



**THE NATIONAL HEALTH AND
MORBIDITY SURVEY
2012**

MALAYSIA

*Global School-Based Student
Health Survey 2012*

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AND
MORBIDITY SURVEY
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(NMRR-11-974-10401)

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

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Executive Summary

The 2012 Malaysia GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 234 schools throughout Malaysia. 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 Malaysia. The survey was administered using a self-administered questionnaire. The response rate at school level was 100%, with 88.7% of students responding to the survey.

Key Findings

About one in five students were ever drinkers with 63.5% of them having had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 8.9% and a third of these students had obtained their alcoholic drink from their own families. Drunkenness was reported by 6.3% of the students. In relation to dietary behaviour aspect, 7.2% of the students were at risk of becoming underweight, while 7.9% at risk of becoming obese. In the past 30 days, only 28.6% 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. For drug use, 1.7% of the students reported they had ever used drug with 73.7% of them first used drug before the age of 14 years. The prevalence of students who ever used marijuana and amphetamines or methamphetamines was 0.9% and 1.0% respectively. About 1.5% of the students were current drug users. Of these, 34.1% reported they had usually bought the drug from someone.

Overall, 2.7% of the students reported brushing their teeth less than once daily and 86.5% brushed at least twice daily. Only 57.2% of students reported using fluoridated toothpaste. In the past 30 days, 5.4% never or rarely wash their hands after using the toilet and 13.7% never or rarely used soap when washing their hands. Suicidal ideation, suicidal planning and suicidal attempts were noted among 7.9%, 6.4% and 6.8% of the students respectively. Inability to sleep at night due to worry was noted among 5.4% of the students, while loneliness was found in 8.1% and 3.1% reported having no close friend.

With regards to physical activity, only 22.7% 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 by 14.2% of the students, while one third claimed they had parental or guardian connectedness and less than half had reported parental or guardian bonding. Truancy was reported by 30.6% of the students.

This study found that 8.3% of students ever had sex, with half of them having sex for the first time before the age of 14 years. Additionally, 1.4% had multiple sexual partners. Among those who ever had sex, only 32.2% used a condom while 43.7% had used any other methods of birth control the last time they had sex. About 11.5% 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. More than one third of the students reported exposure to secondhand smoke from people smoking in their presence, while more than half claimed they had parents or guardians who used any form of tobacco. Notably, 27.8% and 27.4% of the students had been physically attacked and involved in a physical fight respectively, with 34.9% sustaining serious injury. Having being bullied was reported in 17.9% of the students, while 11.1% had been physically abused at home.

Recommendations

Taking into cognizance of these findings, the following recommendations are made:

- There is a need to enhance awareness, knowledge and practice of positive health-related behaviours through creative and innovative approaches in promoting a balanced diet, adequate physical activity and proper personal hygiene practice.
- Making healthy choice the easier choice needs to be supported by conducive environments such as the sale of various type of fruits at school canteen and the availability of adequate facilities for exercise.
- Health awareness in relation to the detrimental effects of alcohol, drug and tobacco consumption needs to be further enhanced. There is a need to provide easy accessibility to help if required, such as quit smoking clinic at schools.
- Sexual reproductive health education at various settings should be given more emphasis to avoid problems arising from a lack of such knowledge among students.
- Students need to be equipped with appropriate coping skills towards ensuring good mental health. Additionally, there is a need to strengthen protective factors against risky behaviours through more emphasis on spiritual and religious values. Parenting skills training at various platforms should also be further enhanced.
- There is also a need to conduct GSHS at regular interval to monitor the trends of health risk behaviours and protective factors among Malaysian students.

1.0 INTRODUCTION

In 2001, the WHO in collaboration with UNAIDS, UNESCO, UNICEF, and with technical assistance from the U.S. Centers for Disease Control and Prevention (CDC), initiated the development of the Global School-based Student Health Survey (GSHS). Since 2003, Ministries of Health and Education around the world have been using the GSHS to periodically monitor the prevalence of important health risk behaviours and protective factors among students. To date, more than 100 countries have completed a GSHS. This report describes results from the first GSHS conducted in Malaysia 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 Team visited 98.5% of secondary schools throughout Malaysia and provided services to 98% of Form 3 students. In addition to that, 75.6% of secondary school students were rendered oral healthcare through the school incremental oral healthcare programme.

