



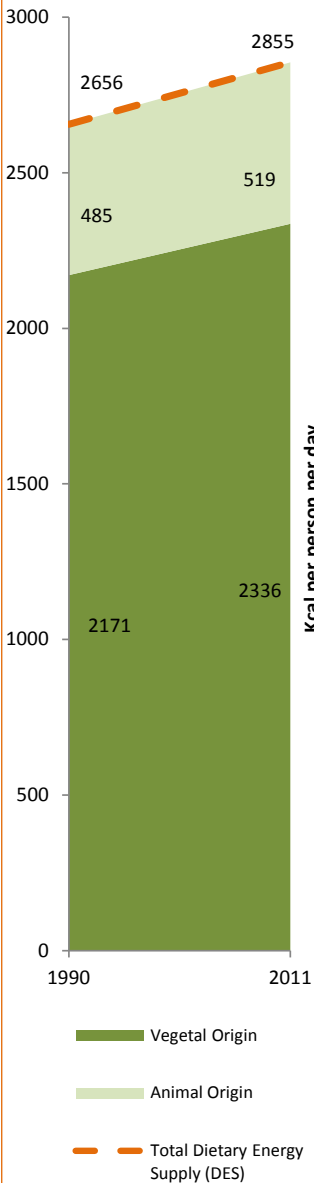
Key Indicators

- Malaysia has doubled its per-capita GDP in real terms and kept undernourishment stable and at very low levels. Nevertheless, dietary diversity is not adequate, given that oil and sugar have increased their contribution to the Dietary Energy Supply (DES).
- Unhealthy dietary practices and lack of physical activity could be the contributing factors for overweight and obesity in the Malaysian population. There is an overall increasing trend of obesity among adults in Malaysia, affecting nearly half of adult population.
- Another key nutritional issue is anaemia, which also is high, particularly in pregnant women. In Malaysia adherence to the International Code of Marketing of Breastmilk Substitutes is voluntary.

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

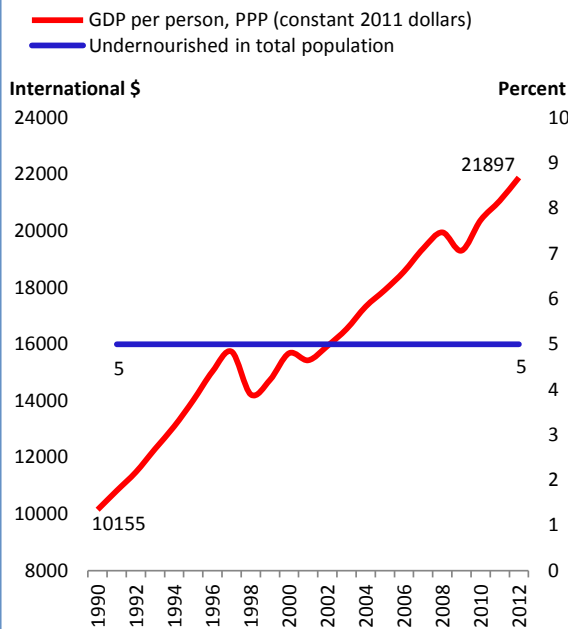


Source: FAOSTAT FBS: 2014 update

Figure 1.2 Undernourishment and Economic Growth

From 1990 to 2012:

- GDP increased 115%
- Undernourishment remained below 5%

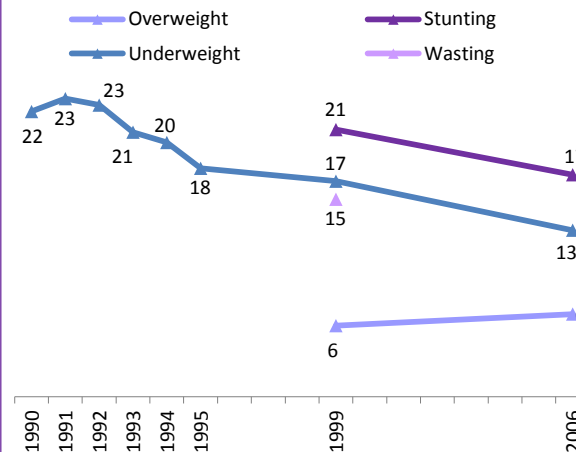


Source: GDP: WDI 2014 / Undernourished: FAO FSI_2013

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

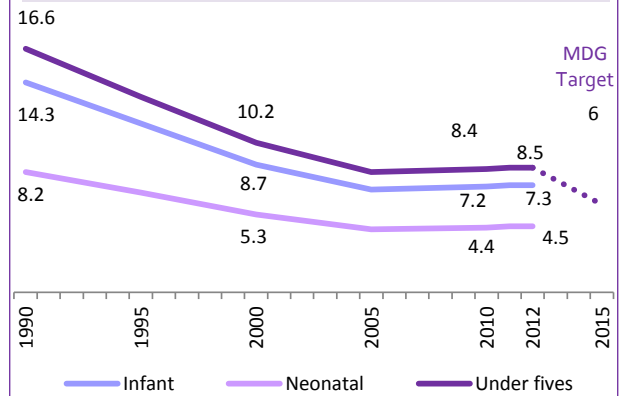


Source: WHO Global Database on Child Growth and Malnutrition 2013

Figure 1.4 Child Mortality

From 1990 to 2012:

