



# THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

## NEGERI SEMBILAN

*Global School-Based Student  
Health Survey 2012*



**THE NATIONAL HEALTH  
AND  
MORBIDITY SURVEY  
2012**

**(NMRR-11-974-10401)**

**NEGERI SEMBILAN  
GLOBAL SCHOOL-BASED STUDENT  
HEALTH SURVEY 2012**





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## NEGERI SEMBILAN GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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## Executive Summary

The 2012 Negeri Sembilan GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 14 schools throughout Negeri Sembilan. The survey used a two-stage cluster sampling design. The objectives of this study were to determine the prevalence of health-related behaviors, risky behaviors and protective factors among secondary school students in Negeri Sembilan. The survey was administered using a self-administered questionnaire. The response rates at school levels was 100%, with a students' response rate of 87.9% (1,647 of 1,874 students responded).

### Key Findings

About 60.0% had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 4.4% while, drunkenness was reported in 3.4% of the students. In relation to dietary behaviour, 8.1% of the students were at risk of becoming underweight while 10.0% at risk of becoming obese. In the past 30 days, only 28.0% of the students consumed fruits and vegetables at least five times daily and one fifth of them drank carbonated drinks at least once daily. As for drug used, 97.2% of the students reported never use drugs with 2.8% reported ever used drug.

Overall, 2.6% of the students reported brushing their teeth less than once daily and 88.4% brushed at least twice daily. Only 59.0% of students reported using fluoridated toothpaste. In the past 30 days, 3.8% never or rarely wash their hand after using the toilet and 11.3% never or rarely use soap when washing their hands. Suicidal ideation, suicidal plan and attempted suicide were noted among 5.6%, 4.8% and 5.3% of the students respectively. The inability to sleep at night due to worry was noted among 4.9% of students, while loneliness was found in 8.1% and 2.8% reported having no close friend. With regards to physical activity 29.5% of the students were found to be active in the past seven days, while almost half were engaged in sedentary activities. Parental or guardian supervision was reported in 18.2% of the students, while almost half of them claimed had parental or guardian connectedness and less than half had reported and parental or guardian bonding. Truancy was reported in 24.7% of the students.

This study found that , 8.3% of students ever had sex. About 11.6% of the students were current cigarettes smokers. Among those who ever smoked, three quarters had tried a cigarette before the age of 14 years. More than one third of the students reported exposure to secondhand smoke from people smoking in their presence, while more than one third claimed had parents or guardian who used any form of tobacco. Notably, 29.0% and 26.2% of the students were physically attacked and involved in a physical fight respectively, with 32.6% who had serious injury. Having been bullied was reported in 18.2% of the students while 10.5% had been physically abused at home.

### Recommendations

Based on these findings, some of the recommendations are listed below:

- i. To further strengthen the existing intervention measures on drug abuse in the school such as the 'Five Minutes Talk on Drugs', the *Doktor Muda* Programme and empowerment of the counsellor in detection, counseling and referral to relevant agencies.
- ii. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly contribute to the favourable findings. This will enable other states to adopt the relevant approaches towards more positive behavioural pattern and holistic health outcomes among the students.

## 1.0 INTRODUCTION

In 2001, the WHO in collaboration with UNAIDS, UNESCO, UNICEF, and with technical assistance from the U.S. Centers for Disease Control and Prevention (CDC), initiated the development of the Global School-based Student Health Survey (GSHS). Since 2003, Ministries of Health and Education around the world have been using the GSHS to periodically monitor the prevalence of important health risk behaviours and protective factors among students. To date, more than 100 countries have completed a GSHS. This report describes results from the first GSHS conducted in Negeri Sembilan by the Ministry of Health Malaysia from 23 February until 26 April 2012.

The purpose of the GSHS is to provide accurate data on health behaviours and protective factors among students to:

- Help countries develop priorities, establish programmes, and advocate for resources for school health and youth health programmes and policies;
- Establish trends in the prevalence of health behaviours and protective factors for use in evaluation of school health and youth health promotion; and
- Allow countries, international agencies, and others to make comparisons across and within countries regarding the prevalence of health behaviours and protective factors.

The GSHS is a school-based survey conducted primarily among students aged 12-17 years. It measures behaviours and protective factors related to the leading causes of mortality and morbidity among youth and adults in Malaysia:

- Alcohol consumption
- Dietary behaviours
- Drug use
- Hygiene (including oral hygiene)
- Mental health problems
- Physical activity
- Protective factors
- Sexual behaviours that contribute to HIV infection, other STIs, and unintended pregnancy
- Tobacco use
- Violence and unintentional injury

### 1.1 Policies and Programmes for Adolescents in School

The government of Malaysia has developed various policies and programmes for adolescents and schoolchildren in the country as follows:

#### 1.1.1 Adolescent Health Policy

The Adolescent Health Policy was developed in 2001(1). The objectives of the policy are to support the development of resilient adolescents through promotion of healthy and responsible living, preventing the health consequences of risk behaviours through promotion of wellness and provision of appropriate health care services, and promotion of active adolescent participation in health promotion and preventive activities.

### 1.1.2 Medical and Oral Healthcare Policy

The provision of medical and oral healthcare services to government or government aided educational institutions is mentioned in the Education Act 39, Chapter 12, section 64 and 65 (2). In line with this Act, the Ministry of Health provides comprehensive medical and oral healthcare to schoolchildren. Medical healthcare includes regular health screening and vaccination to the students while for oral healthcare, both oral health promotion and curative services are provided. In 2009, the School Health Teams visited 98.5% of secondary schools throughout Malaysia and provided services to 98% of Form 3 students. In addition to that, 75.6% of secondary school students were rendered oral healthcare through the school incremental oral healthcare programme.

The *Rancangan Kesihatan Sekolah* (School Health Programme), first established in 1967 was replaced by the *Program Bersepadu Sekolah Sihat* (Health Promoting School Programme) in 1997. This programme further strengthened the delivery of healthcare services to schoolchildren, while integrating other components towards a healthy school environment (4).

### 1.1.3 Mental Health Programme

In Malaysia, the initiative to improve the mental health of schoolchildren first started in 2011 and is targeted to be implemented in stages. This initiative, known as the Healthy Mind Programme focuses on early identification of students at risk through screening, early detection of symptoms, identification of stress factors, counseling and early referral to the psychiatrist, where necessary (5).

### 1.1.4 Tobacco Control Policy and Regulation

To curb tobacco consumption among adolescents in Malaysia, the Control of Tobacco Products Regulations 2004 (CTPR), sub-regulations 11 and 13 were enforced (6). The sub-regulations 11, 1(j) states that "No person shall smoke in any area in an educational institution or a higher educational institution". In addition, sub-regulation 13, states that "A person under 18 years who smokes, chews, buy or has in his possession any tobacco products, whether for his own consumption or not, commit an offence and shall on conviction be liable to a fine not exceeding one thousand ringgit".

### 1.1.5 National Nutrition Policy

The National Nutrition Policy is aimed at ensuring nutritional wellbeing of the population (7). Under this policy, the Healthy School Canteen Management Guide was published in 2011(8). This guideline serves as a reference for school canteen operators in providing a supportive environment for the sale of nutritious foods and beverages in schools. In 2012, the Guidelines for Healthy Eating in Schools was established to ensure obese and malnourished students are referred for appropriate management (9).

### 1.1.6 Policies Related to Social Issues

The National Child Policy (10) and the National Child Protection Policy (11) emphasize on the right of the child for survival, development, protection, rehabilitation and participation. These policies are in line with the Convention on the Rights of the Child (CRC) (12) and Child Act 2001(13). In line with the Child Act 2001, school authorities can refer students in need of protection to the Welfare Department who act as the "Protector" for the child.

In 2009, the National Policy on Social and Reproductive Health Education was introduced (14). In line with this policy, several modules have been developed to empower school children on sexual reproductive health knowledge and skills.

### **1.1.7 Other Related Activities**

A national committee, the *Jawatankuasa 3K* (3K Committee) was established by the Ministry of Education in 2007 to focus on issues related to cleanliness, health and safety in schools (15). Subsequent to this, committees at various levels (states, district and school) were formed to monitor the activities within the scope of these committees.

Various circulars also exist towards ensuring the health, safety and wellbeing of the schoolchildren. To address issues like bullying, violence and drug abuse, *Surat Pekeliling Ikhtisas Bil.8/2010: Garis Panduan Mencegah dan Menangani Perbuatan Buli Dalam Kalangan Murid di Sekolah* (16) and *Surat Pekeliling Ikhtisas Bil.6/2000: Menangani Masalah Keselamatan, Dadah Dan Gengster* (17) were circulated.

Parent-Teacher Associations (PTA) also play a major role towards the success of programmes for the adolescents in school. In recognition of this, the Ministry of Education has established PTAs in all schools (18).

## **1.2 Research in Adolescent Health**

A national study, the Youth Behaviour Risk Factor Surveillance (YBRFS) was conducted by the Institute for Health Behavioural Research in 2010. This study involved 4,088 students in Forms 1, 2 and 4 from 50 secondary schools (19). The Global Youth Tobacco Surveys were conducted in 2003 and 2009, to obtain information on tobacco consumption and its determinants (20, 21). Regional epidemiological oral health surveys for schoolchildren in Peninsular Malaysia were conducted in 1970 and 1988, while national level oral health surveys for schoolchildren were conducted in 1997 and 2007 (22, 23, 24, 25, 26). In addition to these national level studies, various smaller studies have been conducted to investigate risk behaviours and other health aspects among adolescents (27, 28).

## 2.0 METHODS

The 2012 Negeri Sembilan GSHS employed a two-stage cluster sampling design to produce a representative sample of students in Forms 1 to 5. The first-stage sampling frame consisted of all schools containing any of Forms 1 to 5. Schools were selected with probability proportional to school enrolment size. A total of 14 schools were selected to participate in the Negeri Sembilan GSHS. The second stage of sampling consisted of systematic random sampling of selected classrooms from each participating schools. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS.

A weighting factor was applied to each student record to adjust for non-response and for the varying probabilities of selection. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

- W1** = the inverse of the probability of selecting the school
- W2** = the inverse of the probability of selecting the classroom within the school
- f1** = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools.
- f2** = a student-level non-response adjustment factor calculated by class
- f3** = a post-stratification adjustment factor calculated by class

The weighted results can be used to make important inferences about the priority health-risk behaviours and protective factors of all students in Forms 1 to 5.

For the 2012 Negeri Sembilan GSHS, 1,647 questionnaires were completed in 14 schools. The school response rate was 100%, while the students response rate was 87.9%. Overall, the response rate was 87.9%.

The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. GSHS data is representative of all students attending Forms 1 to 5 in Negeri Sembilan.

Data collection was conducted from 23 February to 26 April 2012. Approvals from both the Ministry of Health Research and Ethics Committee and Ministry of Education Ethics Committee were obtained prior to the survey implementation. Following that, approval from relevant Ministry of Education officials at state, district and selected school levels were obtained. Parental consent forms were distributed to all students from selected classes and non-consented students were considered as non-response.

Survey procedures were designed to protect student privacy by allowing for anonymous and voluntary participation. The students completed the self-administered questionnaire during two classroom periods and recorded their responses directly on a computer-scannable answer sheet. A team of data collectors was formed and specially trained to conduct the GSHS. The data collectors included temporary staff and officials from the Institute for Public Health and Institute for Health Behavioural Research, Ministry of Health Malaysia.

The GSHS questionnaire contained 77 questions addressing the following topics:

- Alcohol consumption
- Dietary behaviours
- Drug use
- Hygiene (including oral hygiene)
- Mental health problems
- Physical activity
- Protective factors
- Sexual behaviours that contribute to HIV infection, other STIs, and unintended pregnancy
- Tobacco use
- Violence and unintentional injury

A bilingual questionnaire was developed based on the standard questionnaire used by the Global School-based Student Health Survey with additional local questions. A technical expert committee in the areas covered under GSHS was formed to finalize the questions.

## 2.1 Variable Definition

### i. Alcohol Consumption

- Current alcohol use** : drinking at least one drink containing alcohol on one or more days during the past 30 days.
- A drink** : a glass of wine, tuak, lihing, bahar, ijuk or toddy; a bottle of beer; a small glass of liquor; or a mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.
- Drunk** : Some signs of being really drunk are staggering when walking, not being able to speak right, and throwing up.

### ii. Dietary Behavior

- At risk of becoming underweight** : body mass index below -2SD from median by age and sex.
- At risk of becoming overweight** : body mass index above +1SD from median by age and sex.
- At risk of becoming obese** : body mass index above +2SD by age and sex.
- Carbonated soft drinks** : includes Coca Cola, Sprite, and Pepsi (except diet soft drinks).
- Plain water** : includes mineral water, boiled water, or tap water.
- Fast food restaurant** : includes McDonalds, KFC and Pizza Hut.
- Breakfast** : a meal before 9.00 am.

### iii. Drug Use

- Drug use** : includes taking of heroin, morphine, glue, methamphetamines, ecstasy, syabu, ice, ganja (except prescribed medicine).
- Ever used drug** : had used drug(s) at least once in their lifetime.
- Current use of/currently using drug** : had used drug(s) at least once in the past 30 days.



- iv. Physical Activity**
- Physical activity*** : any activity that increases the heart rate and makes one breathe hard. Examples of physical activities include sports, playing with friends, walking to school, running, fast walking, biking or dancing.
- Physically active*** : physically active for at least 60 minutes per day, for a minimum of five days per week (sum of all the time spent in any kind of physical activity each day).
- Sedentary behaviour*** : spent at least three hours or more per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities.
- v. Protective Factors**
- Truancy*** : missed class or school without permission for at least one day in the past 30 days.
- Peer support*** : students in their school were kind and helpful most of the time or always during the past 30 days.
- Parental or guardian supervision*** : parents or guardians had always or most of the time, checked to see if their homework was done in the past 30 days.
- Parental or guardian connectedness*** : parents or guardians had always or most of the time, understood their problems and worries in the past 30 days.
- Parental or guardian bonding*** : parents or guardians had always or most of the time, really knew what they were doing with their free time in the past 30 days.
- Parental or guardian respect for privacy*** : parents or guardians had never or rarely went through their things without their approval in the past 30 days.
- vi. Sexual Behaviour**
- Sexual intercourse*** : sexual acts of penetration of penis into vagina or anus.
- vii. Smoking**
- Current smoker*** : smoke cigarette or other tobacco products on one or more days in the past 30 days.
- Other tobacco products*** : tobacco products other than cigarettes including shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis.

**viii. Violence and Unintentional Injury**

- Physical attack** : occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two individuals or students of about the same strength or power choose to fight each other.
- Physical fight** : occurs when two individuals or students of about the same strength or power choose to fight each other.
- Serious injury** : injury resulting in student missing at least one full day of usual activities (such as school, sports, or a job) or requiring treatment by a doctor or medical personnel.
- Bullying** : occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.
- Physical abuse at home** : occurs when someone at home hit the student so hard that they left a mark or caused an injury.
- Verbal abuse at home** : occurs when someone at home says hurtful or insulting words to the student.

**2.2. Objectives****2.2.1 General Objective**

To study the prevalence of health-related problems, risky behaviours and protective factors among secondary school students in Negeri Sembilan.

**2.2.2 Specific Objectives**

- i. To determine the prevalence of health-related problems such as poor personal hygiene, unhealthy dietary behaviours, physical inactivity, and mental health problems among students in Negeri Sembilan.
- ii. To identify the prevalence of risky behaviours in relation to alcohol consumption, tobacco use, illicit drug use, sexual behaviour and violence among students in Negeri Sembilan.
- iii. To assess the prevalence of protective factors against risky behaviours among students in Negeri Sembilan.

### 3.0 RESULTS

#### 3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Negeri Sembilan was about 1.0 million (29). Adolescents between the ages of 10 to 20 years old accounted for 19.9% of the total population. In 2012, there were 93,095 students aged 12 to 17 years in 120 secondary schools under Ministry of Education and the Ministry of Rural Development in Negeri Sembilan (30).

A total of 1,874 students from Form 1 to 5 were selected in Negeri Sembilan from 14 randomly selected secondary schools, with 1,646 students or 87.9% responding to our survey. Of the respondents, 50.2% of students were females (**Table 1.2**). About 21.0% were from Form 1, 20.1% from Form 2, 19.7% Form 3, 19.7% Form 4 and the remaining 19.5% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.

## 3.2 Alcohol Consumption

### Introduction

Worldwide, alcohol use causes 3% of deaths (1.8 million) annually, which is equal to 4% of the global disease burden. Across sub-regions of the world, the proportion of disease burden attributable to alcohol use is greatest in the Americas and Europe ranging from 8% to 18% of total burden for males and 2% to 4% of total burden for females. Besides the direct effects of intoxication and addiction, alcohol use causes about 20% to 30% of each of oesophageal cancer, liver disease, homicide and other intentional injuries, epilepsy, and motor vehicle accidents worldwide (31), and heavy alcohol use places one at greater risk for cardiovascular disease (32). In most countries, alcohol-related mortality is highest among 45 to 54 years, but the relationship between the age of initiation of alcohol use and the pattern of its use and abuse in adulthood makes the study of alcohol consumption among adolescents important (33). Intentional and unintentional injuries are far more common among youth and young adults. Unintentional injuries are the leading cause of death among 15 to 25 years and many of these injuries are related to alcohol use (34). Young people who drink are more likely to use tobacco and other drugs and engage in risky sexual behaviour, than those who do not drink (35, 36). Problems with alcohol can impair adolescents' psychological development and influence both the school environment and leisure time negatively (37).

### Findings

The prevalence of current alcohol use among the students was 4.4% (95% CI: 2.20-8.50) (**Table 2.1.1**). Among students who ever consumed alcohol, 60.0% (95% CI: 50.32-68.89) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). About 3.4% (95% CI: 1.48-7.55) of the students reported drunkenness (**Table 2.4.1**). Overall, 2.4% (95% CI: 0.94-6.06) of the students got into trouble with their family or friends, missed class, or got into fights one or more times during their life as a result of drinking alcohol (**Table 2.5.1**).

### 3.3 Dietary Behaviours

#### Introduction

Overweight in adolescence is associated with hyperlipidemia, raised blood pressure (hypertension), abnormal glucose tolerance, and adverse psychological and social consequences (38). These problems may persist into adulthood and increase the risks for coronary heart disease, diabetes, gallbladder disease, certain types of cancer, and osteoarthritis of the weight-bearing joints in later life. Nutritional deficiencies as a result of food insecurity (protein-energy malnutrition, iron, Vitamin A, and iodine deficiency) affect school participation and learning (39). Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances which are important for good health. Dietary patterns that include higher intakes of fruits and vegetables are associated with several health benefits, including a decreased risk for some types of cancer (40).

#### Findings

Overall, 8.1% (95% CI: 5.20-12.51) of the students were at risk of becoming underweight (**Table 3.1**). About 24.2% (95% CI: 21.73-26.92) were at risk of becoming overweight (**Table 3.2**) while, 10.0% (95% CI: 8.82-11.37) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 4.8% (95% CI: 2.80-8.09) of the students reported being hungry most of the time or always because there was not enough food in their home (**Table 3.4**). About 48.7% (95% CI: 41.09-56.40) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 27.2% (95% CI: 24.97-29.56) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 28.0% (95% CI: 25.44-30.65) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally, 23.0% (95% CI: 15.44-32.78) of students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 5.0% (95% CI: 3.57-7.08) reported consuming food from a fast food restaurant, at least three days in the past seven days (**Table 3.8.1**). About 59.4% (95% CI: 53.74-64.84) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 27.0% (95% CI: 17.39-39.44) reported they had breakfast daily in the last seven days (**Table 3.10**). About 35.4% (95% CI: 31.18-39.82) of the students perceived they were slightly or very overweight. Females [42.4% (95% CI: 37.45-47.57)] were significantly more likely than males [28.3% (95% CI: 24.46-32.43)] to perceive their weight as slightly or very overweight (**Table 3.11.1**). Overall, of 39.6% (95% CI: 34.72-44.64) reported trying to lose weight and it was significantly higher among females [45.9% (95% CI: 40.83-50.99)] than males [33.3% (95% CI: 27.95-39.03)] (**Table 3.12.1**). Overall, 78.2% (95% CI: 74.05-81.80) reported attempting to lose, gain or maintain at same weight (**Table 3.12.2**).

### 3.4 Drug Use

#### Introduction

Globally, it is estimated that in 2010 between 153 million and 300 million people aged 15-64 (3.4-6.6 per cent of the world's population in that age group) had used an illicit substance at least once in the previous year. With estimated annual prevalence of cannabis use in 2010 ranging from 2.6 to 5 per cent of the adult population (between 119 million and 224 million estimated users aged 15-64), cannabis remains the world's most widely used illicit substance. In terms of prevalence, amphetamine-type stimulants (ATS) (excluding "ecstasy") remain second only to cannabis, with an estimated prevalence of 0.3-1.2 per cent in 2010 (between 14.3 million and 52.5 million users) (41).

#### Findings

Generally, 97.2% (95% CI: 90.80-99.17) of the students reported that they never use drug during their lifetime (**Table 4.1.1**). A total of 2.8% (95% CI: 0.83-9.20) had used it for the first time before the age of 14 years (**Table 4.2.1**).

### 3.5 Hygiene (Including Oral Hygiene)

#### Introduction

Dental caries affect between 60-90% of children in developing countries and is the most prevalent oral disease among children in several Asian and Latin American countries. In Africa, the incidence of dental caries is expected to rise drastically in the near future due to increased sugar consumption and inadequate fluoride exposure (42). In Malaysia, findings from the recent epidemiological oral health survey of schoolchildren in 2007 showed that 80.4% of 12 years schoolchildren and 89.4% of 16 years children have unhealthy periodontal conditions (25, 26). In addition to causing pain and discomfort, poor oral health can affect children's ability to communicate and learn. More than 50 million school hours are lost annually because of oral health problems (43). In both developed and developing countries, many children do not have access to water fluoridation or professional dental care. Daily tooth cleaning or brushing with a fluoridated toothpaste can help prevent dental caries and periodontal disease (44). Diarrhoeal diseases kill nearly 2 million children every year. Hygiene education and the promotion of hand washing can reduce the number of diarrhoeal cases by 45% (45). About 400 million school aged children are infected with worms worldwide. These parasites consume nutrients from children they infect, cause abdominal pain and malfunction and can impair learning by slowing cognitive development (46).

#### Findings

Only 2.6% (95% CI: 0.98-6.76) of the students had brushed their teeth less than once daily in the past 30 days. A high prevalence of students reported brushing their teeth at least twice daily [88.4% (95% CI: 83.88-91.82)] with significantly more females [92.7% (95% CI: 88.45-95.48)] than males [84.1% (95% CI: 77.95-88.77)] reported this (**Table 5.1.1**). Only 59.0% (95% CI: 52.95-64.83) reported use of fluoridated toothpaste and 28.8% (95% CI: 22.98-35.29) did not know whether their toothpaste contain fluoride (**Table 5.2**). The prevalence of students who had missed class due to a toothache in the past 12 months was 6.1% (95% CI: 3.72-9.94) (**Table 5.3**). Only 45.1% (95% CI: 32.08-58.82) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 13.9% (95% CI: 11.75-16.37) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 3.5% (95% CI: 1.72-6.91) of the students never or rarely wash their hands before eating (**Table 5.6**). About 3.8% (95% CI: 2.18-6.49) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 11.3% (95% CI: 8.99-14.11) never or rarely use soap when washing their hands with significantly more males [14.2% (95% CI: 10.95-18.19)] than females [8.5% (95% CI: 6.50-10.91)] (**Table 5.8**).

### 3.6 Mental Health Problems

#### Introduction

Worldwide, approximately 20% of children and adolescents suffer from a disabling mental illness (47). Anxiety disorders, depression and other mood disorders, behavioural and cognitive disorders are among the most common mental health problems among adolescents (48). Half of all life time cases of mental disorders start by the age of 14 years. In Malaysia, the National Health and Morbidity Survey 2011 reported that prevalence of mental health problems among children and adolescent less than 16 years was 20.0% as compared to 19.4% in 2006 (49, 50). In every country and culture, there are children and adolescents who struggle with mental health problems. These young people are at high risk of delinquent behaviour, substance abuse, school failure, violent and criminal activities. Mental health problems among schoolchildren may lead to mental illness in adulthood. Suicide is the third leading cause of death among adolescents and worldwide, about 4 million adolescents attempt suicide each year (51, 52).

