BR-15

COVID-19: Malaysian Lifestyle and Preventive Behaviours during Movement Control Order

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INTRODUCTION

01 Enforcement of the Movement Control Order (MCO) due to COVID-19 pandemic had impacted people's behaviour on their health, social and economic.

02 Unhealthy lifestyle behaviours such as tobacco use, poor eating behaviour, lack of physical activity and increased screen time are among the behaviours that are expected to occur during lockdown [1].

03 Besides maintaining a healthy lifestyle at home, each individual also responsible to prevent spread of COVID-19 by practicing the recommended preventive behaviours. Preventive behaviours refer to the degree the individual practices behaviour to avoid becoming infected with the disease [2].

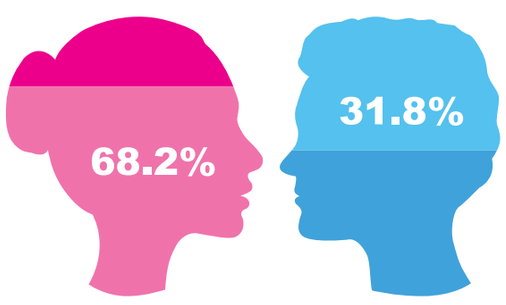
04 Thus, this study aims to assess the Malaysian lifestyle behaviours, preventive behaviours during MCO and also the effects of MCO.

MATERIALS AND METHODS

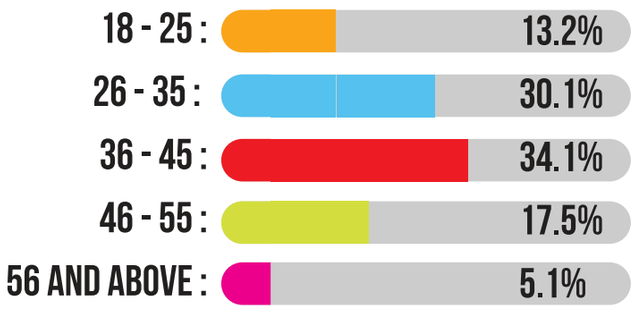
STUDY DESIGN	A CROSS-SECTIONAL ONLINE SURVEY
SAMPLING TECHNIQUE	SNOWBALLING TECHNIQUE - THROUGH SOCIAL MEDIA, MESSAGING APP, OFFICIAL WEBSITE
TARGET POPULATION	MALAYSIAN, AN INTERNET USER AGED 18 YEARS AND ABOVE
DATA COLLECTION	7TH & 8TH APRIL 2020 (PHASE 2 OF MCO)
TOTAL RESPONDENTS	10,078 RESPONDENTS
RESPONSE RATE	99.1% (9,987 AGREED TO PARTICIPATE)

