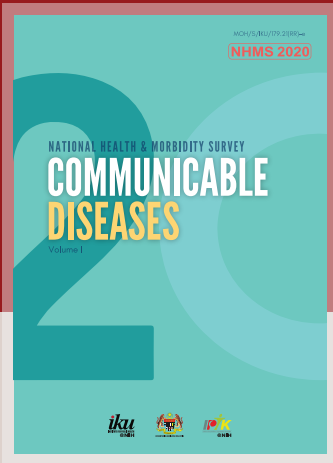


NHMS 2020



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

Who is this publication for?

- Ministry of Health
- Ministry of Education
- Ministry of Communication & Multimedia
- Ministry of Women, Family and Community Development
- Ministry of Youth and Sport
- Department of Islamic Development Malaysia (JAKIM)

Purpose of this summary

To share the findings of NHMS 2020 focusing on HIV stigma in breaking the major barrier to accessing prevention, care, and treatment of PLHIV



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RESEARCH HIGHLIGHT

NATIONAL HEALTH AND MORBIDITY SURVEY 2020 — HIV STIGMA

STIGMA TOWARDS PEOPLE LIVING WITH HIV

I S S U E

Reduction of stigma and discrimination is one of the National Strategic Plan's priorities for Ending AIDS 2016-2030 [1]. Stigma can impede or delay HIV testing, inhibit disclosure and linkage to care, and reduce anti-retroviral therapy (ART) adherence [2].

Stigma is described by the Joint United Nations Programme on HIV/AIDS (UNAIDS) as a dynamic process of devaluation that significantly discredits an individual in the eyes of others [3].

Previous programmes focused on self-stigma reduction among people living with HIV (PLHIV) but rarely focused on our community [1]. Although there is a smaller-scale study conducted in 2017 that reported the prevalence of discriminatory attitudes towards PLHIV is between 30.7% to 50.6% [4], we still lack population-based nationwide data.

NHMS 2020 provides the first national data on the burden of HIV Stigma towards PLHIV.

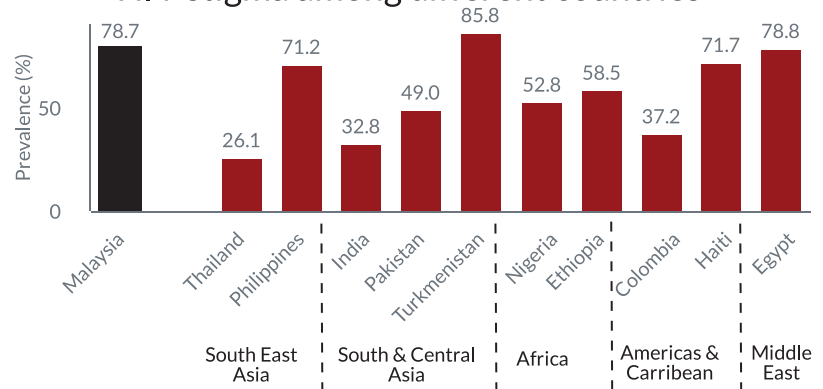
KEY MESSAGES

3 in 4 exhibited **stigma & discrimination*** towards PLHIV
Estimated population: 12.8 Million



* Definition in Method (page 2)

HIV stigma among different countries



The highest



The lowest



86.2%
Rural



76.6%
Urban



87.4%
Aged 15-19



72.4%
Aged 40-49



100%
No formal education



67.7%
Tertiary education

KEY CONSIDERATIONS

For policy makers

- **Ministry of Education**
 - National school curriculum to include a module on HIV Stigma.
 - Rebrand programs such as PROSIS, Doktor Muda.
- **Ministry of Women, Family and Community Development**
 - Programs such as Kafe@Teen to be expanded to become more inclusive.
- **Ministry of Communication & Multimedia, Ministry of Youth & Sport**
 - Diversify the knowledge delivery platforms; free, simple and easily accessible for younger & rural populations, i.e., social media such as Instagram, Twitter, Tiktok, Youtube and We Chat
- **Ministry of Health**
 - Strengthen collaboration with private/commercial/social sectors as corporate social responsibility (CSR) to synergized HIV/AIDS prevention campaign & health promotion
 - Empowerment of "Klinik Remaja" in rural areas
 - Eliminate stigma and discrimination among health care provider through a quality improvement approach which involved routine measurement, root cause analysis, systems thinking, implementation and evaluation of interventions
 - Intervention study on the targeted population (rural, younger age, no formal education)

METHOD

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. The HIV Stigma questionnaire was self-administered. It had 2 choices of languages; Bahasa Malaysia (validated) [5] and English. These 2 questions measure discriminatory attitudes towards PLHIV (answering 'Yes' in either question):

1. "Would you buy fresh vegetables from a shopkeeper or vendor if you knew that this person had HIV?"
2. "Do you think children living with HIV should be able to attend school with children who are HIV negative?"

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Disclaimer

The views, interpretation, implications, conclusions and recommendations are those of the author alone. They 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

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