#### Findings

In the past 12 months, 8.1% (95% CI: 5.69-11.35) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 4.9% (95% CI: 3.28-7.19) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 5.6% (95% CI: 3.28-9.27) (**Table 6.3**). About 4.8% (95% CI: 2.39-9.32) had suicidal plan (**Table 6.4**) and 5.3% (95% CI: 2.10-12.79) had reported attempted suicide (**Table 6.5**). Overall, 2.8% (95% CI: 1.81-4.16) of the students had no close friend at all (**Table 6.6**).



### 3.7 Physical Activity

#### Introduction

Participating in adequate physical activity throughout the life span and maintaining normal weight are the most effective ways of preventing many chronic diseases, including cardiovascular disease and diabetes (53). The prevalence of type 2 diabetes is increasing globally and now is occurring during adolescence and childhood (54). Participating in adequate physical activity also helps build and maintain healthy bones and muscles, control weight, reduce blood pressure, ensure a healthy blood profile, reduce fat, and promote psychological wellbeing (55). It is estimated that about 60% of the world's population is not get enough physical activity. Patterns of physical activity acquired during childhood and adolescence are more likely to be maintained throughout the life span, thus sedentary behaviour adopted at a young age is likely to persist (56).

#### Findings

The prevalence of being physically active in the past seven days was 18.2% (95% CI: 12.90-25.02) and this was significantly higher among males [26.0% (95% CI: 17.60-36.53)] compared to females [10.5% (95% CI: 7.08-15.30)] (**Table 7.1**). Overall, 29.5% (95% CI: 21.46-38.94) had been physically active for at least five days in the past seven days with significantly more males [40.0% (95% CI: 26.48-55.15)] than females [19.1% (95% CI: 15.86-22.76)] with this level of activity (**Table 7.1.1**). About 42.2% (95% CI: 27.78-58.06) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 46.2% (95% CI: 40.78-51.62) had engaged in sedentary activities (**Table 7.3.1**).

### 3.8 Protective Factors

#### Introduction

Adolescents who live in a social environment which provides meaningful relationships, encourages self-expression and also provides structure and boundaries, are less likely to initiate sex at a young age, less likely to experience depression, and less likely to use substances (57). Being liked and accepted by peers is crucial to young people's health development, and those who are not socially integrated are far more likely to exhibit difficulties with their physical and emotional health. Isolation from peers in adolescence can lead to feelings of loneliness and psychological symptoms. Interaction with friends tends to improve social skills and strengthen the ability to cope with stressful events (58). For most adolescents, school is the most important setting outside of the family. Adolescents who have a positive relationship with teachers and who have positive attitudes towards school are less likely to initiate sexual activity early, less likely to use substances, and less likely to experience depression. Parental bonding and connection are associated with lower levels of depression and suicidal ideation, alcohol use, sexual risk behaviours and violence (59).

#### Findings

The prevalence of truancy among the students in the past 30 days was 24.7% (95% CI: 15.46-36.95) (**Table 8.1**). Overall, 52.4% (95% CI: 42.75-61.91) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [65.2% (95% CI: 56.03-73.29)] than males [39.7% (95% CI: 32.91-46.86)] (**Table 8.2**). Parental or guardian supervision was reported by 18.2% (95% CI: 16.54-19.99) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 41.5% (95% CI: 32.29-51.24) (**Table 8.4**). About 46.5% (95% CI: 39.41-53.75) reported of parental or guardian bonding (**Table 8.5**) and 72.4% (95% CI: 69.31-75.19) of the students reported having parental or guardian respect for privacy with significantly higher among females [76.3% (95% CI: 73.23-79.20)] than males [68.3% (95% CI: 64.97-71.36)] (**Table 8.6**).

### 3.9 Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy

#### Introduction

AIDS has killed more than 25 million people since 1981. As of 2011, an estimated 34 million people were living with HIV (60, 61). Young people between the ages of 15 and 24 years old are the most at risk group and accounted for 40% of those newly infected with HIV in 2009 (61, 62). Every day, 2,400 young people get infected with more than 5 million young people living with HIV/AIDS globally. Young people need to know ways of preventing sexual transmission of the virus such as through the usage of condom. Worldwide, about 16 million women between 15-19 years old give birth each year, and this is equivalent to 11% of all births (62). UNICEF reported 10-40% of young unmarried girls has had unintended pregnancies (62). Births to unmarried adolescent mothers are far more likely to be unintended and are more likely to end in induced abortion; and about 2.5 million adolescents have unsafe abortion every year (63). Adolescents faced a higher risk of complications and death as a result of pregnancy than older women.

#### Finding

The prevalence of students who ever had sex was 8.3% (95% CI: 4.85-13.8) (**Table 9.1**).

### 3.10 Tobacco Use

#### Introduction

About 1.1 billion people worldwide smoke and the number of smokers continue to increase. Among these, about 84% live in developing and transitional economy countries. Currently 5 million people die each year from tobacco consumption, the second leading cause of death worldwide. If present consumption patterns continue, it is estimated that deaths from tobacco consumption will reach 10 million people per year by 2020 (64). The overwhelming majority of smokers begin tobacco use before they reach adulthood. Among those young people who smoke, nearly one quarter smoked their first cigarette before they reached the age of ten. Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, strokes, emphysema, and many other fatal and non-fatal diseases. If they chew tobacco, they are at risk for cancer of the lip, tongue and mouth. Children are at particular risk from adults' smoking. Adverse health effects include pneumonia and bronchitis, coughing and wheezing, worsening of asthma, middle ear disease, and possibly neuro-behavioural impairment and cardiovascular disease in adulthood. Many studies show that parental smoking is associated with higher youth smoking in youth (65).

#### Findings

The prevalence of current cigarettes smokers was 11.6% (95% CI: 6.30-20.24) (**Table 10.1.1**). Among those who ever smoked cigarettes, 70.7% (95% CI: 62.93-77.38) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 5.2% (95% CI: 2.52-10.54) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 2.8% (95% CI: 1.54-5.16) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 86.0% (95% CI: 81.42-89.55) had tried to stop smoking (**Table 10.5**). A total of 35.5% (95% CI: 27.30-44.67) reported having been exposed to people who smoked in their presence in the past seven days with significantly higher among males [43.5% (95% CI: 33.62-53.96)] than females [27.5% (95% CI: 22.73-32.76)] (**Table 10.6.1**). About 39.3% (95% CI: 32.05-47.03) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students 86.0% [(95% CI: 77.85-91.51)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [96.7% (95% CI: 92.71-98.58)] than males [75.4% (95% CI: 67.20-82.03)] (**Table 10.8**). Additionally, majority [85.5% (95% CI: 77.92-90.73)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [95.8% (95% CI: 90.65-98.19)] than males [96.0% (95% CI: 69.53-80.00)] (**Table 10.9**). Among the non-smoker, 8.1% (95% CI: 5.69-11.47) were susceptible to smoking and this was significantly higher in males [13.8% (95% CI: 11.43-16.48)] than females [3.7% (95% CI: 1.86-7.20)] (**Table 10.10**).

### 3.11 Violence and Unintentional Injury

#### Introduction

Unintentional injuries is a major cause of death and disability among young children (66). Each year, about 875,000 children under the age of 18 years die from injuries and 10 to 30 million have their lives affected by injury. Injury is highly associated with age, and gender, in which males aged 10-14 years have 60% higher injury death rates than females. Teenagers aged 15-19 years have higher rates than those aged 10-14 years (64 compared to 29 per 100,000). Many unintentional injuries lead to permanent disability and brain damage, depression, substance abuse, suicide attempts, and the adoption of health risk behaviours. Victims of bullying have increased stress and a reduced ability to concentrate. Additionally, they are at increased risk for substance abuse, aggressive behavior and suicide attempts (67).

#### Findings

In the past 12 months, 29.0% (95% CI: 21.59-37.69) of the students had been physically attacked (**Table 11.1.1**). Overall, 26.2% (95% CI: 18.16-36.15) had been involved in a physical fight with significantly more males [35.2% (95% CI: 27.58-43.67)] than females [17.1% (95% CI: 10.44-26.63)] reported this (**Table 11.2.1**). About 32.6% (95% CI: 25.66-40.48) of the students had been seriously injured (**Table 11.3.1**). Among those who had been seriously injured, the three most common injuries were "a broken bone or dislocated joint" [23.3% (95% CI: 18.07-29.47)], "something else happens" [36.3% (95% CI: 28.77-44.66)] and "by cut or stab wound" [23.5% (95% CI: 20.50-26.86)] (**Table 11.4**). The two most common causes of serious injury were fall [38.4% (95% CI: 32.14-45.10)] and motor vehicle accident [20.7% (95% CI: 12.46-32.27)] (**Table 11.5**). In the past 30 days, 18.2% (95% CI: 13.96-23.41) of the students had been bullied with significantly higher in males [23.8% (95% CI: 20.57-27.43)] than females [12.5% (95% CI: 7.79-19.45)] (**Table 11.6.1**). Reportedly, the three most common forms of bullying were "made fun of because of how body or face looks" [24.1% (95% CI: 17.47-32.15)], was bullied in "some other way" [22.2% (95% CI: 13.75-33.75)] and "made fun of with sexual jokes, comments or gestures" [20.2% (95% CI: 13.64-28.86)] (**Table 11.7**). About 10.5% (95% CI: 5.52-19.13) of the students had been abused physically (**Table 11.8.1**). A total of 45.1% (95% CI: 42.56-47.74) of them had been abused verbally at home with significantly higher in females [51.7% (95% CI: 47.32-56.13)] than males [38.5% (95% CI: 33.20-44.05)] (**Table 11.9.1**).

## 4.0 DISCUSSION

The prevalence of current alcohol use in Negeri Sembilan was lower than the national prevalence (4.4% vs 8.9%). As in most states, more than half of the current drinkers in Negeri Sembilan had taken their first drink before the age of 14 years and the prevalence was lower than the national figure (60.0% vs 63.5%). Drunkenness among students was found to be lower than the national prevalence (3.4% vs 6.3%).

Less students were found to be at risk of becoming underweight compared to the national figure (8.1% vs 8.8%). The prevalence for being at risk of overweight and obesity among students were each observed to be slightly higher compared to the national prevalence (24.2% vs 22.8% and 10.0% vs 9.5%, respectively). Consumption of soft drinks and fast food were both found to be lower than the national figures (23.0% vs 29.4% and 5.0% vs 6.0%, respectively). The prevalence of drinking plain water at least five times daily and taking breakfast daily was each higher than the national prevalence (59.4% vs 54.8% and 27.0% vs 19.2%, respectively).

The prevalence of students who reported ever used drug in Negeri Sembilan was higher compared to national prevalence (2.8% vs 1.7%).

In the past 30 days, the prevalence of students who never or rarely wash their hands before eating or after using the toilet were each lower than the national prevalence (3.5% vs 5.0% and 3.8% vs 5.4%, respectively). Additionally, less students never or rarely use soap when washing their hands compared to the national finding (11.3% vs 13.7%). As in other states, majority of students (88.4%) brushed their teeth at least twice daily and the reported use of fluoridated toothpaste was slightly higher than the national prevalence (59.0% vs 57.2%).

A lower prevalence of students could not sleep at night due to worry compared to the national figure (4.9% vs 5.4%). Less students mentioned they did not have a close friend compared to the national prevalence (2.8% vs 3.1%). The prevalence of suicidal ideation, plan and attempt were each lower compared to the national figures (5.6% vs 7.9%, 4.8% vs 7.9% and 5.3% vs 6.4%, respectively).

The prevalence of being physically active was much higher than the national prevalence (29.5% vs 22.7%).

Truancy was found to be lower than the national prevalence (24.7% vs 30.9%). The prevalence of peer support was higher compared to the national finding (52.4% vs 44.3%). Parental or guardian supervision, connectedness and bonding were each higher compared to the national figures (18.2% vs 14.2%, 41.5% vs 31.5 and 46.5% vs 43.1%, respectively).

The prevalence of students who reported ever had sex in Negeri Sembilan was comparable to the national prevalence (8.3% vs 8.3%).

The prevalence of students who currently smoke cigarettes and other tobacco products were each comparable to the national figures (11.6% vs 11.5 and 5.2% vs 5.5%, respectively). Among those who ever smoked, about three quarters of them first tried a cigarette before the age of 14 years. Exposure to secondhand smoke from people who smoke in their presence was lower compared to national figure (35.5% vs 41.6%). Reportedly, the prevalence of parents or guardians who used any form of tobacco was comparable to the national finding (39.3% vs 40.2%). Among students who were non-smokers, the prevalence of susceptibility to smoking was lower than the national figure (8.1% vs 9.6%).

The prevalence of being physically attacked and involvement in physical fights were each comparable to the national findings (29.0% vs 27.8% and 26.2% vs 27.4%, respectively). Less students had sustained serious injury at least once in the past one year compared to the national prevalence (32.6% vs 34.9%). The prevalence of students who reported being bullied at least once in the past 30 days was comparable to the national figure (18.2% vs 17.9%). Physical and verbal abuse at home were each found to be comparable to the national prevalence (10.5% vs 11.1% and 45.1% vs 42.7%, respectively).

## 5.0 CONCLUSION

In Negeri Sembilan, generally most of prevalence for the behaviours studied were lower compared to the national figures. However, the prevalence of ever used drug was noted to be almost double of the national figure.

## 6.0 RECOMMENDATIONS

In cognisance of the findings, the following recommendations are made:

- i. To further strengthen the existing intervention measures on drug abuse in the school such as the 'Five Minutes Talk on Drugs', the *Doktor Muda* Programme and empowerment of the counsellor in detection, counseling and referral to relevant agencies.
- ii. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly contribute to the favourable findings. This will enable other states to adopt the relevant approaches towards more positive behavioural pattern and holistic health outcomes among the students.



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**APPENDIX 1: TABLE OF FINDINGS**

**1.0 Socio-demographic Profile**

**Table 1.1: Students Form 1-5 by age group, Negeri Sembilan, 2012**

Age	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
11 years	4	-	-	-	-	2	-	-	-	-	-	-	-	-	2	-	-	-	-	-
12 years	15	-	-	-	-	7	-	-	-	-	-	-	-	-	8	-	-	-	-	-
13 years	384	18970	20.3	17.82	23.05	177	9406	20.2	17.26	23.58	207	9564	20.4	16.39	25.15	-	-	-	-	-
14 years	337	18567	19.9	15.00	25.87	140	8952	19.3	14.54	25.06	196	9529	20.3	14.21	28.27	-	-	-	-	-
15 years	340	17445	18.7	15.63	22.16	120	8431	18.1	14.73	22.14	220	9014	19.2	14.52	25.07	-	-	-	-	-
16 years	297	19094	20.4	16.17	25.51	128	9570	20.6	15.75	26.45	169	9525	20.3	15.00	26.98	-	-	-	-	-
17 years	265	18042	19.3	16.28	22.76	130	9378	20.2	13.80	28.53	135	8664	18.5	12.69	26.17	-	-	-	-	-
18 years or older	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	-	-	-

**Table 1.2: Students Form 1-5 by sex, Negeri Sembilan, 2012**

Sex	Total					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count
				Lower	Upper	
Male	707	46478	49.8	37.69	61.96	61.96
Female	938	46831	50.2	38.04	62.31	62.31

**Table 1.3: Students Form 1-5 by Form, Negeri Sembilan, 2012**

Form	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Remove class /Form 1	399	19558	21.0	18.54	23.66	181	9532	20.5	17.80	23.58	10026	218	21.5	17.57	25.97	-	-	-	-	-
Form 2	337	18703	20.1	15.80	25.15	144	9246	19.9	16.08	24.42	193	9457	20.3	14.78	27.10	-	-	-	-	-
Form 3	351	18360	19.7	16.15	23.82	129	9306	20.1	13.81	28.19	222	9054	19.4	14.60	25.29	-	-	-	-	-
Form 4	288	18398	19.7	15.65	24.60	125	9265	20.0	15.32	25.59	163	9133	19.6	14.45	25.93	-	-	-	-	-
Form 5	267	18165	19.5	16.64	22.70	127	9058	19.5	13.00	28.24	139	9022	19.3	13.20	27.39	-	-	-	-	-

Note:  
- Fewer than 30 cases

Table 1.4: Students Form 1-5 by ethnicity, Negeri Sembilan, 2012

Ethnicity	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Malay	1314	73702	79.2	55.72	91.98	580	37449	80.9	55.28	93.54	734	36253	77.6	52.04	91.71					
Chinese	111	6643	7.1	2.50	18.74	44	3238	7.0	2.10	20.87	67	3405	7.3	2.08	22.51					
Indian	187	10919	11.7	4.35	27.94	63	4439	9.6	3.13	25.80	123	6394	13.7	5.06	32.05					
Bumiputera Sabah	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-	-	-	-	-	
Bumiputera Sarawak	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-	-	-	-	-	
Others	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-	-	-	-	-	

Table 1.5: Students Form 1-5 by parental marital status, Negeri Sembilan, 2012

Parental Marital Status	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Married and living together	1440	81499	87.5	82.99	90.93	620	40618	87.6	83.69	90.74	820	40881	87.5	81.65	91.68					
Married but living apart	38	2230	2.4	1.83	3.12	16	1148	2.48	1.69	3.62	22	1148	2.48	1.69	3.62					
Divorced	65	3603	3.9	2.23	6.63	32	1965	4.2	2.12	8.31	33	1638	3.5	2.06	5.92					
Widower	68	3831	4.1	2.90	5.80	22	1487	3.2	2.04	5.01	46	2345	5.0	2.71	9.11					
Separated	10	-	-	-	-	5	-	-	-	-	4	-	-	-	-	-	-	-	-	
Don't know	21	-	-	-	-	10	-	-	-	-	11	-	-	-	-	-	-	-	-	

Note:

- Fewer than 30 cases

2.0 Alcohol Consumption

Table 2.1: Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Number of Days	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
0 day	1569	88225	95.6	91.52	97.80	659	42890	94.0	88.12	97.05	909	45250	97.2	93.74	98.81
1 or 2 days	42	2632	2.9	1.56	5.15	23	1641	3.6	2.05	6.24	19	1641	3.6	2.05	6.24
3 to 5 days	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-
6 to 9 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
10 to 19 days	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
All 30 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-

Table 2.1.1: Prevalence of drank at least one drink containing alcohol on one or more days in the past 30 days (current drinkers), students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Yes	61	88140	4.4	2.20	8.50	37	2745	6.0	2.95	11.88	24	1281	2.8	1.19	6.26
No	1569	88225	95.6	91.52	97.80	659	42890	94.0	88.12	97.05	909	45250	97.2	93.74	98.81

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Negeri Sembilan, 2012

Age	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Never had a drink of alcohol	1468	82213	91.3	84.17	95.34	616	39867	89.4	80.11	94.69	852	42346	93.0	83.82	97.17
7 years or younger	20	-	-	-	-	11	-	-	-	-	9	-	-	-	-
8 or 9 years	15	-	-	-	-	7	-	-	-	-	8	-	-	-	-
10 or 11 years	15	-	-	-	-	5	-	-	-	-	10	-	-	-	-
12 or 13 years	31	1757	1.9	0.86	4.35	14	923	2.1	0.95	4.44	17	923	2.1	0.95	4.44
14 or 15 years	34	2322	2.6	1.13	5.76	20	1592	3.6	1.42	8.72	14	1592	3.6	1.42	8.72
16 years or older	12	-	-	-	-	7	-	-	-	-	5	-	-	-	-

Note:

- Fewer than 30 cases



Table 2.2.1: First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	81	3155	60.0	50.32	68.89	37	2576	54.8	40.03	68.69	44	2149	67.7	55.09	78.15			
No	46	4725	40.0	31.11	49.68	27	2129	45.2	31.31	59.97	19	2129	45.2	31.31	59.97			

Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Number of Drinks	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days	1553	87327	94.5	88.95	97.30	653	42523	92.9	85.82	96.57	899	44718	96.0	91.74	98.09			
less than one drink	28	-	-	-	-	14	-	-	-	-	14	-	-	-	-			
1 drink	25	-	-	-	-	14	-	-	-	-	11	-	-	-	-			
2 drinks	14	-	-	-	-	6	-	-	-	-	8	-	-	-	-			
3 drinks	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
4 drinks	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
5 or more drinks	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			

Table 2.3.1: Prevalence of taking at least two drinks on the day that alcohol is consumed in the past 30 days, among current drinkers, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	27	-	-	-	-	17	-	-	-	-	10	-	-	-	-			
No	53	3305	64.5	51.46	75.62	28	1962	60.2	47.99	71.32	25	1962	60.2	47.99	71.32			

Note:

- Fewer than 30 cases

**Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Negeri Sembilan, 2012**

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
0 time	1582	88812	96.6	92.45	98.52	661	43020	94.4	87.49	97.56	921	45792	98.8	96.37	99.64			
1 or 2 times	32	2283	2.5	1.20	5.06	25	1889	4.1	2.03	8.25	7	1889	4.1	2.03	8.25			
3 to 9 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
10 or more times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			

**Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	43	3111	3.4	1.48	7.55	34	2574	5.6	2.44	12.51	9	537	1.2	0.36	3.63			
No	1582	88812	96.6	92.45	98.52	661	43020	94.4	87.49	97.56	921	45792	98.8	96.37	99.64			

**Table 2.5: Number of times "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", in their lifetime, students Form 1-5, Negeri Sembilan, 2012**

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
0 time	1583	89171	97.6	93.94	99.06	666	43554	96.3	91.32	98.47	916	45532	98.9	94.63	99.76			
1 or 2 times	16	-	-	-	-	12	-	-	-	-	4	-	-	-	-			
3 to 9 times	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
10 or more times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			

**Table 2.5.1: Prevalence of ever "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	32	2204	2.4	0.94	6.06	23	1675	3.7	1.53	8.68	9	1675	3.7	1.53	8.68			
No	1583	89171	97.6	93.94	99.06	666	43554	96.3	91.32	98.47	916	45532	98.9	94.63	99.76			

Note:  
- Fewer than 30 cases

Table 2.6: Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Source	Total			Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not drink alcohol in the past 30 days	1545	86831	94.4	88.85	97.28	649	42220	92.5	84.55	96.54	896	44611	96.3	92.15	98.27
Bought in a store,shop or from street vendor	25	-	-	-	-	16	-	-	-	-	9	-	-	-	-
Gave someone else money to buy it	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-
*Friends	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-
Family	22	-	-	-	-	7	-	-	-	-	15	-	-	-	-
Stole or got it without permission	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-
Some other way	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-

Table 2.6.1: Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Negeri Sembilan, 2012

Source	Total			Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Store,shop/street vendor	25	-	-	-	-	16	-	-	-	-	9	-	-	-	-
Gave someone else money to buy it	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-
Friends	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-
Family	22	-	-	-	-	7	-	-	-	-	15	-	-	-	-
Stole/got without permission	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-
Some other way	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-

Note:

- Fewer than 30 cases

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	123	7361	8.1	5.20	12.51	76	4992	11.1	6.70	17.96	47	2370	5.2	3.48	7.67			
No	1472	83141	91.9	87.49	94.80	604	39809	88.9	82.04	93.30	868	43333	94.8	92.33	96.52			

Table 3.2: Prevalence of overweight among students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	388	21930	24.2	21.73	26.92	164	10849	24.2	20.68	28.15	224	11081	24.2	20.99	27.84			
No	1207	68572	75.8	73.08	78.27	516	33951	75.8	71.85	79.32	691	34621	75.8	72.16	79.01			

Table 3.3: Prevalence of obesity among students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	156	9074	10.0	8.82	11.37	80	5317	11.9	9.78	14.34	76	3757	8.2	6.01	11.15			
No	1439	81429	90.0	88.63	91.18	600	39483	88.1	85.66	90.22	839	41946	91.8	88.85	93.99			

**Table 3.4: Prevalence\* of students who had gone hungry because there was not enough food at home in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	612	34317	36.8	33.55	40.14	242	16029	34.5	30.72	38.56	370	18288	39.1	33.56	44.91			
Rarely	499	28706	30.8	26.48	35.42	232	15310	33.0	28.06	38.32	267	13396	28.6	23.52	34.35			
Sometimes	459	25797	27.7	25.71	29.68	194	12495	26.9	23.50	30.63	265	13302	28.4	25.40	31.67			
Most of the time	50	2997	3.2	2.05	4.99	28	1885	4.1	2.47	6.60	22	1112	2.4	1.17	4.77			
Always	24	-	-	-	-	10	-	-	-	-	13	-	-	-	-			
*Most of the time or always	74	4471	4.8	2.80	8.09	38	2581	5.6	3.01	10.06	35	1804	3.9	2.06	7.12			

**Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not eat fruit in the past 30 days	103	6348	6.8	4.51	10.16	58	3949	8.5	6.08	11.86	45	2399	5.1	2.76	9.31			
Less than 1 time per day	329	19125	20.5	16.34	25.44	142	9696	21.0	15.40	27.85	187	9429	20.1	17.20	23.42			
1 time per day	405	22320	23.9	19.19	29.46	143	9356	20.2	17.32	23.46	262	12964	27.7	21.85	34.38			
2 times per day	467	26388	28.3	21.08	36.87	217	13934	30.1	22.04	39.63	250	12453	26.6	19.06	35.79			
3 times per day	197	10890	11.7	10.51	12.97	78	4996	10.8	8.87	13.07	118	5808	12.4	10.07	15.18			
4 times per day	49	2902	3.1	1.99	4.84	24	1627	3.5	1.89	6.43	25	1276	2.7	1.47	5.00			
5 or more times per day	93	5225	5.6	4.40	7.12	42	2723	5.9	3.68	9.27	51	2502	5.3	3.92	7.25			

**Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	806	45404	48.7	41.09	56.40	361	23280	50.3	40.82	59.76	444	22039	47.1	40.43	53.80			
No	837	47794	51.3	43.60	58.91	343	23001	49.7	40.24	59.18	494	24793	52.9	46.20	59.57			

Note:

- Fewer than 30 cases

**Table 3.6: Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not eat vegetables in the past 30 days	115	6679	7.2	5.60	9.09	52	3419	7.4	5.00	10.70	63	3260	7.0	5.07	9.49			
Less than 1 time per day	198	11428	12.2	10.04	14.84	92	6097	13.1	9.35	18.11	106	5331	11.4	10.20	12.69			
1 time per day	336	19332	20.7	18.62	22.95	150	9973	21.5	17.71	25.76	185	9274	19.8	17.24	22.64			
2 times per day	541	30546	32.7	28.11	37.66	208	13670	29.4	25.67	33.46	333	16876	36.0	29.22	43.46			
3 times per day	258	14312	15.3	13.71	17.09	114	7300	15.7	12.69	19.28	144	7012	15.0	12.01	18.51			
4 times per day	74	4048	4.3	3.01	6.21	33	2136	4.6	3.04	6.89	41	1911	4.1	2.10	7.80			
5 or more times per day	124	7048	7.5	5.88	9.64	58	3882	8.4	5.65	12.17	66	3166	6.8	5.50	8.28			

**Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	456	25408	27.2	24.97	29.56	205	13318	28.7	25.13	32.47	251	12090	25.8	22.71	29.19			
No	1190	67987	72.8	70.44	75.03	502	33159	71.3	67.53	74.87	687	34742	74.2	70.81	77.29			

**Table 3.6.2: Prevalence of fruits and vegetable intake of at least five times daily in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	465	26069	28.0	25.44	30.65	214	13953	30.1	26.28	34.32	251	12116	25.9	22.96	29.01			
No	1178	67129	72.0	69.35	74.56	490	32328	69.9	65.68	73.72	687	34715	74.1	70.99	77.04			

**Table 3.7: Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink carbonated soft drink in past 30 days	575	30937	33.1	24.97	42.48	197	12498	26.9	20.00	35.18	378	18439	39.4	29.86	49.77			
Less than 1 time per day	707	40948	43.9	40.52	47.28	330	21826	47.0	41.45	52.66	377	19121	40.8	35.34	46.56			
1 time per day	184	10585	11.3	8.20	15.48	84	5631	12.1	8.35	17.30	100	4954	10.6	7.44	14.82			
2 times per day	98	5903	6.3	3.57	10.97	48	3255	7.0	4.03	11.93	50	2648	5.7	2.81	11.03			
3 times per day	39	2318	2.5	1.36	4.48	19	1295	2.8	1.18	6.47	19	937	2.0	1.10	3.61			
4 times per day	19	-	-	-	-	11	-	-	-	-	8	-	-	-	-			
5 or more times per day	23	-	-	-	-	17	-	-	-	-	6	-	-	-	-			

**Table 3.7.1: Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	363	21451	23.0	15.44	32.78	179	12095	26.1	17.77	36.49	183	9271	19.8	13.09	28.81			
No	1282	71885	77.0	67.22	84.56	527	34324	73.9	63.51	82.23	755	37561	80.2	71.19	86.91			

**Table 3.8: Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	835	48195	51.7	44.10	59.20	390	25853	55.7	47.51	63.59	445	22341	47.8	40.82	54.87			
1 day	591	32725	35.1	29.97	40.60	233	15095	32.5	26.38	39.33	358	17630	37.7	32.63	43.10			
2 days	137	7616	8.2	6.66	9.98	47	3077	6.6	4.92	8.87	90	4539	9.7	8.04	11.68			
3 days	41	2335	2.5	1.70	3.66	14	913	2.0	1.00	3.83	27	1421	3.0	1.72	5.33			
4 days	19	-	-	-	-	10	-	-	-	-	9	-	-	-	-			
5 days	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
6 days	2	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
7 days	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-			

Note:  
- Fewer than 30 cases

**Table 3.8.1: Prevalence of consuming food from a fast food restaurant of at least three days in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	80	4701	5.0	3.57	7.08	36	2391	5.2	2.95	8.83	43	2225	4.8	3.16	7.11			
No	1563	88535	95.0	92.92	96.43	670	44025	94.8	91.17	97.05	893	44510	95.2	92.89	96.84			

**Table 3.9: Daily frequency of plain water intake in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink plain water in past 30 days	19	-	-	-	-	10	-	-	-	-	9	-	-	-	-			
Less than 1 time per day	43	2576	2.8	1.50	5.05	23	1518	3.3	1.74	6.10	19	972	2.1	1.18	3.67			
1 time per day	41	2428	2.6	1.69	4.02	22	1486	3.2	2.12	4.84	19	942	2.0	1.10	3.70			
2 times per day	93	5484	5.9	4.18	8.26	47	3036	6.6	4.29	9.90	46	2448	5.3	2.89	9.38			
3 times per day	207	12077	13.0	11.53	14.60	106	6927	15.0	12.09	18.37	101	5150	11.1	8.33	14.53			
4 times per day	245	13875	14.9	13.09	16.97	106	6854	14.8	13.42	16.30	139	7021	15.1	12.09	18.63			
5 or more times per day	990	55227	59.4	53.74	64.84	390	25681	55.5	49.33	61.46	600	29546	63.4	54.85	71.23			

**Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	296	17110	18.4	13.05	25.19	121	8125	17.5	11.64	25.48	175	8984	19.2	13.37	26.85			
1 day	194	11015	11.8	10.02	13.88	85	5658	12.2	9.92	14.89	109	5358	11.5	9.04	14.43			
2 days	219	12847	13.8	10.17	18.40	95	6455	13.9	9.80	19.36	124	6392	13.7	9.90	18.60			
3 days	163	9694	10.4	7.22	14.75	91	6059	13.1	8.97	18.61	72	3635	7.8	5.37	11.13			
4 days	89	5096	5.5	4.36	6.83	38	2430	5.2	4.00	6.82	50	2580	5.5	3.86	7.84			
5 days	151	7973	8.6	6.24	11.61	51	3178	6.8	4.76	9.75	100	4796	10.3	6.29	16.30			
6 days	80	4308	4.6	2.76	7.64	27	1657	3.6	1.89	6.64	53	2650	5.7	3.61	8.80			
7 days	451	25195	27.0	17.39	39.44	198	12856	27.7	16.23	43.10	253	12339	26.4	18.17	36.70			

Note:  
- Fewer than 30 cases



Table 3.11: Prevalence for perception of being slight or very overweight, students Form 1-5, Negeri Sembilan, 2012

Perception	Total				Male				Female						
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI			
													Lower	Upper	Lower
Very underweight	137	8151	8.8	6.02	12.76	69	4619	10.0	6.44	15.33	68	3532	7.6	4.54	12.49
Slightly underweight	209	12391	13.4	11.51	15.56	114	7542	16.4	14.33	18.69	95	4850	10.5	8.31	13.07
Right weight	692	39167	42.4	39.72	45.10	319	20836	45.3	42.33	48.29	373	18331	39.5	34.46	44.78
Slightly overweight	475	26153	28.3	24.49	32.46	161	10457	22.7	18.93	27.04	314	15696	33.8	28.80	39.25
Very overweight	116	6542	7.1	5.93	8.43	37	2550	5.5	4.29	7.13	79	3992	8.6	6.59	11.16

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total				Male				Female						
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI			
													Lower	Upper	Lower
Yes	591	32694	35.4	31.18	39.82	198	13007	28.3	24.46	32.43	393	19688	42.4	37.45	47.57
No	1038	59709	64.6	60.18	68.82	502	32997	71.7	67.57	75.54	536	26713	57.6	52.43	62.55

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Negeri Sembilan, 2012

Action Taken	Total				Male				Female						
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI			
													Lower	Upper	Lower
Not trying to do anything	346	20172	21.8	18.20	25.95	150	10120	22.1	17.18	27.92	196	10052	21.6	17.61	26.25
Tried to lose weight	667	36565	39.6	34.72	44.64	234	15239	33.3	27.95	39.03	433	21327	45.9	40.83	50.99
Tried to gain weight	209	12343	13.4	10.96	16.18	121	7847	17.1	13.82	21.02	88	4496	9.7	6.56	14.04
Tried to maintain the same weight	407	23324	25.2	22.44	28.26	192	12616	27.5	22.84	32.78	214	10622	22.8	19.55	26.52

**Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total			Male				Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Yes	667	36565	39.6	34.72	44.64	234	15239	33.3	27.95	39.03	433	21327	45.9	40.83	50.99
No	962	55839	60.4	55.36	65.28	463	30583	66.7	60.97	72.05	498	25170	54.1	49.01	59.17

**Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total			Male				Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Yes	1283	72232	78.2	74.05	81.80	547	35702	77.9	72.08	82.82	735	36445	78.4	73.75	82.39
No	346	20172	21.8	18.20	25.95	150	10120	22.1	17.18	27.92	196	10052	21.6	17.61	26.25

## 4.0 Drug use

Table 4.1: Frequency of ever used drug, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
0 time	1609	90758	97.2	90.80	99.17	684	44670	96.1	87.80	98.84	925	46088	98.4	92.83	99.66			
1 or 2 times	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-			
3 to 9 times	14	-	-	-	-	11	-	-	-	-	2	-	-	-	-			
10 to 19 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
20 or more times	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-			

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	37	2637	2.8	0.83	9.20	23	1807	3.9	1.16	12.20	13	1807	3.9	1.16	12.20			
No	1609	90758	97.2	90.80	99.17	684	44670	96.1	87.80	98.84	925	46088	98.4	92.83	99.66			

Table 4.2: Age when first used drug, students Form 1-5, Negeri Sembilan, 2012

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Never used drug	1562	87823	97.4	90.74	99.31	653	42571	96.1	84.67	99.12	909	45252	98.8	94.72	99.74			
7 years or younger	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-			
8 or 9 years	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
10 or 11 years	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			
12 or 13 years	6	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
14 or 15 years	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
16 years or older	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			

Note

- Fewer than 30 cases

**Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	24	-	-	-	-	15	-	-	-	-	-	8	-	-	-	-	-	
No	9	-	-	-	-	8	-	-	-	-	-	1	-	-	-	-	-	

**Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
0 time	1621	91693	98.2	92.88	99.58	692	45382	97.6	90.38	99.45	928	46226	98.8	94.37	99.76	-	-	
1 or 2 times	8	-	-	-	-	4	-	-	-	-	4	-	-	-	-	-	-	
3 to 9 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-	-	-	
10 to 19 times	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-	-	-	
20 or more times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	

**Table 4.3.1: Prevalence of current drug users, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	24	-	-	-	-	15	-	-	-	-	-	9	-	-	-	-	-	
No	1621	91693	98.2	92.88	99.58	692	45382	97.6	90.38	99.45	928	46226	98.8	94.37	99.76	-	-	

Note

- Fewer than 30 cases

Table 4.4: Sources of usually obtaining drug in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Did not use drug in the past 30 days	1608	90675	97.1	88.25	99.36	680	44398	95.6	80.88	99.13	927	46191	98.6	94.03	99.70	-	-	
*Bought from someone	14	-	-	-	-	11	-	-	-	-	3	-	-	-	-	-	-	
Gave someone else money to buy it	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-	-	-	
Stole/got without permission	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	
Friends	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-	-	-	
Family	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	
Some other way	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	14	-	-	-	-	11	-	-	-	-	3	-	-	-	-	-	-	
No	23	-	-	-	-	15	-	-	-	-	8	-	-	-	-	-	-	

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
0 time	1617	91246	98.8	95.19	99.72	685	44824	98.2	91.07	99.68	931	46336	99.4	95.79	99.91	-	-	
1 or 2 times	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-	-	-	
3 to 9 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	
10 to 19 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	
20 or more times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	

Note

- Fewer than 30 cases

**Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	14	-	-	-	-	10	-	-	-	-	4	-	-	-	-	-	-	-	-	
No	1617	91246	98.8	95.19	99.72	685	44824	98.2	91.07	99.68	931	46336	99.4	95.79	99.91	-	-	-	-	

**Table 4.6: Frequency of used marijuana in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1613	90948	98.7	93.59	99.73	683	44642	98.0	87.85	99.69	930	46305	99.5	98.11	99.89	-	-	-	-	
1 or 2 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	-	-	
3 to 9 times	6	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	-	-	
10 to 19 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	
20 or more times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	-	-	

**Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	16	-	-	-	-	12	-	-	-	-	3	-	-	-	-	-	-	-	-	
No	1613	90948	98.7	93.59	99.73	683	44642	98.0	87.85	99.69	930	46305	99.5	98.11	99.89	-	-	-	-	

Note

- Fewer than 30 cases

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1598	90150	98.7	94.63	99.72	676	44193	97.8	89.61	99.55	922	45957	99.7	98.31	99.95	-	-	-	-	
1 or 2 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-	-	-	-	-	
3 to 9 times	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-	-	-	-	-	
10 to 19 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	-	-	

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	15	-	-	-	-	13	-	-	-	-	2	-	-	-	-	-	-	-	-	
No	1598	90150	98.7	94.63	99.72	676	44193	97.8	89.61	99.55	922	45957	99.7	98.31	99.95	-	-	-	-	

Note

- Fewer than 30 cases

5.0 Hygiene (Including Oral Hygiene)

Table 5.1: Daily frequency of tooth brushing in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not brush teeth in past 30 days	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-
Less than 1 time per day	27	-	-	-	-	20	-	-	-	-	7	-	-	-	-
1 time	138	8359	9.0	7.34	10.90	81	5428	11.7	9.47	14.35	57	2931	6.3	3.52	10.90
2 times	761	43360	46.5	40.29	52.77	339	22366	48.2	39.06	57.43	422	20994	44.9	40.82	48.99
3 times	572	31493	33.8	28.18	39.82	209	13367	28.8	22.33	36.26	363	18126	38.7	31.99	45.95
4 or more times	137	7643	8.2	6.51	10.26	50	3302	7.1	4.79	10.45	86	4255	9.1	6.53	12.53

Table 5.1.1: Prevalence\* of brushing teeth at least twice daily in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not brush or brushed less than 1 time	36	2436	2.6	0.98	6.76	27	1956	4.2	1.72	9.94	9	481	1.0	0.28	3.73
1 or more times per day	1608	90855	97.4	93.24	99.02	679	44463	95.8	90.06	98.28	928	46307	99.0	96.27	99.72
* 2 or more times per day	1470	82496	88.4	83.88	91.82	598	39036	84.1	77.95	88.77	871	43375	92.7	88.45	95.48

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Yes	967	54695	59.0	52.95	64.83	419	27123	59.0	52.18	65.48	547	27486	59.0	52.29	65.34
No	187	11336	12.2	7.42	19.52	102	7067	15.4	9.22	24.52	85	4269	9.2	5.63	14.56
Don't know	481	26640	28.8	22.98	35.29	179	11783	25.6	19.60	32.77	302	14856	31.9	25.19	39.39

Note

- Fewer than 30 cases



Table 5.3: Prevalence of having missed class due to toothache in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	96	5658	6.1	3.72	9.94	60	3793	8.3	5.03	13.46	36	1864	4.0	2.49	6.36			
No	1532	86616	93.9	90.06	96.28	634	41812	91.7	86.54	94.97	897	44718	96.0	93.64	97.51			

Table 5.4: Timing of last visit to a dentist or dental nurse, students Form 1-5, Negeri Sembilan, 2012

Timing	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
In the past 12 months	766	42020	45.1	32.08	58.82	268	17257	37.2	23.62	53.11	498	24763	53.0	40.37	65.34			
12-24 months ago	171	9897	10.6	7.79	14.32	95	6247	13.5	9.00	19.65	76	3649	7.8	4.97	12.08			
More than 24 months ago	112	6731	7.2	5.50	9.43	65	4316	9.3	6.89	12.43	46	2329	5.0	3.87	6.42			
Never	227	13794	14.8	8.78	23.89	122	8251	17.8	10.66	28.15	105	5543	11.9	6.37	21.06			
Don't know	366	20744	22.3	17.26	28.21	156	10345	22.3	15.35	31.21	210	10400	22.3	18.00	27.23			

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	231	12875	13.9	11.75	16.37	87	5490	11.9	9.07	15.45	144	7385	15.9	13.10	19.14			
No	1402	79743	86.1	83.63	88.25	615	40655	88.1	84.55	90.93	787	39088	84.1	80.86	86.90			

**Table 5.6: Prevalence\* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	18	-	-	-	-	15	-	-	-	-	3	-	-	-	-			
Rarely	32	2031	2.2	0.93	5.06	19	1346	2.9	1.14	7.24	13	685	1.5	0.54	3.91			
Sometimes	120	7497	8.1	4.61	13.73	70	4928	10.7	5.79	18.80	50	2569	5.5	3.18	9.38			
Most of the time	254	14363	15.5	12.62	18.78	112	7392	16.0	13.15	19.31	142	6971	14.9	10.88	20.17			
Always	1215	67887	73.0	67.63	77.79	487	31548	68.2	60.02	75.47	727	36253	77.7	71.00	83.18			
*Never or rarely	50	3238	3.5	1.72	6.91	34	2360	5.1	2.67	9.53	16	879	1.9	0.72	4.82			

**Table 5.7: Prevalence\* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	19	-	-	-	-	8	-	-	-	-	11	-	-	-	-			
Rarely	40	2403	2.6	1.90	3.49	23	1577	3.4	2.22	5.21	17	826	1.8	1.14	2.73			
Sometimes	116	6861	7.4	5.45	9.89	62	4112	8.9	8.25	9.56	54	2749	5.9	3.38	9.99			
Most of the time	260	14728	15.8	12.56	19.72	118	7644	16.5	13.02	20.72	142	7084	15.1	10.39	21.50			
Always	1207	68009	73.0	68.14	77.42	493	32436	70.1	67.78	72.26	714	35573	76.0	66.75	83.26			
* Never or rarely	59	3524	3.8	2.18	6.49	31	2098	4.5	2.75	7.37	28	1426	3.0	1.54	5.95			

**Table 5.8: Prevalence\* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	32	2040	2.2	1.08	4.40	20	1447	3.1	1.51	6.35	12	592	1.3	0.48	3.30			
Rarely	146	8489	9.1	7.25	11.39	79	5126	11.1	8.42	14.40	67	3363	7.2	5.67	9.06			
Sometimes	525	30559	32.8	28.90	36.95	248	16569	35.7	31.12	40.68	277	13990	29.9	23.80	36.75			
Most of the time	429	23753	25.5	19.59	32.46	162	10573	22.8	16.29	30.99	267	13180	28.1	21.73	35.59			
Always	511	28329	30.4	25.07	36.32	196	12623	27.2	21.74	33.54	315	15706	33.5	27.70	39.92			
* Never or rarely	178	10528	11.3	8.99	14.11	99	6573	14.2	10.95	18.19	79	3955	8.5	6.50	10.91			

Note

- Fewer than 30 cases

## 6.0 Mental Health Problems

Table 6.1: Prevalence of loneliness in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Never	528	30626	33.1	27.87	38.89	262	17368	37.7	30.85	45.04	265	13172	28.5	23.81	33.70			
Rarely	525	29585	32.0	25.78	38.97	235	15357	33.3	25.94	41.62	290	14228	30.8	24.89	37.37			
Sometimes	447	24734	26.8	23.19	30.68	165	10668	23.1	18.51	28.54	282	14067	30.4	25.06	36.39			
Most of the time	94	5316	5.8	3.79	8.63	29	1927	4.2	2.37	7.27	65	3389	7.3	4.93	10.77			
Always	37	2138	2.3	1.35	3.94	11	771	1.7	0.75	3.70	26	1367	3.0	1.63	5.30			
* Most of the time or always	131	7454	8.1	5.69	11.35	40	2699	5.9	3.39	9.93	91	4756	10.3	7.71	13.60			

Table 6.2: Prevalence of inability to sleep due to worry in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Never	656	37508	40.2	35.37	45.25	337	21995	47.4	40.92	53.92	318	15427	33.0	28.13	38.23			
Rarely	569	32253	34.6	28.46	41.25	230	15357	33.1	24.45	43.02	339	16896	36.1	31.93	40.55			
Sometimes	338	18972	20.3	17.68	23.29	108	7061	15.2	11.97	19.14	230	11911	25.5	19.92	31.94			
Most of the time	54	2992	3.2	2.05	4.99	19	1234	2.7	1.71	4.12	35	1758	3.8	2.26	6.19			
Always	27	-	-	-	-	12	-	-	-	-	15	-	-	-	-	-		
* Most of the time or always	81	4545	4.9	3.28	7.19	31	2011	4.3	2.65	7.00	50	2534	5.4	3.72	7.82			

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Yes	88	5134	5.6	3.28	9.27	37	2547	5.5	2.29	12.80	51	2587	5.6	3.36	9.12			
No	1544	87293	94.4	90.73	96.72	663	43413	94.5	87.20	97.71	880	43795	94.4	90.88	96.64			

Note

- Fewer than 30 cases

**Table 6.4: Prevalence\* of suicidal plan in the past 12 months, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	72	4425	4.8	2.39	9.32	30	2199	4.8	1.85	11.74	42	2226	4.8	2.78	8.16			
No	1560	88165	95.2	90.68	97.61	671	43901	95.2	88.26	98.15	888	44179	95.2	91.84	97.22			

**Table 6.5: Prevalence\* of suicidal attempt in the past 12 months, students Form 1-5, Negeri Sembilan, 2012**

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1566	88434	94.7	87.22	97.90	670	43816	94.3	84.10	98.08	895	44533	95.1	87.71	98.13			
1 time	49	2984	3.2	1.43	6.98	22	1565	3.4	1.31	8.36	27	1419	3.0	1.46	6.16			
2 to 3 times	13	-	-	-	-	5	-	-	-	-	8	-	-	-	-			
4 to 5 times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
6 or more times	12	-	-	-	-	7	-	-	-	-	5	-	-	-	-			
* 1 or more times	80	4961	5.3	2.10	12.79	37	2662	5.7	1.92	15.90	43	2299	4.9	1.87	12.29			

**Table 6.6: Prevalence\* of not having any close friend, students Form 1-5, Negeri Sembilan, 2012**

Number of Friends	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
* 0 friend	44	2557	2.8	1.81	4.16	21	1417	3.1	1.72	5.39	23	1140	2.4	1.33	4.47			
1 friend	90	5052	5.4	4.43	6.66	32	2033	4.4	3.16	6.07	58	3020	6.5	4.36	9.51			
2 friends	139	7578	8.2	6.60	10.04	42	2709	5.9	4.41	7.73	97	4869	10.4	8.34	13.00			
3 or more	1367	77792	83.7	81.49	85.64	609	40109	86.7	83.49	89.35	757	37597	80.6	76.83	83.95			

