

National Report from Malaysia

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In Malaysia, a developing country, the increasing prevalence of obesity and associated metabolic syndrome has created major healthcare problem due to the adoption of more westernized lifestyle and diet. Population surveys have found the prevalence of obesity has rapidly increased 3 folds in recent decade. The National Health & Morbidity Study in 1996 and 2006 revealed that the prevalence of overweight (BMI 25-30) rose from 16.6% to 29.1%. The prevalence of obesity (BMI>30) increased from 4.4% to 14%. It was also showed our female population, ethnicity of Indian & Malay and house wife tend to be obese. It was noted the prevalence of diabetes mellitus in this population also increased from 8.3% to 14.9% with substantially portion of them undiagnosed. There is an estimated about 1.5 million diabetes patient (5.7%) which is a significant healthcare burden in Malaysia with a small population of about 26 million people in 2006. Although the bariatric surgery has been prove to be cost-effective treatment of obesity and associated co-morbidity especially DM, the adoption of this advanced surgery is still slow in Malaysia. Currently, only hospitals with qualified and experienced laparoscopic surgeon are routinely offering this procedure. The lack of surgical training opportunity, public awareness and no insurance coverage for obesity might be the factors that hinder the progress of this surgery. Lastly, we foresee, with the rising prevalence of T2DM affecting younger age group and the promising effectiveness of bariatric surgery as a form of metabolic procedure, the most cost effective therapy for early obese T2DM should be surgery, as a first line modality in future.