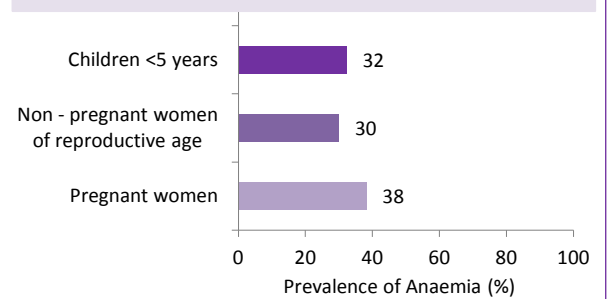
- Under-5 mortality reduced 49%, but will not achieve the Millennium Development Goal (MDG) target
- Infant mortality reduced 49%
- Neonatal mortality reduced 45%



Source: Inter-agency Group for CME (2013)

Figure 1.5 Anaemia

- Anaemia is still a moderate public health issue, bordering upon severe for pregnant women; pregnant women (38%), non-pregnant women (30%) and under-5 children (32%)



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

Anthropometry (Table 1.1)

Underweight women (BMI < 18.5 kg/m ²)	8.2 %	2011
Overweight adults (BMI ≥ 25 kg/m ²)	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



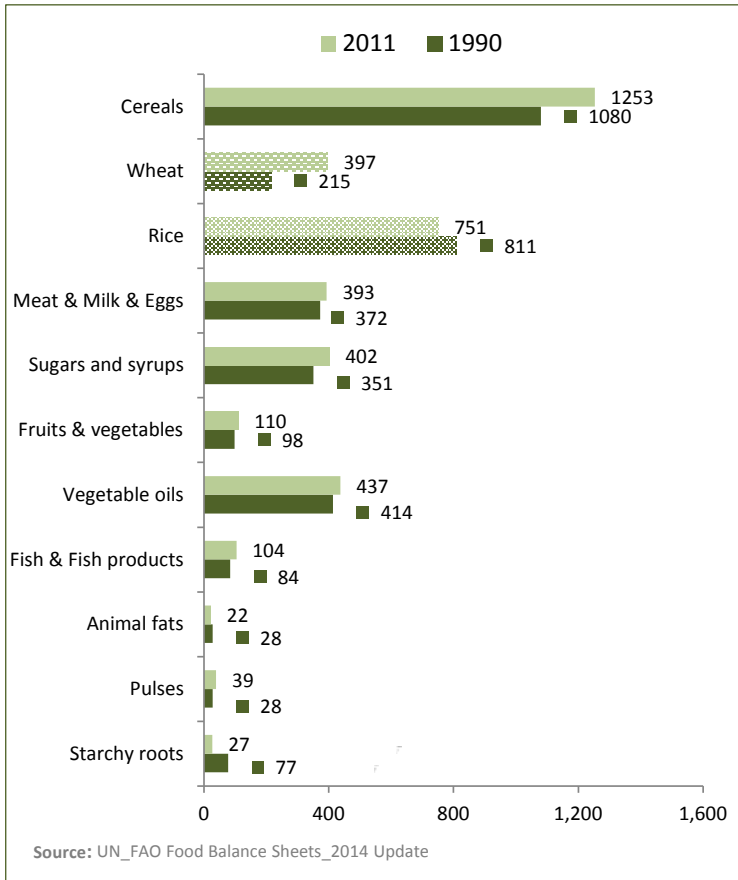
Food Availability / Food Access



Food Availability

Figure 2.1 Food supply by food

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

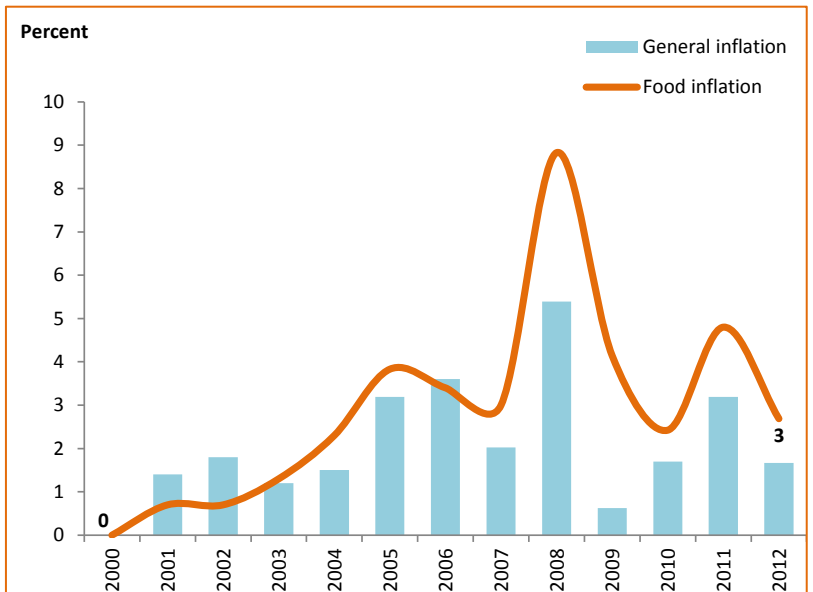


