



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

PERLIS

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

**PERLIS
GLOBAL SCHOOL-BASED STUDENT
HEALTH SURVEY 2012**

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PERLIS GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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Executive Summary

The 2012 Perlis GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 14 schools throughout Perlis. The survey used a two-stage cluster sampling design. The objectives of this study were to determine the prevalence of health-related behaviours, risky behaviours and protective factors among secondary school students in Perlis. The survey was administered using a self-administered questionnaires. The response rate at school level was 100%, with a students' response rate a 86.3% (1,560 of 1,807 students responded).

Key Findings

About 31.4% ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 4.7%. In relation to dietary behaviour, 9.0% of the students were at risk of becoming underweight, while 13.4% students were at risk of becoming obese. In the past 30 days, only 29.9% of the students consumed fruits and vegetables at least five times daily and almost one third of them drank carbonated drinks at least once daily. As for drug use, 2.1% of the students reported ever used drug.

Overall, 2.0% of the students reported brushing their teeth less than once daily and 87.9% brushed at least twice daily. Only 72.2% of students reported using fluoridated toothpaste. In the past 30 days, 4.2% never or rarely wash their hands after using the toilet and 10.4% never or rarely used soap when washing their hands. For mental health assessment suicidal ideation, suicide plan and attempted suicide were noted among 5.8%, 4.9% and 4.9% of the students respectively. With regard to physical activity, 22.4% of the students found to be active in the past seven days, while almost half of them were engaged in sedentary activities. Parental or guardian supervision was reported in 15.7% of the students, while one third of them claimed had parental or guardian connectedness and almost half had reported parental or guardian bonding. Truancy was reported in 35.6% of the students.

This study found that 7.2% of students ever had sex, with almost three quarters of them had sex for the first time before the age of 14 years. About 11.6% of the students were current cigarette smokers. Among those who ever smoked, almost three quarters first tried a cigarette before the age of 14 years. Almost half of the students reported exposure to secondhand smoke from people smoking in their presence, while more than half claimed they had parents or guardians who used any form of tobacco. Notably, 25.9% and 26.5% of the students were physically attacked and involved in a physical fight respectively, with 38.1% who had serious injury. Having been bullied was reported in 15.3% of the students, while 8.8% had been physically abused at home.

Recommendations

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

- i. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and reducing consumption of unhealthy fast food and increasing consumption of fruits and vegetables, need to be explored.
- ii. The habit of taking breakfast among students needs to be promoted through approaches such as allocating specific time for breakfast in school.

- iii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.
- iv. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to truancy.
- v. Existing intervention measures in the school environment to control drug use such as the 'Five Minutes Talk on Drugs', the *Doktor Muda* Programme and referral to relevant agencies are to be given further emphasis.

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 Perlis 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 through out 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 Perlis 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 Perlis 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 Perlis GSHS, 1,560 questionnaires were completed in 14 schools. The school response rate was 100%, while the students response rate was 86.3%. Overall, the response rate was 86.3%.

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 Perlis.

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, methamphetamine, 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 Perlis.

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 Perlis.
- 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 Perlis.
- iii. To assess the prevalence of protective factors against risky behaviours among students in Perlis.

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Perlis was about 230 thousands (29). Adolescents between the ages of 10 to 20 years accounted for 23.4% of total population. In 2012, there were 22,838 students aged 12 to 17 years in a total of 30 secondary schools under Ministry of Education and Ministry of Rural Development in Perlis (30).

A total of 1,807 students from Form 1 to 5 were selected in Perlis from 14 randomly selected secondary schools, with 1,560 students or 86.3% responding to our survey. Of the respondents, 49.4% were males (**Table 1.2**). About 19.2% were from Remove Class/ Form 1, 19.5% from Form 2, 20.3% Form 3, 21.0% Form 4 and the remaining 20.0% 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 students was 4.7% (95% CI: 3.21-6.88) (**Table 2.1.1**). Among students who ever consumed alcohol, 31.4% (95% CI: 23.38-40.81) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). About 2.8% (95% CI: 1.80-4.29) of the students reported drunkenness (**Table 2.4.1**).

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, 9.0% (95% CI: 7.36-10.99) of the students were at risk of becoming underweight. Males [11.4% (95% CI: 8.76-14.71)] were significantly higher than females [6.7% (95% CI: 5.18-8.62)] to be at risk of becoming underweight (**Table 3.1**). About 27.7% (95% CI: 24.83-30.72) were at risk of becoming overweight (**Table 3.2**). Overall, 13.4% (95% CI: 10.73-16.55) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 4.1% (95% CI: 2.90-5.62) 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 47.3% (95% CI: 40.69-54.07) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 29.5% (95% CI: 25.52-33.91) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 29.9% (95% CI: 24.22-36.28) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally 31.1% (95% CI: 26.56-36.12) of the students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 5.3% (95% CI: 3.31-8.40) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 57.7% (95% CI: 47.45-67.38) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 15.8% (95% CI: 12.26-20.22) reported they had breakfast daily in the past seven days (**Table 3.10**). About 36.7% (95% CI: 31.60-42.06) of the students perceived they were slightly or very overweight. Males [28.2% (95% CI: 22.59-34.50)] were significantly more likely than females [45.1% (95% CI: 40.54-49.72)] to perceive their weight as slightly or very overweight (**Table 3.11.1**). Overall, 40.7% (95% CI: 36.68-44.86) reported trying to lose weight and it was significantly higher among females [47.0% (95% CI: 40.85-53.20)] than males [34.2% (95% CI: 28.95-39.83)] (**Table 3.12.1**). Overall, 74.5% (95% CI: 70.70-78.02) reported attempting to lose, gain or maintain the 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, 97.9% (95% CI: 95.07-99.12) of the students reported that they never use drug during their lifetime (**Table 4.1.1**).

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, 2.0% (95% CI: 1.18-3.43) 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 [87.9% (95% CI: 85.65-89.85)] with significantly more females [93.8% (95% CI: 90.88-95.86)] than males [81.8% (95% CI: 78.49-84.69)] reported this (**Table 5.1.1**). Only 72.2% (95% CI: 63.92-79.25) reported use of fluoridated toothpaste and 17.9% (95% CI: 14.68-21.53) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 9.1% (95% CI: 6.27-12.98) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 49.0% (95% CI: 41.26-56.84) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 12.6% (95% CI: 11.02-14.39) 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: 1.82-6.71) of the students never or rarely wash their hands before eating (**Table 5.6**). About 4.2% (95% CI: 2.88-5.95) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 10.4% (95% CI: 7.60-14.12) never or rarely used soap when washing their hands (**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, 7.0% (95% CI: 5.49-8.92) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 5.0% (95% CI: 4.10-6.21) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 5.8% (95% CI: 3.92-8.62) (**Table 6.3**). About 4.9% (95% CI: 3.38-7.17) had suicidal plan (**Table 6.4**) and 4.9% (95% CI: 2.98-8.08) had reported attempted suicide (**Table 6.5**). Overall, 2.9% (95% CI: 1.84-4.51) 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 13.2% (95% CI: 9.62-17.89) (**Table 7.1**). Overall, 22.4% (95% CI: 16.92-29.15) had been physically active for at least five days in the past seven days (**Table 7.1.1**). About 49.3% (95% CI: 41.64-56.92) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 44.7% (95% CI: 34.69-55.20) 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 35.6% (95% CI: 27.52-44.54) (**Table 8.1**). Overall, 46.2% (95% CI: 36.57-56.12) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [(55.9% (95% CI: 46.46-64.92))] than males [36.2% (95% CI: 27.15-46.30)] (**Table 8.2**). Parental or guardian supervision was reported by 15.7% (95% CI: 12.29-19.76) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 31.6% (95% CI: 27.23-36.24) (**Table 8.4**). About 46.6% (95% CI: 39.79-53.51) reported of parental or guardian bonding (**Table 8.5**) and 72.6% (95% CI: 68.92-75.99) of the students reported having parental or guardian respect for privacy (**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.

Findings

The prevalence of students who ever had sex was 7.2% (95% CI: 4.93-10.49) (**Table 9.1**). Among those who reported ever had sex, 70.6% (95% CI: 50.70-84.87) of them had sex for the first time before the age of 14 years (**Table 9.2.1**).

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: 6.92-18.74) with significantly more males [18.5% (95% CI: 14.60-31.76)] than females [1.3% (95% CI: 0.49-3.36)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 74.2% (95% CI: 66.07-81.01) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 5.3% (95% CI: 3.08-8.86) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 2.7% (95% CI: 1.79-4.04) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 76.3% (95% CI: 68.71-82.45) had tried to stop smoking (**Table 10.5**). A total of 46.4% (95% CI: 40.57-52.31) reported having been exposed to people who smoked in their presence in the past seven days (**Table 10.6.1**). About 45.0% (95% CI: 37.88-52.34) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [85.9% (95% CI: 79.19-90.67)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [98.2% (95% CI: 96.00-99.17)] than males [73.5% CI: 64.49-80.85)] (**Table 10.8**). Additionally, majority [85.1% (95% CI: 78.05-90.17)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [96.9% CI: 92.72-98.73)] than males [73.2% CI: 64.25-80.63)] (**Table 10.9**). Among the non-smokers, 8.0% (95% CI: 5.62-11.27) were susceptible to smoking (**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, 25.9% (95% CI: 21.38-31.02) of the students had been physically attacked, and this is significantly more males [32.0% (95% CI: 26.71-37.72)] than females [19.8% (95% CI: 15.16-25.34)] involved (**Table 11.1.1**). Overall, 26.5% (95% CI: 20.98-32.96) had been involved in a physical fight with significantly more males [33.4% (95% CI: 27.90-39.45)] than females [19.7% (95% CI: 13.98-26.97)] reporting this (**Table 11.2.1**). About 38.1% (95% CI: 30.38-46.41) of the students had been seriously injured (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [32.7% (95% CI: 24.65- 41.84)] and "a broken bone or dislocated joint" [18.3% (95% CI: 12.25- 26.36)] (**Table 11.4**). The two most common causes of serious injury were "fall" [35.6% (95% CI: 27.15- 45.00)] and "motor vehicle accident" [26.0% (95% CI: 19.37 – 33.93)] (**Table 11.5**). In the past 30 days, 15.3% (95% CI: 12.06- 19.32) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun of because of body or face looks" [21.7% (95% CI: 13.53 – 32.98)] and "made fun of with sexual jokes, comments or gestures" [21.5% (95% CI: 14.55 – 30.58)] (**Table 11.7**). About 8.8% (95% CI: 5.77-13.21) of the students had been abused physically (**Table 11.8.1**) and 34.6% (95% CI: 28.19- 41.54) were abused verbally at home (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Perlis was lower than the national figure (4.7% vs 8.9%). As in the majority of states, more than half of the current drinkers in Perlis had taken their first drink before the age of 14 years and the prevalence was higher than the national level (68.6% vs 63.5%). Drunkenness among students in Perlis was found to be lower than the national finding (2.8% vs 6.3%).

Being at risk of overweight and obesity among students in Perlis were each highest in the country. These figures were much higher compared to the national prevalence (27.7% vs 22.8% and 13.4% vs 9.5%, respectively). Consumption of fruit and vegetable of at least five times daily was comparable to the national finding (29.9% vs 28.7%). Consumption of soft drinks was higher than the national prevalence (31.1% vs 29.4%). However, the consumption of fast food was lower compared to the national figure (5.3% vs 6.0%). More students drank plain water at least five times daily compared to the finding at national level (57.7% vs 54.8%). Conversely, less students taking breakfast daily compared to the national prevalence (15.8% vs 19.2%).

