TOWARDS ACTIVE AGEING – THE MALAYSIAN EXPERIENCE

3rd ASEAN-Japan Active Ageing Regional Conference | 26-27 June 2017
Malaysia will be an aged nation by 2030 with people enjoying longer life

- 2010 Data: Malaysian Population and Housing Census 2010
- 2015 – 2014 Data : Forecasted

Source: Department of Statistics Malaysia

Life expectancy

<table>
<thead>
<tr>
<th>Year</th>
<th>M (1991)</th>
<th>F (2016e)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>69.2</td>
<td>73.4</td>
</tr>
<tr>
<td>F</td>
<td>72.6</td>
<td>77.2</td>
</tr>
</tbody>
</table>

Fertility rate

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2.2</td>
<td>2.0</td>
<td>2.0</td>
<td>2.0</td>
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</tbody>
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e: Estimate

Source: Department of Statistics Malaysia
Increasing burden for working adults to support older persons

Source: MyAgeing, 2017
Study by MOH (2nd NHMS 1995)
- 81.4% suffered from at least one chronic medical illness
- 12.7% had 3 or more chronic diseases

The commonest medical illness
- Joint pain 50.1%
- Eyesight problem 40.0%
- Hearing problem 21.0%
- Hypertension 26.0%
- Heart diseases 16.3%
- Diabetes 11.6%

Study by MOH (3rd NHMS 2011)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Prevalence (%)</th>
<th>95% CI Lower</th>
<th>95% CI Upper</th>
</tr>
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<tbody>
<tr>
<td>Hypertension</td>
<td>73.7</td>
<td>72.3</td>
<td>75.1</td>
</tr>
<tr>
<td>Hypercholesterolemia</td>
<td>37.9</td>
<td>36.3</td>
<td>39.5</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>23.6</td>
<td>22.3</td>
<td>24.8</td>
</tr>
<tr>
<td>Asthma Adult</td>
<td>6.2</td>
<td>5.5</td>
<td>6.9</td>
</tr>
<tr>
<td>Physical Disability</td>
<td>2.4</td>
<td>2.0</td>
<td>2.9</td>
</tr>
</tbody>
</table>

Nutritional Status
- BMI
  - Underweight 11.0  10.1  12.0
  - Normal 48.4  46.9  49.9
  - Overweight 29.8  28.4  31.2
  - Obese 10.8  9.9   11.7
“Anchoring growth on people”

“With 2020 now just five years away, the Eleventh Plan is the next critical step in our journey to become an **advanced nation that is inclusive and sustainable**”

“The Eleventh Malaysia Plan will disproportionately **focus on the people** – the **rakyat** will be the centre piece of all development efforts”

Dato’ Sri Mohd Najib bin Tun Haji Abdul Razak
Prime Minister of Malaysia
11th Malaysian Plan Document
Including ageing agenda into national policies


**Older Persons & Development**
- Lifelong Learning
- Promotion & Advocacy

**Advancing Health & Well-Being into Old Age**
- Security & Protection

**Ensuring Enabling & Supportive Environment**
- Governance & Shared Responsibilities
- Participation & Unity Across Generations

**Strategies**

- Health Promotion
- Comprehensive health care services
- HR development
- Information system
- Collaboration
- R&D
- Legislation

**Research & Development**

**SEARO Strategic Element 1**
Adapting the care & health systems to meet the health needs of the ageing population

**Public**
- Government hospitals/clinics
- Elderly Homes
- Day Centres

**Private**
- Private hospitals/clinics
- Old folk’s homes
- Nursing homes
- Mobile nursing

**NGO**
- Faith/charity-based centre

- Activity Centres for older persons (PAWE)
- Elderly health club
- 1Malaysia Family Care
- Domiciliary & palliative healthcare services
- Respite care
- Financial aid/assistance

- Retirement villages
- Life apartments
- Senior clubs/resorts

- Home-help programme
- Mobile care services
- Community-run activity centres
- Financial aid/assistance
Provisions of long-term care for the elderly – Institutional Services

- 9 Homes (*Rumah Seri Kenangan*) - financed by the Government
- 2 Homes for chronically ill (*Rumah Ehsan*)
- 244 centres by NGOs & private registered under the Care Centres Act 1993
- 21 nursing homes registered under the Private Healthcare Facilities and Services Act 1998
Human resources development to meet the health needs of older persons

- All healthcare service for the older persons (government’s primary healthcare facilities)
- 10 Government hospitals with dedicated geriatric unit
- 1 Dedicated Rehabilitation Hospital
- 23 Geriatricians
- 11 Psychogeriatricians
- 4 Family medicine specialist with further studies in community geriatric
- 5 Medical gerontologist

SEARO Strategic Element 4
Adopting a life-course approach to promote healthy ageing

- National Plan of Action for Nutrition of Malaysia III, 2016-2025
- National Strategic Plan for Active Living, 2016-2025
1 Malaysia Family Care: Ministry of Health & Ministry of Women, Family & Community Development (2012)

Objective:
• Providing holistic health & social support to elderly, disabled & single mothers

Strategy:
• Interagency Networking
• Sharing Resources
• Encourage Volunteerism
• Empower families & communities

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Multisectoral approach & partnerships
Challenges

- Regional differences in development
- Gender gap
- Speed of Ageing
- Human resource, facilities & infrastructure
- Consolidation of data & analysis
Way Forward

Financial
- Comprehensive social protection
- Increase financial security of older persons

Health
- Promote life-course action: healthy & active lifestyle
- Increase availability, accessibility and quality of care facilities and services for older persons

Social
- Empower volunteerism and broaden the reach of community-based programme
- Change perception towards older persons

Institution
- Strengthen collaboration between ministries/agencies
- Strengthen legislation & regulation
- Quality data
THANK YOU
TERIMA KASIH

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