



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

TERENGGANU

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

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

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Executive Summary

The 2012 Terengganu GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Terengganu. The survey used a two-stage cluster sampling design. The objectives of this study were to determine the prevalence of health-related behaviours, risky behaviours and protective factors among secondary school students in Terengganu. The survey was administered using self-administered questionnaire. The response rate at school level was 100%, with a students' response rate of 89.0% (1,645 of 1,848 students responded).

Key Findings

About 92.6% ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 2.5%. In relation to dietary behaviour, 9.9% of the students were at risk of becoming underweight, while 8.5% students were at risk of becoming obese. In the past 30 days, only 31.4% of the students consumed fruits and vegetables at least five times daily and almost one third of them drank carbonated drinks at least once daily. As for drug use, 29 students reported ever used drug with all of them first used drug before the age of 14 years.

Overall, 2.1% of the students reported brushing their teeth less than once daily and 88.6% brushed at least twice daily. Only 60.0% of students reported using fluoridated toothpaste. In the past 30 days, 8.4% never or rarely wash their hands after using the toilet and 19.5% never or rarely used soap when washing their hands. Suicidal ideation, suicidal plan and attempted suicide were noted among 5.1%, 5.2% and 5.0% of the students respectively. The inability to sleep at night due to worry was noted among 5.1% of students, while loneliness was found in 8.9% and 3.2% reported having no close friend. With regards to physical activity, 23.2% of the students were found to be active in the past seven days, while almost half of them were engaged in sedentary activities. Parental or guardian supervision was reported in 12.5% of the students, while one third of them claimed had parental or guardian connectedness and almost half had reported parental or guardian bonding. Truancy was reported in 35.6% of the students.

This study found that 6.5% of students ever had sex with half of them had sex for the first time before the age of 14 years. About 14.1% of the students were current cigarette smokers. Among those who ever smoked, almost three quarters first tried a cigarette before the age of 14 years. Almost half of the students reported exposure to secondhand smoke from people smoking in their presence, while more than half claimed had parents or guardians who used any form of tobacco. Notably, 25.6% and 25.2% of the students were physically attacked and involved in a physical fight respectively, with 38.2% who had serious injury. Having been bullied was reported in 13.4% of the students, while 9.0% had been physically abused at home.

Recommendations

Based on the findings, the following recommendations are made:

- i. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to poor hygiene practices and truancy.
- ii. More effort is needed to strengthen health education on personal hygiene and proper hand washing practices in schools, homes and community.

- iii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multidisciplinary approach.
- iv. The habit of taking breakfast among students need to be promoted through approaches such as allocating specific time for breakfast in school.
- v. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of and possession of tobacco products by minors.

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 Terengganu 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 Terengganu 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 Terengganu 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 Terengganu GSHS, 1,645 questionnaires were completed in 17 schools. The school response rate was 100%, while the students response rate was 89.0%. Overall, the response rate was 89.0%.

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 Terengganu.

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

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

The GSHS questionnaire contained 77 questions addressing the following topics:

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

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

2.1 Variable Definition

i. Alcohol Consumption

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

ii. Dietary Behavior

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

iii. Drug Use

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

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

viii. Violence and Unintentional Injury

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

2.2. Objectives**2.2.1 General Objective**

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

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Terengganu was about 1.0 million (29). Adolescents between the ages of 10 to 20 years accounted for 23.4% of the total population. In 2012, there were 111,987 students aged 12 to 17 years in 147 secondary schools under Ministry of Education and Ministry of Rural Development in Terengganu (30).

A total of 1,848 students from Form 1 to 5 in Terengganu were selected from 17 randomly selected secondary schools, with 1,645 students or 89.0% responding to our survey. Of the respondents, 50.7% of students were males (**Table 1.2**). About 20.3% were from Remove Class/ Form 1, 20.3% from Form 2, 20.2% Form 3, 19.9% Form 4 and the remaining 19.4% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.

3.2 Alcohol Consumption

Introduction

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

Findings

The prevalence of current alcohol use among students was 2.5% (95% CI: 1.36-4.67) (**Table 2.1.1**). Among students who ever consumed alcohol, 92.6% (95% CI: 79.29-97.64) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**).

3.3 Dietary Behaviours

Introduction

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

Findings

Overall, 9.9% (95% CI: 7.82-12.48) of the students were at risk of becoming underweight. Males [13.1% (95% CI: 9.11-18.47)] were significantly higher than females [6.7% (95% CI: 5.02-8.84)] to be at risk of becoming underweight (**Table 3.1**). About 20.5% (95% CI: 17.84- 23.51) were at risk of becoming overweight (**Table 3.2**). Overall, 8.5% (95% CI: 7.18-9.94) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 3.2% (95% CI: 1.92-5.23) 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 45.8% (95% CI: 40.95-50.70) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 30.4% (95% CI: 28.50- 32.34) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 31.4% (95% CI: 28.89-33.98) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally 27.6% (95% CI: 22.53-33.31) of the students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 5.3% (95% CI: 3.58-7.69) reported consuming food from a fast food restaurant at least three days in the past seven day (**Table 3.8.1**). About 42.3% (95% CI: 37.23-47.45) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 13.9% (95% CI: 9.66-19.62) reported they had breakfast daily in the past seven days (**Table 3.10**). About 26.9% (95% CI: 24.17-29.84) of the students perceived they were slightly or very overweight. Females [35.3% (95% CI: 31.02-39.79)] were significantly more likely than males [18.8% (95% CI: 15.41-22.72)] to perceived their weight as slightly or very overweight (**Table 3.11.1**). Overall, 36.5% (95% CI: 33.89- 39.24) reported trying to lose weight and it was significantly higher among females [44.4% (95% CI: 40.86-47.96)] than males [28.9% (95% CI: 24.67-33.49)] (**Table 3.12.1**). Overall, 72.5% (95% CI: 68.81-75.82) reported attempting to lose, gain or maintain the same weight (**Table 3.12.2**).

3.4 Drug Use

Introduction

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

Findings

Generally, 98.2% (95% CI: 96.70-99.00) of the students reported that they never use drug during their lifetime (**Table 4.1.1**).

3.5 Hygiene (Including Oral Hygiene)

Introduction

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

Findings

Only, 2.1% (95% CI: 1.24-3.68) of the students had brushed their teeth less than once daily in the past 30 days. A high prevalence of students reported brushing their teeth at least twice daily [88.6% (95% CI: 86.84-90.23)] with significantly more females [94.7% (95% CI: 92.70-96.14)] than males [82.8% (95% CI: 80.26-84.99)] reported this (**Table 5.1.1**). Only 60.0% (95% CI: 54.97-64.95) reported use of fluoridated toothpaste and 24.6% (95% CI: 21.76-27.67) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 12.4% (95% CI: 9.81- 15.50) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 45.5% (95% CI: 38.59-52.50) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 18.3% (95% CI: 15.40 21.51) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 6.8% (95% CI:4.77-9.54) of the students never or rarely washed their hands before eating (**Table 5.6**). About 8.4% (95% CI: 5.68-12.22) reported never or rarely washed their hands after using the toilet (**Table 5.7**). A total of 19.5% (95% CI: 15.81-23.70) never or rarely used soap when washing their hands (**Table 5.8**).

3.6 Mental Health Problems

Introduction

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

Findings

In the past 12 months, 8.9% (95% CI: 7.38-10.64) of the students had felt lonely most of the time or always with significantly more females [11.3% (95% CI: 9.05-13.98)] than males [6.3% (95% CI: 4.35-9.04)] affected (**Table 6.1**). Overall, 5.1% (95% CI: 3.64-7.11) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 5.1% (95% CI: 3.97-6.47) (**Table 6.3**). About 5.2% (95% CI: 3.97-6.68) had suicidal plan (**Table 6.4**) and 5.0% (95% CI: 3.08-8.18) had reported attempted suicide (**Table 6.5**). Overall, 3.2% (95% CI: 2.37-4.17) of the students had no close friend at all (**Table 6.6**).

3.7 Physical Activity

Introduction

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

Findings

The prevalence of being physically active in the past seven days was 14.7% (95% CI: 13.19-16.28) and this was significantly higher among males [19.7% (95% CI: 16.69-23.17)] compared to females [9.5% (95% CI: 6.45-13.81)] (**Table 7.1**). Overall, 23.2% (95% CI: 20.10-26.56) had been physically active for at least five days in the past seven days with significantly more males [29.5% (95% CI: 24.21-35.37)] than females [16.8% (95% CI: 12.07-22.80)] with this level of activity (**Table 7.1.1**). About 44.6% (95% CI: 39.53-49.71) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 41.2% (95% CI: 36.51-46.00) had engaged in sedentary activities (**Table 7.3.1**).

3.8 Protective Factors

Introduction

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

Findings

The prevalence of truancy among the students in the past 30 days was 35.6% (95% CI:29.78-41.87) (**Table 8.1**). Overall, 41.4% (95% CI: 35.53-47.44) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [51.4% (95% CI: 45.34-57.44)] than males [31.7% (95% CI: 26.33-37.53)] (**Table 8.2**). Parental or guardian supervision was reported by 12.5% (95% CI: 9.96-15.55) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 33.1% (95% CI: 29.35-37.03) (**Table 8.4**). About 42.2% (95% CI: 36.98-47.65) reported of parental or guardian bonding (**Table 8.5**) and 73.9% (95% CI: 71.02-76.60) of the students reported having parental or guardian 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.

Finding

The prevalence of students who ever had sex was 6.5% (95% CI: 4.54-9.27) (**Table 9.1**).

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 14.1% (95% CI: 9.29-20.87) with significantly more males [27.0% (95% CI: 19.97-35.49)] than females [0.8% (95% CI: 0.24-2.50)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 70.4% (95% CI: 61.65-77.83) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 6.4% (95% CI: 4.25-9.39) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 2.7% (95% CI: 1.75-4.16) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 86.3% (95% CI: 80.12-90.83) had tried to stop smoking (**Table 10.5**). A total of 46.9% (95% CI: 42.61-51.25) reported having been exposed to people who smoked in their presence in the past seven days, with significantly more males [58.2% (95% CI: 52.93-63.29)] than females [35.2% (95% CI: 30.50-40.14)] reporting this (**Table 10.6.1**). About 45.8% (95% CI: 41.00-59.71) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [80.4% (95% CI: 74.40-85.26)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [96.9% (95% CI: 94.9-98.08)] than males [64.3% (95% CI: 57.68-70.39)] (**Table 10.8**). Additionally, majority [81.5% (95% CI: 76.06-85.89)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [96.9% (95% CI: 95.13-98.01)] than males [66.7% (95% CI: 61.07-71.82)] (**Table 10.9**). Among the non-smokers, 11.3% (95% CI: 9.71-13.19) were susceptible to smoking (**Table 10.10**).

