

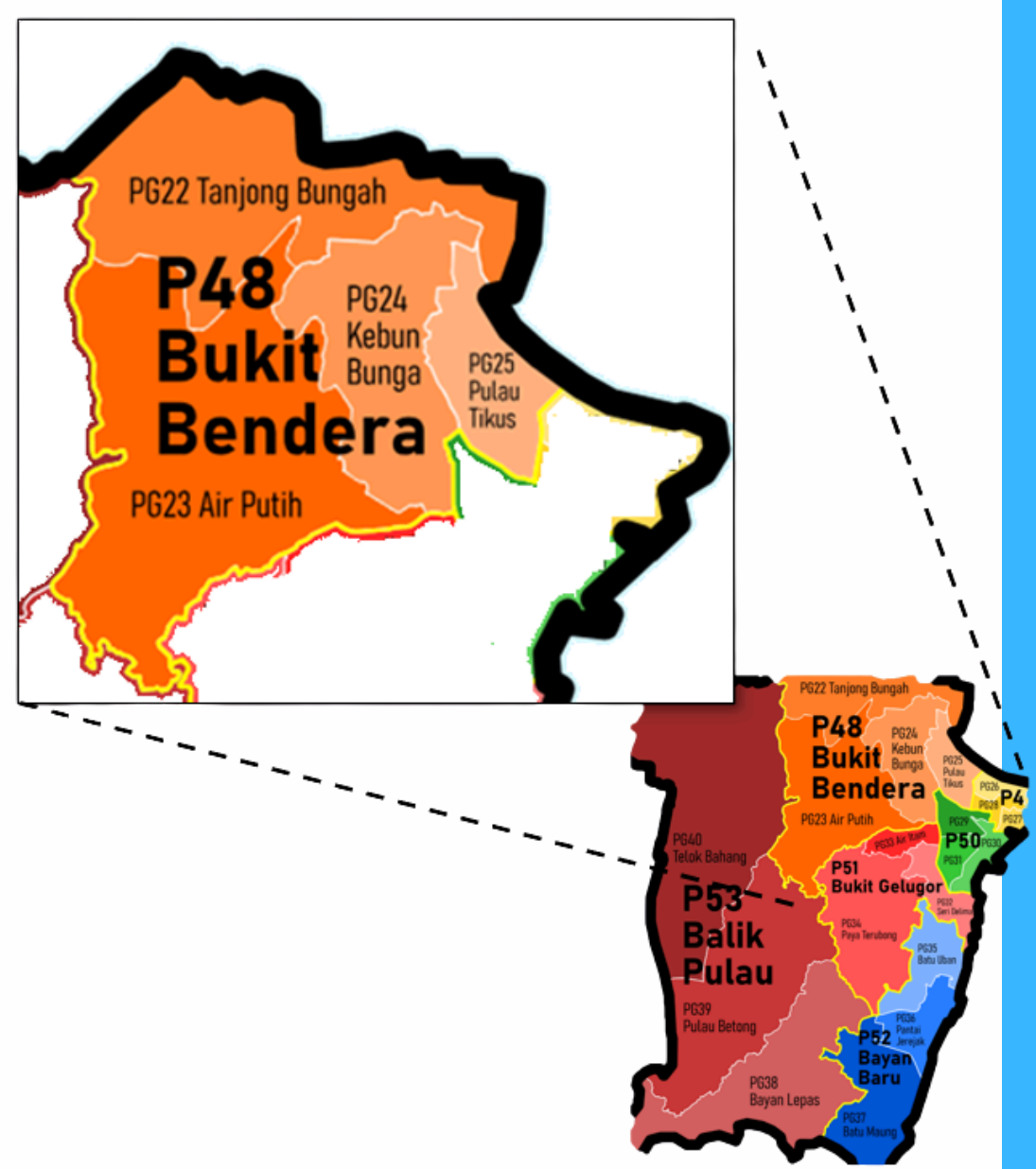


P.048 Bukit Bendera

CHRC 17 November 2025

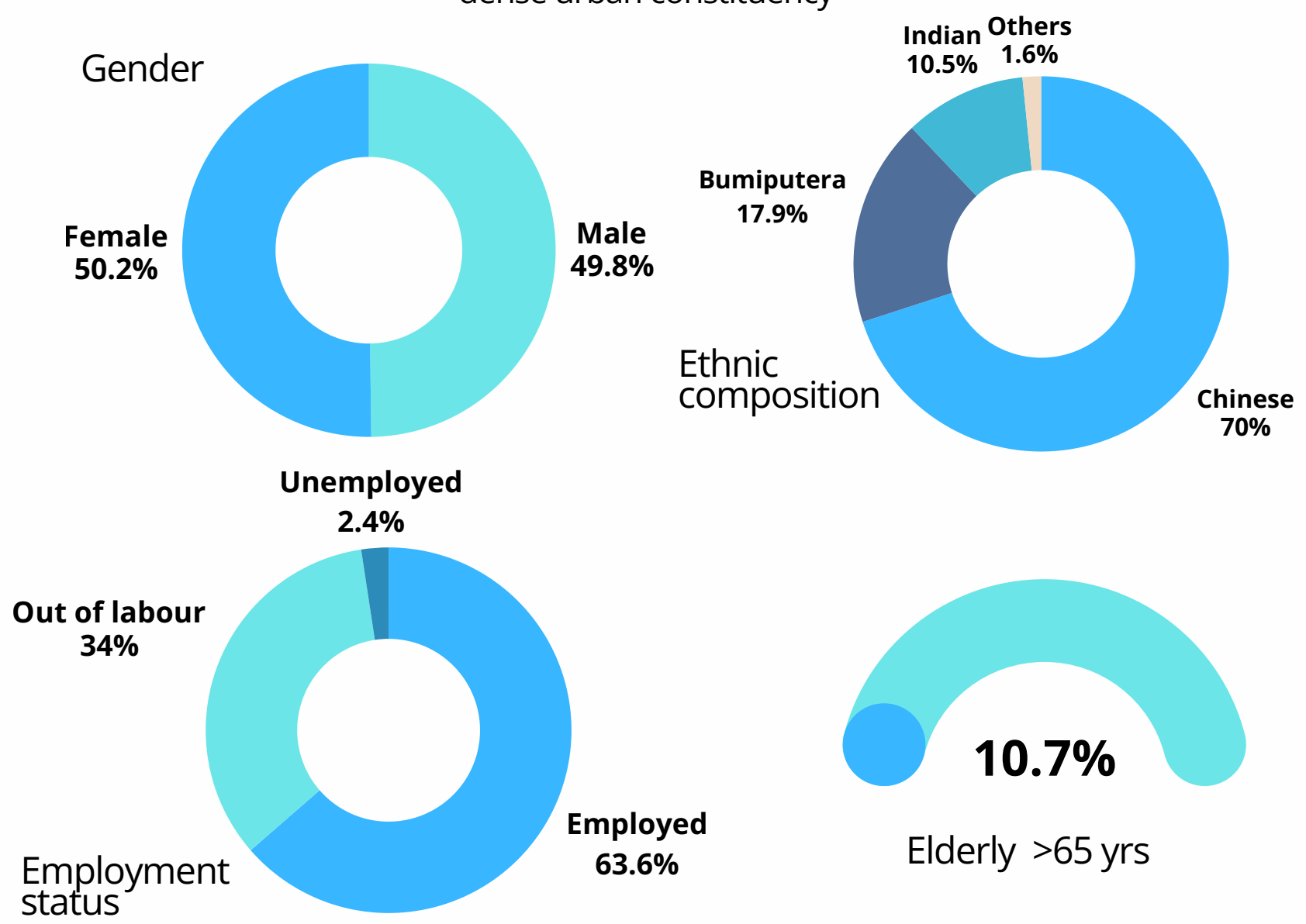
Constituency Health Performance Report Card

- Bukit Bendera presents a mixed health profile characteristic of a developed urban Malaysian constituency.
- Key strengths include good access to primary healthcare services and health awareness. The constituency faces a significant burden from non-communicable diseases (NCDs) and an aging population. **The interlinked triad of cardiovascular disease (CVD), diabetes, and chronic kidney disease (CKD) represents a major public health challenge.**
- National and local data indicate **high prevalence rates**, with a large portion of the population undiagnosed, delayed presentation, or poorly controlled, with serious complications and healthcare costs.
- While children benefit from high immunization rates and good antenatal coverage, the **high prevalence of diabetes, hypertension, and obesity in the adult population signals future health crises and vulnerability.**
- **Mental well-being**, particularly among the youth, is an emerging priority.



