

NATIONAL HEALTH & MORBIDITY SURVEY

COMMUNICABLE DISEASES

KEY FINDINGS

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List of Infographic

-
- 01 Overview of the survey**
Mohd Hatta Abdul Mutalip, Mohd Amierul Fikri Mahmud, Norbaidurah Ithnain, Syaheerah Mohd Sallehuddin & Hamizi Hafezah
-
- 02 Survey sample and process**
Mohd Hatta Abdul Mutalip, Mohd Amierul Fikri Mahmud, Norbaidurah Ithnain, Syaheerah Mohd Sallehuddin & Hamizi Hafezah
-
- 03 Hepatitis B: What's your risk?**
Dr Fazila Haryati Ahmad, Dr Maznieda Mahjom, Dr Abdul Aziz Harith, Dr Chong Zhuo Lin, Dr Nik Adilah Shahein, Munawara Pardi, Lalitha Palaniveloo, Muhammad Faiz Mohd Hisham, Hamizatul Akmal Abd Hamid, Nur Shahida Abd Aziz, Syafinaz Mohd Sallehuddin & Wan Shakira Rodzlan Hasani
-
- 04 Hepatitis B Virus (HBV) do I need screening?**
Hasmah Mohamed Haris, Dr Maznieda Mahjom, Dr Fazila Haryati Ahmad, Dr Muhammad Solihin Rezali, Eida Nurhadzira Muhammad, Muhammad Faiz Mohd Hisham, Hamizatul Akmal Abd Hamid, Wan Shakira Rodzlan Hasani, Nazirah Alias & Nor'Ain Ab Wahab
-
- 05 Are we stigmatizing people with HIV?**
Dr Mohd Shaiful Azlan Kassim, Dr Maznieda Mahjom, Dr Fazila Haryati Ahmad, Dr Thamil Arasu Saminathan, Hasimah Ismail, Dr Muhammad Solihin Rezali, Dr Muhd Hafizuddin Taufik Ramli, Mohd Hazrin Hasim @ Hashim, Norhafizah Sahril, Mohamad Aznuddin Abd Razak, Chan Ying Ying, Cheong Siew Man, Norliza Shamsuddin, Mohd Haniff Bistari & Nurul Iffah Baharom
-
- 06 HIV knowledge among youth**
Mohd Hazrin Hasim @ Hashim, Dr Mohd Shaiful Azlan Kassim, Ahmad Ali Zainuddin, Dr Nur Liana Ab Majid, Dr Chan Yee Mang, Norhafizah Sahril, Norsyamalina Che Abdul Rahim, Chan Ying Ying, Mohd Ruhaizie Riyadzi, Nur Faraeein Zainal Abidin & Mohd Haniff Bistari
-
- 07 Tuberculosis (TB): Know your symptoms**
Muhammad Faiz Mohd Hisham, Dr Shubash Sander Ganapathy, Dr S Maria Awaluddin, Jayvikramjit Singh Manjit Singh, Eida Nurhadzira Muhammad, Siti Balkhis Shafie, Mohamad Hasnan Ahmad & Khairul Hasnan Amali
-
- 08 Antibiotic is not always the solution!**
Dr Noor Aliza Lodz, Dr Maznieda Mahjom, Dr Shubash Shander Ganapathy, Dr Muhd Hafizuddin Taufik Ramli, Azli Baharudin, Dr Fatin Athirah Tahir & Suhaila Abdul Ghaffar
-
- 09 Malaria: What Malaysians know?**
Faizul Akmal Abdul Rahim, Dr Jenarun Jelip, Dr Tam Jenn Zhueng, Dr Khairiah Ibrahim, Tanrang Yusin, Lim Kuang Kuay, Cyril Sibon, Norzawati Yoep, Fadzillah Abd Jaafar, Mohd Amierul Fikri Mahmud, Mohd Farihan Md Yatim, Rafidah Ali & Tuan Mohd Amin Tuan Lah
-
- 10 Dengue - Mosquito learn the cycle and break it**
Noorlaile Jasman, Siti Nur Farhana Harun, Kamarul Zaman Salleh, Albeny Joslyn Panting, Ruffina Dalis Jimen, Dr Normawati Ahmad, Mohd Hairmanshah Mohd Shah & Norrafizah Jaafar
-
- 11 Misconception on Dengue**
Noorlaile Jasman, Siti Nur Farhana Harun, Kamarul Zaman Salleh, Albeny Joslyn Panting, Ruffina Dalis Jimen, Dr Normawati Ahmad, Mohd Hairmanshah Mohd Shah & Norrafizah Jaafar
-
- 12 Love me. License me. Vaccinate me.**
Teresa Yong Sui Mien, Komathi Perialathan, Dr Mohammad Zabri Johari, Masitah Ahmad, Mohamad Fuad Mohamad Anuar, Zamtira Seman, Nurashma Juatan & Nor Haryati Ahmad Sanusi
-
- 13 Good health seeking behavior (GHSB) after been bitten by a dog: Why should you care?**
Teresa Yong Sui Mien, Komathi Perialathan, Dr Mohammad Zabri Johari, Masitah Ahmad, Mohamad Fuad Mohamad Anuar, Zamtira Seman, Nurashma Juatan & Nor Haryati Ahmad Sanusi
-