3.11 Violence and Unintentional Injury

Introduction

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

Findings

In the past 12 months, 25.6% (95% CI: 22.64-28.88) of the students had been physically attacked (**Table 11.1.1**). Overall, 25.2% (95% CI: 20.07-31.14) had been involved in a physical fight with significantly more males [32.8% (95% CI: 26.16-40.30)] than females [17.1% (95% CI: 12.91-22.33)] reporting this (**Table 11.2.1**). About 38.2% (95% CI: 33.42- 43.15) of the students had been seriously injured with significantly more males [44.4% (95% CI: 38.89-50.08)] than females [31.7% (95% CI: 27.39-36.25)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [29.7% (95% CI: 23.90-36.29)] and "a broken bone or dislocated joint" [17.6% (95% CI: 13.68-22.36)] (**Table 11.4**). The two most common causes of serious injury were "fall" [34.8% (95% CI: 31.11-38.73)] and "motor vehicle accident" [20.2% (95% CI: 14.44- 27.60)] (**Table 11.5**). In the past 30 days, 13.4% (95% CI: 10.62-16.86) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun of with sexual jokes, comments or gestures" [22.6% (95% CI: 15.77-31.27)] and "made fun because of body or face look" [18.4% (95% CI: 12.17-26.81)] (**Table 11.7**). About 9.0% (95% CI: 6.77-11.91) of the students had been abused physically (**Table 11.8.1**) and 44.0% (95% CI: 39.75-48.25) were abused verbally at home with significantly more females [52.3% (95% CI: 47.36-57.30)] than males [35.9% (95% CI: 32.12-39.91)] (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Terengganu was lower than the national prevalence (2.5% vs 8.9%). Majority of the current drinkers in Terengganu had taken their first drink before the age of 14 years. This prevalence was higher than the national figure (92.6% vs 63.5%) and the highest among all states.

A higher prevalence of students are at risk of becoming underweight compared to the national finding (9.9% vs 8.8%). The prevalence for being at risk of overweight and obesity were each observed to be lower compared to the national figures (20.5% vs 22.8% and 5.3% vs 9.5%, respectively). Consumption of fruit and vegetable was comparable to the national prevalence (31.4% vs 28.7%). The prevalence of students consuming soft drinks and fast food were each lower than the national prevalence (27.6% vs 29.4% and 5.3% vs 6.0%, respectively). Among all states, Terengganu had the lowest prevalence of students who drank plain water at least five times daily in the past 30 days and who took breakfast daily in the past seven days. These figures were much lower than the national prevalence (42.3% vs 54.8% and 13.9% vs 19.2% respectively).

Among all states, Terengganu had the highest prevalence of students who either never or rarely washed their hands before eating, after using the toilet, or used soap when washing their hands. These figures were much higher than the national prevalence (6.8% vs 5.0%, 8.4% vs 5.4% and 19.5% vs 13.7%, respectively). Majority of students (88.6%) brushed their teeth at least twice daily, and reportedly, the use of fluoridated toothpaste was comparable to the national prevalence (60.0% vs 57.2%).

The prevalence of students who could not sleep at night due to worry was lower compared to the national prevalence (5.1% vs 5.4%). About 8.9% of students reported feeling lonely most of the time in the past 12 months, and this is higher than the national finding (8.1%). The prevalence of suicidal ideation, plan and attempts were lower compared to the national prevalence (5.1% vs 7.9%, 5.2% vs 6.4% and 5.0% vs 6.8%, respectively).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) was comparable to the national prevalence (23.2% vs 22.7%). However, less students had engaged in sedentary activities such as watching television or playing computer game for at least 3 hours a day, compared to the national prevalence (41.2% vs 47.3%).

The prevalence of truancy was higher compared to the national prevalence (35.6% vs 30.9%). It was observed that this figure was the highest among all states as in Perak and Perlis. Less students reported having peer support compared to the national finding (41.4% vs 44.3%). Parental or guardian connectedness and bonding were both comparable to the national figures (33.1% vs 31.5 and 42.2% vs 43.1%, respectively). However, the parental or guardian supervision was lower than the national prevalence (12.5% vs 14.2%).

The prevalence of reported ever had sex in Terengganu was lower than the national prevalence (6.5% vs 8.3%).

The prevalence of students who were currently smoke cigarettes and other tobacco products were each higher than the national prevalence (14.1% vs 11.5% and 6.4% vs 5.5%, respectively). Among those who ever smoked, about three quarters of them first tried acigarette before the age of 14 years. The prevalence of exposure to secondhand smoke from people smoking in their presence and reported parents or guardians who used any form of tobacco were each higher than the national figures (46.9 vs 41.6% and 45.8 vs 40.2%, respectively). Among students who were non-smokers, the susceptibility to smoking was higher than the national prevalence (11.3% vs 9.6%).

Most of the violent behaviour assessed in this survey among the students in Terengganu was noted to be lower than the national levels, with the exception of serious injury at least once in the past one year which was higher than the national prevalence (38.2% vs 34.9%).

5.0 CONCLUSION

In Terengganu, generally most of the prevalence for behaviours studied were more positive compared to the national figures. Truancy and poor personal hygiene were observed to be the highest among all states. Additionally, the state of Terengganu was noted to have the highest prevalence of students who missed breakfast daily. The use of tobacco products was also found to be higher than the national finding.

6.0 RECOMMENDATIONS

Based on the findings, the following recommendations are made:

- i. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to poor hygiene practices and truancy.
- ii. More effort is needed to strengthen health education on personal hygiene and proper hand washing practices in schools, homes and community.
- iii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.
- iv. The habit of taking breakfast among students need to be promoted through approaches such as allocating specific time for breakfast in school.
- v. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of and possession of tobacco products by minors.

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APPENDIX 1: TABLE OF FINDINGS

1.0 Socio-demographic Profile

Table 1.1: Students Form 1-5 by age group, Terengganu, 2012

Age	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
11 years	6	-	-	-	-	1	-	-	-	-	4	-	-	-	-	-	-	-	-	-
12 years	7	-	-	-	-	6	-	-	-	-	0	-	-	-	-	-	-	-	-	-
13 years	349	22910	20.4	16.35	25.18	180	11339	19.9	15.27	25.60	169	11571	21.0	15.27	28.05	164	11065	20.0	14.56	26.93
14 years	337	22994	20.5	14.45	28.20	173	11928	21.0	12.49	33.04	200	11088	20.1	14.97	26.39	154	10857	19.7	11.92	30.67
15 years	378	21871	19.5	14.44	25.77	178	10783	19.0	13.24	26.40	154	10857	19.7	11.92	30.67	165	10304	18.7	11.68	28.47
16 years	284	22115	19.7	12.70	29.27	130	11257	19.8	12.23	30.42	117	11037	19.4	12.69	28.52	1	-	-	-	-
17 years	282	21341	19.0	13.92	25.41	117	11037	19.4	12.69	28.52	1	-	-	-	-	-	-	-	-	-
18 years or older	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-

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

Sex	Total					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count
				Lower	Upper	
Male	786	56875	50.7	44.58	56.88	857
Female	857	55221	49.3	43.12	55.42	857

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

Form	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Remove class/Form 1	346	22714	20.3	15.86	25.57	178	11170	19.7	14.80	25.75	167	11473	20.8	14.94	28.20	164	11180	20.3	14.62	27.41
Form 2	330	22681	20.3	14.02	28.35	165	11423	20.2	11.88	32.08	190	11465	20.2	14.35	27.72	132	11407	20.1	12.65	30.48
Form 3	393	22614	20.2	14.86	26.84	190	11465	20.2	14.35	27.72	119	11224	19.8	12.90	29.16	168	10478	19.0	11.90	28.95
Form 4	286	22270	19.9	12.82	29.52	132	11407	20.1	12.65	30.48	154	10863	19.7	11.62	31.41	154	10863	19.7	11.62	31.41
Form 5	287	21702	19.4	14.18	25.91	119	11224	19.8	12.90	29.16	168	10478	19.0	11.90	28.95	168	10478	19.0	11.90	28.95

Note:

- Fewer than 30 cases

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

Ethnicity	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Malay	1636	111531	99.4	98.36	99.81	782	56536.617	99.4	98.14	99.81	854	54994	99.6	95.85	99.96			
Chinese	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Indian	2	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Bumiputera Sabah	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Bumiputera Sarawak	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
Others	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			

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

Parental Marital Status	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Married and living together	1438	98171	87.5	85.80	89.06	702	50800	89.3	86.49	91.61	736	47371	85.9	82.74	88.56			
Married but living apart	23	-	-	-	-	13	-	-	-	-	10	-	-	-	-			
Divorced	61	4058	3.6	2.74	4.76	22	1524	2.68	1.62	4.41	38	2456	4.5	2.85	6.90			
Widower	88	5986	5.3	4.49	6.32	30	2243	3.9	2.65	5.84	58	3743	6.8	5.29	8.67			
Separated	15	-	-	-	-	5	-	-	-	-	9	-	-	-	-			
Don't know	19	-	-	-	-	14	-	-	-	-	5	-	-	-	-			

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, Terengganu, 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	1587	108247	97.5	95.33	98.64	742	53851	96.4	92.93	98.23	845	54396	98.8	97.38	99.44			
1 or 2 days	14	-	-	-	-	10	-	-	-	-	4	-	-	-	-			
3 to 5 days	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
6 to 9 days	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
10 to 19 days	4	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
20 to 29 days	5	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
all 30 days	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

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, Terengganu, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	41	2813	2.5	1.36	4.67	29	1995	3.6	1.77	7.07	10	669	1.2	0.56	2.62			
No	1587	108247	97.5	95.33	98.64	742	53851	96.4	92.93	98.23	845	54396	98.8	97.38	99.44			

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Terengganu, 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	1530	104367	96.2	93.60	97.74	713	51873	95.0	91.10	97.25	817	52495	97.6	95.71	98.70			
7 years or younger	17	-	-	-	-	14	-	-	-	-	2	-	-	-	-			
8 or 9 years	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-			
10 or 11 years	11	-	-	-	-	4	-	-	-	-	7	-	-	-	-			
12 or 13 years	12	-	-	-	-	9	-	-	-	-	2	-	-	-	-			
14 or 15 years	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-			
16 years or older	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			

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, Terengganu, 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	57	3844	92.6	79.29	97.64	39	2669	97.9	85.83	99.73	16	1026	80.5	53.71	93.61	-	-	
No	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-	-	-	

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

Number of Drinks	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Did not drink alcohol in the past 30 days	1589	108453	97.1	95.11	98.28	747	54219	95.9	92.76	97.70	841	54163	98.5	97.24	99.14	-	-	
less than one drink	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-	-	-	
1 drink	19	-	-	-	-	12	-	-	-	-	6	-	-	-	-	-	-	
2 drinks	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-	-	-	
3 drinks	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-	-	-	
4 drinks	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	
5 or more drinks	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	

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, Terengganu, 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	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-	-	-	
No	36	2413	74.3	56.26	86.26	24	1620	69.8	47.31	85.58	11	715	84.1	48.03	96.81	-	-	

Note:
- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Terengganu, 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	1606	109552	98.6	97.16	99.29	97.9	54873	97.9	95.68	98.96	99.5	54679	99.5	98.10	99.84			
1 or 2 times	10	-	-	-	-	8	-	-	-	-	-	2	-	-	-			
3 to 9 times	8	-	-	-	-	7	-	-	-	-	-	1	-	-	-			
10 or more times	5	-	-	-	-	3	-	-	-	-	-	1	-	-	-			

