



# Fact Sheet

## National Health and Morbidity Survey (NHMS) 2020: National Oral Health Survey of Adults (NOHSA) 2020

### INTRODUCTION

The National Health and Morbidity Survey (NHMS) serves as an important platform in monitoring the health of the population in Malaysia. The first National Oral Health Survey of Adults (NOHSA) was undertaken in 1990 and conducted every ten years to determine the oral health status of the adult population and their treatment needs. NHMS 2020: NOHSA 2020 is the first oral health survey of adults conducted under the purview of the Institute for Public Health.

### METHODOLOGY

NHMS 2020: NOHSA 2020 was a cross-sectional study using complex study design with two-stage stratified random sampling. This survey included all states and federal territories in Malaysia to generate data that represent the population nationally. Face-to-face interviews and clinical oral examinations were conducted by 65 state dental examiners. A total of 16,734 adults aged 15 years and above participated in the survey, representing a response rate of 70.0% from a total of 704 enumeration blocks (EB) which consisted of 6,895 living quarters (LQ).

## HIGHLIGHTS

### Oral Health Status

#### Dentition status

- Dentate adults: 95.4%
- Mean number of teeth among total estimated population: 24.4
- Mean number of teeth among dentate population: 25.5
- Population aged 60 years and above retaining  $\geq 20$  teeth: 34.3%

An increase from 21.7% (2010) for population aged 60 years and above retaining  $\geq 20$  teeth

#### Caries status and treatment needs

- Caries prevalence: 85.1%
- Caries prevalence among 15-19 year-olds: 51.7%
- Caries severity (Mean DMFT): 9.7
- Root caries prevalence (among adults aged 50 years and above): 17.5%
- Caries treatment needs among dentate adults:
  - Restorative care: 40.7%
  - Extraction: 28.9%
  - Endodontic care: 4.5%

Decreasing trend for caries prevalence from 2000 (90.3%) and 2010 (88.9%)

Decreasing trend for caries severity from 2000 (Mean DMFT: 11.6) and 2010 (Mean DMFT: 11.4)

Increasing trend for endodontic care need from 2000 (1.1%) and 2010 (2.2%)

#### Periodontal status and treatment needs (among dentate population)

- Healthy periodontium: 5.1%
- Unhealthy periodontium: 94.5%
  - Bleeding on probing: 4.7%
  - Calculus: 51.5%
  - Periodontitis: 38.2%
    - Shallow periodontal pocket: 23.7%
    - Deep periodontal pocket: 14.5%
- Periodontal treatment needs:
  - Oral hygiene instruction (OHI) (TN1): 94.5%
  - OHI, scaling & prophylaxis (TN2): 89.8%
  - Complex treatment (TN3): 14.5%

Decreased prevalence from 2010 for shallow pocket (30.3%) and deep pocket (18.2%)

#### Oral lesion

- Oral lesion: 9.5%
  - Soft tissue lesion\*: 9.5%
    - Red lesion: 11.0%
    - White lesion: 29.5%
    - Ulcer: 33.8%
    - Others: 33.1%
  - Hard tissue lesion: 0.7%
  - Among those with oral lesion, 37.7% needed referral

\*Respondent can have more than 1 type of oral lesion

## Dental prosthesis status and needs

Dental prosthesis prevalence: 16.3%

- Partial denture: 8.0%
- Full denture: 5.0%
- Fixed prosthesis: 1.8%
- Full + partial + fixed prosthesis: 1.5%

Dental prosthesis needs: 48.4%

- Partial denture: 31.4%
- Fixed prosthesis: 10.2%
- Full + partial + fixed prosthesis: 4.9%
- Full denture: 1.8%
- Fixed prosthesis + partial denture: 0.1%

Decreasing trend for dental prosthesis status from 2000 (26.5%) and 2010 (24.7%)

Increasing trend for dental prosthesis needs from 2000 (35.6%) and 2010 (45.9%)

## Overall treatment needs

94.6% of adults needed some form of oral healthcare (periodontal care/ treatment for dental caries/ dental prosthesis needs/ referral for oral lesion)

A decreased prevalence from 2010 (98.3%)

## Questionnaire

### Oral health perception and satisfaction

Prevalence of adults who perceived:

- Having excellent/good oral health: 53.9%
- Satisfaction with oral health: 71.0%
- Needing some form of oral healthcare: 69.0%

### Oral health-related quality of life (OHRQoL)

- Prevalence of oral health impacts: 37.5%
- Most commonly affected domains:
  - Psychological discomfort: 25.5%
  - Functional limitation: 13.9%
  - Physical disability: 13.4%
- Most common impacts:
  - Discomfort due to food stuck in between teeth/dentures: 23.8%
  - Avoid eating certain food: 10.4%
  - Difficulty in chewing: 8.3%

Increase prevalence of impact from 2010 (29.3%)

## Awareness of oral health messages

- Prevalence of adults receiving oral health messages: 54.2%
- Most common source:
  - Social media: 30.5%
    - Highest prevalence was among age group 25-29 years old: 45.8%
  - Mass media: 18.6%
    - Highest prevalence was among age group 45-44 years old: 21.6%

## Use of toothpaste

- Prevalence of dentate adults not using toothpaste: 0.6%
- Prevalence of adults using fluoridated toothpaste: 94.7%
- Among adults using fluoridated toothpaste:
  - 44.5% was not aware their toothpaste had fluoride
- Among adults using non-fluoridated toothpaste:
  - 54.1% was not aware their toothpaste had fluoride

## Mouth self examination (MSE)

- Prevalence of awareness about MSE: 24.7%
- Prevalence of practicing MSE among those who know about MSE: 86.0%

## Quid chewing habit

- Prevalence of quid chewing habits: 3.0%
- Mean number of days practicing habit in a week: 3.47

## Use of water filter

- Prevalence household using water filter: 71.4%
- Types of water filter used:
  - Reverse osmosis: 47.2%
  - Activated carbon: 35.7%

An increase from 2010 (42.0%)

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