



UNIVERSAL HEALTH COVERAGE: MALAYSIA'S PROGRESS

22nd ASEAN and Japan High-
Level Officials Meeting On
Caring Society

25-27th November 2024

OUTLINE OF PRESENTATION

01 **Introduction**

02 **UHC Achievements**

03 **Health Care Access**

04 **Challenges**

05 **Addressing challenges**

06 **Future Directions**

07 **Summary**





INTRODUCTION

Universal health coverage (UHC) protects against financial consequences of paying for health services

Goals of a health system

- 1 Health gain**
Both in levels of health and distribution of health
- 2 Social and financial risk protection**
Distribution of burden of financing
- 3 Responsiveness**
Ability to meet people's expectations

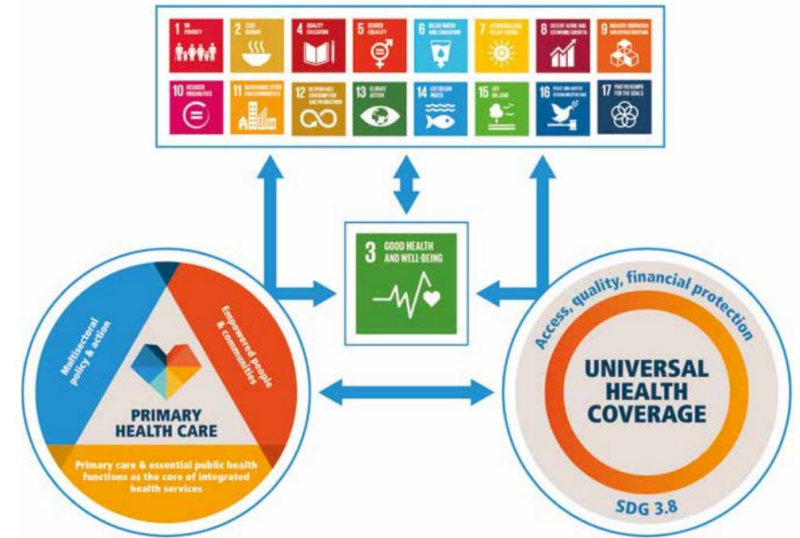
“UHC means that all individuals and communities receive the health services they need without suffering financial hardship. It includes the full spectrum of essential, quality health services, from health promotion to prevention, treatment, rehabilitation, and palliative care across the life course.”

-World Health Organization

Primary Health Care

- the main vehicle for achieving universal health coverage and the SDGs
- A vision for primary health care in the 21st century towards UHP and the SDG:
- a whole-of-government and whole-of-society approach to health that combines three core components:
 - i. multisectoral policy and action
 - ii. empowered people and communities; and
 - iii. primary care and essential public health functions as the core of integrated health services

Figure 1. PHC as the cornerstone for achieving UHC and the SDGs



Source: WHO and UNICEF (2).

1.1 Operational framework for primary health care levers

POPULATION AT A GLANCE, MALAYSIA, 2024

** Numbers are expressed in thousands ('000)

Malaysia

TOTAL POPULATION

34,058.8

MALE

17,882.7

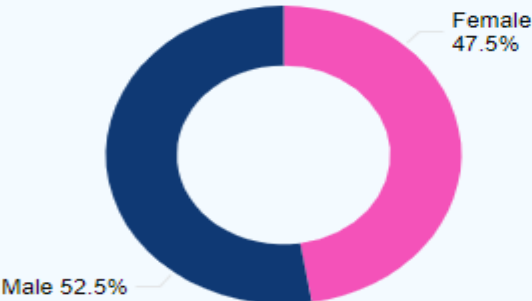
FEMALE

16,176.1

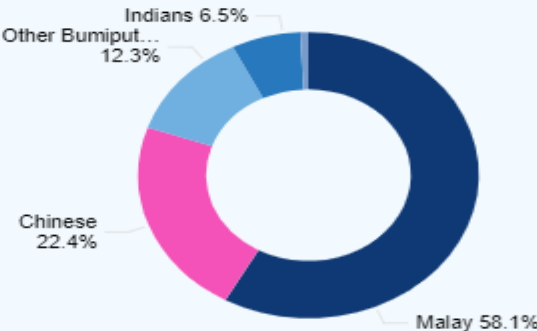
Year

2024

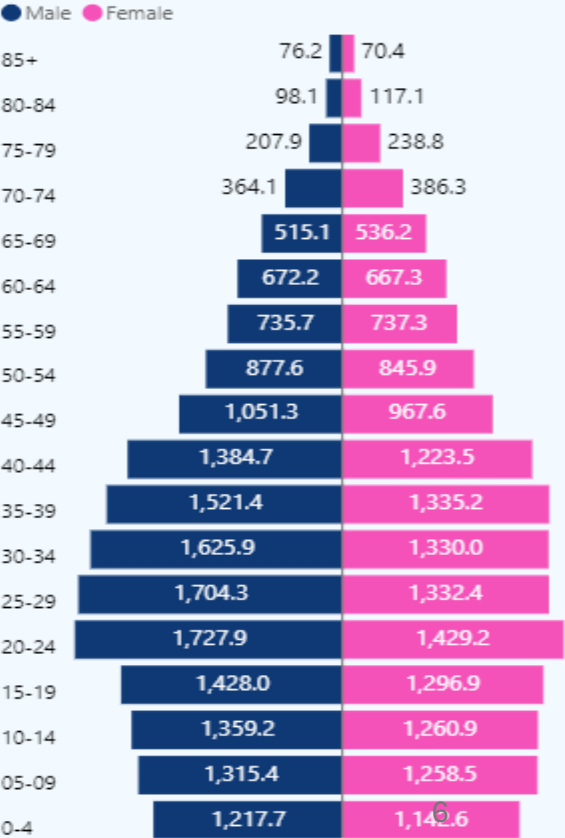
Population by Sex, Malaysia 2024



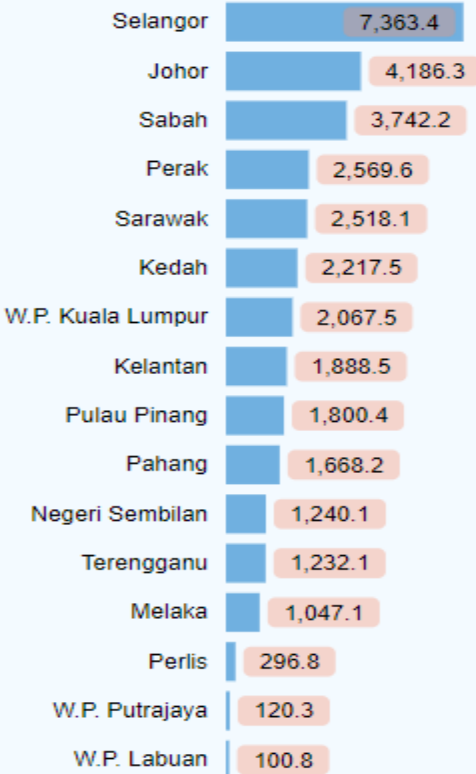
Percentage of Citizen by Ethnic Group, Malaysia 2024



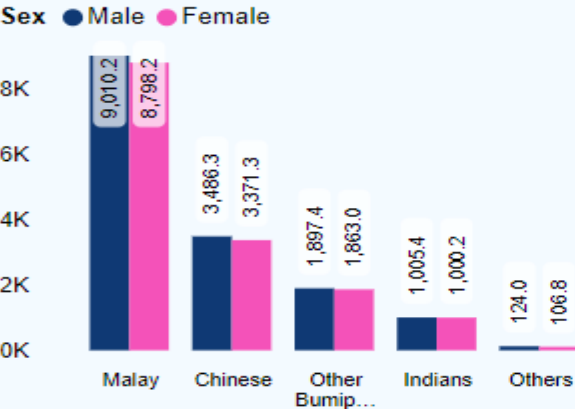
Population by Age and Sex Distribution, Malaysia, 2024



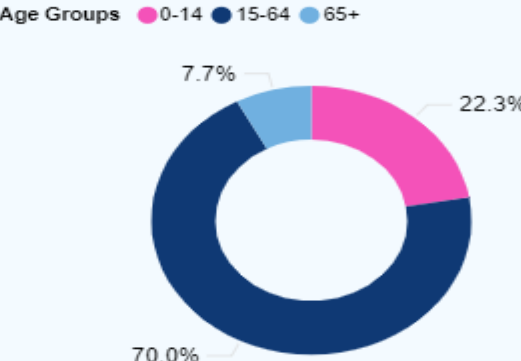
Population by State, Malaysia 2024



Population by Ethnic and Sex, Malaysia, 2024



Population by Age Group, Malaysia, 2024



Source: DOSM

HEALTH SYSTEM CHARACTERISTIC

- Dichotomous service delivery by the public and private sectors (a hybrid healthcare system)

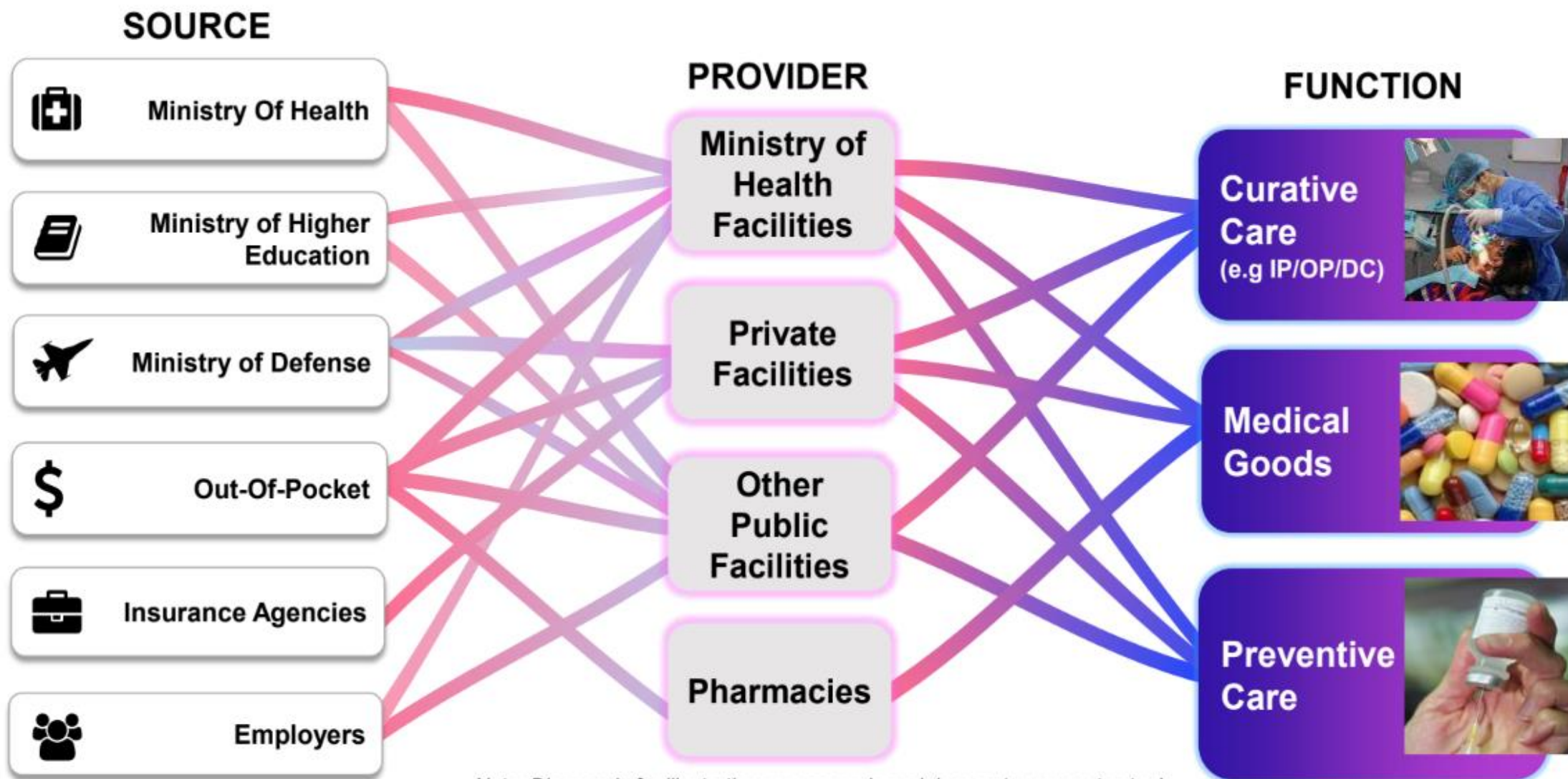
PUBLIC HEALTH CARE

- largely funded by federal government revenues
- provide widespread, coverage of universal healthcare for the population,
- heavily subsidised secondary and tertiary care services

PRIVATE HEALTH CARE

- provide healthcare services to the public on a fee-for-service basis
- predominantly funded by individual out-of-pocket payments, private health insurances, employee benefit

FLOW OF HEALTH FUNDS



Note: Diagram is for illustration purpose only and does not represent actual interconnections which is much more complex

ACHIEVEMENTS

A top-down view of medical supplies on a reddish-pink surface. A black stethoscope is coiled across the center. In the top right, a pair of white latex gloves is partially visible. Below the gloves, a pair of black-rimmed glasses rests on a green surgical mask. In the bottom right, a silver spiral-bound notebook is open, with a silver pen lying on its pages.