More students in Perlis reported that they had used drug before as compared to the finding at national level (2.1% vs 1.7%).

The prevalence of students who never or rarely washed their hands before eating, after using the toilet or used soap when washing their hands, were each lower than the national figures (3.5% vs 5.0%, 4.2% vs 5.4% and 10.4% vs 13.7%, respectively). As observed in other states, majority of the students (87.9%) brushed their teeth at least twice daily, and reportedly, more students in Perlis use fluoridated toothpaste compared to the national finding (72.2% vs 57.2%).

About 7.0% of students reported feeling lonely most of the time in the past 12 months, which is lower than the national prevalence (8.1%). Less students mentioned they did not have a close friend, compared to the national finding (2.9% vs 3.1%). The prevalence of suicidal ideation, plan and attempt were each lower compared to the national figures (5.8% vs 7.9%, 4.9% vs 6.4% and 4.9% vs 6.8%, respectively).

The prevalence of students who were physically active and had engaged in sedentary activities were both almost similar to the national level (22.5% vs 22.7% and 44.7% vs 47.3%, respectively).

Truancy was noted to be higher compared to the national prevalence (35.6% vs 30.9%). As in Perak and Terengganu, this figure was the highest in the country. The level of peer support among students in Perlis was almost similar to the national level (46.2% vs 44.3%). Parental or guardian supervision and bonding were each higher compared to the national figures (15.7% vs 14.2% and 46.6% vs 43.1%, respectively).

The prevalence of reported ever had sex in Perlis was lower than the national prevalence (7.2% vs 8.3%). Among these students, three-quarter of them had sex before the age of 14 years.

The prevalence of students who currently smoke cigarettes and other tobacco products were both comparable to the national figures (11.6% vs 11.5% and 5.3% vs 5.5%, respectively). Among those who ever smoked, about three quarters of them had first tried a cigarette before the age of 14 years. The prevalence of exposure to secondhand smoke from people smoking in their presence and the reported prevalence for parents or guardians, who used any form of tobacco, were both higher than the national figures (46.4 vs 41.6% and 45.0 vs 40.2%, respectively). Among students who were non-smokers, the prevalence of susceptibility to smoking was lower than the national finding (8.0% vs 9.6%).

Most of the violent behaviour assessed in this survey among the students in Perlis was noted to be lower than the national levels, with the exception of serious injury at least once in the past one year which was higher than the national prevalence (38.1% vs 34.9%).

5.0 CONCLUSION

In Perlis, generally most of the prevalence for behaviours studied were more positive compared to the national figures. Overweight and obesity were observed to be the highest among all states. Additionally, in comparison to national levels, consumption of soft drink, truancy and drug use was noted to be higher and more students missed breakfast daily. Similarly as in Perak and Terengganu, the prevalence was the highest in the country for truancy.

6.0 RECOMMENDATIONS

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

- i. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and reducing consumption of unhealthy fast food and increasing consumption of fruits and vegetables, need to be explored.
- ii. The habit of taking breakfast among students needs to be promoted through approaches such as allocating specific time for breakfast in school.
- iii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.
- iv. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to truancy.
- v. Existing intervention measures in the school environment to control drug use such as the 'Five Minutes Talk on Drugs', the *Doktor Muda* Programme and referral to relevant agencies are to be given further emphasis.

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APPENDIX 1 : TABLE OF FINDINGS

1.0 Socio-demographic Profile

Table 1.1: Students Form 1-5 by age group, Perlis, 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			
11 years	5	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
12 years	10	-	-	-	-	4	-	-	-	-	5	-	-	-	-			
13 years	310	4350	19.0	15.62	22.94	169	2168	19.2	14.13	25.59	141	2181	18.9	15.01	23.53			
14 years	368	4405	19.3	15.38	23.83	198	2200	19.5	15.99	23.58	170	2204	19.1	13.51	26.31			
15 years	305	4495	19.6	15.24	24.96	143	2286	20.3	15.37	26.23	161	2195	19.0	13.60	25.96			
16 years	270	4868	21.3	15.07	29.17	134	2349	20.8	12.82	31.98	136	2519	21.8	15.93	29.17			
17 years	291	4537	19.8	14.01	27.31	126	2218	19.7	13.14	28.36	165	2319	20.1	13.92	28.12			
18 years or older	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			

Table 1.2: Students Form 1-5 by sex, Perlis, 2012

Sex	Total					
	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper	
Male	775	11282	49.4	43.00	55.88	
Female	781	11540	50.6	44.12	57.00	

Table 1.3: Students Form 1-5 by Form, Perlis, 2012

Form	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			
Remove class/Form 1	311	4387	19.2	15.25	23.96	168	2164	19.2	13.60	26.42	141	2164	19.1	14.83	24.26			
Form 2	373	4439	19.5	15.69	23.87	201	2208	19.6	16.31	23.36	171	2217	19.3	13.93	26.10			
Form 3	314	4630	20.3	15.57	26.00	145	2333	20.7	15.40	27.25	168	2281	19.9	14.22	27.02			
Form 4	265	4789	21.0	14.91	28.71	134	2333	20.7	12.79	31.75	131	2456	21.4	15.74	28.35			
Form 5	293	4569	20.0	14.11	27.62	126	2228	19.8	13.25	28.46	167	2341	20.4	13.93	28.80			

Note:

- Fewer than 30 cases

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

Ethnicity	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			
Malay	1302	19112	83.7	67.59	92.68	652	9459	84.0	69.56	92.30	648	9623	83.6	65.39	93.24			
Chinese	178	2605	11.4	4.10	27.96	84	1256	11.1	4.37	25.62	93	1335	11.6	3.71	30.87			
Indian	20	-	-	-	-	7	-	-	-	-	12	-	-	-	-			
Bumiputera Sabah	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Bumiputera Sarawak	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Others	54	784	3.4	2.21	5.31	29	421	3.74	2.03	6.79	25	363	3.16	2.20	4.51			

Table 1.5: Students Form 1-5 by parental marital status, Perlis, 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				
				Lower	Upper				Lower	Upper				Lower	Upper			
Married and living together	1339	19622	86.20	86.20	88.97	673	9808	87.5	84.14	90.26	663	9772	85.0	80.62	88.51			
Married but living apart due to working in another place	26	-	-	-	-	13	-	-	-	-	13	-	-	-	-			
Divorced	79	1186	5.2	4.15	6.53	36	517	4.6	3.26	6.49	42	653	5.68	3.62	8.80			
Widower	68	996	4.4	3.18	6.00	20	289	2.58	1.39	4.73	48	707	6.15	4.48	8.40			
Separated	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-			
Don't know	25	-	-	-	-	19	-	-	-	-	6	-	-	-	-			

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, Perlis, 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	1472	21563	95.3	93.12	96.79	716	10386	93.8	91.47	95.59	753	11133	96.8	93.85	98.32			
1 or 2 days	46	692	3.1	1.86	4.98	27	424	3.8	2.61	5.60	19	267	2.3	1.13	4.73			
3 to 5 days	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-			
6 to 9 days	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
10 to 19 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
20 to 29 days	3	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
all 30 days	3	-	-	-	-	3	-	-	-	-	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, Perlis, 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	71	1067	4.7	3.21	6.88	44	681	6.2	4.41	8.53	26	372	3.2	1.68	6.15			
No	1472	21563	95.3	93.12	96.79	716	10386	93.8	91.47	95.59	753	11133	96.8	93.85	98.32			

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Perlis, 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 a drink of alcohol	1339	19604	88.8	79.99	94.06	634	9182	86.1	78.06	91.55	703	10395	91.5	80.34	96.57			
7 years or younger	23	-	-	-	-	15	-	-	-	-	7	-	-	-	-			
8 or 9 years	19	-	-	-	-	13	-	-	-	-	6	-	-	-	-			
10 or 11 years	37	503	2.3	1.25	4.12	22	297	2.8	1.59	4.83	15	207	1.8	0.81	4.05			
12 or 13 years	39	586	2.7	1.06	6.48	21	322	3.0	1.36	6.54	18	264	2.3	0.74	7.07			
14 or 15 years	35	535	2.4	1.26	4.61	20	310	2.9	1.60	5.25	15	224	2.0	0.80	4.77			
16 years or older	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-			

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, Perlis, 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	50	775	31.4	23.38	40.81	71	1018	68.8	56.88	78.67	46	655	67.6	57.17	76.60			
No	118	1689	68.6	59.19	76.62	29	461	31.2	21.33	43.12	21	314	32.4	23.40	42.83			

Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Perlis, 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 less than one drink	1451	21229	93.3	90.34	95.47	700	10124	90.5	86.42	93.44	748	11061	96.1	93.13	97.80			
1 drink	41	635	2.8	1.76	4.40	33	517	4.6	2.81	7.51	8	119	1.0	0.44	2.39			
2 drinks	34	519	2.3	1.72	3.03	21	326	2.9	1.88	4.49	13	194	1.7	1.07	2.63			
3 drinks	12	-	-	-	-	6	-	-	-	-	6	-	-	-	-			
4 drinks	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
5 or more drinks	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			

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, Perlis, 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	-	-	-	-	15	-	-	-	-	10	-	-	-	-			
No	75	1155	76.3	66.08	84.19	54	843	79.3	67.21	87.71	21	312	69.3	39.09	88.82			

Note:
- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Perlis, 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	1502	21980	97.2	95.71	98.20	734	10636	96.1	93.92	97.58	766	11316	98.4	94.35	99.54			
1 or 2 times	26	-	-	-	-	15	-	-	-	-	11	-	-	-	-			
3 to 9 times	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
10 or more times	8	-	-	-	-	6	-	-	-	-	1	-	-	-	-			

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Perlis, 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	41	630	2.8	1.80	4.29	27	426	3.9	2.42	6.08	13	189	1.6	0.46	5.65			
No	1502	21980	97.2	95.71	98.20	734	10636	96.1	93.92	97.58	766	11316	98.4	94.35	99.54			

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", students Form 1-5, Perlis, 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	1502	21993	98.1	94.90	99.30	731	10599	97.2	93.05	98.86	769	11366	99.1	95.09	99.84			
1 or 2 times	19	-	-	-	-	14	-	-	-	-	5	-	-	-	-			
3 to 9 times	4	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
10 or more times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			

Note:

- Fewer than 30 cases

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, Perlis, 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	29	-	-	-	-	21	-	-	-	-	7	-	-	-				
No	1502	21993	98.1	94.90	99.30	731	10599	97.2	93.05	98.86	769	11366	99.1	95.09	99.84			

Table 2.6: Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Perlis, 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	1452	21254	94.5	91.86	96.30	707	10242	92.9	89.74	95.09	743	10985	96.3	93.65	97.85			
Bought in a store,shop or from street vendor	26	-	-	-	-	19	-	-	-	-	7	-	-	-				
Gave someone else money to buy it	15	-	-	-	-	11	-	-	-	-	4	-	-	-				
*Friends	12	-	-	-	-	6	-	-	-	-	5	-	-	-				
Family	20	-	-	-	-	9	-	-	-	-	11	-	-	-				
Stole or got it without permission	0	-	-	-	-	0	-	-	-	-	0	-	-	-				
Some other way	10	-	-	-	-	6	-	-	-	-	3	-	-	-				