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

1.1.3 Mental Health Programme

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

1.1.4 Tobacco Control Policy and Regulation

To curb tobacco consumption among adolescents in Malaysia, the Control of Tobacco Products Regulations 2004 (CTPR), sub-regulations 11 and 13 were enforced (6). The sub-regulations 11, 1(j) states that "No person shall smoke in any area in an educational institution or a higher educational institution". In addition, sub-regulation 13, states that "A person under 18 years old 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 Malaysia 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 234 schools were selected to participate in the Malaysia 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 Malaysia GSHS, 25,507 questionnaires were completed in 234 schools. The school response rate was 100%, while the students response rate was 88.7%. Overall, the response rate was 88.7%.

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 Malaysia.

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 total of 17 teams were formed and the data collectors were 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 Malaysia 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 Malaysia.

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the 2010 Population and Housing Census Malaysia, the total population was estimated at 28.3 million (29). Adolescents between the ages of 10 to 20 years were estimated at 5.6 million or 19.7% of total population. There were 2,314,804 students aged 12 to 17 years in 2,344 secondary schools under the Ministry of Education and Ministry of Rural Development (30).

A total of 28,738 students from Forms 1 to 5 were selected from 234 randomly selected secondary schools and 25,507 students or 88.7% responded to our survey. Of these, 50.2% were males and 49.8% were females (**Table 1.2**). Students from Remove Class/Form 1 made up 21.9%, while 20.4%, 20.1%, 19.2% and 18.4% were from Form 2, Form 3, Form 4 and Form 5 respectively (**Table 1.3**). Respondents' ethnicity and parental marital status are 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 year olds, 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 year olds 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 8.9% (95% CI: 7.81-10.07). Males [11.2% (95% CI: 9.84-12.83)] were significantly more likely to drink than females [6.5% (95% CI: 5.59-7.51)] (**Table 2.1.1**). Among students who ever consumed alcohol, 63.5% (95% CI: 61.36-65.69) had their first drink of alcohol before the age of 14 years and there was no significant difference by sex (**Table 2.2.1**). Among the current drinkers, 26.5% (95% CI: 24.17-29.03) had drunk two or more drinks per day and with no significant difference by sex (**Table 2.3.1**). About 6.3% (95% CI: 5.55-7.24) of students reported drunkenness (**Table 2.4.1**). Significantly more males [8.6% (95% CI: 7.58-9.73)] claimed they had gotten drunk compared to females [4.1% (95% CI: 3.38-4.91)]. Overall, 2.6% (95% CI: 2.23-2.92) of students got into trouble with their family and friends, missed school or got into fights one or more times as a result of drinking alcohol (**Table 2.5.1**). These problems were significantly more common in males [3.3% (95% CI: 2.81-3.83)] than females [1.8% (95% CI: 1.43-2.22)]. Among current drinkers, 20.5% (95% CI: 18.22-23.01) usually obtained alcohol drinks from their friends with no significant difference by sex (**Table 2.6.1**). They had also obtained alcohol drinks from other sources such as family [34.6% (95% CI: 30.55-38.89)] and purchased from shops [27.4% (95% CI: 24.45-30.56)].