ACHIEVEMENT

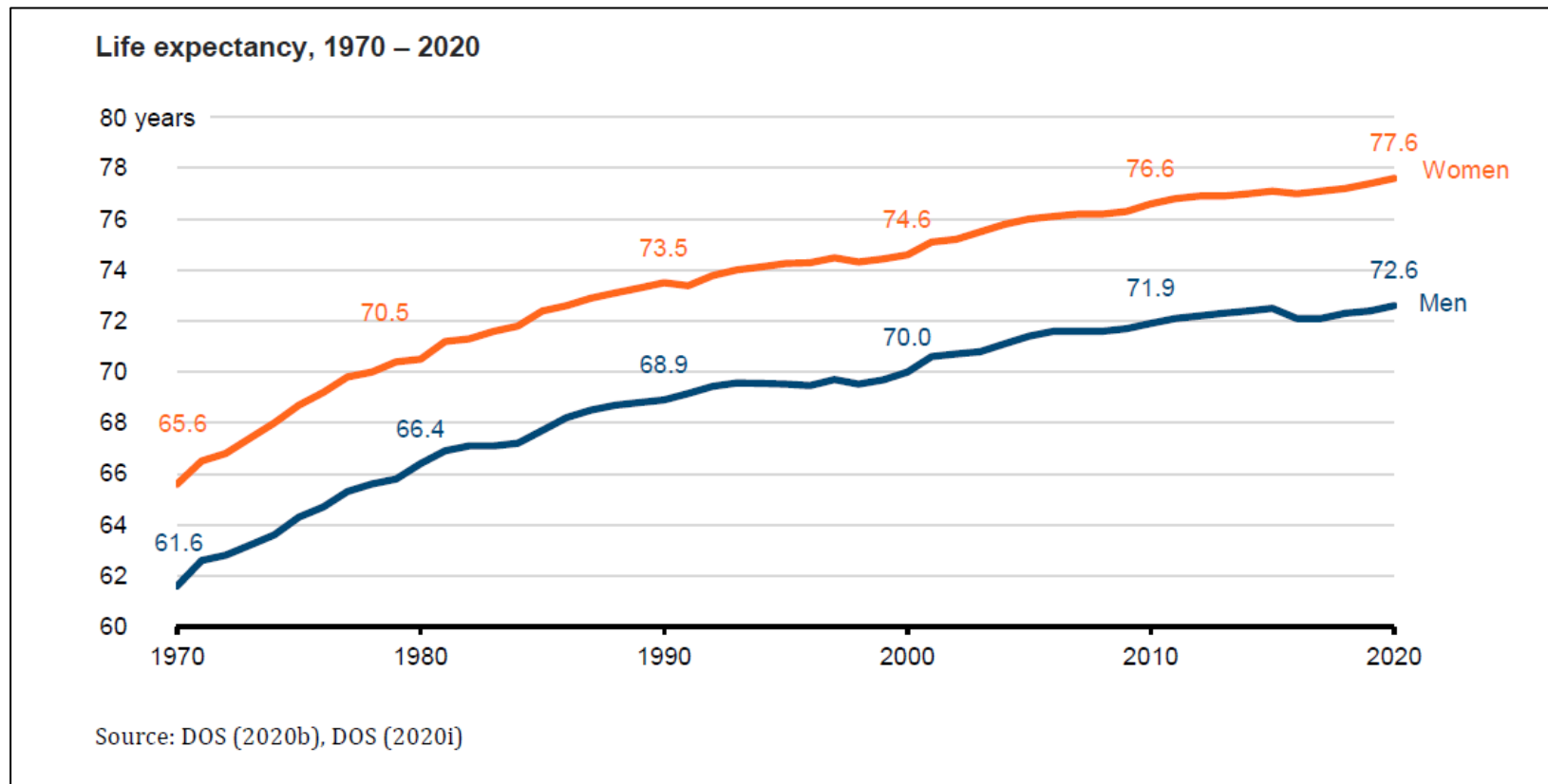
- Malaysia achieved effective UHC in the 1980's, through tax funded public provision of health care services
- Malaysia has made considerable progress in achieving Universal Health Coverage (UHC) overall.
- UHC index score for coverage of essential health of
70 (2018) → 73 (2020)

Lo, YRJ. and Allotey, P. World Health Day 2018.

Lesson from Malaysia on Universal Health Coverage, World Health Organization.

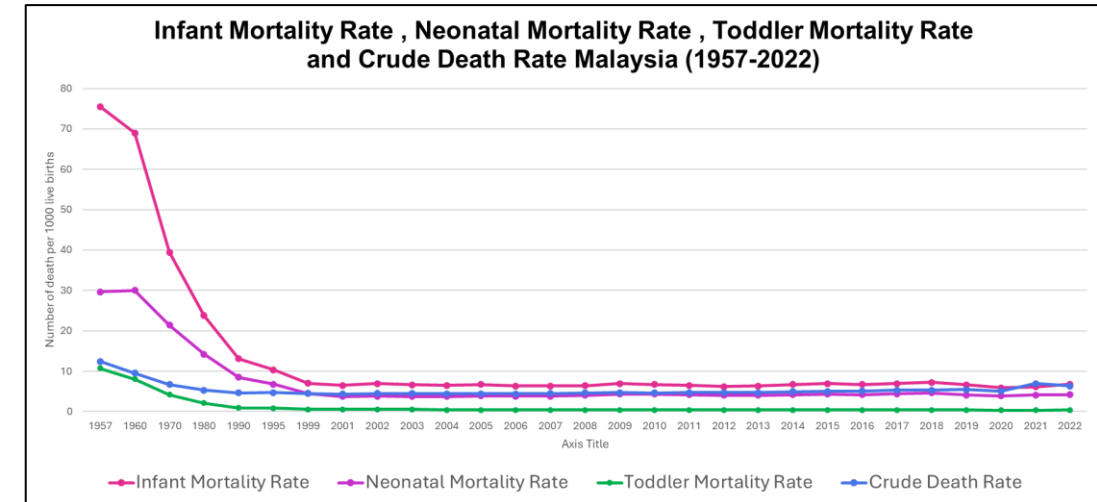
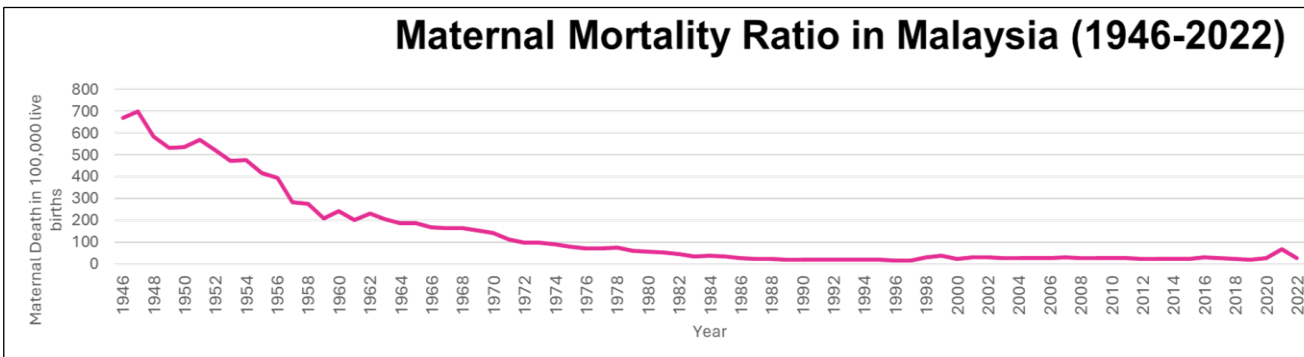
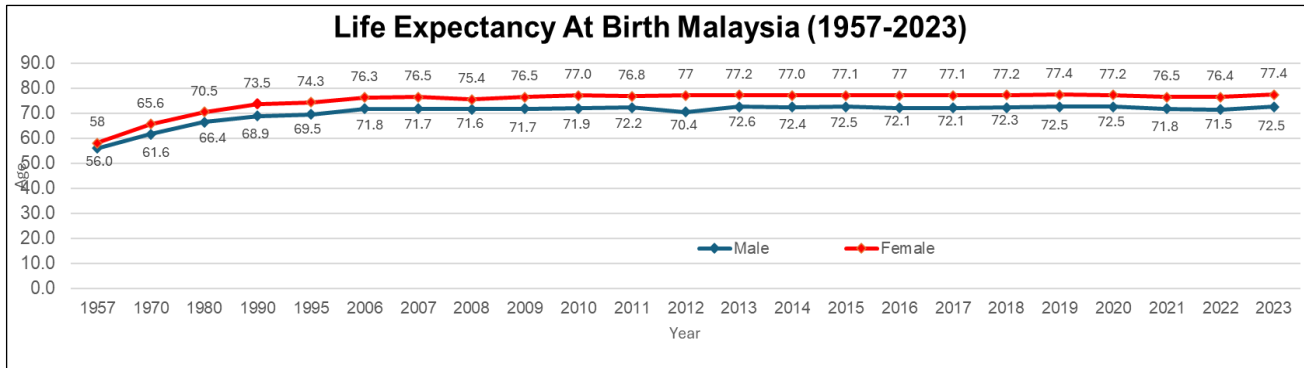
World Health Organization, Western Pacific Region 2018. UHC and SDG country profile 2018 Malaysia.

