

COVID-19 PANDEMIC:

SMOKING, EATING BEHAVIOUR AND PHYSICAL ACTIVITIES AMONG MALAYSIAN ADULTS DURING THE EARLY PHASE OF MOVEMENT CONTROL ORDER (NMRR 20-634-54511)

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INTRODUCTION

- On 16th March 2020, Malaysian government had imposed the Movement Control Order (MCO) in order to contain the transmission of COVID-19.
- The MCO required Malaysian to stay at home with restrictive measures and indirectly may affected their behaviour.
- Unhealthy behaviour such as tobacco use, poor eating behaviour and lack of physical activity are among the behaviours that are expected to occur during restrictions⁽¹⁾.
- This study aims to assess the smoking behaviour, eating behaviours and physical activities of Malaysian adults during that period.

METHOD

- Study Design**
- An Online Survey
- Sampling Technique**
- Snowballing technique, through social media, messaging app, official website (MOH)
- Population**
- Malaysian, an internet user aged 18 years and above
- Data Collection**
- 7th & 8th April 2020 (Phase 2 of MCO)
- Total Respondent**
- 9,987

RESULT

Respondent profile (N 9,987)

Gender	Female : (68.2%) Male : (31.8%)
Age	18 – 25 : 13.2% 26 – 35 : 30.1% 36 – 45 : 34.1% 46- 55 : 17.5% 56 and above : 5.1%
Marital Status	Single: 28.3% Married: 67.8% Divorce: 3.8%
Household income	< RM 4,000 : 30.4% RM4,001 – RM8,000 : 42.3% RM8,001 : 27.2%
Race	Malay: 81.8% Others: 18.2%

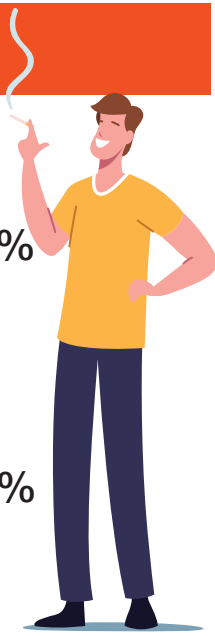
SMOKING

Smoking Status

- Smokers: **10.3%**
- Non-smokers: **89.7%**

Smokers with intention to quit smoking

- With intention: **46.7%**
- No intention **53.3%**



EATING BEHAVIOUR

Complete daily intake of main meals (breakfast, lunch and dinner)

- Complete: **72.4%**
- Did not complete **28.6%**

Complete daily intake of food groups (carbohydrates, protein, fruits, vegetables and milk & dairy products)

- Complete: **45.1%**
- Did not complete: **54.9%**

Food intake

- Home cooked food: **94.4%**
- Eat more often than usual **46.5%**



PHYSICAL ACTIVITY

- Physical activity should be practiced during the MCO **94.7%**
- MCO was not a barrier to do physical activity **67.2%**
- The 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%**



This study found the rate of smoking cigarettes among males was significantly higher than in females. Compared to males, females completed five main food groups a day, eating more than usual during period, agreed that physical activity should be practiced during the MCO, and MCO was not a barrier to do physical activity ($p < 0.001$) (Table 1)

Table 1: Gender differences on smoking, eating behaviour and physical activity

Domain	Items	N	Male	Female	P Value
Smoking	Numbers of smokers	1027	910	117	0.000*
	Had Intention to Quit during MCO	480	433	47	0.130
Eating Behaviour	Complete three meals a day	9793	3104	6689	0.109
	Complete five main food groups a day	2770	963	1807	0.000*
	Eat more often than usual	1807	714	1093	0.000*
Physical Activity	Agreed physical activity should do at home	9462	2973	6489	0.001*
	Agreed the MCO is not a barrier to do physical activity	6710	1,767	4943	0.000*

*Chi-squared analysis ($p < 0.001$)

CONCLUSION

The result of this study has described that “positive” or “negative behaviour” may expected to occur during the confinement. The results can be used to relevant stakeholder to form future strategies to ensure public practising and maintaining healthy behaviour during the pandemic.

ACKNOWLEDGEMENTS

We would like to express our gratitude to the Director-General of Health and Deputy Director-General of Health (Research and Technical Support) Malaysia for allowing this presentation. We would also like to express appreciation for all the support from all parties that have contributed directly or indirectly in this study.

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