



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

SARAWAK

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

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

THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

SARAWAK GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

Contributors

The following persons had contributed in the interpretation of findings, discussions on implications, conclusions and/or drawing recommendations for this report.

(In alphabetical order)

Abu Bakar Rahman, Afiq Awang, Ahmad Ali Zainuddin, Ahmad Shahrul Nizam Isha, Azli Baharuddin, Azriman Rosman, Bahtiar Effendy Khasdir, Balkish Mahadir Naidu, Chan Ying Ying, Cheong Siew Man, Diana Mahat, Faizah Paiwai, Fauziah Mohamed, Hamizatul Akmal Abd Hamid, Hasimah Ismail, Hasnol Hadi Asim, Haszreen Shariff, Helen Tee Guat Hiong, Khairiyah Abd. Muttalib, Lai Wai Yee, Leni Tupang, Lim Kuang Kuay, Mohd Amirudin Razali, Mohd Azahadi Omar, Mohd Hatta Abd Mutalip, Mohd Hazrin Hasim @ Hashim, Mohd Zabri Johari, Muhamad Firdaus Ali @ Ghazali, Muhammad Fadhli Mohd Yusof, Nik Rubiah Nik Abd Rashid, Noor Ani Ahmad, Noor Safiza Mohd Nor, Norazlina Muhamad, Nur Shahidah Abdul Aziz, Norazilah Mohd Roslan, Norhafizah Sahril, Norzawati Yoep, Nurashikin Ibrahim, Nurrul Ashikin Abdullah, Rashidah Ambak, Riyanti Saari, Rosnah Ramly, Rozanim Kamarudin, Suhaila Abd Ghaffar, Teh Chien Huey, Ummi Nadiah Yusoff, Yaw Siew Lian, Yeo Pei Sien, Zariah Md Zain.

Editors

Tahir Aris, Noor Ani Ahmad, Yaw Siew Lian, Nurrul Ashikin Abdullah

External Reviewer

Dr Saidatul Norbaya Buang

Family Health and Development Division, Ministry of Health Malaysia

Hj Mohd Yunus Hj Ibrahim (PhD)

Education Policy and Research Division, Ministry of Education Malaysia

©2011, Institute for Public Health, National Institutes of Health, Ministry of Health Malaysia, Kuala Lumpur.

Perpustakaan Negara Malaysia Cataloguing-in-Publication Data
National health and morbidity survey 2012 (NMRR-11-974-10401) :

Sarawak global school-based students health survey

Bibliography: p.

ISBN 978-983-3887-91-0

1. Health status indicators--Sarawak.

2. Health surveys--Sarawak.

3. Diseases--Reporting--Sarawak.

I. Institut Kesihatan Umum.

614.4259521

MOH/S/IKU/26.13 (TR)

Suggested citation

Institute for Public Health (IPH) 2012. The National Health and Morbidity Survey: Sarawak Global School-based Student Health Survey 2012. Kuala Lumpur: Ministry of Health Malaysia.

Disclaimer

The views expressed in this paper are those of the authors alone and do not necessarily represent the opinions of the other investigators participating in the survey, nor the views or policy of the Ministry of Health Malaysia.

Produced and Distributed by:

The National Health and Morbidity Survey 2012

Institute for Public Health

National Institutes of Health

Ministry of Health Malaysia

Jalan Bangsar, 50590 Kuala Lumpur, Malaysia

Tel: +603-22979400 / +603-22979595

Fax: +603-22823114 / +603-22979555

Any enquiries or comments on this report should be directed to:

Principal Investigator

The National Health and Morbidity Survey 2012

Institute for Public Health

National Institutes of Health

Ministry of Health Malaysia

Jalan Bangsar, 50590 Kuala Lumpur, Malaysia

Tel: +603-22979595

Fax: +603-22979555

Published by the Institute for Public Health, Ministry of Health Malaysia

Acknowledgement

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

The Global School-based Student Health Survey (GSHS) in Sarawak 2012, the first of its kind in the country, was accomplished with budget and technical support from the Ministry of Health Malaysia and World Health Organization (WHO). The research team would like to express our gratitude to the following who helped us to bring this project to a successful completion:

- Ms Melanie Cowan and Ms Leanne Riley, WHO Geneva,
- Ms Laura Kann and Ms Connie Lim, CDC Atlanta,
- Western Pacific WHO Regional Office,
- Dr Soo Chun Paul, Malaysia WHO Representative,
- Director General of Education, Ministry of Education Malaysia,
- Technical Programme Directors, Ministry of Health Malaysia,
- GSHS Survey Coordinator and Central Coordinating Team, and
- GSHS Survey Field Implementation Teams

Our appreciation to the Ministry of Education officials at the central level, states, districts and selected schools who assisted in making this study possible. We would also like to thank the stakeholders from both the Ministry of Health and Ministry of Education, for their participation at the NHMS 2012: School-based Survey Seminar held at Palm Garden Resort, Selangor on 23 September 2013, where the key findings of this study were presented. Last but not least, we extend our warm gratitude to all students from the 17 schools throughout the country who gave us their time and cooperation towards the successful conduct of this study.

Table of Contents

Executive Summary	1
1.0 INTRODUCTION	3
2.0 METHODS	6
3.0 RESULTS	10
3.1 Socio-demographic Profile	10
3.2 Alcohol Consumption	11
3.3 Dietary Behaviours	12
3.4 Drug Use	13
3.5 Oral Hygiene (Including Oral Hygiene)	14
3.6 Mental Health Problems	15
3.7 Physical Activity	16
3.8 Protective Factors	17
3.9 Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy	18
3.10 Tobacco Use	19
3.11 Violence and Unintentional Injury	20
4.0 DISCUSSION	21
5.0 CONCLUSION	23
6.0 RECOMMENDATIONS	23
References	24
Table of Findings	29
Appendices	66

List of Tables

Socio-demographic Profile

Table 1.1	Students Form 1-5 by age, Sarawak, 2012
Table 1.2	Students Form 1-5 by sex, Sarawak, 2012
Table 1.3	Students Form 1-5 by Form, Sarawak, 2012
Table 1.4	Students Form 1-5 by ethnicity, Sarawak, 2012
Table 1.5	Students Form 1-5 by parental marital status, Sarawak, 2012

Alcohol Consumption

Table 2.1	Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Sarawak, 2012
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, Sarawak, 2012
Table 2.2	Age when had first drink of alcohol, students Form 1-5, Sarawak, 2012
Table 2.2.1	First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5, Sarawak, 2012
Table 2.3	Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Sarawak, 2012
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, Sarawak, 2012
Table 2.4	Number of times got drunk in their lifetime, students Form 1-5, Sarawak, 2012
Table 2.4.1	Prevalence of drunkenness, students Form 1-5, Sarawak, 2012
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, Sarawak, 2012
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, Sarawak, 2012
Table 2.6	Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Sarawak, 2012
Table 2.6.1	Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Sarawak, 2012

Dietary Behaviours

Table 3.1	Prevalence of underweight among students Form 1-5, Sarawak, 2012
Table 3.2	Prevalence of overweight among students Form 1-5, Sarawak, 2012
Table 3.3	Prevalence of obesity among students Form 1-5, Sarawak, 2012
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, Sarawak, 2012
Table 3.5	Frequency of fruit intake daily in the past 30 days, students Form 1-5, Sarawak, 2012
Table 3.5.1	Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Sarawak, 2012
Table 3.6	Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Sarawak, 2012
Table 3.6.1	Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Sarawak, 2012
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, Sarawak, 2012
Table 3.7	Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Sarawak, 2012
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, Sarawak, 2012

Table 3.8	Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Sarawak, 2012
Table 3.8.1	Prevalence of consuming food from a fast food restaurant of at least three days in the past seven days, students Form 1-5, Sarawak, 2012
Table 3.9	Daily frequency of plain water intake in the past 30 days, students Form 1-5, Sarawak, 2012
Table 3.10	Prevalence of breakfast intake in the past seven days, students Form 1-5, Sarawak, 2012
Table 3.11	Perception of body weight, students Form 1-5, Sarawak, 2012
Table 3.11.1	Prevalence for perception of being slight or very overweight, students Form 1-5, Sarawak, 2012
Table 3.12	Actions taken based on perceived weight, students Form 1-5, Sarawak, 2012
Table 3.12.1	Prevalence of attempting to lose weight, students Form 1-5, Sarawak, 2012
Table 3.12.2	Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Sarawak, 2012

Drug Use

Table 4.1	Frequency of ever used drug, students Form 1-5, Sarawak, 2012
Table 4.1.1	Prevalence of ever used drug, students Form 1-5, Sarawak, 2012
Table 4.2	Age when first used drug, students Form 1-5, Sarawak, 2012
Table 4.2.1	Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Sarawak, 2012
Table 4.3	Frequency of drug use among current drug users, students Form 1-5, Sarawak, 2012
Table 4.3.1	Prevalence of current drug users, students Form 1-5, Sarawak, 2012
Table 4.4	Usual sources of obtaining drug in the past 30 days, students Form 1-5, Sarawak, 2012
Table 4.4.1	Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Sarawak, 2012
Table 4.5	Frequency of ever used marijuana, students Form 1-5, Sarawak, 2012
Table 4.5.1	Prevalence of ever used marijuana, students Form 1-5, Sarawak, 2012
Table 4.6	Frequency of marijuana use in the past 30 days, students Form 1-5, Sarawak, 2012
Table 4.6.1	Prevalence of current marijuana use, students Form 1-5, Sarawak, 2012
Table 4.7	Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Sarawak, 2012
Table 4.7.1	Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Sarawak, 2012

Hygiene (Including Oral Hygiene)

Table 5.1	Daily frequency of tooth brushing in the past 30 days, students Form 1-5, Sarawak, 2012
Table 5.1.1	Prevalence* of brushing teeth at least twice daily in the past 30 days, students Form 1-5, Sarawak, 2012
Table 5.2	Prevalence of use of fluoridated toothpaste, students Form 1-5, Sarawak, 2012
Table 5.3	Prevalence of having missed class due to toothache in the past 12 months, students Form 1-5, Sarawak, 2012
Table 5.4	Timing of last visit to a dentist or dental nurse, students Form 1-5, Sarawak, 2012
Table 5.5	Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Sarawak, 2012
Table 5.6	Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Sarawak, 2012

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

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

Mental Health Problems

Table 6.1 Prevalence* of loneliness in the past 12 months, students Form 1-5, Sarawak, 2012

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

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

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

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

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

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, Sarawak, 2012

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, Sarawak, 2012

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, Sarawak, 2012

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

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

Protective Factors

Table 8.1 Prevalence* of truancy in the past 30 days, students Form 1-5, Sarawak, 2012

Table 8.2 Prevalence* of peer support in the past 30 days, students Form 1-5, Sarawak, 2012

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

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

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

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

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

Table 9.1 Prevalence of ever had sex, students Form 1-5, Sarawak, 2012

Table 9.2 Age when had first sex, students Form 1-5, Sarawak, 2012

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

Table 9.3 Number of sexual partners among those who ever had sex, students Form 1-5, Sarawak, 2012

Table 9.3.1 Prevalence of having at least two sexual partners among those who ever had sex, students Form 1-5, Sarawak, 2012

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

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, Sarawak, 2012

Tobacco Use

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

Table 10.1.1 Prevalence of current cigarette smokers, students Form 1-5, Sarawak, 2012

Table 10.2 Age when first tried a cigarette, students Form 1-5, Sarawak, 2012

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

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

Table 10.3.1 Prevalence of current smokers of other tobacco products, students Form 1-5, Sarawak, 2012

Table 10.4 Other commonly used tobacco products in the past 30 days, students Form 1-5, Sarawak, 2012

Table 10.5 Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Sarawak, 2012

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

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, Sarawak, 2012

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

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

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

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

Violence and Unintentional Injury

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

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

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

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

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

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

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, Sarawak, 2012

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, Sarawak, 2012

Table 11.6	Number of days students had been bullied in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.6.1	Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.7	Most common ways of being bullied in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.8	Frequency of physical abuse at home in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.8.1	Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.9	Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Sarawak, 2012
Table 11.9.1	Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Sarawak, 2012

List of Appendices

- Appendix 1** Table of Findings
- Appendix 2** Members of Steering Committee NHMS 2011-2014
- Appendix 3** Terms of Reference of Steering Committee
- Appendix 4** Members of Advisory Committee NHMS 2012
- Appendix 5** Terms of Reference of Advisory Committee
- Appendix 6** Members of Central Coordinating Committee
- Appendix 7** Members of Research Teams NHMS 2012
- Appendix 8** Members of Data Collection Teams
- Appendix 9** Questionnaire
- Appendix 10** Operational Definition of Variables
- Appendix 11** GIS Map of Schools Surveyed

Executive Summary

The 2012 Sarawak GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Sarawak. The survey used a two-stage cluster sampling design. The objectives of this study were to determine the prevalence of health-related behaviors, risky behaviors and protective factors among secondary school students in Sarawak. The survey was administered using a self-administered questionnaire. The response rate at school level was 100%, with a students' response rate of 91.1% (1,633 of 1,791 students responded).

Key Findings

About 60.2% had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 21.9% and one-third of them got their alcoholic drinks from friends. In relation to dietary behaviour, 7.8% of the students were at risk of becoming underweight, while 6.6% at risk of becoming obese. In the past 30 days, only 35.9% of the students consumed fruits and vegetables at least five times per day and almost half of them drank carbonated drinks at least once daily. As for drug use, 3.6% of the students reported ever used drugs with 62.0% of them first used before the age of 14 years. About 3.1% of the students were current drug user.

Overall, 2.5% of the students reported brushing their teeth less than once daily and 89.9% brushed at least twice daily. Only 65.7% of students reported using fluoridated toothpaste. In the past 30 days, 4.8% never or rarely wash their hands after using the toilet and 12.6% never or rarely used soap when washing their hands. Suicidal ideation, suicidal plan and attempted suicide were noted among 7.5%, 6.0% and 7.2% of the students respectively. The inability to sleep at night due to worry was noted among 5.2% of students, while loneliness was found in 7.3% of students. With regards to physical activity, 20.5% of the students were found to be active, in the past seven days while more than one in three students were engaged in sedentary activities. Parental or guardian supervision was reported in 19.0% of the students, while one third of them claimed had parental or guardian connectedness and less and parental or guardian bonding. Truancy was reported in 30.0% of the students.

This study found that 8.7% of the students ever had sex, with 2.1% having had multiple sexual partners. Among those who ever had sex, 41.3% used other methods of birth control, apart from condoms the last time they had sex. About 19.6% of the students were current cigarettes smokers. Among those who ever smoked, almost three quarters first tried a cigarette before the age of 14 years. More than one third of the students reported exposure to secondhand smoke from people smoking in their presence, while almost half claimed they had parents or guardian who used any form of tobacco. Notably, 28.0% and 29.0% 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 20.6% of the students while 10.7% had been physically abused at home.

Recommendations

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

- i. There is a need to increase health awareness among students on the detrimental effects of alcohol and tobacco consumption, and the higher probability of alcohol addiction in later life if they start drinking during their adolescent years.
- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of alcoholic beverages and tobacco products to those below 18 years, and possession of tobacco products by minors.

