



Path to Wellness

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Health determinants



Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.

Source: World Health Organisation



Social



Spiritual



Emotional



Physical



Environmental



Occupational



Intellectual



Financial



Physical

wellness - Malaysia

❖ Issues

- High obesity rates
- High diabetes rates
- Heart disease and Stroke cases on the rise
- Rise In cancer

❖ Steps taken

- Widely reported in local media
- Awareness campaigns on reducing sugar intake by govt
- Sugar tax introduced in July
- Govt has banned smoking in restaurants and eateries
- More urbanites are becoming aware of the need to take responsibility for health and are joining gyms, marathon groups, cycling as well as going on keto, low carb, vegan, plant based diets and cutting down on sugar intake.





Social

wellness - Malaysia

- In general, Malaysian adults enjoy a social life with many Malaysians having meaningful relationships.
- Malaysia is among the most sociable people online. Facebook users in Malaysia is at 23, 230,000 (Sept 2018)
- Marathon, cycling, cross fit groups is a growing trend in Malaysia. There are Marathon and Cycling activities every weekend throughout Malaysia. www.myrunners.org These groups are the 'New Golf' in Malaysia as a popular activity to socialise.
- Older persons in Malaysia engaging in Qi Gong/Tai Chi/Dancing every morning in parks are a common sight in Malaysia. After these sessions time is spent in fellowship,
- Loneliness among the elderly is a concern although there is no data available yet. <https://www.thestar.com.my/news/nation/2019/07/25/tackling-loneliness-among-the-elderly>





wellness - Malaysia

- ❖ Most Malaysians observe a religious life. Religious freedom is guaranteed under Malaysia's constitution. Islam, Buddhism, Hinduism and Christianity are the 4 main religions in Malaysia.
- ❖ In general, Malaysians are respectful towards each other's faiths, customs and traditions.
- ❖ Many older citizens get involved in charitable or meaningful activities, supporting a cause or becoming active in serving in mosques, temples and churches.



Emotional

wellness - Malaysia



- ❖ According to the National Health and Morbidity Survey 2017, 29% of Malaysians have mental problems due to stress.
- ❖ 50% increase in depressed patients from 2011 to 2015.
- ❖ The overall prevalence of mental health problems among children is 12.1 per cent for children between five and 15 years old. The prevalence of mental problems in children include peer problems, anxiety, depression, and hyperactivity.
- ❖ Mental illness is expected to be the second biggest health problem affecting Malaysians after heart disease by 2020
- ❖ The National Suicide Registry reported in 2009 that there were 1.18 suicides per hundred thousand in the population however, 2008 study by the World Health Organization suggested that the actual rate in Malaysia was as high as 13 per 100,000
- ❖ The number of psychiatrists in Malaysia until March 2017 was only 381, namely from the Ministry of Health (207), Public Universities (84), Private Universities (22), Armed Forces (5) and Private Sector (63).
- ❖ The Befrienders is a FREE helpline offering emotional support 24hours daily to all Malaysians.



Environmental

wellness - Malaysia



- ❖ The Southeast Asia transboundary haze is an issue affecting the air quality in Malaysia at least once every year.
- ❖ Minister of Energy, Science, Technology, Environment and Climate Change – Yeo Bee Yin has been actively addressing environmental issues in Malaysia.
- ❖ In July this year, Selangor introduced a no plastic straw campaign.
- ❖ A no plastic bag campaign was introduced in 2007 in Malaysia. Citizen's are charged for plastic bags if they request it from Hypermarkets, Supermarkets and other stores to promote a non-littering environment.
- ❖ Malaysia is also promoting smoke free environments with the ban on smoking in all restaurants and eateries.





wellness - Malaysia



- ❖ The International Investment Position (IIP) document published by the Department of Statistics Malaysia shows Malaysia's total FDI stock rose by 10.3% to RM667.5 billion in the second quarter of 2019 (2Q19) from RM605.1 billion a year ago.
- ❖ Malaysia's GDP expanded 4.9% year-on-year in 2Q19 after growing 4.5% in 1Q19, at a time when various regional economies are experiencing synchronised growth slowdown.
- ❖ The 4.9% growth in national GDP was above the consensus 4.7% growth estimated by economists surveyed by Bloomberg.
- ❖ Malaysia's overall debt and liabilities stood at RM1.09 trillion at the end of last year, compared with RM1.08 trillion in 2017.
- ❖ Most Malaysians do not have enough retirement funds. (Star 25th Oct 2017)
- ❖ Many Malaysians can't afford a home in the city. (Star 27th April 2019)





Intellectual

wellness - Malaysia

- ❖ Education may be obtained from the multilingual public school system, which provides free education for all Malaysians, or private schools, or through homeschooling. International and private institutions charge school fees. By law, primary education is compulsory.
- ❖ There are 20 Public Universities (Government Universities) comprising 5 research universities, 4 comprehensive universities, and 11 focused universities.



Occupational

wellness - Malaysia


- ❖ The unemployment rate in Malaysia inched lower to 3.3 percent in June 2019 from 3.4 percent in the corresponding month of the previous year.
- ❖ The Minimum **Retirement Age** Act 2012 (MRA Act) came into effect on 01.07.2013, stating that the minimum **retirement age** of an employee shall be the **age** of 60 years old. The MRA Act applies to all employers and employees in the private sector throughout **Malaysia**.
- ❖ **Malaysia** currently has more than 60 **entrepreneur** development agencies scattered across various Ministries and states. In 2018, a total of 151 SME development programmes have been planned with financial commitments amounting to RM12.89 billion.
- ❖ Malaysian Investment Development Authority stated that the RM33.1 billion approved manufacturing FDI would create 30,449 jobs in the near future



The way forward for holistic wellness in Malaysia

Education


More awareness programmes on healthy ageing for all Malaysians




Malaysia will be an ageing nation in 2030 when 15% of its population will be 60years or older. Healthy Ageing must be made a **Priority**.

Policies

that promote wellness to be prioritised to increase productivity of the nation.



There have been calls for the setting up of a **Ministry of Ageing** to will work with various ministries in its policy making.



Healthy lifestyle habits and healthy choices must be **instilled** at the earliest possible age in schools.



THANK YOU