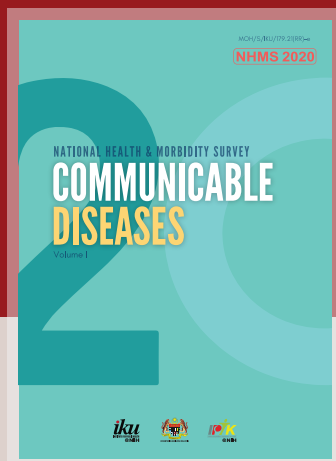


NHMS 2020



This research highlight is based on **NHMS 2020 : Communicable Diseases. Volume I**

Who is this publication for?

- Ministry of Health
 - Disease Control Division
 - Family Health and Development Division
 - Medical Practice Division

Purpose of this summary

To share the main finding of NHMS 2020 focusing on hepatitis B and its serological pattern.

iku

Institute for Public Health
National Institutes of Health (NIH)
1, Jalan Setia Murni U13/52
Seksyen U13, Setia Alam
40170 Shah Alam, Selangor

The Institute for Public Health is the Centre for Epidemiological Survey Research for the Ministry of Health.

www.iku.gov.my/nhms

RESEARCH HIGHLIGHT

NATIONAL HEALTH AND MORBIDITY SURVEY 2020 — HEPATITIS B

HEPATITIS B: A HEALTHY CARRIER AMONG US !

ISSUE

**Time to test!
Time to treat!
Time to cure!**

Hepatitis B virus (HBV) is an infectious disease that may cause both acute and chronic hepatitis. The World Health Organization (WHO) estimates approximately 257 million people will be living with Hepatitis B virus (HBV) infection [1]. HBV resulted in an estimated 887 000 deaths, mostly from cirrhosis and hepatocellular carcinoma (HCC). The major route of transmission is reported to be from an infected mother to her unborn child [2].

Malaysia is classified as an intermediate burden with HBV seroprevalence ranging between 1.5-9.8% [2]. The Ministry of Health Malaysia reported that HBV infections have the highest incidence rate in vaccine-preventable diseases and ranked as the third principal cause of death in Malaysian public hospitals [3].

Most HBV infections are asymptomatic, making fewer people screen for it and the majority of patients are unaware they are infected with HBV [4]. They are at risk of developing cirrhosis or HCC and unknowingly infecting others. One of the goals for eliminating viral hepatitis by 2030 is to diagnose 90% of the population living with the disease [5].

KEY MESSAGES

400,000

people estimated with Hepatitis B



9 in 10 patients undiagnosed with Hepatitis B

Among undiagnosed group,



171,000

Female



161,000

Male



112,000

Rural



219,000

Urban

KEY CONSIDERATIONS

For Ministry of Health

- Nationwide implementation of screening and testing Hepatitis B during an antenatal check-up in preventing maternal-child transmission
- Inculcate awareness and strengthen testing among high-risk group
- Promote and strengthen viral hepatitis education and awareness among healthcare providers and the community

METHODS

We used data from the National Health & Morbidity Survey (NHMS) 2020 to focus on communicable diseases. The NHMS 2020 was a nationwide community-based cross-sectional study design using a multistage stratified random sampling method. The survey included respondents living in non-institutionalized living quarters from 113 enumeration blocks in Malaysia. Data were analysed in account for complex survey analysis to obtain population estimates. Data was collected via face-to-face interview using a validated questionnaire and venipuncture blood taking. The blood sample was tested in an accredited laboratory for Hepatitis B surface antigen (HBsAg) and Hepatitis B surface antibody (HBsAb) using a Chemiluminescent Microparticle Immunoassay for the qualitative detection of Hepatitis B. The NHMS 2020 official report has further details on the methodology used.

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ACKNOWLEDGEMENTS

The authors would like to thank the Director General of Health Malaysia for permission to publish this document.

This document has been peer reviewed by:
Dr. Jamiatul Aida Md Sani

This summary should be cited as:

Muhammad Solihin Rezali, Hasmah Mohamed Haris, Nor'ain Ab Wahab, Hamizatul Akmal Abd Hamid, Mohd Hatta Abdul Mutalip, Eida Nurhadzira Muhammad, Muhammad Faiz Mohd Hisham, Wan Shakira Rodzlan Hasani, Fazila Ahmad, Chong Zhou Lin, Nazirah Alias, Maznieda Mahjom (2020). Research Highlight: **Hepatitis B: A healthy carrier among us!** The National Health and Morbidity Survey 2020: Communicable Diseases. Institute for Public Health (IPH)

For further information and to provide feedback on this document please contact:

Dr Muhammad Solihin Bin Rezali
muhammadsolihin@moh.gov.my

Disclaimer

The views, interpretation, implications, conclusions and recommendations are those of the author alone and do not necessarily represent the opinions of the investigators participating in the project nor the views or policy of the Ministry of Health, Malaysia.

This research highlight is part of a collection from the NHMS 2020:

- 1) Are you at risk of Hepatitis B?
- 2) **Hepatitis B: A healthy carrier among us!**
- 3) Stigma towards people living with HIV
- 4) Poor HIV knowledge among youth
- 5) Ignoring TB-like symptoms in Malaysia
- 6) Antibiotic resistance: How doctors and pharmacist could help?
- 7) Are Malaysians forgetting about Malaria?
- 8) Search destroy the facts
- 9) Dog ownership in Malaysia: Licensing & vaccination practices
- 10) Dog bite injuries: Intention vs practise of good health seeking behaviour

Project reference number:

NMRR-19-867-47973

Funded by:



MINISTRY OF HEALTH MALAYSIA