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Terengganu, 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	-	-	-	-	18	-	-	-	-	-	4	-	-	-			
No	1606	109552	98.6	97.16	99.29	756	54873	97.9	95.68	98.96	99.5	54679	99.5	98.10	99.84			

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, Terengganu, 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	1591	108480	98.6	96.96	99.39	752	54522	98.4	96.20	99.31	839	53958	99.2	97.41	99.73			
1 or 2 times	7	-	-	-	-	1	-	-	-	-	4	-	-	-				
3 to 9 times	12	-	-	-	-	10	-	-	-	-	2	-	-	-				
10 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-				

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, Terengganu, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	21	-	-	-	-	13	-	-	-	-	6	-	-	-				
No	1591	108480	98.6	96.96	99.39	752	54522	98.4	96.20	99.31	839	53958	99.2	97.41	99.73			

Note:
- Fewer than 30 cases

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

Source	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Did not drink alcohol in the past 30 days	1580	107844	97.8	95.60	98.94	741	53821	97.0	93.45	98.65	838	53944	98.8	97.19	99.49
Bought in a store, shop or from street vendor	16	-	-	-	-	9	-	-	-	-	7	-	-	-	-
Gave someone else money to buy it	14	-	-	-	-	11	-	-	-	-	2	-	-	-	-
*Friends	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
Family	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
Stole or got it without permission	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
Some other way	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-

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

Source	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Store,shop/street vendor	16	-	-	-	-	9	-	-	-	-	7	-	-	-	-
Gave someone else money to buy it	14	-	-	-	-	11	-	-	-	-	2	-	-	-	-
Friends	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
Family	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
Stole/got without permission	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
Some other way	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-

Note:
- Fewer than 30 cases

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Terengganu, 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	151	10721	9.9	7.82	12.48	97	7136	13.1	9.11	18.47	54	3585	6.7	5.02	8.84					
No	1434	97438	90.1	87.52	92.18	655	47360	86.9	81.53	90.89	779	50079	93.3	91.16	94.98					

Table 3.2: Prevalence of overweight among students Form 1-5, Terengganu, 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	328	22206	20.5	17.84	23.51	144	10377	19.0	15.02	23.84	184	11829	22.0	19.02	25.40					
No	1257	85953	79.5	76.49	82.16	608	44119	81.0	76.16	84.98	649	41834	78.0	74.60	80.98					

Table 3.3: Prevalence of obesity among students Form 1-5, Terengganu, 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	137	9151	8.5	7.18	9.94	61	4289	7.9	5.52	11.11	76	4861	9.1	7.60	10.77					
No	1448	99009	91.5	90.06	92.82	691	50206	92.1	88.89	94.48	757	48802	90.9	89.23	92.40					

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, Terengganu, 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	688	46247	41.3	37.18	45.63	302	21574	38.0	33.53	42.75	386	24673	44.9	38.58	51.32					
Rarely	550	37881	33.9	31.15	36.68	274	20075	35.4	30.62	40.47	276	17806	32.4	27.96	37.13					
Sometimes	351	24182	21.6	18.47	25.13	179	12967	22.9	19.29	26.86	171	11137	20.2	16.31	24.85					
Most of the time	29	-	-	-	-	12	-	-	-	-	16	-	-	-	-	-	-	-	-	-
Always	22	-	-	-	-	17	-	-	-	-	5	-	-	-	-	-	-	-	-	-
* Most of the time or always	51	3564	3.2	1.92	5.23	29	2112	3.72	2.21	6.20	21	1381	2.51	1.21	5.14					

Note:

- Fewer than 30 cases

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Terengganu, 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	134	9309	8.3	5.4	12.26	77	5592	9.9	6.72	14.22	56	3638	6.6	4.38	9.79			
Less than 1 time per day	378	26476	23.6	20.38	27.19	211	15903	28.0	23.49	33.05	166	10501	19.0	15.85	22.64			
1 time per day	375	25002	22.3	20.66	24.03	155	10834	19.1	15.90	22.75	220	14168	25.7	22.41	29.20			
2 times per day	366	24978	22.3	18.81	26.18	165	11902	21.0	16.17	26.74	201	13076	23.7	20.89	26.72			
3 times per day	259	17287	15.4	13.77	17.23	106	7452	13.1	10.89	15.75	153	9835	17.8	14.73	21.37			
4 times per day	45	3052	2.7	1.93	3.83	16	1165	2.1	1.13	3.71	29	1887	3.42	2.18	5.33			
5 or more times per day	86	6019	5.4	3.81	7.52	54	3903	6.9	4.53	10.31	32	2116	3.8	2.47	5.90			

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Terengganu, 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	756	51335	45.8	40.95	50.70	341	24422	43.0	37.23	49.03	415	26914	48.7	42.02	55.50			
No	887	60787	54.2	49.30	59.05	443	32329	57.0	50.97	62.77	442	28307	51.3	44.50	57.98			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not eat vegetables in the past 30 days	106	7185	6.4	4.75	8.61	56	3951	7.0	4.40	10.84	50	3233	5.9	4.33	7.94			
Less than 1 time per day	281	19581	17.5	15.00	20.30	160	11806	20.8	16.42	25.95	121	7775	14.1	11.20	17.68			
1 time per day	340	22700	20.3	17.53	23.34	149	10488	18.5	14.84	22.75	191	12212	22.2	19.00	25.77			
2 times per day	423	28474	25.4	22.38	28.75	176	12673	22.3	19.04	25.98	246	15722	28.6	24.64	32.87			
3 times per day	268	18296	16.3	14.00	18.99	138	9904	17.4	14.08	21.40	129	8320	15.1	11.38	19.82			
4 times per day	69	4887	4.4	3.47	5.48	31	2346	4.1	2.51	6.73	38	2540	4.6	4.09	5.21			
5 or more times per day	154	10833	9.7	7.61	12.23	75	5623	9.9	7.62	12.78	79	5210	9.5	6.99	12.72			

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Terengganu, 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	491	34015	30.4	28.50	32.34	244	17873	31.5	27.64	35.58	246	16071	29.2	25.49	33.24			
No	1150	77940	69.6	67.66	71.50	541	38919	68.5	64.42	72.36	608	38943	70.8	66.76	74.51			

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, Terengganu, 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	511	35091	31.4	28.89	33.98	239	17298	30.5	26.56	34.79	272	17793	32.3	28.41	36.55			
No	1128	76741	68.6	66.02	71.11	544	39370	69.5	65.21	73.44	582	37221	67.7	63.45	71.59			

Table 3.7: Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Terengganu, 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	539	35800	31.9	28.01	36.16	208	14554	43.0	37.82	48.36	330	21168	38.4	33.02	44.06			
Less than 1 time per day	661	45334	40.5	36.80	44.23	333	24414	14.7	12.02	17.87	328	20920	37.9	34.48	41.53			
1 time per day	244	16940	15.1	12.37	18.35	114	8347	8.7	6.73	11.18	129	8521	15.5	10.92	21.42			
2 times per day	113	7817	7.0	5.24	9.23	70	4939	4.0	2.56	6.17	43	2877	5.2	3.17	8.47			
3 times per day	44	3271	2.9	1.87	4.53	28	2264	1.9	1.06	3.27	16	1007	1.8	1.13	2.95			
4 times per day	23	-	-	-	-	15	-	-	-	-	8	-	-	-	-			
5 or more times per day	19	-	-	-	-	17	-	-	-	-	2	-	-	-	-			

Note:

- Fewer than 30 cases

Table 3.7.1: Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Terengganu, 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	443	30923	27.6	22.53	33.31	244	17798	31.4	26.04	37.21	198	13053	23.7	17.90	30.61			
No	1200	81135	72.4	66.69	77.47	541	38968	68.6	62.79	73.96	658	42088	76.3	69.39	82.10			

Table 3.8: Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Terengganu, 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	1044	71376	63.6	59.21	67.76	493	35726	62.8	58.18	67.23	551	35650	64.6	58.61	70.09			
1 day	414	28061	25.0	22.21	28.01	196	14197	25.0	21.50	28.78	218	13864	25.1	21.65	28.90			
2 days	102	6895	6.1	4.39	8.53	44	3172	5.6	3.59	8.57	57	3644	6.6	4.58	9.42			
3 days	44	3069	2.7	1.60	4.64	25	1777	3.1	1.87	5.19	18	1220	2.2	1.12	4.33			
4 days	12	-	-	-	-	6	-	-	-	-	6	-	-	-	-			
5 days	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
6 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
7 days	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-			

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, Terengganu, 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	85	5915	5.3	3.58	7.69	53	3780	6.6	4.82	9.10	31	2063	3.7	2.11	6.53			
No	1560	106332	94.7	92.31	96.42	733	53095	93.4	90.90	95.18	826	53158	96.3	93.47	97.89			

Table 3.9: Daily frequency of plain water intake in the past 30 days, students Form 1-5, Terengganu, 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	28	-	-	-	-	19	-	-	-	-	8	-	-	-	-			
Less than 1 time per day	72	5063	4.5	3.35	6.09	42	3062	5.4	3.80	7.67	29	1922	3.5	1.95	6.16			
1 time per day	72	4827	4.3	3.21	5.79	38	2648	4.7	3.13	6.94	34	2179	4.0	2.67	5.82			
2 times per day	132	9228	8.3	6.87	9.89	68	4941	8.7	7.18	10.59	64	4287	7.8	5.57	10.77			
3 times per day	305	21049	18.8	15.91	22.14	146	10644	18.8	15.12	23.19	159	10405	18.9	15.20	23.23			
4 times per day	326	22479	20.1	16.93	23.72	158	11614	20.5	16.94	24.67	168	10865	19.7	16.34	23.61			
5 or more times per day	704	47241	42.3	37.23	47.45	311	22350	39.5	34.75	44.51	393	24891	45.2	38.36	52.19			

Note:
- Fewer than 30 cases

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

Number of Days	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 day	349	23723	21.2	18.51	24.10	164	11715	20.6	17.18	24.60	185	12008	21.8	18.34	25.64			
1 day	285	19893	17.8	15.22	20.61	142	10468	18.4	15.24	22.15	142	9354	17.0	14.82	19.35			
2 days	290	19759	17.6	15.56	19.92	137	9915	17.5	15.02	20.22	153	9844	17.8	14.70	21.51			
3 days	176	11888	10.6	8.92	12.57	88	6226	11.0	8.97	13.36	88	5662	10.3	7.98	13.11			
4 days	96	6507	5.8	4.93	6.83	38	2879	5.1	3.98	6.45	57	3549	6.4	4.25	9.63			
5 days	164	11302	10.1	7.79	12.97	82	5975	10.5	6.62	16.33	82	5328	9.7	7.67	12.11			
6 days	51	3391	3.0	2.14	4.27	18	1299	2.3	1.19	4.37	33	2092	3.8	2.46	5.80			
7 days	231	15585	13.9	9.66	19.62	115	8271	14.6	10.95	19.14	116	7313	13.3	7.59	22.15			

