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NHMS 2020

NATIONAL HEALTH & MORBIDITY SURVEY

COMMUNICABLE DISEASES

Volume II : Cognitive, Affective, Behaviour

iku INSTITUTE FOR PUBLIC HEALTH @NIH

KEMENTERIAN KESIHATAN MALAYSIA

IPTK Institut Penyelidikan Tingkahlaku Kesihatan @NIH

National Health and Morbidity Survey (NHMS) 2020 : Cognitive, Attitude and Behaviour (Communicable Diseases) Volume II

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The views expressed in this report are those of the authors alone and do not necessarily represent the opinions of other investigators participating in the survey, nor the views or policy of the Ministry of Health Malaysia.



Message From

THE DIRECTOR-GENERAL OF HEALTH MALAYSIA

The National Health and Morbidity Survey (NHMS) is a national level community study that has been conducted by the Institute for Public Health since 1986. The wealth of data that the NHMS provides are essential and instrumental in monitoring and evaluating programmes conducted by the Ministry of Health. The NHMS has consistently gone beyond providing up-to-date epidemiological data on key diseases and risk factors, as they are the benchmark in reflecting our laborious progress towards achieving global commitments of the Sustainable Development Goals (SDG) indicators.

Many issues concerning infectious diseases continue to pose a threat to the country. COVID-19 virus infection is an important example of how an infectious disease can devastate a community, burdening the health care system and economy of the country. On the other hand, incidence rates of Dengue, Hepatitis B & C, and TB continues to increase. Emerging diseases such as dog-mediated human Rabies has caused us to lose our eradication status. Misuse of antibiotics has led to anti-microbial resistance that threatens the effective treatment of an ever-increasing range of infections. Nevertheless, we have successfully achieved zero locally transmitted human Malaria in advance. Hence, improving public knowledge is vital in the control and management of infectious diseases.

Interestingly, it was during the COVID-19 pandemic that the NHMS 2020 became the first NHMS that focused primarily on Infectious Diseases, which were the COVID-19 virus infections, Hepatitis B & C, HIV, Tuberculosis, Antibiotic Use & Anti-Microbial Resistance, Malaria, Dengue, and dog associated zoonotic disease. I am confident the accumulated data will assist policymakers, program managers, and stakeholders in enhancing Infectious Diseases programs and strategies for our country.

The NHMS 2020 report is an outcome of collaborations between various organisations such as the Institute for Health Behavioural Research (IHBR), Institute for Medical Research (IMR), and experts from universities and other agencies. My heartiest congratulations to all collaborators as I hope that the comprehensive implementation of this report will benefit many parties in the future.

Ultimately, this survey will not be successful without the gracious support from the state health departments for their endless contributions, including providing logistics reinforcements and human resources. I wish to express my deepest gratitude to all the State Health Directors and their team members for their immeasurable support. My commendation also goes to the survey team from the Institute for Public Health and Institute for Health Behavioural Research for the successful completion of this valuable survey. Thank you to all the agencies involved for their support and cooperation throughout the process. Last but not least, my heartfelt appreciation to all the respondents for their cooperation in this survey, and I urge everyone to join hands towards creating a healthier Malaysia. The results from this survey are imperative as evidence-based and will be used to support and formulate appropriate initiatives for the control and prevention of communicable diseases activities in Malaysia.

YBHG. TAN SRI DATO' SERI DR NOOR HISHAM BIN ABDULLAH
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The authors also thank all parties who assisted in the implementation of the survey, from the Central Committee Team, Field Supervisors, Team Leaders, Data Collectors and Drivers, without whom the survey would not have been a success. Finally, our sincere appreciation is extended to all respondents who had participated in and contributed their valuable time and precious information to the survey. It is our hope that these findings will help program leaders and policymakers to better run the communicable diseases programs and other services available to the people of Malaysia.

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Executive Summary

The National Health and Morbidity Survey (NHMS) is conducted to collect community data for the Ministry of Health Malaysia to review the country's health policies and priorities. The NHMS 2020 focused on the scope of communicable diseases. For the Cognitive, Affective and Behaviour (CAB) components, two communicable diseases topics were included: Dengue Prevention and Dog-mediated Zoonotic Diseases. The NHMS 2020 was a cross-sectional survey that employed a complex survey design with a two-stage stratified cluster random sampling. The sampling is nationally representative and covers the entire population of Malaysia residing in non-institutionalized living quarter units. A total of 113 enumeration blocks (EBs) were chosen from all states in Malaysia, including the federal territories.

In order to reduce contact time with respondents, data for the CAB components was collected using a self-administered questionnaire (SAQ). During scouting, household members aged 13 years and older were invited to participate in this survey and were given a CAB booklet. Completed booklets were returned to the data collection team by mail or in person at the data collection centre. Data were analysed using a complex survey data analysis procedure that included weighting to obtain population estimates. This survey included 5,957 individuals aged one year and older and 1,876 living quarters, yielding an overall response rate of 77.9%. The total response rate for CAB postal survey which involved respondents aged 13 years and older was 73.6%.

Dengue fever remains a major public health concern in Malaysia. The MOH has implemented numerous initiatives to combat dengue. The CAB survey which was part of the NHMS 2020 found that 58.5% of people perceived dengue as a health threat. Approximately 60.6% of Malaysian residents believed their dengue prevention activities effectively controlled dengue, while 22.6% believed there were high barriers to conducting dengue control activities on their own. Also, 34.5% believed that the government had effectively controlled dengue. From the behavioural perspective, 36.7% of Malaysians performed a “Search & Destroy” at least ‘once a week’ in their home and surroundings, while 37.5% participated in community ‘gotong-royong’ to prevent dengue in their communities.

Dog-mediated human rabies is one of the diseases that had previously been eradicated but has re-emerged in Malaysia. Dog rabies has been reported in some Malaysian states, despite the fact that dog-mediated human rabies is endemic in Sarawak. To ensure infection prevention in the community, it is critical to have a thorough understanding of dog-mediated zoonotic disease. From the CAB assessment, 46.4% of Malaysian residents aged 13 years or older had high knowledge of dog-mediated human rabies. Approximately 7.3% of Malaysian residents reported being bitten or scratched by dogs, and 15.3% of them practiced good health seeking behaviour in accordance with the MOH guideline. The findings from the CAB component are critical for the country to improve communicable disease prevention efforts. The information provides evidence-based guidance to health policymakers in developing effective control and prevention strategies based on knowledge and behavioural intervention.

ACRONYMS AND ABBREVIATIONS

CAB	Cognitive, Affective and Behaviour
CATI	Computer-assisted Telephone Interview
CCT	Centralised Committee Team
COMBI	Communication for Behavioural Impact
DOSM	Department of Statistics Malaysia
CSV	Comma-separated values
EBs	Enumeration Blocks
HIV	Human Immunodeficiency Virus
HCV	Hepatitis C Virus
ID	Identity document
IHBR	Institute for Health Behavioural Research
LQ	Living Quarters
MOH	Ministry of Health
MREC	Medical Research and Ethics Committee
NMRR	National Medical Research Registry
NHMS	National Health and Morbidity Survey
PSU	Primary Sampling Unit
RSE	Relative Standard Error
SAQ	Self-administered Questionnaire
SPSS	Statistical Package for the Social Sciences
SSU	Secondary Sampling Unit
USCDC	US Center for Communicable Disease Control



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