

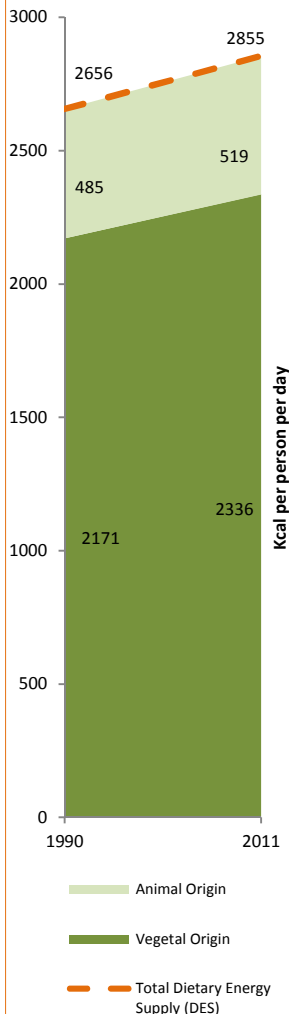


## Key Indicators

- Malaysia has doubled its per-capita GDP in real terms and kept undernourishment stable and at very low levels. Unhealthy dietary practices and lack of physical activity could be the contributing factors for overweight and obesity in the country, which affects nearly half of the adult population. The prevalence of obesity in Malaysia has increased from 4.4% in 1996 to 14% in 2006, and then increased gradually to 15.1% in 2011. However, it is encouraging to note that Malaysia has managed to reduce the rate of increase of obesity prevalence in 2011 to 15.1%.
- In Malaysia, adherence to the International Code of Marketing of Breastmilk Substitutes is voluntary and only about one in every seven infants is exclusively breastfed until 6 months of age.
- Access to improved water and sanitation is nearly universal in rural and urban Malaysia.
- Although anemia amongst women and children has been a moderate public health issue, routine data indicate a very successful decline in anaemia amongst pregnant women in recent years.

**Figure 1.1 Food Availability**  
From 1990 to 2011:

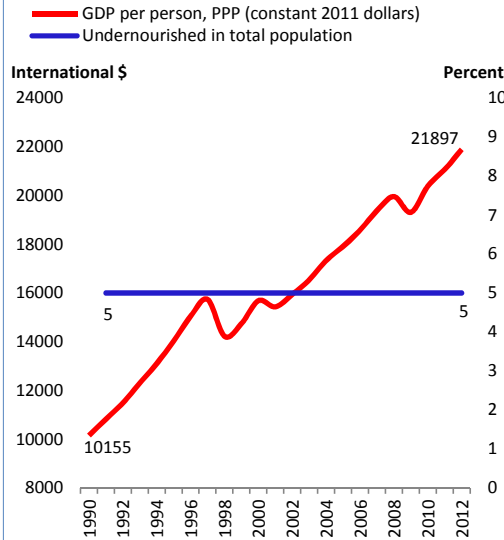
- DES increased 7%
- Animal-origin supply increased 7%
- Vegetal-origin products increased 8% and remain the major DES source



Source : FAOSTAT FBS: 2014 update

**Figure 1.2 Undernourishment and Economic Growth**  
From 1990 to 2012:

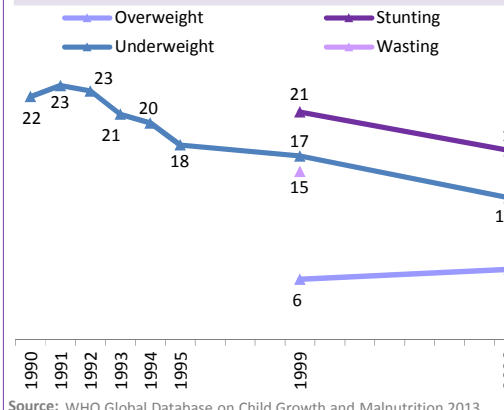
- GDP per capita increased 115%
- Undernourishment remained below 5%