- iii. There is a need for enactment of the minimum legal age (MLA) for alcohol consumption.
- iv. Existing intervention measures in the school environment such as the *Doktor Muda* Programme and the empowerment of counselors in detection of risky behaviours, appropriate counselling and referral to relevant agencies are to be given further emphasis.
- v. More effort is needed to strengthen parenting skills through government, private, NGOs and community platforms.

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 Sarawak 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 Sarawak 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 17 schools were selected to participate in the Sarawak 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 Sarawak GSHS, 1,633 questionnaires were completed in 17 schools. The school response rate was 100%, while the students response rate was 91.1%. Overall, the response rate was 91.1%.

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 Sarawak.

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. Two teams of data collectors were 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 Sarawak.

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Sarawak's was about 2.5 million (29). Adolescents between the ages of 10 to 20 years accounted for 20.1% of the total population. In 2012, there were 199,237 students aged 12 to 17 years in a total of 187 secondary schools under Ministry of Education and the Ministry of Rural Development in Sarawak (30).

A total of 1,791 students from Form 1 to 5 were selected in Sarawak's from 17 randomly selected secondary schools, with 1,633 students or 91.1% responding to our survey. Of the respondents, 50.2% were males (**Table 1.2**). About 22.3% were from Remove Class/ Form 1, 20.9% from Form 2, 20.1% Form 3, 18.8% Form 4 and the remaining 17.7% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.

3.2 Alcohol Consumption

Introduction

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

Findings

The prevalence of current alcohol use among the students was 21.9% (95% CI: 17.04-27.67). were significantly higher among males [30.9% (95% CI: 24.08-38.75)] than females [12.8% (95% CI: 8.87-18.22)] (**Table 2.1.1**). Among students who ever consumed alcohol, 60.2% (95% CI: 55.46-64.79) had their first drink of alcohol before the age 14 years (**Table 2.2.1**). Among the current drinkers, 33.3% (95% CI: 26.02-41.53) had drunk two or more drinks per day (**Table 2.3.1**). About 20.5% (95% CI: 16.08-25.68) of the students reported drunkenness with significantly higher among males [29.0% (95% CI: 22.99-35.82)] than females [11.9% (95% CI: 7.48-18.27)] (**Table 2.4.1**). Overall, 6.5% (95% CI: 4.91-8.47) of the students got into trouble with their family and friends, missed school, or got into fights one or more times as a result of drinking alcohol (**Table 2.5.1**). Among current drinkers, 35.5% (95% CI: 27.93-43.95) usually obtained alcohol drinks from their friends. They had also obtained alcohol drinks from purchases from shops [33.6% (95% CI: 27.56-40.29)], family [14.0% (95% CI: 7.55-24.63)] and other sources [8.6% (95% CI: 6.60-11.07)] (**Table 2.61**).

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, 7.8% (95% CI: 6.42-9.40) of the students were at risk of becoming underweight. Males [9.3% (95% CI: 6.79-12.64)] were significantly higher than females [6.2% (95% CI: 4.36-8.88)] to be at risk of becoming underweight (**Table 3.1**). About 16.4% (95% CI: 14.21-18.93) were at risk of becoming overweight (**Table 3.2**) while, 6.6% (95% CI: 4.97-8.72) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 4.7% (95% CI: 3.81-5.83) 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 54.4% (95% CI: 47.65-61.00) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 37.6% (95% CI: 33.60-41.77) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 35.9% (95% CI: 31.74-40.20) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally, 45.0% (95% CI: 40.08-50.06) of students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 6.6% (95% CI: 5.39-7.99) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 48.9% (95% CI: 44.68-53.22) reported having consumed plain water at least five times daily in the past 30 days (**Table 3.9**). Only 17.1% (95% CI: 14.02-20.61) reported they had breakfast daily in the last seven days (**Table 3.10**). About 24.4% (95% CI: 21.52-27.60) of the students perceived they were slightly or very overweight. Females [28.5% (95% CI: 24.41-32.88)] were significantly more likely than males [20.3% (95% CI: 16.31-25.06)] to perceive their weight as slightly or very overweight (**Table 3.11.1**). Overall, 32.4% (95% CI: 28.63-36.41) reported trying to lose weight (**Table 3.12.1**). Overall, 78.0% (95% CI: 75.14-80.54) reported attempting to lose, gain or maintain at 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

A total of 3.6% (95% CI: 2.60-5.04) of students admitted that they had ever used drug before (**Table 4.1.1**). Among students who had ever used drug, 62.0% (95% CI: 41.75-78.80) had first used drug before the age of 14 years (**Table 4.2.1**). The prevalence of current drug users was 3.1% (95% CI: 2.18-4.29) (**Table 4.3.1**).

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 2.5% (95% CI: 1.88-3.25) 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 [89.9% (95% CI: 85.81-92.91)] with significantly more females [93.1% (95% CI: 88.28-95.99)] than males [86.7% (95% CI: 82.10-90.25)] reported this (**Table 5.1.1**). Overall, 65.7% (95% CI: 60.59-70.41) reported use fluoridated toothpaste and 21.7% (95% CI: 17.04-27.15) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 13.8% (95% CI: 11.62-16.40) had missed class due to toothache in the past 12 months (**Table 5.3**). Only 24.3% (95% CI: 19.61-29.74) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 15.6% (95% CI: 12.92-18.71) claimed that they avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 4.9% (95% CI: 3.28-7.20) of the students never or rarely wash their hands before eating (**Table 5.6**). About 4.8% (95% CI: 3.36-6.69) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 12.6% (95% CI: 10.22-15.43) never or rarely use 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, 7.3% (95% CI: 5.77-9.28) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 5.2% (95% CI: 4.28-6.32) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 7.5% (95% CI: 5.40-10.34) (**Table 6.3**). About 6.0% (95% CI: 4.43-8.00) had suicidal plan (**Table 6.4**) and 7.2% (95% CI: 5.22-9.73) had reported attempted suicide (**Table 6.5**).

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 12.3% (95% CI: 9.59-15.57) and this was significantly higher among males [16.7% (95% CI: 13.58-20.34)] compared to females [7.9% (95% CI: 5.22-11.76)] (**Table 7.1**). Overall, 20.5% (95% CI: 16.69-24.8) had been physically active for at least five days in the past seven days with significantly more males [27.3% (95% CI: 22.67-32.47)] than females [13.7% (95% CI: 9.97-18.48)] with this level of activity (**Table 7.1.1**). About 44.8% (95% CI: 36.66- 53.27) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 39.8% (95% CI: 34.96-44.87) had engaged in sedentary activities in the past seven days (**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 30.0% (95% CI: 26.56-33.58) (**Table 8.1**). Overall, 44.7% (95% CI: 41.38-48.12) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [52.9% (95% CI: 48.62-57.11)] than males [36.8% (95% CI: 33.03-40.78)] (**Table 8.2**). Parental or guardian supervision was reported by 19.0% (95% CI: 15.56-22.93) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 31.9% (95%CI: 26.53-37.79) (**Table 8.4**). About 36.5% (95%CI: 31.88-41.46) reported of parental or guardian bonding (**Table 8.5**) and 66.1% (95%CI: 63.19-68.89) 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 that they ever had sex was 8.7% (95% CI: 7.09-10.53) (**Table 9.1**). Of those, 2.1% (95% CI: 1.34-3.33) reported ever had sex with two or more partners (**Table 9.3.1**). Among those who reported that they ever had sex, 49.7% (95% CI:40.70-58.68) used withdrawal, safe period, or birth control pills, as the method for birth control the last time they had sex (**Table 9.5**).

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 cigarette smokers was 19.6% (95% CI: 16.00-23.79) with significant more males [34.4% (95% CI: 28.34-41.07)] than females (4.9% (95% CI: 2.48-9.47)) who were current cigarette smokers (**Table 10.1.1**). Among those who ever smoked cigarettes, 69.0% (95% CI: 62.02-75.22) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 5.8% (95% CI: 4.23-8.00) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). Among those who smoked cigarettes in the past 12 months, 89.9% (95% CI: 85.45-93.04) had tried to stop smoking (**Table 10.5**). A total of 49.7% (95% CI: 43.7-55.7) reported they had been exposed to people who smoked in their presence in the past seven days and it was significantly higher among males [60.8% (95% CI: 53.10-68.04)] than females [38.8% (95% CI: 31.72-46.45)] (**Table 10.6.1**). About 36.7% (95% CI: 33.79-39.77) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students 77.6% (95% CI: 72.40-82.05) reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [92.3% (95% CI: 89.10-94.60)] than males [62.7% (95% CI: 54.34-70.35)] (**Table 10.8**). Additionally, majority 79.2% (95% CI: 73.36-84.04) reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [92.2% (95% CI: 88.56-94.77)] than males [66.1% (95% CI: 56.63-74.37)] (**Table 10.9**). Among the non-smokers, 11.5% (95% CI: 8.93-14.81) were susceptible to smoking and this was significantly higher in males [18.9% (95% CI: 13.72-25.45)] than females [6.6% (95% CI: 4.78-8.98)] (**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, 28.0% (95% CI: 24.85 – 31.35) of the students had been physically attacked, and this is significantly higher among males [32.8% (95% CI: 27.99 – 37.95)] than females [22.9% (95% CI: 20.21 – 25.78)] (**Table 11.1.1**). Overall, 29.0% (95% CI: 26.19 – 32.01) had been involved in a physical fight with significantly more males [33.9% (95% CI: 29.39 – 38.77)] than females [23.8% (95% CI: 20.44 – 27.52)] reporting this (**Table 11.2.1**). About 38.1% (95% CI: 33.65 – 42.72) of the students had been seriously injured, with significantly more males [45.8% (95% CI: 39.28 – 52.43)] than females [30.7% (95% CI: 26.31 – 35.37)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were “a cut or stab wound” [37.7% (95% CI: 31.02 - 44.86)] and “something else happened” [40.4% (95% CI: 35.73-45.34)] (**Table 11.4**). The two most common causes of serious injury were fall [40.3% (95% CI: 32.62 – 48.48)] and motor vehicle accidents [13.2% (95% CI: 9.91 – 17.38)] (**Table 11.5**). In the past 30 days, 20.6% (95% CI: 17.83 – 23.74) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were “bullied in some other way” [36.6% (95% CI: 26.48 – 48.13)] and “made fun of with sexual jokes comments or gestures” [25.2% (95% CI: 16.21-37.06)] (**Table 11.7**). About 10.7% (95% CI: 9.48 – 12.04) of the students had been abused physically (**Table 11.8.1**). Overall 46.7% (95% CI: 42.27 – 51.20) had been abused verbally at home with significantly more females [53.9% (95% CI: 47.97 – 59.79)] than males [39.1% (95% CI: 34.74 – 43.70)] reporting this (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Sarawak was higher than the national prevalence (21.9% vs 8.9%). As in other states, more than half of the current drinkers in Sarawak had taken their first drinking before age of 14 years and the prevalence was lower than the national prevalence (60.2% vs 63.5%). The prevalence of high alcohol intake (drank at least 2 alcoholic drinks on a typical day alcohol was consumed) among current drinkers in Sarawak was higher compared to the national prevalence (33.3% vs 26.5%). In contrast to other states, most current drinkers in Sarawak obtained their alcoholic drinks from friends (35.5%). Drunkenness among students in Sarawak was the highest in the country, with a three-fold prevalence compared to the national figure (20.5% vs 6.3%). Additionally, Sarawak had the highest prevalence of students who ever got into trouble with their family or friends, missed school or got into fights due to alcohol intake. Notably, this prevalence is more than twice the national figure (6.5% vs 2.6%).

A lower prevalence of students (7.8%) is at risk of becoming underweight compared to the national figure (8.8%). The prevalence for being at risk of overweight and obesity among students in Sarawak were each observed to be lower compared to the national prevalence (16.4% vs 22.8% and 6.6% vs 9.5%, respectively). Consumption of fruits and vegetables, and soft drinks were each much higher than the national levels (35.9% vs 28.7% and 45.0% vs 29.4%, respectively). Notably, these levels were also the highest among all states. The consumption of fast food was also noted to be higher than the national prevalence (6.6% vs 6.0%). Additionally, less students drank plain water at least five times daily or had breakfast, compared to the national figures (48.9% vs 54.8% and 15.8% vs 19.2%, respectively).

Among all states, Sarawak had the highest prevalence of student who ever used drug and who are current drug users. These figures were much higher than the national prevalence (3.6% vs 1.7% and 3.1% vs 1.5%, respectively).

The prevalence of those who never or rarely wash their hands after going to the toilet or latrine and used soap when washing their hands, were each lower than the national figures (4.8% vs 5.4% and 12.6% vs 13.7%, respectively). Majority of the students (89.9%) brushed their teeth at least twice daily. More reported the use of fluoridated toothpaste compared to the national finding (65.7% vs 57.2%). Among all states, the prevalence of students who missed class or school due to a toothache during the past 12 months was the highest in Sarawak, and this was much higher compared to the national figure (13.8% vs 9.2%).

About 7.3% of the students reported feeling lonely most of the time in the past 12 months and this is lower than the national figure (8.1%). The prevalence of suicidal ideation was comparable to the national prevalence (7.5% vs 7.9%). However, less students had made a suicidal plan, while more had attempted suicide compared to the national figures (6.0% vs 6.4% and 7.2% vs 6.8%, respectively).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) was lower than the national level (20.5% vs 22.7%). However, less students engaged in sedentary activities such as watching television or playing computer game for at least three hours a day, compared to the national prevalence (39.8% vs 47.3%).

Parental or guardian supervision was found to be higher than the national figure (19.0% vs 14.2%), while parental or guardian connectedness was comparable to the national prevalence (31.9% vs 31.5%). However, parental or guardian bonding and parental respect for privacy were each lower than the national prevalence (36.5% vs 43.1% and 66.1% vs 74.0%, respectively).

The prevalence of students who reported ever had sex was comparable to the national prevalence (8.7% vs 8.3%). Among those who ever had sex, 2.1% reported they had sex with 2 or more partners and this figure was higher than the national prevalence (1.4%). However, almost half of them (49.7%) reported using birth control methods other than condoms, the last time they had sex.

There was a higher prevalence of current cigarettes smokers compared to the national figure (19.6% vs 11.5%). This figure was the highest among all states. However, the prevalence of students who currently smoke other tobacco products, was comparable to the national figure (5.8% vs 5.5%). Among those who ever smoked, about three quarters of them first tried a cigarette before the age of 14 years. The prevalence of exposure to secondhand smoke (from people smoking in their presence) and parents or guardians who used any form of tobacco, were each higher than the national figures (36.7% vs 40.2% and 49.7% vs 41.6%, respectively). Among students who were non-smokers, the prevalence of susceptibility to smoking was higher than the national prevalence (11.5% vs 9.6%).

The prevalence of having had a physical attack was comparable to the national prevalence (28.0% vs 27.8%), while involvement in physical fights was higher than the national prevalence (29.0% vs 27.4%). The prevalence of sustaining at least one serious injury in the past one year was higher than national figure (38.1% vs 34.9%). More students reported being bullied at least once in the past 30 days compared to the national finding (20.6% vs 17.9%). The prevalence of physical abuse was comparable to the national figure (10.7% vs 11.1%) while verbal abuse at home was found to be higher than the national finding (46.7% vs 42.7%).

