Socio-Demographic Factors and Self-Rated Oral Health Associated with Geriatric Oral Health-Related Quality of Life in Malaysia

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ABSTRACT

INTRODUCTION: The aging of Malaysian society has increased interest in improving the health-related quality of life (HRQoL) of the elderly, including their oral health-related quality of life (OHRQoL). This study aims to evaluate the OHRQoL of elders living in Malaysia and to explore the socio demographic factors and self-rated oral health towards their OHRQoL. **METHODS:** This is a national cross-sectional survey with complex survey study design. A stratified cluster sampling was used with minimum sample size required 3,542 elderly aged 60 years and above. Interviewed questionnaires were performed to collect information on the participants' socio-demographic characteristics, self-rated oral health and General Oral Health Assessment Index (GOHAI) score. Bivariate analysis was performed using SPSS version 23. **RESULTS:** Response rate was 97.2%. The mean GOHAI score was 52.37 (95%CI: 51.68, 53.06). Better OHRQoL was seen for psychosocial impacts domain with the highest mean (SE) score which was 4.57 (95%CI: 4.52 4.61) as compared to physical function domain and pain and discomfort domain. Sociodemographic factors such as living in the rural area, living together with spouse/partner, other bumiputeras, having no formal education and earning income less than RM1,000 were found to be significantly associated with OHRQoL (p<0.001). Those with poor self-rated oral health or poor self-rated general health also had a low OHRQoL. **CONCLUSIONS:** The OHRQoL of the elderly in Malaysia is at a fair level, with a minimum impact caused by the sociodemographic factors, but with a significant influenced by self-rated oral.

KEYWORDS: Oral health-related quality of life (OHRQoL), Self-rated Oral Health, Elderly, Geriatric Oral Health Assessment Index (GOHAI)

Sociodemographic Characteristics of Older Persons by Strata in Malaysia: Findings from NHMS 2018

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ABSTRACT

INTRODUCTION: Malaysia is expected to be an aged nation in 2030 when the total elderly population reaches 5.82 million or 15.3% of the total population. The aim of this study is to describe sociodemographic characteristics of older persons by strata in Malaysia. **METHODS:** A stratified cluster sampling design was used in this survey to ensure national representativeness of the Malaysian older population. A descriptive analysis was done on both continuous and categorical data. **RESULTS:** There were 3,977 respondents aged 60 years old and above in this study to represent 3.2 million older person population in Malaysia. 42.5% of them resided in urban areas compared to 57.5% in rural areas. Their mean age was 68.30±6.95 years. The results showed a slightly higher proportion of females in the older age groups, compared to males, in line with the feminisation of ageing experienced. Malays (73.8%) and Bumiputras (15.1%) group showed higher proportions in rural areas compared to in urban areas, whereas there were more Chinese (32.6%) and Indian (7.1%) ethnic groups in urban areas compared to in rural areas. Higher education levels were documented by urban dwelling elderly with 11.5% having tertiary education. The results also showed the rural dwelling elderly were still employed (29.8%), whereas 78.2% of the unemployed resided in urban areas. The majority of older person received less than RM1,000 in a month, higher in rural than urban areas. **CONCLUSION:** The findings of this study will assist healthcare policy making decisions in preparation an aged nation in 2030.

KEYWORDS: sociodemographic, older person, elderly, NHMS 2018