Source: GDP: WDI 2014 / Undernourished: FAO FSI 2013

**Figure 1.3 Child Malnutrition** From 1990 to 2006:

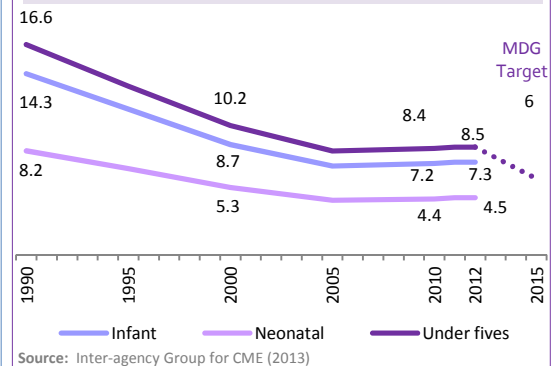
- Stunting declined 17%, with 17% overall stunted, considered a low level
- Underweight declined 42%, with 13% overall underweight, a medium level
- Low Birth Weight was 11% in 2007, a public health concern



Source: WHO Global Database on Child Growth and Malnutrition 2013

**Figure 1.4 Child Mortality** From 1990 to 2012:

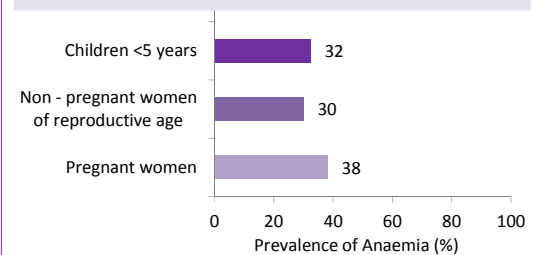
- Under-5 mortality reduced 49%
- Infant mortality reduced 49%
- Neonatal mortality reduced 45%



Source: Inter-agency Group for CME (2013)

**Figure 1.5 Anaemia**

- Anemia is still a moderate public health issue in Malaysia for women and young children, although unpublished data from the Health Informatics Centre indicate success in reducing anemia among pregnant women from 38% in 2004 to 12% in 2013.



Source: WHO Worldwide prevalence of Anaemia (1993-2005)

**Anthropometry (Table 1.1)**

|  |        |      |
|--|--------|------|
| Underweight women (BMI < 18.5 kg/m <sup>2</sup> )  | 8.2 %  | 2011 |
| Overweight adults (BMI ≥ 25 kg/m <sup>2</sup> )  | 44.5 % | 2011 |
| * BMI values calculated using adult cut off points, population < 20 should be analyzed using WHO growth reference for school aged children and adolescents |        |      |
| Proportion of infants with low birth weight  | 11 %   | 2007 |

Source: National Health and Morbidity Survey 2011 /LBW SOWC 2014



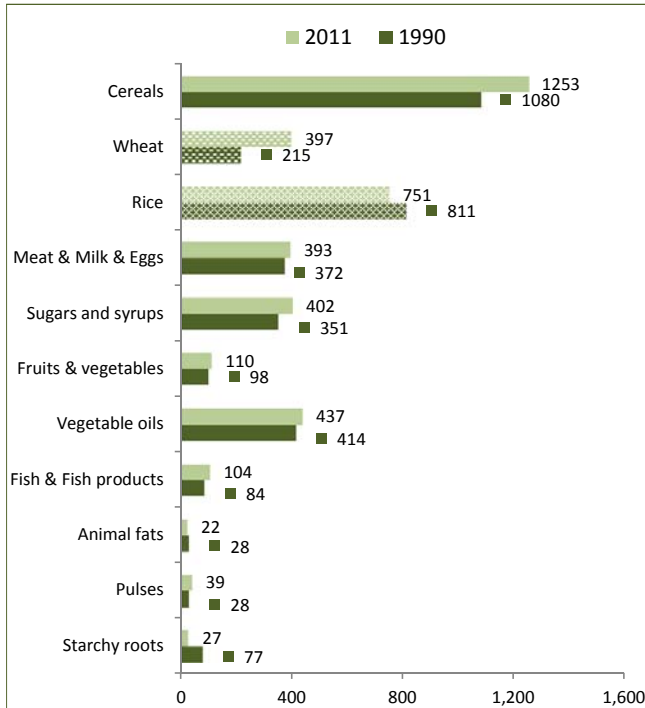
## Food Availability / Food Access



### Food Availability

Figure 2.1 Food supply by food

(kcal/person/year) Total dietary energy supply= 2,855 (2011)



