

THE SOCSO HEALTH SCREENING PROGRAM 2013 - 2018: FACT SHEET

BACKGROUND

The Social Security Organization of Malaysia (SOCSO) had launched the HSP in the year 2013. The program was aimed at increasing the awareness of non-communicable diseases among workers in Malaysia. This was done by providing eligible employees with health screening vouchers to undertake the first step in taking care of their health; by knowing their own health status!

OBJECTIVES OF THE PROGRAM

The program objectives are:

- To promote health awareness on non-communicable diseases and promote a culture of healthy lifestyle.
- Early detection of non-communicable diseases.
- Preventing disability and premature death due to non-communicable diseases.
- Prevent the reduction or loss of income caused by non-communicable diseases
- Enhancing human capital resources and productivity through healthier environment in private sector

HSP METHODOLOGY

All employees who're registered with SOCSO, aged 40 years and above were given the health screening vouchers through their employers. The vouchers enable them to undergo health screening at participating private clinics in the country. The screening involves general health screening and risk of cardiovascular diseases, with added screening for cervical and breast cancer for females via pap smear and mammogram examinations. All information are entered by the clinics, laboratories or mammogram centres into a database. Attendance to the health screening are voluntary. Confidentiality of the medical information is assured.

Distribution and usage

The total number of health screening vouchers distributed throughout 2013 to 2018 were 2,826,412. Until December 2018, the total number of employees used their health screening vouchers were 541,855.

DATA ANALYSIS

The following analysis is based on the total number of workers who underwent the health screening over a period of 60 months from January 2013 to December 2018. A total of **524,266** subjects were available for analysis at the time of writing.

HIGHLIGHTS

Sociodemography

◆ Male :	53.3%	Female :	46.7%
◆ Ethnic distribution			
◇ Malay	:	36.5%	
◇ Chinese	:	45.2%	
◇ Indian	:	11.9%	
◇ Bumiputera Sabah	:	2.5%	
◇ Bumiputera Sarawak	:	2.9%	
◇ Others	:	1.0%	
◆ Age group			
◇ 40-44	:	37.5%	
◇ 45-49	:	24.8%	
◇ 50-54	:	20.2%	
◇ 55-59	:	10.9%	
◇ 60-64	:	4.4%	
◇ 65 and above	:	2.2%	

Cardiovascular diseases and risk factors

◆ Diabetes Mellitus

(based on venous plasma glucose)

◇ Normal : 75.2%

◇ IFG/IGT : 15.5%

(further tests required)

◇ Diabetes : 9.3%

(CPG Mgt Type 2 Diabetes Mellitus 2009)

◆ Hypertension

◇ Optimal : 20.5%

◇ Normal : 32.3%

◇ High Normal : 20.1%

◇ Hypertension Stage 1 : 19.9%

◇ Hypertension Stage 2 : 5.6%

◇ Hypertension Stage 3 : 1.6%

(CPG Mgt Hypertension 2013)

◆ Hypercholesterolaemia

◇ Desirable : 38.9%

◇ Bordeline High : 36.6%

◇ High : 24.5%

Nutritional Status

◆ Body Mass Index

◇ Underweight : 3.5%

◇ Normal : 22.8%

◇ Pre-Obese : 38.7%

◇ Obese Class 1 : 29.6%

◇ Obese Class 2 : 3.9%

◇ Obese Class 3 : 1.4%

(CPG Mgt Obesity 2004)

Cigarette

◆ Current smoker

	Male	Female	Total
Yes :	31.6%	1.6%	17.6%
No :	<u>68.4%</u> 100%	<u>98.4%</u> 100%	<u>82.4%</u> 100%

Have Had Previous Health Screening

◇ Yes : 32.0% No : 68.0%

REFERENCES:

- CPG: Management of Type 2 Diabetes Mellitus. Ministry of Health 2009
- CPG: Management of Dyslipidaemia . Ministry of Health 2011
- CPG: Management of Obesity . Ministry of Health 2004
- CPG: Management of Hypertension. Ministry of Health 2013
- CPG: Management of Breast Cancer. Ministry of Health 2010