5.0 CONCLUSION

The prevalence of substance used (alcohol, tobacco and drug) were significantly higher in Sarawak as compared to the national prevalences. For tobacco, the prevalence of exposure to secondhand smoke was higher as compared to the national prevalence. However, a higher prevalence of students in Sarawak reported practicing healthy dietary behaviour in terms of consuming more fruit and vegetable. Additionally, students in Sarawak reported to be less sedentary as compared to the national prevalence.

6.0 RECOMMENDATIONS

Taking into cognizance the findings of this study and the current available programmes, there is a need for recommendations to be specifically targeted at students and their environment. Empowerment of students needs to be enhanced through increasing appropriate knowledge and skills against risky behaviours. There is also a need to strengthen the support for students concerned through multi-agency collaborative approaches. In this context, the following recommendations are made:

- i. There is a need to increase health awareness among students on the detrimental effects of alcohol and tobacco consumption, and the higher probability of alcohol addiction in later life if they start drinking during their adolescent years.
- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of alcoholic beverages and tobacco products to those below 18 years, and possession of tobacco products by minors.
- iii. There is a need for enactment of the minimum legal age (MLA) for alcohol consumption.
- iv. Existing intervention measures in the school environment such as the *Doktor Muda* Programme and the empowerment of counselors in detection of risky behaviours, appropriate counselling and referral to relevant agencies are to be given further emphasis.
- v. More effort is needed to strengthen parenting skills through government, private, NGOs and community platforms.

References

1. Ministry of Health Malaysia. National Adolescent Health Policy; 2001.
2. Ministry of Education. Education Act 39, Chapter 12, section 64 and 65; 1961.
3. Ministry of Health Malaysia. Annual Report, Report No.: MOH/S/RAM/02.11(AR); 2009.
4. Ministry of Health and Ministry of Education Malaysia. *Program Bersepadu Sekolah Sihat*; 1997.
5. Ministry of Health Malaysia. Healthy Mind Programme; 2011. <http://www.myhealth.gov.my/v2/index.php/my/remaja/kesihatan-mental/keperluan-kesihatan-mental>. Accessed on 16 Oct. 2013.
6. *Peraturan-peraturan Kawalan Hasil Tembakau (2004)*. P.U. (A) 324. Bahagian III dan Bahagian IV.
7. Ministry of Health Malaysia. National Nutrition Policy of Malaysia. 2005.
8. Ministry of Education Malaysia. *Panduan Pengurusan Kantin Sekolah Sihat*. 2011.
9. Ministry of Health Malaysia. *Garis Panduan Pelaksanaan Pemakanan Sihat di Sekolah*. 2012.
10. <http://wao.org.my/file/file/Child%20Rights%20Coalition%20Malaysia%20UPR%202013%20Submission.pdf>. Accessed on 18 Oct 2013.
11. http://www.jkm.gov.my/content.php?pagename=dasar_perlindungan_kanak_kanak_negara&lang=en. Accessed on 18 Oct 2013.
12. <http://www.unicef.org.au/Discover/What-we-do/Convention-on-the-Rights-of-the-Child/childfriendlycrc.aspx>. Accessed on 18 Oct 2013.
13. <http://www.unicef.org/malaysia/Child-Act-2001.pdf>. Accessed on 18 Oct 2013.
14. Ministry of Women, Family and Community (MoWFC). 2011. National Policy on Reproductive Health and Social Education 2009. Putrajaya: MoWFC.
15. Ministry of Education Malaysia; *Bahagian Sekolah, Panduan Pengurusan 3K*, 2007.
16. Ministry of Education Malaysia. *Surat Pekeliling Ikhtisas Bil. 8/2010: Garis Panduan Mencegah dan Menangani Perbuatan Buli Dalam Kalangan Murid di Sekolah*, 2010.
17. Ministry of Education Malaysia. *Surat Pekeliling Ikhtisas Bil. 6/2000; Menangani Masalah Keselamatan, Dadah Dan Gengster*, 2000.
18. Ministry of Education Malaysia. *Surat Pekeliling Ikhtisas Bil.4/2004; Perlembagaan Persatuan Ibu Bapa-Guru (PIBG)*, 2004.
19. Ministry of Health Malaysia. Institute for Health Behavioural Research. The Youth Behavior Risk Factor Surveillance (YBRFSS) 2010.

20. World Health Organization. The Global Tobacco Epidemic, Global Youth Tobacco Survey Data. 2003. http://www.who.int/tobacco/global_report/2011/en_tfi_global_report_2011_appendix_IX_table_1.pdf. Accessed on 30 Oct. 2013.
21. World Health Organization. The Global Tobacco Epidemic, Global Youth Tobacco Survey Data. 2009. http://www.who.int/tobacco/global_report/2011/en_tfi_global_report_2011_appendix_IX_tabe_1.pdf. Accessed on 29 Oct. 2013.
22. Dental Division, Ministry of Health, Malaysia. Dental Epidemiological Survey of School Children in West Malaysia August 1970 – May 1971. Kuala Lumpur; Government Printers, 1972.
23. Dental Services Division, Ministry of Health, Malaysia. Dental Epidemiological Survey of School Children in Peninsular Malaysia 1988. Government Printers, 1988.
24. Oral Health Division, Ministry of Health, Malaysia. National Oral Health Survey of School Children in 1997 (NOHSS '97). MOH/GIG/6.98(RR), 1998.
25. Oral Health Division, Ministry of Health, Malaysia. National Oral Health Survey of School Children 2007 (NOHSS 2007): 12-Year-Olds. MOH/K/GIG/23.2010 (RR), August 2010.
26. Oral Health Division, Ministry of Health, Malaysia. National Oral Health Survey of School Children 2007 (NOHSS 2007): 16-Year-Olds. MOH/K/GIG/28.2010 (RR), November 2010.
27. Lim KH, Amal NM, Hanjeet K. Prevalence and factors related to smoking among secondary school students in Kota Tinggi District, Johor, Malaysia. *Tropical Biomedicine*; 23(1):75–84; 2006.
28. Lee LK, Chen PC, Lee KK, Kaur J. Premarital sexual intercourse among adolescents in Malaysia: a cross-sectional Malaysian school survey. *Singapore Medic J*. 2006 Jun;47(6):476-81.
29. Department of Statistic Malaysia. Population Projections Malaysia 2010-2040.
30. <http://emisportal.moe.gov.my/mainpage.php?module=Maklumat&kategori=47>. Accessed on 29 Oct. 2013.
31. World Health Organization. The World Health Report 2002. Reducing Risks, Promoting Healthy Life. Geneva, Switzerland; 2002. <http://www.who.int/whr/2002/en/> Accessed on 29 Oct. 2013.
32. World Health Organization. The Global Status Report on Alcohol and Health 2011. Geneva, Switzerland; 2011. http://www.who.int/substance_abuse/publications/global_alcohol_report/en/ Accessed on 29 Oct. 2013.
33. Poikolainen K, Tuulio-Henriksson A, Aalto-Setälä T, Marttunen M, Lönnqvist J. Predictors of Alcohol Intake and Heavy Drinking in Early Adulthood: A 5 year Follow-up of 15-19 year old Finnish Adolescents. *Alcohol and Alcoholism*. Oxford Journal. 36(1):85–8; 2001. <http://alcalc.oxfordjournals.org/content/36/1/85.full>. Accessed on 29 Oct. 2013.
34. Facy F. Place of Alcohol Morbidity and Mortality of Young People. Toulouse, France: Universitaires du Sud Toulouse; 2000.

35. Hibell B. Alcohol and Other Drug Use among Students in 30 European Countries. Stockholm, Sweden: Council of Europe, 2000.
36. Bonomo Y, Coffey C, Wolfe R, Lynskey M, Bowes G, Patton G. Adverse Outcomes of Alcohol Use in Adolescents. *Addict*. Abingdon Engl. 2001 Oct;96(10):1485–96.
37. Candace C, Klaus H, Wolfgang S, Rebecca S and Joanna T. editors. Health and Health Behaviour among Young People. WHO Cross-National Study (HBSC) International Report. Copenhagen, Denmark: WHO Regional; 2002. http://www.euro.who.int/__data/assets/pdf_file/0006/119571/E67880.pdf Accessed on 29 Oct. 2013.
38. Diet HW. Health Consequences of Obesity in Youth : Childhood Predictors of Adult Disease. *paediatrics*, 101;518:1998.
39. Taras H. Nutrition and Student Performance at School. *Journal of School Health*; 75(6):199–213; Aug. 2005. <http://www.ncbi.nlm.nih.gov/pubmed/16014126> Accessed on 29 Oct. 2013.
40. Center for Disease Control and Prevention (CDC). Nutrition for Everyone: Fruits and vegetables. CDC. June 2012. <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html> Accessed on 29 Oct. 2013.
41. World Drug Report 2012. Vienna; United Nations New York: Office on Drugs and Crime (UNODC). United Nations Publication. June 2012.
42. Petersen PE et. al. The Global Burden of Oral Diseases and Risks to Oral Health. *Bulletin of the World Health Organization*. WHO; 83: 661-669; 2005.
43. Stella Y.L Kwan et al. A Health-Promoting Schools: an opportunity for oral health promotion. *Bulletin of the WHO*; 83: 677-685, 2005. <http://www.who.int/bulletin/volumes/83/9/677.pdf>. Accessed on 29 Oct. 2013.
44. Jones S, Burt BA, Petersen PE, Lennon MA. The Effective Use of Fluorides in Public Health. *Bulletin of the WHO*; 83(9):670–6; Sept. 2005.
45. World Health Organization (WHO). Water, Sanitation and Hygiene Links to Health. Facts and Figures. Updated November 2004. http://www.who.int/water_sanitation_health/factsfigures2005.pdf Accessed on 29 Oct. 2013.
46. Luong TV. De-worming School Children and Hygiene Intervention. UNICEF East Asia and Pacific Regional Office, Bangkok, Thailand. *International Journal of Environmental Health Research* 13 Suppl 1: S153–159; Jun 2003. <http://www.ncbi.nlm.nih.gov/pubmed/12775391>. Accessed on 29 Oct. 2013.
47. World Health Organization (WHO). Department of Mental Health and Substance Abuse. Child Mental Health Atlas. Geneva. 2005. http://www.who.int/mental_health/resources/Child_ado_atlas.pdf Accessed on 29 Oct. 2013.
48. Kessler RC et al. Lifetime Prevalence and age-of-onset Distributions of DSM-IV disorders in the National Comorbidity Study Replication. *Arch Gen Psychiatry*; 62(6):593–602; 2005.

49. Institute for Public Health. National Health and Morbidity Survey 2006. Malaysia: Institute for Public Health, Ministry of Health Malaysia, 2006.
50. Institute for Public Health. National Health and Morbidity Survey 2011. Malaysia: Institute for Public Health; Ministry of Health Malaysia, 2011.
51. World Health Organization (WHO). Mental Health Fact Sheet. 2001. http://www.who.int/childadolescenthealth/New_Publications/ADH/mental_health_factsheet.pdf Accessed on 29 Oct. 2013.
52. World Health Organization (WHO). The World Health Report 2001: Mental Health: New understanding, new hope. Geneva, Switzerland: WHO; 2001. <http://www.who.int/whr/2001/en/index.html>. Accessed on 29 Oct. 2013.
53. World Health Organization (WHO). The Fifty-seventh World Health Assembly: Global Strategy on Diet, Physical Activity and Health. Report by the Secretariat. 2004.
54. Pinhas HO, Zeitler P. The Global Spread of Type 2 Diabetes Mellitus in Children and Adolescents. *Journal Pediatric*;146 (5):693–700; 2005.
55. Warburton DER, Nicol CW, Bredin SSD. Health Benefits of Physical Activity: The evidence. *Canadian Medical Association* 14;174(6):801–9; March 2006.
56. World Health Organization (WHO). Information Sheet on Physical Activity. WHO; 2003. <http://www.who.int/dietphysicalactivity/media/en/gsfpa.pdf>. Accessed on 29 Oct. 2013.
57. World Health Organization (WHO). Broadening the horizon: Balancing protection and risk for adolescents. 2013. http://www.who.int/maternal_child_adolescent/documents/fch_cah_01_20/en/ Accessed on 29 Oct. 2013.
58. Young People's Health in Context Health Behavior in School-aged Children (HBSC) Study. Copenhagen, Denmark; 2004. <http://www.hsbc.org/publications/reports.html>. Accessed on 29 Oct. 2013.
59. Barber B. Regulation, Connection, and Psychological Autonomy: Evidence from the Cross National Adolescent Project (C_NAP). Geneva, Switzerland; 2002.
60. World Health Organization (WHO). Fact Sheet No 360: HIV/AIDS. Media Centre. 2012. <http://www.who.int/mediacentre/factsheets/fs360/en/>. Accessed on 29 Oct. 2013.
61. World Health Organization (WHO). Fact Sheet No. 345: Young People: health risks and solutions. 2011. <http://www.who.int/mediacentre/factsheets/fs345/en/index.html>. Accessed on 29 Oct. 2013.
62. UNICEF. Fact Sheet No. 345: Young People and Family Planning: Teenage Pregnancy. 2008. http://www.unicef.org/malaysia/Teenage_Pregnancies_-_Overview.pdf. Accessed on 29 Oct. 2013.
63. World Health Organization (WHO). Maternal, newborn, child and adolescent health: Adolescent pregnancy. 2013. http://www.who.int/maternal_child_adolescent/topics/maternal/adolescent_pregnancy/en/. Accessed on 29 Oct. 2013.

64. World Health Organization (WHO), World No Tobacco Day. 2006 Brochure. Tobacco: Deadly in any form or disguise. 2006. http://www.who.int/tobacco/communications/events/wntd/2006/Report_v8_4May06.pdf. Accessed on 29 Oct. 2013.
65. World Health Organization (WHO). The Tobacco Atlas. Judith M and Michael PE. Geneva, Switzerland; 2002. http://books.google.com.my/books?id=BqNIwTkoYOoC&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false. Accessed on 29 Oct. 2013.
66. World Health Organization (WHO). Child and adolescent injury prevention: A global call to action. Geneva, Switzerland; 2005. http://whqlibdoc.who.int/publications/2005/9241593415_eng.pdf. Accessed on 29 Oct. 2013.
67. World Health Organization (WHO). Global Estimates of Health Consequences Due to Violence Against Children. 2005.