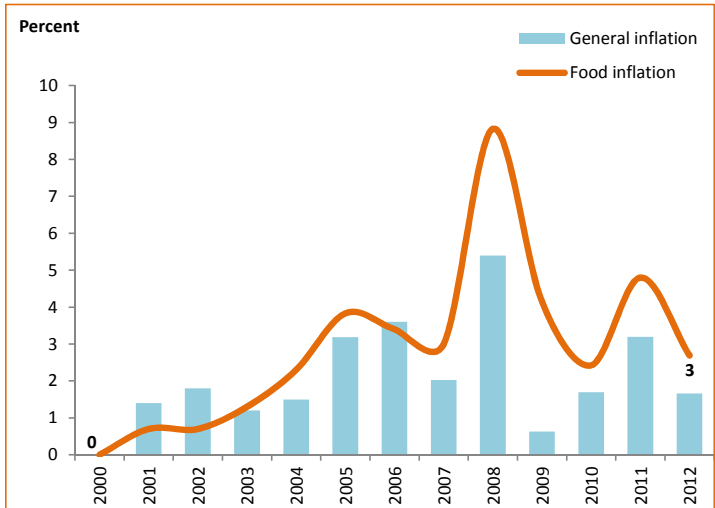
Source: UN\_FAO Food Balance Sheets\_2014 Update

- Cereals remained the most important source of food energy (44%). Rice continues to be the major contributor among cereals; however, wheat has increased its contribution by 85%
- Vegetable oils have slightly increased (6%), and they still contribute significantly to overall DES
- Fruits and vegetables contribute only 4% of DES, whereas sugars and syrups contribute 14%, (almost 4 times as much)

### Access to food

Figure 2.2 Economic access to food

General and food inflation

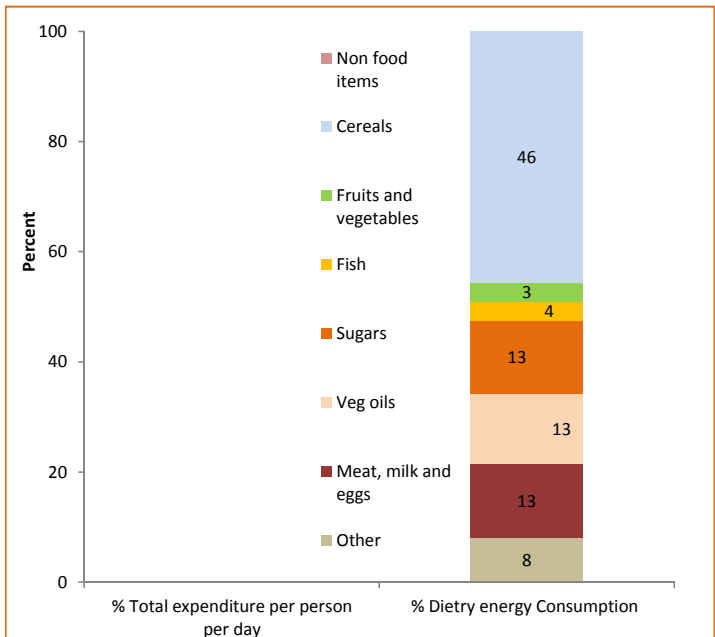


Source: ILOSTAT Database Consumer Price Indices 2014

- Food prices are correlated to general inflation.

Figure 2.3 Share of food expenditure

(2009)



Source: UN\_FAO RAP based on national HIES, ECS, SES, HLSS\_2013 Update, Malaysia



## Food Utilization

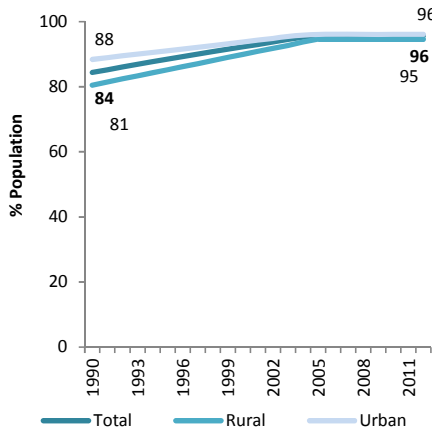
Food utilization refers both to household preparation practices of foods, which influence nutrient content of consumed foods, and to the absorption of nutrients by the human body after consumption. Nutrient absorption in the gut is strongly influenced by health status, particularly the presence of diarrhoea. Hygienic environmental conditions related to improved water and sanitation are important determinants of health and infection incidence and prevalence. In Malaysia, water and sanitation conditions have improved during the past 20 years, to the extent that they no longer represent a key development issue.