Note

- Fewer than 30 cases

## 7.0 Physical Activity

**Table 7.1: Number of days of being physically active for at least 60 minutes daily in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	241	14108	15.2	10.15	22.08	98	6574	14.2	8.43	22.95	142	7448	16.0	11.16	22.36			
1 day	317	17559	18.9	15.14	23.31	93	6274	13.6	9.55	18.89	224	11285	24.2	20.18	28.76			
2 days	291	15965	17.2	15.22	19.32	95	6342	13.7	9.91	18.66	196	9623	20.6	16.82	25.08			
3 days	217	11881	12.8	10.72	15.16	76	5041	10.9	8.17	14.38	141	6839	14.7	12.07	17.73			
4 days	109	6074	6.5	5.24	8.12	56	3553	7.7	5.55	10.53	53	2521	5.4	4.30	6.79			
5 days	120	7009	7.5	4.90	11.42	65	4148	9.0	5.46	14.38	55	2861	6.1	3.75	9.89			
6 days	60	3463	3.7	2.22	6.18	36	2330	5.0	2.56	9.65	24	1133	2.4	1.53	3.85			
* All 7 days	284	16909	18.2	12.90	25.02	185	12014	26.0	17.60	36.53	99	4895	10.5	7.08	15.30			

**Table 7.1.1: Prevalence of being physically active at least 60 minutes daily for five days or more in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	464	27381	29.5	21.46	38.94	286	18493	40.0	26.48	55.15	178	8889	19.1	15.86	22.76			
No	1175	65586	70.5	61.06	78.54	418	27784	60.0	44.85	73.52	756	37717	80.9	77.24	84.14			

**Table 7.2: Number of days student had walked or rode a bicycle to or from school in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	704	39402	42.2	27.78	58.06	257	17067	36.7	23.29	52.59	447	22335	47.7	27.29	68.89			
1 day	97	5937	6.4	3.89	10.23	47	3379	7.3	5.35	9.81	50	2558	5.5	2.41	11.91			
2 days	74	4247	4.5	3.11	6.61	32	2065	4.4	2.67	7.32	42	2182	4.7	2.30	9.19			
3 days	63	3540	3.8	2.60	5.49	26	1759	3.8	2.17	6.51	37	1781	3.8	2.43	5.92			
4 days	27	-	-	-	-	17	-	-	-	-	9	-	-	-	-			
5 days	115	6268	6.7	5.36	8.37	43	2804	6.0	3.77	9.52	72	3465	7.4	4.49	11.95			
6 days	29	-	-	-	-	10	-	-	-	-	19	-	-	-	-			
All 7 days	537	30840	33.0	20.10	49.14	275	17644	38.0	22.22	56.72	262	13197	28.2	16.06	44.59			

Note

- Fewer than 30 cases

**Table 7.3: Duration of time spent on sedentary activities in a typical or usual day, students Form 1-5, Negeri Sembilan, 2012**

Duration	Total														
	Male					Female									
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper					
Less than 1 hour	326	18555	19.9	15.72	24.83	139	9158	19.7	14.85	25.67	186	9311	19.9	14.74	26.34
1 to 2 hours	568	31689	34.0	31.27	36.76	237	15219	32.7	29.47	36.20	331	16470	35.2	29.54	41.37
3 to 4 hours	420	24082	25.8	22.64	29.26	192	12755	27.4	22.56	32.94	228	11327	24.2	20.70	28.14
5 to 6 hours	160	9259	9.9	7.98	12.28	68	4574	9.8	8.22	11.74	92	4686	10.0	7.00	14.15
7 to 8 hours	63	3583	3.8	3.00	4.90	25	1720	3.7	2.47	5.51	38	1863	4.0	2.59	6.08
More than 8 hours	107	6143	6.6	5.06	8.52	46	3051	6.6	4.92	8.71	61	3092	6.6	5.05	8.62

**Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total														
	Male					Female									
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper					
Yes	750	43068	46.2	40.78	51.62	331	22100	47.5	41.97	53.19	419	20967	44.9	37.85	52.06
No	894	50244	53.8	48.38	59.22	376	24378	52.5	46.81	58.03	517	25781	55.1	47.94	62.15

## 8.0 Protective Factors

Table 8.1: Prevalence\* of truancy in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1271	70271	75.3	63.05	84.54	517	33321	71.9	59.46	81.67	753	36865	78.7	66.45	87.35			
1 to 2 days	270	16089	17.3	11.66	24.77	127	8600	18.6	12.32	26.98	143	7488	16.0	10.60	23.40			
3 to 5 days	67	4470	4.8	2.19	10.16	39	2840	6.1	2.59	13.83	28	1630	3.5	1.55	7.62			
6 to 9 days	25	-	-	-	-	15	-	-	-	-	10	-	-	-	-			
10 or more days	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			
* 1 or more days	373	23000	24.7	15.46	36.95	188	13033	28.1	18.33	40.54	185	9967	21.3	12.65	33.55			

Table 8.2: Prevalence\* of peer support in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	70	4479	4.8	2.11	10.61	47	3273	7.1	3.06	15.46	23	1206	2.58	1.04	6.27			
Rarely	211	12627	13.6	10.32	17.61	121	8073	17.4	14.06	21.39	90	4554	9.8	6.71	13.94			
Sometimes	463	27213	29.2	24.85	34.00	254	16609	35.8	31.10	40.88	208	10519	22.5	18.30	27.37			
Most of the time	439	24579	26.4	21.39	32.08	174	11252	24.3	19.07	30.38	265	13326	28.5	22.48	35.44			
Always	459	24248	26.0	21.01	31.77	109	7132	15.4	11.72	19.95	350	17116	36.6	32.68	40.78			
* Most of the times or always	898	48827	52.4	42.75	61.91	283	18385	39.7	32.91	46.86	615	30442	65.2	56.03	73.29			

Table 8.3: Prevalence\* of parental or guardian supervision in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	553	32290	34.7	30.84	38.70	251	16920	36.4	30.85	42.34	302	15370	32.9	27.87	38.42			
Rarely	385	21605	23.2	20.54	26.08	155	10012	21.5	18.20	25.31	230	11593	24.8	21.45	28.57			
Sometimes	399	22298	23.9	22.63	25.29	163	10646	22.9	20.58	25.41	236	11652	25.0	22.47	27.64			
Most of the time	158	8783	9.4	7.51	11.77	66	4230	9.1	6.93	11.87	92	4553	9.8	7.97	11.89			
Always	147	8175	8.8	7.28	10.54	72	4670	10.1	7.58	13.20	75	3505	7.5	4.95	11.23			
* Most of the times or always	305	16957	18.2	16.54	19.99	138	8900	19.2	15.73	23.10	167	8058	17.3	14.73	20.13			

Note

- Fewer than 30 cases

**Table 8.4: Prevalence\* of parental or guardian connectedness in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	283	16810	18.0	11.93	26.34	134	9142	19.7	12.00	30.69	149	7668	16.4	11.39	23.05			
Rarely	286	16522	17.7	15.93	19.69	123	8217	17.7	14.22	21.89	162	8220	17.6	14.72	20.87			
Sometimes	371	21231	22.8	20.25	25.53	158	10495	22.6	18.17	27.84	213	10737	23.0	21.80	24.17			
Most of the time	303	16836	18.1	13.65	23.52	132	8466	18.3	12.90	25.21	171	8371	17.9	13.86	22.82			
Always	399	21789	23.4	18.61	28.94	158	10033	21.6	15.66	29.13	241	11756	25.2	21.34	29.37			
* Most of the times or always	702	38625	41.5	32.29	51.24	290	18498	39.9	29.39	51.45	412	20127	43.1	34.95	51.54			

**Table 8.5: Prevalence\* of parental or guardian bonding in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	148	9166	9.9	5.04	18.41	77	5364	11.6	5.96	21.39	70	3716	8.0	3.81	15.94			
Rarely	290	16930	18.2	14.84	22.17	135	8935	19.3	16.26	22.82	155	7994	17.2	13.07	22.18			
Sometimes	409	23613	25.4	23.72	27.18	189	12480	27.0	23.37	30.96	220	11133	23.9	22.22	25.63			
Most of the time	363	20147	21.7	17.92	25.98	150	9721	21.0	16.93	25.81	213	10425	22.4	18.66	26.57			
Always	427	23070	24.8	21.49	28.49	152	9725	21.0	17.20	25.47	275	13345	28.6	23.59	34.26			
* Most of the times or always	790	43216	46.5	39.41	53.75	302	19446	42.1	35.26	49.20	488	13744	51.0	42.71	59.23			

**Table 8.6: Prevalence\* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	841	47887	51.5	47.61	55.43	347	22868	49.5	44.70	54.37	493	24933	53.4	48.44	58.34			
Rarely	350	19341	20.8	18.87	22.90	132	8645	18.7	15.88	21.95	218	10695	22.9	19.88	26.27			
Sometimes	291	16843	18.1	15.43	21.17	145	9637	20.9	18.43	23.55	146	7206	15.4	12.68	18.68			
Most of the time	73	4183	4.5	3.68	5.49	33	2178	4.7	3.41	6.49	40	2005	4.3	3.48	5.29			
Always	82	4673	5.0	3.70	6.80	45	2844	6.2	4.27	8.81	37	1829	3.9	2.54	5.99			
* Never or rarely	1191	67228	72.4	69.31	75.19	479	31514	68.3	64.97	71.36	711	35628	76.3	73.23	79.20			



### 9.0 Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy

**Table 9.1: Prevalence of ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	117	7167	8.3	4.85	13.80	70	4733	11.4	7.35	17.11	47	2434	5.4	2.89	9.96			
No	1424	79370	91.7	86.20	95.15	570	36975	88.7	82.89	92.65	854	42395	94.6	90.04	97.11			

**Table 9.2: Age when had first sex, students Form 1-5, Negeri Sembilan, 2012**

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1573	88462	96.3	90.61	98.61	659	43021	94.5	89.07	97.34	913	45355	98.1	92.51	99.53			
11 years or younger	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
12 years	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-			
13 years	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
14 years	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
15 years	10	-	-	-	-	6	-	-	-	-	4	-	-	-	-			
16 years or older	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-			

**Table 9.2.1: Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	21	-	-	-	-	16	-	-	-	-	5	-	-	-	-			
No	28	-	-	-	-	18	-	-	-	-	10	-	-	-	-			

Note

- Fewer than 30 cases

**Table 9.3: Number of sexual partners among those who ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Number of Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1575	88577	96.6	90.38	98.83	662	43177	95.1	88.03	98.06	913	45400	98.1	92.34	99.53			
1 Partner	20	-	-	-	-	8	-	-	-	-	12	-	-	-	-			
2 Partners	10	-	-	-	-	9	-	-	-	-	1	-	-	-	-			
3 Partners	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
4 Partners	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
5 Partners	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
6 or more partners	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

**Table 9.3.1: Prevalence of having at least 2 sexual partners among those who ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	25	-	-	-	-	22	-	-	-	-	3	-	-	-	-			
No	1595	89970	98.1	94.88	99.31	670	43850	96.5	92.21	98.50	925	46120	99.6	98.17	99.92			

**Table 9.4: Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	13	-	-	-	-	9	-	-	-	-	4	-	-	-	-			
No	28	-	-	-	-	18	-	-	-	-	10	-	-	-	-			

**Table 9.5: Prevalence of use of “other birth control methods” during the last sexual intercourse among those who ever had sex, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	21	-	-	-	-	15	-	-	-	-	6	-	-	-	-			
No	28	-	-	-	-	19	-	-	-	-	9	-	-	-	-			

Note  
- Fewer than 30 cases

## 10.0 Tobacco use

Table 10.1: Number of days students had smoked cigarettes in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1489	82115	88.4	79.76	93.70	565	36180	78.3	69.98	84.83	924	45936	98.7	95.31	99.63			
1 or 2 days	40	2769	3.0	1.48	5.91	36	2537	5.5	2.83	10.39	4	232	0.5	0.12	2.01			
3 to 5 days	24	-	-	-	-	21	-	-	-	-	3	-	-	-	-			
6 to 9 days	16	-	-	-	-	16	-	-	-	-	0	-	-	-	-			
10 to 19 days	16	-	-	-	-	16	-	-	-	-	0	-	-	-	-			
20 to 29 days	9	-	-	-	-	9	-	-	-	-	0	-	-	-	-			
All 30 days	44	3230	3.5	1.30	8.97	40	2951	6.4	2.80	13.91	3	193	0.4	0.10	1.78			

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	149	10728	11.6	6.30	20.24	138	10020	21.7	15.17	30.02	10	622	1.3	0.37	4.69			
No	1489	82115	88.4	79.76	93.70	565	36180	78.3	69.98	84.83	924	45936	98.7	95.31	99.63			

Table 10.2: Age when first tried a cigarette, students Form 1-5, Negeri Sembilan, 2012

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never smoke	1328	71991	79.3	68.53	87.09	445	28314	62.7	53.20	71.32	883	43677	95.9	90.06	98.39			
7 years or younger	25	-	-	-	-	18	-	-	-	-	7	-	-	-	-			
8 to 9 years	29	-	-	-	-	25	-	-	-	-	4	-	-	-	-			
10 or 11 years	51	3344	3.7	2.19	6.12	47	3090	6.8	4.11	11.18	3	169	0.4	0.10	1.37			
12 or 13 years	92	6459	7.1	4.93	10.17	89	6272	13.9	10.87	17.58	3	187	0.4	0.14	1.17			
14 or 15 years	61	4303	4.7	2.42	9.08	49	3569	7.9	4.74	12.89	12	734	1.6	0.57	4.44			
16 years or older	17	-	-	-	-	14	-	-	-	-	3	-	-	-	-			

Note

- Fewer than 30 cases

**Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	197	13275	70.7	62.93	179	12284	72.9	64.75	79.82	17	906	48.8	37.06	60.61					
No	78	5509	29.3	22.62	63	4558	27.1	20.18	35.25	15	952	51.2	39.39	62.94					

**Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 day	1578	88513	94.8	89.46	650	42305	91.0	84.70	94.89	927	46123	98.5	93.40	99.67					
1 or 2 days	35	2470	2.6	1.50	30	2147	4.6	3.01	7.03	5	322	0.7	0.17	2.79					
3 to 5 days	16	-	-	-	12	-	-	-	-	4	-	-	-	-					
6 to 9 days	5	-	-	-	5	-	-	-	-	0	-	-	-	-					
10 to 19 days	4	-	-	-	3	-	-	-	-	1	-	-	-	-					
20 to 29 days	1	-	-	-	1	-	-	-	-	0	-	-	-	-					
All 30 days	7	-	-	-	6	-	-	-	-	1	-	-	-	-					

**Table 10.3.1: Prevalence of current smoker of other tobacco products, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	68	4881	5.2	2.52	57	4172	9.0	5.11	15.30	11	709	1.5	0.33	6.60					
No	1578	88513	94.8	89.46	650	42305	91.0	84.70	94.89	927	46123	98.5	93.40	99.67					

Note:  
- Fewer than 30 cases

**Table 10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Tobacco Product	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Didn't smoke	1543	86220	92.8	86.44	96.34	624	40484	87.6	81.39	91.89	919	45736	98.2	93.44	99.54			
Shisha/hookah	37	2628	2.8	1.54	5.16	29	2126	4.6	3.02	6.94	8	502	1.1	0.32	3.53			
Electronic cigarettes	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			
Snuff or chewing tobacco	15	-	-	-	-	13	-	-	-	-	2	-	-	-	-			
Pipes	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
Curut, cigar or cigarillos	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Bidis	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
Others	19	-	-	-	-	16	-	-	-	-	2	-	-	-	-			

**Table 10.5: Prevalence of quit smokings attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	141	9930	86.0	81.42	89.55	128	9113	85.3	80.73	88.92	12	731	93.8	54.08	99.48			
No	23	-	-	-	-	22	-	-	-	-	1	-	-	-	-			

**Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1099	60178	64.5	55.33	72.70	410	26207	56.5	46.04	66.38	689	33971	72.5	67.24	77.27			
1 or 2 days	261	15156	16.2	13.66	19.20	121	8081	17.4	13.27	22.52	140	7075	15.1	12.41	18.27			
3 or 4 days	69	4323	4.6	2.85	7.43	44	2967	6.4	5.19	7.86	25	1356	2.9	1.04	7.77			
5 or 6 days	38	2428	2.6	1.65	4.09	26	1818	3.9	2.77	5.53	12	610	1.3	0.56	3.01			
All 7 days	178	11230	12.0	7.99	17.73	105	7325	15.8	10.11	23.81	72	3820	8.2	6.25	10.58			

Note:

- Fewer than 30 cases

**Table 10.6.1: Prevalence of having been exposed to people smoking in their presence for at least one day in the past seven days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	546	33138	35.5	27.30	44.67	296	20192	43.5	33.62	53.96	249	12861	27.5	22.73	32.76			
No	1099	60178	64.5	55.33	72.70	410	26207	56.5	46.04	66.38	689	33971	72.5	67.24	77.27			

**Table 10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	638	36570	39.3	32.05	47.03	293	19225	41.6	34.20	49.34	344	17260	36.9	29.41	45.12			
No	1003	56511	60.7	52.97	67.95	411	27022	58.4	50.66	65.80	592	29489	63.1	54.88	70.59			

**Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Negeri Sembilan, 2012**

Response	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Definitely not	1455	80290	86.0	77.85	91.51	543	34982	75.4	67.20	82.03	912	45308	96.7	92.71	98.58			
Probably not	85	5533	5.9	3.97	8.76	65	4329	9.3	6.41	13.39	20	1203	2.6	1.28	5.08			
Maybe yes	82	5842	6.3	3.44	11.13	77	5536	11.9	8.35	16.76	4	221	0.5	0.06	3.50			
Definitely yes	23	-	-	-	-	21	-	-	-	-	2	-	-	-	-			

Note:  
- Fewer than 30 cases

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Negeri Sembilan, 2012

Response	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Definitely not	1443	79513	85.5	77.92	90.73	540	34722	75.1	69.53	80.00	903	44792	95.8	90.65	98.19			
Probably not	77	4862	5.2	3.94	6.91	58	3859	8.3	6.67	10.41	19	1004	2.1	0.92	4.91			
Maybe yes	83	5895	6.3	3.64	10.82	71	5138	11.1	8.23	14.85	11	672	1.4	0.41	4.88			
Definitely yes	38	2774	3.0	1.52	5.78	34	2495	5.4	3.17	9.05	4	279	0.6	0.17	2.08			

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	107	6665	8.1	5.69	11.47	76	4970	13.8	11.43	16.48	31	1695	3.7	1.86	7.20			
No	1381	75391	91.9	88.53	94.31	488	31151	86.2	83.52	88.57	893	44240	96.3	92.80	98.14			

Note:

- Fewer than 30 cases

**11.0 Violence and Unintentional Injury**

**Table 11.1: Number of times students were physically attacked in the past 12 months, students Form 1-5, Negeri Sembilan, 2012**

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1185	66014	71.0	62.31	78.41	455	30001	64.9	57.25	71.92	730	36013	77.2	67.03	84.89			
1 time	159	9439	10.2	8.26	12.42	86	5589	12.1	9.42	15.41	73	3850	8.3	5.18	12.89			
2 to 3 times	177	10351	11.1	8.28	14.81	82	5458	11.8	8.92	15.48	95	4893	10.5	7.01	15.40			
4 to 5 times	60	3573	3.8	2.42	6.05	40	2544	5.5	3.48	8.60	19	944	2.0	1.09	3.71			
6 to 7 times	21	-	-	-	-	17	-	-	-	-	4	-	-	-	-			
8 to 9 times	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
10 to 11 times	6	-	-	-	-	2	-	-	-	-	4	-	-	-	-			
12 or more times	21	-	-	-	-	13	-	-	-	-	8	-	-	-	-			

**Table 11.1.1: Prevalence of having had a physical attack in on at least once the past 12 months, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	453	26938	29.0	21.59	37.69	247	16199	35.1	28.08	42.75	205	10654	22.8	15.11	32.97			
No	1185	66014	71.0	62.31	78.41	455	30001	64.9	57.25	71.92	730	36013	77.2	67.03	84.89			

Note:  
- Fewer than 30 cases



Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1242	68847	73.8	63.85	81.84	456	30074	64.8	56.33	72.42	786	38773	82.9	73.37	89.56			
1 time	162	9757	10.5	7.23	14.92	102	6567	14.1	10.86	18.22	60	3189	6.8	3.74	12.13			
2 to 3 times	145	8815	9.5	6.44	13.68	91	5973	12.9	9.18	17.74	54	2842	6.1	3.89	9.38			
4 to 5 times	41	2493	2.7	1.71	4.15	28	1846	4.0	2.49	6.28	13	647	1.4	0.77	2.49			
6 to 7 times	20	-	-	-	-	12	-	-	-	-	7	-	-	-	-			
8 to 9 times	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-			
10 to 11 times	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
12 or more times	21	-	-	-	-	10	-	-	-	-	11	-	-	-	-			

Table 11.2.1: Prevalence of involvement in a physical fight on at least once in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	401	24404	26.2	18.16	36.15	250	16342	35.2	27.58	43.67	150	7976	17.1	10.44	26.63			
No	1242	68847	73.8	63.85	81.84	456	30074	64.8	56.33	72.42	786	38773	82.9	73.37	89.56			

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Negeri Sembilan, 2012

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	964	53274	67.4	59.52	74.34	355	23133	60.0	54.63	65.09	609	30141	74.6	65.02	82.21			
1 time	225	13133	16.6	13.23	20.64	120	7770	20.1	17.85	22.66	105	5363	13.3	9.06	19.01			
2 to 3 times	152	8953	11.3	8.69	14.63	83	5410	14.0	11.43	17.10	68	3458	8.6	6.30	11.51			
4 to 5 times	35	2265	2.9	1.33	6.04	20	1439	3.7	1.38	9.71	15	826	2.0	0.87	4.74			
6 to 7 times	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-			
8 to 9 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
10 to 11 times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
12 or more times	10	-	-	-	-	3	-	-	-	-	7	-	-	-	-			

Note:

- Fewer than 30 cases

**Table 11.3.1: Prevalence of having had a serious injury on at least once in the past 12 months, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	438	25808	32.6	25.66	40.48	235	15439	40.0	34.91	45.37	202	10284	25.4	17.79	34.98				
No	964	53274	67.4	59.52	74.34	355	23133	60.0	54.63	65.09	609	30141	74.6	65.02	82.21				

**Table 11.4: Type of most serious injury sustained in the past 12 months among those who ever had an injury, students Form 1-5, Negeri Sembilan, 2012**

Type of Injury	Total						Male						Female						
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Broken bone/dislocated joint	76	4559	23.3	18.07	29.47	47	3144	26.0	17.50	36.71	29	1415	18.9	14.15	24.90				
A cut or stab wound	77	4607	23.5	20.50	26.86	48	3126	25.8	19.91	32.76	29	1481	19.8	15.34	25.24				
Concussion/head or neck injury, knocked out or could not breathe	34	2013	10.3	7.83	13.39	15	979	8.1	4.64	13.70	19	1034	13.8	7.36	24.54				
Gunshot wound	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-				
Bad burn	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-				
Poisoned	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-				
Something else happened to me	124	7115	36.3	28.77	44.66	59	3886	32.1	21.66	44.69	65	3228	43.2	35.27	51.54				

**Table 11.5: Major cause of the most serious injury sustained in the past 12 months among those who had injury, students Form 1-5, Negeri Sembilan, 2012**

Cause	Total						Male						Female						
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	67	4351	20.7	12.46	32.27	46	3212	24.9	14.10	40.11	21	1139	14.0	8.11	22.96				
Fall	142	8089	38.4	32.14	45.10	77	4886	37.9	33.99	41.92	65	3203	39.3	27.70	52.17				
Something fell on me or hit me	30	1681	8.0	6.22	10.18	14	881	6.8	3.95	11.57	16	799	9.8	6.20	15.15				
Was attacked or abused or was fighting with someone	18	-	-	-	-	14	-	-	-	-	4	-	-	-	-				
Was in a fire or too near a flame or something hot	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-				
Inhaled or swallowed something bad	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-				
Something else caused the injury	92	5186	24.6	16.48	35.12	41	2613	20.3	11.63	32.90	51	2573	31.5	20.60	44.99				

Note:  
- Fewer than 30 cases

**Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Number of Days	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 day	1305	72978	81.8	76.59	86.04	514	33782	76.2	72.57	79.43	791	39196	87.5	80.55	92.21					
1 to 2 days	159	9504	10.7	8.74	12.93	96	6301	14.2	12.22	16.46	63	3203	7.2	5.87	8.68					
3 to 5 days	53	3326	3.7	2.32	5.94	29	1973	4.4	3.23	6.10	24	1354	3.0	1.09	8.08					
6 to 9 days	21	-	-	-	-	13	-	-	-	-	8	-	-	-	-					
10 to 19 days	16	-	-	-	-	11	-	-	-	-	4	-	-	-	-					
20 to 29 days	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-					
all 30 days	10	-	-	-	-	4	-	-	-	-	6	-	-	-	-					

**Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	268	16252	18.2	13.96	23.41	160	10569	23.8	20.57	27.43	107	5597	12.5	7.79	19.45					
No	1305	72978	81.8	76.59	86.04	514	33782	76.2	72.57	79.43	791	39196	87.5	80.55	92.21					

**Table 11.7: Most common ways of being bullied in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Ways of Being Bullied	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Hit, kicked, pushed, shoved around or locked indoor	29	-	-	-	-	23	-	-	-	-	6	-	-	-	-	-	-	-	-	-
Made fun of because of race, nationality or color	27	-	-	-	-	10	-	-	-	-	16	-	-	-	-	-	-	-	-	-
Made fun of because of religion	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-	-	-	-	-	-
Made fun of with sexual jokes, comments, or gestures	48	2939	20.2	13.64	28.86	32	2132	22.7	14.30	34.18	16	807	15.8	10.09	24.01					
Left out of activities on purpose or completely ignored	13	-	-	-	-	6	-	-	-	-	7	-	-	-	-	-	-	-	-	-
Made fun of because of how body or face looks	59	3500	24.1	17.47	32.15	33	2195	23.4	15.85	33.17	26	1305	25.6	17.66	35.67					
Bullied in some other way	56	3227	22.2	13.75	33.75	33	2005	21.4	10.88	37.75	23	1222	24.0	17.12	32.57					

Note:

- Fewer than 30 cases

**Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1481	83528	89.5	80.87	94.48	629	41147	88.5	78.07	94.36	851	42295	90.4	81.99	95.13			
1 time	86	5011	5.4	2.72	10.31	36	2495	5.4	2.57	10.87	50	2516	5.4	2.48	11.29			
2 to 3 times	49	3014	3.2	1.76	5.85	25	1709	3.7	1.96	6.79	24	1304	2.8	1.48	5.18			
4 to 5 times	14	-	-	-	-	6	-	-	-	-	8	-	-	-	-			
6 to 7 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
8 to 9 times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
12 or more times	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			

**Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Negeri Sembilan, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	164	9818	10.5	5.52	19.13	78	5330	11.5	5.64	21.93	86	4487	9.6	4.87	18.01			
No	1481	83528	89.5	80.87	94.48	629	41147	88.5	78.07	94.36	851	42295	90.4	81.99	95.13			

Note:  
 - Fewer than 30 cases

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	897	51280	54.9	52.36	57.43	437	28592	61.5	55.95	66.80	459	22602	48.3	43.87	52.68			
1 time	250	14087	15.1	13.66	16.62	98	6594	14.2	11.05	18.04	152	7493	16.0	12.43	20.35			
2 to 3 times	314	17505	18.7	17.35	20.22	100	6631	14.3	11.64	17.37	214	10875	23.2	21.18	25.40			
4 to 5 times	79	4235	4.5	3.49	5.88	27	1726	3.7	2.40	5.71	52	2509	5.4	3.91	7.30			
6 to 7 times	30	1791	1.9	1.36	2.70	12	778	1.7	0.95	2.93	18	1013	2.2	1.52	3.07			
8 to 9 times	12	-	-	-	-	4	-	-	-	-	8	-	-	-	-			
10 to 11 times	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			
12 or more times	60	3554	3.8	2.68	5.38	27	1822	3.9	2.45	6.22	33	1732	3.7	1.93	6.96			

Table 11.9.1: Prevalence of verbal abuse on at least once at home in the past 30 days, students Form 1-5, Negeri Sembilan, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	749	42115	45.1	42.56	47.74	270	17885	38.5	33.20	44.05	479	24230	51.7	47.32	56.13			
No	897	51280	54.9	52.36	57.43	437	28592	61.5	55.95	66.80	459	22602	48.3	43.87	52.68			

Note:

- Fewer than 30 cases

## **APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014**

1. Director General of Health
2. Deputy Director General of Health (Public Health)
3. Deputy Director General of Health (Medical)
4. Deputy Director General of Health (Research & Technical Support)
5. Senior Director Pharmacy
6. Principal Director, Oral Health
7. Director, Planning & Development Division
8. Director, Disease Control Division
9. Director, Medical Development Division
10. Director, Health Education Division
11. State Health Department; YB. Dato' Dr Hajah Nordiyannah Haji Hassan
12. Director, Institute for Public Health
13. Dean of Medical Faculty, University of Malaya
14. Dean of Medical Faculty, National University of Malaysia
15. Principle Investigator, NHMS

### **APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE**

1. To approve the objectives and scopes of NHMS 2011-2014.
2. To facilitate inter and intra sectoral collaboration.
3. To monitor the implementation of the NHMS 2011-2014.
4. To review recommendations of the Advisory Committee.
5. To facilitate the utilisation of the NHMS 2011-2014 findings.

## APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

1. Dr Zainal Ariffin Omar  
Deputy Director  
Disease Control Division
2. Puan Rokiah Don  
Director  
Food Division
3. Dr Yaw Siew Lian  
Deputy Director  
Oral Health Division
4. Dr Nordin Salleh  
Deputy Director  
Health Policy and Planning Unit
5. Dr Kamaliah Mohd Noh  
Deputy Director (Primer)  
Family Health Development Division
6. Dr Anita Sulaiman  
Senior Principal Assistant Director  
Disease Control Division
7. Dr Rosnah Ramly  
Senior Principal Assistant Director  
Violence & Injury Prevention Unit  
Disease Control Division
8. Dr Sheila Marimuthu  
Paediatrician  
Hospital Kuala Lumpur
9. Dr Parameswaran Ramasamy  
Psychology & Addiction Specialist  
Hospital Tuanku Ja'afar
10. Datin Dr Hajah Fauzi Ismail  
Child and Adolescent Psychiatrist  
Hospital Kuala Lumpur
11. Associate Professor Mohamad Haniki Nik Mohamed  
Head of Department  
Pharmaceutical Practice  
International Islamic University of Malaysia
12. Associate Professor Khor Geok Lin  
Lecturer  
Faculty of Medicine and Health  
International Medical University



## **APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE**

The Advisory Committee will advise in:

1. Identification of the scope of National Health and Morbidity Survey (NHMS 2012).
2. Determination of approach/methodologies for obtaining information.
3. The recommendations of the NHMS 2012 findings made by the research groups.
4. Suggesting the mechanism to facilitate monitoring and documentation (including publications) of the findings and utilization of NHMS 2012 findings.

## **APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE**

1. Dr Hj Tahir Aris, Director of Institute for Public Health
2. Dr Jasvinder Kaur Pritam Singh, Deputy Director (Research and Technical)
3. Dr Noor Ani Ahmad, NHMS Coordinator cum Central Supervisor for W.P. Kuala Lumpur/  
W.P. Putrajaya/ Selangor
4. Dr Hj Mohd Azahadi Omar, Head of Data Processing Section
5. Dr Muhammad Fadhli Mohd Yusoff, Head of Data Management Section
6. Dr Nalachakravathy Odhaya Kumar, Central Supervisor for Southern Region
7. Mr Mohammad Zabri Johari, Principal Investigator
8. Mr Ridhuan Mhd Dan, Central Supervisor for Northern Region
9. Mr Abdul Aziz Che Man
10. Mr Hj Rosnani Abd Hamid, Central Supervisor for East Coast Region
11. Ms Suhaila Abd Ghaffar
12. Ms Norazlina Muhamad
13. Mr Muhamad Firdaus Ali @ Ghazali
14. Mr Haszreen Shariff
15. Mr Bahtiar Effendy Khasdir

## **APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012**

### **Dietary Behaviours**

1. Mr Ahmad Ali Zainuddin
2. Ms Rashidah Ambak
3. Mr Azli Baharudin @ Shahrudin
4. Ms Syafnaz Mohd Sallehuddin
5. Ms Suhaila Abd Ghaffar
6. Mr Muhamad Firdaus Ali @ Ghazali

### **Hygiene (Including Oral Hygiene)**

1. Dr Yaw Siew Lian
2. Dr Nurrul Ashikin Abdullah
3. Dr Khairiyah Abd Muttalib
4. Ms Riyanti Saari
5. Ms Balkish Mahadir Naidu
6. Ms Yeo Pei Sien

### **Physical Activity**

1. Mr Lim Kuang Kuay
2. Dr Hj Mohd Azahadi Omar
3. Ms Teh Chien Huey
4. Dr Nalachakravathy Odhaya Kumar
5. Dr Ong Shiau Ying
6. Mr Abu Bakar Rahman
7. Mr Hasnol Hadi Asim
8. Mr Haszreen Shariff

### **Protective Factors**

1. Ms Norzawati Yoep
2. Dr Nik Rubiah Nik Abd Rashid
3. Ms Nor Safiza Mohamad Nor
4. Ms Faizah Paiwai
5. Ms Leni Tupang
6. Mr Afiq Awang

### **Tobacco Use**

1. Ms Helen Tee Guat Hiong
2. Dr Ahmad Shahrul Nizam Isha
3. Dr Gurpreet Kaur
4. Dr Zariah Md Zain
5. Mr Lim Kuang Hock
6. Ms Chan Ying Ying
7. Mr Mohd Amirudin Razali

**Mental Health Problems**

1. Dr Noor Ani Ahmad
2. Dr Azriman Rosman
3. Dr Lai Wai Yee
4. Ms Cheong Siew Man
5. Dr Nurashikin Ibrahim
6. Datin Dr Fauziah Mohamed
7. Dr Jasvindar Kaur Pritam Singh
8. Dr Siti Zuraidah Mahmud

**Drug Use**

1. Dr Muhammad Fadhli Mohd Yusof
2. Ms Norhafizah Sahril
3. Mr Mohamad Naim Mohd Rasidi
4. Dr Rozanim Kamarudin
5. Ms Norazlina Muhamad

**Violence and Unintentional Injury**

1. Dr Rosnah Ramly
2. Dr Diana Mahat
3. Mr Mohd Hazrin Hasim @ Hashim
4. Ms Nor Shahidah Abd Aziz
5. Dr Siti Fatimah Mat Hussin

**Alcohol Consumption**

1. Mr Mohd Hatta Abd Mutalip
2. Dr Rozanim Kamarudin
3. Ms Hamizatul Akmal Abd Hamid
4. Mr Mohd Hazrin Hasim @ Hashim
5. Dr Mala A. Manickam

**Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy**

1. Dr Noor Ani Ahmad
2. Dr Nik Rubiah Nik Abd Rashid
3. Dr Anita Sulaiman
4. Ms Norazilah Mohd Roslan
5. Ms Ummi Nadiah Bt Yusoff
6. Ms Hasimah Ismail
7. Mr Bahtiar Effendy Khasdir

## **APPENDIX 8 : MEMBERS OF DATA COLLECTION TEAMS**

### **PERLIS**

#### **Liaison Officer**

Ms Sharifah Salbiah Sareh Hashim

#### **Field Supervisor**

Mr Abu Bakar Rahman

#### **Nutritionist**

1. Mr Nurbairi Adha Yusof
2. Ms Nurhazwani Roslan

#### **Drivers**

1. Mr Azfarizul Abdul Majid
2. Mr Wan Mohd Hafizan Che Mat
3. Mr Zaili Zainal Ariffin

#### **Research Assistants**

1. Ms Norawanis Abdul Razak
2. Ms Nor Fatehah Razain
3. Ms Wan Mastura Megat
4. Ms Faezah Azmi
5. Mr Mohd Firdaus Ramli
6. Ms Nur Shazlin Sharuddin
7. Ms Aznita Shuaib
8. Ms Mastura Dahalan
9. Ms Nurul Fitriah Che Lah
10. Ms Nur Hazwani Mohd Fadzil

### **KEDAH**

#### **Liaison Officer**

Ms Rohida Sallehuddin

#### **Field Supervisor**

Mr Azli Baharudin

#### **Nutritionist**

1. Ms Nor Hasniza Yaacob
2. Mr Khairul Azhar Abdullah
3. Ms Nur Wahidda Azmi
4. Tan Yen Nee
5. Ms Suriana Johari
6. Ms Norzaity Emeeza Zahid
7. Ms Norazlina Mohd Noh
8. Ms Sulhariza Husni Zain
9. Ms Nur Ilhami Mat Isa

**Drivers**

1. Mr Amir Md Noor
2. Mr Ahmad Aminuddin Abdullah
3. Mr Mohd Zalani Ishak
4. Mr Mohd Irwan Mohd Daud
5. Mr Zaini Ramli
6. Mr Ridzuan Ahmad
7. Mr Pathuddin Mohamad
8. Mr Mat Isa Zakaria

**Research Assistants**

1. Ms Anis Syafiqah Man
2. Ms Nurul Izzati Yahya
3. Ms Zamilah Hasniah Ab Hamid
4. Ms Siti Nurhayati Ismail
5. Ms Ku Nur Eina Shaheeda Ku Abdul Rahman
6. Mr Abdullah Hadi Ibni Akil
7. Ms Norlelawati Hashim
8. Ms Noor Kartini Ahmad
9. Ms Mr Muhammad Shahir M. Ali
10. Ms Armiza Shuaib

**PULAU PINANG****Liaison Officer**

Ms Marshita Mohamed

**Field Supervisor**

Ms Norhafizah Sahril

**Nutritionist**

1. Mr Mohd Faizal Ibrahim
2. Foo Ming Ming
3. Ms Umi Kalsom Abd. Majid
4. Mr Shahrulnaz Norhazli Nazri
5. Ms Siti Norazlin Mohd Ngadikin
6. Mr Mohd Yusri Noordin
7. Ms Jamaatul Firdaus Halim

**Drivers**

1. Mr Mohd Jamil Bidin
2. Mr Jefre Ahmad

**Research Assistants**

1. Mr Muhammad Hakim Abdul Jalil
2. Mr Mohd Rezuan Hamzah
3. Ms Siti Nuraina Mat Salam
4. Ms Norafsiah Yusof
5. Ms Nor Fadzilah Ahmad Sukhari
6. Mr Mohammad Hamizi Mohammad Muzamil

7. Mr Muhammad Hilmi Abdul Razak
8. Ms Wan Nur Ain Wan Anuar
9. Mr Mohd Firdaus Wahid
10. Ms Ummu Hanik Abdul Hamid

## **PERAK**

### **Liaison Officer**

Mr Yahya Ahmad

### **Field Supervisor**

Ms Norzawati Yoep

### **Nutritionist**

1. Ms Azira Abdullah
2. Mr Edmund Ross William Hunt
3. Sin Yong Wai
4. Ms Aniza Omar
5. Ms Nurul Husna Mohd Patel
6. Ms Zuwariah Abd Talib
7. Ms Rosa Erainie Baldura Baharudin

### **Drivers**

1. Mr Fazli Mahdi
2. Mr Samsuddin Abdul Karim

### **Research Assistants**

1. Ms Zaiton Ahmad
2. Mr Muhamad Mursyid Ismail
3. Ms Hadira Othman
4. Ms Puteri Faida Alya Zainuddin
5. Mr Firdaus Alias
6. Ms Dian Diyana Mohamad Asroun
7. Ms Noor Fazzilah Saidon
8. Mr Abdul Rashid Ali Kamal
9. Ms Noor Fadhilah Nordin
10. Mr Mohd Hakimi Hj Hussain

## **SELANGOR**

### **Liaison Officer**

Ms Jamilah Ahmad

### **Field Supervisor**

Ms Chan Ying Ying

**Nutritionist**

1. Ms Norazaidah Yusof
2. Ms Acmarina Nur Salwani Muhammad Dalib
3. Mr Azhar Mohd Yusuf
4. Ms Wan Ema Marliza Wan Ismail
5. Ms Venodhini Cha Chu
6. Mr Norhisham Abdul Rahman
7. Ms Nor Hasyimah Khalid
8. Ms Zanafiza Abu Bakar
9. Ms Fitri Nurdiana Mahmud

**Drivers**

1. Mr Nuramali Fakrullah Abd. Malik
2. Mr Faizal Safiee

**Research Assistants**

1. Ms Nurul Diana Aminuddin
2. Ms Nurul Ain Othman
3. Mr Mohd Syahruman Abu Bakar
4. Ms Norhayati Mat
5. Ms Asmida Ismail
6. Ms Farah Dawana Ahmad
7. Mr Mohd Noor Shuhadaq Mohd Sakirin
8. Mr Mohamad Akram Abdul Aziz
9. Mr Mohd Fakri Mohamad
10. Mr Ganeswaran Gunasekaran

**W.P. KUALA LUMPUR****Liaison Officer**

Ms Norazah Ahmad

**Field Supervisor**

Ms Syafinaz Mohd Sallehuddin

**Nutritionist**

1. Nur Dayana Shaari
2. Nurul Zaiza Zainuddin
3. Premila Sughita Retnasingam

**Drivers**

1. Mr Ramli Mohd Nor
2. Mr Wan Abdul Rashid Wan Zakaria

**Research Assistants**

1. Ms Sharifah Nurul Aqilah Sayed Mohd Zaris
2. Ms Nurzueriani Mohd Ali
3. Mr Mohd Azeem Akmal Mohd Nasir
4. Ms Tengku Noor Nadia Tengku Mohd Nasir
5. Mr Wan Mohd Zulkhairi Hassan



6. Ms Noor Emirah Illa
7. Ms Nur Hafizah Aqilah Suladi
8. Ms Naziera Eida Harun
9. Mr Abd Hakim Rashid
10. Mr Arafat Rashid

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6. Mr Masrazman Mohd Diah
7. Mr Wan Hashim Wan Ja'afar
8. Ms Siti Norain Othman
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### **Field Supervisor**

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2. Ms Suzy Edawaty Ahmad Nordin
3. Ms Nor Idayu Idris
4. Ms Siti Sa'ra Yaacob
5. Ms Norliza Zainal Abidin
6. Mr Suhaidi Sudin

7. Ms Nurliana Abd Latiff
8. Ms Asvini Vasthavan
9. Ms Nor Fariza Jaafar

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1. Mr Hj Azman Tahir
2. Mr Mohd Faizul Zainal Abidin
3. Mr Hj Mohd Ali Mahadumsa
4. Mr Rozali Yaakob
5. Mr Mohd Fadzli Ali
6. Mr Mohd Hazrin Shah Razali

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2. Mr Muhammad Zawir Gulam
3. Ms Nor Aidawati Ramli
4. Mr Gopi Sundrarajoo
5. Ms Nur Arinah Atikah Zakaria
6. Mr Fauzi Ahmad Zamri
7. Mr Mohamad Aimi Iqwan Mohd Roslan
8. Mr Mohammad Rasul A. Razak
9. Mr Syafie Selamat
10. Ms Intan Suzana Muhamad Ali

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Ms Mariati Muslim

**Field Supervisor**

Ms Teh Chien Huey

**Nutritionist**

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2. Ms Siti Nur'hidayah Adznam
3. Ms Hariss Fazilah Abdul Wahab
4. Ms Rohana Ya'akof
5. Mr Norzain Musa

**Drivers**

1. Mr Musa Mat Din
2. Mr Shahrul Efendy Mohd Salleh
3. Mr Muhamad Farhan Baharudin
4. Mr Yusof Johari
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Mr Hasnor Hadi Asim

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2. Mr Mohd Zaid Ramlan
3. Ms Noraini Jamaludin
4. Ms Rafidah Abdullah
5. Mr Shahir Shamsuddin
6. Ms Chin Poh Ling
7. Ms Maslina Othman
8. Ms Normeiza Kamilan
9. Ms Noraini Kosnon
10. Ms Hamida Ab Hamid
11. Ms Quek Sue Lyn
12. Ms Aida Azna Abu Hasan
13. Ms Goh Hwee Teng

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3. Ms Nurhafizah Ehsan
4. Goh Hon Chien
5. Mr Amirul Azhar Ahmad Tuli

6. Mr Mohd Fauzi Asim
7. Mr Zulhilmi Zakaria
8. Ms Nur Izzati Salehuddin
9. Ms Nor Khairina Md. Farid
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### **Field Supervisor**

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### **Nutritionist**

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2. Ms Norfaiezah Ahmad
3. Mohd Khairulnizam
4. Ms Sam Azura Ahmad
5. Ms Hanis Bazilla Abu Hasan
6. Ms Wan Suria Wan Yussof
7. Ms Norwati Sakiram
8. Ms Khalidah Mat Husin
9. Ms Nor Hasliza Ibrahim
10. Ms Suriati Zakaria
11. Ms Nurul Asyikin Osman
12. Ms Har Rasyidah Mohd Irani
13. Ms Halimatus Saadiah Md Jabir
14. Mr Mohd Hasyami Saihun
15. Mr Cheong Siew Man
16. Ms Nor Dalila Mat Ghani
17. Ms Aznita Izma Mohd Arif

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2. Mr Ramli Mohd Noor
3. Mr Hasmizan Mukhtar
4. Mr Muhammad Yusof Fadzil
5. Mr Ahmad Faizal Alam
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7. Mr Mohd Nor Arzari Hassan
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5. Ms Rohana Saharudin
6. Ms Norhanis Ahmad
7. Ms Sharifah Noratiah Syed Abu Bakar
8. Ms Aida Izyani Daud
9. Ms Salmiah Jaffar
10. Ms Suliha Abd Hamid

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2. Ms Norhazwani Abdul Razak
3. Ms Siti Khadijah Abdullah
4. Ms Norfadzila Jusoh
5. Ms Siti Nor Syarma Mohd Sharif
6. Ms Nor Ratna Mustaffa
7. Mr Shuhanim Md Shukeri
8. Ms Fasihah Wahad
9. Ms Tuan Nor Baizura Tuan Bidin
10. Ms Nurul Aida Embong
11. Mr Wan Abdul Aziz Wan Mamat

### **Drivers**

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2. Mr Wan Ahmad Shukri Wan Ismail
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2. Ms Nurzulhani Abdul Majid
3. Ms Faridah Ahmad
4. Ms Nonaimah Mat Hussin
5. Ms Noranasuha Abd Rahman
6. Mr Mohd Yusri Mohd Yunos
7. Ms Siti Norlailly Mohamed Nor
8. Ms Nazihah Mohd Yusof
9. Ms Nor Shahida Salleh
10. Mr Mohd Zaidi Mat Yazid

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**Field Supervisor**

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2. Ms Salmie Ibrahim
3. Ms Norita Mat Rasid
4. Mr Wan Fauzi Wan Yusoff
5. Ms Fadwa Ali
6. Ms Noriza Hussein
7. Ms Junaidah Mustapha
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3. Ms Bong Hui Lee
4. Ms Nur Naazira Iman

5. Mr Mohd Hasnan Ahmad
6. Ms Noorina A. Rahman
7. Ms Ajlaa Abdul Rashid
8. Mr Razali Makhtar
9. Ms Mohd Azwal Idrus
10. Ms Chua Boon Kee
11. Ms Syahrizan Anggas
12. Ms Nurul Shaidatul Nadia
13. Ms Yeo Siang Ing
14. Tan Beng Chin

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None

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3. Anselm Julian Lomas
4. Ms Nadzirah Marifat
5. Ms Siti Rahimah Mohamad
6. Ms Noor Hapisah Abd Karim
7. Ms Amanda Blazes
8. Ms Nurul Syafawani Rosmadi
9. Ms Georgina Linda Anak John Ringkai
10. Ms Suharti Nyut
11. Mr Foong Wai Loon
12. Ms Noris Anak Pantar
13. Mr Razlan Abdullah
14. Ms Mandy Anak Abim
15. Mr Mazridhwan Yahya
16. Ms Noraziana Dorani
17. Ms Noni Anak Fenno
18. Mr Syed Khairulhisham Syed Yusuf
19. Ms Michellynn Sylvia Anak Guah
20. Ms Zanariah Junaidi

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4. Ms Norhidayah Zailani
5. Ms Norhajaji Mardjuni
6. Chan Chee Ling
7. Chin Kim Ling
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10. Mac Donna Mathews
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4. Maxwell Guriana
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6. Mr Muhd Hanif Rahban
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8. Ms Azriah Asis
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10. Mr Muhammad Farizul Faiz Dahalan
11. Ms Mardhiah Mohd Aripin
12. Ms Dgk Norain Fazirah Pg Kamal
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19. Mr Awangku Mohd Shahfarol Pg Kamal
20. Ms Dayang Badariah Osman



**APPENDIX 9: QUESTIONNAIRE**

<p>KEMENTERIAN KESIHATAN MALAYSIA &amp; KEMENTERIAN PELAJARAN MALAYSIA</p>			
			
<p>TINJAUAN KEBANGSAAN KESIHATAN &amp; MORBIDITI (NHMS)</p> <p><i>THE NATIONAL HEALTH MORBIDITY SURVEY (NHMS)</i></p>			
	<p>2012</p>		
<p>MODUL SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA</p> <p><i>GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY MODULE (GSHS) MALAYSIA</i></p>			
<p>Jln. Rumah Sakit Bangsar, 59000 Kuala Lumpur</p>			

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**PENGENALAN**

**INTRODUCTION**

Kementerian Kesihatan Malaysia dengan kerjasama Kementerian Pelajaran Malaysia dan Pertubuhan Kesihatan Sedunia (WHO) sedang menjalankan tinjauan yang berkaitan kesihatan remaja. Survei ini adalah berkenaan dengan kesihatan anda dan tindakan yang anda ambil yang memberi kesan kepada kesihatan anda.

