

**EMBARGO:** Only to be published or disseminated at **12:00 hour, Monday, 26 June 2023**



MINISTRY OF ECONOMY  
DEPARTMENT OF STATISTICS MALAYSIA

---

## MYCENSUS 2020: POPULATION WELL-BEING (FITNESS)

---













MyCensus 2020: Population well-being (Fitness) releases statistics on the Malaysians (aged 10 years and over) engagement in sports and exercises activities during year of 2020 based on a question of sports and exercises activities that are frequently do by a person. The detailed statistics are presented by demographic profile namely sex, age group and ethnic group as well as by type of sports or exercises activities at the level of administrative district and state. The sports and exercises activities include brisk walking, running, recreation, cycling, swimming, gymnasium activity, zumba/ aerobic, taichi/ yoga, e-sport, extreme sports and others.

**Contact person:**

Baharudin Mohamad

Public Relation Officer

Strategic Communication and International Division

Department of Statistics Malaysia

Tel : +603-8090 4681

Fax : +603-8888 9248

Email : baharudin[at]dosm.gov.my

**Copyright ©2025 Department of Statistics Malaysia Official Portal. All Rights Reserved.**