## Water and Sanitation

**Figure 3.1 Access to Improved Sanitation**

From 1990 to 2012:

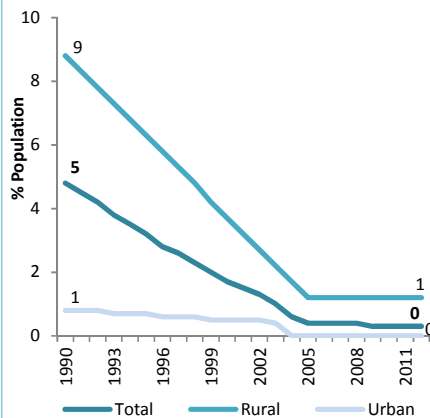
- Access to improved sanitation increased 13% in 22 years and covers 96% of the population
- Disparities between rural and urban areas are non-existent



Source: WHO-UNICEF Joint Monitoring Programme, 2014

**Figure 3.2 Open Defecation**

- Open defecation has almost completely been solved; just 1.2% of the population in rural areas continues this practice

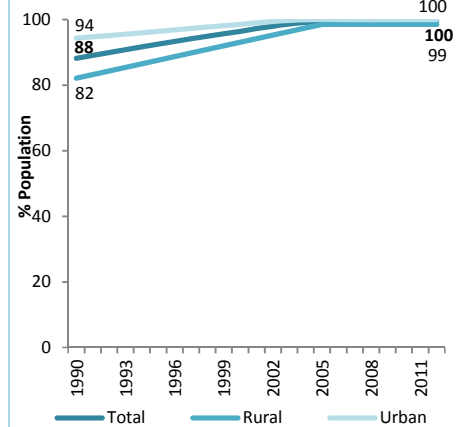


Source: WHO-UNICEF Joint Monitoring Programme, 2014

**Figure 3.3 Access to Improved Water Sources**

From 1990 to 2012:

- Almost 100% of homes have improved water source access



Source: WHO-UNICEF Joint Monitoring Programme, 2014

## Food Safety

The mandate for Ministry of Health Malaysia to ensure food safety and protect consumers against fraud in the preparation, sale and use of food is provided through the Food Act 1983 and its regulations. Based on this mandate, strategies and activities are formulated to ensure that an effective food control system is in place to ensure that unsafe food is not placed on the market (including for export) and that systems exist to identify and respond to food safety problems in order to protect consumers' health.

**Figure 3.4 Diarrhoea**

No Data

### Management of Diarrhoea (Table 3.1)

#### Zinc

Share of children under age 5 with diarrhoea receiving zinc treatment

-

#### Existing policy framework

Zinc Supplementation and Reformulated Oral Rehydration Salt in the Management of Diarrhea

Source:



## Food Utilization

## Nutrition and Health

**Figure 3.5 Exclusive Breastfeeding**

- Exclusive breastfeeding rate (<6 months) = 14.5%

**Source:** Infant Feeding. Third National Health and Morbidity Survey (NHMS) III, 2006. Ministry of Health Malaysia.

**Figure 3.6 Complementary Feeding**

- Timely complementary feeding rate (6-9 months) = 41.5%

**Source:** Infant Feeding. Third National Health and Morbidity Survey (NHMS) III, 2006. Ministry of Health Malaysia.

**Figure 3.7 Duration of Breastfeeding**

- Continued breastfeeding rate (20-23 months) = 37.4%

**Source:** Infant Feeding. Third National Health and Morbidity Survey (NHMS) III, 2006. Ministry of Health Malaysia.

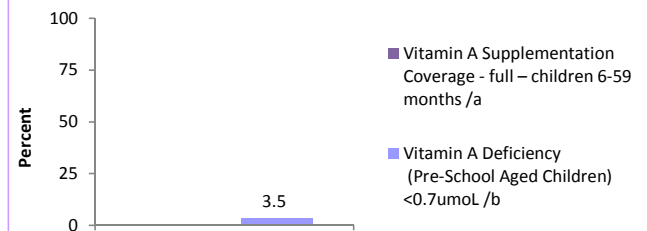
**Figure 3.8 Child Malnutrition and Poverty**

No Data

## Micronutrient Status

**Figure 3.9 Vitamin A**

- Vitamin A deficiencies (only 3.5% of pre-schoolers) indicate that Vitamin A is adequate in the daily diet



\* VAD is a severe public health problem if >20% of preschool children (6-71 months) have low serum retinol (<0.7µmol/L)

**Source:** a/ UNICEF, State of the World's Children 2014, b/ WHO Global prevalence of vitamin A deficiency in population at risk 1995-2005 report (2009).