Table 3.11: Perception of body weight, students Form 1-5, Terengganu, 2012

Perception	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
Very underweight	264	18209	16.3	13.13	20.12	159	11169	19.7	16.00	24.04	105	7040	12.8	9.57	16.98			
Slightly underweight	217	15048	13.5	11.73	15.47	122	8930	15.8	13.54	18.28	95	6118	11.1	8.84	13.95			
Right weight	699	48280	43.3	38.36	48.34	352	25911	45.7	39.78	51.80	347	22369	40.7	34.86	46.92			
Slightly overweight	375	24939	22.4	20.40	24.44	121	8786	15.5	12.46	19.14	254	16153	29.4	25.71	33.44			
Very overweight	80	5079	4.6	3.42	6.03	29	1865	3.3	2.45	4.41	51	3215	5.9	4.10	8.29			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Yes	455	30018	26.9	24.17	29.84	150	10651	18.8	15.41	22.72	305	19367	35.3	31.02	39.79			
No	1180	81538	73.1	70.16	75.83	633	46011	81.2	77.28	84.59	547	35527	64.7	60.21	68.98			

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Terengganu, 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	442	30742	27.5	24.18	31.19	222	16555	29.2	25.05	33.76	220	14187	25.9	21.52	30.83			
Tried to lose weight	607	40755	36.5	33.89	39.24	232	16367	28.9	24.67	33.49	374	24309	44.4	40.86	47.96			
Tried to gain weight	253	17632	15.8	13.54	18.36	152	11032	19.5	16.49	22.84	100	6529	11.9	9.12	15.44			
Tried to maintain same weight	334	22462	20.1	17.43	23.12	177	12712	22.4	19.48	25.70	157	9750	17.8	15.08	20.89			

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Terengganu, 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	607	40755	36.5	33.89	39.24	232	16367	28.9	24.67	33.49	374	24309	44.4	40.86	47.96			
No	1029	70836	63.5	60.76	66.11	551	40299	71.1	66.51	75.33	477	30466	55.6	52.04	59.14			

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Terengganu, 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	1194	80848	72.5	68.81	75.82	561	40110	70.8	66.24	74.95	631	40588	74.1	69.17	78.48			
No	442	30742	27.5	24.18	31.19	222	16555	29.2	25.05	33.76	220	14187	25.9	21.52	30.83			

4.0 Drug Use

Table 4.1: Frequency of ever used drug, students Form 1-5, Terengganu, 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	1611	109866	98.2	96.70	99.00	759	55003	97.2	95.24	98.32	852	54863	99.4	97.32	99.85	-	-	-	-	
1 or 2 times	8	-	-	-	-	8	-	-	-	-	1	-	-	-	-	-	-	-	-	
3 to 9 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-	-	-	-	-	
10 to 19 times	7	-	-	-	-	5	-	-	-	-	0	-	-	-	-	-	-	-	-	
20 or more times	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-	-	-	-	-	

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Terengganu, 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	29	-	-	-	-	23	-	-	-	-	5	-	-	-	-	-	-	-	-	
No	1611	109866	98.2	96.70	99.00	759	55003	97.2	95.24	98.32	852	54863	99.4	97.32	99.85	-	-	-	-	

Table 4.2: Age when first used drug, students Form 1-5, Terengganu, 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 drugs	1554	105833	98.1	96.51	98.94	725	52558	96.7	93.98	98.24	829	53275	99.6	98.35	99.88	-	-	-	-	
7 years or younger	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-	-	-	-	-	
8 or 9 years	8	-	-	-	-	8	-	-	-	-	0	-	-	-	-	-	-	-	-	
10 or 11 years	4	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	-	-	
12 or 13 years	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	-	-	
14 or 15 years	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	
16 years or older	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Terengganu, 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	30	2088	100.0	100.00	100.00	26	1780	100.0	100.0	100.00	3	256	100.0	100.00	100.00	-	-	-	-	
No	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	

Note:

- Fewer than 30 cases

Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Terengganu, 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	1613	110017	98.2	96.76	98.98	761	55173	97.3	95.01	98.58	851	54765	99.2	97.70	99.71			
1 or 2 times	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-	-	-	
3 to 9 times	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-	-	-	
10 to 19 times	3	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Terengganu, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	29	-	-	-	-	22	-	-	-	-	6	-	-	-	-	-	-	
No	1613	110017	98.2	96.76	98.98	761	55173	97.3	95.01	98.58	851	54765	99.2	97.70	99.71			

Table 4.4: Usual sources of obtaining drug in the past 30 days, students Form 1-5, Terengganu, 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 drugs in the past 30 days	1602	109270	97.7	96.24	98.59	752	54580	96.5	93.84	98.04	850	54690	99.2	97.72	99.71			
*Bought from someone	15	-	-	-	-	12	-	-	-	-	2	-	-	-	-	-	-	
Gave someone else money to buy it	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-	-	-	
Stole/got without permission	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-	-	-	
Friends	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	
Family	3	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	
Some other way	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Terengganu, 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	-	-	-	-	12	-	-	-	-	2	-	-	-	-	-	-	
No	22	-	-	-	-	17	-	-	-	-	4	-	-	-	-	-	-	

Note:
- Fewer than 30 cases

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Terengganu, 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	1616	110212	99.2	98.53	99.53	761	55143	98.5	96.86	99.28	853	54919	99.9	98.71	99.98					
1 or 2 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-	-	-	-	-	-
3 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	-	-	-
20 or more times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	-	-	-

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Terengganu, 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	13	-	-	-	-	12	-	-	-	-	1	-	-	-	-	-	-	-	-	-
No	1616	110212	99.2	98.53	99.53	761	55143	98.5	96.86	99.28	853	54919	99.9	98.71	99.98					

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Terengganu, 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	1614	110088	99.1	98.22	99.51	762	55238	98.7	97.48	99.28	852	54850	99.6	97.62	99.93					
1 or 2 times	8	-	-	-	-	8	-	-	-	-	1	-	-	-	-	-	-	-	-	-
3 to 9 times	3	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-
10 to 19 times	2	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	-
20 or more times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Note:

- Fewer than 30 cases

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Terengganu, 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	-	-	-	-	11	-	-	-	-	3	-	-	-	-	-		
No	1614	110088	99.1	98.22	99.51	762	55238	98.7	97.48	99.28	852	54850	99.6	97.62	99.93			

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Terengganu, 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	1583	107862	98.9	97.49	99.55	749	54215	98.6	95.44	99.56	834	53647	99.3	97.77	99.78			
1 or 2 time	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
3 to 9 times	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
10 to 19 times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
20 or more times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Terengganu, 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	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-			
No	1583	107862	98.9	97.49	99.55	749	54215	98.6	95.44	99.56	834	53647	99.3	97.77	99.78			

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, Terengganu, 2012

Frequency	Total			Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not clean or brush teeth in past 30 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-
Less than 1 time per day	30	2146	1.9	1.16	3.15	23	1676	2.9	1.69	5.09	7	471	0.9	0.51	1.43
1 time	147	10336	9.2	8.08	10.50	109	7869	13.9	12.60	15.20	38	2468	4.5	2.94	6.76
2 times	546	37013	33.0	28.83	37.48	273	19641	34.6	31.10	38.22	273	17372	31.5	25.78	37.83
3 times	737	49912	44.5	41.50	47.57	277	20162	35.5	32.12	39.01	458	29601	53.7	49.41	57.86
4 or more times	179	12463	11.1	9.21	13.36	99	7212	12.7	10.93	14.70	80	5251	9.5	6.92	12.95

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

Frequency	Total			Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not brush or brushed less than 1 time	34	2400	2.1	1.24	3.68	27	1929	3.4	1.90	6.01	7	471	0.9	0.51	1.43
1 or more times per day	1609	109725	97.9	96.32	98.76	758	54884	96.6	93.99	98.10	849	54691	99.1	98.57	99.49
* 2 or more times per day	1462	99388	88.6	86.84	90.23	649	47015	82.8	80.26	84.99	811	52223	94.7	92.70	96.14

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Terengganu, 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	988	66637	60.0	54.97	64.95	442	31780	56.7	48.60	64.53	546	34856	63.6	59.76	67.17
No	245	17021	15.3	11.29	20.52	127	9210	16.4	10.22	25.39	118	7812	14.2	11.16	18.00
Don't know	394	27282	24.6	21.76	27.67	205	15022	26.8	22.55	31.57	188	12181	22.2	18.11	26.93

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, Terengganu, 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	199	13684	12.4	9.81	15.50	108	7817	14.1	11.10	17.66	90	5789	10.6	7.88	13.99					
No	1421	96870	87.6	84.50	90.19	659	47781	85.9	82.34	88.90	762	49089	89.5	86.01	92.12					

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

Timing	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
In the past 12 months	758	50881	45.5	38.59	52.50	334	24199	42.7	35.94	49.80	424	26682	48.4	40.49	56.35					
12-24 months ago	150	10470	9.4	7.16	12.13	74	5560	9.8	7.72	12.40	76	4910	8.9	6.07	12.89					
More than 24 months ago	64	4486	4.0	2.40	6.63	39	2768	4.9	2.76	8.51	25	1718	3.12	1.78	5.41					
Never	229	15946	14.3	10.55	18.96	135	9638	17.0	12.91	22.10	93	6236	11.3	7.71	16.28					
Don't know	440	30153	26.9	22.86	31.44	201	14473	25.6	21.11	30.57	238	15601	28.3	23.30	33.87					

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Terengganu, 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	301	20339	18.3	15.40	21.51	143	10097	17.9	14.49	21.96	157	10163	18.5	15.61	21.80					
No	1332	91067	81.7	78.49	84.60	635	46234	82.1	78.04	85.51	696	44762	81.5	78.20	84.39					

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Terengganu, 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	12	-	-	-	-	9	-	-	-	-	3	-	-	-	-			
Rarely	92	6727	6.0	4.22	8.57	61	4635	8.2	5.14	12.90	31	2092	3.8	1.65	8.54			
Sometimes	130	8942	8.0	6.40	10.04	72	5134	9.1	7.04	11.70	57	3729	6.8	4.26	10.67			
Most of the time	217	14839	13.3	10.34	17.01	106	7692	13.6	10.6	17.32	111	7147	13.0	8.71	19.02			
Always	1181	80038	71.9	68.44	75.07	531	38349	68.0	63.04	72.58	650	41689	76.0	70.82	80.44			
*Never or rarely	104	7544	6.8	4.77	9.54	70	5224	9.3	6.19	13.64	34	2320	4.3	1.75	9.87			

Table 5.7: Prevalence* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Terengganu, 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	28	-	-	-	-	22	-	-	-	-	5	-	-	-	-			
Rarely	107	7473	6.7	4.46	9.87	59	4299	7.6	4.64	12.21	47	3102	5.6	3.44	9.04			
Sometimes	220	15309	13.7	11.89	15.68	110	8080	14.3	11.48	17.63	110	7228	13.1	11.12	15.35			
Most of the time	229	15662	14.0	11.12	17.46	123	8916	15.8	12.83	19.21	106	6746	12.2	8.63	17.02			
Always	1057	71592	63.9	60.46	67.29	468	33772	59.7	56.26	63.02	589	37820	68.5	63.57	73.03			
* Never or rarely	135	9391	8.4	5.68	12.22	81	5814	10.3	6.48	15.92	52	3427	6.2	3.85	9.85			

