

The burden of disease in Malaysia between 2013 and 2017

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ABSTRACT:

Introduction: Estimates of the burden of disease (BOD) are increasingly used in public health for assessing a population 's health status. In BOD studies, disability adjusted life years (DALY) is a commonly used summary measure that sums up the health consequences of premature mortality and morbidity. To provide a comprehensive estimate of the BOD in Malaysia, this study presented an overview of DALY in Malaysia between 2013 and 2017.

Methods: The calculation of DALY was based on the method used in Global Burden of Disease (GBD) study. DALY is presented as the years of healthy life lost in a population that combines information on Years of Life Lost due to premature death (YLL) with information on Years of Life lost due to Disability (YLD). Population data and death records were obtained from Department of Statistics Malaysia. The prevalence for non-fatal disease and injury were drawn from multiple sources (eg, national data sources, local studies and estimates based on GBD study) to estimate DALY for 113 diseases.

Results: DALY loss per 1000 population increased between 2013 and 2017. In 2013 and 2017, ischemic heart disease maintained the highest burden for men, while diabetes mellitus was the leading burden in women. Among the top ten diseases, there was an increased burden in non-communicable diseases and a decrease burden in traffic injury between 2013 and 2017.

Conclusion: This study revealed a unique pattern of disease burden in Malaysia, where an epidemiological transition has occurred as non-communicable diseases have become more prevalent. Non communicable diseases were the leading contributors to disease burden in Malaysia, posing a serious public health issue to policymakers. These findings are critical in informing national health systems in order to design and implement effective interventions for non-communicable diseases, as well as in prioritising and allocating healthcare resources.

KEYWORDS: Burden of disease, population health, Disability adjusted life years, Malaysia