IMPROVEMENT IN LIFE STATUS



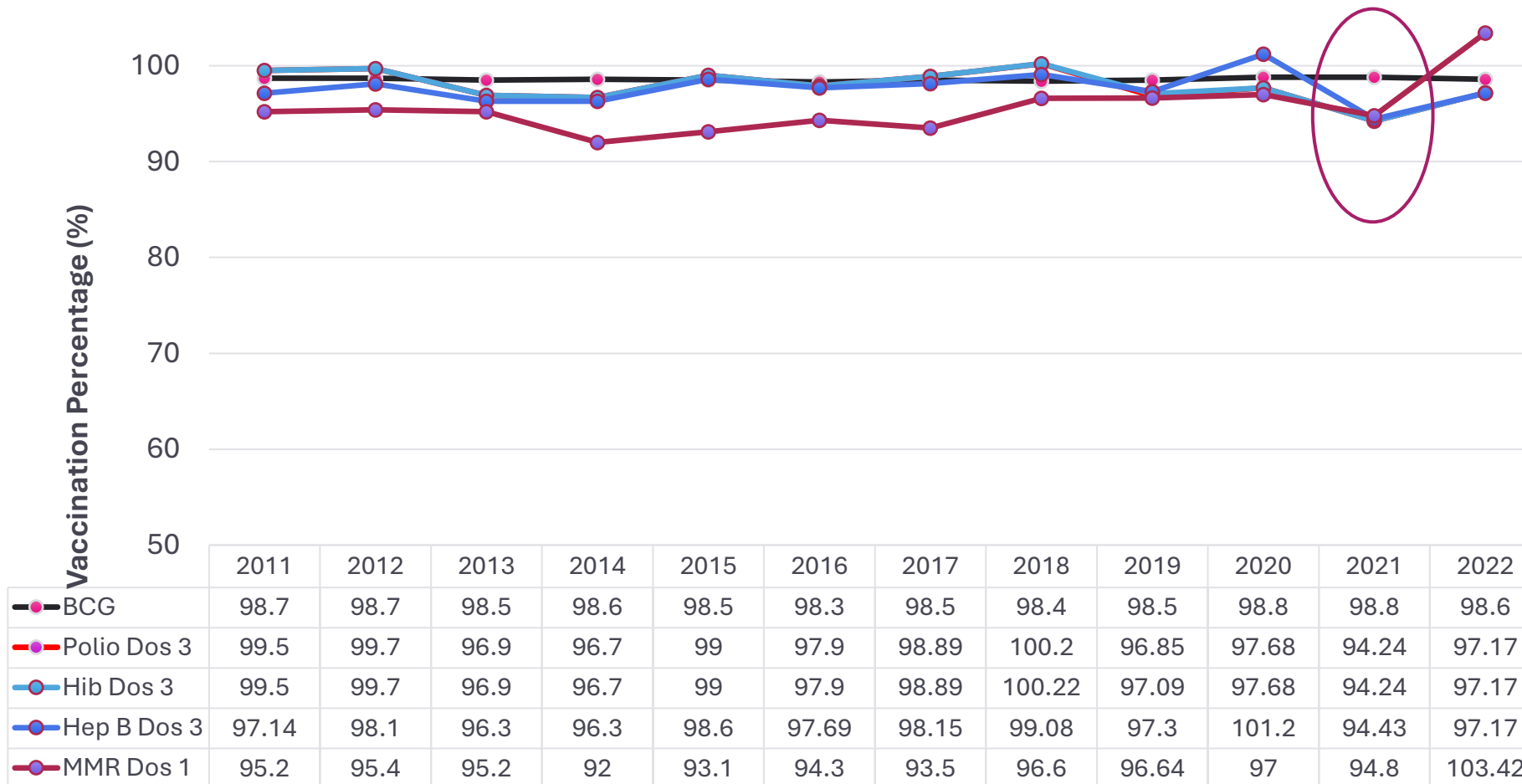
Malaysian are living longer

IMPROVEMENT IN LIFE STATUS



Decrease in mortality observed in the past decades, including child and maternal mortality

Selected Childhood Vaccination Coverage between 2011 to 2022

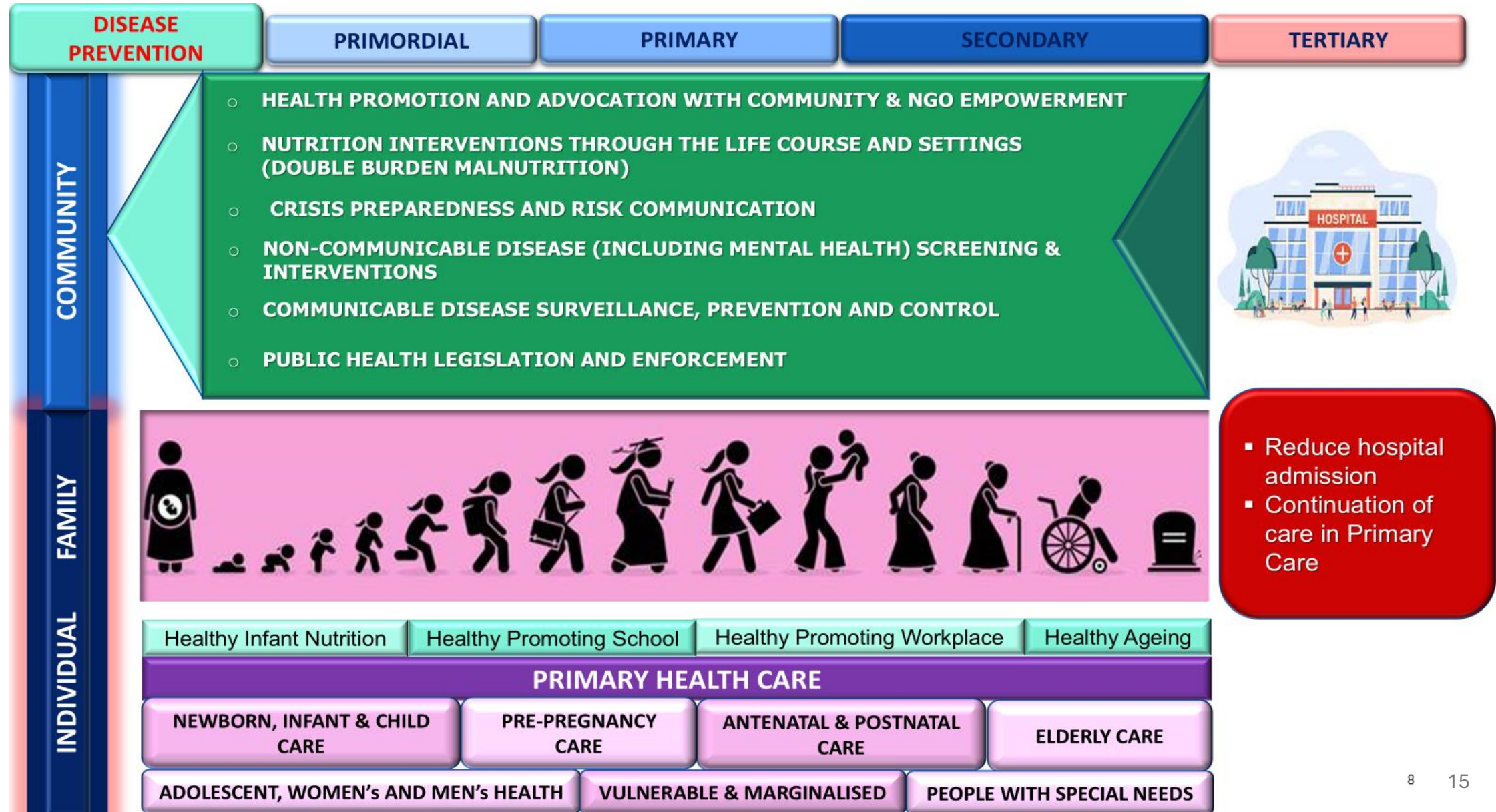


High
immunization
coverage

Healthcare Access



THE LIFE COURSE APPROACH

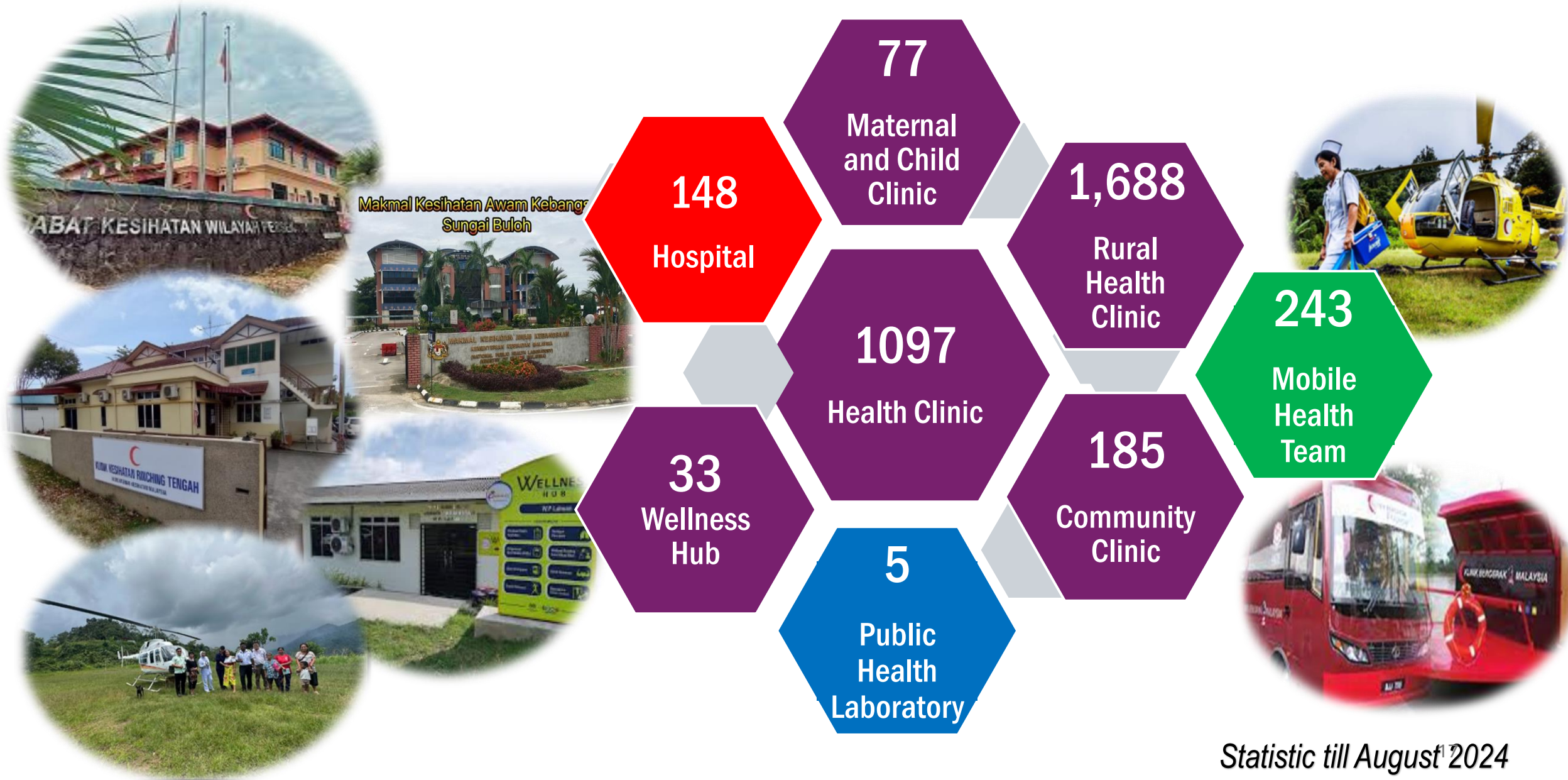


PRIMARY HEALTH CARE

Primary health care (PHC) is recognized as the thrust of the Malaysian health care system, supported by the secondary and tertiary care.

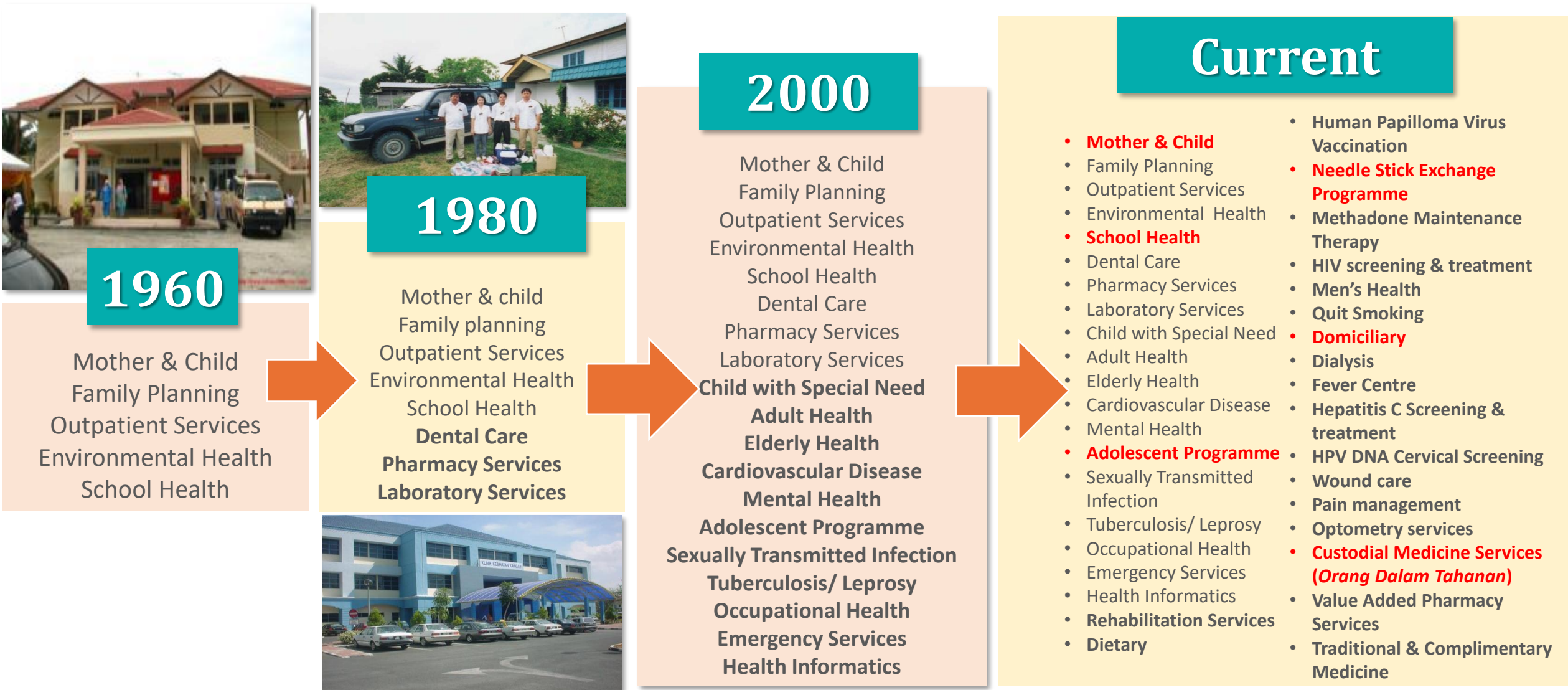
The PHC delivery system provides population-based services using a life-course approach from womb to tomb.