01

OVERVIEW OF THE SURVEY

The NHMS was first conducted in 1986

1986

Since 2011 it has been conducted in 4-yearly cycles

2011

NHMS 2020 is the first NHMS focuses primarily on **Communicable Diseases**

2020

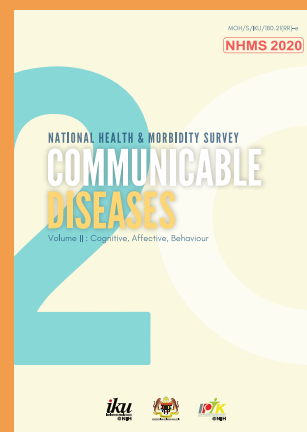
This survey aims to provide evidence:

- Estimates on communicable diseases burden in Malaysia
- Cognitive, affective and behaviour on particular diseases and preventive measures

Topics included:

- Seroprevalence SARS-CoV-2 antibody
- Seroprevalence Hepatitis B & C
- Suspected TB symptoms
- Antibiotics use and Anti-Microbial Resistance awareness
- Knowledge on HIV transmission
- HIV stigma
- Malaria
- Dengue prevention
- Dog-mediated human Rabies

The NHMS 2020 survey covered 2 main scopes:

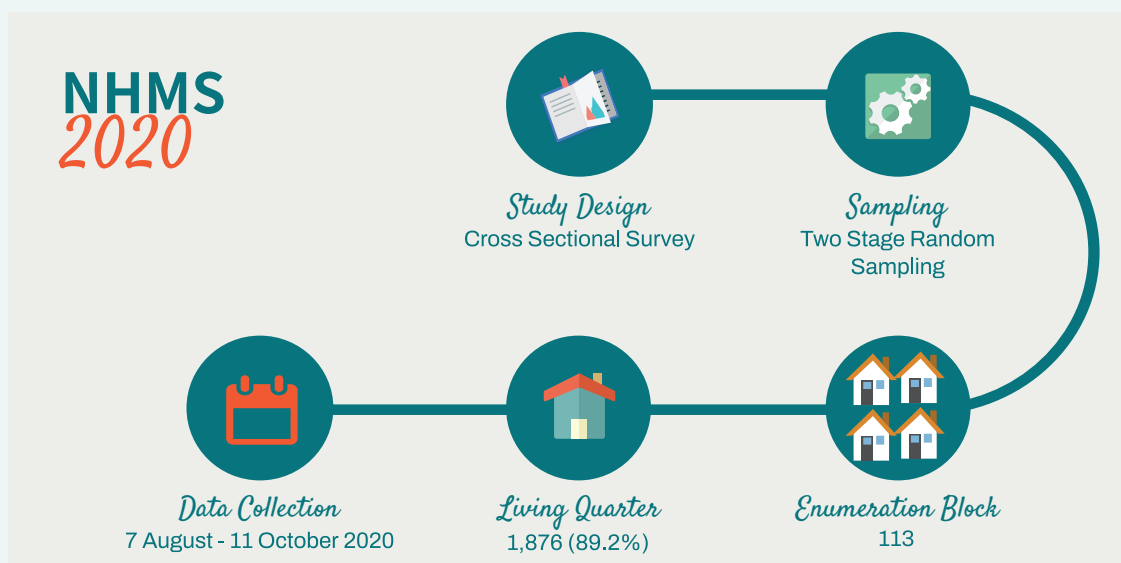


Technical report, which contain further discussion of findings and full documentation of the survey's methods and questionnaires, are available from the IKU website:

www.iku.gov.my/nhms

02

SURVEY SAMPLE AND PROCESS



SCOPE OF SURVEY

SEROPREVALANCE

COGNITIVE,
AFFECTIVE &
BEHAVIOUR
(CAB)COMMUNICABLE
DISEASE BURDEN

METHODS OF DATA COLLECTION

Face-to face
interview at data
collection centerSelf-administered
postal surveyInterview using
Computer Assisted
Telephone
Interview (CATI)

TOOLS

Validated questionnaire

BIOSPECIMENTS COLLECTIONS

5ml blood via
venepuncture

-

-

LAB TESTING

Hepatitis B & C and
COVID-19 antibody

-

-

ELIGIBILITY

≥1 years old

≥13 years old

≥15 years old

RESPONSE RATE

87.4%

82.5%

57.4%

DATA ANALYSIS

Weighted with complex survey analysis