- Cereals remained the most important source of food energy (44%). Rice continues to be the major contributor among cereals; however, wheat has increased its contribution by 85%
- Vegetable oils have slightly increased (6%), and they still contribute significantly to overall DES
- Fruits and vegetables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

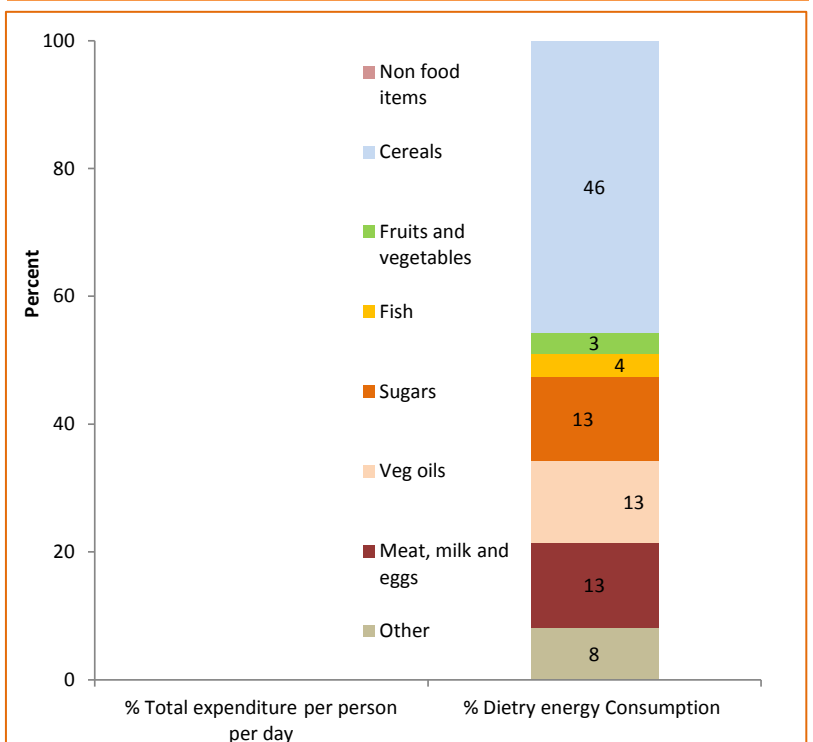
General and food inflation



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

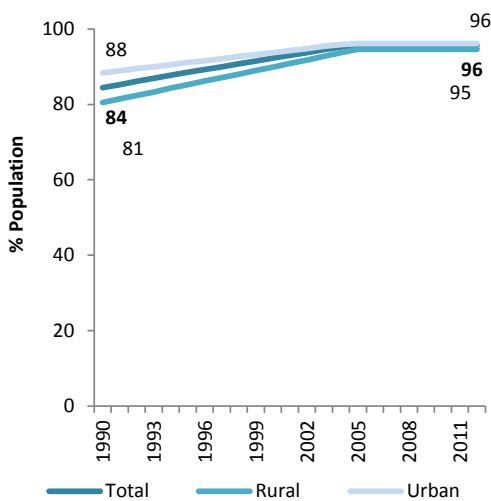
Food utilization refers both to household preparation practices of foods, which influence nutrient content of consumed foods, and to the absorption of nutrients by the human body after consumption. Nutrient absorption in the gut is strongly influenced by health status, particularly the presence of diarrhoea. 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:

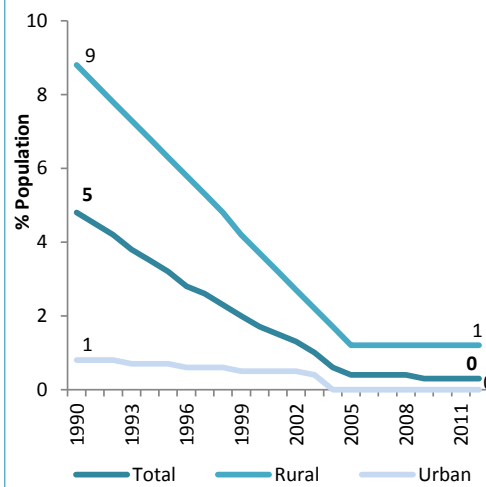
- Access to improved sanitation increased 13% in 22 years and covers 96% of the population
- Disparities between rural and urban areas are non-existent



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

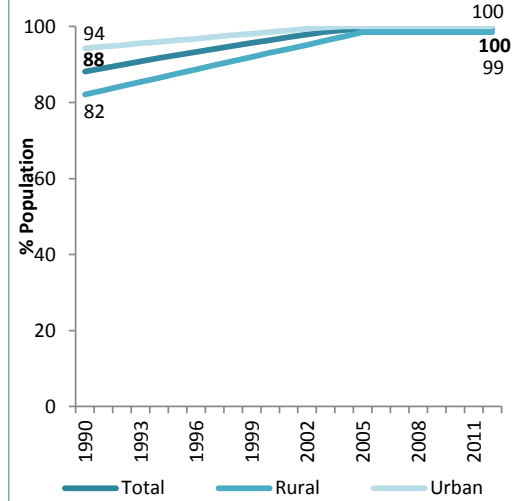


Source: WHO-UNICEF Joint Monitoring Programme, 2014

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

According to the Health Informatics Centre of the Ministry of Health Malaysia, incidence rates of food and water borne diseases are extremely low and no mortality associated to those diseases has been reported in 2012.

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

No Data

Figure 3.6 Complementary Feeding

No Data

Figure 3.7 Duration of Breastfeeding

No Data

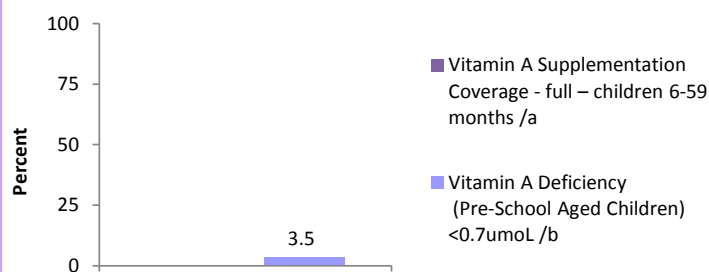
Figure 3.8 Child Malnutrition and Poverty

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.

Iodine (Table 3.2)

Households consuming iodized salt 2008	17.6 %
Iodine deficiency (Urinary Iodine Concentration <100ug/L) among school-age children	48.2 %

*Optimal UIE 100 - 199ug/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	Code of Ethics for the Marketing of Infant Foods and Related Products; Adherence to provisions in the international code of BMS is voluntary
	Complementary feeding	yes	
	Int'l Code of Marketing of BMS	Voluntary	
Vitamins and Minerals	Supplementation:		Iron Folate and other vitamins available for pregnant women
	Vitamin A children/women	no	
	Iron Folate children/women	yes	
	Zinc children	no	
	Other vitamins & min child/women	yes	
	Food fortification	yes	Mandatory: salt (for 2 states) but new legislation for universal salt iodisation being drafted. 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	Maternity leave allowance for non-wage labourers not less than RM6 per day 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.
	Food Aid	yes	
	Nutrition and Infection	yes	
	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 Policy addresses food safety throughout the food chain and requires multi agency and multi-disciplinary collaboration and cooperation involving relevant government agencies, food industries, consumers, the scientific community and others.			
2. 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. 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.			



<p>3. Food Hygiene Regulations 2009</p> <p>The Food Hygiene Regulations 2009 regulates food premises and activities in relation to these premises, such as the conduct and maintenance of premises, the food handlers and requirements for specific food.</p>
<p>4. Food Irradiation Regulations 2011</p> <p>Food Irradiation Regulations 2011 regulates irradiated food and its premises.</p>
<p>Other policies addressing food security</p>
<p>1. Food Security Policy 2008 - 2010, Ministry of Agriculture & Agro-based Industry</p>

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) (constant 2011 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 (100= complete inequality; 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 (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 (% 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	<p>Sources:</p> <p>a/ World Bank, Health Nutrition and Population Statistics, 2013 update.</p> <p>b/ FAOSTAT 2013 Update;</p> <p>c/ World Bank, World Development Indicators Database, 2014 Update;</p> <p>d/ UNICEF, State of the World Children 2014 (data refer to the most recent year available during the period specified) ;</p> <p>e/ UN Statistics Division, MDG database 2013 Update.</p>			
Adolescent birth rate (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 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.