HEALTH FACILITIES (MINISTRY OF HEALTH)



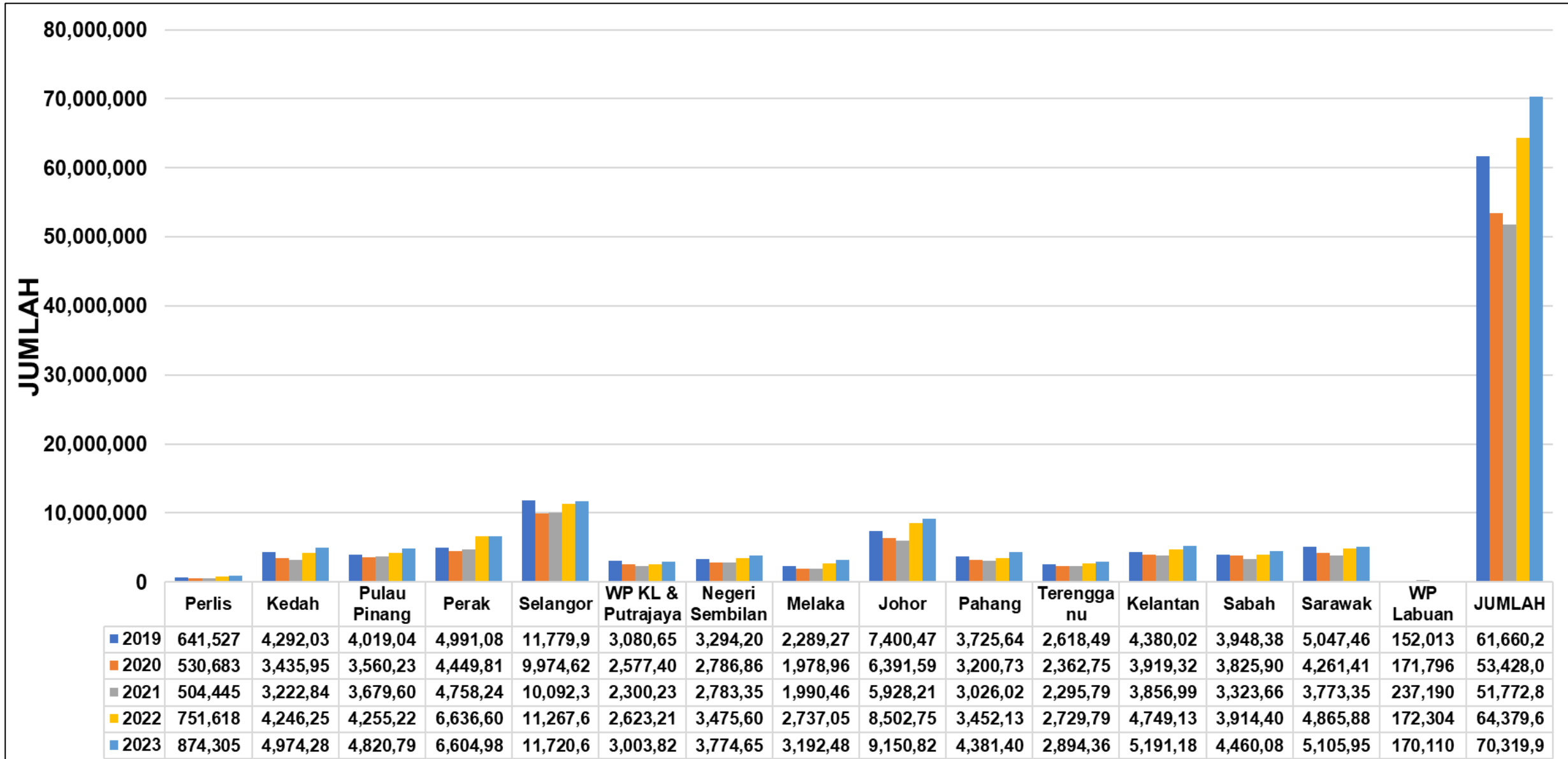
Statistic till August 2024

EVOLUTION OF PRIMARY CARE SERVICES



*Involving activities outside of clinics setting

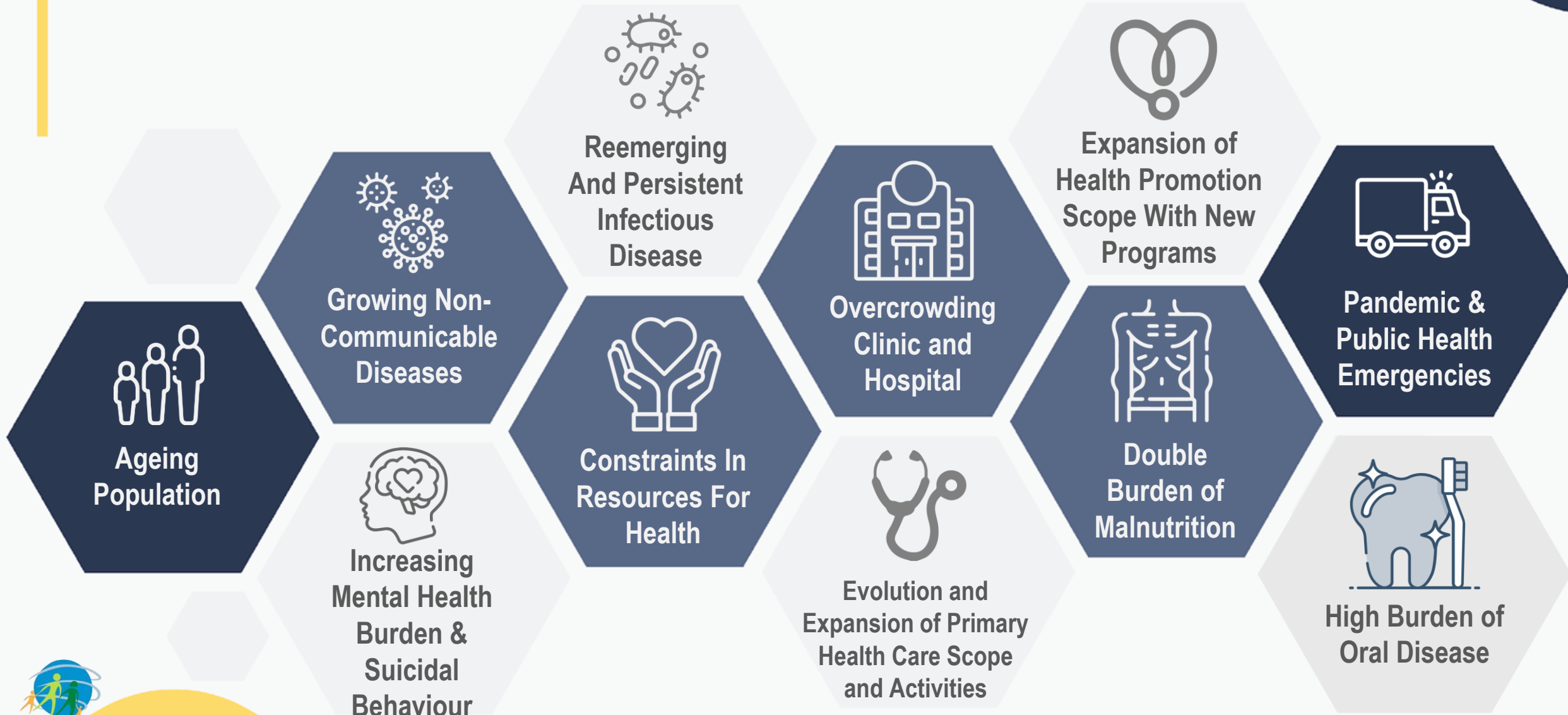
TOTAL ATTENDANCES TO HEALTH CLINIC BY STATES 2019 - 2023



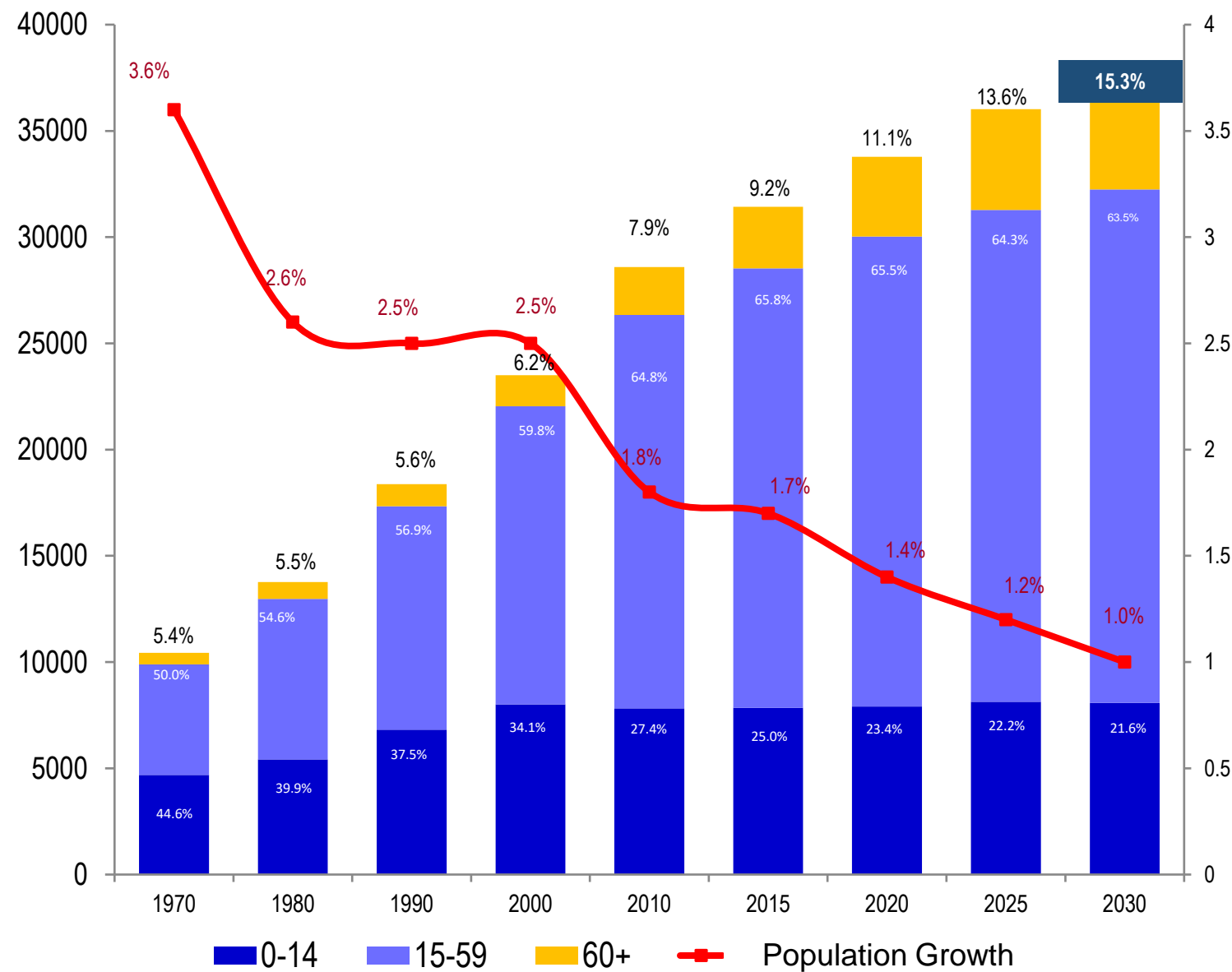
HEALTH SYSTEM CHALLENGES



KEY CHALLENGES IN PUBLIC HEALTH



Malaysia Population Growth, (1970 - 2030)

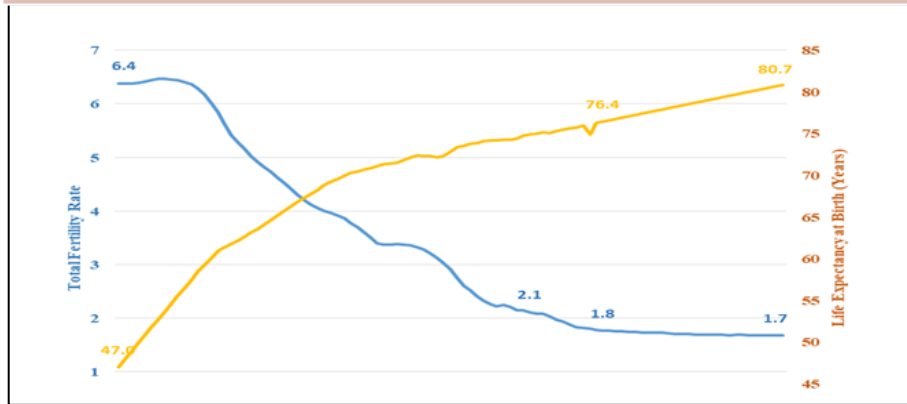


Malaysia will reach the status aged nation (15% of the population aged 60 and over) in 2030 due to the rapid decline in fertility rates and the increasing life expectancy of the population.

