COVID-19: Malaysian Lifestyle and Preventive Behaviours during Movement Control Order



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INTRODUCTION

Enforcement of the Movement Control Order (MCO) due to COVID-19 pandemic had impacted people's behaviour on their health, social and economic.



Unhealthy lifestyle behaviours such as tobacco use, poor eating behaviour, lack of physical activity and increased screen time are among the behaviours that are expected to occur during lockdown [1].

Besides maintaining a healthy lifestyle at home, each individual also responsible to prevent spread of COVID-19 by practicing the recommended preventive behaviours. Preventive behaviours refer to the degree the individual practices behaviour to avoid becoming infected with the disease [2].

Thus, this study aims to assess the Malaysian lifestyle behaviours, preventive behaviours during MCO and also the effects of MCO.

MATERIALS AND METHODS

STUDY DESIGN

A CROSS-SECTIONAL ONLINE SURVEY

SAMPLING TECHNIQUE SNOWBALLING TECHNIQUE - THROUGH SOCIAL MEDIA. **MESSAGING APP, OFFICIAL WEBSITE**

TARGET POPULATION MALAYSIAN, AN INTERNET USER AGED 18 YEARS AND **ABOVE**

DATA COLLECTION

7TH & 8TH APRIL 2020 (PHASE 2 OF MCO)

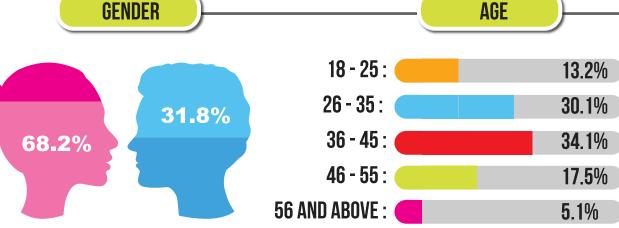
TOTAL RESPONDENTS

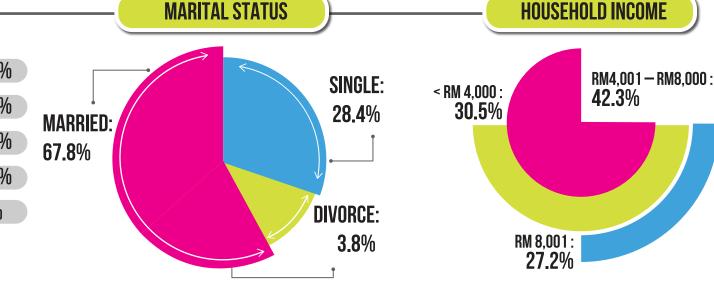
10.078 RESPONDENTS

RESPONSE RATE

99.1% (9,987 AGREED TO PARTICIPATE)

RESPONDENT PROFILE





RESULTS

LIFESTYLE BEHAVIOURS

SMOKING Smoking Status

Smokers non-smokers Smokers with intention to quit smoking With intention

46.7% 53.3% no intention

10.3% 89.7%

PHYSICAL ACTIVITY

EATING BEHAVIOUR

► Practice a sedentary lifestyle (prolonged sitting >30 minutes daily) ► Practice a sedentary lifestyle (screen time >30 minutes daily)

► Most frequent activity at home • internet surfing 18.8% 18.2% cooking/house chores 16.9% sit/recline continuously

16.9% watching television 14.4% exercise others 8.8% 6.0% gardening

69.0%

85.5%

Seek medical advice 98.8% 99.1% Avoid meet others Disclosing travel history to healthcare provider for purpose of 99.1%

99.4% Notify the nearest clinic / hospital if any family / household Member has COVID-19 symptoms



Complete daily intake of main meals (breakfast, lunch and dinner) **►** Complete 72.4% ▶ Did not complete

28.6%



Breakdown of daily main meals intake

► Breakfast 84.3% 93.5% ► Lunch ▶ Dinner 89.0%

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

45.1% ► Complete

► Did not complete 54.9% Breakdown of daily food group intake ► Protein 98.3%



98.1% Carbohydrates 90.5% ▶ Vegetables 74.7% ► Milk & dairy products 58.2%



Food eating behaviour

► Home cooked food 94.4% 73.8% ► Drink at least 8 glasses of plain water a day ► Eat more often than usual 46.5% ▶ Drink sugar-sweetened beverages more often than usual 27.7% ► Eat fast / instant food more often than usual 18.1%



DISCUSSION / CONCLUSION

Significant behaviour changes were identified during MCO. Continuous efforts in promoting healthy lifestyle and encouraging positive behaviour changes are needed in reducing COVID-19 transmission and embracing the "New Normal".

PREVENTIVE BEHAVIOURS

RESPONSIBILITY TOWARDS COVID-19 PREVENTIVE MEASURES Main preventive measures

99.0% Clean & disinfect house Wash hands regularly 98.9% 98.8% Practice social distancing Wear face mask 98.3% Stay at home 98.1%



READINESS FOR BEHAVIOUR CHANGE AFTER MCO

Wash hands with water & soap regularly 99.0% 97.7% Wear a face mask if have fever & cough **Practice Social Distancing** 96.0% Avoid crowded places & limit social gatherings 40.5%



EFFECTS OF MOVEMENT CONTROL ORDER (MCO)

ENFORCEMENT OF MCO

What to do when sick

It can prevent spread of COVID-19 98.4% Worried MCO will be extended 55.8% Worried when government announced MCO 53.6% Bored of repetitive daily activity at home 42.1% MCO disrupts daily routine 33.7% Felt stressed being confined at home 30.0%



FAMILY RELATIONSHIP

Family / household relationship become more closer 94.8% Worried about the safety of family living apart 86.7% Often fight with couple / family during throughout MCO 7.1%



PANIC BUYING

Bought food supply more than usual 50.9% Worried food supply on the market are insufficient 39.2%



WORK / STUDY FROM HOME Worried of MCO effect on work/education More productive working/learning from home

57.9%



73.7%

44.1%

57.3%

FINANCIAL

Worried source of income affected because of MCO Worried if government financial support is insufficient



REFERENCES

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- 2. Choi J-S, Kim J-S. Factors influencing preventive behavior against Middle East Respiratory Syndrome-Coronavirus among nursing students in South Korea. Nurse Education Today. 2016;40: 168–172. doi:10.1016/j.nedt.2016.03.006

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