Table 2.6.1: Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Perlis, 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	26	-	-	-	-	19	-	-	-	-	7	-	-	-				
Gave someone else money to buy it	15	-	-	-	-	11	-	-	-	-	4	-	-	-				
Friends	12	-	-	-	-	6	-	-	-	-	5	-	-	-				
Family	20	-	-	-	-	9	-	-	-	-	11	-	-	-				
Stole/got without permission	0	-	-	-	-	0	-	-	-	-	0	-	-	-				
Some other way	10	-	-	-	-	6	-	-	-	-	3	-	-	-				

Note:
- Fewer than 30 cases

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Perlis, 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	130	1958	9.0	7.36	10.99	80	1218	11.4	8.76	14.71	50	740	6.7	5.18	8.62					
No	1347	19774	91.0	89.01	92.64	651	9472	88.6	85.29	91.24	696	10302	93.3	91.38	94.82					

Table 3.2: Prevalence of overweight among students Form 1-5, Perlis, 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	411	6015	27.7	24.83	30.72	205	2960	27.7	24.90	30.67	206	3055	27.7	23.42	32.35					
No	1066	15717	72.3	69.28	75.17	526	7730	72.3	69.33	75.10	540	7987	72.3	67.65	76.58					

Table 3.3: Prevalence of obesity among students Form 1-5, Perlis, 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	201	2907	13.4	10.73	16.55	102	1435	13.4	10.41	17.14	99	1472	13.3	9.79	17.91					
No	1276	18825	86.6	83.45	89.27	629	9255	86.6	82.86	89.59	647	9570	86.7	82.09	90.21					

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, Perlis, 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
Never	587	8570	37.5	32.53	42.79	283	4128	36.7	30.07	43.82	304	4442	38.5	31.12	46.53					
Rarely	489	7179	31.4	29.07	33.90	260	3726	33.1	28.65	37.87	229	3453	30.0	27.26	32.81					
Sometimes	419	6167	27.0	22.47	32.06	191	2815	25.0	19.02	32.14	225	3310	28.7	22.34	36.07					
Most of the time	42	612	2.7	1.71	4.18	29	433	3.85	2.44	6.03	12	162	1.41	0.69	2.87					
Always	20	-	-	-	-	10	-	-	-	-	10	-	-	-	-	-	-	-	-	-
*most of the time or always	62	924	4.1	2.90	5.62	39	587	5.2	3.43	7.86	22	320	2.8	1.99	3.87					

Note:

- Fewer than 30 cases

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Perlis, 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	101	1485	6.5	4.48	9.45	60	867	7.8	5.21	11.41	39	587	5.1	2.87	8.93			
Less than 1 time per day	330	4916	21.6	18.14	25.59	159	2431	21.8	18.01	26.04	171	2484	21.6	15.93	28.64			
1 time per day	366	5566	24.5	20.26	29.30	164	2485	22.3	16.93	28.66	201	3067	26.7	22.45	31.41			
2 times per day	399	5713	25.1	21.43	29.26	194	2725	24.4	18.76	31.05	205	2988	26.0	22.29	30.09			
3 times per day	198	2865	12.6	9.79	16.09	114	1633	14.6	11.41	18.55	83	1217	10.6	7.23	15.27			
4 times per day	59	837	3.7	2.61	5.17	32	451	4.0	2.66	6.07	27	386	3.36	2.39	4.72			
5 or more times per day	96	1341	5.9	4.32	8.01	44	579	5.1	3.36	7.93	52	761	6.6	4.36	9.94			

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Perlis, 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	752	10755	47.3	40.69	54.07	384	5388	48.2	40.47	56.07	367	5353	46.6	39.70	53.59			
No	797	11967	52.7	45.93	59.31	383	5784	51.8	43.93	59.53	411	6139	53.4	46.41	60.30			

Table 3.6: Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Perlis, 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	112	1616	7.1	5.41	9.22	45	648	5.8	3.79	8.61	66	955	8.3	6.33	10.83			
Less than 1 time per day	251	3707	16.2	13.88	18.92	131	1935	17.2	14.41	20.32	120	1772	15.4	12.34	19.11			
1 time per day	308	4650	20.4	17.42	23.68	154	2319	20.6	15.86	26.26	153	2316	20.2	17.57	23.01			
2 times per day	421	6108	26.8	23.06	30.82	200	2879	25.5	22.50	28.85	220	3215	28.0	21.86	35.01			
3 times per day	261	3831	16.8	14.81	18.97	141	2072	18.4	15.00	22.32	119	1743	15.2	12.80	17.87			
4 times per day	75	1076	4.7	3.26	6.76	42	589	5.2	2.94	9.11	33	487	4.2	2.97	6.02			
5 or more times per day	128	1836	8.0	6.14	10.47	61	830	7.4	4.53	11.76	67	1006	8.8	6.54	11.62			

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Perlis, 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	464	6743	29.5	25.52	33.91	244	3491	31.0	23.90	39.05	219	3236	28.2	25.03	31.50			
No	1092	16081	70.5	66.09	74.48	530	7781	69.0	60.95	76.10	559	8259	71.9	68.50	74.97			

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, Perlis, 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	472	6786	29.9	24.22	36.28	253	3546	31.7	23.70	41.04	219	3241	28.3	24.38	32.51			
No	1075	15908	70.1	63.72	75.78	514	7627	68.3	58.96	76.30	557	8223	71.7	67.49	75.62			

Table 3.7: Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Perlis, 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						
Did not drink carbonated soft drink in past 30 days	399	5831	25.5	22.98	28.26	183	2615	23.2	20.36	26.31	216	3216	28.0	23.43	32.97			
Less than 1 time per day	671	9894	43.3	38.56	48.22	324	4809	42.7	40.02	45.35	346	5071	44.0	36.04	52.41			
1 time per day	263	3849	16.9	13.04	21.50	146	2103	18.7	14.38	23.87	116	1729	15.0	9.34	23.26			
2 times per day	130	1876	8.2	6.40	10.48	63	913	8.1	6.05	10.77	67	962	8.4	5.91	11.69			
3 times per day	47	692	3.0	2.30	3.98	31	421	3.74	2.27	6.11	16	270	2.35	1.11	4.90			
4 times per day	15	-	-	-	-	8	-	-	-	-	6	-	-	-	-	-	-	
5 or more times per day	32	469	2.0	1.15	3.65	19	287	2.5	1.38	4.64	12	169	1.5	0.78	2.72			

Note:

- Fewer than 30 cases

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, Perlis, 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	487	7111	31.1	26.56	36.12	267	3847	34.1	31.65	36.71	217	3221	28.0	20.98	36.25			
No	1070	15725	68.9	63.88	73.44	507	7423	65.9	63.29	68.35	562	8288	72.0	63.75	79.02			

Table 3.8: Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Perlis, 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	824	11922	52.2	46.91	57.34	434	6243	55.3	50.28	60.29	387	5637	48.9	42.00	55.89			
1 day	541	7946	34.8	30.65	39.10	256	3753	33.3	30.36	36.31	285	4193	36.4	29.86	43.47			
2 days	113	1782	7.8	6.24	9.69	43	665	5.9	4.14	8.33	70	1117	9.7	7.89	11.85			
3 days	40	599	2.6	1.51	4.52	17	249	2.2	0.93	5.16	23	350	3.0	1.74	5.23			
4 days	18	-	-	-	-	11	-	-	-	-	7	-	-	-	-			
5 days	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-			
6 days	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
7 days	16	-	-	-	-	10	-	-	-	-	5	-	-	-	-			

Table 3.8.1: Prevalence consuming of food from a fast food restaurant of at least three days in the past seven days, students Form 1-5, Perlis, 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	1213	5.3	3.31	8.40	42	621	5.5	3.35	8.91	38	576	5.0	2.96	8.31			
No	1478	21649	94.7	91.60	96.69	733	10661	94.5	91.09	96.65	742	10946	95.0	91.69	97.04			

Note:
- Fewer than 30 cases

Table 3.9: Daily frequency of plain water intake in the past 30 days, students Form 1-5, Perlis, 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	8	-	-	-	4	-	-	-	4	-	-	-			
Less than 1 time per day	44	725	3.2	1.58	6.34	27	413	3.7	1.54	8.58	16	295	2.6	1.11	5.86
1 time per day	49	719	3.2	2.32	4.31	21	309	2.8	1.66	4.57	28	410	3.6	2.39	5.31
2 times per day	76	1190	5.2	3.98	6.86	36	560	5.0	3.20	7.74	40	631	5.5	3.55	8.40
3 times per day	188	2781	12.2	8.92	16.55	103	1532	13.7	9.46	19.41	84	1235	10.8	7.65	14.92
4 times per day	277	4081	18.0	14.44	22.11	129	1879	16.8	14.03	19.98	148	2202	19.2	13.72	26.15
5 or more times per day	908	13122	57.7	47.45	67.38	449	6445	57.6	48.88	65.87	457	6649	57.9	44.22	70.47

Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Perlis, 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	374	5570	24.4	20.63	28.64	161	2425	21.6	17.53	26.29	212	3131	27.2	23.17	31.60
1 day	245	3620	15.9	11.90	20.85	138	2015	17.9	12.56	24.96	107	1605	13.9	10.17	18.79
2 days	248	3638	16.0	13.15	19.20	125	1791	15.9	12.44	20.21	122	1833	15.9	12.49	20.04
3 days	157	2321	10.2	7.69	13.35	80	1136	10.1	7.05	14.30	77	1186	10.3	7.78	13.49
4 days	86	1246	5.5	4.38	6.78	50	724	6.5	4.39	9.38	35	505	4.4	3.05	6.27
5 days	154	2238	9.8	7.04	13.51	68	1004	8.9	5.97	13.16	86	1234	10.7	7.62	14.86
6 days	38	568	2.5	1.20	5.09	19	285	2.5	1.20	5.28	19	283	2.5	1.04	5.71
7 days	254	3613	15.8	12.26	20.22	131	1854	16.5	11.55	23.03	122	1745	15.1	11.33	19.96

Note:

- Fewer than 30 cases

Table 3.11: Perception of body weight, students Form 1-5, Perlis, 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	Upper				Lower	Upper			
Very underweight	168	2530	11.2	8.27	15.00	88	1283	11.5	8.86	14.80	80	1247	11.0	7.46	15.81			
Slightly underweight	197	2964	13.1	10.80	15.85	115	1740	15.6	12.75	18.97	80	1193	10.5	8.44	12.96			
Right weight	611	8808	39.0	33.84	44.42	349	4988	44.7	38.17	51.47	261	3807	33.5	28.63	38.67			
Slightly overweight	416	6074	26.9	23.39	30.71	171	2516	22.6	17.07	29.19	244	3544	31.2	27.44	35.13			
Very overweight	147	2210	9.8	7.58	12.55	42	625	5.6	4.36	7.17	105	1585	13.9	11.09	17.37			

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Perlis, 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	563	8284	36.7	31.60	42.06	213	3140	28.2	22.59	34.50	349	5130	45.1	40.54	49.72			
No	976	14302	63.3	57.94	68.40	552	8011	71.9	65.50	77.41	421	6247	54.9	50.28	59.46			

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Perlis, 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	Upper				Lower	Upper			
Not trying to do anything	379	5715	25.5	21.98	29.30	204	3080	27.9	21.51	35.24	175	2636	23.2	18.85	28.28			
Tried to lose weight	635	9136	40.7	36.68	44.86	269	3779	34.2	28.95	39.83	364	5330	47.0	40.85	53.20			
Tried to gain weight	179	2691	12.0	10.38	13.80	92	1401	12.7	9.70	16.39	86	1274	11.2	9.33	13.46			
Tried to maintain same weight	337	4902	21.8	18.09	26.12	194	2796	25.3	21.22	29.84	143	2106	18.6	14.38	23.63			

