



The State of Malaysia's Health

IHME measures the world's health problems in 204 countries and territories. It is the most comprehensive and comparable research on health to date, tracking 400+ diseases, injuries, and risk factors in its Global Burden of Disease (GBD) study. IHME's new research captures the latest evidence on health in ASEAN countries.

There is a gap of more than 8 years between Malaysia's health span and life span.¹

Health span versus life span in Malaysia, 2021

■ Healthy life expectancy ■ Life expectancy

64.0

72.9

¹Health span is the number of years someone can expect to live in good health. Estimate is based on healthy life expectancy versus life expectancy at birth for all sexes.

What drives poor health and early death in Malaysia? Cardiovascular diseases, lower respiratory infections, and diabetes/high blood sugar rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Ischemic heart disease
2	COVID-19
3	Stroke
4	Lower respiratory infections
5	Road injuries
6	Diabetes
7	Chronic kidney disease
8	Other COVID-19 outcomes
9	Anxiety disorders
10	Depressive disorders

Leading risk factors 2021 ranking, all ages³

1	High blood pressure
2	High blood sugar
3	Smoking
4	Obesity and overweight ⁴
5	High cholesterol

²Based on disability-adjusted life years per 100,000 people, all sexes, all ages, Level 3 of the GBD hierarchy.

³Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

⁴Body mass index greater than 25 in adults (≥18 years) and based on the International Obesity Task Force criteria for children (<18 years).

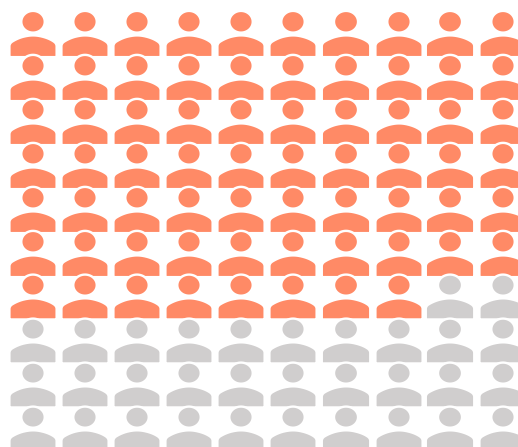
Road injuries are the top health issue for young people in Malaysia.

Leading causes 2021 ranking, ages 10-24⁵

1	Road injuries
2	Anxiety disorders
3	Headache disorders
4	Depressive disorders
5	COVID-19

⁵Based on disability-adjusted life years per 100,000 people, all sexes.

Obesity and overweight is a rising threat to health in Malaysia.



By 2050, IHME projects that **68%** of adults will be living with overweight or obesity in Malaysia.

Key actions for improving Malaysia's health

Address risk factors for chronic diseases.

Expand screening for and treatment of mental disorders.

Strengthen tobacco control measures, particularly preventing initiation among youth.

Implement evidence-based strategies to prevent road injuries.

About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice.

About the NUS Yong Loo Lin Medical School

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Its enduring mission centers on nurturing highly competent, values driven and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

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