## Iodine (Table 3.2)

|   |        |
|---|--------|
| Households consuming adequately iodized salt 2008                                   | 17.6 % |
| Iodine deficiency (Urinary Iodine Concentration <100µg/L) among school-age children | 48.2 % |
| *Optimal UIC 100 - 199µg/L  |        |

**Source:** National IDD Survey Malaysia, 2008



**Enabling environment for Nutrition and Food security - Policy documents addressing nutrition issues**

1. National Nutrition Policy of Malaysia (Ministry of Health, 2005)
2. National Plan of Action for Nutrition Malaysia (2006-2015)  
Provides the multisectoral framework for the country's nutrition interventions. The National Coordinating Committee on Food and Nutrition operates through the establishment of five technical working groups (TWGs): Policy, Dietary Guidelines, Promotion, Training and Research in collaboration with other government and non-government agencies.
3. National Dietary Guidelines for Malaysians and Recommended Nutrient Intakes for Malaysia, 2005
4. National Breastfeeding Policy – (1993)  
Government has directed the public sector to set up crèches to facilitate breast-feeding at the workplace
5. Guidelines for the Feeding of Infants and Young Children
6. Malaysian Dietary Guidelines for Children and Adolescents.

| Nutrition related issues covered in these policies |                                  | Covered   | Comments   |
|--|----------------------------------|---|--|
| Maternal and Child Undernutrition                  | Child undernutrition             | yes   |  |
|  | Low Birth Weight                 | yes   |  |
|  | Maternal undernutrition          | yes   |  |
| Obesity and diet related NCDs                      | Child obesity                    | both  |  |
|  | Adult obesity                    |   |  |
|  | Diet related NCDs                | yes   |  |
| Infant and Young Child Nutrition                   | Breastfeeding                    | yes   |  |
|  | Complementary feeding            | yes   | Code of Ethics for the Marketing of Infant Foods and Related Products; Adherence to provisions in the international code of BMS is voluntary   |
|  | Int'l Code of Marketing of BMS   | Voluntary   |  |
| Vitamins and Minerals                              | Supplementation:                 |   |  |
|  | Vitamin A children/women         | no  | Iron Folate and other vitamins available for pregnant women  |
|  | Iron Folate children/women       | yes   |  |
|  | Zinc children                    | no  |  |
|  | Other vitamins & min child/women | yes   |  |
| Food fortification                                 | yes                              | Voluntary for various types of food such as flour, milk, bread, cereal-based foods, spreads and biscuits. |  |
| Underlying and contextual factors                  | Food Safety                      | yes   | The Ministry of Health ensures food safety and protects consumers against fraud in the preparation, sale and use of food through the Food Act 1983 and related regulation. The subsidiary legislation under the Food Act 1983 includes the Food Regulations 1985, Food Hygiene Regulations 2009 and Food Irradiation Regulations 2011. |
|  | Food security                    | yes   |  |
|  | Food Aid                         | yes   | Maternity leave allowance for non-wage labourers not less than RM6 per day   |
|  | Nutrition and Infection          | yes   | Tax exemptions for employers that set-up crèches to facilitate paid nursing breaks after return to work. Paternity leave of 7 days for government employees.   |
|  | Gender                           | yes   |  |
| Maternal leave                                     | 12 weeks                         |   |  |

**Social Protection policies or legislation including food or nutrition component**

1. National Policy and Plan of Action for Children 2007, Ministry of Women, Family and Community Development Malaysia
2. National Policy and Plan of Action for Child Protection 2007 Ministry of Women, Family and Community Development Malaysia

**Food safety policies or legislation**

1. National Food Safety Policy and Its Plan of Action  
Food safety activities in Malaysia are guided by the National Food Safety Policy developed in 2002. The policy provides direction to all stakeholders in establishing and implementing food safety measures, through collaborative efforts to safeguard human health. The Food Safety and Nutrition Council, chaired by the Honourable Minister of Health Malaysia, will ensure that the food safety policies are well managed and implemented.
2. Legislation  
Food Safety and consumer protection against fraud in the preparation, sale and use of food is governed through the Food Act 1983 and related regulation. The subsidiary legislation under the Food Act 1983 includes the Food Regulations 1985, Food Hygiene Regulations 2009 and Food Irradiation Regulations 2011.