RESPONDENT PROFILE

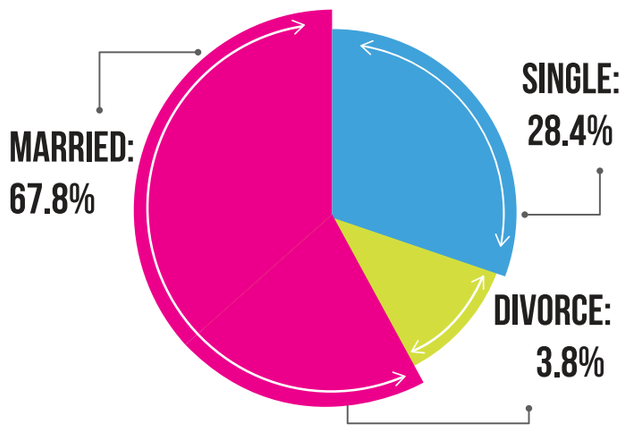
GENDER



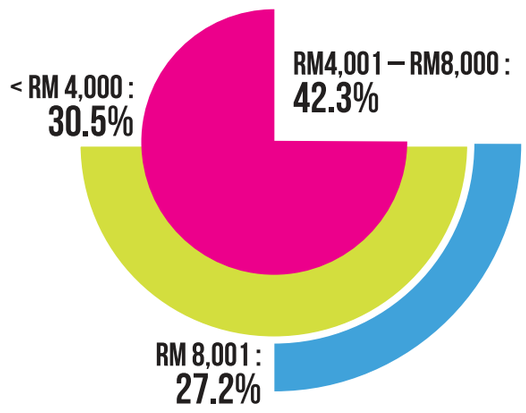
AGE



MARITAL STATUS



HOUSEHOLD INCOME



RESULTS

LIFESTYLE BEHAVIOURS

SMOKING

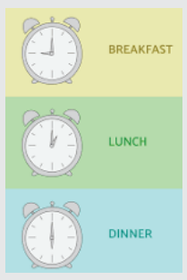
Smoking Status	
Smokers	10.3%
non-smokers	89.7%
Smokers with intention to quit smoking	
With intention	46.7%
no intention	53.3%

PHYSICAL ACTIVITY

► Practice a sedentary lifestyle (prolonged sitting >30 minutes daily)	69.0%
► Practice a sedentary lifestyle (screen time >30 minutes daily)	85.5%
► Most frequent activity at home	
• internet surfing	18.8%
• cooking/house chores	18.2%
• sit/recline continuously	16.9%
• watching television	16.9%
• exercise	14.4%
• others	8.8%
• gardening	6.0%

EATING BEHAVIOUR

Complete daily intake of main meals (breakfast, lunch and dinner)	
►Complete	72.4%
►Did not complete	28.6%
Breakdown of daily main meals intake	
► Breakfast	84.3%
► Lunch	93.5%
► Dinner	89.0%



Complete daily intake of food groups (carbohydrates, protein, fruits, vegetables, and milk & dairy products)	
► Complete	45.1%
► Did not complete	54.9%
Breakdown of daily food group intake	
► Protein	98.3%
► Carbohydrates	98.1%
► Vegetables	90.5%
► Fruits	74.7%
► Milk & dairy products	58.2%

Food eating behaviour	
► Home cooked food	94.4%
► Drink at least 8 glasses of plain water a day	73.8%
► Eat more often than usual	46.5%
► Drink sugar-sweetened beverages more often than usual	27.7%
► Eat fast / instant food more often than usual	18.1%

PREVENTIVE BEHAVIOURS

RESPONSIBILITY TOWARDS COVID-19 PREVENTIVE MEASURES

Main preventive measures	
Clean & disinfect house	99.0%
Wash hands regularly	98.9%
Practice social distancing	98.8%
Wear face mask	98.3%
Stay at home	98.1%

What to do when sick	
Seek medical advice	98.8%
Avoid meet others	99.1%
Disclosing travel history to healthcare provider for purpose of contact tracing	99.1%
Notify the nearest clinic / hospital if any family / household Member has COVID-19 symptoms	99.4%

READINESS FOR BEHAVIOUR CHANGE AFTER MCO

Wash hands with water & soap regularly	99.0%
Wear a face mask if have fever & cough	97.7%
Practice Social Distancing	96.0%
Avoid crowded places & limit social gatherings	40.5%

EFFECTS OF MOVEMENT CONTROL ORDER (MCO)

ENFORCEMENT OF MCO

It can prevent spread of COVID-19	98.4%
Worried MCO will be extended	55.8%
Worried when government announced MCO	53.6%
Bored of repetitive daily activity at home	42.1%
MCO disrupts daily routine	33.7%
Felt stressed being confined at home	30.0%

FAMILY RELATIONSHIP

Family / household relationship become more closer	94.8%
Worried about the safety of family living apart	86.7%
Often fight with couple / family during throughout MCO	7.1%

PANIC BUYING

Bought food supply more than usual	50.9%
Worried food supply on the market are insufficient	39.2%

WORK / STUDY FROM HOME

Worried of MCO effect on work/education	73.7%
More productive working/learning from home	44.1%

FINANCIAL

Worried source of income affected because of MCO	57.9%
Worried if government financial support is insufficient	57.3%

DISCUSSION / CONCLUSION

Significant behaviour changes were identified during MCO. Continuous efforts in promoting healthy lifestyle and encouraging positive behaviour changes are needed in reducing COVID-19 transmission and embracing the "New Normal".

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