*The Ministry of Health Malaysia with the cooperation of the Ministry of Education Malaysia and the World Health Organization (WHO) is conducting a survey on adolescent health. This survey is about your health and the things that you do that may affect your health.*

Terima kasih kerana bersetuju untuk menyertai tinjauan ini. Tiada jawapan yang **BETUL** atau **SALAH**. Markah peperiksaan anda tidak akan terjejas sekiranya anda menjawab atau tidak menjawab soalan dalam survei ini. Setiap jawapan yang anda berikan boleh membantu memantapkan program kesihatan untuk remaja. Oleh itu, sila jawab dengan ikhlas dan tepat.

*Thank you for agreeing to participate in this survey. There are no CORRECT or WRONG answers. None of your grades or marks will be affected whether or not you answer the questions. Each answer that you provide will help in the improvisation of health programs for adolescents. Therefore, please answer as honestly and accurately as possible.*

Segala maklumat individu yang diberikan adalah **RAHSIA** kerana **TIADA MAKLUMAT PENGENALAN DIRI DIAMBIL** dan **TIDAK AKAN DIDEPAHKAN**. Tiada siapa akan tahu bagaimana anda menjawab. Sila jawab berdasarkan apa yang anda tahu.

*All individual information given will be kept SECRET because NO IDENTIFIERS ARE TAKEN nor WILL BE EXPOSED. No one will know how you answer. Answer the questions based on your best of knowledge.*

**PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)**

**GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)**

- a. **JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.  
*DO NOT write YOUR NAME on the questionnaire or the answer sheet.*
- b. Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.  
*Please READ STATEMENT for questions with a preceding statement or definition before answering.*
- c. Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya lengkap, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda.  
*Please FILL IN THE CIRCLES on your answer sheet that matches your answer. There can be ONLY ONE ANSWER for each question. Use only the provided 2B pencil. When you are done, follow the instructions of the person conducting the survey in your school/class.*

<b>BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN</b>	
<i>HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLES:</i>	
ISIKAN BULATAN SEPERTI INI FILL IN THE CIRCLES LIKE THIS SURVEI/SURVEY 1. Adakah ikan tinggal dalam air? A. ya B. Tidak Borang jawapan Answer sheet	BUKAN SEPERTI INI NOT LIKE THIS ATAU OR 1. Do fish live in water? a. Yes b. No 1. <input checked="" type="radio"/> (B) (C) (D) (E) (F) (G) (H)

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## BAHAGIAN 1

### PART 1

1. Berapakah umur anda?  
*How old are you?*
  - a. 11 tahun atau ke bawah  
*11 years old or younger*
  - b. 12 tahun  
*12 years old*
  - c. 13 tahun  
*13 years old*
  - d. 14 tahun  
*14 years old*
  - e. 15 tahun  
*15 years old*
  - f. 16 tahun  
*16 years old*
  - g. 17 tahun  
*17 years old*
  - h. 18 tahun atau ke atas  
*18 years old or older*
2. Apakah jantina anda?  
*What is your sex?*
  - a. Lelaki  
*Male*
  - b. Perempuan  
*Female*
3. Anda belajar di tingkatan/kelas apa?  
*In what form/class are you?*
  - a. Kelas peralihan  
*Remove class*
  - b. Tingkatan 1  
*Form 1*
  - c. Tingkatan 2  
*Form 2*
  - d. Tingkatan 3  
*Form 3*
  - e. Tingkatan 4  
*Form 4*
  - f. Tingkatan 5  
*Form 5*
4. Apakah etnik anda?  
*What is your ethnicity?*
  - a. Melayu  
*Malay*
  - b. Cina  
*Chinese*
  - c. India  
*Indian*
  - d. Bumiputera Sabah  
*Bumiputera Sabah*
  - e. Bumiputera Sarawak  
*Bumiputera Sarawak*
  - f. Lain-lain etnik  
*Some other ethnicity*
5. Apakah status perkhawinan ibu bapa anda?  
*What is the marital status of your parents?*
  - a. Berkahwin dan tinggal bersama  
*Married and living together*
  - b. Berkahwin tapi tidak tinggal bersama atas dasar bekerja di tempat lain  
*Married but living apart due to working in another place*
  - c. Berceraai  
*Divorced*
  - d. Balu (ayah atau ibu telah meninggal)  
*Widower (my mother or father has died)*
  - e. Berpisah (ibu bapa tidak tinggal serumah)  
*Separated (my parents do not live together)*
  - f. Tidak tahu  
*I do not know*

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**BAHAGIAN 2**

**PART 2**

**SILA BACA PERNYATAAN DIBAWAH:**

5 soalan seterusnya adalah berkenaan dengan ketinggian, berat dan berkaitan dengan kelaparan.

**PLEASE READ THE STATEMENT BELOW:**

The next 5 questions ask about your height, weight, and going hungry.

6. Berapa tinggi anda tanpa memakai kasut? SILA TULIS TINGGI ANDA DI KERTAS JAWAPAN DALAM KOTAK BERLAKAR DI BAHAGIAN ATAS GRID DAN HITAMKAN SETIAP NOMBOR DALAM BULATAN YANG SAMA DENGAN JAWAPAN TADI. TULIS JAWAPAN ANDA SETELAH TINGGI ANDA DIUKUR SEPERTI YANG DIARAHKAN OLEH PEGAWAI YANG MENJALANKAN SURVEI.

*How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER. ONLY WRITE YOUR ANSWER AFTER YOUR HEIGHT HAVE BEEN MEASURED AS PER INSTRUCTED BY THE PERSON WHO IS CONDUCTING YOUR SURVEY.*

Contoh:  
Example:

Tinggi/Height (cm)		
1	5	3
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

7. Berapa berat anda dalam pakaian ringan dan tanpa memakai kasut? SILA TULIS BERAT ANDA DI KERTAS JAWAPAN DALAM KOTAK BERLAKAR DI BAHAGIAN ATAS GRID DAN HITAMKAN SETIAP NOMBOR DALAM BULATAN YANG SAMA DENGAN JAWAPAN TADI. TULIS JAWAPAN ANDA SETELAH BERAT ANDA DIUKUR SEPERTI YANG DIARAHKAN OLEH PEGAWAI YANG MENJALANKAN SURVEI.

*How much do you weigh in light clothing and without your shoes on? ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER. ONLY WRITE YOUR ANSWER AFTER YOUR WEIGHT HAVE BEEN MEASURED AS PER INSTRUCTED BY THE PERSON WHO IS CONDUCTING YOUR SURVEY.*

Contoh:  
Example:

Berat/Weight (kg)		
0	5	2
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

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8. Apakah pandangan anda tentang berat diri anda?  
*How do you describe your weight?*
- Kurang berat badan  
*Very underweight*
  - Sedikit kurang berat badan  
*Slightly underweight*
  - Berat badan yang sesuai  
*About the right weight*
  - Sedikit berlebihan berat badan  
*Slightly overweight*
  - Berat badan berlebihan  
*Very overweight*
9. Apakah yang telah anda lakukan tentang berat anda?  
*Which of the following are you trying to do about your weight?*
- Saya tidak berbuat apa-apa tentang berat badan saya  
*I am not trying to do anything about my weight*
  - Kurangkan berat badan  
*Lose weight*
  - Tingkatkan berat badan  
*Gain weight*
  - Kekalkan berat badan  
*Stay the same weight*
10. Dalam tempoh 30 hari yang lepas, berapa kerap anda kelaparan kerana tidak cukup makanan di rumah?  
*During the past 30 days, how often did you go hungry because there was not enough food in your home?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Sentiasa  
*Always*
- 7 soalan berikutnya adalah berkenaan apa yang anda mungkin makan atau minum.  
*The next 7 questions ask about what you might eat and drink.*
11. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan buah?  
*During the past 30 days, how many times per day did you usually eat fruit?*
- Saya tidak makan buah dalam 30 hari yang lepas  
*I did not eat fruit during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*
12. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan sayur?  
*During the past 30 days, how many times per day did you usually eat vegetables?*
- Saya tidak makan sayur dalam 30 hari yang lepas  
*I did not eat vegetables during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY (GSHS) MALAYSIA	2012
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13. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air berkarbonat seperti Coca Cola, Sprite, Pepsi dan lain-lain? (Air berkarbonat diet **tidak termasuk** dalam kumpulan ini)  
*During the past 30 days, how many times per day did you usually drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi? (Do not include diet soft drinks)*
- Saya tidak minum air berkarbonat dalam 30 hari yang lepas  
*I did not drink carbonated soft drinks during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*
14. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air kosong seperti air mineral, air masak, atau air paip?  
*During the past 30 days, how many times per day did you usually drink plain water such as mineral water, boiled water, or tap water?*
- Saya tidak minum air kosong dalam 30 hari yang lepas  
*I did not drink plain water during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*

15. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum susu atau makan produk tenusu seperti susu, keju, yogurt dan lain-lain? (Ini tidak termasuk susu pekat manis)  
*During the past 30 days, how many times per day did you usually drink milk or eat milk products, such as milk, cheese, and yogurt? (This does not include sweetened condensed milk)*
- Saya tidak minum susu atau makan produk tenusu dalam tempoh 30 hari yang lepas  
*I did not drink milk or eat milk products during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*
16. Dalam tempoh 7 hari yang lepas, berapa hari anda makan makanan segera dari **restoran makanan segera** seperti McDonalds, KFC, dan Pizza Hut?  
*During the past 7 days, on how many days did you eat food from a fast food restaurant, such as McDonalds, KFC, and Pizza Hut?*
- 0 hari  
*0 days*
  - 1 hari  
*1 day*
  - 2 hari  
*2 days*
  - 3 hari  
*3 days*
  - 4 hari  
*4 days*
  - 5 hari  
*5 days*
  - 6 hari  
*6 days*
  - 7 hari  
*7 days*

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17. Dalam tempoh 7 hari yang lepas, berapa hari anda makan sebelum pukul 9:00 pagi?

*During the past 7 days, on how many days did you eat a meal before 9:00 am?*

- a. 0 hari  
*0 days*
- b. 1 hari  
*1 day*
- c. 2 hari  
*2 days*
- d. 3 hari  
*3 days*
- e. 4 hari  
*4 days*
- f. 5 hari  
*5 days*
- g. 6 hari  
*6 days*
- h. 7 hari  
*7 days*



**BAHAGIAN 3****PART 3**

**5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.**  
*The next 5 questions ask about cleaning your teeth.*

18. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda membersihkan atau memberus gigi anda?  
*During the past 30 days, how many times per day did you usually clean or brush your teeth?*
- Saya tidak membersihkan atau memberus gigi dalam 30 hari yang lepas  
*I did not clean or brush my teeth during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali atau lebih sehari  
*4 or more times per day*
19. Dalam tempoh 12 bulan yang lepas, adakah sakit gigi menyebabkan anda tidak hadir ke kelas atau sekolah?  
*During the past 12 months, did a tooth ache cause you to miss classes or school?*
- Ya  
*Yes*
  - Tidak  
*No*
20. Adakah anda menggunakan ubat gigi berflourida?  
*Do you use toothpaste that contains fluoride?*
- Ya  
*Yes*
  - Tidak  
*No*
  - Tidak tahu  
*I do not know*
21. Bilakah kali terakhir anda berjumpa doktor gigi atau jururawat pergigian untuk pemeriksaan, pembersihan gigi atau rawatan pergigian yang lain?  
*When was the last time you saw a dentist or dental nurse for a check-up, teeth cleaning, or other dental treatment?*
- Dalam tempoh 12 bulan yang lepas  
*During the past 12 months*
  - Di antara 12 hingga 24 bulan yang lepas  
*Between 12 and 24 months ago*
  - Lebih daripada 24 bulan yang lepas  
*More than 24 months ago*
  - Tidak pernah  
*Never*
  - Tidak tahu  
*I do not know*
22. Adakah anda mengelak untuk senyum atau ketawa kerana risau dengan rupa gigi anda?  
*Do you avoid smiling or laughing because of how your teeth look?*
- Ya  
*Yes*
  - Tidak  
*No*



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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

*The next 3 questions ask you about washing your hands.*

23. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan sebelum makan?

*During the past 30 days, how often did you wash your hands before eating?*

- a. Tidak pernah  
*Never*
- b. Jarang-jarang  
*Rarely*
- c. Kadang-Kadang  
*Sometimes*
- d. Kebanyakan masa  
*Most of the time*
- e. Setiap kali  
*Always*

24. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan selepas menggunakan tandas?

*During the past 30 days, how often did you wash your hands after using the toilet or latrine?*

- a. Tidak pernah  
*Never*
- b. Jarang-jarang  
*Rarely*
- c. Kadang-Kadang  
*Sometimes*
- d. Kebanyakan masa  
*Most of the time*
- e. Setiap kali  
*Always*

25. Dalam tempoh 30 hari yang lepas, berapa kerap anda menggunakan sabun semasa membasuh tangan anda?

*During the past 30 days, how often did you use soap when washing your hands?*

- a. Tidak pernah  
*Never*
- b. Jarang-jarang  
*Rarely*
- c. Kadang-Kadang  
*Sometimes*
- d. Kebanyakan masa  
*Most of the time*
- e. Setiap kali  
*Always*

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#### BAHAGIAN 4

##### PART 4

###### SILA BACA PERNYATAAN DI BAWAH:

Soalan berikutnya adalah berkenaan serangan fizikal. Serangan fizikal berlaku apabila seorang atau lebih ramai orang menyerang individu lain dengan anggota badan atau senjata seperti kayu, pisau atau senjata api. Serangan fizikal tidak diambil kira jika dua individu atau pelajar yang sama saiz atau kekuatan bersetuju untuk bergaduh secara fizikal.

###### PLEASE READ THE STATEMENT BELOW:

*The next question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two individuals or students of about the same strength or power choose to fight each other.*

26. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah diserang secara fizikal?

*During the past 12 months, how many times were you physically attacked?*

- a. 0 kali  
*0 times*
- b. 1 kali  
*1 time*
- c. 2 atau 3 kali  
*2 or 3 times*
- d. 4 atau 5 kali  
*4 or 5 times*
- e. 6 atau 7 kali  
*6 or 7 times*
- f. 8 atau 9 kali  
*8 or 9 times*
- g. 10 atau 11 kali  
*10 or 11 times*
- h. 12 kali atau lebih  
*12 or more times*

###### SILA BACA PERNYATAAN DI BAWAH:

Soalan seterusnya adalah berkaitan dengan pergaduhan fizikal. Pergaduhan fizikal berlaku apabila dua individu atau pelajar yang sama saiz atau kekuatan bersetuju untuk bergaduh secara fizikal.

###### PLEASE READ THE STATEMENT BELOW:

*The next question asks about physical fights. A physical fight occurs when two individuals or students of about the same strength or power choose to fight each other.*

27. Dalam tempoh 12 bulan yang lepas, berapa kali anda terlibat dalam pergaduhan secara fizikal?

*During the past 12 months, how many times were you in a physical fight?*

- a. 0 kali  
*0 times*
- b. 1 kali  
*1 time*
- c. 2 atau 3 kali  
*2 or 3 times*
- d. 4 atau 5 kali  
*4 or 5 times*
- e. 6 atau 7 kali  
*6 or 7 times*
- f. 8 atau 9 kali  
*8 or 9 times*
- g. 10 atau 11 kali  
*10 or 11 times*
- h. 12 kali atau lebih  
*12 or more times*

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**SILA BACA PERNYATAAN DI BAWAH:**

3 soalan seterusnya adalah berkenaan kecederaan serius yang pernah anda alami. Kecederaan serius berlaku apabila anda tidak hadir sekurang-kurangnya satu hari aktiviti biasa yang dilakukan (termasuk sekolah, sukan atau kerja) atau kecederaan yang memerlukan rawatan daripada doktor atau anggota kesihatan.

**PLEASE READ THE STATEMENT BELOW:**

The next 3 questions ask about serious injuries that happened to you. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or medical personnel.

28. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?  
*During the past 12 months, how many times were you seriously injured?*
- 0 kali  
*0 times*
  - 1 kali  
*1 time*
  - 2 atau 3 kali  
*2 or 3 times*
  - 4 atau 5 kali  
*4 or 5 times*
  - 6 atau 7 kali  
*6 or 7 times*
  - 8 atau 9 kali  
*8 or 9 times*
  - 10 atau 11 kali  
*10 or 11 times*
  - 12 kali atau lebih  
*12 or more times*
29. Dalam tempoh 12 bulan yang lepas, apakah kecederaan yang paling serius yang anda pernah alami?  
*During the past 12 months, what was the most serious injury that happened to you?*
- Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas  
*I was not seriously injured during the past 12 months*
  - Patah tulang atau sendi terkehel/terkeluar  
*I had a broken bone or a dislocated joint*
  - Luka atau tikaman  
*I had a cut or stab wound*
  - Gegaran (konkusi) kepala atau kecederaan leher, pengsan, atau tidak boleh bernafas  
*I had a concussion or other head or neck injury, was knocked out, or could not breathe*
  - Kecederaan senjata api  
*I had a gunshot wound*
  - Kebakaran kulit yang serius  
*I had a bad burn*
  - Diracun atau mengambil ubat berlebihan  
*I was poisoned or took too much of a drug*
  - Sesuatu yang lain berlaku kepada saya  
*Something else happened to me*

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30. Dalam tempoh 12 bulan yang lepas, apakah **penyebab utama** terhadap kecederaan **serius** yang anda alami?  
*During the past 12 months, what was the major cause of the most **serious** injury that happened to you?*

- Saya tidak mengalami kecederaan dalam 12 bulan yang lepas  
*I was not seriously injured during the past 12 months*
- Saya terlibat dalam kemalangan kenderaan  
*I was in a motor vehicle accident or hit by a motor vehicle*
- Saya terjatuh  
*I fell*
- Sesuatu telah jatuh atau terkena saya  
*Something fell on me or hit me*
- Saya telah diserang atau didera atau bergaduh dengan orang lain  
*I was attacked or abused or was fighting with someone*
- Saya terlibat dalam kebakaran atau berada terlalu dekat dengan api atau sesuatu yang panas  
*I was in a fire or too near a flame or something hot*
- Saya sedut atau telan sesuatu yang membahayakan saya  
*I inhaled or swallowed something bad for me*
- Sesuatu yang lain menyebabkan kecederaan saya  
*Something else caused my injury*

**SILA BACA PERNYATAAN DI BAWAH:**

2 soalan seterusnya adalah berkenaan buli. Buli berlaku apabila seorang atau sekumpulan pelajar mengata atau melakukan sesuatu yang tidak menyenangkan pelajar lain. Seseorang juga boleh dikatakan dibuli apabila dia diejek secara berterusan atau dipulaukan dengan sengaja. Buli tidak diambil kira apabila dua pelajar yang sama saiz atau kekuatan bergaduh atau ejekan dilakukan secara bergurau atau berseronok bagi kedua-dua pihak.

**PLEASE READ THE STATEMENT BELOW:**

The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad or unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

31. Dalam tempoh 30 hari yang lepas, berapa hari anda telah dibuli?

*During the past 30 days, on how many days were you bullied?*

- 0 hari  
*0 days*
- 1 atau 2 hari  
*1 or 2 days*
- 3 hingga 5 hari  
*3 to 5 days*
- 6 hingga 9 hari  
*6 to 9 days*
- 10 hingga 19 hari  
*10 to 19 days*
- 20 hingga 29 hari  
*20 to 29 days*
- Kesemua 30 hari  
*All 30 days*

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32. Dalam 30 hari yang lepas, apakah perlakuan buli paling kerap anda alami?

*During the past 30 days, how were you bullied most often?*

- a. Saya tidak dibuli dalam 30 hari yang lepas  
*I was not bullied during the past 30 days*
- b. Saya telah dipukul, ditendang, ditolak atau dikunci dalam suatu tempat  
*I was hit, kicked, pushed, shoved around, or locked indoors*
- c. Saya telah diejek kerana bangsa, kerakyatan atau warna kulit saya  
*I was made fun of because of my race, nationality, or color*
- d. Saya telah diejek kerana agama saya  
*I was made fun of because of my religion*
- e. Saya telah diejek dengan ejekan seksual seperti secara komen, perilaku atau gurauan  
*I was made fun of with sexual jokes, comments, or gestures*
- f. Saya telah dipulau dari apa-apa aktiviti secara sengaja atau langsung tidak dipedulikan  
*I was left out of activities on purpose or completely ignored*
- g. Saya diejek kerana bentuk badan atau paras rupa saya  
*I was made fun of because of how my body or face looks*
- h. Saya telah dibuli dengan cara lain  
*I was bullied in some other way*

**SILA BACA PERNYATAAN DI BAWAH:**

**2 soalan berikutnya adalah berkenaan deraan fizikal dan lisan di rumah. Apabila seseorang memukul atau mengatakan ayat yang menyakitkan hati ianya diambil kita sebagai deraan fizikal dan lisan.**

**PLEASE READ THE STATEMENT BELOW:**

**The next 2 questions ask about physical and verbal abuse at home. When someone hits you or says hurtful or insulting things to you it is called physical abuse or verbal abuse.**

33. Dalam tempoh 30 hari yang lepas, adakah anda telah dipukul di rumah sehingga meninggalkan kesan atau mengalami kecederaan?

*During the past 30 days, how many times did someone at home hit you so hard that they left a mark or caused an injury?*

- a. 0 kali  
*0 times*
- b. 1 kali  
*1 time*
- c. 2 atau 3 kali  
*2 or 3 times*
- d. 4 atau 5 kali  
*4 or 5 times*
- e. 6 atau 7 kali  
*6 or 7 times*
- f. 8 atau 9 kali  
*8 or 9 times*
- g. 10 atau 11 kali  
*10 or 11 times*
- h. 12 kali atau lebih  
*12 or more times*

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34. Dalam tempoh 30 hari yang lepas, berapa kali seseorang di rumah menyatakan sesuatu yang menyakitkan hati atau menghina anda?

*During the past 30 days, how many times has someone at home said hurtful or insulting things to you?*

- a. 0 kali  
*0 times*
- b. 1 kali  
*1 time*
- c. 2 atau 3 kali  
*2 or 3 times*
- d. 4 atau 5 kali  
*4 or 5 times*
- e. 6 atau 7 kali  
*6 or 7 times*
- f. 8 atau 9 kali  
*8 or 9 times*
- g. 10 atau 11 kali  
*10 or 11 times*
- h. 12 kali atau lebih  
*12 or more times*

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## BAHAGIAN 5

### PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.

*The next 6 questions ask about your feelings and friendships.*

35. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa kesunyian?  
*During the past 12 months, how often have you felt lonely?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-Kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Setiap kali  
*Always*
36. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa terlalu risau tentang sesuatu perkara sehingga anda tidak dapat tidur di waktu malam?  
*During the past 12 months, how often have you been so worried about something that you could not sleep at night?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-Kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Setiap kali  
*Always*
37. Dalam tempoh 12 bulan yang lepas, pernahkah anda terfikir **secara serius** untuk membunuh diri?  
*During the past 12 months, did you ever seriously consider attempting suicide?*
- Ya  
*Yes*
  - Tidak  
*No*
38. Dalam tempoh 12 bulan yang lepas, adakah anda membuat perancangan untuk membunuh diri?  
*During the past 12 months, did you make a plan about how you would attempt suicide?*
- Ya  
*Yes*
  - Tidak  
*No*
39. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah **cuba** untuk membunuh diri?  
*During the past 12 months, how many times did you actually attempt suicide?*
- 0 kali  
*0 kali*
  - 1 kali  
*1 time*
  - 2 atau 3 kali  
*2 or 3 times*
  - 4 hingga 5 kali  
*4 or 5 times*
  - 6 kali atau lebih  
*6 or more times*
40. Berapa ramai kawan rapat yang anda ada?  
*How many close friends do you have?*
- 0 kawan  
*0 friends*
  - 1 kawan  
*1 friend*
  - 2 kawan  
*2 friends*
  - 3 atau lebih  
*3 or more*

**BAHAGIAN 6****PART 6**

9 soalan seterusnya adalah berkenaan rokok dan produk tembakau yang lain.