The working age population (15-59 years old) is shrinking during the transition towards an aged nation.

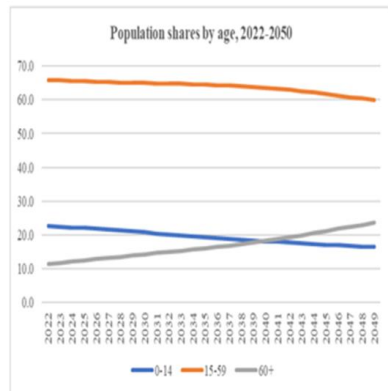
AGEING POPULATION

Life expectancy at birth and total fertility rate, 1950-2050

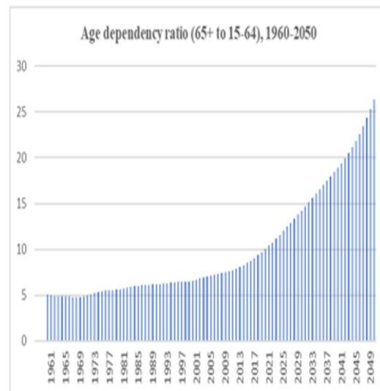


Sumber UN World Population Prospects 2022, actuals to 2022

Malaysia is ageing rapidly with an increasing old-age dependency ratio...

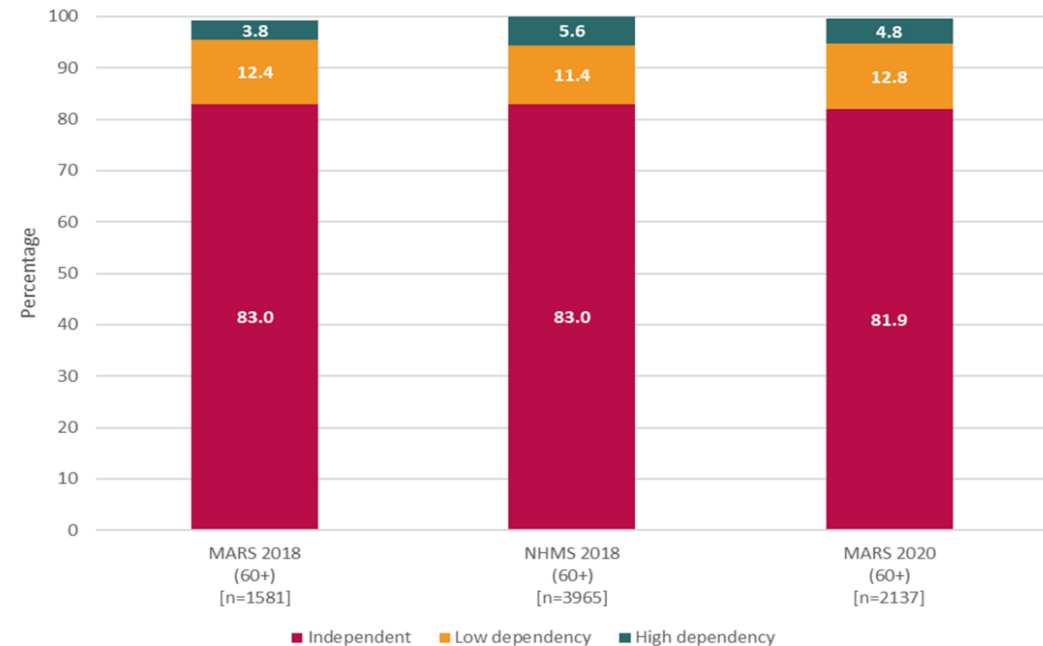


Source: World Bank staff calculations based on UN WPP 2019



Source: World Bank WDI and UN population prospects, 2022

Functional limitation (ADL) among adults aged 60+ in Malaysia



Simulation of Long-term Care for Elderly in Malaysia (MyLTC):
Mesyuarat Jawatankuasa Teknikal Kesihatan Warga Emas. IHSR April 2024

- Malaysia is currently an ageing population and will be an aged population by 2030
- Medical expenditure for population ≥ 60 years is 2-3X more than the average adult population
- High cost for chronic and long-term care

RISING BURDEN OF NON-COMMUNICABLE DISEASES

Key findings from the National Health and Morbidity Survey 2023

Read the full report at [iku.nih.gov.my/nhms](https://ku.nih.gov.my/nhms)

The **three plus one**

Diabetes, hypertension, high cholesterol **PLUS** obesity

Over half a million

or **2.5%** of adults in Malaysia live with **four non-communicable diseases (NCDs)**



They are major risk factors for:



Almost **2.3 million** adults in Malaysia live with **three NCDs**



04

Key findings from the National Health and Morbidity Survey 2023

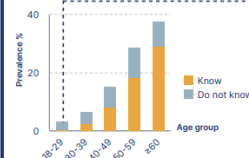
Read the full report at [iku.nih.gov.my/nhms](https://ku.nih.gov.my/nhms)

Decoding diabetes

Diabetes is one of the top causes of death in Malaysia!



Diabetes increases with age, yet many do not even know they have it



Young adults are affected as well

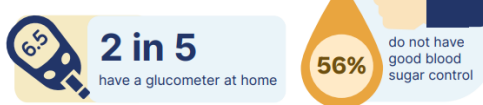
84% of adults aged **18-29 years** with diabetes do not know they have diabetes

2 in 5

adults with *diabetes do not know that they have diabetes



Among adults who know they have diabetes



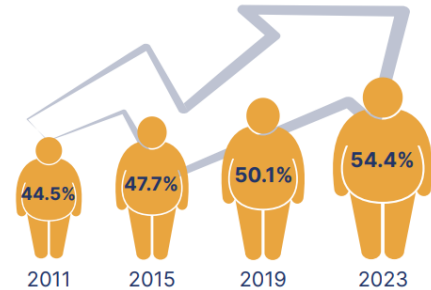
05

Key findings from the National Health and Morbidity Survey 2023

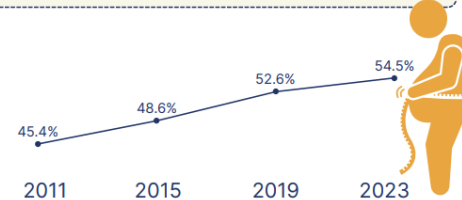
Read the full report at [iku.nih.gov.my/nhms](https://ku.nih.gov.my/nhms)

We are getting fatter!

Trend in overweight & obesity among adults in Malaysia from 2011 to 2023
(Based on Body Mass Index (BMI): $\geq 25.0 \text{ kg/m}^2$)



Trend in abdominal obesity among adults in Malaysia from 2011 to 2023
(Based on Waist Circumference (WC): Men $\geq 90.0 \text{ cm}$, Women $\geq 80.0 \text{ cm}$)



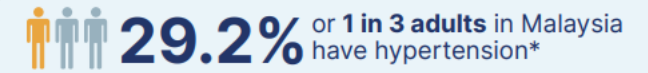
08

Key findings from the National Health and Morbidity Survey 2023

Read the full report at [iku.nih.gov.my/nhms](https://ku.nih.gov.my/nhms)

Hypertension:

What's the hype?



33.3% of adults in Malaysia have **high cholesterol**

...that's about **7.6 million** adults

Do you know that increased levels of cholesterol often show **NO SYMPTOMS?**



1 in 2 adults with high cholesterol **DO NOT KNOW** that they have high cholesterol

INCREASING MENTAL HEALTH ISSUES

Key findings from the **National Health and Morbidity Survey 2023**

Read the full report at iku.nih.gov.my/nhms

Trapped in the shadows

1,000,000

or **4.6%**

people in Malaysia aged 16 years old and above have **DEPRESSION**

↑ 2X

The number of people with depression **doubled** from 2019 to 2023

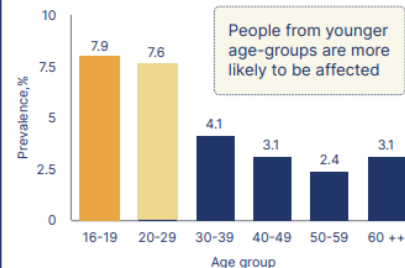


About **HALF** of them have thoughts about **hurting themselves**, or being **better off dead**



Self-care is important!

- ✓ Stay connected to friends and family
- ✓ Talk to someone
- ✓ Exercise regularly
- ✓ Eat healthily
- ✓ Get enough sleep



Help is available



Reach out to someone at
Helpline HEAL: 15555

A child's mind matters

1 in 6 children

in Malaysia experience mental health problems



The burden of mental health problems among children has

doubled since 2019

46% have **peer problems**

- find it difficult to play with other kids
- have no good friends
- are bullied by other children
- are not liked by other children
- get along better with adults



25% have **conduct problems**

- often have tantrums
- often disobey instruction
- often lie or cheat
- often have stealing habits
- often fight with other children



17% have **emotional problems**

- often complain of headaches
- tend to worry a lot
- are often unhappy
- are often nervous or clingy
- tend to be easily scared