APPENDIX 1: TABLE OF FINDINGS

1.0 Socio-demographic Profiles

Table 1.1: Students Form 1-5 by age, Sarawak, 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	2	-	-	-	-	0	-	-	-	-	1	-	-	-	-
12 years	37	4860	2.4	1.01	5.75	15	2002	2.01	0.91	4.37	22	2002	2.01	0.91	4.37
13 years	321	40566	20.3	14.48	27.82	155	20598	20.7	14.23	29.01	166	19968	20.2	12.30	31.31
14 years	356	40172	20.1	13.73	28.57	169	19578	19.6	13.81	27.14	186	20426	20.6	12.81	31.53
15 years	244	39008	19.6	12.39	29.49	107	19117	19.2	12.12	28.97	136	19698	19.9	11.95	31.28
16 years	354	39896	20.0	13.49	28.63	161	20290	20.3	14.50	27.79	193	19606	19.8	12.35	30.23
17 years	303	32887	16.5	11.81	22.57	139	16925	17.0	11.83	23.76	162	15743	15.9	11.17	22.15
18 years or older	15	-	-	-	-	10	-	-	-	-	5	-	-	-	-

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

Sex	Total				
	Unweighted Count	Estimated Population	95% CI		%
			Lower	Upper	
Male	756	99715	50.2	46.02	54.31
Female	872	99058	49.8	45.69	53.98

Table 1.3: Students Form 1-5 by Form, Sarawak, 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	352	44666	22.5	16.83	29.32	161	21450	21.6	14.30	31.22	190	23100	23.3	16.76	31.54
Form 2	371	41483	20.9	14.28	29.44	181	20668	20.8	14.65	28.65	190	20815	21.0	13.28	31.66
Form 3	242	39947	20.1	12.48	30.71	105	19734	19.9	12.17	30.69	135	19853	20.1	12.05	31.50
Form 4	339	37471	18.8	11.62	29.08	157	19179	19.3	12.54	28.51	182	18292	18.5	10.61	30.22
Form 5	324	35263	17.7	12.50	24.55	150	18367	18.5	12.31	26.79	174	16896	17.1	12.25	23.30

Note:

- Fewer than 30 cases

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

Ethnicity	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Malay	411	52167	26.3	13.04	45.84	214	28566	28.8	15.09	48.01	196	23486	23.7	11.06	43.79					
Chinese	218	26551	13.4	5.73	28.14	100	13050	13.2	5.41	28.71	116	13217	13.4	5.73	28.12					
Indian	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-					
Bumiputera Sabah	12	-	-	-	-	4	-	-	-	-	8	-	-	-	-					
Bumiputera Sarawak	956	114728	57.8	41.49	72.51	418	54764	55.3	39.35	70.20	537	59772	60.4	43.75	74.95					
Others	28	-	-	-	-	14	-	-	-	-	14	-	-	-	-					

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

Parental Marital Status	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Married and living together	1365	166864	84.1	81.64	86.24	641	84568	85.1	81.14	88.37	721	81872	83.1	80.55	85.37					
Married but living apart due to working in another place	62	7652	3.9	2.76	5.37	36	4638	4.7	3.05	7.08	26	3014	3.1	1.97	4.73					
Divorced	70	8365	4.2	2.70	6.51	28	3614	3.64	2.24	5.86	42	4751	4.8	2.91	7.88					
Widower	82	9917	5.0	4.11	6.06	30	4009	4.0	2.62	6.17	52	5908	6.0	4.31	8.29					
Separated	21	-	-	-	-	10	-	-	-	-	11	-	-	-	-					
Don't know	24	-	-	-	-	8	-	-	-	-	15	-	-	-	-					

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, Sarawak, 2012

Number of Days	Total				Male				Female						
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
0 day	1271	154021	78.1	72.33	82.96	515	67813	69.1	61.25	75.92	752	85705	87.2	81.78	91.13
1 or 2 days	257	31801	16.1	12.69	20.28	163	21527	21.9	17.12	27.62	93	10082	10.3	6.93	14.93
3 to 5 days	51	6567	3.3	2.41	4.58	38	5011	5.1	3.64	7.11	13	1556	1.6	0.76	3.29
6 to 9 days	18	-	-	-	-	12	-	-	-	-	6	-	-	-	-
10 to 19 days	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
All 30 days	5	-	-	-	-	5	-	-	-	-	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, Sarawak, 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	344	43185	21.9	17.04	27.67	229	30376	30.9	24.08	38.75	114	12617	12.8	8.87	18.22
No	1271	154021	78.1	72.33	82.96	515	67813	69.1	61.25	75.92	752	85705	87.2	81.78	91.13

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Sarawak, 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	910	111223	59.2	50.40	67.44	342	45443	48.9	39.68	58.19	566	65561	69.4	59.19	78.05
7 years or younger	44	5848	3.1	1.61	5.92	31	4403	4.7	2.28	9.59	13	1445	1.5	0.61	3.80
8 or 9 years	30	3823	2.0	1.22	3.39	18	2530	2.7	1.54	4.78	12	1293	1.4	0.84	2.23
10 or 11 years	83	10652	5.7	3.82	8.33	51	6751	7.3	4.85	10.75	31	3709	3.9	2.20	6.92
12 or 13 years	211	25846	13.8	10.47	17.87	124	16120	17.3	13.41	22.15	86	9610	10.2	6.86	14.85
14 or 15 years	186	22195	11.8	9.98	13.93	94	12371	13.3	11.32	15.60	92	9824	10.4	7.92	13.54
16 years or older	75	8310	4.4	2.77	6.99	44	5317	5.7	3.08	10.39	31	2994	3.2	1.75	5.68

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, Sarawak, 2012

Prevalence	Total			Male			Female			
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	368	46170	60.2	55.46	64.79	224	29805	62.8	55.33	69.62
No	261	30505	39.8	35.21	44.54	138	17688	37.2	30.38	44.67
						142	16058	55.6	50.32	60.77
						123	12817	44.4	39.23	49.68

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

Number of Drinks	Total			Male			Female			
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Did not drink alcohol in the past 30 days	1237	149871	75.6	68.83	81.32	501	65842	66.6	57.67	74.46
Less than one drink	138	16764	8.5	5.92	11.94	88	11314	11.4	8.35	15.49
1 drink	118	15467	7.8	5.73	10.55	78	10742	10.9	7.42	15.64
2 drinks	50	5920	3.0	2.23	3.99	30	3755	3.8	2.96	4.87
3 drinks	28	-	-	-	-	17	-	-	-	-
4 drinks	13	-	-	-	-	9	-	-	-	-
5 or more drinks	39	5194	2.6	1.36	4.98	27	3890	3.9	1.98	7.67
						733	83642	84.8	78.52	89.48
						49	5259	5.3	3.24	8.66
						40	4726	4.8	3.15	7.21
						20	2165	2.2	1.32	3.64
						10	-	-	-	-
						4	-	-	-	-
						12	3890	3.9	1.98	7.67

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, Sarawak, 2012

Prevalence	Total			Male			Female			
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	130	16109	33.3	26.02	41.53	83	10979	33.2	26.22	41.07
No	256	32232	66.7	58.47	73.98	166	22055	66.8	58.93	73.78
						46	5014	33.4	22.58	46.38
						89	9984	66.6	53.62	77.42

Note:

- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Sarawak, 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	1283	155647	79.5	74.32	83.92	523	68837	71.0	64.18	77.01	758	86591	88.1	81.73	92.52			
1 or 2 times	223	27360	14.0	11.60	16.76	137	17915	18.5	15.73	21.59	85	9253	9.4	6.27	13.91			
3 to 9 times	67	8472	4.3	2.69	6.90	52	6951	7.2	4.43	11.41	15	1521	1.5	0.75	3.18			
10 or more times	32	4222	2.2	1.27	3.63	24	3238	3.3	1.92	5.75	7	3238	3.3	1.92	5.75			

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Sarawak, 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	322	40054	20.5	16.08	25.68	213	28104	29.0	22.99	35.82	107	11642	11.9	7.48	18.27			
No	1283	155647	79.5	74.32	83.92	523	68837	71.0	64.18	77.01	758	86591	88.1	81.73	92.52			

Table 2.5: Number of times "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", in their lifetime, students Form 1-5, Sarawak, 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	1481	180094	93.5	91.53	95.09	662	87053	90.7	87.53	93.06	817	92823	96.7	94.46	98.06			
1 or 2 times	67	8351	4.3	3.37	5.57	43	5594	5.8	4.09	8.23	24	2756	2.9	1.80	4.54			
3 to 9 times	18	-	-	-	-	16	-	-	-	-	1	-	-	-	-			
10 or more times	11	-	-	-	-	8	-	-	-	-	2	-	-	-	-			

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, Sarawak, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	96	12439	6.5	4.91	8.47	67	8973	9.3	6.94	12.47	27	3158	3.3	1.94	5.54			
No	1481	180094	93.5	91.53	95.09	662	87053	90.7	87.53	93.06	817	92823	96.7	94.46	98.06			

Table 2.6: Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Sarawak, 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	1246	150719	76.6	70.28	81.86	506	66134	67.6	59.11	75.07	736	84083	85.5	79.48	90.00			
Bought in a store,shop or from street vendor	118	15516	7.9	5.34	11.48	96	13132	13.4	9.33	18.94	22	2384	2.4	1.02	5.65			
Gave someone else money to buy it	25	-	-	-	-	16	-	-	-	-	8	-	-	-	-			
*Friends	133	16395	8.3	5.81	11.80	77	10195	10.4	7.64	14.06	56	6200	6.3	3.23	11.93			
Family	54	6478	3.3	1.75	6.10	24	3163	3.2	1.63	6.30	30	3315	3.4	1.71	6.55			
Stole or got it without permission	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
Some other way	31	3956	2.0	1.50	2.68	19	2597	2.7	1.72	4.08	12	2597	2.7	1.72	4.08			

Table 2.6.1: Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Sarawak, 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	118	15516	33.6	27.56	40.29	96	13132	41.4	35.22	47.91	22	2384	16.7	8.15	31.31			
Gave someone else money to buy it	25	-	-	-	-	16	-	-	-	-	8	-	-	-	-			
Friends	133	16395	35.5	27.93	43.95	77	10195	32.2	25.67	39.42	56	6200	43.5	28.84	59.47			
Family	54	6478	14.0	7.55	24.63	24	3163	10.0	5.14	18.48	30	3315	23.3	10.48	44.02			
Stole/got without permission	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
Some other way	31	3956	8.6	6.60	11.07	19	2597	8.2	5.64	11.75	12	2597	8.2	5.64	11.75			

Note:

- Fewer than 30 cases

3.0 Dietary Behaviours

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI	
			%	Upper Lower			%	Upper Lower			%	Upper Lower
Yes	118	15068	7.8	6.42 9.40	67	9009	9.3	6.79 12.64	51	6059	6.2	4.36 8.88
No	1470	178644	92.2	90.60 93.58	667	87735	90.7	87.36 93.21	803	90909	93.8	91.12 95.64

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI	
			%	Upper Lower			%	Upper Lower			%	Upper Lower
Yes	259	31831	16.4	14.21 18.93	127	16731	17.3	14.49 20.51	132	15100	15.6	13.04 18.49
No	1329	161881	83.6	81.07 85.79	607	80013	82.7	79.49 85.51	722	81869	84.4	81.51 86.96

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI	
			%	Upper Lower			%	Upper Lower			%	Upper Lower
Yes	100	12790	6.6	4.97 8.72	54	7342	7.6	5.09 11.18	46	5449	5.6	4.16 7.55
No	1488	180922	93.4	91.28 95.03	680	89402	92.4	88.82 94.91	808	91520	94.4	92.45 95.84

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 45, Sarawak, 2012

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI	
			%	Upper Lower			%	Upper Lower			%	Upper Lower
Never	680	83679	42.1	35.11 49.52	310	41604	42.1	34.40 50.15	369	41972	42.4	35.65 49.47
Rarely	423	51749	26.1	22.33 30.19	209	27540	27.9	24.34 31.66	212	23849	24.1	18.57 30.65
Sometimes	447	53730	27.1	21.75 33.13	190	24236	24.5	18.57 31.61	256	29378	29.7	23.54 36.67
Most of the time	30	3491	1.8	1.13 2.73	17	2106	2.1	1.51 3.00	13	1385	1.4	0.62 3.13
Always	45	5878	3.0	2.12 4.13	23	3391	3.4	2.09 5.57	21	2371	2.4	1.56 3.65
*Most of the time or always	75	9370	4.7	3.81 5.83	40	5498	5.6	4.44 6.94	34	3756	3.8	2.41 5.92

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Sarawak, 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	109	13610	6.9	5.44 8.60	58	7849	7.9	6.09 10.21	49	5401	5.5	4.10 7.27
Less than 1 time per day	298	36925	18.6	14.75 23.16	148	19584	19.7	15.22 25.17	150	17342	17.6	13.55 22.48
1 time per day	328	40050	20.2	17.17 23.52	148	19726	19.9	15.91 24.53	179	20208	20.5	16.75 24.78
2 times per day	516	62534	31.5	25.92 37.63	224	29296	29.5	23.24 36.67	291	33135	33.6	27.95 39.71
3 times per day	208	24911	12.5	10.75 14.58	92	11886	12.0	8.96 15.83	116	13025	13.2	10.98 15.79
4 times per day	60	7265	3.7	2.77 4.81	22	2859	2.9	1.67 4.92	38	4406	4.5	2.79 7.08
5 or more times per day	108	13359	6.7	4.97 9.05	61	8069	8.1	5.55 11.75	46	5174	5.2	4.12 6.65

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Sarawak, 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	892	108069	54.4	47.65 61.00	399	52110	52.5	45.24 59.64	491	55740	56.5	49.10 63.59
No	735	90585	45.6	39.00 52.35	354	47159	47.5	40.36 54.76	378	42951	43.5	36.41 50.90

Table 3.6: Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Sarawak, 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 vegetables in the past 30 days	54	6815	3.4	2.18 5.35	31	4328	4.4	2.29 8.15	23	2487	2.5	1.51 4.16
Less than 1 time per day	141	18269	9.2	7.75 10.84	76	10597	10.7	8.45 13.38	64	7479	7.6	5.55 10.22
1 time per day	214	26107	13.1	10.66 16.05	105	13438	13.5	11.50 15.84	107	12436	12.6	8.75 17.73
2 times per day	607	72983	36.7	32.95 40.57	251	32814	33.0	28.29 38.14	356	40169	40.6	35.10 46.33
3 times per day	358	43725	22.0	19.04 25.22	180	23658	23.8	20.42 27.57	176	19797	20.0	16.54 23.98
4 times per day	88	10661	5.4	4.09 6.99	37	4842	4.9	3.86 6.14	51	5819	5.9	3.73 9.16
5 or more times per day	168	20431	10.3	9.19 11.46	74	9660	9.7	8.07 11.68	94	10771	10.9	8.96 13.16

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Sarawak, 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	614	74817	37.6	33.60	41.77	291	38160	38.4	34.89	42.06	321	36387	36.8	30.36	43.68
No	1016	124173	62.4	58.23	66.40	463	61178	61.6	57.94	65.11	550	62571	63.2	56.32	69.64

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, Sarawak, 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	1037	127229	64.1	59.80	68.26	486	64531	65.1	60.54	69.46	548	62222	63.1	56.12	69.59
No	588	71133	35.9	31.74	40.20	266	34546	34.9	30.54	39.46	320	36369	36.9	30.41	43.88

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

Frequency	Total				Male				Female						
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Did not drink carbonated soft drink in past 30 days	250	29828	15.0	12.52	17.94	102	13472	13.6	10.68	17.17	146	16086	16.3	12.63	20.79
Less than 1 time per day	650	79273	39.9	36.83	43.14	307	39860	40.2	35.46	45.21	343	39413	39.9	36.50	43.47
1 time per day	377	46250	23.3	20.49	26.39	165	21934	22.1	18.98	25.67	209	23891	24.2	20.36	28.53
2 times per day	197	24000	12.1	10.07	14.46	100	13049	13.2	10.35	16.63	97	10951	11.1	8.73	14.01
3 times per day	77	9491	4.8	3.36	6.77	39	5234	5.3	3.32	8.32	38	4257	4.3	2.91	6.35
4 times per day	27	-	-	-	-	13	-	-	-	-	14	-	-	-	-
5 or more times per day	48	6192	3.1	2.29	4.25	26	3.7	2.18	6.27	22	2510	2.5	1.47	4.36	3.7