REFERRAL

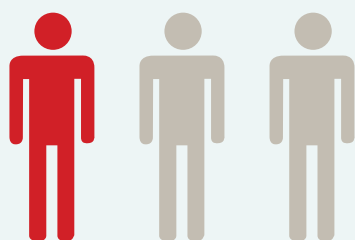
Informed all results to
respondents.
Referral to nearest
government clinic if
positive for Hepatitis
B & C

-

-

03

HEPATITIS B: WHAT'S YOUR RISK?



1 in 3

Hepatitis B positive person had history of more than one risk factor

You might be at risk of Hepatitis B if you have a history of:



**BODY PIERCING
USING
UNSTERILISED
INSTRUMENTS**



**FAMILY MEMBERS
WHO ARE
HEPATITIS B+**



**ACCIDENTAL
SHARP
INJURIES AT
WORKPLACE**

You can **avoid** HEPATITIS B



**GET
TESTED**

if you think you have been exposed to Hepatitis B



VACCINATE

if you think you are at risk for Hepatitis B



**SAFE BODY
PIERCING**

only use sterilised instruments for any body art



**WEAR
PROTECTIVE
GEARS**







If you are at risk at the workplace

04

HEPATITIS B VIRUS (HBV) DO I NEED SCREENING?

400,000	people living with Hepatitis B
However,	90% of them unaware they had it
Why?	Most of them are asymptomatic
What will happen?	Either become a healthy carrier or can lead to serious liver problems, including liver cancer

So, if you...

 <p>Pregnant women</p>	 <p>Healthcare workers and others who may be exposed to blood and blood products</p>	 <p>Having symptoms (such as fever, fatigue, jaundiced, vomiting, abdominal pain)</p>	 <p>Travelling to areas with high rates of HBV infection</p>
 <p>Having high-risk sexual behaviours</p>	 <p>Sharing needles and tattoos, and body piercing</p>	 <p>Living with someone who has chronic HBV</p>	 <p>Prisoners</p>

Consult your doctor
Get tested for **Hepatitis B** today!
It could save your life!