Table 5.8: Prevalence* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Terengganu, 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	29	-	-	-	-	18	-	-	-	-	11	-	-	-	-			
Rarely	283	19877	17.7	14.38	21.64	166	12111	21.3	17.46	25.75	117	7766	14.1	9.92	19.56			
Sometimes	515	34879	31.1	28.43	33.88	238	17097	30.1	26.93	33.46	277	17781	32.2	27.46	37.34			
Most of the time	311	21046	18.8	14.75	23.56	140	10282	18.1	13.81	23.36	169	10614	19.2	13.64	26.38			
Always	506	34435	30.7	26.77	34.92	223	16056	28.3	24.42	32.44	283	18379	33.3	26.91	40.32			
* Never or rarely	312	21825	19.5	15.81	23.70	184	13378	23.5	19.37	28.32	128	8447	15.3	11.08	20.74			

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, Terengganu, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI			
			Lower	Upper					Lower	Upper					Lower	Upper		
Never	438	30055	27.0	24.98	29.10	286	19990	35.5	32.46	38.58	152	10065	18.4	15.34	21.82			
Rarely	629	43353	38.9	35.92	42.05	302	22290	39.5	36.91	42.24	327	21062	38.4	33.98	43.06			
Sometimes	419	28048	25.2	23.06	27.45	142	10541	18.7	14.35	24.00	277	17507	31.9	27.35	36.90			
Most of the time	105	7076	6.4	5.25	7.68	34	2500	4.4	3.12	6.26	71	4576	8.3	6.39	10.84			
Always	40	2807	2.5	1.68	3.76	14	1050	1.9	0.96	3.58	24	1607	2.9	1.86	4.58			
* Most of the time or always	145	9883	8.9	7.38	10.64	48	3550	6.3	4.35	9.04	95	6183	11.3	9.05	13.98			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI			
			Lower	Upper					Lower	Upper					Lower	Upper		
Never	702	48014	43.0	40.37	45.59	386	27328	48.3	43.91	52.77	316	20686	37.5	32.74	42.54			
Rarely	600	41160	36.8	34.07	39.68	256	19200	34.0	30.04	38.10	344	21960	39.8	36.58	43.16			
Sometimes	252	16885	15.1	13.42	16.96	103	7400	13.1	10.76	15.82	149	9484	17.2	14.62	20.13			
Most of the time	60	4176	3.7	2.72	5.11	25	1902	3.4	2.19	5.14	34	2202	4.0	2.51	6.30			
Always	24	-	-	-	-	11	-	-	-	-	13	-	-	-	-			
* Most of the time or always	84	5704	5.1	3.64	7.11	36	2619	4.6	3.23	6.59	47	3014	5.5	3.33	8.85			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	95% CI			
			Lower	Upper					Lower	Upper					Lower	Upper		
Yes	83	5604	5.1	3.97	6.47	30	2147	3.9	2.88	5.24	53	3457	6.3	4.37	8.92			
No	1535	104793	94.9	93.53	96.03	731	55037	96.1	94.76	97.12	803	51685	93.7	91.08	95.63			

Note:
- Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Yes	83	5705	5.2	3.97	6.68	32	2321	4.2	2.41	7.21	51	3384	6.1	4.18	8.91			
No	1538	104958	94.8	93.32	96.03	731	53042	95.8	92.79	97.59	806	51837	93.9	91.09	95.82			

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

Number of Times	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	1561	106266	95.0	91.82	96.92	738	53362	94.4	89.19	97.15	823	52903	95.8	92.36	97.73			
1 time	40	2930	2.6	1.66	4.10	24	1815	3.2	1.51	6.71	16	1115	2.0	0.89	4.50			
2 to 3 times	19	-	-	-	-	6	-	-	-	-	11	-	-	-	-			
4 to 5 times	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-			
6 or more times	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
1 or more times	79	5651	5.0	3.08	8.18	43	3183	5.6	2.85	10.81	34	2318	4.2	2.27	7.64			

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

Number of Friends	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 friend	52	3512	3.2	2.37	4.17	29	2054	3.7	2.14	6.20	22	1378	2.5	1.60	3.88			
1 friend	92	6426	5.8	4.40	7.52	50	3628	6.5	5.05	8.24	41	2726	4.9	3.14	7.70			
2 friends	135	9273	8.3	7.32	9.44	63	4610	8.2	5.97	11.19	72	4663	8.5	6.81	10.46			
3 or more	1355	92228	82.8	80.24	85.02	634	45853	81.7	76.45	85.94	721	46375	84.1	81.22	86.61			

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, Terengganu, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 day	322	22317	20.0	16.18	24.42	167	12051	21.3	17.18	26.15	155	10266	18.7	14.87	23.16			
1 day	373	24901	22.3	19.82	24.99	152	10668	18.9	15.82	22.37	221	14234	25.9	23.03	28.93			
2 days	291	19494	17.5	15.34	19.80	117	8427	14.9	11.59	18.99	173	10988	20.0	16.01	24.63			
3 days	184	12699	11.4	9.71	13.27	79	5844	10.3	8.37	12.71	105	6856	12.5	10.34	14.95			
4 days	92	6382	5.7	4.66	6.98	37	2860	5.1	4.10	6.23	54	3450	6.3	4.64	8.42			
5 days	114	7804	7.0	5.17	9.39	60	4373	7.7	5.65	10.52	54	3431	6.2	3.98	9.64			
6 days	26	-	-	-	-	17	-	-	-	-	9	-	-	-	-			
* All 7 days	235	16379	14.7	13.19	16.28	152	11148	19.7	16.69	23.17	83	5231	9.5	6.45	13.81			

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, Terengganu, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	375	25881	23.2	20.10	26.56	229	16660	29.5	24.21	35.37	146	9221	16.8	12.07	22.80			
No	1262	85793	76.8	73.44	79.90	552	39849	70.5	64.63	75.8	708	45795	83.2	77.20	87.93			

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, Terengganu, 2012

Number of Day	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 day	723	49713	44.6	39.53	49.71	353	25710	45.4	38.40	52.55	369	23932	43.7	38.30	49.27			
1 day	161	11324	10.2	8.36	12.27	93	6803	12.0	10.10	14.21	68	4521	8.3	5.83	11.57			
2 days	145	9976	8.9	6.39	12.38	75	5461	9.6	6.28	14.51	70	4515	8.2	6.17	10.94			
3 days	63	4328	3.9	2.64	5.66	34	2385	4.2	2.28	7.64	29	1943	3.5	2.04	6.09			
4 days	45	3136	2.8	1.61	4.86	24	1748	3.1	1.50	6.22	20	1310	2.4	1.39	4.08			
5 days	166	11048	9.9	8.24	11.86	56	4114	7.3	5.54	9.46	110	6934	12.7	9.54	16.62			
6 days	17	-	-	-	-	6	-	-	-	-	11	-	-	-	-			
All 7 days	315	20887	18.7	14.82	23.38	142	10024	17.7	13.19	23.32	173	10863	19.8	14.65	26.31			

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, Terengganu, 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	374	25900	23.2	18.12	29.19	211	15107	26.7	20.48	34.05	163	10792	19.6	15.87	24.04			
1 to 2 hours	584	39776	35.6	31.71	39.75	289	20751	36.7	30.27	43.63	295	19025	34.6	30.05	39.50			
3 to 4 hours	408	27502	24.6	22.40	27.01	160	11692	20.7	16.69	25.32	246	15659	28.5	26.22	30.89			
5 to 6 hours	128	8812	7.9	6.36	9.75	55	4127	7.3	5.53	9.58	73	4685	8.5	6.15	11.71			
7 to 8 hours	45	3248	2.9	1.85	4.56	20	1636	2.9	1.68	4.95	25	1611	2.9	1.85	4.61			
More than 8 hours	97	6413	5.7	4.27	7.69	46	3234	5.7	3.63	8.90	51	3180	5.8	3.75	8.83			

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Terengganu, 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	678	45975	41.2	36.51	46.00	281	20689	36.6	30.76	42.84	395	25136	45.7	40.02	51.58			
No	958	65675	58.8	54.00	63.49	500	35858	63.4	57.16	69.24	458	29817	54.3	48.42	59.98			

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Terengganu, 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	1073	72131	64.4	58.13	70.22	474	33722	59.5	52.98	65.68	597	38259	69.4	63.22	74.88			
1 to 2 days	396	27739	24.8	20.37	29.76	212	15828	27.9	22.27	34.37	184	11911	21.6	17.60	26.20			
3 to 5 days	122	8606	7.7	6.42	9.17	69	5042	8.9	7.34	10.74	53	3564	6.5	4.79	8.67			
6 to 9 days	29	-	-	-	-	16	-	-	-	-	13	-	-	-	-			
10 or more days	21	-	-	-	-	12	-	-	-	-	9	-	-	-	-			
* 1 or more days	568	39870	35.6	29.78	41.87	309	22966	40.5	34.32	47.02	259	16904	30.6	25.12	36.78			

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Terengganu, 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	93	6465	5.8	3.88	8.51	77	5341	9.4	6.19	14.03	16	1124	2.0	1.24	3.34			
Rarely	406	28813	25.7	20.76	31.41	227	16953	29.8	23.95	36.48	178	11781	21.4	17.37	26.03			
Sometimes	446	30397	27.1	24.10	30.42	231	16534	29.1	25.72	32.73	215	13863	25.2	21.28	29.49			
Most of the time	253	16909	15.1	11.64	19.36	101	7347	12.9	9.56	17.27	152	9562	17.4	13.22	22.45			
Always	443	29410	26.3	23.40	29.34	149	10645	18.7	15.38	22.62	294	18765	34.1	31.44	36.78			
* Most of the time or always	696	46319	41.4	35.53	47.44	250	17992	31.7	26.33	37.53	446	28327	51.4	45.34	57.44			

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Terengganu, 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	552	37635	33.7	30.98	36.53	256	18567	32.9	29.54	36.37	296	19068	34.6	30.75	38.69			
Rarely	536	36789	32.9	29.38	36.72	249	18475	32.7	28.18	37.57	287	18314	33.2	28.71	38.10			
Sometimes	344	23302	20.9	18.56	23.38	172	12187	21.6	18.43	25.08	172	11115	20.2	17.27	23.43			
Most of the time	94	6382	5.7	4.57	7.13	47	3330	5.9	4.72	7.33	46	2974	5.4	4.00	7.25			
Always	111	7564	6.8	4.99	9.13	57	3941	7.0	5.59	8.68	54	3623	6.6	4.07	10.45			
* Most of the time or always	205	13947	12.5	9.96	15.55	104	7271	12.9	10.94	15.08	100	6597	12.0	8.69	16.28			