8% have **hyperactivity problems**

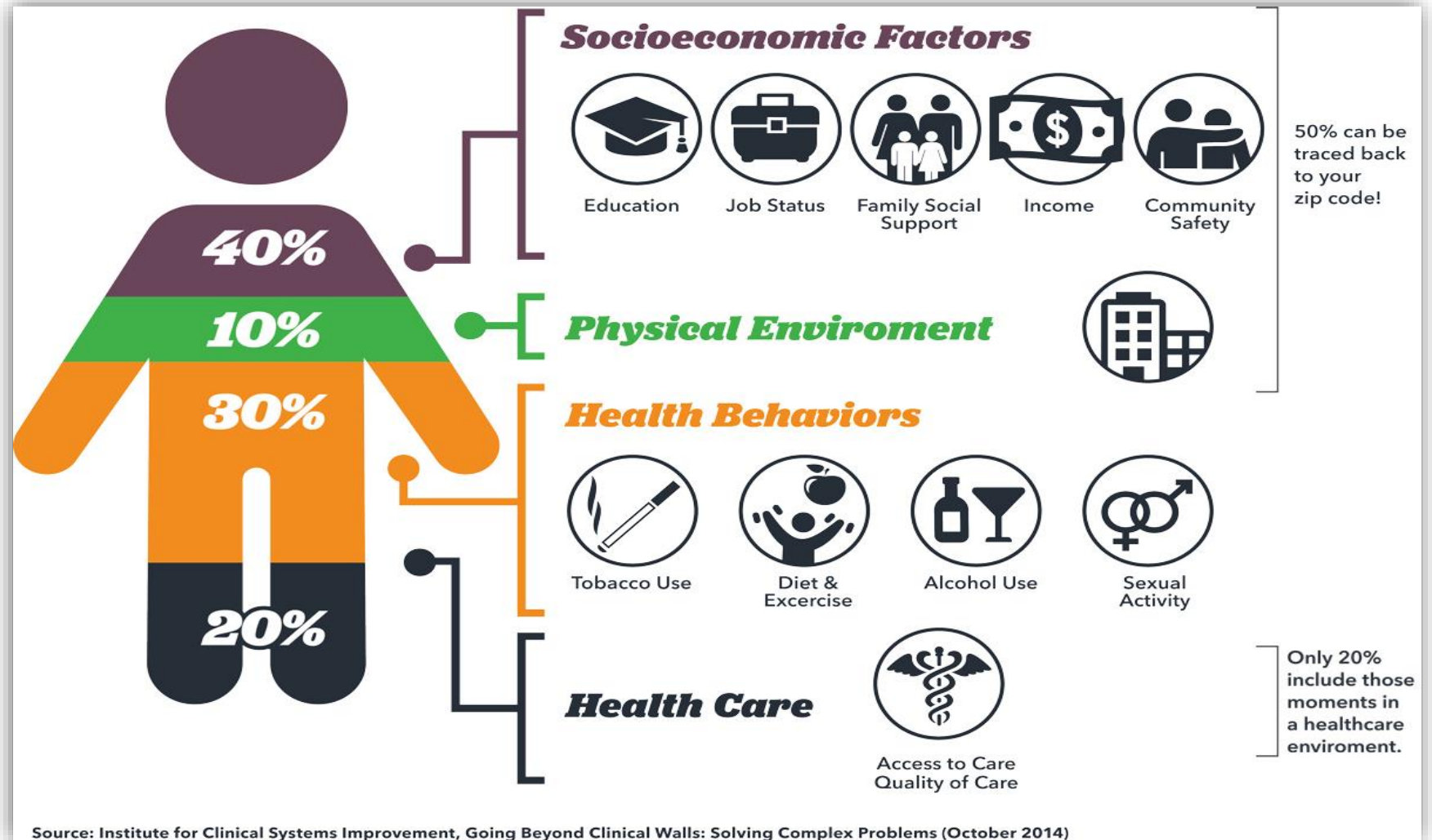
- are often restless
- are often fidgety
- are easily distracted
- tend to have short attention spans
- tend to be impulsive



16

SOCIAL DETERMINANTS OF HEALTH

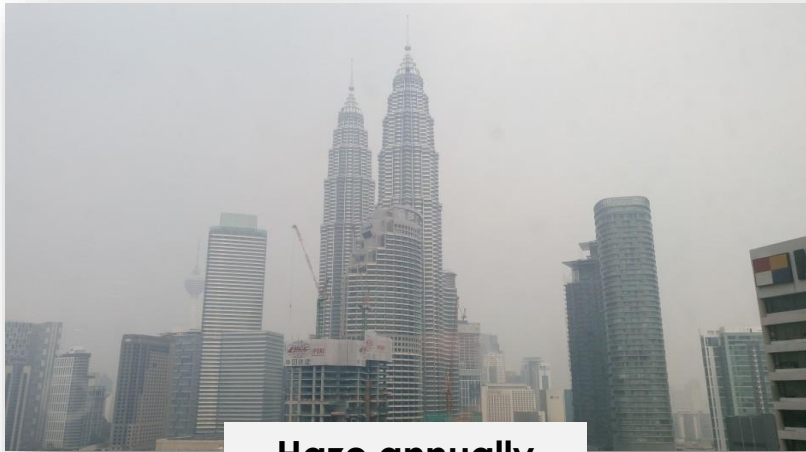
- **80%** of what makes up someone's health is determined by what happens outside of the hospital and health clinic.
- Require intersectoral collaboration
- “Health in All Policies”



HEALTH SYSTEM CHALLENGES



PLANETARY HEALTH



Haze annually



Deforestation – 2021



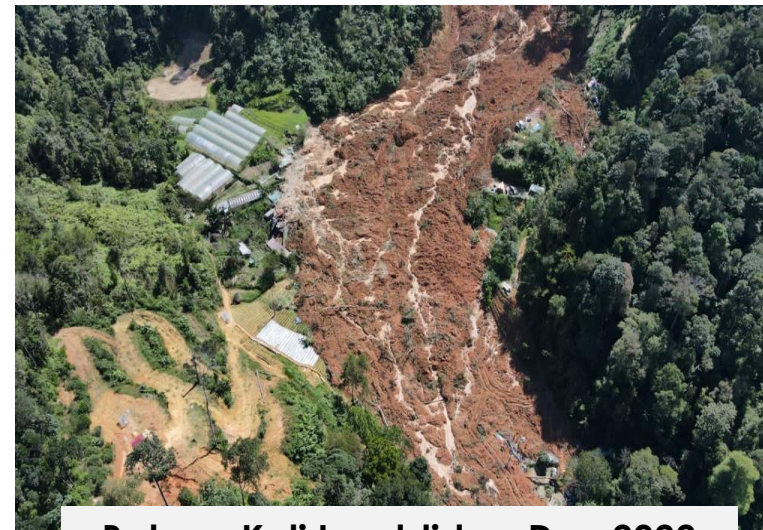
Floods in Malaysia – Dec 2021

Asia

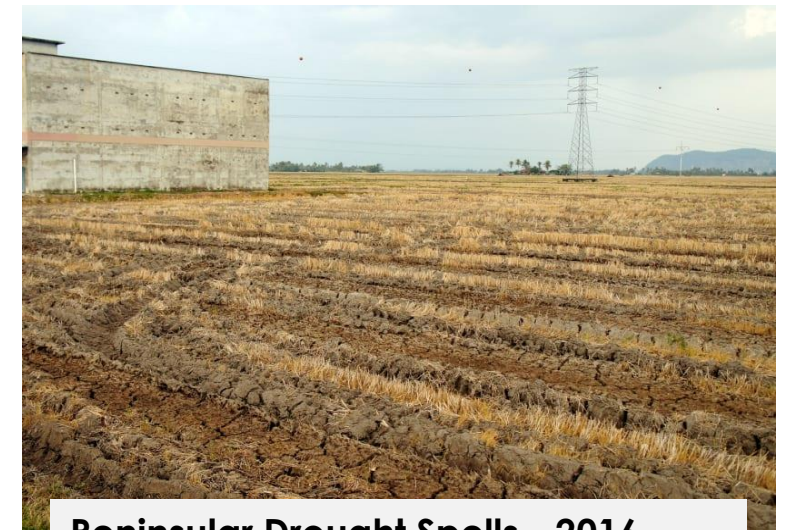
Latest Pasir Gudang pollution caused by Sungai Kim Kim toxic waste: Minister



Sg. Kim Kim pollution 2019



Batang Kali Landslide – Dec 2022



Peninsular Drought Spells - 2016

FINANCIAL STRAIN



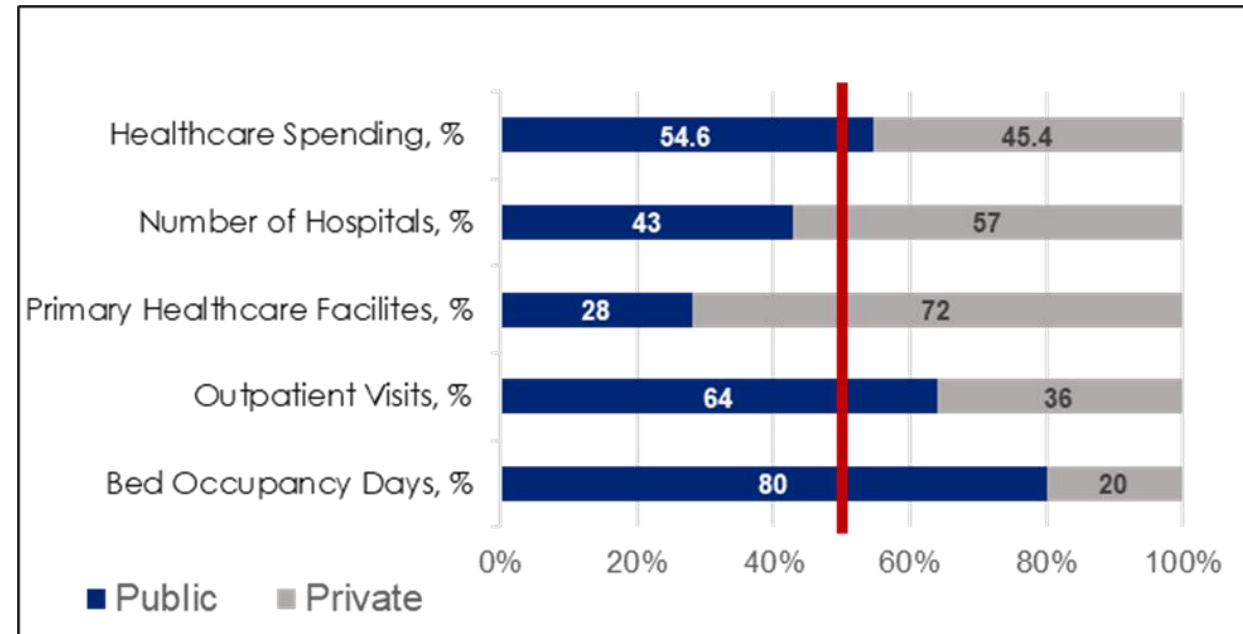
Healthcare costs in public healthcare facilities are funded by the government through government revenue, with minimal user fees for Malaysians.

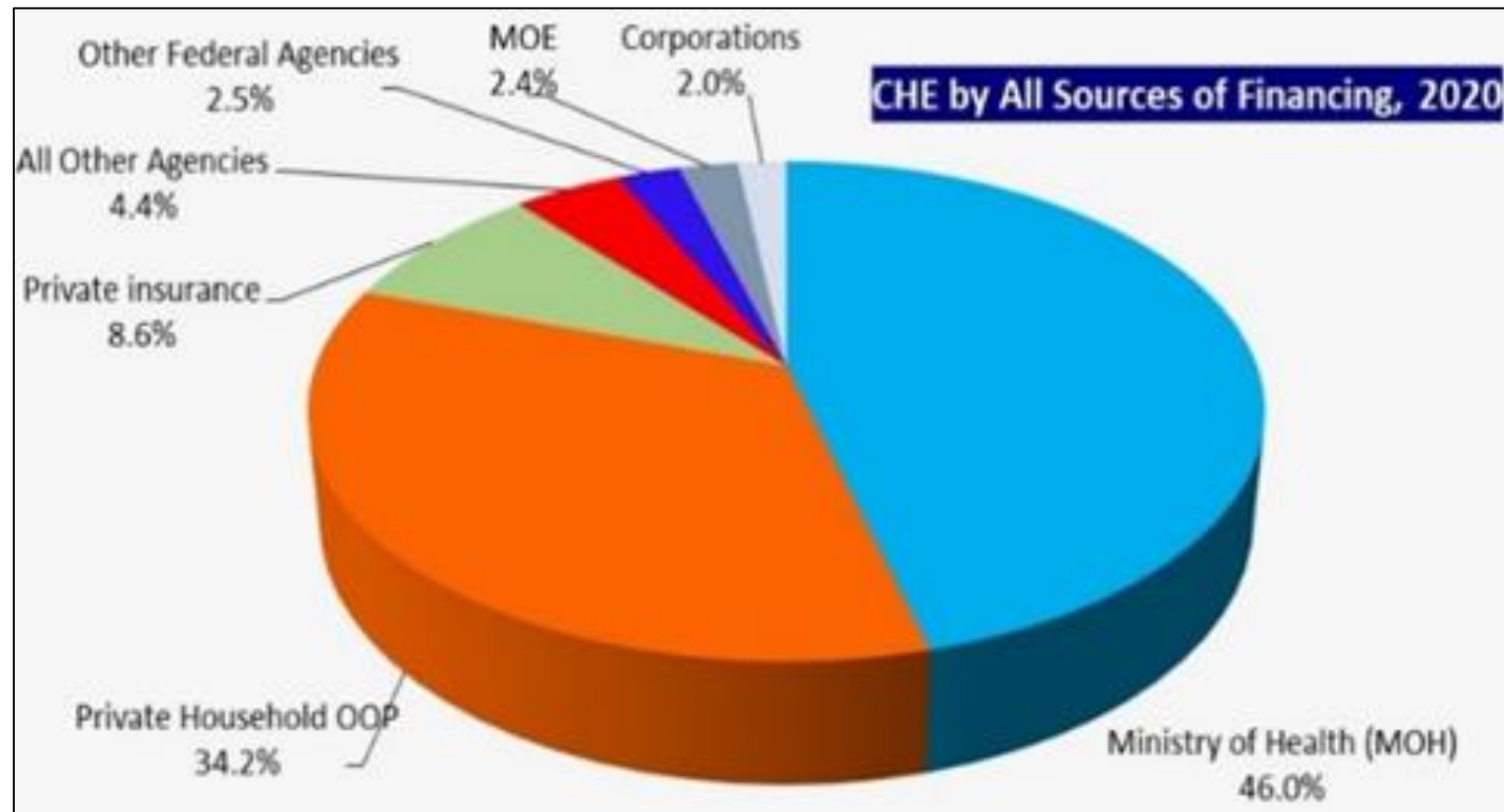


Public healthcare sector has more hospital beds, doctors and nurses, but have much higher volumes of patients compared to the private healthcare sector.