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, Sarawak, 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	726	89343	45.0	40.08	50.06	343	45729	46.2	40.04	52.40	380	43190	43.8	37.95	49.75
No	900	109101	55.0	49.94	59.92	409	53332	53.8	47.60	59.96	489	55498	56.2	50.25	62.05

Note:

- Fewer than 30 cases

Table 3.8: Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Sarawak, 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	926	112500	56.4	50.58	62.11	431	57143	57.3	49.57	64.70	494	55254	55.8	49.91	61.62			
1 day	453	55777	28.0	23.26	33.24	207	26939	27.0	22.41	32.17	242	28246	28.5	21.61	36.67			
2 days	147	17969	9.0	7.45	10.87	60	7997	8.0	5.92	10.78	87	9972	10.1	7.89	12.79			
3 days	61	7283	3.7	2.74	4.86	31	3951	4.0	2.52	6.17	30	3333	3.4	2.26	5.00			
4 days	21	-	-	-	-	9	-	-	-	-	12	-	-	-	-			
5 days	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
6 days	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
7 days	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			

Table 3.8.1: Prevalence of consuming food from a fast food restaurant of at least three days in the past seven days, students Form 1-5, Sarawak, 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	106	13106	6.6	5.39	7.99	58	7637	7.7	5.49	10.58	48	5469	5.5	3.62	8.36			
No	1526	186246	93.4	92.01	94.61	698	92078	92.3	89.42	94.51	823	93473	94.5	91.64	96.38			

Table 3.9: Daily frequency of plain water intake in the past 30 days, students Form 1-5, Sarawak, 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	12	-	-	-	-	6	-	-	-	-	6	-	-	-	-			
Less than 1 time per day	63	8287	4.2	3.20	5.45	32	4557	4.6	3.17	6.65	30	3562	3.6	2.70	4.81			
1 time per day	63	8027	4.0	2.72	5.98	26	3575	3.6	1.81	7.11	37	4453	4.5	3.25	6.23			
2 times per day	127	15696	7.9	6.05	10.29	53	7103	7.2	4.66	10.92	74	8594	8.7	7.00	10.77			
3 times per day	288	35432	17.9	16.04	19.86	136	17828	18.0	15.63	20.71	149	17194	17.4	14.46	20.83			
4 times per day	267	32151	16.2	14.23	18.42	133	17247	17.4	14.48	20.86	134	14904	15.1	12.35	18.33			
5 or more times per day	804	97053	48.9	44.68	53.22	364	47729	48.3	44.51	52.06	439	49208	49.8	44.38	55.31			

Note:

- Fewer than 30 cases

Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Sarawak, 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	267	32768	16.5	14.12	19.12	123	16238	16.3	13.48	19.63	143	16362	16.6	13.17	20.63			
1 day	377	46455	23.4	21.34	25.50	171	22502	22.6	18.71	27.07	206	23953	24.3	20.31	28.70			
2 days	293	35582	17.9	14.93	21.28	132	17358	17.4	13.63	22.06	160	18108	18.3	14.05	23.57			
3 days	176	21465	10.8	8.78	13.19	76	9938	10.0	7.30	13.53	98	11219	11.4	9.28	13.84			
4 days	82	10345	5.2	3.93	6.84	46	6118	6.1	4.41	8.52	36	4227	4.3	2.77	6.56			
5 days	120	14339	7.2	5.82	8.89	58	7684	7.7	5.54	10.67	62	6655	6.7	4.69	9.59			
6 days	32	4031	2.0	1.41	2.90	20	2718	2.7	1.92	3.87	12	1314	1.3	0.56	3.14			
7 days	281	33945	17.1	14.02	20.61	128	16925	17.0	13.96	20.57	152	16917	17.1	13.61	21.34			

Table 3.11: Perception of body weight, students Form 1-5, Sarawak, 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	212	25324	13.4	10.26	17.22	117	13858	14.5	10.22	20.20	95	11466	12.2	9.25	15.91			
Slightly underweight	305	34882	18.4	15.70	21.45	177	20366	21.3	18.33	24.65	128	14516	15.4	12.00	19.64			
Right weight	684	79064	41.7	37.12	46.46	346	39963	41.8	36.08	47.83	338	39101	41.6	36.18	47.21			
Slightly overweight	371	42023	22.2	18.98	25.73	148	17243	18.1	14.15	22.75	223	24780	26.4	22.76	30.30			
Very overweight	77	8240	4.3	3.21	5.87	37	4086	4.3	2.72	6.66	40	4154	4.4	2.91	6.65			

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Sarawak, 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	402	48044	24.4	21.52	27.60	151	19902	20.3	16.31	25.06	249	27923	28.5	24.41	32.88			
No	1209	148627	75.6	72.40	78.48	591	77938	79.7	74.94	83.69	615	70213	71.5	67.12	75.59			

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Sarawak, 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	350	43107	22.0	19.46	24.86	141	18886	19.4	16.92	22.04	207	23912	24.6	19.78	30.10
Tried to lose weight	520	63370	32.4	28.63	36.41	221	29374	30.1	25.20	35.51	297	33778	34.7	30.51	39.16
Tried to gain weight	315	38569	19.7	17.59	22.04	161	21100	21.6	18.11	25.61	153	17302	17.8	15.08	20.85
Tried to maintain the same weight	416	50539	25.8	22.51	29.47	217	28220	28.9	24.10	34.27	199	22319	22.9	18.72	27.78

Table 3.12.1 : Prevalence of attempting to lose weight, students Form 1-5, Sarawak, 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	520	63370	32.4	28.63	36.41	221	29374	30.1	25.20	35.51	297	33778	34.7	30.51	39.16
No	1081	132215	67.6	63.59	71.37	519	68206	69.9	64.49	74.80	559	63533	65.3	60.84	69.49

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Sarawak, 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	1251	152479	78.0	75.14	80.54	599	78693	80.6	77.96	83.08	649	73399	75.4	69.90	80.22
No	350	43107	22.0	19.46	24.86	141	18886	19.4	16.92	22.04	207	23912	24.6	19.78	30.10

4.0 Drug Use

Table 4.1: Frequency of ever used drug, students Form 1-5, Sarawak, 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	1575	191587	96.4	94.96	97.43	715	93667	94.6	92.57	96.12	855	97225	98.1	95.52	99.25					
1 or 2 times	32	3987	2.0	1.23	3.26	19	2583	2.6	1.45	4.66	13	2583	2.6	1.45	4.66					
3 to 9 times	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-					
10 to 19 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-					
20 or more times	9	-	-	-	-	9	-	-	-	-	0	-	-	-	-					

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Sarawak, 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	54	7164	3.6	2.60	5.04	37	5331	5.4	3.88	7.43	17	1833	1.9	0.75	4.48					
No	1575	191587	96.4	94.96	97.43	715	93667	94.6	92.57	96.12	855	97225	98.1	95.52	99.25					

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

Age	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Never used drug	1512	183512	95.6	94.22	96.73	672	88034	93.5	90.71	95.50	837	95144	97.9	95.33	99.06					
7 years or younger	14	-	-	-	-	10	-	-	-	-	3	-	-	-	-					
8 or 9 years	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-					
10 or 11 years	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-					
12 or 13 years	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-					
14 or 15 years	22	-	-	-	-	11	-	-	-	-	11	-	-	-	-					
16 years or older	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-					

Note:

- Fewer than 30 cases

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Sarawak, 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	38	5180	62.0	41.75	78.80	30	4247	69.5	45.77	85.99	7	741	36.2	19.21	57.45			
No	24	-	-	-	-	12	-	-	-	-	12	-	-	-	-			

Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Sarawak, 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	1586	192876	96.9	95.71	97.82	721	94553	95.2	93.25	96.58	860	97628	98.7	96.56	99.49			
1 or 2 times	25	-	-	-	-	15	-	-	-	-	10	-	-	-	-			
3 to 9 times	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			
10 to 19 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
20 or more times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Sarawak, 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	44	6097	3.1	2.18	4.29	33	4784	4.8	3.42	6.75	11	1314	1.3	0.51	3.44			
No	1586	192876	96.9	95.71	97.82	721	94553	95.2	93.25	96.58	860	97628	98.7	96.56	99.49			

Note:

- Fewer than 30 cases

Table 4.4: Usual sources of obtaining drug in the past 30 days, students Form 1-5, Sarawak, 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	1576	191484	96.2	95.09	97.12	712	93268	93.5	91.31	95.22	859	97521	98.9	97.33	99.59			
*Bought from someone	15	-	-	-	-	15	-	-	-	-	4	-	-	-	-			
Gave someone else money to buy it	18	-	-	-	-	14	-	-	-	-	0	-	-	-	-			
Stole/got without permission	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
Friends	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
Family	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Some other way	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Sarawak, 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	15	-	-	-	-	15	-	-	-	-	0	-	-	-	-			
No	38	5345	71.4	53.68	84.36	29	4308	66.8	47.97	81.49	0	-	-	-	-			

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Sarawak, 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	1593	193723	98.7	98.17	99.10	718	94261	97.4	96.54	98.03	870	98768	100.0	0.00	100.00			
1 or 2 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			
3 to 9 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
20 or more times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			

Note:

- Fewer than 30 cases

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Sarawak, 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	1593	193393	98.2	96.55	99.04	718	93972	96.6	93.62	98.26	871	98918	99.9	98.66	99.99			
1 or 2 times	9	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
3 to 9 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			
10 to 19 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Sarawak, 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	23	-	-	-	-	21	-	-	-	-	1	-	-	-	-			
No	1593	193393	98.2	96.55	99.04	718	93972	96.6	93.62	98.26	871	98918	99.9	98.66	99.99			

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Sarawak, 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	1564	190040	98.1	96.81	98.88	705	92461	96.6	93.85	98.13	855	97052	99.6	98.47	99.89			
1 or 2 times	10	-	-	-	-	8	-	-	-	-	2	-	-	-	-			
3 to 9 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
10 to 19 times	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Sarawak, 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	-	-	-	-	21	-	-	-	-	3	-	-	-	-			
No	1564	190040	98.1	96.81	98.88	705	92461	96.6	93.85	98.13	855	97052	99.6	98.47	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, Sarawak, 2012

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Did not brush teeth in past 30 days	5	-	-	-	5	-	-	-	0	-	-	-
Less than 1 time per day	32	4136	2.1	1.51 2.85	20	2681	2.7	1.87 3.85	12	1455	1.5	0.62 3.43
1 time	121	15200	7.6	4.94 11.58	74	9792	9.8	6.26 15.07	47	5408	5.5	3.24 9.07
2 times	478	59197	29.7	23.55 36.67	227	30227	30.3	23.99 37.48	249	28751	29.1	22.24 36.97
3 times	722	86901	43.6	36.03 51.46	320	41578	41.7	34.60 49.15	399	44848	45.3	36.56 54.38
4 or more times	274	33136	16.6	11.77 22.94	110	14643	14.7	10.79 19.67	164	18492	18.7	11.99 27.94

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

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Did not brush or brushed less than 1 time	37	4930	2.5	1.88 3.25	25	3475	3.5	2.21 5.45	12	1455	1.5	0.62 3.43
1 or more times per day	1595	194434	97.5	96.75 98.12	731	96240	96.5	94.55 97.79	859	97499	98.5	96.57 99.38
*2 or more times per day	1474	179234	89.9	85.81 92.91	657	86448	86.7	82.10 90.25	812	92091	93.1	88.28 95.99

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Yes	1082	129767	65.7	60.59 70.41	468	60737	61.9	56.44 67.02	609	68335	69.2	62.99 74.79
No	198	25015	12.7	10.15 15.68	113	15178	15.5	11.93 19.80	85	9837	10.0	6.63 14.71
Don't know	339	42826	21.7	17.04 27.15	164	22248	22.7	16.81 29.83	175	20578	20.8	15.95 26.75

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, Sarawak, 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	223	27054	13.8	11.62	16.40	95	12373	12.8	10.10	16.09	127	14488	14.8	10.92	19.64
No	1381	168500	86.2	83.60	88.38	639	84291	87.2	83.91	89.90	738	83707	85.3	80.36	89.08

Table 5.4: Timing of last visit to a dentist or dental nurse, students Form 1-5, Sarawak, 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	397	48386	24.3	19.61	29.74	165	21971	22.1	17.51	27.43	230	26131	26.5	20.62	33.27
12-24 months ago	150	18533	9.3	7.73	11.18	82	10819	10.9	8.07	14.48	67	7599	7.7	6.23	9.48
More than 24 months ago	153	19054	9.6	7.36	12.37	77	10407	10.5	7.24	14.87	76	8647	8.8	6.83	11.16
Never	466	56211	28.3	23.41	33.65	226	28970	29.1	23.71	35.16	239	27048	27.4	21.61	34.06
Don't know	463	56783	28.5	24.96	32.41	205	27365	27.5	23.26	32.18	257	29316	29.7	25.43	34.33

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Sarawak, 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	274	16719	15.6	12.92	18.71	122	8276	15.5	11.66	20.32	150	8333	15.5	13.58	17.68
No	1490	90483	84.4	81.29	87.08	670	45118	84.5	79.68	88.34	820	45365	84.5	82.32	86.42

Note:
- Fewer than 30 cases

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Sarawak, 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	11	-	-	-	10	-	-	-	1	-	-	-			
Rarely	63	8160	4.1	2.62	6.40	42	5820	5.9	3.84	8.85	21	2340	2.4	0.99	5.60
Sometimes	201	24338	12.3	10.48	14.29	97	12840	12.9	10.97	15.20	104	11498	11.7	8.34	16.08
Most of the time	192	23415	11.8	9.34	14.79	97	12504	12.6	10.04	15.70	93	10551	10.7	7.85	14.42
Always	1159	141106	71.1	66.43	75.30	507	66669	67.2	62.32	71.68	649	74102	75.2	68.49	80.80
*Never or rarely	74	9691	4.9	3.28	7.20	52	7241	7.3	5.02	10.49	22	2450	2.5	1.08	5.59

Table 5.7: Prevalence* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Sarawak, 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	-	-	-	15	-	-	-	1	-	-	-			
Rarely	56	7281	3.7	2.55	5.21	29	4065	4.1	2.73	6.04	27	3216	3.2	1.75	5.96
Sometimes	164	19698	9.9	7.63	12.70	69	9125	9.2	6.99	11.90	94	10405	10.5	7.41	14.71
Most of the time	138	16559	8.3	6.96	9.88	59	7557	7.6	5.23	10.87	78	8886	9.0	7.11	11.28
Always	1258	153635	77.1	73.19	80.52	584	76869	77.1	72.82	80.86	671	76355	77.2	72.58	81.16
* Never or rarely	72	9483	4.8	3.36	6.69	44	6164	6.2	4.28	8.84	28	3319	3.4	1.77	6.25