Population 123,827

dense urban constituency



Overview

Average household size	2.8
Household income	RM 9,862
Live births per 1,000 people	22.4
Death rate per 1,000 people	6.1
Old-age dependency ratio	0.1
Health clinics per 1,000 people	0.4
Number of clinics (public & private)	62
Number of hospitals (public & private)	6

Sources: MyCensus 2020, DOSM 2023, Galen Centre 2025

Access to healthcare

- Bukit Bendera is served by a **network of government and private clinics**, as well as **several hospitals within 5km of residential areas**, ensuring comprehensive access to healthcare.
- Proximity to healthcare services here is better than rural constituencies, but high demand strain public facilities.

Non-communicable diseases

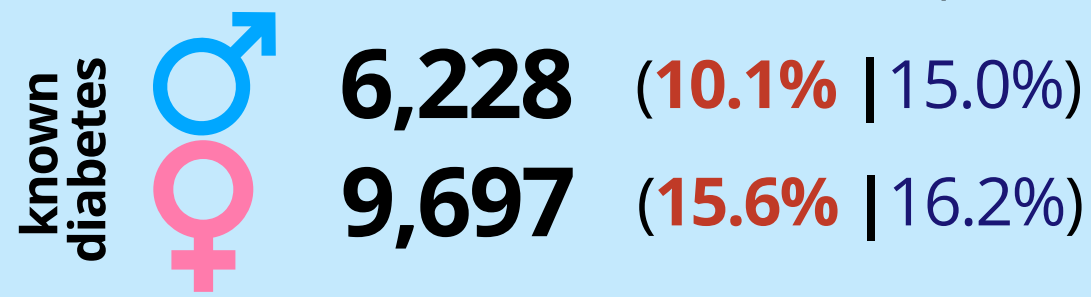
- Chronic diseases such as diabetes (12.8%), hypertension (35.4%), and adult obesity (22.4%) are increasingly prevalent. **These patterns mirror urban trends nationwide, largely attributed to dietary habits, reduced physical activity, and an increasingly ageing population.**
- At the community level, early screening and targeted interventions are being ramped up.