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Perlis, 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	635	9136	40.7	36.68	44.86	269	3779	34.2	28.95	39.83	364	5330	47.0	40.85	53.20			
No	895	13308	59.3	55.14	63.32	490	7276	65.8	60.17	71.05	404	6016	53.0	46.80	59.15			

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Perlis, 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	1151	16729	74.5	70.70	78.02	555	7975	72.1	64.76	78.49	593	8710	76.8	71.72	81.15			
No	379	5715	25.5	21.98	29.30	204	3080	27.9	21.51	35.24	175	2636	23.2	18.85	28.28			

4.0 Drug Use

Table 4.1: Frequency of ever used drug, students Form 1-5, Perlis, 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	1526	22368	97.9	95.07	99.12	749	10886	96.6	93.03	98.41	774	11438	99.1	95.63	99.83			
1 or 2 times	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-			
3 to 9 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
10 to 19 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
20 or more times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Perlis, 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	481	2.1	0.88	4.93	25	378	3.4	1.59	6.97	7	102	0.9	0.17	4.37			
No	1526	22368	97.9	95.07	99.12	749	10886	96.6	93.03	98.41	774	11438	99.1	95.63	99.83			

Table 4.2: Age when first used drug, students Form 1-5, Perlis, 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 use drug	1485	21756	98.1	96.16	99.03	723	10497	96.8	94.04	98.34	760	11231	99.3	97.10	99.86			
7 years or younger	12	-	-	-	-	9	-	-	-	-	2	28	-	-	-			
8 or 9 years	6	-	-	-	-	6	-	-	-	-	0	0	-	-	-			
10 or 11 years	5	-	-	-	-	4	-	-	-	-	1	14	-	-	-			
12 or 13 years	1	-	-	-	-	0	-	-	-	-	1	18	-	-	-			
14 or 15 years	3	-	-	-	-	3	-	-	-	-	0	0	-	-	-			
16 years or older	2	-	-	-	-	1	-	-	-	-	1	14	-	-	-			

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, Perlis, 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	-	-	-	-	19	-	-	-	-	4	-	-	-	-			
No	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			

Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Perlis, 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	1528	22404	98.1	95.51	99.21	749	10891	96.8	93.48	98.45	777	11485	99.5	97.65	99.90			
1 or 2 times	16	-	-	-	-	14	-	-	-	-	2	-	-	-	-			
3 to 9 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-			
10 to 19 times	3	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
20 or more times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Perlis, 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	29	-	-	-	-	24	-	-	-	-	4	-	-	-	-			
No	1528	22404	98.1	95.51	99.21	749	10891	96.8	93.48	98.45	777	11485	99.5	97.65	99.90			

Note:

- Fewer than 30 cases

Table 4.4: Usual sources of obtaining drug in the past 30 days, students Form 1-5, Perlis, 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	1526	22373	97.9	94.55	99.22	747	10861	96.5	92.32	98.46	778	11499	99.6	98.04	99.93
*Bought from someone	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-
Gave someone else money to buy it	10	-	-	-	-	10	-	-	-	-	0	-	-	-	-
Stole/got without permission	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
Friends	3	-	-	-	-	2	-	-	-	-	0	-	-	-	-
Family	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
Some other way	3	-	-	-	-	0	-	-	-	-	1	-	-	-	-

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Perlis, 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	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-
No	23	-	-	-	-	18	-	-	-	-	2	-	-	-	-

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Perlis, 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	1524	22341	98.8	97.22	99.46	750	10901	98.3	96.01	99.28	772	11413	99.4	97.18	99.86
1 or 2 times	10	-	-	-	-	6	-	-	-	-	3	-	-	-	-
3 to 9 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-

Note:
- Fewer than 30 cases

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Perlis, 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	19	-	-	-	-	13	-	-	-	-	5	-	-	-				
No	1524	22341	98.8	97.22	99.46	750	10901	98.3	96.01	99.28	772	11413	99.4	97.18	99.86			

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Perlis, 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	1526	22352	98.6	96.85	99.37	750	10882	97.9	96.09	98.87	774	11443	99.5	97.63	99.90			
1 or 2 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-				
3 to 9 times	8	-	-	-	-	7	-	-	-	-	1	-	-	-				
10 to 19 times	5	-	-	-	-	4	-	-	-	-	0	-	-	-				
20 or more times	3	-	-	-	-	0	-	-	-	-	2	-	-	-				

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Perlis, 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	-	-	-	-	4	-	-	-				
No	1526	22352	98.6	96.85	99.37	750	10882	97.9	96.09	98.87	774	11443	99.5	97.63	99.90			

Note:
- Fewer than 30 cases

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Perlis, 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	1508	22089	98.7	96.83	99.44	740	10752	97.9	95.57	99.05	766	11309	99.5	97.40	99.89			
1 or 2 times	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
3 to 9 times	5	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
20 or more times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Perlis, 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	20	-	-	-	-	15	-	-	-	-	4	-	-	-	-			
No	1508	22089	98.7	96.83	99.44	740	10752	97.9	95.57	99.05	766	11309	99.5	97.40	99.89			

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, Perlis, 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 clean or brush teeth in past 30 days	10	-	-	-	-	8	-	-	-	-	2	-	-	-	-			
Less than 1 time per day	22	-	-	-	-	15	-	-	-	7	-	-	-	-	-			
1 time	152	2301	10.1	8.58	11.79	113	1730	15.4	12.84	18.27	39	571	5.0	3.23	7.51			
2 times	554	8131	35.6	28.25	43.67	275	4071	36.1	30.55	42.14	277	4030	35.0	25.02	46.41			
3 times	648	9470	41.4	35.66	47.48	285	4061	36.1	30.44	42.09	362	5394	46.8	38.90	54.86			
4 or more times	172	2484	10.9	7.91	14.76	78	1080	9.6	6.83	13.29	93	1391	12.1	7.95	17.89			

Table 5.1.1: Prevalence* of brushing teeth at least twice daily in the past 30 days, students Form 1-5, Perlis, 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	32	461	2.0	1.18	3.43	23	320	2.84	1.78	4.51	9	141	1.23	0.56	2.66			
1 or more times per day	1526	22386	98.0	96.57	98.82	751	10942	97.2	95.49	98.22	771	11386	98.8	97.34	99.44			
* 2 or more per day	1374	20085	87.9	85.65	89.85	638	9212	81.8	78.49	84.69	732	10815	93.8	90.88	95.86			

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Perlis, 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	1115	16255	72.2	63.92	79.25	546	7842	70.9	60.18	79.69	567	8383	73.5	65.97	79.95			
No	148	2231	9.9	6.20	15.49	68.00	1020	9.2	5.37	15.38	79	1198	10.5	6.41	16.78			
Don't know	272	4017	17.9	14.68	21.53	147	2200	19.9	15.01	25.88	125	1817	15.9	12.66	19.88			

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, Perlis, 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	135	2046	9.1	6.27	12.98	81	1236	11.2	7.60	16.07	53	796	7.0	4.31	11.12			
No	1402	20480	90.9	87.02	93.73	681	9843	88.8	83.93	92.40	719	10606	93.0	88.88	95.69			

Table 5.4: Timing of last visit to a dentist or dental nurse, students Form 1-5, Perlis, 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	759	11181	49.0	41.26	56.84	339	4975	44.3	36.20	52.74	419	6192	53.7	44.96	62.29			
Between 12-24 months ago	131	1905	8.4	6.37	10.88	80	1203	10.7	8.30	13.73	51	702	6.1	4.13	8.89			
More than 24 months ago	70	1048	4.6	3.47	6.06	38	561	5.0	3.40	7.30	32	487	4.2	3.20	5.56			
Never	216	3218	14.1	9.04	21.34	134	1901	16.9	11.61	24.03	81	1303	11.3	6.18	19.78			
Don't know	380	5457	23.9	20.38	27.86	181	2587	23.0	17.63	29.53	197	2839	24.6	21.25	28.37			

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Perlis, 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	192	2853	12.6	11.02	14.39	91	1343	12.0	9.51	15.12	100	1496	13.1	9.91	17.11			
No	1351	19771	87.4	85.61	88.98	676	9817	88.0	84.88	90.49	673	9927	86.9	82.89	90.09			

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Perlis, 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	-	-	-	-	18	-	-	-	-	0	-	-	-	-			
Rarely	35	524	2.3	1.28	4.10	23	349	3.11	1.50	6.36	12	175	1.5	1.52	0.45			
Sometimes	111	1690	7.4	4.52	11.93	69	1028	9.2	5.55	14.79	42	662	5.7	5.74	3.32			
Most of the time	137	2046	9.0	6.09	13.04	64	958	8.5	5.04	14.15	71	1057	9.2	9.17	6.08			
Always	1253	18252	80.1	71.85	86.37	596	8592	76.7	66.80	84.29	655	9632	83.6	83.56	75.85			
*Never or rarely	53	803	3.5	1.82	6.71	41	628	5.60	3.20	9.64	12	175	1.52	0.45	5.03			

Table 5.7: Prevalence* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Perlis, 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	16	-	-	-	-	12	-	-	-	-	4	-	-	-	-			
Rarely	46	713	3.1	2.30	4.20	29	456	4.04	3.07	5.32	17	256	2.22	1.24	3.96			
Sometimes	129	1879	8.2	6.52	10.30	75	1077	9.54	7.27	12.44	54	802	6.95	5.10	9.42			
Most of the time	153	2184	9.5	6.95	12.97	70	966	8.56	5.61	12.86	82	1202	10.4	7.22	14.82			
Always	1216	17867	78.1	76.59	79.52	589	8601	76.24	73.07	79.14	624	9224	79.9	77.06	82.52			
* Never or rarely	62	950	4.2	2.88	5.95	41	638	5.66	3.94	8.06	21	-	-	-	-			

Table 5.8: Prevalence* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Perlis, 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	24	-	-	-	-	17	-	-	-	-	7	-	-	-	-			
Rarely	141	2024	8.8	6.56	11.83	88	1251	11.1	8.24	14.78	53	773	6.7	4.32	10.24			
Sometimes	401	5918	25.9	23.02	28.96	211	3122	27.7	24.49	31.16	189	2782	24.1	21.35	27.09			
Most of the time	346	5133	22.4	16.17	30.27	145	2204	19.6	12.98	28.38	201	2929	25.4	18.68	33.49			
Always	647	9436	41.3	34.12	48.79	313	4432	39.3	32.35	46.77	331	4959	43.0	34.24	52.17			
* Never or rarely	165	2382	10.4	7.60	14.12	105	1512	13.4	9.82	18.07	60	870	7.5	5.06	11.10			

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, Perlis, 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	512	7428	32.7	29.77	35.72	297	4247	37.9	34.33	41.65	215	3182	27.7	24.20	31.45			
Rarely	502	7278	32.0	29.52	34.62	261	3757	33.6	29.68	37.65	240	3507	30.5	28.16	32.97			
Sometimes	431	6433	28.3	25.43	31.35	169	2563	22.9	19.47	26.70	260	3843	33.4	30.70	36.28			
Most of the time	69	1021	4.5	3.02	6.63	29	436	3.9	2.63	5.74	40	584	5.1	3.24	7.90			
Always	36	573	2.5	1.68	3.77	13	195	1.7	0.88	3.44	23	378	3.3	2.00	5.36			
* Most of the time or always	105	1594	7.0	5.49	8.92	42	631	5.6	3.85	8.20	63	962	8.4	6.45	10.80			

