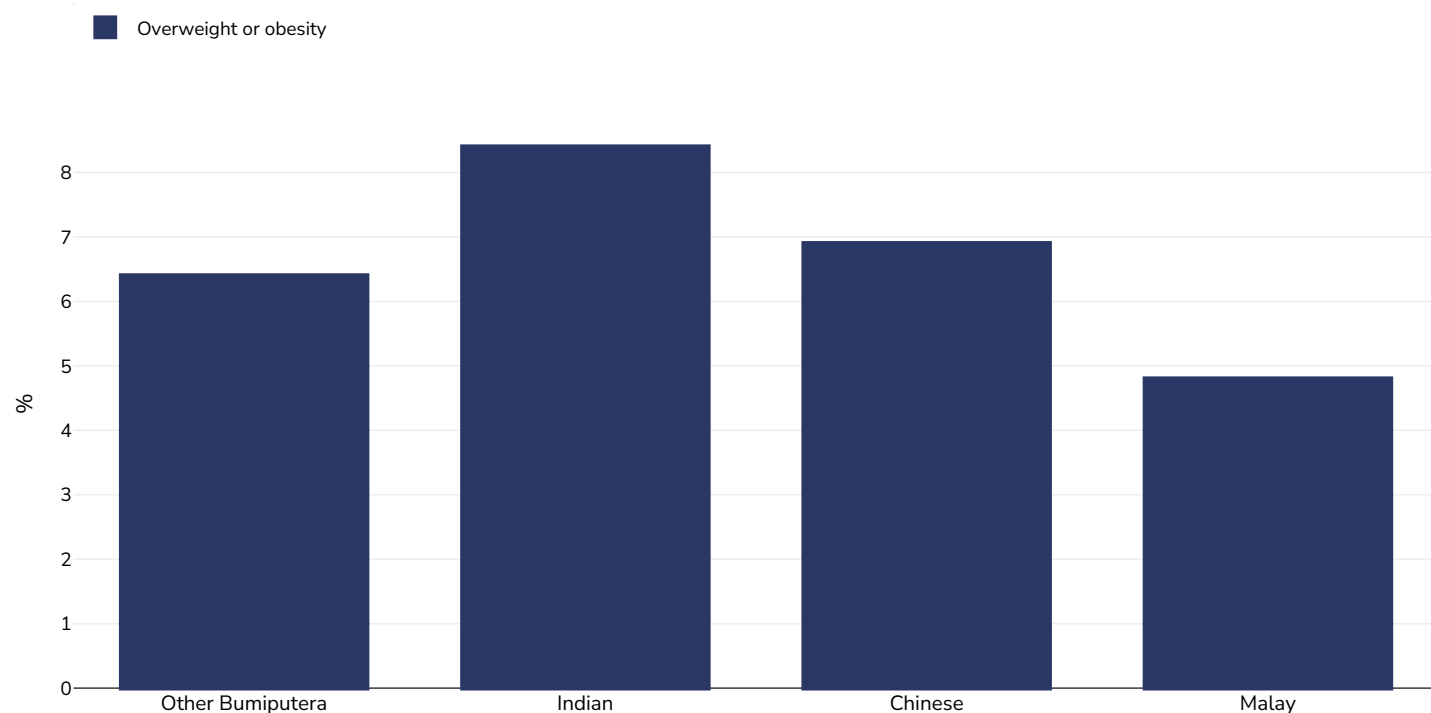
Notes: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York.  
For more information about the methodology, please consult <https://data.unicef.org/resources/jme-2023-country-consultations/>  
Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD

## 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.

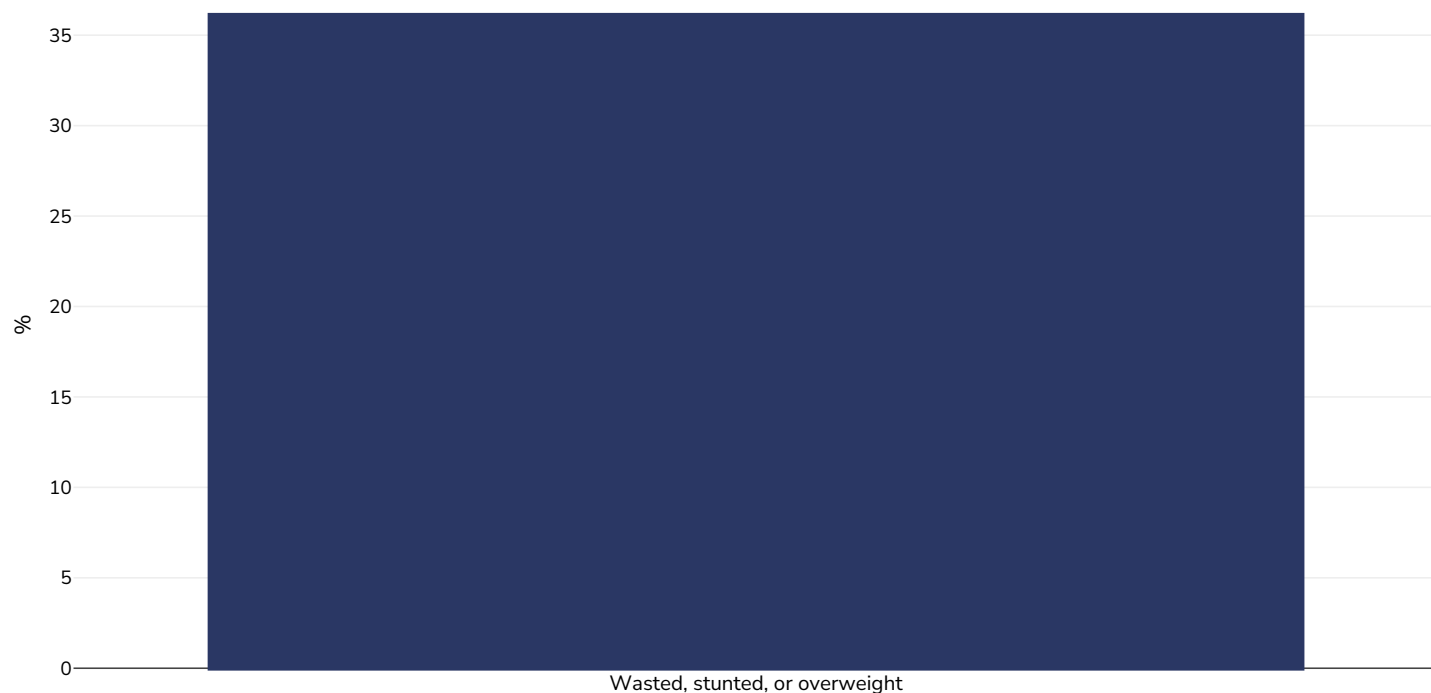
### 0-5 years, 2022



Survey type:	Measured
Sample size:	16790
Area covered:	National
References:	Institute for Public Health (IPH) 2023. Technical Report National Health and Morbidity Survey (NHMS) 2022: Maternal and Child Health, Malaysia <a href="https://iku.gov.my/images/teknikal-report/trnhmsmch2022v2.pdf">https://iku.gov.my/images/teknikal-report/trnhmsmch2022v2.pdf</a>
Definitions:	Overweight was defined as children's weight-for height more than 2 SD of the WHO Child growth standards median
Cutoffs:	=>+2SD

## Double burden of underweight & overweight

0-5 years, 2019

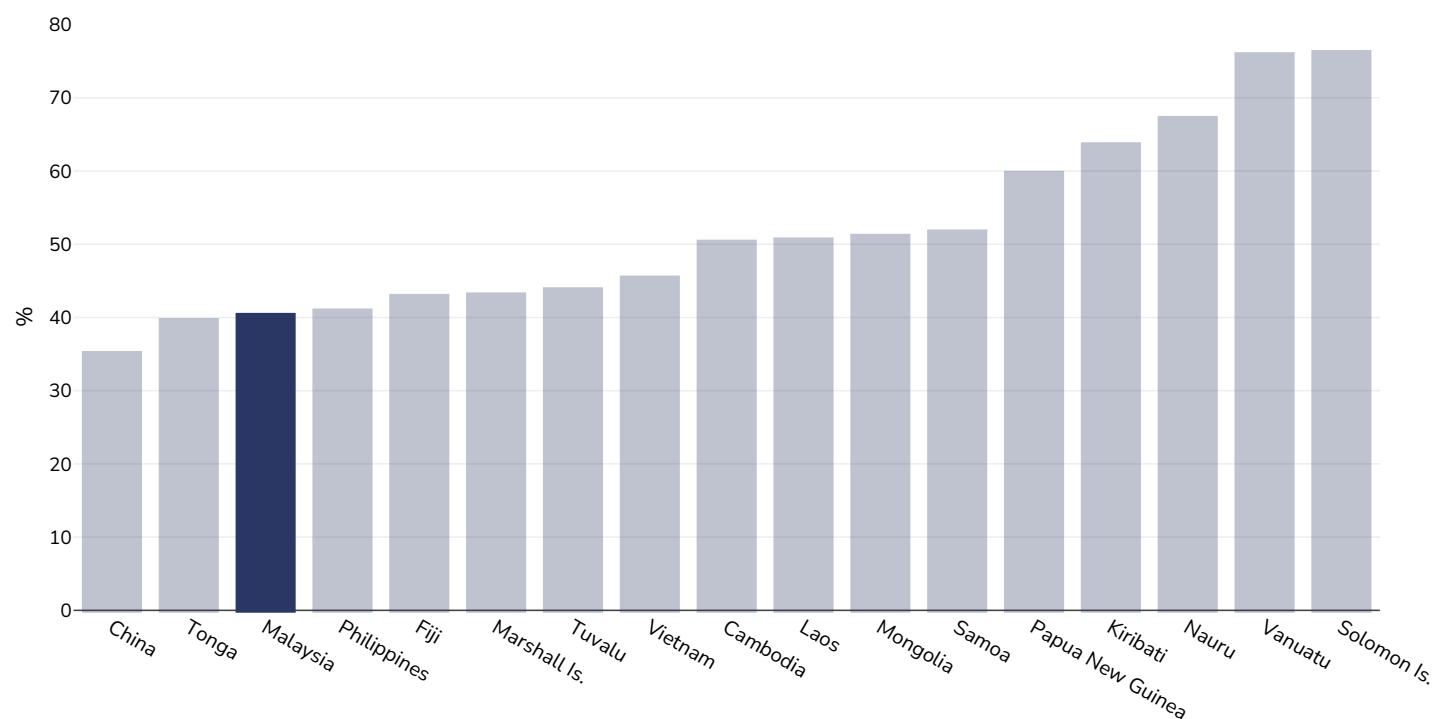


Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> [Accessed 06.08.25]
Notes:	Malaysia National Health and Morbidity Survey (NHMS) 2019
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2



## % Infants exclusively breastfed 0-5 months

0-5 years, 2007-2023



**References:**

Malaysia National Health and Morbidity Survey 2016

**Notes:**

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023).  
Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.

PDF created on August 20, 2025