Note:
 - Fewer than 30 cases

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Terengganu, 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	309	21390	19.1	16.47	22.13	164	12003	21.2	18.10	24.68	143	9237	16.8	12.80	21.75			
Rarely	434	29818	26.7	23.26	30.42	209	15286	27.0	22.23	32.37	225	14532	26.4	23.42	29.68			
Sometimes	352	23571	21.1	18.52	23.93	156	11155	19.7	16.32	23.60	196	12417	22.6	19.46	26.05			
Most of the time	204	13924	12.5	10.00	15.43	91	6593	11.6	8.65	15.50	113	7331	13.3	10.88	16.25			
Always	338	23035	20.6	17.64	23.95	162	11577	20.4	17.13	24.22	176	11458	20.8	16.37	26.16			
* Most of the time or always	542	36959	33.1	29.35	37.03	253	18170	32.1	27.28	37.32	289	18789	34.2	29.99	38.63			

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Terengganu, 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	185	12456	11.2	8.64	14.35	120	8197	14.5	10.98	18.88	65	4258	7.8	5.78	10.41			
Rarely	372	25835	23.2	19.51	27.32	184	13807	24.4	19.71	29.81	188	12029	22.0	17.78	26.86			
Sometimes	379	26082	23.4	20.74	26.31	179	13098	23.2	19.66	27.06	200	12984	23.7	19.82	28.15			
Most of the time	295	19933	17.9	14.02	22.55	131	9444	16.7	12.36	22.17	162	10339	18.9	14.70	23.97			
Always	402	27121	24.3	21.36	27.59	168	12028	21.3	17.67	25.36	234	15093	27.6	23.61	31.96			
* Most of the time or always	697	47054	42.2	36.98	47.65	299	21472	38.0	30.95	45.50	396	25432	46.5	42.24	50.79			

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Terengganu, 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	754	50695	45.7	42.93	48.43	348	24520	43.5	39.37	47.76	405	26104	47.9	44.44	51.34			
Rarely	459	31346	28.2	26.71	29.82	205	15080	26.8	24.43	29.24	253	16187	29.7	26.28	33.34			
Sometimes	252	17601	15.9	14.22	17.64	136	10160	18.0	15.90	20.38	116	7442	13.6	11.47	16.17			
Most of the time	68	4738	4.3	3.24	5.60	37	2712	4.8	3.30	6.96	31	2027	3.7	2.59	5.31			
Always	94	6633	6.0	4.68	7.60	53	3874	6.9	4.83	9.69	41	2759	5.1	3.67	6.93			
* Never or rarely	1213	82041	73.9	71.02	76.60	553	39600	70.3	67.16	73.22	658	42291	77.6	73.56	81.13			

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

Table 9.1: Prevalence of ever had sex, students Form 1-5, Terengganu, 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	92	6547	6.5	4.54	9.27	55	4055	8.3	6.06	11.38	37	2492	4.8	2.63	8.64			
No	1388	93886	93.5	90.73	95.46	618	44560	91.7	88.62	93.94	770	49326	95.2	91.36	97.37			

Table 9.2: Age when had first sex, students Form 1-5, Terengganu, 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	1581	107600	97.8	96.76	98.54	735	53220	96.8	95.76	97.51	845	54301	98.9	97.30	99.55			
11 years or younger	15	-	-	-	-	12	-	-	-	-	3	-	-	-	-			
12 years	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
13 years	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
14 years	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
15 years	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-			
16 years or older	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	21	-	-	-	-	17	-	-	-	-	4	-	-	-	-			
No	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			

Note:

- Fewer than 30 cases

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

Number of Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1589	108142	98.0	96.54	98.79	742	53639	96.7	95.14	97.83	846	54432	99.3	98.24	99.74			
1 partner	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
2 partners	14	-	-	-	-	11	-	-	-	-	2	-	-	-	-			
3 partners	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
4 partners	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
5 partners	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
6 or more partners	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	24	-	-	-	-	19	-	-	-	-	4	-	-	-	-			
No	1595	108641	98.4	96.75	99.22	747	54068	97.5	95.26	98.71	847	54502	99.4	98.41	99.81			

Table 9.4: Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5, Terengganu, 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	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
No	20	-	-	-	-	14	-	-	-	-	6	-	-	-	-			

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, Terengganu, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	21	-	-	-	-	15	-	-	-	-	5	-	-	-	-			
No	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-			

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, Terengganu, 2012

Number of Days	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 day	1427	95418	85.9	79.13	90.71	578	40769	73.0	64.51	80.03	849	54650	99.2	97.50	99.76					
1 or 2 days	44	3178	2.9	1.86	4.38	41	2943	5.3	3.77	7.32	2	163	0.3	0.05	1.73					
3 to 5 days	46	3343	3.0	2.01	4.47	43	3135	5.6	4.03	7.77	3	208	0.4	0.09	1.53					
6 to 9 days	23	-	-	-	-	22	-	-	-	-	1	-	-	-	-					
10 to 19 days	17	-	-	-	-	16	-	-	-	-	0	-	-	-	-					
20 to 29 days	11	-	-	-	-	11	-	-	-	-	0	-	-	-	-					
All 30 days	60	5172	4.7	2.63	8.11	60	5172	9.3	5.70	14.70	0	-	-	-	-					

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

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	201	15685	14.1	9.29	20.87	193	15108	27.0	19.97	35.49	6	427	0.8	0.24	2.50					
No	1427	95418	85.9	79.13	90.71	578	40769	73.0	64.51	80.03	849	54650	99.2	97.50	99.76					

Table 10.2: Age when first tried a cigarette, students Form 1-5, Terengganu, 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 smoke	1228	81347	76.2	68.33	82.56	421	29569	55.6	47.65	63.36	807	51779	96.6	91.87	98.64					
7 years or younger	43	3066	2.9	1.94	4.24	34	2452	4.6	2.85	7.38	9	615	1.1	0.38	3.38					
8 to 9 years	38	2650	2.5	1.43	4.27	35	2448	4.6	2.90	7.25	3	201	0.4	0.06	2.23					
10 or 11 years	54	4008	3.8	2.46	5.68	52	3866	7.3	5.02	10.44	1	63	0.1	0.01	1.18					
12 or 13 years	111	8191	7.7	5.13	11.32	104	7703	14.5	10.36	19.91	7	489	0.9	0.31	2.66					
14 or 15 years	76	6097	5.7	3.78	8.52	70	5655	10.6	7.88	14.23	6	441	0.8	0.25	2.70					
16 years or older	15	-	-	-	-	15	-	-	-	-	0	-	-	-	-					

Note:
- Fewer than 30 cases

Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Terengganu, 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	246	17915	70.4	61.65	77.83	225	16469	69.9	61.37	77.21	20	1368	75.6	43.60	92.56			
No	91	7541	29.6	22.17	38.35	85	7099	30.1	22.79	38.63	6	441	24.4	7.44	56.40			

Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Terengganu, 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	1549	105065	93.6	90.61	95.75	698	50260	88.5	84.18	91.69	850	54726	99.1	97.96	99.61			
1 or 2 days	55	4249	3.8	2.41	5.92	50	3907	6.9	4.72	9.92	5	342	0.6	0.22	1.75			
3 to 5 days	15	-	-	-	-	15	-	-	-	-	0	-	-	-	-			
6 to 9 days	10	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
10 to 19 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
20 to 29 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
All 30 days	8	-	-	-	-	8	-	-	-	-	0	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Terengganu, 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	95	7126	6.4	4.25	9.39	87	6560	11.5	8.31	15.82	7	495	0.9	0.39	2.04			
No	1549	105065	93.6	90.61	95.75	698	50260	88.5	84.18	91.69	850	54726	99.1	97.96	99.61			

Note:
- Fewer than 30 cases

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

Tobacco Product	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Didn't smoke	1512	102145	91.4	87.14	94.38	666	47698	84.4	78.37	88.93	846	54447	98.9	97.14	99.61			
Shisha/hookah	38	3021	2.7	1.75	4.16	36	2871	5.1	3.41	7.51	1	79	0.1	0.01	1.47			
Electronic cigarettes	23	-	-	-	-	19	-	-	-	-	3	-	-	-	-	-	-	-
Snuff or chewing tobacco	13	-	-	-	-	12	-	-	-	-	1	-	-	-	-	-	-	-
Pipes	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-
Curut, cigar or cigarillos	11	-	-	-	-	9	-	-	-	-	2	-	-	-	-	-	-	-
Bidis	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-
Others	38	2808	2.5	1.61	3.92	38	2808	5.0	3.42	7.16	0	-	-	-	-	-	-	-

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	179	13660	86.3	80.12	90.83	173	13232	86.8	81.73	90.70	6	428	84.4	31.27	98.48			
No	26	-	-	-	-	24	-	-	-	-	1	-	-	-	-	-	-	-

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

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 day	896	59500	53.1	48.75	57.39	344	23701	41.8	36.71	47.07	552	35799	64.8	59.86	69.50			
1 or 2 days	358	24556	21.9	19.78	24.21	187	13595	24.0	19.49	29.13	169	10811	19.6	15.97	23.78			
3 or 4 days	145	10571	9.4	7.34	12.04	90	7040	12.4	9.00	16.89	55	3531	6.4	4.94	8.23			
5 or 6 days	58	3997	3.6	2.32	5.44	37	2703	4.8	2.93	7.67	21	1295	2.3	1.37	3.98			
All 7 days	185	13442	12.0	9.90	14.46	125	9657	17.0	14.23	20.26	60	3785	6.9	5.21	8.97			

Note:
- Fewer than 30 cases

Table 10.6.1: Prevalence of having been exposed to people smoking in their presence for at least one day in the past 7 days, students Form 1-5, Terengganu, 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	746	52566	46.9	42.61	51.25	439	32994	58.2	52.93	63.29	305	19422	35.2	30.50	40.14			
No	896	59500	53.1	48.75	57.39	344	23701	41.8	36.71	47.07	552	35799	64.8	59.86	69.50			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	752	51046	45.8	41.00	50.71	334	24266	43.2	38.79	47.80	418	26780	48.5	42.35	54.69			
No	882	60375	54.2	49.29	59.00	442	31855	56.8	52.20	61.21	439	28441	51.5	45.31	57.65			

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Terengganu, 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	1354	90052	80.4	74.40	85.26	520	36413	64.3	57.68	70.39	832	53489	96.9	94.91	98.08			
Probably not	143	10855	9.7	7.59	12.30	125	9618	17.0	13.87	20.62	18	1237	2.2	1.37	3.63			
Maybe yes	108	8289	7.4	4.86	11.11	103	7946	14.0	10.30	18.81	5	343	0.6	0.21	1.79			
Definitely yes	36	2817	2.5	1.54	4.07	34	2665	4.7	2.86	7.64	2	152	0.3	0.21	0.36			

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Terengganu, 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	1366	91247	81.5	76.06	85.89	535	37748	66.7	61.07	71.82	831	53499	96.9	95.13	98.01
Probably not	124	8685	7.8	6.56	9.14	104	7354	13.0	11.24	14.96	20	1331	2.4	1.51	3.82
Maybe yes	114	9064	8.1	5.66	11.44	107	8601	15.2	11.78	19.37	6	391	0.7	0.25	1.97
Definitely yes	37	3002	2.7	1.51	4.71	36	2924	5.2	3.11	8.47	0	-	-	-	-

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Terengganu, 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	150	10800	11.3	9.71	13.19	122	8948	22.0	19.29	24.99	28	1852	3.4	2.52	4.55
No	1275	84509	88.7	86.81	90.29	454	31710	78.0	75.01	80.71	821	52798	96.6	95.45	97.48