Table 5.8: Prevalence* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Sarawak, 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	31	3918	2.0	1.14	3.38	23	3086	3.1	1.66	5.71	8	833	0.8	0.42	1.66
Rarely	167	21181	10.6	8.40	13.37	92	12677	12.7	10.11	15.93	74	8389	8.5	5.76	12.28
Sometimes	446	54374	27.3	23.39	31.57	202	26525	26.7	22.85	30.85	243	27681	27.9	23.63	32.71
Most of the time	249	30087	15.1	12.48	18.15	115	15002	15.1	11.78	19.10	133	14894	15.0	10.64	20.83
Always	738	89677	45.0	38.64	51.55	322	42197	42.4	36.68	48.36	414	47262	47.7	39.60	55.94
* Never or rarely	198	25100	12.6	10.22	15.43	115	15763	15.8	12.84	19.39	82	9221	9.3	6.44	13.27

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, Sarawak, 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	415	51666	26.1	23.44	28.94	229	30163	30.6	26.88	34.65	185	21335	21.6	18.93	24.44			
Rarely	506	63148	31.9	28.45	35.54	257	34616	35.2	30.26	40.38	249	28532	28.8	24.86	33.16			
Sometimes	579	68675	34.7	32.19	37.27	215	27436	27.9	24.73	31.22	361	40829	41.3	37.35	45.28			
Most of the time	79	9100	4.6	3.61	5.84	25	3281	3.3	2.09	5.26	54	5819	5.9	4.77	7.23			
Always	43	5419	2.7	1.74	4.28	21	2978	3.0	1.98	4.60	22	2441	2.5	1.30	4.63			
* Most of the time or always	122	14519	7.3	5.77	9.28	46	6259	6.4	4.90	8.20	76	8260	8.3	6.18	11.18			

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Sarawak, 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	556	70174	35.2	32.94	37.52	308	41092	41.3	38.18	44.39	247	28890	29.2	26.52	31.95			
Rarely	580	70764	35.5	31.78	39.39	264	34747	34.9	31.05	38.93	316	36017	36.4	31.09	41.98			
Sometimes	411	48052	24.1	20.39	28.25	144	18370	18.4	14.87	22.64	265	29450	29.7	25.44	34.42			
Most of the time	54	6443	3.2	2.64	3.96	28	3760	3.8	2.73	5.20	25	2580	2.6	1.77	3.82			
Always	31	3931	2.0	1.34	2.89	11	1642	1.6	0.82	3.27	19	2121	2.1	1.41	3.24			
* Most of the time or always	85	10374	5.2	4.28	6.32	39	5402	5.4	3.94	7.41	44	4701	4.7	3.44	6.51			

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Sarawak, 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	125	14723	7.5	5.40	10.34	39	5321	5.5	3.22	9.18	84	9118	9.3	6.28	13.43			
No	1487	181512	92.5	89.66	94.60	700	91701	94.5	90.82	96.78	784	89401	90.7	86.57	93.72			

Note:

- Fewer than 30 cases

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	100	11759	6.0	4.43	8.00	31	4296	4.4	2.98	6.45	68	7347	7.5	4.95	11.08
No	1516	185214	94.0	92.00	95.57	712	93452	95.6	93.55	97.02	800	91183	92.5	88.92	95.05

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

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
0 time	1514	184650	92.8	90.27	94.78	703	92381	93.1	89.78	95.40	808	91859	92.8	89.12	95.34
1 time	69	8564	4.3	3.15	5.87	24	3425	3.5	2.38	4.97	43	4855	4.9	2.87	8.27
2 to 3 times	23	-	-	-	-	12	-	-	-	-	11	-	-	-	-
4 to 5 times	14	-	-	-	-	6	-	-	-	-	8	-	-	-	-
6 or more times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-
* 1 or more times	115	14229	7.2	5.22	9.73	50	6848	6.9	4.60	10.22	63	7096	7.2	4.66	10.88

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

Number of Friends	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
*0 friend	28	-	-	-	-	14	-	-	-	-	14	-	-	-	-
1 friend	74	8960	4.5	3.35	6.07	34	4440	4.5	3.09	6.49	40	4520	4.6	2.99	6.95
2 friends	135	16326	8.2	6.80	9.95	59	7698	7.8	5.33	11.24	76	8628	8.7	7.34	10.36
3 or more friends	1386	169377	85.5	82.82	87.78	643	84866	85.8	81.47	89.29	739	84009	85.1	81.69	87.90

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, Sarawak, 2012

Numbers 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	324	39417	19.9	16.95	23.20	137	17726	17.8	15.35	20.63	187	21690	22.1	17.95	26.91			
1 day	394	48056	24.3	20.36	28.62	147	19764	19.9	16.14	24.27	243	27701	28.2	23.29	33.77			
2 days	291	35480	17.9	16.08	19.89	122	16111	16.2	14.07	18.61	169	19369	19.7	16.89	22.94			
3 days	190	23039	11.6	9.84	13.68	95	12481	12.6	9.41	16.57	94	10455	10.7	7.98	14.09			
4 days	95	11639	5.9	4.30	7.97	47	6159	6.2	5.06	7.57	48	5480	5.6	3.34	9.20			
5 days	91	11376	5.7	4.62	7.11	56	7610	7.7	5.89	9.91	35	3767	3.8	2.34	6.23			
6 days	41	4842	2.4	1.67	3.55	23	2934	3.0	1.77	4.90	18	1908	1.9	1.32	2.86			
* All 7 days	196	24318	12.3	9.59	15.57	126	16577	16.7	13.58	20.34	70	7741	7.9	5.22	11.76			

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, Sarawak, 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	328	40537	20.5	16.69	24.82	205	27121	27.3	22.67	32.47	123	13416	13.7	9.97	18.48			
No	1294	157631	79.5	75.18	83.31	548	72242	72.7	67.53	77.33	741	84694	86.3	81.52	90.03			

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, Sarawak, 2012

Numbers 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	733	89187	44.8	36.66	53.27	348	45550	45.9	38.02	54.00	384	43535	43.9	34.52	53.83			
1 day	142	17950	9.0	6.11	13.13	64	8860	8.9	6.50	12.14	75	8614	8.7	4.96	14.82			
2 days	137	16217	8.2	6.45	10.25	58	7233	7.3	5.48	9.63	79	8984	9.1	6.86	11.90			
3 days	69	8708	4.4	3.09	6.16	25	3577	3.6	1.90	6.74	44	5131	5.2	3.64	7.31			
4 days	31	3754	1.9	1.18	3.00	12	1542	1.6	0.93	2.59	19	2212	2.2	1.34	3.70			
5 days	190	23129	11.6	8.67	15.42	90	11736	11.8	8.88	15.59	100	11393	11.5	7.73	16.77			
6 days	27	-	-	-	-	12	-	-	-	-	15	-	-	-	-			
All 7 days	300	36730	18.5	13.22	25.17	143	19022	19.2	14.28	25.24	156	17592	17.8	12.02	25.45			

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, Sarawak, 2012

Duration	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			
Less than 1 hour	450	55455	27.8	23.88	32.19	200	26345	26.5	22.51	30.86	249	28942	29.3	22.72	36.76			
1 to 2 hours	534	64423	32.3	29.30	35.56	257	33311	33.5	29.40	37.80	275	30817	31.1	27.01	35.60			
3 to 4 hours	377	45522	22.9	19.55	26.55	164	21477	21.6	17.49	26.32	211	23813	24.1	20.42	28.14			
5 to 6 hours	132	16325	8.2	6.92	9.68	61	8319	8.4	5.82	11.87	71	8006	8.1	5.43	11.89			
7 to 8 hours	35	4757	2.4	1.55	3.66	22	3340	3.4	1.88	5.92	13	1417	1.4	0.89	2.30			
More than 8 hours	103	12674	6.4	5.25	7.69	51	6726	6.8	5.20	8.73	52	5947	6.0	4.80	7.50			

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Sarawak, 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	647	79278	39.8	34.96	44.87	298	39863	40.1	33.65	46.82	347	39183	39.6	34.82	44.59			
No	984	119878	60.2	55.13	65.04	457	59656	59.9	53.18	66.35	524	59759	60.4	55.41	65.18			

Note:

- Fewer than 30 cases

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Sarawak, 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	1146	139626	70.0	66.42	73.44	505	66636	66.9	60.77	72.53	639	72772	73.5	69.12	77.40
1 to 2 days	350	42569	21.4	19.02	23.89	170	22338	22.4	18.53	26.88	177	19755	19.9	16.96	23.30
3 to 5 days	85	10543	5.3	4.09	6.82	50	6533	6.6	4.83	8.86	35	4011	4.0	2.83	5.76
6 to 9 days	27	-	-	-	-	19	-	-	-	-	8	-	-	-	-
10 or more days	24	-	-	-	-	11	-	-	-	-	13	-	-	-	-
* 1 or more days	486	59710	30.0	26.56	33.58	250	32948	33.1	27.47	39.23	233	26286	26.5	22.60	30.88

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Sarawak, 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	79	10354	5.2	4.45	6.04	56	7345	7.4	6.23	8.69	21	2649	2.7	2.01	3.54
Rarely	299	37952	19.0	16.68	21.62	170	23529	23.6	18.26	29.92	129	14424	14.6	11.82	17.81
Sometimes	508	61941	31.1	27.20	35.18	247	32125	32.2	26.41	38.64	259	29597	29.9	27.08	32.84
Most of the time	228	27254	13.7	11.71	15.89	99	12895	12.9	10.14	16.35	129	14359	14.5	11.38	18.28
Always	519	61966	31.1	28.06	34.25	184	23821	23.9	20.20	28.01	334	38030	38.4	34.63	42.29
* Most of the time or always	747	89220	44.7	41.38	48.12	283	36716	36.8	33.03	40.78	463	52389	52.9	48.62	57.11

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Sarawak, 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	545	65604	33.0	27.92	38.50	239	31190	31.4	26.33	37.04	303	33951	34.3	27.84	41.43
Rarely	385	47736	24.0	21.57	26.63	203	27112	27.3	23.97	30.97	182	20623	20.8	17.87	24.18
Sometimes	396	47762	24.0	21.57	26.66	167	21719	21.9	19.34	24.68	228	25927	26.2	22.37	30.44
Most of the time	101	12340	6.2	4.96	7.73	53	6748	6.8	4.69	9.77	48	5592	5.7	4.61	6.91
Always	202	25390	12.8	9.38	17.15	91	12432	12.5	8.41	18.28	110	12842	13.0	9.70	17.15
* Most of the time or always	303	37730	19.0	15.56	22.93	144	19180	19.3	15.28	24.16	158	18434	18.6	14.94	22.99

Note:
- Fewer than 30 cases

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Sarawak, 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	332	40780	20.5	18.05	23.17	155	20770	20.9	17.27	25.09	175	19650	19.9	15.63	24.89
Rarely	354	43235	21.7	19.14	24.56	164	21856	22.0	18.52	25.93	190	21379	21.6	17.71	26.08
Sometimes	424	51509	25.9	21.97	30.23	195	25452	25.6	20.49	31.54	227	25838	26.1	23.08	29.39
Most of the time	162	19552	9.8	8.25	11.67	87	11020	11.1	8.33	14.63	75	8532	8.6	6.58	11.21
Always	357	43908	22.1	16.89	28.29	152	20235	20.4	14.51	27.83	204	23557	23.8	19.09	29.27
* Most of the time or always	519	63459	31.9	26.53	37.79	239	31255	31.5	25.46	38.16	279	32089	32.4	27.31	38.00

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Sarawak, 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	208	26534	13.4	11.32	15.70	114	15616	15.7	12.63	19.44	92	10633	10.8	8.14	14.13
Rarely	340	41373	20.8	17.66	24.40	171	22566	22.7	18.51	27.60	168	18615	18.9	15.26	23.09
Sometimes	478	58134	29.3	27.04	31.61	206	26776	27.0	22.51	31.98	272	31358	31.8	28.41	35.35
Most of the time	198	24131	12.2	9.61	15.24	95	12530	12.6	9.45	16.68	103	11602	11.8	8.43	16.16
Always	401	48434	24.4	21.34	27.71	166	21745	21.9	17.57	26.97	233	26470	26.8	23.11	30.90
* Most of the time or always	599	72565	36.5	31.88	41.46	261	34275	34.5	28.03	41.68	336	38071	38.6	34.08	43.28

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Sarawak, 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	719	87604	44.2	41.84	46.68	313	41531	42.0	37.19	46.91	402	45495	46.3	40.81	51.80
Rarely	355	43264	21.9	20.48	23.29	160	21269	21.5	17.76	25.77	195	21995	22.4	18.24	27.11
Sometimes	342	42171	21.3	19.39	23.34	171	22545	22.8	19.96	25.89	170	19510	19.8	17.13	22.85
Most of the time	55	6502	3.3	2.22	4.84	28	3581	3.6	2.02	6.39	27	2921	3.0	1.79	4.88
Always	149	18450	9.3	7.01	12.29	78	10019	10.1	7.33	13.82	71	8431	8.6	5.97	12.17
*Never or rarely	1074	130868	66.1	63.19	68.89	473	62800	63.5	59.48	67.28	597	67490	68.6	64.85	72.16

Note:

- Fewer than 30 cases

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, Sarawak, 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	131	15787	8.7	7.09	10.53	67	8683	9.8	7.94	12.02	64	7104	7.6	4.73	11.98			
No	1369	166600	91.3	89.47	92.91	607	79975	90.2	87.98	92.06	760	86407	92.4	88.02	95.27			

Table 9.2: Age when had first sex, students Form 1-5, Sarawak, 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	1538	187717	95.3	93.41	96.69	697	91780	94.1	92.09	95.64	836	95243	90.5	90.86	98.69			
11 years or younger	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-			
12 years	8	-	-	-	-	8	-	-	-	-	1	-	-	-	-			
13 years	5	-	-	-	-	4	-	-	-	-	5	-	-	-	-			
14 years	7	-	-	-	-	2	-	-	-	-	16	-	-	-	-			
15 years	25	-	-	-	-	9	-	-	-	-	8	-	-	-	-			
16 years or older	16	-	-	-	-	8	-	-	-	-	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, Sarawak, 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	28	-	-	-	-	24	-	-	-	-	4	-	-	-	-			
No	48	5302	57.5	38.17	74.72	19	2345	40.8	28.43	54.52	29	2957	84.9	69.13	93.35			

Note:

- Fewer than 30 cases

Table 9.3: Number of sexual partner among those who ever had sex, students Form 1-5, Sarawak, 2012

Number of Partners	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Never had sexual intercourse	1544	188750	95.8	93.46 97.28	702	92735	94.8	92.52 96.41	837	95320	96.7	91.16 98.80
1 partner	36	4178	2.1	1.23 3.62	17	2119	2.2	1.34 3.48	19	2059	2.1	0.74 5.77
2 partners	16	-	-	- -	10	-	-	- -	6	-	-	- -
3 partners	8	-	-	- -	8	-	-	- -	0	-	-	- -
4 partners	6	-	-	- -	2	-	-	- -	4	-	-	- -
5 partners	0	-	-	- -	0	-	-	- -	0	-	-	- -
6 or more partners	4	-	-	- -	2	-	-	- -	2	-	-	- -

Table 9.3.1: Prevalence of having at least two sexual partners among those who ever had sex, students Form 1-5, Sarawak, 2012

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	34	4176	2.1	1.34 3.33	22	2970	3.0	1.90 4.81	12	1206	1.2	0.36 4.07
No	1580	192928	97.9	96.67 98.66	719	94854	97.0	95.19 98.10	856	97379	98.8	95.93 99.64