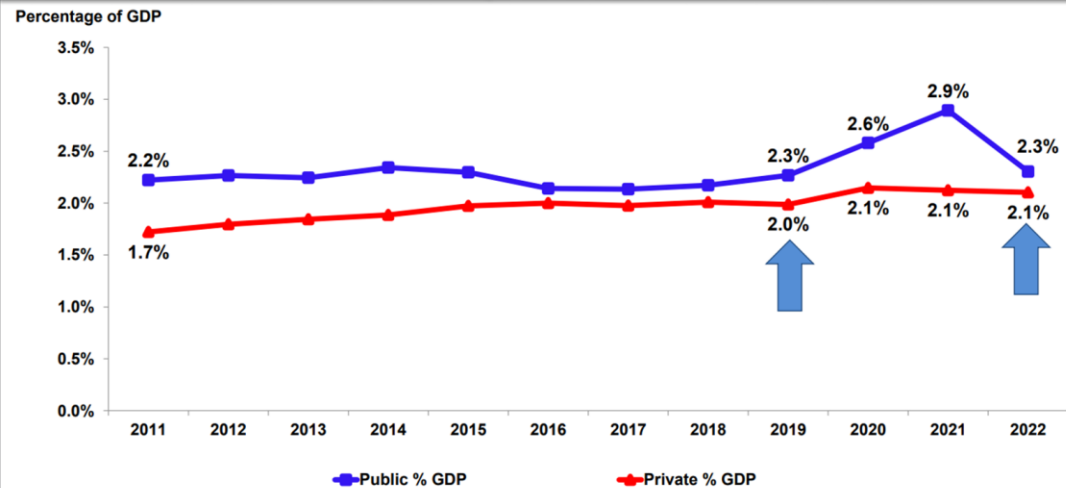


Chronic underinvestment in the public healthcare, delivery sector overcrowding, understaffed



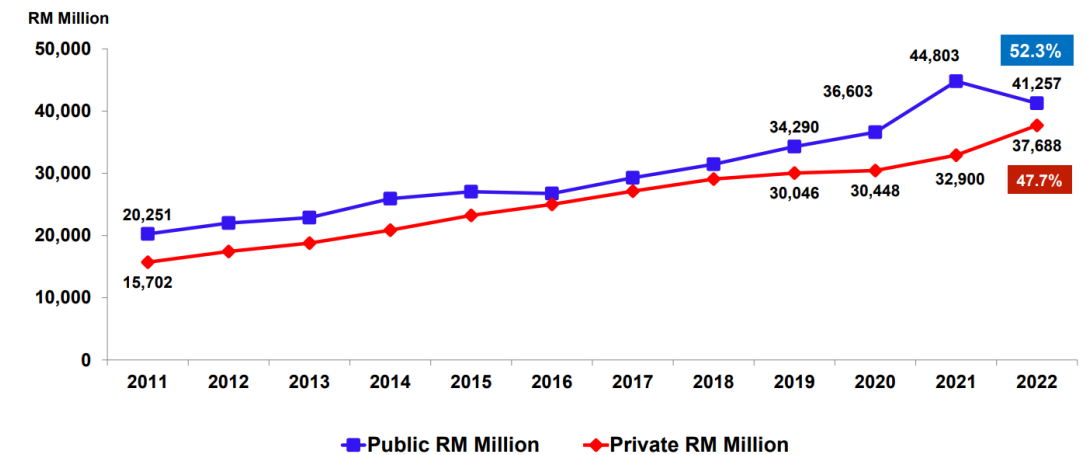


TEH by Public & Private Sources of Financing as Percentage of GDP, 2011-2022



Despite the public sector serving a larger population, expenditures for both sectors are similar

Total Expenditure on Health by Public & Private Sources of Financing, 2011-2022 (RM Million)



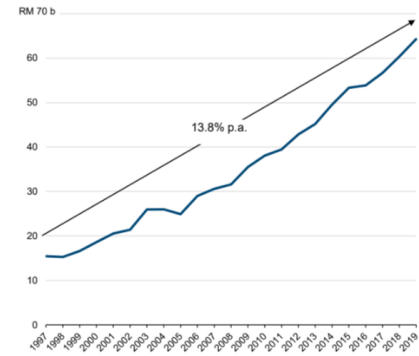
Total Expenditure on Health by Public & Private Sources of Financing, 2011-2022 (RM Million)

Show desktop

Source : MNHA Database 1997-2021, ** WHO, Global Health Expenditure Database, 2022

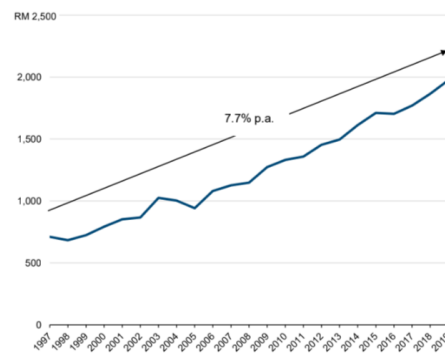
Total health expenditure (public + private) has continued to rise

Total health expenditure in RM billion constant value, 1997 – 2019



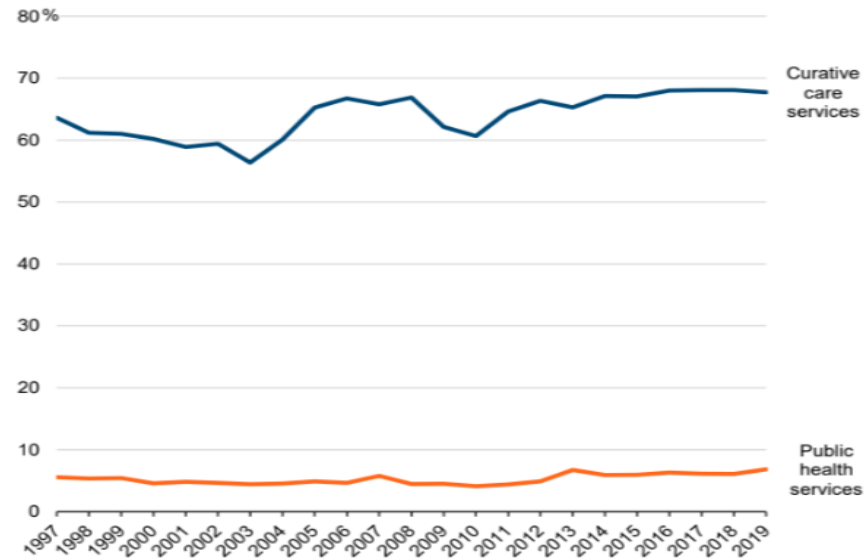
Source: MOH (2021), authors' calculations

Health expenditure per capita in RM constant value, 1997 – 2019



Source: MOH (2021), authors' calculations

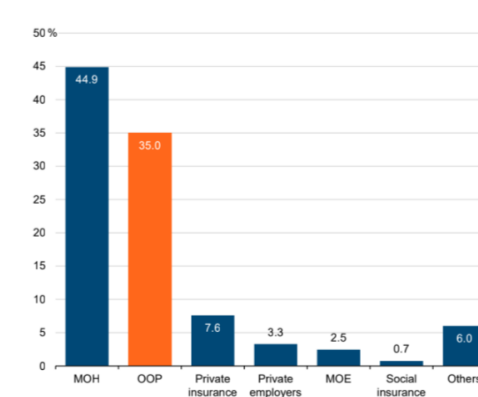
Comparison of share of total health expenditure on curative care services vs. public health services, 1997 – 2019



Source: MOH (2020)

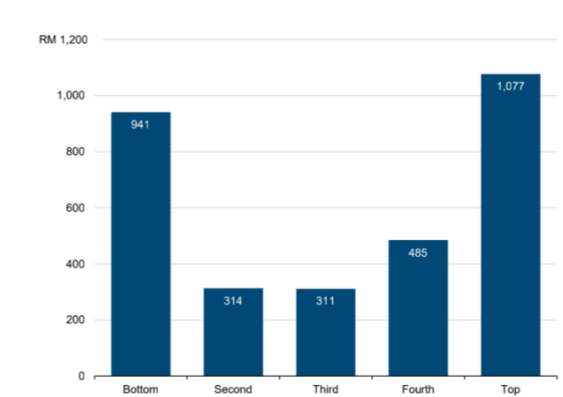
Households in Malaysia are paying a significant amount on out of pocket (OOP) health expenditure

Total health expenditure by source of financing, 2019



Source: MOH (2021)

Average OOP health expenditure per capita by household income quintile, 2019



Source: IHSR (2020)

Khazanah Research Institute
15

Most of our health expenditure is spent on curative care and not enough on prevention

ADDRESSING CHALLENGES



ACHIEVING UNIVERSAL ACCESS TO QUALITY OF CARE

12TH MALAYSIAN PLAN

- health and healthcare was a priority area under the theme Strengthening Security, Wellbeing, and Inclusivity.

Some of the key targets emphasized on

1. redesigning service delivery and improving access,
2. strengthening health financing to be on a sustainable footing,
3. improving health literacy
4. enhancing public-private partnerships
5. leveraging on digital technologies

HEALTH WHITE PAPER

1. Prioritising primary health care and giving greater emphasis on preventive and promotive care
2. **Strengthening public health functions, including crises preparedness**
3. Establishing a new social contract for shared responsibility, including public, private and civil society in improving health outcomes and solidarity in health financing
4. Increasing investment in health and decreasing out-of-pocket spending

INCREASE HEALTH FUNDING

- Current scenario:

Rising Healthcare costs – growing demand for healthcare services due to aging population and NCDs

To Increased funding for healthcare is crucial for several reasons:

1. Improving Access to Services: More funding allows for the expansion of healthcare services, making them accessible to a larger population, especially in underserved and rural areas
 2. Addressing Workforce Shortages. Funding can be used to recruit and retain healthcare professionals, ensuring that there are enough skilled workers to meet the needs of the population.
 3. Preventing and Controlling Diseases: More resources can be allocated to preventive measures, such as vaccination programs and public health campaigns, reducing the incidence of diseases
- In essence, increased funding for healthcare is essential for building a robust, equitable, and sustainable healthcare system that can meet the needs of all citizens.

PUBLIC PRIVATE PARTNERSHIP INITIATIVE

Managed by a strategic purchaser.

Helping the government to see the health needs of the B40 group

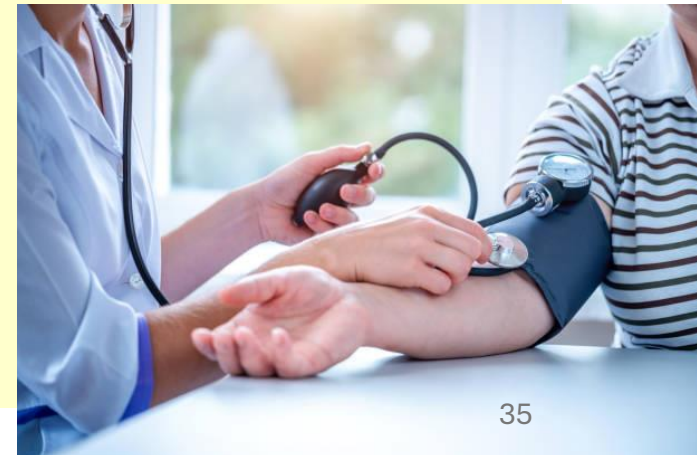
PEKA B40

- Strategic purchaser (PH Corp), a not-for-profit company, manage initiatives related to financing healthcare services mandated by MOH
- Screening, Health aid, Cancer treatment, Transport initiative

TARGET GROUP : B40

SKIM PERUBATAN MADANI


- accommodate the health needs of the B40 group for Acute Primary Care Services.