*The next 9 questions ask about cigarettes and other tobacco products.*

41. Berapakah umur anda ketika kali pertama menghisap rokok?

*How old were you when you first tried a cigarette?*

- Saya tidak pernah merokok  
*I have never smoked cigarettes*
- 7 tahun atau ke bawah  
*7 years old or younger*
- 8 atau 9 tahun  
*8 or 9 years old*
- 10 atau 11 tahun  
*10 or 11 years old*
- 12 atau 13 tahun  
*12 or 13 years old*
- 14 atau 15 tahun  
*14 or 15 years old*
- 16 tahun atau ke atas  
*16 years old or older*

42. Dalam tempoh 30 hari yang lepas, berapa hari anda merokok?

*During the past 30 days, on how many days did you smoke cigarettes?*

- 0 hari  
*0 days*
- 1 atau 2 hari  
*1 or 2 days*
- 3 hingga 5 hari  
*3 to 5 days*
- 6 hingga 9 hari  
*6 to 9 days*
- 10 hingga 19 hari  
*10 to 19 days*
- 20 hingga 29 hari  
*20 to 29 days*
- Kesemua 30 hari  
*All 30 days*

43. Dalam tempoh 30 hari yang lepas, berapa hari anda menggunakan produk tembakau lain selain rokok seperti shisha/hookah, rokok elektronik, tembakau sedut, tembakau kunyah, paip, curut, cigar, cigarillo atau bidis?

*During the past 30 days, on how many days did you use tobacco products other than cigarettes such as shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis?*

- 0 hari  
*0 days*
- 1 atau 2 hari  
*1 or 2 days*
- 3 hingga 5 hari  
*3 to 5 days*
- 6 hingga 9 hari  
*6 to 9 days*
- 10 hingga 19 hari  
*10 to 19 days*
- 20 hingga 29 hari  
*20 to 29 days*
- Kesemua 30 hari  
*All 30 days*



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44. Dalam tempoh 30 hari yang lepas, produk tembakau manakah selain daripada rokok yang anda **paling kerap** gunakan?  
*During the past 30 days, which of the following tobacco product other than cigarettes did you use most often?*
- Saya tidak merokok mana-mana produk tembakau di atas dalam tempoh 30 hari yang lepas  
*I did not smoke any of the following tobacco products during the past 30 days*
  - Shisha/Hookah  
*Shisha/Hookah*
  - Rokok elektronik  
*Electronic cigarettes*
  - Tembakau sedut atau tembakau kunyah:  
*Snuff or chewing tobacco*
  - Paip  
*Pipes*
  - Curut, cigar or cigarillo  
*Curut, cigars atau cigarillos*
  - Bidis  
*Bidis*
  - Produk tembakau lain  
*Some other tobacco product*
45. Dalam tempoh 12 bulan yang lepas, adakah anda cuba untuk berhenti merokok?  
*During the past 12 months, have you ever tried to stop smoking cigarettes?*
- Saya tidak pernah merokok  
*I have never smoked cigarettes*
  - Saya tidak pernah merokok dalam tempoh 12 bulan yang lepas  
*I did not smoke cigarettes during the past 12 months*
  - Ya  
*Yes*
  - Tidak  
*No*
46. Dalam tempoh 7 hari yang lepas, berapa hari anda bersama dengan perokok yang sedang merokok?  
*During the past 7 days, on how many days have people smoked in your presence?*
- 0 hari  
*0 days*
  - 1 atau 2 hari  
*1 or 2 days*
  - 3 atau 4 hari  
*3 or 4 days*
  - 5 atau 6 hari  
*5 or 6 days*
  - Kesemua 7 hari  
*All 7 days*
47. Antara bapa, ibu atau penjaga, siapa ada mengguna produk tembakau termasuk rokok?  
*Which of your parents or guardians use any form of tobacco including cigarettes?*
- Kedua-duanya tidak merokok  
*Neither*
  - Ayah atau penjaga lelaki  
*My father or male guardian*
  - Ibu atau penjaga perempuan  
*My mother or female guardian*
  - Kedua-duanya  
*Both*
  - Tidak tahu  
*I do not know*
48. Dalam tempoh 12 bulan adakah anda akan merokok?  
*At any time during the next 12 months, do you think you will smoke a cigarette?*
- Tidak akan  
*Definitely not*
  - Mungkin tidak  
*Probably not*
  - Mungkin ya  
*Maybe yes*
  - Memang ya  
*Definitely yes*

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49. Jika kawan rapat anda menghulurkan rokok, adakah anda akan menghisapnya?  
*If one of your best friends offered you a cigarette would you smoke it?*
- a. Tidak akan  
*Definitely not*
  - b. Mungkin tidak  
*Probably not*
  - c. Mungkin ya  
*Maybe yes*
  - d. Memang ya  
*Definitely yes*

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**BAHAGIAN 7**  
**PART 7**

**SILA BACA PERNYATAAN DI BAWAH:**

6 soalan berikutnya adalah berkenaan meminum minuman beralkohol. Satu "minuman" merujuk kepada satu gelas wain tuak, lihing, bahar, ijuk atau todi; sebotol bir; segelas kecil arak, langkau, montoku; atau minuman campuran. Minuman beralkohol tidak termasuk beberapa hirup wain untuk tujuan keagamaan.

**PLEASE READ THE STATEMENT BELOW:**

The next 6 questions ask about drinking alcohol. A "drink" is a glass of wine, tuak, lihing, bahar, ijuk or toddy; a bottle of beer; a small glass of liquor; or a mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

- |   |  |
|---|--|
| <p>50. Berapakah umur anda ketika kali pertama anda minum minuman beralkohol?<br/><i>How old were you when you had your first drink of alcohol?</i></p> <ul style="list-style-type: none"> <li>a. Saya tidak pernah minum minuman beralkohol<br/><i>I have never had a drink of alcohol</i></li> <li>b. 7 tahun atau ke bawah<br/><i>7 years old or younger</i></li> <li>c. 8 atau 9 tahun<br/><i>8 or 9 years old</i></li> <li>d. 10 atau 11 tahun<br/><i>10 or 11 years old</i></li> <li>e. 12 atau 13 tahun<br/><i>12 or 13 years old</i></li> <li>f. 14 atau 15 tahun<br/><i>14 or 15 years old</i></li> <li>g. 16 tahun atau ke atas<br/><i>16 years old or older</i></li> </ul> | <p>51. Dalam tempoh 30 hari yang lepas, berapa hari anda mengambil sekurang-kurangnya satu minuman mengandungi alkohol?<br/><i>During the past 30 days, on how many days did you have at least one drink containing alcohol?</i></p> <ul style="list-style-type: none"> <li>a. 0 hari<br/><i>0 days</i></li> <li>b. 1 atau 2 hari<br/><i>1 or 2 days</i></li> <li>c. 3 hingga 5 hari<br/><i>3 to 5 days</i></li> <li>d. 6 hingga 9 hari<br/><i>6 to 9 days</i></li> <li>e. 10 hingga 19 hari<br/><i>10 to 19 days</i></li> <li>f. 20 hingga 29 hari<br/><i>20 to 29 days</i></li> <li>g. Kesemua 30 hari<br/><i>All 30 days</i></li> </ul> |
|---|--|

52. Dalam tempoh 30 hari yang lepas, pada hari anda minum minuman beralkohol; berapa banyak minuman yang anda **biasa** ambil dalam sehari?  
*During the past 30 days, on the days you drank alcohol; how many drinks did you usually drink per day?*
- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas  
*I did not drink alcohol during the past 30 days*
  - Kurang dari satu minuman  
*Less than one drink*
  - 1 minuman  
*1 drink*
  - 2 minuman  
*2 drinks*
  - 3 minuman  
*3 drinks*
  - 4 minuman  
*4 drinks*
  - 5 minuman atau lebih  
*5 or more drinks*

53. Dalam tempoh 30 hari yang lepas, **biasanya** bagaimana anda mendapatkan minuman beralkohol? **SILA PILIH SATU JAWAPAN SAHAJA**  
*During the past 30 days, how did you usually get the alcohol you drank? SELECT ONLY ONE RESPONSE*
- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas  
*I did not drink alcohol during the past 30 days*
  - Saya beli dari kedai atau gerai  
*I bought it in a store, shop, or from a street vendor*
  - Saya beri duit kepada orang lain untuk membeli  
*I gave someone else money to buy it for me*
  - Kawan saya yang beri kepada saya  
*I got it from my friends*
  - Keluarga saya beri kepada saya  
*I got it from my family*
  - Saya curi atau ambil tanpa kebenaran  
*I stole it or got it without permission*
  - Saya memperolehi dari cara lain  
*I got it some other way*

**SILA BACA PERNYATAAN DI BAWAH:**

Terhuyung-hayang semasa berjalan, tidak mampu bercakap dengan betul, dan muntah adalah tanda seseorang itu terlalu mabuk.

**PLEASE READ THE STATEMENT BELOW:**

*Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.*

54. Sepanjang hidup anda, berapa kali anda minum minuman alkohol berlebihan sehingga betul-betul mabuk?  
*During your life, how many times did you drink so much alcohol that you were really drunk?*
- 0 kali  
*0 times*
  - 1 atau 2 kali  
*1 or 2 times*
  - 3 hingga 9 kali  
*3 to 9 times*
  - 10 kali atau lebih  
*10 or more times*

55. Sepanjang hidup anda, berapa kali anda mendapat kesusahan dengan ahli keluarga atau kawan, tidak ke sekolah, atau bertumbuk, akibat daripada minum minuman beralkohol?  
*During your life, how many times have you got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?*
- 0 kali  
*0 times*
  - 1 atau 2 kali  
*1 or 2 times*
  - 3 hingga 9 kali  
*3 to 9 times*
  - 10 kali atau lebih  
*10 or more times*

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**BAHAGIAN 8**  
**PART 8**

**SILA BACA PERNYATAAN DI BAWAH:**

4 soalan berikutnya adalah berkenaan penggunaan dadah termasuk heroin, morfin, gam, amfitamin, ecstasy, syabu, ice dan ganja. Ini tidak termasuk ubat-ubatan preskripsi.

**PLEASE READ THE STATEMENT BELOW:**

The next 4 questions ask about drug use. This includes heroin, morphine, glue, amphetamine, ecstasy, syabu, ice, ganja. This does not include prescribed medicine.

56. Berapa umur anda ketika pertama kali anda menggunakan dadah?  
*How old were you when you first used drugs?*
- Saya tidak pernah menggunakan dadah  
*I have never used drugs*
  - 7 tahun atau ke bawah  
*7 years old or younger*
  - 8 atau 9 tahun  
*8 or 9 years old*
  - 10 atau 11 tahun  
*10 or 11 years old*
  - 12 atau 13 tahun  
*12 or 13 years old*
  - 14 atau 15 tahun  
*14 or 15 years old*
  - 16 tahun atau ke atas  
*16 years old or older*
57. Sepanjang hidup anda, berapa kali anda telah menggunakan dadah?  
*During your life, how many times have you used drugs?*
- 0 kali  
*0 times*
  - 1 atau 2 kali  
*1 or 2 times*
  - 3 hingga 9 kali  
*3 to 9 times*
  - 10 hingga 19 kali  
*10 to 19 times*
  - 20 kali atau lebih  
*20 or more times*
58. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan dadah?  
*During the past 30 days, how many times have you used drugs?*
- 0 kali  
*0 times*
  - 1 atau 2 kali  
*1 or 2 times*
  - 3 hingga 9 kali  
*3 to 9 times*
  - 10 hingga 19 kali  
*10 to 19 times*
  - 20 kali atau lebih  
*20 or more times*
59. Dalam tempoh 30 hari yang lepas, bagaimana biasanya anda mendapatkan dadah yang anda gunakan? **SILA PILIH SATU JAWAPAN SAHAJA**  
*During the past 30 days, how did you usually get the drugs you used? SELECT ONLY ONE RESPONSE*
- Saya tidak menggunakan dadah dalam 30 hari yang lepas  
*I did not use drugs during the past 30 days*
  - Saya beli dari orang lain  
*I bought them from someone*
  - Saya beri duit kepada orang lain untuk membeli  
*I gave someone else money to buy it for me*
  - Saya mencuri atau mengambil tanpa kebenaran  
*I stole it or got it without permission*
  - Kawan saya yang beri kepada saya  
*I got it from my friends*
  - Keluarga saya beri kepada saya  
*I got it from my family*
  - Saya memperolehi dari cara lain  
*I got it some other way*

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60. Sepanjang hidup anda, berapa kali anda telah menggunakan ganja?  
*During your life, how many times have you used marijuana?*

- a. 0 kali  
*0 times*
- b. 1 atau 2 kali  
*1 or 2 times*
- c. 3 hingga 9 kali  
*3 to 9 times*
- d. 10 hingga 19 kali  
*10 to 19 times*
- e. 20 kali atau lebih  
*20 or more times*

61. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan ganja?  
*During the past 30 days, how many times have you used marijuana?*

- a. 0 kali  
*0 times*
- b. 1 atau 2 kali  
*1 or 2 times*
- c. 3 hingga 9 kali  
*3 to 9 times*
- d. 10 hingga 19 kali  
*10 to 19 times*
- e. 20 kali atau lebih  
*20 or more times*

62. Sepanjang hidup anda, berapa kali anda telah menggunakan amfetamin atau metamfetamin?  
*During your life, how many times have you used amphetamines or metamphetamines?*

- a. 0 kali  
*0 times*
- b. 1 atau 2 kali  
*1 or 2 times*
- c. 3 hingga 9 kali  
*3 to 9 times*
- d. 10 hingga 19 kali  
*10 to 19 times*
- e. 20 kali atau lebih  
*20 or more times*

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## BAHAGIAN 9

### PART 9

#### SILA BACA PERNYATAAN DI BAWAH:

5 soalan berikutnya adalah berkenaan hubungan seksual. Hubungan seksual adalah perlakuan seks yang melibatkan memasukkan zakar ke dalam faraj atau dubur.

#### PLEASE READ THE STATEMENT BELOW:

The next 5 questions ask about sexual intercourse. Sexual intercourse is defined as sexual acts of penetration of penis into vagina or anus.

63. Pernahkah anda melakukan hubungan seksual/persetubuhan?  
*Have you ever had sexual intercourse?*
- Ya  
*Yes*
  - Tidak  
*No*
64. Berapa umur anda ketika kali pertama melakukan hubungan seksual/persetubuhan?  
*How old were you when you had sexual intercourse for the first time?*
- Saya tidak pernah melakukan hubungan seksual/persetubuhan  
*I have never had sexual intercourse*
  - 11 tahun atau ke bawah  
*11 years old or younger*
  - 12 tahun  
*12 years old*
  - 13 tahun  
*13 years old*
  - 14 tahun  
*14 years old*
  - 15 tahun  
*15 years old*
  - 16 tahun atau ke atas  
*16 years old or older*
65. Sepanjang hidup anda, berapa ramai orang yang anda telah lakukan hubungan seksual/persetubuhan?  
*During your life, with how many people have you had sexual intercourse?*
- Saya tidak pernah melakukan hubungan seksual/persetubuhan  
*I have never had sexual intercourse*
  - 1 orang  
*1 person*
  - 2 orang  
*2 people*
  - 3 orang  
*3 people*
  - 4 orang  
*4 people*
  - 5 orang  
*5 people*
  - 6 orang atau lebih  
*6 or more people*
66. Kali terakhir anda melakukan hubungan seksual/persetubuhan; adakah anda atau pasangan anda menggunakan kondom?  
*The last time you had sexual intercourse; did you or your partner use a condom?*
- Saya tidak pernah melakukan hubungan seksual/persetubuhan  
*I have never had sexual intercourse*
  - Ya  
*Yes*
  - Tidak  
*No*

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67. Kali terakhir anda melakukan hubungan seksual/persetubuhan, adakah anda atau pasangan anda menggunakan kaedah pencegahan kehamilan lain seperti teknik pancutan luar, masa selamat, pil pencegah kehamilan, ataupun kaedah lain?

*The last time you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, safe time, birth control pills, or any other method to prevent pregnancy?*

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

*I have never had sexual intercourse*

b. Ya

*Yes*

c. Tidak

*No*

d. Tidak tahu

*I do not know*



**BAHAGIAN 10**  
**PART 10****SILA BACA PERNYATAAN DIBAWAH:**

4 soalan seterusnya adalah berkenaan aktiviti fizikal. Aktiviti fizikal adalah apa-apa aktiviti yang meningkatkan kadar denyutan jantung dan menyebabkan kita bernafas dengan kuat. Aktiviti fizikal boleh dilakukan dalam sukan, bermain dengan kawan, atau berjalan ke sekolah. Contoh aktiviti fizikal termasuklah berlari, berjalan pantas, berbasikal, menari, dan bola sepak.

**PLEASE READ THE STATEMENT BELOW:**

The next 4 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you breathe hard. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, and football.

68. Dalam tempoh 7 hari yang lepas, berapa hari anda melakukan aktiviti fizikal untuk sekurang-kurangnya 60 minit setiap hari? **JUMLAHKAN MASA ANDA MELAKUKAN APA-APA AKTIVITI FIZIKAL SETIAP HARI**

*During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY*

- a. 0 hari  
*0 days*
- b. 1 hari  
*1 day*
- c. 2 hari  
*2 days*
- d. 3 hari  
*3 days*
- e. 4 hari  
*4 days*
- f. 5 hari  
*5 days*
- g. 6 hari  
*6 days*
- h. 7 hari  
*7 days*

69. Dalam tempoh 7 hari yang lepas, berapa hari anda berjalan kaki atau berbasikal ke sekolah atau balik ke rumah?

*During the past 7 days, on how many days did you walk or ride a bicycle to or from school?*

- a. 0 hari  
*0 days*
- b. 1 hari  
*1 day*
- c. 2 hari  
*2 days*
- d. 3 hari  
*3 days*
- e. 4 hari  
*4 days*
- f. 5 hari  
*5 days*
- g. 6 hari  
*6 days*
- h. 7 hari  
*7 days*

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70. Sepanjang tahun persekolahan tahun ini, berapa kali anda mengikuti kelas pendidikan jasmani dan kesihatan (PJK) setiap minggu?

*During this school year, on how many days did you go to physical education class (PE) each week?*

- a. 0 hari  
*0 days*
- b. 1 hari  
*1 day*
- c. 2 hari  
*2 days*
- d. 3 hari  
*3 days*
- e. 4 hari  
*4 days*
- f. 5 hari atau lebih  
*5 or more days*

**SILA BACA PERNYATAAN DIBAWAH:**

Soalan berikutnya adalah berkenaan masa yang anda habiskan dengan duduk semasa tidak di sekolah atau semasa membuat kerja rumah.

**PLEASE READ THE STATEMENT BELOW:**

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

71. Biasanya berapa masa yang anda habiskan untuk duduk sama ada untuk menonton televisyen, bermain permainan computer, berbual dengan kawan atau apa-apa aktiviti yang memerlukan anda duduk?

*How much time do you spend during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities?*

- a. Kurang dari 1 jam sehari  
*Less than 1 hour per day*
- b. 1 hingga 2 jam sehari  
*1 to 2 hours per day*
- c. 3 hingga 4 jam sehari  
*3 to 4 hours per day*
- d. 5 hingga 6 jam sehari  
*5 to 6 hours per day*
- e. 7 hingga 8 jam sehari  
*7 to 8 hours per day*
- f. Lebih dari 8 jam sehari  
*More than 8 hours per day*

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## BAHAGIAN 11

### PART 11

6 soalan seterusnya adalah berkenaan pengalaman anda di sekolah dan di rumah.

*The next 6 questions ask about your experiences at school and at home.*

72. Dalam tempoh 30 hari yang lepas, berapa hari anda tidak hadir ke kelas atau sekolah tanpa kebenaran?  
*During the past 30 days, on how many days did you miss classes or school without permission?*
- 0 hari  
*0 days*
  - 1 atau 2 hari  
*1 or 2 days*
  - 3 hingga 5 hari  
*3 to 5 days*
  - 6 hingga 9 hari  
*6 to 9 days*
  - 10 hari atau lebih  
*10 or more days*
73. Dalam tempoh 30 hari yang lepas, berapa kerap rakan sekolah anda bersikap baik hati dan suka membantu?  
*During the past 30 days, how often were most of the students in your school kind and helpful?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Sentiasa  
*Always*
74. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda menyemak kerja sekolah anda?  
*During the past 30 days, how often did your parents or guardians check to see if your homework was done?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Sentiasa  
*Always*
75. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda cuba memahami masalah dan kebimbangan anda?  
*During the past 30 days, how often did your parents or guardians understand your problems and worries?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Sentiasa  
*Always*

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76. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda benar-benar tahu apa yang anda lakukan pada masa lapang?  
*During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?*
- a. Tidak pernah  
*Never*
  - b. Jarang-jarang  
*Rarely*
  - c. Kadang-kadang  
*Sometimes*
  - d. Kebanyakan masa  
*Most of the time*
  - e. Sentiasa  
*Always*

77. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda memeriksa barangan anda tanpa kebenaran?  
*During the past 30 days, how often did your parents or guardians go through your things without your approval?*
- a. Tidak pernah  
*Never*
  - b. Jarang-jarang  
*Rarely*
  - c. Kadang-kadang  
*Sometimes*
  - d. Kebanyakan masa  
*Most of the time*
  - e. Sentiasa  
*Always*

## APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

## Alcohol Consumption

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Age first drink alcohol	Q34	Weight	Age started to drink alcohol	1 = "I have never drank alcohol" 2 = "7 years old or younger" 3 = "8 or 9 years old" 4 = "10 or 11 years old" 5 = "12 or 13 years old" 6 = "14 or 15 years old" 7 = "16 years old or older"
Days one drink or more past 30 days	Q35	Weight	Number of days of consuming alcohol in the past 30 days	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 to 19 days" 6 = "20 to 29 days" 7 = "All 30 days"
Number of drinks past 30 days	Q36	Weight	Number of alcohol drinks in the past 30 days  A drink: a glass of wine, tuak, liling, bahar, ijuk or toddy; a bottle of beer; a small glass of liquor; or a mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.	1 = "Did not drink in past 30 days" 2 = "Less than one drink" 3 = "1 drink" 4 = "2 drinks" 5 = "3 drinks" 6 = "4 drinks" 7 = "5 or more drinks"
How got drinks past 30 days	Q37	Weight	Ways of accessing alcohol drinks in the past 30 days	1 = "Did not drink in past 30 days" 2 = "I bought in a store" 3 = "I gave someone money to buy" 4 = "I got it from my friends" 5 = "I got it from my family" 6 = "I stole it" 7 = "I got it some other way"

Times drunk during life	Q38	Weight	Frequency of getting drunk during lifetime	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 or more times"
Number of troubles as result of drinking	Q39	Weight	Number of troubles as result of drinking	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 or more times"

**Alcohol Consumption among Current Drinkers**

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Age started to drink alcohol	Q34_new2	Weight	Age started to drink alcohol	RECODE Q34 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6)(ELSE=SYSMIS) INTO Q34_new2. VARIABLE LABELS Q34_new2 'Age started to drink'. EXECUTE.  VALUE LABELS Q34_new2 1 '<7 years' 2 '8 or 9 years' 3 '10 or 11 years' 4 '12 or 13 years' 5 '14 or 15 years' 6 '16 years and above'.