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	21	-	-	- -	15	-	-	- -	6	-	-	- -
No	48	5525	67.3	47.16 82.63	22	2731	57.5	27.65 82.71	26	2793	80.9	67.97 89.58

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, Sarawak, 2012

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	35	4148	49.7	40.70 58.68	18	2446	48.2	35.05 61.57	17	1702	52.0	31.83 71.52
No	34	4202	50.3	41.32 59.30	20	2630	51.8	38.43 64.95	14	1572	48.0	28.48 68.17

Note:

- Fewer than 30 cases

10.0 Tobacco Use

Table 10.1: Number of days students had smoked cigarettes in the past 30 days, students Form 1-5, Sarawak, 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	1330	159723	80.4	76.21	84.00	496	64949	65.6	58.93	71.66	829	94080	95.1	90.53	97.52
1 or 2 days	110	14427	7.3	6.01	8.75	83	11260	11.4	9.22	13.94	27	3168	0.0	1.36	7.35
3 to 5 days	56	7245	3.6	2.39	5.54	49	6510	6.6	4.59	9.33	7	735	0.0	0.27	2.02
6 to 9 days	23	-	-	-	-	21	-	-	-	-	2	-	-	-	-
10 to 19 days	32	4382	2.2	1.40	3.46	28	3898	3.9	2.32	6.61	4	484	0.5	0.12	1.95
20 to 29 days	23	-	-	-	-	21	-	-	-	-	2	-	-	-	-
All 30 days	53	7121	3.6	2.44	5.23	53	7121	7.2	4.73	10.79	0	-	-	-	-

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Sarawak, 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	297	38948	19.6	16.00	23.79	255	34096	34.4	28.34	41.07	42	4852	4.9	2.48	9.47
No	1330	159723	80.4	76.21	84.00	496	64949	65.6	58.93	71.66	829	94080	95.1	90.53	97.52

Table 10.2: Age when first tried a cigarette, students Form 1-5, Sarawak, 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	1139	135195	70.9	65.87	75.48	370	47677	50.9	43.40	58.36	764	86824	90.2	83.85	94.17
7 years or younger	46	6450	3.4	2.34	4.87	40	5773	6.2	3.95	9.49	6	676	0.7	0.18	2.63
8 to 9 years	23	-	-	-	-	16	-	-	-	-	7	-	-	-	-
10 or 11 years	77	10081	5.3	3.89	7.14	60	8107	8.7	6.11	12.12	17	1974	2.0	0.85	4.85
12 or 13 years	142	18532	9.7	7.79	12.06	117	15689	16.7	13.19	21.04	25	2843	3.0	1.74	4.96
14 or 15 years	110	14158	7.4	5.52	9.91	87	11616	12.4	9.30	16.36	23	2542	2.6	1.22	5.60
16 years or older	26	-	-	-	-	20	-	-	-	-	6	-	-	-	-

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, Sarawak, 2012

Prevalence	Total				Male				Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI				
			%	Upper			%	Upper			%	Upper			
Yes	288	38278	69.0	62.02	75.22	233	31930	69.4	61.89	76.05	55	6348	67.0	52.66	78.68
No	136	17193	31.0	24.78	37.98	107	14060	69.4	23.95	38.11	29	3133	33.0	21.32	47.34

Table 10.3: Number of days used other tobacco products in the past 30 days, students Form 1-5, Sarawak, 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				
			%	Upper			%	Upper			%	Upper			
0 day	1545	187827	94.2	92.00	95.77	685	90167	90.4	86.95	93.05	855	96965	97.9	96.17	98.84
1 or 2 days	54	7066	3.5	2.46	5.08	42	5498	5.5	3.77	7.99	12	1569	1.6	0.65	3.82
3 to 5 days	13	-	-	-	-	11	-	-	-	-	2	-	-	-	-
6 to 9 days	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-
10 to 19 days	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
All 30 days	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Sarawak, 2012

Prevalence	Total				Male				Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI				
			%	Upper			%	Upper			%	Upper			
Yes	88	11641	5.8	4.23	8.00	71	9548	9.6	6.95	13.05	17	2093	2.1	1.16	3.83
No	1545	187827	94.2	92.00	95.77	685	90167	90.4	86.95	93.05	855	96965	97.9	96.17	98.84

Note:

- Fewer than 30 cases

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

Tobacco Product	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Didn't smoke	1476	178655	89.7	86.29	92.31	628	82347	82.7	77.48	86.88	843	95613	96.7	93.94	98.19			
Shisha/hookah	29	-	-	-	-	25	-	-	-	-	4	-	-	-	-			
Electronic cigarettes	28	-	-	-	-	26	-	-	-	-	2	-	-	-	-			
Snuff or chewing tobacco	29	-	-	-	-	24	-	-	-	-	5	-	-	-	-			
Pipes	4	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Curut, cigar or cigarillos	9	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
Bidis	1	-	-	-	-	8	-	-	-	-	1	-	-	-	-			
Others	55	7264	3.6	2.36	5.60	40	5588	5.6	3.51	8.84	15	1676	1.7	0.77	3.67			

Table 10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Sarawak, 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	276	35490	89.9	85.45	93.04	225	29669	89.4	83.93	93.19	51	5821	92.1	79.16	97.31			
No	31	4006	10.1	6.96	14.55	27	3509	10.6	6.81	16.07	4	497	7.9	2.69	20.84			

Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Sarawak, 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	823	99879	50.3	44.26	56.33	290	38751	39.2	31.96	46.90	529	60536	61.2	53.55	68.28			
1 or 2 days	398	48641	24.5	22.42	26.70	212	27582	27.9	24.02	32.11	186	21060	21.3	16.24	27.37			
3 or 4 days	128	15849	8.0	6.27	10.12	86	11058	11.2	8.49	14.59	42	4792	4.8	3.25	7.16			
5 or 6 days	67	8275	4.2	3.30	5.25	40	5174	5.2	3.68	7.38	27	3100	3.1	1.92	5.07			
All 7 days	211	25920	13.1	10.10	16.71	123	16340	16.5	12.02	22.27	87	9477	9.6	7.46	12.22			

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, Sarawak, 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	804	98685	49.7	43.67	55.74	461	60154	60.8	53.10	68.04	342	38429	38.8	31.72	46.45			
No	823	99879	50.3	44.26	56.33	290	38751	39.2	31.96	46.90	529	60536	61.2	53.55	68.28			

Note:

- Fewer than 30 cases

Table 10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Sarawak, 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	604	72871	36.7	33.79	39.77	265	34515	34.9	31.54	38.35	338	38253	38.7	34.58	43.08
No	1021	125536	63.3	60.23	66.21	486	64474	65.1	61.65	68.46	531	60470	61.3	56.92	65.42

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Sarawak, 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	1283	154023	77.6	72.40	82.05	472	61908	62.7	54.34	70.35	806	91421	92.3	89.10	94.60
Probably not	180	22929	11.6	8.96	14.77	138	18148	18.4	14.47	23.06	42	4782	4.8	3.18	7.26
Maybe yes	122	16068	8.1	5.99	10.86	102	13666	13.8	10.23	18.47	20	2401	2.4	1.09	5.30
Definitely yes	42	5476	2.8	1.98	3.82	38	5022	5.1	3.63	7.08	4	454	0.5	0.15	1.43

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Sarawak, 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	1302	156984	79.2	73.36	84.04	495	65279	66.1	56.63	74.37	802	91010	92.2	88.56	94.77
Probably not	128	16152	8.1	6.17	10.69	102	13139	13.3	10.02	17.44	3013	3013	3.1	2.12	4.38
Maybe yes	137	17575	8.9	6.51	11.97	101	13498	13.7	9.88	18.59	4077	4077	4.1	2.19	7.65
Definitely yes	57	7492	3.8	2.73	5.21	52	6899	7.0	4.77	10.10	593	593	0.6	0.16	2.19

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Sarawak, 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	147	18341	11.5	8.93	14.81	93	12180	18.9	13.72	25.45	54	6161	6.6	4.78	8.98
No	1177	140515	88.5	85.19	91.07	400	52266	81.1	74.55	86.28	772	87554	93.4	91.02	95.22

11.0 Violence and Unintentional Injuries

Table 11.1: Number of times students were physically attacked in the past 12 months, students Form 1-5, Sarawak, 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	1183	143313	72.0	68.65	75.15	507	66863	67.2	62.05	72.01	674	76232	77.1	74.22	79.79			
1 time	189	23645	11.9	9.89	14.21	102	13502	13.6	10.22	17.81	87	10144	10.3	8.78	11.96			
2 to 3 times	166	20494	10.3	9.17	11.55	88	11462	11.5	9.56	13.83	76	8672	8.8	7.60	10.11			
4 to 5 times	40	4957	2.5	1.49	4.15	25	3293	3.3	1.90	5.72	15	1664	1.7	0.82	3.43			
6 to 7 times	19	-	-	-	-	12	-	-	-	-	7	-	-	-	-			
8 to 9 times	10	-	-	-	-	6	-	-	-	-	3	-	-	-	-			
10 to 11 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
12 or more times	17	-	-	-	-	11	-	-	-	-	6	-	-	-	-			

Table 11.1.1: Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5, Sarawak, 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	446	55690	28.0	24.85	31.35	247	32601	32.8	27.99	37.95	196	22612	22.9	20.21	25.78			
No	1183	143313	72.0	68.65	75.15	507	66863	67.2	62.05	72.01	674	76232	77.1	74.22	79.79			

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Sarawak, 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	1169	141415	71.0	67.99	73.81	501	65803	66.1	61.23	70.61	666	75394	76.2	72.48	79.56			
1 time	224	27693	13.9	12.18	15.82	112	14831	14.9	11.47	19.12	112	12862	13.0	10.84	15.51			
2 to 3 times	158	20120	10.1	8.75	11.62	88	12024	12.1	10.29	14.11	68	7736	7.8	5.65	10.73			
4 to 5 times	38	4706	2.4	1.49	3.73	24	3077	3.1	1.58	5.96	14	1629	1.6	0.93	2.89			
6 to 7 times	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
8 to 9 times	7	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
10 to 11 times	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
12 or more times	20	-	-	-	-	13	-	-	-	-	7	-	-	-	-			

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, Sarawak, 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	462	57807	29.0	26.19	32.01	254	33782	33.9	29.39	38.77	205	23548	23.8	20.44	27.52			
No	1169	141415	71.0	67.99	73.81	501	65803	66.1	61.23	70.61	666	75394	76.2	72.48	79.56			

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Sarawak, 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	861	103543	61.9	57.28	66.35	334	44017	54.2	47.57	60.72	524	59191	69.3	64.63	73.69			
1 time	289	35393	21.2	17.23	25.72	151	19206	23.7	18.04	30.38	137	16019	18.8	16.38	21.41			
2 to 3 times	149	18685	11.2	8.89	13.95	87	11855	14.6	11.86	17.85	62	6830	8.0	5.31	11.89			
4 to 5 times	38	5171	3.1	2.17	4.39	23	3421	4.2	2.52	6.97	15	1750	2.0	1.14	3.66			
6 to 7 times	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			
8 to 9 times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
10 to 11 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
12 or more times	15	-	-	-	-	5	-	-	-	-	9	-	-	-	-			

Table 11.3.1: Prevalence of having had a serious injury on at least once in the past 12 months, students Form 1-5, Sarawak, 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	512	63692	38.1	33.65	42.72	282	37169	45.8	39.28	52.43	228	26163	30.7	26.31	35.37			
No	861	103543	61.9	57.28	66.35	334	44017	54.2	47.57	60.72	524	59191	69.3	64.63	73.69			

Note:

- Fewer than 30 cases

Table 11.4: Type of most serious injury sustained in the past 12 months among those who had injury, students Form 1-5, Sarawak, 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	24	-	-	-	-	16	-	-	-	-	7	-	-	-	-			
A cut or stab wound	129	1190	37.7	31.02	44.86	85	10942	43.9	34.47	53.69	43	4845	28.5	18.42	41.24			
Concussion/head or neck injury, knocked out or could not breathe	42	874	11.8	8.33	16.38	13	1770	7.1	3.43	14.10	29	3212	18.9	12.82	26.90			
Gunshot wound	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-			
Bad burn	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Poisoned	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Something else happened to me	139	1750	40.4	35.73	45.34	74	9645	38.7	31.57	46.25	65	7474	43.9	34.37	53.95			

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, Sarawak, 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	48	6086	13.2	9.91	17.38	28	3786	13.9	9.45	19.88	19	2108	11.3	5.09	23.34			
Fall	152	18577	40.3	32.62	48.48	80	10383	38.0	29.59	47.23	72	8194	44.1	34.81	53.74			
Something fell on me or hit me	39	4876	10.6	6.66	16.39	19	2556	9.4	5.64	15.13	20	2320	12.5	6.41	22.87			
Was attacked or abused or was fighting with someone	25	-	-	-	-	18	-	-	-	-	7	-	-	-	-			
Was in a fire or too near a flame or something hot	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
Inhaled or swallowed something bad	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
Something else caused the injury	103	12367	26.8	22.09	32.16	59	7481	27.4	20.27	35.90	44	4886	26.3	19.29	34.70			

Note:

- Fewer than 30 cases

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

Number of Days	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
0 days	1201	146317	79.4	76.26 82.17	576	75349	81.6	78.49 84.31	622	70633	77.4	71.09 82.62
1 to 2 days	221	26752	14.5	11.59 18.02	84	11524	12.5	10.85 14.30	136	15060	16.5	11.31 23.43
3 to 5 days	46	6003	3.3	2.16 4.88	22	3127	3.4	2.14 5.31	23	2684	2.9	1.91 4.50
6 to 9 days	11	-	-	- -	3	-	-	- -	8	-	-	- -
10 to 19 days	14	-	-	- -	7	-	-	- -	7	-	-	- -
20 to 29 days	7	-	-	- -	5	-	-	- -	2	-	-	- -
all 30 days	11	-	-	- -	4	-	-	- -	7	-	-	- -

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	310	38036	20.6	17.83 23.74	125	17020	18.4	15.69 21.51	183	20656	22.6	17.38 28.91
No	1201	146317	79.4	76.26 82.17	576	75349	81.6	78.49 84.31	622	70633	77.4	71.09 82.62

Note:

- Fewer than 30 cases

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

Ways of Being Bullied	Total						Male						Female					
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	% 95% CI			
			Lower	Upper					Lower	Upper					Lower	Upper		
Hit, kicked, pushed, shoved around or locked indoor	18	-	-	-	-	11	-	-	-	-	-	6	-	-	-	-		
Made fun of because of race, nationality or color	19	-	-	-	-	4	-	-	-	-	-	15	-	-	-	-		
Made fun of because of religion	5	-	-	-	-	4	-	-	-	-	-	1	-	-	-	-		
Made fun of with sexual jokes, comments, or gestures	64	7505	25.2	16.21	37.06	22	3036	26.1	14.86	41.64	42	4470	24.9	16.50	35.86			
Left out of activities on purpose or completely ignored	8	-	-	-	-	2	-	-	-	-	-	6	-	-	-	-		
Made fun of because of how body or face looks	42	4879	16.4	10.51	24.68	15	1979	17.0	9.88	27.67	27	2900	16.2	7.25	32.30			
Bullied in some other way	92	10897	36.6	26.48	48.13	29	3779	32.5	21.04	46.46	63	7118	39.7	28.19	52.54			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	% 95% CI			
			Lower	Upper					Lower	Upper					Lower	Upper		
0 time	1462	177921	89.3	87.96	90.52	670	88004	88.5	85.84	90.67	789	89582	90.4	86.91	93.08			
1 time	99	12110	6.1	4.28	8.56	47	6061	6.1	3.82	9.58	51	5882	5.9	4.14	8.45			
2 to 3 times	39	5095	2.6	1.96	3.32	19	2785	2.8	1.33	5.81	19	2118	2.1	0.92	4.89			
4 to 5 times	15	-	-	-	-	10	-	-	-	-	5	-	-	-	-	-		
6 to 7 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-		
8 to 9 times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-	-		
10 to 11 times	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-	-		
12 or more times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-	-		