SPECIAL HEALTH INSURANCE SCHEME

- MySalam is a government-backed health insurance scheme, a FREE protection scheme designed for low-income Malaysians (B40 group)
- coverage for critical illnesses and hospitalization.
- It is managed by a collaboration between the Malaysian government and selected takaful providers.


TARGET GROUP : B40



Critical Illness Benefit

Payment of RM 8,000 once in a lifetime when diagnosed with any of the 45 critical illness.

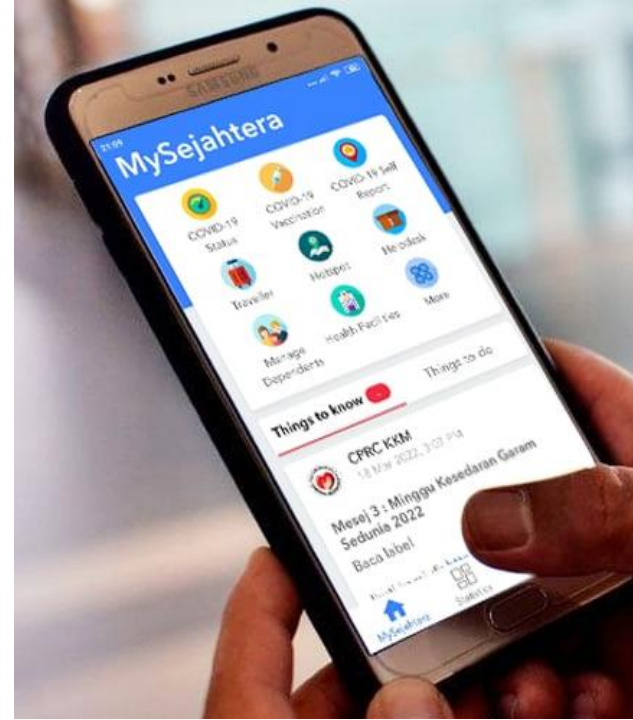
Hospitalization Benefit



Payment of RM 50 per day for admission to ward limited to 14 days or RM 700 per year.

HARNESSING DIGITAL TECHNOLOGIES

- Electronic Medical Record
- On Line appointment system
- Virtual Clinic Consultation
 - Increase accessibility to health care
 - Reduce Congestion at the health facility
 - At patient's own comfort, less cost



LIPUTAN KLINIK KESIHATAN KONSULTASI MAYA



449
37 JUMLAH KK
KONSULTASI MAYA

WHOLE OF NATION APPROACH

- is a collaborative framework
- involvement of multiple sectors and community stakeholders to address national challenges.
- mobilizes resources and efforts from the public, private sectors, non-governmental organizations (NGOs), and local communities
- It has been applied to tackle issues such as public health, security, economic resilience, and social cohesion.



SHOW CASE: AGED CARE SERVICES IN MALAYSIA



National Policies

NATIONAL POLICY FOR ELDERLY, 1995 & Plan of Action (1998)

NATIONAL POLICY FOR OLDER PERSON (NPOPs), 2011



Lead by Ministry of Woman, Family & Community Development

Policy focuses on empowering individuals, families and communities through provision of elderly friendly services and enabling environments to improve the well-being in old age.

Strategies

Promotion & Advocacy

Lifelong Learning

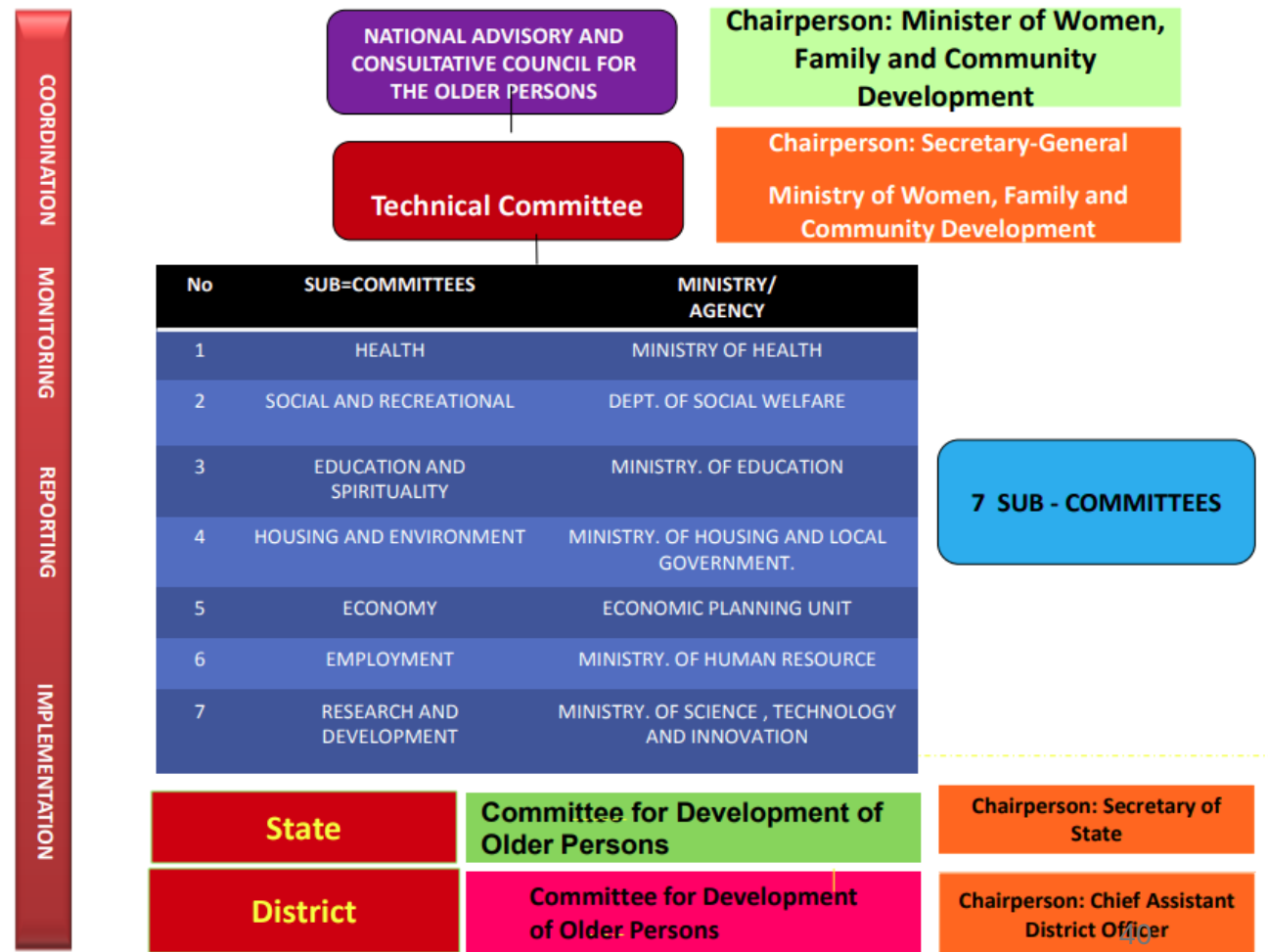
Security & Protection

Management & Shared Responsibilities

Participation & Unity across Generations

Research & Development

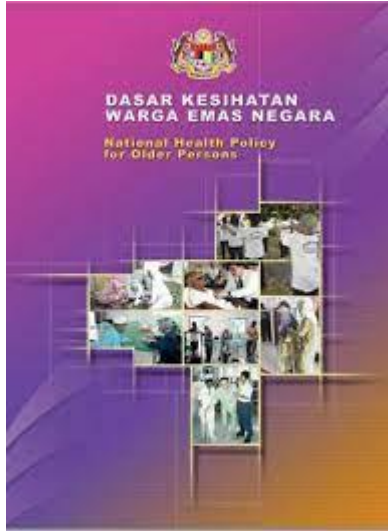
GOVERNANCE STRUCTURE: NATIONAL ADVISORY AND CONSULTATIVE COUNCIL THE OLDER PERSON





National Policies

NATIONAL HEALTH POLICY FOR OLDER PERSON(2008)



To ensure healthy, active and productive ageing by empowering the older persons, family and community with knowledge, skills, an enabling environment; and the provision of optimal health care services at all levels and by all sectors.

National Plan Of Action For Health Services Of Older Person (1997)

PELAN TINDAKAN
PERKHIDMATAN
KESIHATAN WARGA EMAS

Plan Of Action For Health Care Services Of Older Person (2008)

To promote healthy, active and productive ageing by empowering older person, family and community with knowledge, skills and environment accordingly; as well as the provision of optimal health care services in all levels and by various sectors



Pelan Tindakan
Perkhidmatan Kesihatan Warga Emas
Kementerian Kesihatan Malaysia
2023-2030

Ministry of Health, Health Care Of Older Person Action Plan (2023-2030)

To improve the level of health and reduce the health risks of the elderly by increasing access and equity in health services in an integrated manner.



National Policies

Legislations:

1993

- **CARE CENTER ACT [ACT 506]**
- Regulates private care centres

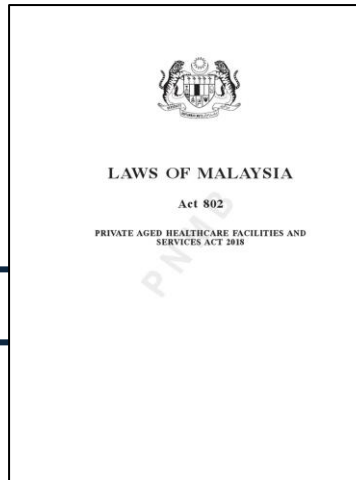


2008

- **PRIVATE HEALTHCARE FACILITIES AND SERVICES ACT [ACT 586]**
- Regulates private nursing care centres

2018

- **PRIVATE AGED HEALTHCARE FACILITIES AND SERVICES ACT [ACT 802]**
- Regulates private care centres for aged person – residentials and day care
- Ensuring minimum quality of care for aged person in an accessible, affordable and sustainable manner
- To ensure the aged dignity and integrity





Ageing Population Ecosystem in Malaysia

There are well defined verticals that contribute to supporting Malaysia's ageing population



Funding / Retirement Income

- Pension funds, NGOs and religious organisations
- Funding from children and family relatives



Professional Training

- Provide professional training to equip caregivers to effectively care for the elder.
- Provided by education institutions as well as aged care centres themselves via short classroom sessions and on the job training.



Infrastructure Development

- Develop independent living homes and facilities for sale/lease
- Complementary care and nurse on call plugged into the development.



Healthcare Providers

- Public, semi-private and private hospitals providing general health, rehabilitative and geriatric care

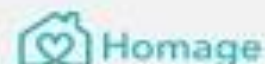


Care Centres/Service Providers

- Provision of Independent Living and Assisted Living, Low to High Level of Care facilities.



Tech-Enabled Ageing Care Services



- On-demand caregiving solutions to the elderly



- Aggregator/platform to coordinate healthcare and long-term care services



- On Demand Home Healthcare Private Nursing & Caregivers

Fundamental Research

- Enrich understanding of ageing process and necessary support needed by elderly



FUTURE DIRECTIONS



From sick care
to health care
and wellness



Digital health
Initiatives –
electronic
health record
across the life
span



Leveraging big
data, AI, and the
latest
technology
-implement
precision public
health for data-
driven decision-
making,



Efficient provider
payment
mechanism - eg:
Capitation, fee for
service
or
pay for
performance



Enhancing the “Whole-of-
Society” strategy : a
holistic approach in which
all sectors of society—
governments, private
businesses, non-profit
organizations,
communities, families,
and individuals—
collaborate to address
complex societal issues

SUMMARY

- Primary care services are provided by both public and private sectors which are separated in their organization, financing and governance.
- Malaysia has made significant progress towards achieving UHC, with a comprehensive healthcare system that covers both public and private healthcare sectors.
- Its extensive reach and integrated services have ensured better health outcomes for the entire population, showcasing the strength and success of the system.
- However, there are still challenges and areas for improvement in achieving full UHC

THANK YOU