3.3 Dietary Behaviours

Introduction

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

Findings

Overall, 8.8% (95% CI: 8.25-9.32) of the students were at risk of becoming underweight. Males [11% (95% CI: 10.11-11.98)] were significantly higher than females [6.6% (95% CI: 6.01-7.15)] to be at risk of becoming underweight (**Table 3.1**). About 22.8% (95% CI: 22.00-23.69) were at risk of becoming overweight with no significant difference by sex (**Table 3.2**). Overall, 9.5% (95% CI: 8.92-10.15) were at risk of becoming obese with significantly more males [10.6% (95% CI: 9.89-11.42)] as compared to females [8.4% (95% CI: 7.65-9.25)] (**Table 3.3**). In the past 30 days, 4.9% (95% CI: 4.43-5.38) of the students reported being hungry most of the time or always because there was not enough food in their home. Significantly more males [5.5% (95% CI: 4.87-6.11)] than females [4.3% (95% CI: 3.81-4.79)] reported of being hungry (**Table 3.4**). About 44.0% (95% CI: 42.52-45.49) of the students reported consumed fruits at least twice daily in the past 30 days with no significant difference by sex (**Table 3.5.1**). Only 29.8% (95% CI: 28.85-30.78) reported consuming vegetables at least three times daily in the past 30 days. Significantly more males [31.5% (95% CI: 30.27-32.82)] than females [28.0% (95% CI: 26.83-29.26)] reported this (**Table 3.6.1**). A total of 28.7% (95% CI: 27.52-29.81) reported consuming both fruits and vegetables at least five times daily in the past 30 days with no significant difference by sex (**Table 3.6.2**). Generally 29.4% (95% CI: 27.89-30.87) of the students reported consuming soft drinks at least once daily in the past 30 days and it was significantly higher in males [32.0% (95% CI: 30.23-33.89)] compared to females [26.7% (95% CI: 25.08-28.29)] (**Table 3.7.1**). A total of 6.0% (95% CI: 5.53-6.47) reported consuming fast foods at least three days in the past 7 days with no significant difference by sex (**Table 3.8.1**). About 54.8% (95% CI: 53.42-56.10) of the students reported consuming plain water at least five times daily in the past 30 days with no significant difference by sex (**Table 3.9**). Only 19.2% (95% CI: 17.42-21.02) reported they had breakfast daily in the past 7 days with no significant difference by sex (**Table 3.10**). A total of 32.7% (95% CI: 31.64-33.68) of the students perceived they were slightly or very overweight with significantly more females [39.0% (95% CI: 37.66-40.35)] higher than males [26.3% (95% CI: 25.04-27.64)] who had this perception (**Table 3.11.1**). About 36.9% (95% CI: 35.94-37.82) reported trying to lose weight and this was significantly higher among females [41.9% (95% CI: 40.68-43.09)] compared to males [31.9% (95% CI: 30.70-33.10)] (**Table 3.12.1**). Overall, 73.2% (95% CI: 72.18-74.12) reported they were attempting to either lose or gain weight 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, 98.3% (95% CI: 97.96-98.54) of the students reported that they never used drug during their lifetime (**Table 4.1.1**). A total of 1.7% (95% CI: 1.46-2.04) admitted they had ever used drugs (**Table 4.1.1**), and among these, 73.7% (95% CI: 66.10-80.14) had used it for the first time before the age of 14 years with no significant difference by sex (**Table 4.2.1**). Among ever drug users, the prevalence was significantly higher in males [2.5% (95% CI: 2.10-3.02)] as compared to females [0.9% (95% CI: 0.70-1.18)]. The prevalence of current drug users was 1.5% (95% CI: 1.24-1.86) with significantly more males [2.2% (95% CI: 1.76-2.71)] than females [0.8% (95% CI: 0.58-1.15)] reporting this behavior (**Table 4.3.1**). Among them, 34.1% (95% CI: 28.57-40.13) had bought the drugs from someone (**Table 4.4.1**). The prevalence of ever used marijuana was 0.9% (95% CI: 0.70-1.22) and it was significantly higher among males [1.5% (95% CI: 1.13-1.92)] as compared to females [0.4% (95% CI: 0.22-0.65)] (**Table 4.5.1**). About 0.9% (95% CI: 0.71-1.20) of the students were current marijuana users and males [1.5% (95% CI: 1.11-1.98)] were more likely than females [0.3% (95% CI: 0.23-0.48)] to report this (**Table 4.6.1**). The prevalence of students who reported they had ever used amphetamines or methamphetamines was 1.0% (95% CI: 0.78-1.24) with a significantly higher prevalence among males [1.6% (95% CI: 1.22-2.09)] than females [0.4% (95% CI: 0.25-0.57)] (**Table 4.7.1**).