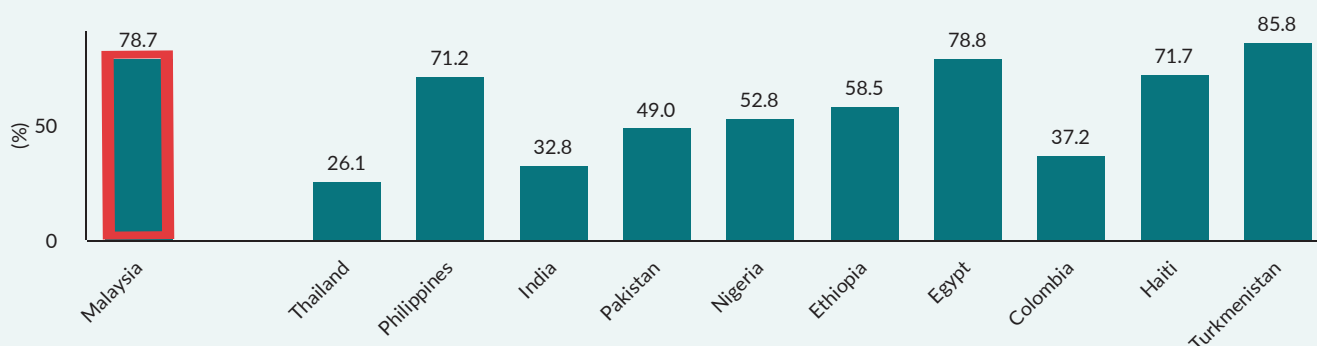
ARE WE **STIGMATIZING** PEOPLE WITH HIV?

* stigma = negative attitudes or discrimination against someone

3 in 4

people in Malaysia age 15-45 have stigma towards people with HIV

Comparison of HIV Stigma Among Different Countries



Comparison by Sociodemography in Malaysia

The highest



86.2%
Rural



87.4%
Aged 15-19



100%
No formal education

The lowest

76.6%
Urban



72.4%
Aged 40-49



67.7%
Tertiary education



HIV stigmatizing can be harmful:

3R

- Reduce screening
- Reduce social support
- Reduce treatment adherence

Take home message



our CARE is their HOPE

06

HIV KNOWLEDGE AMONG YOUTH



ONLY 14% youth aged 15-24 years had **adequate HIV knowledge**



HIV Facts:		% answered correctly
	Sharing food with someone who is infected cannot transmit HIV	52%
	Using a condom during sexual intercourse can reduce the risk of getting HIV	58%
	Having sex with only one uninfected partner who has no other partners can reduce the risk of getting HIV	67%
	Mosquito bites cannot transmit HIV	68%
	A healthy-looking person can have HIV	72%

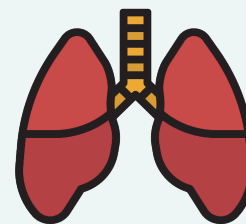
"Enhance HIV knowledge, end misconceptions, and stop spread of the disease"