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Perlis, 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	662	9589	42.0	35.66	48.53	357	5116	45.4	36.97	54.08	304	4460	38.6	34.11	43.38			
Rarely	538	7932	34.7	30.64	39.01	266	3905	34.7	30.21	39.37	272	4027	34.9	30.27	39.82			
Sometimes	284	4192	18.3	14.92	22.35	120	1746	15.5	11.06	21.27	162	2417	20.9	16.81	25.78			
Most of the time	49	752	3.3	2.41	4.48	20	328	2.9	1.99	4.24	29	424	3.7	2.33	5.75			
Always	25	-	-	-	-	11	-	-	-	-	14	-	-	-	-			
* Most of the time or always	74	1141	5.0	4.01	6.21	31	504	4.5	2.95	6.72	43	637	5.5	4.28	7.09			

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Perlis, 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	88	1324	5.8	3.92	8.62	35	545	4.9	2.63	8.98	52	765	6.6	4.32	10.08			
No	1459	21346	94.2	91.38	96.08	730	10573	95.1	91.02	97.37	727	10743	93.4	89.92	95.68			

Note:
- Fewer than 30 cases

Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Perlis, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
Yes	71	1116	4.9	3.38	7.17	28	461	4.2	2.33	7.36	42	638	5.6	3.36	9.07			
No	1468	21472	95.1	92.83	96.62	730	10591	95.8	92.64	97.67	735	10839	94.4	90.93	96.64			

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
0 time	1483	21750	95.1	91.92	97.02	736	10727	95.1	91.68	97.14	745	10996	95.3	91.85	97.31			
1 time	37	539	2.4	1.45	3.79	17	230	2.0	1.34	3.08	20	309	2.7	1.23	5.75			
2 to 3 times	24	-	-	-	-	13	-	-	-	-	11	-	-	-	-			
4 to 5 times	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			
6 or more times	5	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
* 1 or more times	77	1130	4.9	2.98	8.08	39	555	4.9	2.86	8.32	36	544	4.7	2.69	8.15			

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

Number of Friends	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
* 0 friend	44	657	2.9	1.84	4.51	27	409	3.7	1.98	6.65	17	248	2.2	1.22	3.77			
1 friend	93	1327	5.8	4.51	7.52	46	630	5.6	4.16	7.56	46	683	5.9	4.01	8.72			
2 friends	150	2169	9.5	7.72	11.73	60	830	7.4	5.25	10.37	89	1326	11.5	9.39	14.08			
3 or more	1264	18588	81.7	78.26	84.77	637	9330	83.3	77.92	87.59	626	9243	80.4	77.47	82.99			

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, Perlis, 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	278	4241	18.7	12.61	26.72	145	2191	19.5	11.26	31.76	132	2036	17.8	13.28	23.35			
1 day	353	5240	23.1	19.52	27.01	139	2032	18.1	14.53	22.39	213	3194	27.9	23.82	32.30			
2 days	261	3750	16.5	12.82	20.97	105	1506	13.4	10.74	16.69	155	2228	19.4	14.04	26.26			
3 days	188	2739	12.1	9.43	15.29	105	1521	13.6	9.82	18.45	82	1205	10.5	7.10	15.28			
4 days	112	1657	7.3	5.32	9.91	56	847	7.6	5.57	10.17	56	810	7.1	4.48	10.96			
5 days	100	1520	6.7	4.38	10.07	57	920	8.2	4.76	13.80	43	600	5.2	3.42	7.93			
6 days	40	578	2.5	1.72	3.74	21	300	2.7	1.56	4.56	19	278	2.4	1.05	5.48			
* All 7 days	217	3005	13.2	9.62	17.89	141	1890	16.9	11.77	23.58	76	1115	9.7	6.23	14.87			

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, Perlis, 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	357	5103	22.4	16.92	29.15	219	3111	27.8	18.61	39.23	138	1992	17.4	13.30	22.38			
No	1192	17628	77.6	70.85	83.08	550	8097	72.2	60.77	81.39	638	9473	82.6	77.62	86.70			

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, Perlis, 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	757	11255	49.3	41.64	56.92	340	5040	44.7	38.40	51.26	417	6215	53.9	43.60	63.94			
1 day	147	2142	9.4	7.10	12.28	70	1056	9.4	5.89	14.58	76	1073	9.3	7.18	11.99			
2 days	100	1470	6.4	5.03	8.20	53	769	6.8	4.73	9.76	46	688	6.0	4.47	7.92			
3 days	64	962	4.2	3.31	5.35	41	610	5.4	4.09	7.15	23	352	3.1	2.03	4.58			
4 days	41	566	2.5	1.71	3.57	25	349	3.1	2.16	4.41	16	217	1.9	0.98	3.59			
5 days	155	2290	10.0	7.13	13.90	67	980	8.7	6.54	11.49	88	1310	11.4	6.78	18.44			
6 days	23	-	-	-	-	12	-	-	-	-	11	-	-	-	-			
All 7 days	271	3842	16.8	13.05	21.40	166	2297	20.4	15.63	26.15	103	1515	13.1	9.24	18.37			

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, Perlis, 2012

Duration	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
Less than 1 hour	341	5038	22.1	13.14	34.66	195	2809	25.0	16.54	35.80	145	2215	19.3	9.96	33.95				
1 to 2 hours	529	7577	33.2	30.56	35.95	267	3804	33.8	28.56	39.46	260	3745	32.5	29.63	35.61				
3 to 4 hours	403	5988	26.2	21.38	31.75	208	3133	27.8	21.31	35.45	195	2855	24.8	20.41	29.81				
5 to 6 hours	148	2209	9.7	6.33	14.52	51	736	6.5	3.68	11.35	96	1457	12.7	8.46	18.53				
7 to 8 hours	41	624	2.7	1.94	3.85	13	201	1.8	0.79	3.98	28	423	3.7	2.98	4.54				
More than 8 hours	94	1384	6.1	3.98	9.14	39	574	5.1	3.56	7.27	55	810	7.0	4.17	11.63				

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Perlis, 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	686	10205	44.7	34.69	55.20	311	4644	41.3	30.91	52.43	374	5545	48.2	37.54	59.01				
No	870	12615	55.3	44.80	65.31	462	6613	58.7	47.57	69.09	405	5960	51.8	40.99	62.46				

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Perlis, 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	1019	14698	64.4	55.46	72.48	507	7250	64.4	56.59	71.52	510	7420	64.4	52.11	75.11			
1 to 2 days	407	6081	26.7	22.44	31.34	198	2944	26.2	22.14	30.60	208	3123	27.1	20.75	34.61			
3 to 5 days	85	1314	5.8	4.17	7.90	43	677	6.0	4.51	7.96	42	637	5.5	3.25	9.26			
6 to 9 days	22	-	-	-	-	12	-	-	-	-	10	-	-	-	-			
10 or more days	23	-	-	-	-	13	-	-	-	-	10	-	-	-	-			
* 1 or more days	537	8116	35.6	27.52	44.54	266	4007	35.6	28.48	43.41	270	4095	35.6	24.89	47.89			

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Perlis, 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	83	1254	5.5	3.31	8.96	63	929	8.2	5.44	12.32	20	325	2.8	1.42	5.53			
Rarely	311	4562	20.0	14.88	26.25	191	2747	24.4	18.81	30.98	119	1801	15.6	11.12	21.47			
Sometimes	442	6476	28.3	25.12	31.81	241	3513	31.2	27.38	35.27	201	2963	25.7	22.04	29.69			
Sost of the time	305	4572	20.0	13.25	29.07	132	2014	17.9	11.18	27.37	173	2558	22.2	15.20	31.14			
Always	417	5983	26.2	23.22	29.39	147	2061	18.3	15.31	21.72	268	3892	33.7	29.76	37.94			
* Most of the times or always	722	10555	46.2	36.57	56.12	279	4075	36.2	27.15	46.30	441	6450	55.9	46.46	64.92			

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Perlis, 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	511	7675	33.7	27.25	40.71	257	3892	34.6	28.56	41.25	254	3783	32.8	24.79	41.99			
Rarely	415	6063	26.6	24.48	28.81	219	3182	28.3	24.27	32.75	196	2881	25.0	22.40	27.78			
Sometimes	379	5495	24.1	21.16	27.30	182	2591	23.1	18.11	28.86	196	2891	25.1	19.19	32.06			
Most of the time	115	1656	7.3	5.37	9.74	49	709	6.3	4.63	8.55	66	946	8.2	5.37	12.35			
Always	135	1917	8.4	6.11	11.47	65	864	7.7	5.67	10.34	68	1026	8.9	5.88	13.24			
* Most of the times or always	250	3573	15.7	12.29	19.76	114	1573	14.0	10.68	18.13	134	1972	17.1	13.40	21.59			

Note:
- Fewer than 30 cases

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Perlis, 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	306	4673	20.5	17.75	23.52	179	2712	24.2	21.24	27.33	127	1960	17.0	13.95	20.53			
Rarely	377	5499	24.1	19.76	29.07	198	2879	25.6	20.63	31.40	178	2606	22.6	17.90	28.07			
Sometimes	370	5439	23.8	20.70	27.31	183	2665	23.7	19.32	28.80	187	2774	24.0	19.75	28.93			
Most of the time	188	2745	12.0	9.56	15.05	81	1164	10.4	8.61	12.44	106	1565	13.6	10.05	18.04			
Always	314	4454	19.5	16.59	22.84	130	1806	16.1	12.51	20.46	183	2634	22.8	19.85	26.11			
* Most of the times or always	502	7200	31.6	27.23	36.24	211	2970	26.5	22.19	31.22	289	4199	36.4	31.78	41.26			

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Perlis, 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	177	2754	12.1	7.97	17.97	110	1693	15.1	9.91	22.33	67	1061	9.2	5.15	16.04			
Rarely	310	4623	20.3	16.78	24.39	175	2586	23.1	16.30	31.56	135	2037	17.7	14.41	21.66			
Sometimes	322	4776	21.0	18.57	23.64	177	2628	23.4	19.19	28.29	145	2148	18.7	15.28	22.70			
Most of the time	284	4112	18.1	12.99	24.59	123	1796	16.0	11.73	21.49	159	2286	19.9	13.41	28.52			
Always	458	6488	28.5	26.17	30.98	185	2511	22.4	19.09	26.08	271	3949	34.4	30.96	38.01			
* Most of the times or always	742	10600	46.6	39.79	53.51	308	4307	38.4	32.80	44.34	430	6235	54.3	45.71	62.66			

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Perlis, 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	740	10806	47.6	44.32	51.00	352	5026	44.9	39.90	50.10	387	5767	50.4	44.79	56.03			
Rarely	378	5658	24.9	22.67	27.37	201	3057	27.3	22.28	33.07	177	2601	22.7	20.31	25.36			
Sometimes	277	4089	18.0	15.85	20.44	131	1930	17.3	14.75	20.09	144	2129	18.6	15.87	21.71			
Most of the time	62	892	3.9	3.29	4.70	34	476	4.3	2.99	6.04	28	416	3.6	2.92	4.53			
Always	89	1233	5.4	3.86	7.61	50	693	6.2	4.62	8.27	38	526	4.6	2.51	8.29			
* Never or rarely	1118	16464	72.6	68.92	75.99	553	8083	72.3	68.51	75.77	564	8367	73.1	68.04	77.70			

