



Physical Inactivity among Adults in Malaysia: Findings from National Health and Morbidity Survey (NHMS) 2019



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INTRODUCTION

- Physical inactivity was identified as the fourth leading risk factor for worldwide mortality with major implications towards general health including prevalence of non-communicable diseases (NCDs) such as cardiovascular disease, diabetes, cancer and NCDs risk factor such as raised blood pressure, raised blood sugar and overweight¹.
- Monitoring the level of physical inactivity may reduce the disease burden, evaluate the effectiveness of current programme and as a guide for future planning.

OBJECTIVE

This study aimed to determine the prevalence of physical inactivity among adults aged 16 years and above in Malaysia.

METHODOLOGY

- Data was obtained from adults aged 16 years (n= 10,767) and above from the National Health and Morbidity Survey (NHMS) 2019, a cross sectional, population-based survey using a two- stage stratified random sampling design.
- Respondents were interviewed using a short version of International Physical Activity Questionnaire (IPAQ)².
- An individual with any combination total score of Metabolic Equivalent score (MET-minutes/week) from walking, moderate-intensity physical activity or vigorous-intensity physical activity which is lower than 600 METs minute a week were considered as physically inactive.
- Data were analysed by complex sampling descriptive analysis using SPSS version 26.

CONCLUSION

- It is important to encourage younger generations to be physically active during adolescence and young adulthood, as this may be predictive for their cardiovascular risk profile³ and lipid related risk⁴ later in life.
- Specific and appropriate intervention programmes towards specific targeted group should be establish to increase the level of physical activity and to promote an active living towards an active and healthy Malaysia as vision in National Strategic Plan for Active Living (NASPAL) 2017 – 2025⁵.

Acknowledgement

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RESULTS



25.1%

of adults aged 16 years and above in Malaysia was physically **inactive**

Gender



22.1%
Male



28.2%
Female

Locality



26.5%
Urban



20.3%
Rural

Age Group



38.3%

60 years and above



19.0%

40-59 years



25.0%

16 – 39 years

Marital Status



22.1%

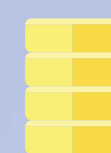
married



29.9%

single/ widow(er)/ divorcee

Household Income



23.6%

Bottom 40%



25.3%

Middle 40%



30.7%

Top 20%

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