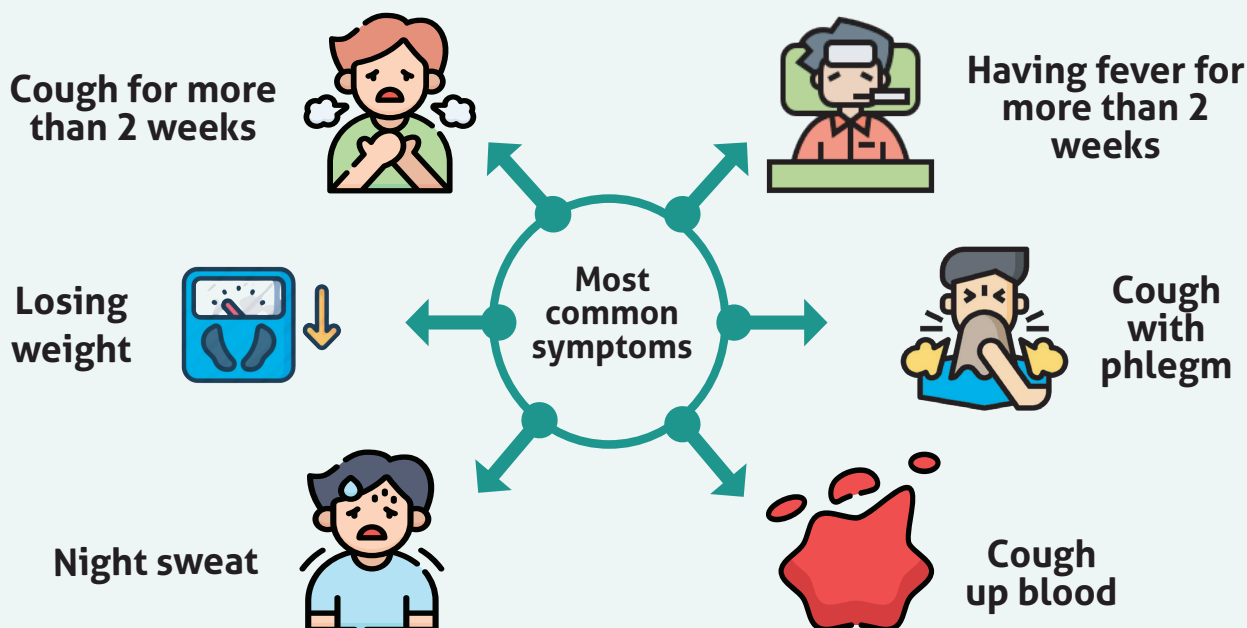
07

TUBERCULOSIS (TB): KNOW YOUR SYMPTOMS

In Malaysia, about 2.5% (605,070) Malaysians have TB-like symptoms



TB-like symptoms :



Treatment taken:



38.4 %
Government clinic



28.9 %
Self-medicated



22.3 %
Purchase medicine from pharmacy



15.9 %
Private clinic



19.2 %
Government hospital

Tuberculosis is a curable disease if diagnosed and treated early.

08

ANTIBIOTIC IS NOT ALWAYS THE SOLUTION!

25%

TAKING

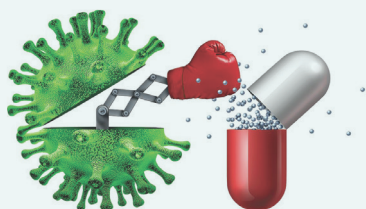
antibiotics for common cold and sore throat



ONLY 5-10%

TRULY

required antibiotic



62%

Malaysian population

DO NOT KNOW antibiotics **ONLY** kills bacteria **NOT** viruses



67%

Malaysian population

CONSUMED antibiotics as directed



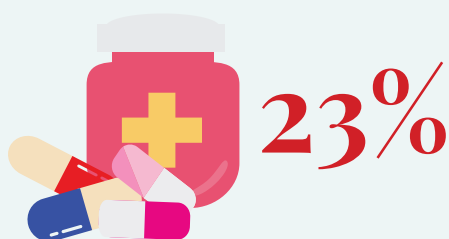
75%

Malaysian population

DO NOT REALIZE most common cold and sore throat **SHOULD NOT BE TREATED** with antibiotics

Antibiotic Resistance

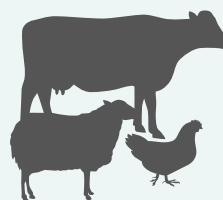
(*condition where antibiotic is no more effective)



23%

DO NOT KNOW

overuse/misuse of antibiotics **among human** can cause antibiotics resistance*



37%

DO NOT KNOW

overuse/misuse of antibiotics in **animal farming** can lead to antibiotics resistance*

09

MALARIA: WHAT MALAYSIANS KNOW?



76%

Malaysians had heard of malaria

Malaria is a mosquito-borne infectious disease. Malaria spreads to humans through the bite of a female Anopheles mosquito that has been infected with the plasmodium parasite

However, the **correct knowledge** regarding malaria **symptoms** and **risk activities** related to malaria were **low**