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, Perlis, 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	100	1500	7.2	4.93	10.49	56	838	8.5	5.29	13.48	43	648	5.9	3.98	8.78			
No	1319	19243	92.8	89.51	95.07	621	8990	91.5	86.52	94.71	698	10253	94.1	91.22	96.02			

Table 9.2: Age when had first sex, students Form 1-5, Perlis, 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	1499	21970	97.0	94.46	98.44	730	10605	94.9	91.79	96.93	767	11337	99.1	96.40	99.77			
11 years or younger	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-			
12 years	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
13 years	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-			
14 years	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
15 years	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
16 years or older	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

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

Behaviour	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	473	70.6	50.70	84.87	27	401	71.0	48.31	86.52	5	72	68.5	28.35	92.25			
No	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-			

Note:
- Fewer than 30 cases

Table 9.3: Number of sexual partners among those who ever had sex, students Form 1-5, Perlis, 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	1512	22157	97.8	98.85	739	10735	96.3	97.81	771	11394	99.3	99.80
1 partner	13	-	-	-	11	-	-	-	2	-	-	-
2 partners	2	-	-	-	2	-	-	-	2	-	-	-
3 partners	10	-	-	-	7	-	-	-	0	-	-	-
4 partners	5	-	-	-	5	-	-	-	0	-	-	-
5 partners	1	-	-	-	0	-	-	-	1	-	-	-
6 or more partners	1	-	-	-	1	-	-	-	0	-	-	-

Table 9.3.1: Prevalence of having at least two sexual partners among those who ever had sex, students Form 1-5, Perlis, 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	19	-	-	-	15	-	-	-	3	-	-	-
No	1525	22351	98.6	99.44	750	10894	97.8	99.02	773	11430	99.6	99.89

Table 9.4: Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5, Perlis, 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	19	-	-	-	10	-	-	-	8	-	-	-
No	17	-	-	-	14	-	-	-	3	-	-	-

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, Perlis, 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	7	-	-	-	6	-	-	-	1	-	-	-
No	26	-	-	-	21	-	-	-	5	-	-	-

Note:
- Fewer than 30 cases

10. Tobacco Use

Table 10.1: Number of days students had smoked cigarettes in the past 30 days, students Form 1-5, Perlis, 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	1381	20132	88.4	81.26	93.08	608	8714	78.0	68.24	85.40	771	11391	98.7	96.64	99.51			
1 or 2 days	66	994	4.4	2.65	7.10	59	891	8.0	5.19	12.06	7	103	0.9	0.35	2.26			
3 to 5 days	30	437	1.9	1.14	3.22	29	422	3.8	2.36	6.00	1	14	0.1	0.01	1.08			
6 to 9 days	13	-	-	-	-	13	-	-	-	-	0	-	-	-	-			
10 to 19 days	11	-	-	-	-	10	-	-	-	-	0	-	-	-	-			
20 to 29 days	13	-	-	-	-	11	-	-	-	-	1	-	-	-	-			
All 30 days	38	624	2.7	1.32	5.62	37	610	5.5	2.80	10.41	1	14	0.1	0.01	1.17			

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Perlis, 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	171	2637	11.6	6.92	18.74	159	2458	22.0	14.60	31.76	10	150	1.3	0.49	3.36			
No	1381	20132	88.4	81.26	93.08	608	8714	78.0	68.24	85.40	771	11391	98.7	96.64	99.51			

Table 10.2: Age when first tried a cigarette, students Form 1-5, Perlis, 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	1218	17734	80.4	71.83	86.87	480	6846	64.2	51.89	74.95	737	10874	95.9	93.08	97.64			
7 years or younger	38	546	2.5	1.40	4.34	27	390	3.7	1.66	7.89	9	125	1.1	0.32	3.70			
8 to 9 years	22	-	-	-	-	19	-	-	-	-	2	-	-	-	-			
10 or 11 years	61	877	4.0	2.52	6.22	54	768	7.2	4.84	10.61	7	109	1.0	0.37	2.47			
12 or 13 years	97	1476	6.7	4.09	10.77	89	1361	12.8	8.45	18.85	8	115	1.0	0.54	1.90			
14 or 15 years	55	897	4.1	2.37	6.89	51	812	7.6	4.38	12.93	4	86	0.8	0.15	3.79			
16 years or older	11	-	-	-	-	11	-	-	-	-	0	-	-	-	-			

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, Perlis, 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	218	3205	74.2	66.07	81.01	189	2785	73.1	63.19	81.08	26	376	81.5	46.82	95.64			
No	66	1112	25.8	18.99	33.93	62	1027	26.9	18.92	36.81	4	86	18.5	4.36	53.18			

Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Perlis, 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	1479	21675	94.7	91.14	96.92	701	10182	90.2	85.28	93.67	777	11480	99.5	97.92	99.87			
1 or 2 days	44	668	2.9	1.90	4.46	41	626	5.5	3.81	8.01	3	42	0.4	0.10	1.32			
3 to 5 days	19	-	-	-	-	18	-	-	-	-	1	-	-	-	-			
6 to 9 days	8	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
10 to 19 days	5	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
All 30 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Perlis, 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	1204	5.3	3.08	8.86	74	1100	9.8	6.33	14.72	4	60	0.5	0.13	2.08			
No	1479	21675	94.7	91.14	96.92	701	10182	90.2	85.28	93.67	777	11480	99.5	97.92	99.87			

Note:
- Fewer than 30 cases

Table10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Perlis, 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	Lower	Upper						
Didn't smoke	1432	20926	92.0	86.88	95.25	661	9540	85.4	78.52	90.29	770	11372	98.8	96.51	99.61			
Shisha/hookah	41	613	2.7	1.79	4.04	38	567	5.1	3.39	7.51	2	30	0.3	0.06	1.10			
Electronic cigarettes	13	-	-	-	-	10	-	-	-	-	3	-	-	-	-			
Snuff or chewing tobacco	18	-	-	-	-	15	-	-	-	-	2	-	-	-	-			
Pipes	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
Curut, cigar or eiganillos	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
Bidis	4	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Others	30	474	2.1	0.89	4.80	29	460	4.1	1.85	8.91	1	14	0.1	0.01	1.17			

Table10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Perlis, 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	141	2150	76.3	68.71	82.45	134	2046	77.9	70.12	84.04	7	104	58.6	30.68	81.88			
No	43	669	23.7	17.55	31.29	38	582	22.1	15.96	29.88	4	74	41.4	18.12	69.32			

Table10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Perlis, 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	Lower	Upper						
0 day	846	12216	53.6	47.69	59.43	377	5289	47.1	40.63	53.74	468	6914	59.9	52.36	67.01			
1 or 2 days	342	5115	22.4	19.82	25.31	186	2812	25.1	20.54	30.20	156	2303	20.0	17.73	22.38			
3 or 4 days	140	2073	9.1	7.35	11.21	81	1204	10.7	8.18	13.97	59	868	7.5	6.08	9.28			
5 or 6 days	43	654	2.9	2.11	3.89	26	399	3.6	2.50	5.03	16	241	2.1	1.18	3.68			
All 7 days	183	2731	12.0	9.09	15.64	101	1517	13.5	10.93	16.60	82	1214	10.5	6.21	17.28			

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, Perlis, 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	708	10572	46.4	40.57	52.31	394	5932	52.9	46.26	59.37	313	4627	40.1	32.99	47.64
No	846	12216	53.6	47.69	59.43	377	5289	47.1	40.63	53.74	468	6914	59.9	52.36	67.01

Table 10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Perlis, 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	706	10266	45.0	37.88	52.34	327	4633	41.2	35.80	46.73	377	5603	48.7	39.05	58.40
No	849	12545	55.0	47.66	62.12	446	6624	58.8	53.27	64.20	402	5907	51.3	41.60	60.95

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Perlis, 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	1343	19575	85.9	79.19	90.67	576	8247	73.5	64.49	80.85	766	11314	98.2	96.00	99.17
Probably not	1111	16388	7.2	5.28	9.71	102	1506	13.4	10.36	17.19	9	132	1.1	0.51	2.53
Maybe yes	72	1140	5.0	3.11	7.94	68	1074	9.6	6.80	13.30	4	66	0.6	0.14	2.37
Definitely yes	28	-	-	-	-	25	-	-	-	-	1	-	-	-	-

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, Perlis, 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	1332	19372	85.1	78.05	90.17	575	8187	73.2	64.25	80.63	756	11171	96.9	92.72	98.73			
Probably not	114	1701	7.5	5.09	10.86	101	1512	13.5	9.42	19.04	13	190	1.6	0.77	3.50			
Maybe yes	71	1157	5.1	3.28	7.78	61	1008	9.0	6.60	12.21	8	118	1.0	0.37	2.84			
Definitely yes	35	533	2.3	1.11	4.89	31	473	4.2	2.29	7.70	3	46	0.4	0.07	2.18			

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Perlis, 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	110	1605	8.0	5.62	11.27	88	1282	14.8	10.27	20.78	21	309	2.7	1.28	5.68			
No	1267	18468	92.0	88.73	94.38	518	7401	85.2	79.22	89.73	748	11053	97.3	94.32	98.72			

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, Perlis, 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	Lower	Upper						
0 time	1148	16889	74.1	68.98	78.62	84.84	519	7627	68.0	62.28	73.29	628	9248	80.2	74.66	84.84		
1 time	165	2409	10.6	8.36	13.27	10.01	111	1571	14.0	10.94	17.77	52	808	7.0	4.87	10.01		
2 to 3 times	130	1876	8.2	6.50	10.37	9.80	71	1009	9.0	7.00	11.49	59	867	7.5	5.74	9.80		
4 to 5 times	51	750	3.3	2.52	4.28	3.58	32	465	4.2	2.57	6.64	19	284	2.5	1.69	3.58		
6 to 7 times	19	-	-	-	-	-	14	-	-	-	-	5	-	-	-	-		
8 to 9 times	8	-	-	-	-	-	5	-	-	-	-	3	-	-	-	-		
10 to 11 times	6	-	-	-	-	-	1	-	-	-	-	4	-	-	-	-		
12 or more times	27	-	-	-	-	-	17	-	-	-	-	10	-	-	-	-		

Table 11.1.1: Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5, Perlis, 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	406	5906	25.9	21.38	31.02	25.34	251	3584	32.0	26.71	37.72	152	2278	19.8	15.16	25.34		
No	1148	16889	74.1	68.98	78.62	84.84	519	7627	68.0	62.28	73.29	628	9248	80.2	74.66	84.84		

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Perlis, 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	Lower	Upper						
0 time	1140	16807	73.5	67.04	79.02	86.02	510	7510	66.6	60.55	72.10	628	9269	80.3	73.03	86.02		
1 time	170	2471	10.8	7.59	15.15	11.80	116	1663	14.7	11.41	18.84	54	808	7.0	4.07	11.80		
2 to 3 times	153	2191	9.6	7.80	11.70	10.44	95	1339	11.9	8.75	15.91	58	852	7.4	5.17	10.44		
4 to 5 times	38	571	2.5	1.30	4.72	4.97	24	350	3.1	1.80	5.32	14	221	1.9	0.72	4.97		
6 to 7 times	21	-	-	-	-	-	7	-	-	-	-	13	-	-	-	-		
8 to 9 times	12	-	-	-	-	-	6	-	-	-	-	6	-	-	-	-		
10 to 11 times	7	-	-	-	-	-	4	-	-	-	-	2	-	-	-	-		
12 or more times	19	-	-	-	-	-	13	-	-	-	-	6	-	-	-	-		

Note:

- Fewer than 30 cases

Table 11.2.1: Prevalence of involvement in a physical fight on at least once in the past 12 months, students Form 1-5, Perlis, 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	420	6073	26.5	20.98	32.96	265	3771	33.4	27.90	39.45	153	2271	19.7	13.98	26.97			
No	1140	16807	73.5	67.04	79.02	510	7510	66.6	60.55	72.10	628	9269	80.3	73.03	86.02			

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Perlis, 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	832	12054	61.9	53.59	69.62	359	5126	54.8	46.39	62.95	473	6928	68.7	58.02	77.75			
1 time	301	4463	22.9	19.01	27.39	175	2542	27.2	22.78	32.08	126	1920	19.1	14.00	25.38			
2 to 3 times	157	2325	11.9	8.56	16.42	85	1247	13.3	10.09	17.42	71	1061	10.5	6.14	17.46			
4 to 5 times	22	-	-	-	-	16	-	-	-	-	6	-	-	-	-			
6 to 7 times	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-			
8 to 9 times	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-			
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
12 or more times	4	-	-	-	-	1	-	-	-	-	2	-	-	-	-			

Table 11.3.1: Prevalence of having had a serious injury on at least once in the past 12 months, students Form 1-5, Perlis, 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	499	7410	38.1	30.38	46.41	288	4227	45.2	37.05	53.61	209	3153	31.3	22.25	41.98			
No	832	12054	61.9	53.59	69.62	359	5126	54.8	46.39	62.95	473	6928	68.7	58.02	77.75			

Note:
- Fewer than 30 cases

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, Perlis, 2012

Type of Injury	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
Broken bone/dislocated joint	63	973	18.3	26.36	42	658	21.4	33.62	21	315	14.2	17.25
A cut or stab wound	116	1739	32.7	41.84	72	1094	35.5	45.62	44	645	29.2	45.50
Concussion/head or neck injury, knocked out or could not breathe	27	-	-	-	15	-	-	-	12	-	-	-
Gunshot wound	2	-	-	-	2	-	-	-	0	-	-	-
Bad burn	5	-	-	-	2	-	-	-	2	-	-	-
Poisoned	2	-	-	-	1	-	-	-	1	-	-	-
Something else happened to me	144	2071	38.9	49.84	72	1021	33.1	45.10	71	1033	46.7	58.92

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, Perlis, 2012

Cause	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 a motor vehicle accident or hit by a motor vehicle	100	1483	26.0	33.93	69	1038	31.8	40.48	31	445	18.3	26.03
Fall	133	2029	35.6	45.00	66	1012	31.0	44.47	66	1003	41.4	49.65
Something fell on me or hit me	28	-	-	-	17	-	-	-	11	-	-	-
Was attacked or abused or was fighting with someone	15	-	-	-	11	-	-	-	4	-	-	-
Was in a fire or too near a flame or something hot	3	-	-	-	1	-	-	-	2	-	-	-
Inhaled or swallowed something bad	2	-	-	-	0	-	-	-	2	-	-	-
Something else caused the injury	104	1496	26.2	34.41	56	801	24.5	36.31	48	696	28.7	40.05

Note:
- Fewer than 30 cases

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Perlis, 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	Lower	Upper						
0 day	1244	18377	84.7	80.68	87.94	600	8846	82.5	74.98	88.10	643	9517	86.8	83.66	89.36			
1 to 2 days	149	2145	9.9	7.58	12.78	89	1248	11.6	7.54	17.52	60	897	8.2	6.37	10.44			
3 to 5 days	32	448	2.1	1.16	3.66	18	244	2.3	1.02	5.00	14	204	1.9	1.04	3.30			
6 to 9 days	20	-	-	-	-	13	-	-	-	-	7	-	-	-	-			
10 to 19 days	12	-	-	-	-	7	-	-	-	-	5	-	-	-	-			
20 to 29 days	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
all 30 days	16	-	-	-	-	6	-	-	-	-	10	-	-	-	-			

Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Perlis, 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	232	3329	15.3	12.06	19.32	134	1878	17.5	11.90	25.02	98	1451	13.2	10.64	16.34			
No	1244	18377	84.7	80.68	87.94	600	8846	82.5	74.98	88.10	643	9517	86.8	83.66	89.36			

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

Ways of Bullied	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						
Hit, kicked, pushed, shoved around or locked indoor	28	-	-	-	-	23	-	-	-	-	5	-	-	-	-	-	-	
Made fun of because of race, nationality or color	21	-	-	-	-	11	-	-	-	-	10	-	-	-	-	-	-	
Made fun of because of religion	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-	-	-	
Made fun of with sexual jokes, comments, or gestures	40	585	21.5	14.55	30.58	23	332	23.0	15.39	32.82	17	253	20.1	9.31	38.16			
Left out of activities on purpose or completely ignored	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-	-	-	
Made fun of because of how body or face looks	42	590	21.7	13.53	32.98	16	202	14.0	8.78	21.48	25	372	29.6	15.32	49.45			
Bullied in some other way	47	639	23.5	14.21	36.34	23	295	20.4	9.20	39.44	24	344	27.4	16.97	41.00			

Note:
- Fewer than 30 cases

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Perlis, 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	1424	20865	91.2	86.79	94.23	705	10239	90.8	85.46	94.25	716	10583	91.7	85.93	95.24				
1 time	76	1110	4.8	3.31	7.05	36	532	4.7	3.66	6.05	40	578	5.0	2.68	9.16				
2 to 3 times	31	480	2.1	1.17	3.74	14	227	2.0	0.83	4.78	17	253	2.2	0.90	5.27				
4 to 5 times	15	-	-	-	-	10	-	-	-	-	5	-	-	-	-				
6 to 7 times	5	-	-	-	-	3	-	-	-	-	1	-	-	-	-				
8 to 9 times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-				
10 to 11 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-				
12 or more times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-				

Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Perlis, 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	136	2014	8.8	5.77	13.21	70	1043	9.2	5.75	14.54	65	957	8.3	4.76	14.07				
No	1424	20865	91.2	86.79	94.23	705	10239	90.8	85.46	94.25	716	10583	91.7	85.93	95.24				

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Perlis, 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	1019	14961	65.4	58.46	71.81	557	8117	72.0	63.91	78.80	460	6816	59.1	49.47	68.02				
1 time	224	3278	14.3	11.53	17.69	93	1373	12.2	9.08	16.14	131	1905	16.5	12.25	21.87				
2 to 3 times	194	2847	12.5	10.01	15.38	83	1216	10.8	8.30	13.87	110	1617	14.0	11.07	17.59				
4 to 5 times	43	617	2.7	1.70	4.26	12	189	1.7	0.83	3.33	31	429	3.7	2.25	6.07				
6 to 7 times	19	-	-	-	-	5	-	-	-	-	14	-	-	-	-				
8 to 9 times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-				
10 to 11 times	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-				
12 or more times	45	660	2.9	1.59	5.18	17	214	1.9	1.06	3.38	28	447	3.9	1.75	8.35				

Table 11.9.1: Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Perlis, 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	540	7902	34.6	28.19	41.54	218	3164	28.0	21.20	36.09	321	4724	40.9	31.98	50.53				
No	1019	14961	65.4	58.46	71.81	557	8117	72.0	63.91	78.80	460	6816	59.1	49.47	68.02				

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 Syafinaz Mohd Sallehuddin
5. Ms Suhaila Abd Ghaffar
6. Mr Muhamad Firdaus Ali @ Ghazali

Hygiene (Including Oral Hygiene)

1. Dr Yaw Siew Lian
2. Dr Nurul 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 Jasvinder 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 Umami 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 Syahrman 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 Syafnaz 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

W.P. PUTRAJAYA**Liaison Officer**

Ms Azlinda Hamid

Field Supervisor

Mr Ahmad Ali Zainuddin

Nutritionist

Ms Masrisa Mohd Esa

Driver

Mr Mohd Baharuddin Bakar

Research Assistants

1. Ms Syarifah Nurul Azirah Sayed Hassan
2. Ms Nor Dhaniah Nasrir
3. Mr Mohd Aizol Azizie A Rahman
4. Ms Rabiatul Ainur Ibrahim
5. Ms Nor Atikah Mohd Hanafiah
6. Mr Masrazman Mohd Diah
7. Mr Wan Hashim Wan Ja'afar
8. Ms Siti Norain Othman
9. Ms Nurul Hidayah Rosli
10. Mr Nurlis Yurnalis

NEGERI SEMBILAN**Liaison Officer**

Ms Suriati Abd Rahman

Field Supervisor

Ms Hasimah Ismail

Nutritionist

1. Mr R. Khairul Azwahanim R. Malek
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

Drivers

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

Research Assistants

1. Ms Siti Norzaharah Abd Aziz
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

MELAKA**Liaison Officer**

Ms Mariati Muslim

Field Supervisor

Ms Teh Chien Huey

Nutritionist

1. Wong Hui Juan
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
5. Mr R. Tiagu M. Ramachandra
6. Mr Mohamad Azali Abdullah
7. Mr Muhamad Yazid Abd Rahman
8. Mr Ramli Buang
9. Mr Zainudin Mohd

Research Assistants

1. Ms Nur Syahima Mohd Nasir
2. Ms Nurhafizah Abdul Rahman
3. Ms Nurul Ain Sarjuni
4. Ms Nur Amiza Izaty Abd Hamid
5. Mr Muhammad Wafi Md Alias
6. Mr Sahwal Abu Bakar
7. Ms Adibah Al Amir Mohd
8. Mr Faiz Ahmad Zamri
9. Ms Rasyidah Abd Rahim
10. Ms Nuhairunnisa Mohamad Hamdan

JOHOR**Liaison Officer**

Mr Azmi Md Yusof

Field Supervisor

Mr Hasnor Hadi Asim

Nutritionist

1. Mr Mohd Hafizan Johar
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

Drivers

1. Mr Mohd Zulfatfi Mohd Sanip
2. Mr Jasnizan Atan
3. Mr Mohd Faizal Md Jazi
4. Mr Norhazeley Ahmad

Research Assistants

1. Ms Nor Zuriati Mahamud
2. Ms Nur Atikah Abdul Aziz
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
10. Mr Mohd Fadli Pungot

PAHANG**Liaison Officer**

Ms Zahariah Mohd Nordin

Field Supervisor

Ms Hamizatul Akmal Abd Hamid

Nutritionist

1. Ms Wan Fazlily Wan Mahmud
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

Drivers

1. Mr Zawawi Mamat
2. Mr Ramli Mohd Noor
3. Mr Hasmizan Mukhtar
4. Mr Muhammad Yusof Fadzil
5. Mr Ahmad Faizal Alam
6. Mr Muhammad Syaqqieq Ramli
7. Mr Mohd Nor Arzari Hassan
8. Mr Ahmad Zamri Idris
9. Mr Mohd Agil Ahmad
10. Mr Che Apandi Yaacob

Research Assistants

1. Ms Nabilah Mohamed Nezuri
2. Ms Rabiatal Adawiyah Mohd Pauzi
3. Mr Mohd Zulhusni Zulkipli
4. Mr Ahmad Yaakob Tasyrif Md Adnani
5. Ms Rohana Saharudin
6. Ms Norhanis Ahmad
7. Ms Sharifah Noratiqah Syed Abu Bakar
8. Ms Aida Izyani Daud
9. Ms Salmiah Jaffar
10. Ms Suliha Abd Hamid

