**Country Demographics**

**World Bank Classification**
High/Middle income

Life expectancy at birth (in years):

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>77.2</td>
<td>77.3</td>
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</table>

% of population living in urban areas: 77.2%

**Global data:**
Prevalence of tobacco use age ≥15
- Male: 36.1%
- Female: 6.8%

**World Bank Classification**

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**Total mortality due to CVD (% of deaths):**
- Male: 33.7%
- Female: 33.1%

**Percentage of adult population with raised total cholesterol (≥5.0 mmol/L):**
- Male: 25.3%
- Female: 20.8%

**Global data:**
- Male: 38.9%

**National health expenditure as % of GDP (%):**
- Male: 4.2%
- Female: 4.2%

**Premature mortality due to CVD (death during 30-70 years of age) (% of deaths):**
- Male: 40.5%
- Female: 1.2%

**Prevalence of tobacco use age ≥15**
- Male: 36.1%
- Female: 6.8%

**Percentage of adolescents (ages 11-17) who are insufficiently active (less than 60 minutes of moderate-intensity physical activity daily):**
- Male: 80.6%
- Female: 91.4%

**Percentage of adults (age-standardized estimate) who are insufficiently active (less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):**
- Male: 22.1%
- Female: 28.2%

**Percentage of adults (age-standardized estimate) who are overweight (body mass index (BMI) of 25 kg/m2 or higher):**
- Male: 13%
- Female: 17.9%

**Percentage of adult population with raised blood pressure (SBP ≥140 or DBP ≥90):**
- Male: 24.1%
- Female: 20.1%

**Global data:**
- Male: 25.3%
- Female: 20.8%

**Total mortality due to CVD (death during 30-70 years of age) (% of deaths):**
- Male: 33.7%
- Female: 33.1%

**Percentage of adult population with raised blood pressure (SBP ≥140 or DBP ≥90):**
- Male: 24.1%
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**Global data:**
- Male: 25.3%
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MALAYSIA

Health System Capacity

Essential Medicines
Following essential medicines generally available in primary care facilities in the public health sector:

- ACE inhibitors
- Aspirin
- Beta blockers
- Statins
- Metformin
- Insulin
- Warfarin
- Clopidogrel

Clinical Practice and Guidelines
Locally-relevant (national or subnational level):

- Clinical tool to assess CVD risk
- CVD prevention (within the last 5 years)
- Treatment of tobacco dependence
- Detection and management of Atrial Fibrillation

Cardiovascular Disease Governance
A National strategy or plan that addresses:

- NCDs and their risk factors
- A national tobacco control plan
- Measures to protect tobacco control policies from tobacco industry interference
- A national surveillance system that includes CVDs and their risk factors
- Legislation banning the marketing of unhealthy foods to minors
- Policy interventions that promote a diet that reduces cardiovascular disease risk
- Policy interventions that facilitate physical activity

Stakeholder Action
NGO advocacy for CVD policies and programmes

Active involvement of patients’ organizations in advocacy for CVD prevention and management

Involvement of civil society in the development and implementation of a national CVD prevention and control plan

Involvement of civil society in the development and implementation of a national tobacco control plan

For more information, please email info@worldheart.org