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KPJ Hospitals, Novo Nordisk sign MoU to tackle Malaysiaâ??s obesity crisis

April 22, 2026 | News

MoU to support structured, hospital-based metabolic and weight management care



KPJ Healthcare Berhad and Novo Nordisk Malaysia have formalised a strategic collaboration through a Memorandum of Understanding (MoU) to strengthen structured, multi-disciplinary care in Malaysia, reflecting growing demand for a safer, more coordinated and medically supervised support for people living with obesity and related metabolic conditions.

The collaboration will support the development of the KPJ Metabolic & Weight Management Programme, a hospital-based care model designed to provide patients with a structured, specialist-led, multidisciplinary care within a regulated healthcare setting.

The collaboration comes at a time when Malaysia continues to face a significant obesity and metabolic health burden. Health Ministry data from recent screenings involving 1.2 million adults nationwide found that 1:2 Malaysians are living with obesity or overweight, highlighting the scale and urgency of the issue. The ministry has also said that 15.6% of Malaysian adults, about one in six, are living with diabetes, with many unaware of their condition. Obesity is also estimated to cost the country more than RM64 billion annually through healthcare expenditure, productivity losses and premature mortality

Under the collaboration, both parties will work together to support a more comprehensive care pathway that combines specialist consultation, dietetic support, lifestyle guidance and clinically appropriate medical therapy.

In the first phase, the programme is expected to be introduced at 10 KPJ hospitals, namely Ampang Puteri Specialist Hospital, Damansara Specialist Hospital, Damansara 2 Specialist Hospital, Ipoh Specialist Hospital, Johor Specialist Hospital, KPJ Klang Specialist Hospital, KPJ Penang Specialist Hospital, KPJ Selangor Specialist Hospital, Kuching Specialist Hospital and Tawakkal Specialist Hospital, with phased expansion planned for 12 months. Patients are expected to access the programme through hospital Health Screening Pathway & in-hospital referrals.

The programme will bring together Health Screening and Allied Health Professionals, including Endocrinology, Internal Medicine, Bariatric Surgery, Psychology, Physiotherapy, Rehabilitation, Dietetics, and Pharmacy, under a more structured model of care.