Number of days of consuming alcohol in the past 30 days	Q35_new2	Weight	Number of days of consuming alcohol in the past 30 days	<p>RECODE Q35 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6)(ELSE=SYSMIS) INTO Q35_new2.</p> <p>VARIABLE LABELS Q35_new2 'Drink at least 1 days for past 30 days'. EXECUTE.</p> <p>VALUE LABELS Q35_new2  1 '1 or 2 days'  2 '3 to 5 days'  3 '6 to 9 days'  4 '10 to 19 days'  5 '20 to 29 days'  6 'all 30 days'.</p>
Number of alcohol drinks in the past 30 days	Q36_new2	Weight	Number of alcohol drinks in the past 30 days	<p>RECODE Q36 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6)(ELSE=SYSMIS) INTO Q36_new2.</p> <p>VARIABLE LABELS Q36_new2 'Frequency drinks for the past 30 days'. EXECUTE.</p> <p>VALUE LABELS Q36_new2  1 'less than 1 drink'  2 '1 drink'  3 '2 drinks'  4 '3 drinks'  5 '4 drinks'  6 '5 or more drinks'.</p>

Ways of accessing alcohol drinks in the past 30 days	Q37_new2	Weight	Ways of accessing alcohol drinks in the past 30 days	RECODE Q37 (1=SYSMIS)(2=1)(3=2) (4=3) (5=4) (6=5) (7=6) (ELSE=SYSMIS) INTO Q37_new2. VARIABLE LABELS Q37_new2 'Got drinks from friends'. EXECUTE. VALUE LABELS Q37_new2 1 'Store, shop/street vendor' 2 'Gave someone else money' 3 'Friends' 4 'Family' 5 'Stole/got without permission' 6 'Some other way'. 1 = "Yes" 2 = "No"
Age first alcohol before 14	QN34	Weight	Age started to drink alcohol before 14 years old among current drinker	1 = "Yes" 2 = "No"
Drank 1+ days past 30 days	QN35	Weight	Drank for more than one days for the past 30 days among current drinker	1 = "Yes" 2 = "No"
Of current drinkers, drank 2+ drinks/day 30 days	QN36	Weight	Among current drinkers who drank for more than 2 days for the past 30 days	1 = "Yes" 2 = "No"
Of current drinkers, got alcohol from friends	QN37	Weight	Among current drinkers who got alcohol from their friends	1 = "Yes" 2 = "No"
1+ times drunk in lifetime	QN38	Weight	More than one times drunk in lifetime among who drink alcohol	1 = "Yes" 2 = "No"
Alcohol trouble 1+ times in lifetime	QN39	Weight	Among who did trouble for more than one times drunk in lifetime	1 = "Yes" 2 = "No"



## Dietary Behaviours

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
How tall are you	Q4	Weight	Height without shoes to the nearest cm	
How much do you weigh	Q5	Weight	Weight without shoes to the nearest kg	
How do you describe your weight	Q61	Weight	Perception on own body weight	1 = "Very underweight" 2 = "Slightly underweight" 3 = "About the right weight" 4 = "Slightly overweight" 5 = "Very overweight"
Underweight	qnunwtg	Weight	<-2SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Overweight	qnowtg	Weight	<-2SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Obese	qnobeseg	Weight	>+1SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Went hungry past 30 days	Q6	Weight	Reported hungry because there was not enough food at home	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Went hungry most of time/always past 30 days	QN6	Weight	Reported hungry most of the time or always because there was not enough food at home	1 = "Yes" 2 = "No"

Eat fruit per day past 30 days	Q7	Weight	Frequency of usually consume fruit per day in past 30 days	1 = "Did not eat fruit" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate fruit 2+ times per day past 30 days	QN7	Weight	Usually ate fruits more than twice per day in past 30 days	1 = "Yes" 2 = "No"
Eat vegetables past 30 days	Q8	Weight	Frequency of usually consume vegetables per day in past 30 days	1 = "Did not eat vegetables" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate vegetables 3+ times per day past 30 day	QN8	Weight	Usually ate vegetables more than three times per day in past 30 days	1 = "Yes" 2 = "No"
Drink soft drinks past 30 days	Q9	Weight	Frequency per day usually drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi in the past 30 days	1 = "Did not drink soft drinks" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"

Drank soft drinks 1+ times per day past 30 day	QN9	Weight	Usually consume soft drinks at least once daily in past 30 days	1 = "Yes" 2 = "No"
Drank water per day 30 days	Q63	Weight	Frequency per day usually consume plain water such as mineral water, boiled water, or tap water in the past 30 days	1 = "Did not drink plain water" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate fast food past 7 days	Q10	Weight	Frequency per day usually consume food from a fast food restaurant, such as McDonalds, KFC, and Pizza Hut in the past 7 days	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"
Ate fast food 3+ days past 7 day	QN10	Weight	Usually consume fast food at least three days in past 7 days	1 = "Yes" 2 = "No"
Ate before 9 AM	Q65	Weight	Number of days eat a meal before 9 a.m in past 7 days (Breakfast)	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"

## Drug Use

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Age first drugs	Q40	Weight	Age when first used drugs  Drug: include heroin, morphine, glue, amphetamine, ecstasy, syabu, ice, ganja (does not include prescribed medicine)	1 = "I have never use drugs" 2 = "7 years old or younger" 3 = "8 or 9 years old" 4 = "10 or 11 years old" 5 = "12 or 13 years old" 6 = "14 or 15 years old" 7 = "16 years old or older"
Used drugs lifetime	Q75	Weight	Frequency of used drugs in lifetime (Ever used drug)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Used drugs past 30 days	Q76	Weight	Frequency of used drug in the past 30 days (current drug user)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
How got drugs usually	Q77	Weight	Sources of usually getting drugs in the past 30 days	1 = "I did not use drugs" 2 = "I bought them from someone" 3 = "I gave someone money to buy" 4 = "I stole it" 5 = "I got it from my friends" 6 = "I got it from my family" 7 = "I got it some other way"
Times used marijuana lifetime	Q41	Weight	Frequency of used marijuana in lifetime (Ever used marijuana)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"

Times used marijuana past 30 days	Q42	Weight	Frequency of used marijuana in the past 30 days (current marijuana user)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Times used amphetamines lifetime	Q43	Weight	Frequency of used amphetamines in lifetime (Ever used amphetamines)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Age first drugs before 14	QN40	Weight	Age when first tried before age 14	1 = "Yes" 2 = "No"
Marijuana 1+ times in lifetime	QN41	Weight	Used marijuana for more than one times for lifetime	1 = "Yes" 2 = "No"
Marijuana 1+ times p 30 days	QN42	Weight	Used marijuana for more than one times for the past 30 days	1 = "Yes" 2 = "No"
Amphetamines 1+ times lifetime	QN43	Weight	Used amphetamines more than one times for lifetime	1 = "Yes" 2 = "No"

## Hygiene (Including Oral Hygiene)

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
How many times per day brush teeth	Q11	Weight	Frequency per day clean or brush teeth in past 30 days	1 = "Did not brush my teeth" 2 = "Less than 1 time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 or more times per day"
Cleaned/brushed teeth <1 time/day past 30 days	QN11	Weight	Clean or brush teeth less than 1 time past 30 days	1 = "Yes" 2 = "No"
Tooth ache missed class	Q66	Weight	Tooth ache causing student to miss classes or school in past 12 months	1 = "Yes" 2 = "No"
Used toothpaste with fluoride	Q67	Weight	Use toothpaste that contain fluoride	1 = "Yes" 2 = "No" 3 = "I do not know"
Last seen dentist	Q68	Weight	See a dentist or dental nurse for checkup, teeth cleaning, or other dental treatment	1 = "During the past 12 months" 2 = "Between 12 and 24 months ago" 3 = "More than 24 months ago" 4 = "Never" 5 = "I do not know"
Avoid smiling due to teeth	Q69	Weight	Avoid smiling or laughing because of teeth appearance	1 = "Yes" 2 = "No"
Wash hands before eating past 30 days	Q12	Weight	Wash hands before eating in past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"

Never/rarely wash hands before eating past 30 days	QN 12	Weight	Never/rarely wash hand before eating in past 30 days	1 = "Yes" 2 = "No"
Wash hands after toilet past 30 day	Q13	Weight	Wash hands after using toilet in past 30 day	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Never/rarely wash hands after toilet past 30 days	QN13	Weight	Never/rarely wash hand after using toilet in past 30 days	1 = "Yes" 2 = "No"
Used soap on hands past 30 days	Q14	Weight	Used soap when washing hands in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Never/rarely use soap on hands past 30 days	QN14	Weight	Never/rarely use soap when washing hands in the past 30 days	1 = "Yes" 2 = "No"

## Mental Health Problems

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times felt lonely past 12 mo.	Q22	Weight	Felt lonely in the past 12 months	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Lonely most times/always past 12 months	QN22	Weight	Felt lonely most of the times/always in the past 12 months	1 = "Yes" 2 = "No"
Worry prevented sleep most time/always past 12 mos	Q23	Weight	Worried about something that could not sleep at night in the past 12 months	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Worry prevented sleep most time/always past 12 months	QN23	Weight	Felt worry that prevented sleep most of the time/always for the past 12 months	1 = "Yes" 2 = "No"
Ever considered suicide 12 mos	Q24	Weight	Ever seriously considered attempting suicide in the past 12 months (suicidal ideation)	1 = "Yes" 2 = "No"
Ever make suicide plan 12 mos	Q25	Weight	Ever make a plan about ways to attempt suicide in the past 12 months (suicidal plan)	1 = "Yes" 2 = "No"



Times attempted suicide 12 mos.	Q26	Weight	Times actually attempted suicide in the 12 months (suicide attempt)	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or more times"
1+ times attempt suicide 12 mos.	QN26	Weight	Attempted suicide more than one times in the past 12 months	1 = "Yes" 2 = "No"
Number close friends	Q27	Weight	Number close friends	1 = "0" 2 = "1" 3 = "2" 4 = "3 or more"

**Physical Activity**

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Days active 60 min plus past 7 days	Q49	Weight	Number of days were physically active for a total of at least 60 minutes per day in the past 7 days  Physical activity is any activity that increases the heart rate and makes he/she breath hard. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, and football.	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "5 day" 7 = "6 day" 8 = "7 day"
Walk or bike to school past 7 days	Q50	Weight	Walk or ride a bicycle to or from school in the past 7 days	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "5 day" 7 = "6 day" 8 = "7 day"
Time spent sitting on usual day	Q52	Weight	Time usually spend during a typical or usual day sitting and watching television, playing computer games, talking with friends or doing other sitting activities.	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "5 or more day"

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Active 60+ mins/day for 5+ of past 7 days	QN49	Weight	Physically active for total of at least 60 minutes in 5 days out of 7 days	1 =" Yes" 2 =" No"
Walk/Bike to/from school 0 of past 7 days	QN50	Weight	Did not walk or ride a bicycle back or from school in the past 7 days	1 =" Yes" 2 =" No"
Sitting activities 3+ hours/day of usual day	QN52	Weight	Spent 3 hours or more in a typical or usual day sitting and watching television, playing computer games, talking with friends or doing other sitting activities	1 =" Yes" 2 =" No"

## Protective Factors

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Miss school no permission past 30 days	Q53	Weight	Number of days missed classes or school without permission in the past 30 days (truancy)	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 or more days"
Miss school no permission 1+ of past 30 days	QN53	Weight	Missed classes or school without permission for more than 1 day in the past 30 days	1 = "Yes" 2 = "No"
Others helpful in school past 30 days	Q54	Weight	Frequency other students in school kind and helpful in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Students most/always kind 30 days	QN54	Weight	Students in school kind and helpful most of the time or always in the past 30 days	1 = "Yes" 2 = "No"
Parents check homework past 30 days	Q55	Weight	Frequency parents or guardians ensure completed homework in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents most/always check homework	QN55	Weight	Parents or guardians most of the time or always ensure completed homework in the past 30 days	1 = "Yes" 2 = "No"
Parent understand troubles past 30 days	Q56	Weight	Frequency parents or guardians understand their problems and worries in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"

Parents most/always understand problems	QN56	Weight	Parents or guardians most of the time or always understand their problems and worries in the past 30 days	1 = "Yes" 2 = "No"
Parent know what you do past 30 days	Q57	Weight	Frequency parents or guardians really know what they were doing in free time in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents most/always know about free time	QN57	Weight	Parents or guardians most of the time or always really know what they were doing in free time in the past 30 days	1 = "Yes" 2 = "No"
Parent go through things past 30 days	Q58	Weight	Frequency parents or guardians went through their things in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents never/rarely go thru things	QN58	Weight	Parents or guardians never/rarely went through their things in the past 30 days	1 = "Yes" 2 = "No"

## Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Ever had sex	Q44	Weight	Ever had sexual intercourse Sexual intercourse: sexual acts of penetration of penis into vagina or anus	1 = "Yes" 2 = "No"
Age first sexual intercourse	Q45	Weight	Age when had sexual intercourse for the first time	1 = "Never had sex" 2 = "11 years old or younger" 3 = "12 years old" 4 = "13 years old" 5 = "14 years old" 6 = "15 years old" 7 = "16 years old or older"
Age first sexual intercourse before 14	QN45	Weight	Had first time sexual intercourse before the age of 14 years	1 = "Yes" 2 = "No"
How many sex partners	Q46	Weight	Number of people had sexual intercourse with in \ their lifetime	1 = "Never had sex" 2 = "11 years old or younger" 3 = "12 years old" 4 = "13 years old" 5 = "14 years old" 6 = "15 years old" 7 = "16 years old or older"
2+ sex partners lifetime	QN46	Weight	Had more than two sex partners in their lifetime among those who ever had sexual intercourse	1 = "Yes" 2 = "No"

Used condom at last intercourse	Q47	Weight	Used condom during last time sexual intercourse	1 = "Never had sex" 2 = "1 person" 3 = "2 people" 4 = "3 people" 5 = "4 people" 6 = "5 people" 7 = "6 or more people"
Used condom at last sex	QN47	Weight	Used condom during last time had sexual intercourse	1 = "Yes" 2 = "No"
Used birth control last intercourse	Q48	Weight	Respondents or their partner used anyother method of birth control such as withdrawal, safe time, birth control pills, or any other method to prevent pregnancy during the last sexual intercourse	1 = "Never had sex" 2 = "Yes" 3 = "No"
Used birth control at last sex	QN48	Weight	Use any other methods to prevent pregnancy at the last sexual intercourse	1 = "Yes" 2 = "No"

## Tobacco Use

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Age first tried cigarette	Q28	Weight	Age when first tried a cigarette	1 = "I have never smoked cigarettes" 2 = "7 years old or younger" 3 = "8 or 9 years old" 4 = "10 or 11 years old" 5 = "12 or 13 years old" 6 = "14 or 15 years old" 7 = "16 years old or older"
How many days smoked 30 days	Q29	Weight	Number of days smoke cigarettes during past 30 days	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 to 19 days" 6 = "20 to 29 days" 7 = "All 30 days"
Other tobacco past 30 days	Q30	Weight	Number of days use tobacco products other than cigarettes such as shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis during past 30 days	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 to 19 days" 6 = "20 to 29 days" 7 = "All 30 days"
Did not use other tobacco products	Q72	Weight	Type of tobacco products other than cigarettes used most often in past 30 days	1 = "Did not smoke tob products" 2 = "Shisha/Hookah" 3 = "Electronic cigarettes" 4 = "Snuff or chewing tobacco" 5 = "Pipes" 6 = "Curut, cigars or cigarillos" 7 = "Bidis" 8 = "Some other tobacco product"



Try stop smoking past 12 mo.	Q31	Weight	Tried to stop smoking cigarettes in the past 12 months	1 = "Yes" 2 = "No"
Others present smoking past 7 days	Q32	Weight	Number of days other people smoked in their present in past 7 days	1 = "0 days" 2 = "1 or 2 days" 3 = "3 or 4 days" 4 = "5 or 6 days" 5 = "All 7 days"
Parents who use tobacco	Q33	Weight	Parents or guardians who use any form of tobacco including cigarettes	1 = "Neither" 2 = "My father or male guardian" 3 = "My mother or female guardian" 4 = "Both" 5 = "I do not know"
Won't smoke next 12 months	Q73	Weight	Thinking of smoke a cigarette in the next 12 months	1 = "Definitely not" 2 = "Probably not" 3 = "Maybe yes" 4 = "Definitely yes"
Won't smoke if friend offered	Q74	Weight	Possibility of smoke if best friend offered a cigarette	1 = "Definitely not" 2 = "Probably not" 3 = "Maybe yes" 4 = "Definitely yes"
Age first cigarette before 14	QN28	Weight	Aged below 14 when first tried cigarette, among smokers	1 = "Yes" 2 = "No"
Smoked cigarettes 1+ of past 30 days	QN29	Weight	Smoked a cigarettes more than one times for the past 30 days	1 = "Yes" 2 = "No"
Used other tobacco 1+ of past 30 days	QN30	Weight	Used other tobacco more than one times for the past 30 days	1 = "Yes" 2 = "No"
Others present smoking 1+ of past 7 days	QN32	Weight	Other people smoke in their presence more than one day in the past 7 days	1 = "Yes" 2 = "No"
Won't smoke next 12 months	QN73	Weight	Won't smoke for the next 12 months among who had smoke	1 = "Yes" 2 = "No"

## Violence and Unintentional Injury

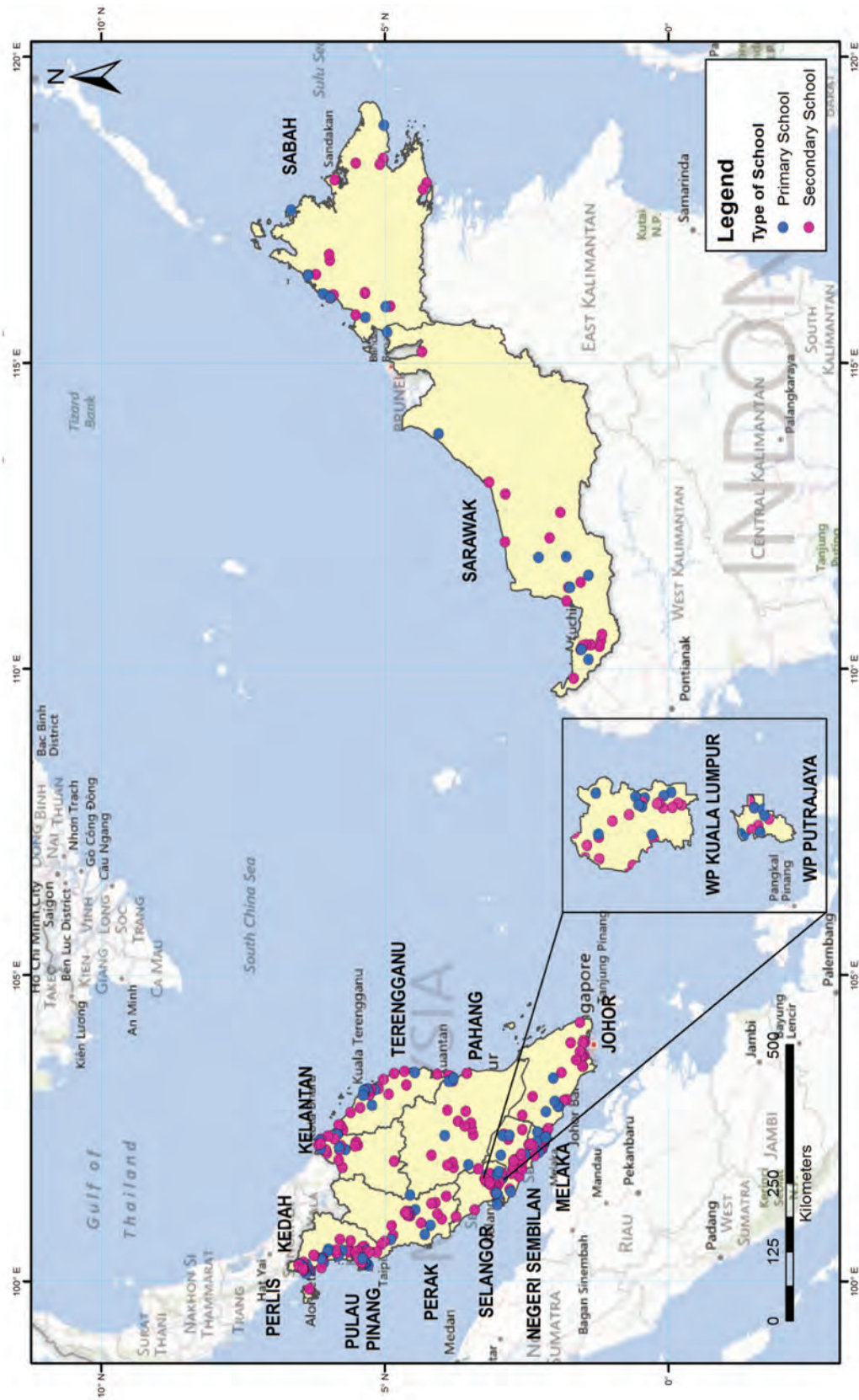
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months.  Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as stick, knife, or gun). It is not a physical attack when two individuals or students of about the same strength or power choose to fight each other.	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or 7 times" 6 = "8 or 9 times" 7 = "10 or 11 times" 8 = "12 or more times"
Attacked 1+ times past 12 months	QN15	Weight	Physically attacked at least one time in the past 12 months	1 = "Yes" 2 = "No"
How many times in fight 12 mos	Q16	Weight	Number of times in a physical fight in the past 12 months  Physical fight: when two individuals or students of about the same strength or power choose to fight each other	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or 7 times" 6 = "8 or 9 times" 7 = "10 or 11 times" 8 = "12 or more times"
In fight 1+ times past 12 months	QN16	Weight	In a physical fight for one time or more in the past 12 months	1 = "Yes" 2 = "No"

How many times injured past 12 months	Q17	Weight	Number of times seriously injured in the past 12 months  Serious injury: makes he/she missed at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or medical personnel	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or 7 times" 6 = "8 or 9 times" 7 = "10 or 11 times" 8 = "12 or more times"
Seriously injured 1+ times past 12 months	QN17	Weight	Seriously injured at least once in the past 12 months	1 = "Yes" 2 = "No"
What was serious injury past 12 mo.	Q18	Weight	Type of the most serious injury sustained in the past 12 months.	1 = "Not seriously injured" 2 = "Broken bone/dislocated joint" 3 = "I had a cut or stab wound" 4 = "Concussion/head injury" 5 = "I had a gunshot wound" 6 = "I had a bad burn" 7 = "I was poisoned" 8 = "Something else happened to me"
Broken bone as most serious injury	QN18	Weight	Broken bone as most serious injury	1 = "Yes" 2 = "No"
Cause of injury past 12 mo.	Q19	Weight	Major cause of the most serious injury sustained in the past 12 months.	1 = "Not seriously injured" 2 = "Broken bone/dislocated joint" 3 = "I had a cut or stab wound" 4 = "Concussion/head injury" 5 = "I had a gunshot wound" 6 = "I had a bad burn" 7 = "I was poisoned" 8 = "Something else happened to me"
Motor vehicle caused most serious injury	QN19	Weight	Motor vehicle caused the most serious injury	1 = "Yes" 2 = "No"

How many days bullied past 30 days	Q20	Weight	Number of days bullied in the past 30 days Bullying: a student or group of students say or do bad or unpleasant things to another students. Or when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. Not considered bully when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 to 19 days" 6 = "20 to 29 days" 7 = "All 30 days"
Bullied 1+ of past 30 days	QN20	Weight	Bullied at least one day in the past 30 days	1 = "Yes" 2 = "No"
How bullied past 30 days	Q21	Weight	Ways of bullied most often in the past 30 days	1 = "Not bullied" 2 = "Kicked, pushed, or shoved" 3 = "Made fun of race" 4 = "Made fun because of religion" 5 = "Made fun of about sex" 6 = "Left out of activities" 7 = "Made fun of about body" 8 = "Some other way"
Of students bullied, most often hit, kicked, etc	QN21	Weight	Bullied most often by hit, kicked, pushed, shoved around, or locked indoor	1 = "Yes" 2 = "No"
Someone hit them hard	Q70	Weight	Frequency someone at home hit them hard until left a mark or caused an injury in the past 12 months Physical abuse: someone hits he/she	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or 7 times" 6 = "8 or 9 times" 7 = "10 or 11 times" 8 = "12 or more times"

Someone hit them hard	QN70	Weight	Someone at home hit them hard until left a mark or caused an injury at least once in the past 12 months	1 = "Yes" 2 = "No"
Say hurtful things at home	Q 71	Weight	Frequency someone at home say hurtful or insulting things to them in the past 12 months	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or 7 times" 6 = "8 or 9 times" 7 = "10 or 11 times" 8 = "12 or more times"
Say hurtful things at home	QN71	Weight	Someone at home say hurtful or insulting things to them at least once in the past 12 months	1 = "Yes" 2 = "No"

APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



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