Note:

- Fewer than 30 cases

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	169	21298	10.7	9.48 12.04	84	11462	11.5	9.33 14.16	83	9476	9.6	6.92 13.09
No	1462	177921	89.3	87.96 90.52	670	88004	88.5	85.84 90.67	789	89582	90.4	86.91 93.08

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

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
0 time	849	105941	53.3	48.80 57.73	455	60418	60.9	56.30 65.26	394	45524	46.1	40.21 52.03
1 time	304	35901	18.1	15.34 21.14	124	15745	15.9	12.61 19.77	178	19872	20.1	16.83 23.83
2 to 3 times	293	35664	17.9	15.74 20.38	106	14222	14.3	12.71 16.11	184	21031	21.3	16.98 26.31
4 to 5 times	89	10447	5.3	4.51 6.11	36	4681	4.7	3.25 6.79	53	5766	5.8	4.30 7.88
6 to 7 times	20	-	-	- -	8	-	-	- -	12	-	-	- -
8 to 9 times	13	-	-	- -	8	-	-	- -	5	-	-	- -
10 to 11 times	4	-	-	- -	3	-	-	- -	1	-	-	- -
12 or more times	56	6220	3.1	2.41 4.05	13	1604	1.6	0.76 3.41	43	4616	4.7	2.98 7.24

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper	Unweighted Count	Estimated Population	%	95% CI Lower Upper
Yes	779	92850	46.7	42.27 51.20	298	38844	39.1	34.74 43.70	476	53312	53.9	47.97 59.79
No	849	105941	53.3	48.80 57.73	455	60418	60.9	56.30 65.26	394	45524	46.1	40.21 52.03

Note:

- Fewer than 30 cases

APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

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

APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE

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

APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

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

APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE

The Advisory Committee will advise in:

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

APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

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

APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012**Dietary Behaviours**

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

Hygiene (Including Oral Hygiene)

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

Physical Activity

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

Protective Factors

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

Tobacco Use

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

Mental Health Problems

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

Drug Use

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

Violence and Unintentional Injury

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

Alcohol Consumption

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

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

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

APPENDIX 8 : MEMBERS OF DATA COLLECTION TEAMS**PERLIS****Liaison Officer**

Ms Sharifah Salbiah Sareh Hashim

Field Supervisor

Mr Abu Bakar Rahman

Nutritionist

1. Mr Nurbairi Adha Yusof
2. Ms Nurhazwani Roslan

Drivers

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

Research Assistants

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

KEDAH**Liaison Officer**

Ms Rohida Sallehuddin

Field Supervisor

Mr Azli Baharudin

Nutritionist

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

Drivers

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

Research Assistants

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

PULAU PINANG**Liaison Officer**

Ms Marshita Mohamed

Field Supervisor

Ms Norhafizah Sahril

Nutritionist

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

Drivers

1. Mr Mohd Jamil Bidin
2. Mr Jefre Ahmad

Research Assistants

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

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

PERAK

Liaison Officer

Mr Yahya Ahmad

Field Supervisor

Ms Norzawati Yoep

Nutritionist

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

Drivers

1. Mr Fazli Mahdi
2. Mr Samsuddin Abdul Karim

Research Assistants

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

SELANGOR

Liaison Officer

Ms Jamilah Ahmad

Field Supervisor

Ms Chan Ying Ying

Nutritionist

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

Drivers

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

Research Assistants

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

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

Ms Norazah Ahmad

Field Supervisor

Ms Syafinaz Mohd Sallehuddin

Nutritionist

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

Drivers

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

Research Assistants

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

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

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

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 Fasahah 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 ficer**

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

KEMENTERIAN KESIHATAN MALAYSIA
&
KEMENTERIAN PELAJARAN MALAYSIA



TINJAUAN KEBANGSAAN
KESIHATAN & MORBIDITI
(NHMS)
*THE NATIONAL HEALTH
MORBIDITY SURVEY (NHMS)*

2012

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

Jln. Rumah Sakit Bangsar, 59000 Kuala Lumpur

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

2012

PENGENALAN

INTRODUCTION

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

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

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

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

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

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

PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)

GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)

- JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.
DO NOT write YOUR NAME on the questionnaire or the answer sheet.
- Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.
Please READ STATEMENT for questions with a preceeding statement or definition before answering.
- 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



FILL IN THE CIRCLES LIKE THIS

BUKAN SEPERTI INI



NOT LIKE THIS

ATAU

OR



SURVEI/SURVEY

1. Adakah ikan tinggal dalam air?

- ya
- Tidak

1. Do fish live in water?

- Yes
- No

Borang jawapan
Answer sheet

1.



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

2012

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

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

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

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

2012

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

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

2012

13. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air berkarbonat seperti Coca Cola, Sprite, Pepsi dan lain-lain? (Air berkarbonat diet **tidak termasuk** dalam kumpulan ini)
During the past 30 days, how many times per day did you usually drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi? (Do not include diet soft drinks)
- Saya tidak minum air berkarbonat dalam 30 hari yang lepas
I did not drink carbonated soft drinks during the past 30 days
 - Kurang dari 1 kali dalam sehari
Less than 1 time per day
 - 1 kali sehari
1 time per day
 - 2 kali sehari
2 times per day
 - 3 kali sehari
3 times per day
 - 4 kali sehari
4 times per day
 - 5 kali atau lebih sehari
5 or more times per day
14. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air kosong seperti air mineral, air masak, atau air paip?
During the past 30 days, how many times per day did you usually drink plain water such as mineral water, boiled water, or tap water?
- Saya tidak minum air kosong dalam 30 hari yang lepas
I did not drink plain water during the past 30 days
 - Kurang dari 1 kali dalam sehari
Less than 1 time per day
 - 1 kali sehari
1 time per day
 - 2 kali sehari
2 times per day
 - 3 kali sehari
3 times per day
 - 4 kali sehari
4 times per day
 - 5 kali atau lebih sehari
5 or more times per day
15. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum susu atau makan produk tenusu seperti susu, keju, yogurt dan lain-lain? (Ini tidak termasuk susu pekat manis)
During the past 30 days, how many times per day did you usually drink milk or eat milk products, such as milk, cheese, and yogurt? (This does not include sweetened condensed milk)
- Saya tidak minum susu atau makan produk tenusu dalam tempoh 30 hari yang lepas
I did not drink milk or eat milk products during the past 30 days
 - Kurang dari 1 kali dalam sehari
Less than 1 time per day
 - 1 kali sehari
1 time per day
 - 2 kali sehari
2 times per day
 - 3 kali sehari
3 times per day
 - 4 kali sehari
4 times per day
 - 5 kali atau lebih sehari
5 or more times per day
16. Dalam tempoh 7 hari yang lepas, berapa hari anda makan makanan segera dari **restoran makanan segera** seperti McDonalds, KFC, dan Pizza Hut?
During the past 7 days, on how many days did you eat food from a fast food restaurant, such as McDonalds, KFC, and Pizza Hut?
- 0 hari
0 days
 - 1 hari
1 day
 - 2 hari
2 days
 - 3 hari
3 days
 - 4 hari
4 days
 - 5 hari
5 days
 - 6 hari
6 days
 - 7 hari
7 days

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

BAHAGIAN 5

PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.

The next 6 questions ask about your feelings and friendships.

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

BAHAGIAN 6**PART 6**

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

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

41. Berapakah umur anda ketika kali pertama menghisap rokok?
How old were you when you first tried a cigarette?
- Saya tidak pernah merokok
I have never smoked cigarettes
 - 7 tahun atau ke bawah
7 years old or younger
 - 8 atau 9 tahun
8 or 9 years old
 - 10 atau 11 tahun
10 or 11 years old
 - 12 atau 13 tahun
12 or 13 years old
 - 14 atau 15 tahun
14 or 15 years old
 - 16 tahun atau ke atas
16 years old or older
42. Dalam tempoh 30 hari yang lepas, berapa hari anda merokok?
During the past 30 days, on how many days did you smoke cigarettes?
- 0 hari
0 days
 - 1 atau 2 hari
1 or 2 days
 - 3 hingga 5 hari
3 to 5 days
 - 6 hingga 9 hari
6 to 9 days
 - 10 hingga 19 hari
10 to 19 days
 - 20 hingga 29 hari
20 to 29 days
 - Kesemua 30 hari
All 30 days
43. Dalam tempoh 30 hari yang lepas, berapa hari anda menggunakan produk tembakau lain selain rokok seperti shisha/hookah, rokok elektronik, tembakau sedut, tembakau kunyah, paip, curut, cigar, cigarillo atau bidis?
During the past 30 days, on how many days did you use tobacco products other than cigarettes such as shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis?
- 0 hari
0 days
 - 1 atau 2 hari
1 or 2 days
 - 3 hingga 5 hari
3 to 5 days
 - 6 hingga 9 hari
6 to 9 days
 - 10 hingga 19 hari
10 to 19 days
 - 20 hingga 29 hari
20 to 29 days
 - Kesemua 30 hari
All 30 days

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

2012

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

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

2012

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

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

2012

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> |
|---|--|

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

2012

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

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

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

2012

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"
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	<p>1 = "Did not eat fruit"</p> <p>2 = "Less than one time per day"</p> <p>3 = "1 time per day"</p> <p>4 = "2 times per day"</p> <p>5 = "3 times per day"</p> <p>6 = "4 times per day"</p> <p>7 = "5 or more times per day"</p>
Ate fruit 2+ times per day past 30 days	QN7	Weight	Usually ate fruits more than twice per day in past 30 days	<p>1 = "Yes"</p> <p>2 = "No"</p>
Eat vegetables past 30 days	Q8	Weight	Frequency of usually consume vegetables per day in past 30 days	<p>1 = "Did not eat vegetables"</p> <p>2 = "Less than one time per day"</p> <p>3 = "1 time per day"</p> <p>4 = "2 times per day"</p> <p>5 = "3 times per day"</p> <p>6 = "4 times per day"</p> <p>7 = "5 or more times per day"</p>
Ate vegetables 3+ times per day past 30 days	QN8	Weight	Usually ate vegetables more than three times per day in past 30 days	<p>1 = "Yes"</p> <p>2 = "No"</p>
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	<p>1 = "Did not drink soft drinks"</p> <p>2 = "Less than one time per day"</p> <p>3 = "1 time per day"</p> <p>4 = "2 times per day"</p> <p>5 = "3 times per day"</p> <p>6 = "4 times per day"</p> <p>7 = "5 or more times per day"</p>

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 tobacco 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

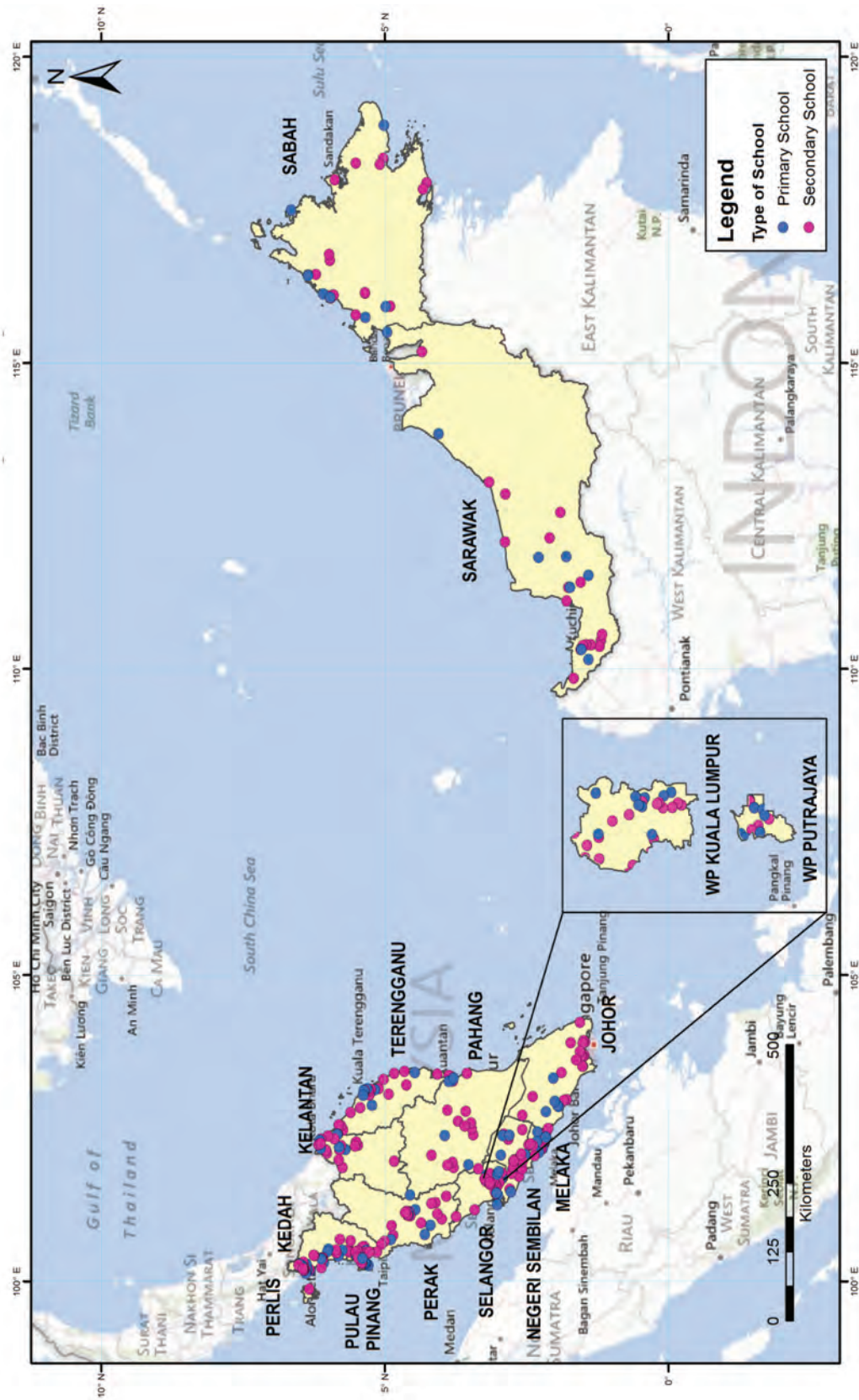
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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



nhms.iku@iku.gov.my

ISBN 978-983-3887-91-0



9 789833 887910