Note:
- Fewer than 30 cases

11.0 Violence and Unintentional Injury

Table 11.1: Number of times students were physically attacked in the past 12 months, students Form 1-5, Terengganu, 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	1225	82821	74.4	71.12	77.36	549	39623	70.6	66.00	74.79	675	43126	78.3	74.09	81.96			
1 time	161	11436	10.3	7.88	13.28	91	6711	12.0	8.64	16.31	70	4725	8.6	6.60	11.08			
2 to 3 times	152	10576	9.5	7.82	11.48	74	5402	9.6	7.56	12.17	77	5096	9.2	7.26	11.71			
4 to 5 times	48	3344	3.0	2.14	4.20	26	1895	3.4	2.08	5.43	22	1448	2.6	1.64	4.18			
6 to 7 times	21	-	-	-	-	17	-	-	-	-	4	-	-	-	-			
8 to 9 times	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
10 to 11 times	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			
12 or more times	15	-	-	-	-	11	-	-	-	-	4	-	-	-	-			

Table 11.1.1: Prevalence of having had a physical on at least once attack in the past 12 months, students Form 1-5, Terengganu, 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	408	28556	25.6	22.64	28.88	227	16512	29.4	25.21	34.00	180	11965	21.7	18.04	25.91			
No	1225	82821	74.4	71.12	77.36	549	39623	70.6	66.00	74.79	675	43126	78.3	74.09	81.96			

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Terengganu, 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	1237	83853	74.8	68.86	79.93	523	38197	67.2	59.70	73.84	714	45656	82.9	77.67	87.09			
1 time	182	12593	11.2	9.50	13.23	114	8052	14.2	11.66	17.09	68	4541	8.2	5.88	11.44			
2 to 3 times	147	10154	9.1	6.51	12.46	92	6462	11.4	8.07	15.76	55	3692	6.7	4.68	9.51			
4 to 5 times	40	2867	2.6	1.61	4.04	31	2237	3.9	2.14	7.11	9	630	1.1	0.43	3.00			
6 to 7 times	12	-	-	-	-	7	-	-	-	-	4	-	-	-	-			
8 to 9 times	8	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
10 to 11 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
12 or more times	14	-	-	-	-	11	-	-	-	-	3	-	-	-	-			

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, Terengganu, 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	406	28254	25.2	20.07	31.14	263	18678	32.8	26.16	40.30	141	9426	17.1	12.91	22.33			
No	1237	83853	74.8	68.86	79.93	523	38197	67.2	59.70	73.84	714	45656	82.9	77.67	87.09			

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Terengganu, 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	888	59999	61.8	56.85	66.58	371	27078	55.6	49.92	61.11	517	32922	68.3	63.75	72.61			
1 time	294	20225	20.8	18.50	23.40	169	12112	24.9	22.03	27.93	125	8113	16.8	14.66	19.27			
2 to 3 times	174	12198	12.6	10.00	15.69	85	6237	12.8	9.54	16.97	87	5811	12.1	9.65	14.97			
4 to 5 times	44	3056	3.1	1.77	5.54	30	2101	4.3	2.37	7.74	14	954	2.0	0.94	4.11			
6 to 7 times	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
8 to 9 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
10 to 11 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
12 or more times	10	-	-	-	-	9	-	-	-	-	1	-	-	-	-			

Table 11.3.1: Prevalence of having had a serious injury on at least once in the past 12 months, students Form 1-5, Terengganu, 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	534	37034	38.2	33.42	43.15	300	21636	44.4	38.89	50.08	232	15248	31.7	27.39	36.25			
No	888	59999	61.8	56.85	66.58	371	27078	55.6	49.92	61.11	517	32922	68.3	63.75	72.61			

Note:
- Fewer than 30 cases

Table 11.4: Type of most serious injury sustained in the past 12 months among those who ever had an injury, students Form 1-5, Terengganu, 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	66	4589	17.6	13.68	22.36	44	3120	20.2	15.50	25.88	22	1468	13.9	9.82	19.37
A cut or stab wound	112	7750	29.7	23.90	36.29	70	4987	32.3	25.75	39.56	42	2763	26.2	19.24	34.59
Concussion/head or neck injury, knocked out or could not breathe	29	-	-	-	-	10	-	-	-	-	19	-	-	-	-
Gunshot wound	11	-	-	-	-	9	-	-	-	-	2	-	-	-	-
Bad burn	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-
Poisoned	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
Something else happened to me	149	10331	39.6	31.95	47.85	77	5633	36.5	27.24	46.77	71	4627	43.9	35.77	52.31

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, Terengganu, 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	79	5695	20.2	14.44	27.60	53	4028	24.8	18.64	32.13	26	1667	14.1	7.73	24.36
Fall	143	9804	34.8	31.11	38.73	91	6302	38.8	32.35	45.59	52	3502	29.6	21.64	39.11
Something fell on me or hit me	46	3180	11.3	8.10	15.53	20	1444	8.9	6.11	12.74	25	1657	14.0	9.85	19.58
Was attacked or abused or was fighting with someone	16	-	-	-	-	12	-	-	-	-	4	-	-	-	-
Was in a fire or too near a flame or something hot	7	-	-	-	-	2	-	-	-	-	5	-	-	-	-
Inhaled or swallowed something bad	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-
Something else caused the injury	110	7459	26.5	21.23	32.52	44	3191	19.6	14.69	25.73	66	4268	36.1	25.30	48.55

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Terengganu, 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	1326	90583	86.6	83.14	89.38	603	44115	84.3	79.16	88.39	723	46468	88.9	84.76	92.06
1 to 2 days	123	8295	7.9	6.19	10.09	66	4484	8.6	6.08	11.95	57	3811	7.3	5.11	10.31
3 to 5 days	44	2956	2.8	1.88	4.21	24	1671	3.2	1.67	6.01	19	1213	2.3	1.11	4.79
6 to 9 days	15	-	-	-	-	11	-	-	-	-	4	-	-	-	-
10 to 19 days	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-
20 to 29 days	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-
all 30 days	16	-	-	-	-	12	-	-	-	-	4	-	-	-	-

Note:
- Fewer than 30 cases

Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Terengganu, 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	209	14061	13.4	10.62	16.86	120	8203	15.7	11.61	20.84	88	5787	11.1	7.94	15.24			
No	1326	90583	86.6	83.14	89.38	603	44115	84.3	79.16	88.39	723	46468	88.9	84.76	92.06			

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

Ways of Being Bullied	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Hit, kicked, pushed, shoved around or locked indoor	19	-	-	-	-	18	-	-	-	-	1	-	-	-				
Made fun of because of race, nationality or color	15	-	-	-	-	12	-	-	-	-	3	-	-	-				
Made fun of because of religion	4	-	-	-	-	4	-	-	-	-	0	-	-	-				
Made fun of with sexual jokes, comments, or gestures	35	2408	22.6	15.77	31.27	16	1151	20.1	12.73	30.14	18	1186	24.5	12.68	41.94			
Left out of activities on purpose or completely ignored	8	-	-	-	-	4	-	-	-	-	4	-	-	-				
Made fun of because of how body or face looks	30	1959	18.4	12.17	26.81	11	748	13.0	8.07	20.35	19	1211	25.0	14.37	39.82			
Bullied in some other way	49	3183	29.9	19.41	42.95	20	1287	22.4	12.30	37.35	29	1895	39.1	26.10	53.89			

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Terengganu, 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	1495	102126	91.0	88.09	93.23	700	51032	89.7	85.78	92.67	795	51094	92.5	89.90	94.51			
1 time	79	5341	4.8	3.44	6.54	43	2947	5.2	3.76	7.10	35	2315	4.2	2.93	5.97			
2 to 3 times	50	3313	3.0	2.15	4.04	29	1930	3.4	2.09	5.45	20	1311	2.4	1.59	3.54			
4 to 5 times	7	-	-	-	-	5	-	-	-	-	2	-	-	-				
6 to 7 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-				
8 to 9 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-				
10 to 11 times	3	-	-	-	-	1	-	-	-	-	2	-	-	-				
12 or more times	1	-	-	-	-	1	-	-	-	-	0	-	-	-				

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, Terengganu, 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	150	10121	9.0	6.77	11.91	86	5843	10.3	7.33	14.22	62	4128	7.5	5.49	10.10			
No	1495	102126	91.0	88.09	93.23	700	51032	89.7	85.78	92.67	795	51094	92.5	89.90	94.51			

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Terengganu, 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	908	62908	56.0	51.75	60.25	497	36445	64.1	60.09	67.88	409	26313	47.7	42.70	52.64			
1 time	276	18709	16.7	15.03	18.45	129	9125	16.0	14.11	18.19	147	9584	17.4	15.51	19.38			
2 to 3 times	288	19095	17.0	14.75	19.55	98	6890	12.1	9.51	15.31	190	12205	22.1	19.12	25.40			
4 to 5 times	68	4402	3.9	2.71	5.65	17	1182	2.1	1.26	3.41	51	3220	5.8	4.01	8.40			
6 to 7 times	26	-	-	-	-	9	-	-	-	-	17	-	-	-	-			
8 to 9 times	13	-	-	-	-	6	-	-	-	-	7	-	-	-	-			
10 to 11 times	7	-	-	-	-	2	-	-	-	-	5	-	-	-	-			
12 or more times	59	4013	3.6	2.53	5.03	28	1987	3.5	1.65	7.25	31	2026	3.7	2.09	6.37			

Table 11.9.1: Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Terengganu, 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	737	49338	44.0	39.75	48.25	289	20430	35.9	32.12	39.91	448	28908	52.3	47.36	57.30			
No	908	62908	56.0	51.75	60.25	497	36445	64.1	60.09	67.88	409	26313	47.7	42.70	52.64			

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 Nordiyanah 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 Jasvinder Kaur Pritam Singh
8. Dr Siti Zuraidah Mahmud

Drug Use

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

Violence and Unintentional Injury

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

Alcohol Consumption

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

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

1. Dr Noor Ani Ahmad
2. Dr Nik Rubiah Nik Abd Rashid
3. Dr Anita Sulaiman
4. Ms Norazilah Mohd Roslan
5. Ms 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

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2. Mr Samsuddin Abdul Karim

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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

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Nutritionist

1. Ms Norazaidah Yusof
2. Ms Acmarina Nur Salwani Muhammad Dalib
3. Mr Azhar Mohd Yusof
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

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Ms Masrisa Mohd Esa

Driver

Mr Mohd Baharuddin Bakar

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1. Ms Syarifah Nurul Azirah Sayed Hassan
2. Ms Nor Dhaniah Nasrir
3. Mr Mohd Aizol Azizie A Rahman
4. Ms Rabiatal 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

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

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

MELAKA**Liaison Officer**

Ms Mariati Muslim

Field Supervisor

Ms Teh Chien Huey

Nutritionist

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

Drivers

1. Mr Musa Mat Din
2. Mr Shahrul Efendy Mohd Salleh
3. Mr Muhamad Farhan Baharudin
4. Mr Yusof Johari
5. Mr R. Tiagu M. Ramachandra
6. Mr Mohamad Azali Abdullah
7. Mr Muhamad Yazid Abd Rahman
8. Mr Ramli Buang
9. Mr Zainudin Mohd