Answered correctly on malaria symptoms

24%



Fever, chill, and rigor



Diarrhea and loss of appetite

Answered correctly on risk activities of malaria

34%



Jungle trekking, trail running and hiking



Fishing in the swamp or forest area



Collecting agricultural produce in forest area

10

DENGUE-MOSQUITO LEARN THE CYCLE & BREAK IT

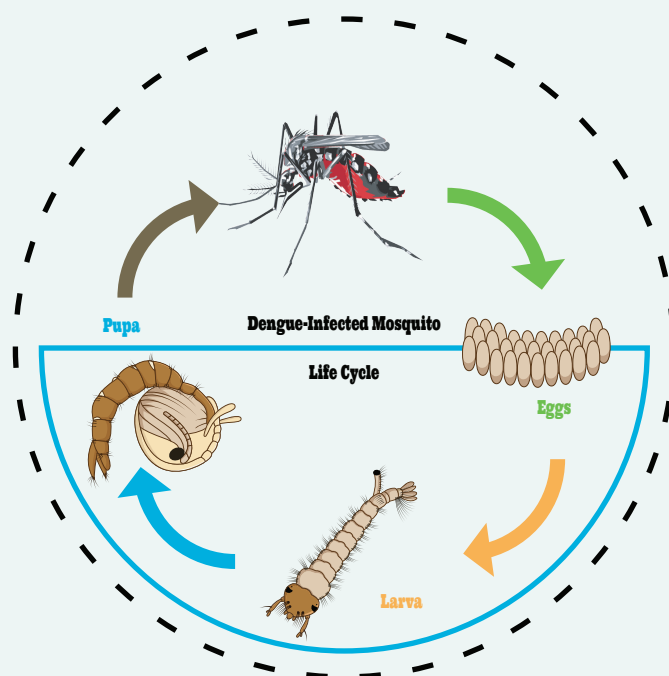


3 in 5

DID NOT search and destroy mosquitoes breeding site at home at least **once a week**

Why once a week?

The eggs only need 7 to 10 days to become adult dengue-infected mosquitoes and spread the virus to humans.



Source: Unidad de Control de, Vectores de Puerto Rico.

MAKE SURE

Once  **a Week**

**SEARCH & DESTROY
TO BREAK THE CYCLE**



11

MISCONCEPTION ON DENGUE



2 in 3 perceive mosquito larvicide & fogging are harmful for health.

the TRUTH

According to WHO, CDC & MOH it will **NOT** harm you!



1 in 4 wrongly perceive PREVENTION ACTIVITIES only required during outbreak.

the TRUTH

It should be **DONE ONCE A WEEK!**
(Suggested by WHO, CDC & MOH)

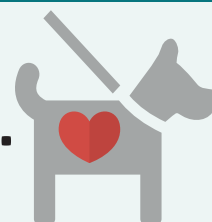
ACT NOW!

IF THEY BREED YOU WILL BLEED

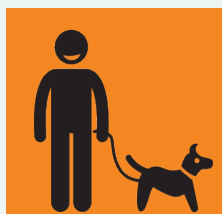


12

LOVE ME. LICENCE ME. VACCINATE ME.



1 in 2



Dog Owner

Apply **DOG LICENCE**

Send dog for **ANNUAL CHECK UP**

Do I *Really Need to be* Licenced & Vaccinated ?



Unlicensed dog



Caught & destroyed



Rabies Outbreak



Rabid dog pose risk to human



Exposed to rabies if not vaccinated

ACT NOW!



Licence your dog



Annual check up & **vaccinate**

"Protect your Dogs & your Health"

13

GOOD HEALTH SEEKING BEHAVIOUR (GHSB) AFTER BEEN BITTEN BY A DOG: WHY YOU SHOULD CARE?



INTEND to practice GHSB **IF** they are bitten or scratched by dogs.

ACTUALLY practice GHSB **AFTER** getting bitten or scratched.

IF NOT



Good Health Seeking Behavior after Dog Bite

3

immediate action AFTER dog bites

01. minutes ¹⁵
Wash wound using running water and soap for **AT LEAST 15 minutes**



02. Apply antiseptic, ointment or wound dressing



03. Seek treatment immediately at clinic or hospital when bitten or scratched by dogs.

(Source: World Health Organization. (2018). WHO Expert Consultation on Rabies: Third Report. World Health Organization.)

" Good Health Seeking Behaviour Save Live!"



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