TERENGGANU**Liaison Officer**

Mr Nazli Suhairi Ibrahim

Field Supervisor

Mr Lim Kuang Kuay

Nutritionist

1. Ms Norhaniza Rojalai
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

1. Mr Abd Rashid Mohamad
2. Mr Wan Ahmad Shukri Wan Ismail
3. Mr Azman Muda

Research Assistants

1. Ms Nurul Nadia Mohd Ghazali
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

KELANTAN**Liaison Officer**

Ms Norhaizan Mustapha

Field Supervisor

Mr Lim Kuang Hock

Nutritionist

1. Ms Tengku Fatimatul Tengku Hassim
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
8. Ms Sharifah Fatimah Zahra Sy. Agil
9. Ms Siti Nuzullah Mohd Salleh
10. Ms Norhasliza Ariffin

Drivers

1. Mr Wan Yahya Wan Ismail
2. Mr Hafizal Hassan

Research Assistants

1. Ms W. Nurul Ashikin W. Mohamad
2. Ms Halimatun Saadiah Ahmad
3. Ms Siti Fasihah Abdul Razak
4. Ms Noreha Othman
5. Ms Norhaizan Othman
6. Ms Norhamizah Hashim
7. Ms Nurul Akma Ramli
8. Ms Norazimah Mukhtar@Zahari
9. Mr Mohd Firdaus Daud
10. Teh Wei Sheng

SARAWAK**Liaison Officer**

Ms Bong Mei Wan

Field Supervisors

1. Mr Mohd Hatta Abdul Mutalip
2. Mr Henry Anak Chua

Nutritionist

1. Ms Fatin Amirah Jamaluddin
2. Ms Nurul Shaidatul Nadia
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

Drivers

None

Research Assistants

1. Ms Khatijah Bujang
2. Ms Natalie May Anak Sahak
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

SABAH**Liaison Officer**

Ms Puspawati Mohamed

Field Supervisors

1. Ms Faizah Paiwai
2. Ms Scholastica
3. Ms Jaradah

Nutritionist

1. Ms Nor Azimah Zainal
2. Mr Khairul Hasnan Amali
3. Mr Zulkifli Jamil

4. Ms Norhidayah Zailani
5. Ms Norhajaji Mardjuni
6. Chan Chee Ling
7. Chin Kim Ling
8. Mr Benjamin Akmad
9. Mr Mohd Zamir Abd Majid
10. Mac Donna Mathews
11. Ms Jenny Jouti
12. Ms Noorafizah Ibrahim
13. Chan Seng Fui

Drivers

1. Mr Abd Jainad Binad
2. Mr Seraili Kayong
3. Mr Johnny Hugh
4. Mr Ag Yunus Ag Paie

Research Assistants

1. Ms Rosliah Yakun
2. Ms Noraini Hassan
3. Mr Rezan Hussin
4. Maxwell Guriana
5. Mr Paul Beatrix Fernando Oppei
6. Mr Muhd Hanif Rahban
7. Ms Noor Fazlyana Jamliddy
8. Ms Azriah Asis
9. Ms Faradillah Dahalan
10. Mr Muhammad Farizul Faiz Dahalan
11. Ms Mardhiah Mohd Aripin
12. Ms Dgk Norain Fazirah Pg Kamal
13. Ms Zaweni Azlin Melan
14. Mr Jeldy Galoh
15. Ms Nuravnni Ashikin Ahmad
16. Ms Nurul Azyana Juanis@Azlan
17. Mr Sayful Safuan Ridzuan Puddin
18. Mr Mohd Iskandar Shah Maitin
19. Mr Awangku Mohd Shahfarol Pg Kamal
20. Ms Dayang Badariah Osman

APPENDIX 9: QUESTIONNAIRE

<p>KEMENTERIAN KESIHATAN MALAYSIA & KEMENTERIAN PELAJARAN MALAYSIA</p>	
	
	
<p>TINJAUAN KEBANGSAAN KESIHATAN & 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>	

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY (GSHS) MALAYSIA	2012
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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 DIDEHAHKAN**. 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.

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLES: ISIKAN BULATAN SEPERTI INI  BUKAN SEPERTI INI  ATAU  FILL IN THE CIRCLES LIKE THIS NOT LIKE THIS OR	
SURVEI/SURVEY 1. Adakah ikan tinggal dalam air? A. ya B. Tidak	1. Do fish live in water? a. Yes b. No
Borang jawapan Answer sheet 1.        	

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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 perkahwinan 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?

- a. Kurang berat badan
Very underweight
- b. Sedikit kurang berat badan
Slightly underweight
- c. Berat badan yang sesuai
About the right weight
- d. Sedikit berlebihan berat badan
Slightly overweight
- e. 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?

- a. Saya tidak berbuat apa-apa tentang berat badan saya
I am not trying to do anything about my weight
- b. Kurangkan berat badan
Lose weight
- c. Tingkatkan berat badan
Gain weight
- d. 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?

- a. Tidak pernah
Never
- b. Jarang-jarang
Rarely
- c. Kadang-kadang
Sometimes
- d. Kebanyakan masa
Most of the time
- e. 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?

- a. Saya tidak makan buah dalam 30 hari yang lepas
I did not eat fruit during the past 30 days
- b. Kurang dari 1 kali dalam sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 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?

- a. Saya tidak makan sayur dalam 30 hari yang lepas
I did not eat vegetables during the past 30 days
- b. Kurang dari 1 kali dalam sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 5 kali atau lebih sehari
5 or more times per day

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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)

- a. Saya tidak minum air berkarbonat dalam 30 hari yang lepas
I did not drink carbonated soft drinks during the past 30 days
- b. Kurang dari 1 kali dalam sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 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?

- a. Saya tidak minum air kosong dalam 30 hari yang lepas
I did not drink plain water during the past 30 days
- b. Kurang dari 1 kali dalam sehari
Less than 1 time per day
- c. 1 kali sehari
1 time per day
- d. 2 kali sehari
2 times per day
- e. 3 kali sehari
3 times per day
- f. 4 kali sehari
4 times per day
- g. 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)

- a. 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
- h. Kurang dari 1 kali dalam sehari
Less than 1 time per day
- b. 1 kali sehari
1 time per day
- c. 2 kali sehari
2 times per day
- d. 3 kali sehari
3 times per day
- e. 4 kali sehari
4 times per day
- f. 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?

- 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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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

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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

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?
- 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

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?
- 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

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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?*

- a. Saya tidak mengalami kecederaan dalam 12 bulan yang lepas
I was not seriously injured during the past 12 months
- b. Saya terlibat dalam kemalangan kenderaan
I was in a motor vehicle accident or hit by a motor vehicle
- c. Saya terjatuh
I fell
- d. Sesuatu telah jatuh atau terkena saya
Something fell on me or hit me
- e. Saya telah diserang atau didera atau bergaduh dengan orang lain
I was attacked or abused or was fighting with someone
- f. 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
- g. Saya sedut atau telan sesuatu yang membahayakan saya
I inhaled or swallowed something bad for me
- h. 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?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. 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?

- a. Saya tidak pernah merokok
I have never smoked cigarettes
- b. 7 tahun atau ke bawah
7 years old or younger
- c. 8 atau 9 tahun
8 or 9 years old
- d. 10 atau 11 tahun
10 or 11 years old
- e. 12 atau 13 tahun
12 or 13 years old
- f. 14 atau 15 tahun
14 or 15 years old
- g. 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?

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. 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?

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

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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

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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

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA
GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY (GSHS) MALAYSIA

2012

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 any other 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

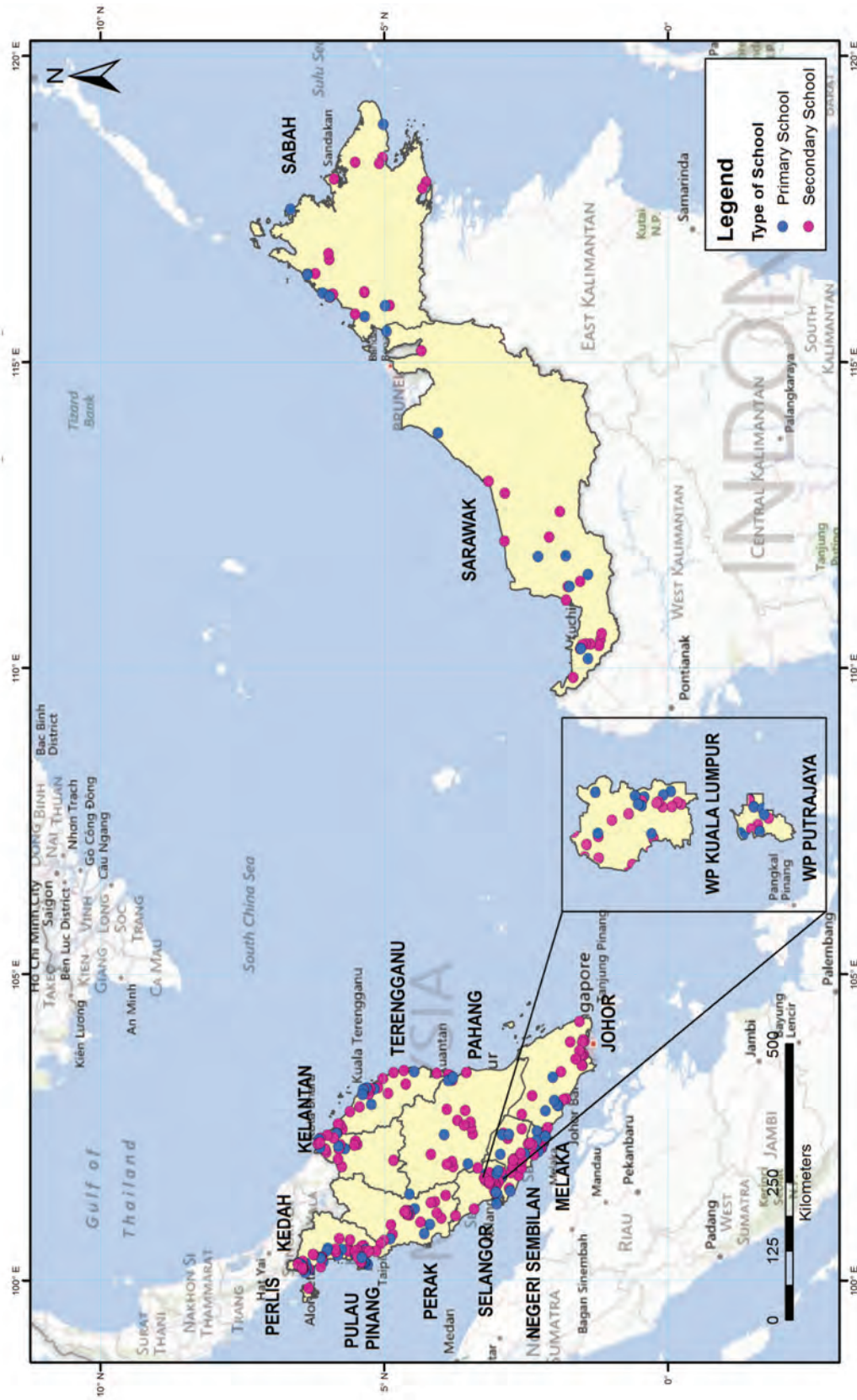
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (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"

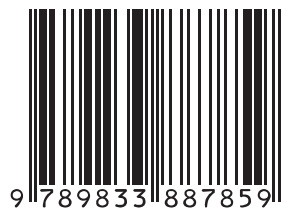
APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



Distribution of Schools for Global Health School Survey in Malaysia, 2012



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