Research Assistants

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

JOHOR**Liaison Officer**

Mr Azmi Md Yusof

Field Supervisor

Mr Hasnor Hadi Asim

Nutritionist

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

Drivers

1. Mr Mohd Zulatfi 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 Noratiah 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

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2. Mr Hafizal Hassan

Research Assistants

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

SARAWAK**Liaison Officer**

Ms Bong Mei Wan

Field Supervisors

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

Nutritionist

1. Ms Fatin Amirah Jamaluddin
2. Ms Nurul Shaidatul Nadia
3. Ms Bong Hui Lee
4. Ms Nur Naazira Iman
5. Mr Mohd Hasnan Ahmad
6. Ms Noorina A. Rahman
7. Ms Ajlaa Abdul Rashid
8. Mr Razali Makhtar
9. Ms Mohd Azwal Idrus
10. Ms Chua Boon Kee
11. Ms Syahrizan Anggas
12. Ms Nurul Shaidatul Nadia
13. Ms Yeo Siang Ing
14. Tan Beng Chin

Drivers

None

Research Assistants

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

SABAH**Liaison Officer**

Ms Puspawati Mohamed

Field Supervisors

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

Nutritionist

1. Ms Nor Azimah Zainal
2. Mr Khairul Hasnan Amali
3. Mr Zulkifli Jamil
4. Ms Norhidayah Zailani
5. Ms Norhajaji Mardjuni
6. Chan Chee Ling
7. Chin Kim Ling
8. Mr Benjamin Akmad
9. Mr Mohd Zamir Abd Majid
10. Mac Donna Mathews
11. Ms Jenny Jouti
12. Ms Noorafizah Ibrahim
13. Chan Seng Fui

Drivers

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

Research Assistants

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

APPENDIX 9: QUESTIONNAIRE

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

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

2012

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 preceding 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



BUKAN SEPERTI INI



ATAU



OR

FILL IN THE CIRCLES LIKE THIS

NOT LIKE THIS

SURVEI/SURVEY

1. Adakah ikan tinggal dalam air?

- A. ya**
B. Tidak

Borang jawapan

Answer sheet

1.



1. Do fish live in water?

- a. Yes**
b. No



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BAHAGIAN 1

PART 1

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

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BAHAGIAN 2
PART 2

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

Contoh:
Example:

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

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

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

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

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

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

BAHAGIAN 3**PART 3**

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

The next 5 questions ask about cleaning your teeth.

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

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions ask you about washing your hands.

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

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

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

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

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

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

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

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

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

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BAHAGIAN 4

PART 4

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

28. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?

During the past 12 months, how many times were you seriously injured?

- 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

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?

- a. Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas
I was not seriously injured during the past 12 months
- b. Patah tulang atau sendi terkehel/terkeluar
I had a broken bone or a dislocated joint
- c. Luka atau tikaman
I had a cut or stab wound
- d. 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
- e. Kecederaan senjata api
I had a gunshot wound
- f. Kebakaran kulit yang serius
I had a bad burn
- g. Diracun atau mengambil ubat berlebihan
I was poisoned or took too much of a drug
- h. Sesuatu yang lain berlaku kepada saya
Something else happened to me

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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BAHAGIAN 5

PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.

The next 6 questions ask about your feelings and friendships.

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

BAHAGIAN 6**PART 6**

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

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

41. Berapakah umur anda ketika kali pertama menghisap rokok?

How old were you when you first tried a cigarette?

- a. Saya tidak pernah merokok
I have never smoked cigarettes
- b. 7 tahun atau ke bawah
7 years old or younger
- c. 8 atau 9 tahun
8 or 9 years old
- d. 10 atau 11 tahun
10 or 11 years old
- e. 12 atau 13 tahun
12 or 13 years old
- f. 14 atau 15 tahun
14 or 15 years old
- g. 16 tahun atau ke atas
16 years old or older

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

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

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

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

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

- a. 0 hari
0 days
- b. 1 atau 2 hari
1 or 2 days
- c. 3 hingga 5 hari
3 to 5 days
- d. 6 hingga 9 hari
6 to 9 days
- e. 10 hingga 19 hari
10 to 19 days
- f. 20 hingga 29 hari
20 to 29 days
- g. Kesemua 30 hari
All 30 days

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

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49. Jika kawan rapat anda menghulurkan rokok, adakah anda akan menghisapnya?

If one of your best friends offered you a cigarette would you smoke it?

- a. Tidak akan
Definitely not
- b. Mungkin tidak
Probably not
- c. Mungkin ya
Maybe yes
- d. Memang ya
Definitely yes

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BAHAGIAN 7

PART 7

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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BAHAGIAN 8

PART 8

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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

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BAHAGIAN 9

PART 9

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

I have never had sexual intercourse

b. Ya

Yes

c. Tidak

No

d. Tidak tahu

I do not know

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BAHAGIAN 10

PART 10

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

68. Dalam tempoh 7 hari yang lepas, berapa hari anda melakukan aktiviti fizikal untuk sekurang-kurangnya 60 minit setiap hari? **JUMLAHKAN MASA ANDA MELAKUKAN APA-APA AKTIVITI FIZIKAL SETIAP HARI**
During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY
- 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
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?
- 0 hari
0 days
 - 1 hari
1 day
 - 2 hari
2 days
 - 3 hari
3 days
 - 4 hari
4 days
 - 5 hari
5 days
 - 6 hari
6 days
 - 7 hari
7 days

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

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

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

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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BAHAGIAN 11

PART 11

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

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

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

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76. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda benar-benar tahu apa yang anda lakukan pada masa lapang?

During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?

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

77. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda memeriksa barangan anda tanpa kebenaran?

During the past 30 days, how often did your parents or guardians go through your things without your approval?

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

APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

Alcohol Consumption

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

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

Alcohol Consumption among Current Drinkers

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

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

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	Weight	Age first alcohol before 14	1 = "Yes" 2 = "No"
Age first alcohol before 14	Weight	Drank 1+ days past 30 days	1 = "Yes" 2 = "No"
Drank 1+ days past 30 days	Weight	Of current drinkers, drank 2+ drinks/day 30 days	1 = "Yes" 2 = "No"
Of current drinkers, drank 2+ drinks/day 30 days	Weight	Of current drinkers, got alcohol from friends	1 = "Yes" 2 = "No"
Of current drinkers, got alcohol from friends	Weight	1+ times drunk in lifetime	1 = "Yes" 2 = "No"
1+ times drunk in lifetime	Weight	Alcohol trouble 1+ times in lifetime	1 = "Yes" 2 = "No"
Alcohol trouble 1+ times in lifetime	Weight		

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	qnowtfg	Weight	<-2SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Obese	qnobeseg	Weight	>+1SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Went hungry past 30 days	Q6	Weight	Reported hungry because there was not enough food at home	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Went hungry most of time/always past 30 days	QN6	Weight	Reported hungry most of the time or always because there was not enough food at home	1 = "Yes" 2 = "No"

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

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

Drug Use

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

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

Hygiene (Including Oral Hygiene)

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

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

Mental Health Problems

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

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

Physical Activity

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

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

Protective Factors

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

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

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

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

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

Tobacco Use

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

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

Violence and Unintentional Injury

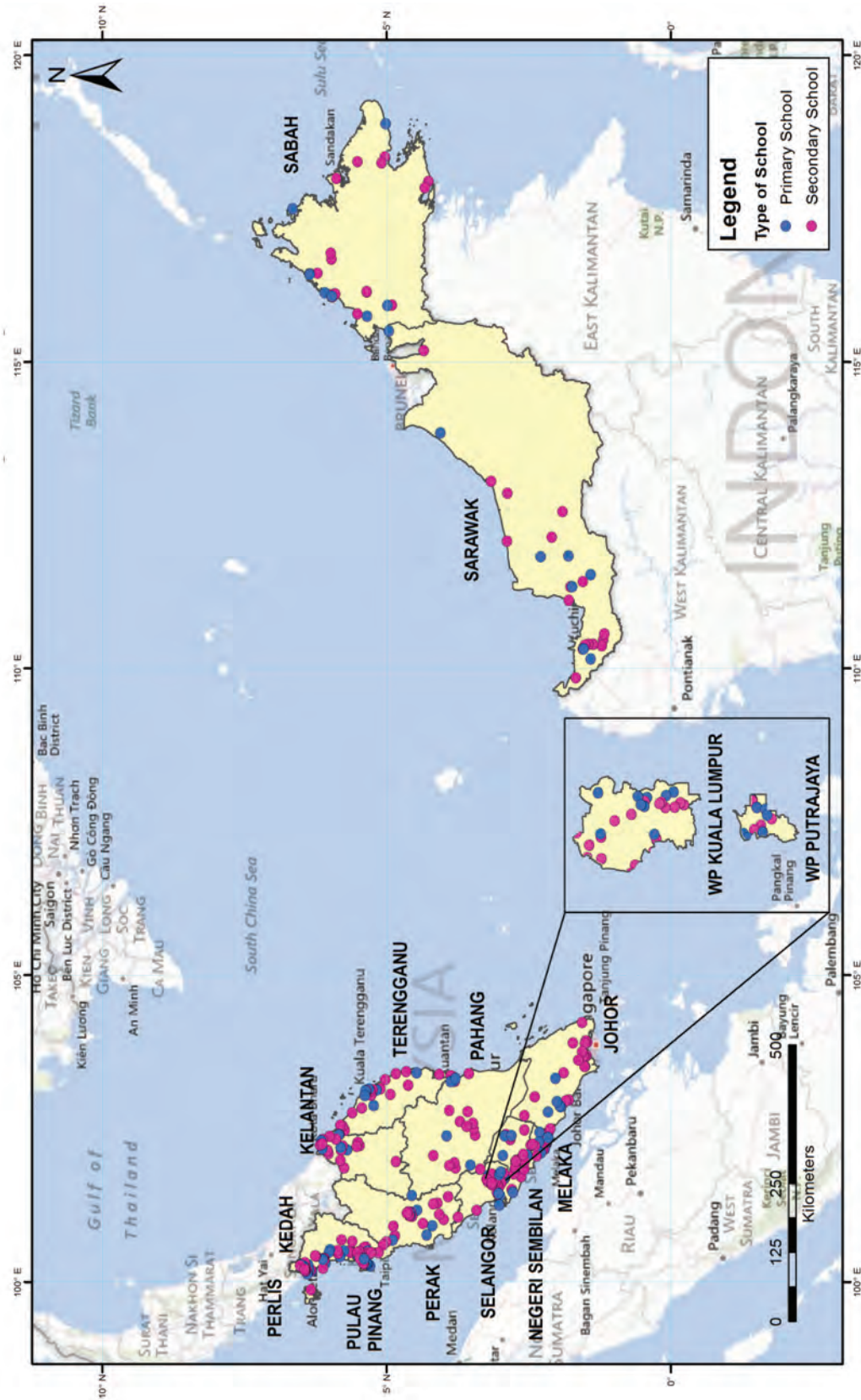
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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

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

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

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

APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



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