Diabetes

number of adults with diagnosed and undiagnosed diabetes

25,385

(20.5% | 15.6%)



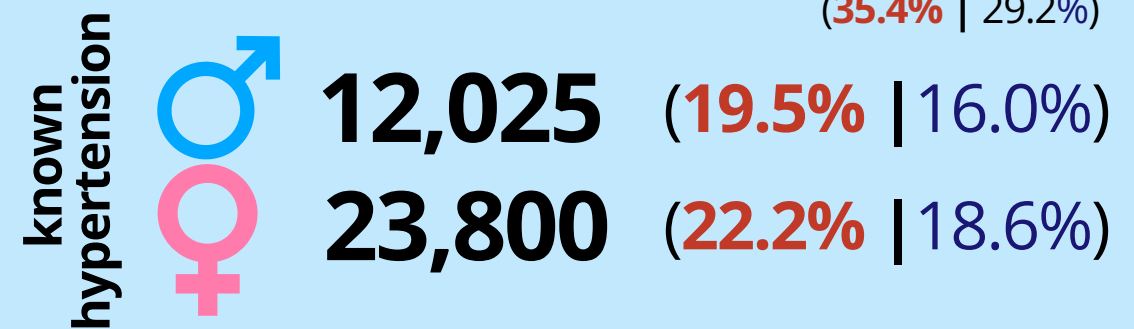
Diabetes is becoming **more prevalent among women**

Hypertension

number of adults with diagnosed and undiagnosed hypertension

43,835

(35.4% | 29.2%)



Rate higher than national figures **but largely undiagnosed**

Key: (Penang | National)
Black figures - constituency estimates

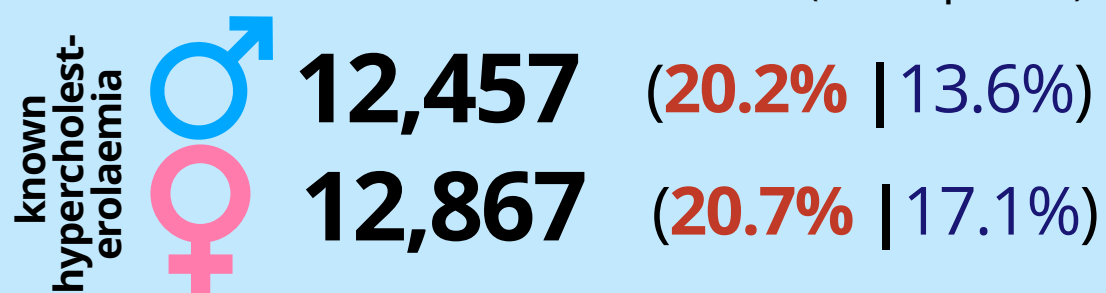
Source: NHMS, MOH 2023

Hypercholesterolaemia

number of adults with diagnosed and undiagnosed hypercholesterolaemia

46,311

(37.4% | 33.3%)



Hypercholesterolaemia is **largely undiagnosed**

Diabetes, hypertension, and hypercholesterolaemia are risk factors for cardiovascular diseases, such as heart failure and ischemic heart disease, which are the leading causes of death in the country.

More than 1 in 5 adults in the constituency is estimated to already be living with diabetes. This is the primary driver for subsequent kidney and cardiovascular complications. Half of kidney failure cases are linked to diabetes.

In 2022, Penang had a dialysis patient acceptance rate of **342 per million population**, placing it among the states with the highest incidence rates in Malaysia.

Early detection, lifestyle changes, and regular screenings are recommended to prevent serious comorbidities like heart disease, stroke, and type 2 diabetes.

Obesity

number of adults estimated to be living with obesity

27,737

Obese (BMI ≥30 kg/m2) - WHO 1998

(22.4% | 21.8%)

Rate higher than national figures

Chronic kidney disease

estimated number of people living with chronic kidney disease (CKD)

19,168

estimated number of people with Stage 5 CKD or End-Stage Renal Disease

446

number of dialysis centres (public and private) in the constituency

4

With both hypertension and diabetes rates increasing, the incidence of **CKD will also rise**

Mental health - Penang

Maternal mortality

5-year average maternal mortality rate for Penang, per 100,000 live births

25.6

National 5-year average

24.2

Youth mental health

have had suicidal thoughts

12.0%

have attempted suicide

9.3%

Source: NHMS, MOH 2023

With obesity on the rise with rates higher than national figures, cardio-renal-metabolic syndrome puts more individuals in this community at risk of diabetes, cardiovascular disease, diabetes, stroke and hypertension. Urgent preventative actions are needed.

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