## i. Malaysian Food Regulations 1985

The Food Regulations 1985 prescribe standards for food including standards of identity for foods, additives, pesticide residue, drug residues, microbiological contaminants and labelling of foods. The Food Regulations 1985 is updated on a regular basis to be in line with Codex and current needs.

## ii. Food Hygiene Regulations 2009

The Food Hygiene Regulations 2009 regulates food premises and activities in relation to these premises. This includes the requirements such as: the conduct and maintenance of food premises including implementation of food safety assurance programme and food traceability system; food handlers training, health condition and personal hygiene; and special requirements in handling, preparing, packing, serving, storing and selling specific food.

## iii. Food Irradiation Regulations 2011

Food Irradiation Regulations 2011 regulates irradiated food and its premises.

### Other policies addressing food security

1. Food Security Policy 2008 - 2010, Ministry of Agriculture & Agro-based Industry
2. National Agrofood Policy 2011-2020, Ministry of Agriculture and Agro-based Industry

| Demographic Indicators (Table - 5.1)   |        | Year      | Economic Indicators (Table - 5.3)  |   | Year    |      |
|--|--------|-----------|--|---|---------|------|
| Population size (thousands) /a   | 29,240 | 2012      | GDP annual growth rate /c  | 5.64 %  | 2012    |      |
| Average annual population growth   | 1.66 % | 2012      | GDP per capita (PPP)<br>(constant 2011<br>international dollars) /c  | 21,897  | 2012    |      |
| Proportion of population urbanised   | 73.4 % | 2012      |  |   |         |      |
| Number of children <5 years (thousand)   | 2,483  | 2012      | Gini index /c<br>(100= complete inequality;<br>0= complete equality)   | 46.21   | 2009    |      |
| Education level of mothers of under-fives: None (%)                                  | -      | -         |  | 46  | 2007    |      |
| Life expectancy at birth (Years) /a  | Male   | 73        | 2012   | Unemployment rate /c                                | 3.1 %   | 2012 |
|  | Female | 77.2      | 2012   | Population below US \$ 1.25<br>(PPP) per day /c (%) | 0       | 2009 |
| Agriculture population density(people/ ha of arable land /b)                         | 0.5    | 2006-2008 |  |   |         |      |
| Employment in agriculture sector (% of total employment) /c                          | 12.6 % | 2012      | Poverty gap ratio /e   | 0   | 2009    |      |
| Women employed in agriculture sector<br>(% of total female employment) /c            | 8.2 %  | 2012      | Income share held by households /c   | Poorest 20%   | 4.54 %  | 2009 |
|  |        |           |  | Richest 20%   | 51.45 % | 2009 |
| Adolescents (Table - 5.2)  |        | Year      | <b>Sources:</b><br><b>a/</b> World Bank, Health Nutrition and Population Statistics, 2013 update.<br><b>b/</b> FAOSTAT 2013 Update;<br><b>c/</b> World Bank, World Development Indicators Database, 2014 Update;<br><b>d/</b> UNICEF, State of the World Children 2014 (data refer to the most recent year available during the period specified) ;<br><b>e/</b> UN Statistics Division, MDG database 2013 Update. |   |         |      |
| Adolescent birth rate<br>(number of births per 1,000 adolescent girls aged 15-19) /a | 14     | 2008      |  |   |         |      |
| Adolescent girls aged 15-19 currently married or in union /d                         | 5 %    | 2005-2012 |  |   |         |      |
| Women aged 20-24 who gave birth before age 18 /d (%)                                 | -      | -         |  |   |         |      |

The information included in this Food Security and Nutrition Security Profile is backed by recognized, validated and properly published information available until June 2014. Although updated information might be available at national level from different sources, until requirements of quality, validity and proper publication are met, it has not been included in this profile.