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 year old schoolchildren and 89.4% of 16 year old 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 2.7% (95% CI: 2.37-3.10) of the students brushed their teeth less than once daily in the past 30 days and this was significantly higher in males [3.7% (95% CI: 3.23-4.30)] than females [1.7% (95% CI: 1.32-2.13)]. A high prevalence of students reported brushing their teeth at least twice daily [86.5% (95% CI: 85.62-87.38)] and significantly more females [90.7% (95% CI: 89.91-91.52)] than males [82.3% (95% CI: 81.16-83.43)] reported this (**Table 5.1.1**). Only 57.2% (95% CI: 55.61-58.75) reported use of fluoridated toothpaste, with no significant difference by sex. About 29.7% (95% CI: 28.49-31.01) of student reported not knowing whether their toothpaste contain fluoride, with no significant difference by sex (**Table 5.2**). The prevalence of students who had missed class due to toothache in the past 12 months was 9.2% (95% CI: 8.36-10.08), with no significant difference by sex (**Table 5.3**). Overall, 38.7% (95% CI: 37.08-40.35) reported that they had their last dental visit in the past 12 months with significantly more females [40.9% (95% CI: 38.84-43.07)] than males [36.5% (95% CI: 34.61-38.47)] who reported this (**Table 5.4**). A total of 16.0% (95% CI: 15.11-16.98) reported that they avoided smiling or laughing due to the appearance of their teeth, with no significant difference by sex (**Table 5.5**). In the past 30 days, 5.0% (95% CI: 4.50-5.63) of the students never or rarely washed their hands before eating. Significantly more males [6.3% (95% CI: 5.53-7.12)] than females [3.8% (95% CI: 3.19-4.50)] claimed this habit (**Table 5.6**). About 5.4% (95% CI: 4.86-5.99) reported that they had never or rarely washed their hands after using the toilet and this was significantly higher in males [6.3% (95% CI: 5.57-7.18)] as compared to females [4.4% (95% CI: 3.86-5.12)] (**Table 5.7**). A total of 13.7% (95% CI: 12.90-14.61) never or rarely used soap when washing their hands, with significantly more males [16.1% (95% CI: 15.08-17.28)] than females [11.3% (95% CI: 10.27-12.35)] who reported this (**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 old. 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 world-wide, about 4 million adolescents attempt suicide each year (51, 52).

Findings

In the past 12 months, 8.1% (95% CI: 7.54-8.60) of the students had felt lonely most of the time or always with significantly more females [9.3% (95% CI: 8.62-10.11)] than males [6.8% (95% CI: 6.10-7.49)] affected (**Table 6.1**). About 5.4% (95% CI: 5.05-5.83) were unable to sleep at night due to worry most of the time or always and no difference was observed by sex (**Table 6.2**). The prevalence of suicidal ideation was 7.9% (95% CI: 7.27-8.60) and it was significantly higher in females [9.2% (95% CI: 8.38-10.03)] compared to males [6.6% (95% CI: 5.87-7.51)] (**Table 6.3**). About 6.4% (95% CI: 5.96-6.88) had suicidal plan with significantly more females [7.2% (95% CI: 6.63-7.80)] than males [5.6% (95% CI: 4.97-6.32)] who reported this (**Table 6.4**). Attempted suicide was reported by 6.8% (95% CI: 6.11-7.52) of the students with no significant difference by sex (**Table 6.5**). About 3.1% (95% CI: 2.88-3.44) reported of not having close friends and there was no difference by sex (**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 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 14.1% (95% CI: 13.18-15.17) and it was significantly higher among males [19.8% (95% CI: 18.50-21.20)] compared to females [8.5% (95% CI: 7.60-9.40)] (**Table 7.1**). Overall, 22.7% (95% CI: 21.50-23.90) had been physically active for at least five days in the past seven days with significantly more males [30.0% (95% CI: 28.50-31.60)] than females [15.3% (95% CI: 14.10-16.70)] with this level of activity (**Table 7.1.1**). About 46.9% (95% CI: 44.15-49.76) of the students did not walk or ride a bicycle to or from school in the past seven days and there was no significant difference by sex (**Table 7.2**). A total of 47.3% (95% CI: 45.80-48.80) had engaged in sedentary activities with no significant difference by sex (**Table 7.3.1**).

3.8 Protective Factors

Introduction

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

Findings

The prevalence of truancy among the students in the past 30 days was 30.9% (95% CI: 29.34-32.44), with significantly more males [32.9% (95% CI: 31.11-34.79)] than females [28.7% (95% CI: 27.05-30.51)] affected (**Table 8.1**). In the past 30 days, 44.3% (95% CI: 42.55-45.99) reported of having peer support and this was significantly higher among females [52.3% (95% CI: 50.44-54.19)] than males [36.2% (95% CI: 34.25-38.22)] (**Table 8.2**). Parental or guardian supervision was reported by 14.2% (95% CI: 13.47-15.03) of the students, with significantly more males [15.5% (95% CI: 14.47-16.50)] than females [13.0% (95%CI: 12.10-13.89)] reporting this (**Table 8.3**). About 31.5% (95% CI: 30.09-33.00) reported parental or guardian connectedness with no significant difference by sex (**Table 8.4**). Parental or guardian bonding was reported by 43.1% (95% CI: 41.79-44.33) of students and it was significantly higher in females [44.8% (95% CI: 43.29-46.30)] compared to males [41.3%(95% CI:39.55-43.11)] (**Table 8.5**). Overall, 74.0% (95% CI: 72.85-75.09) reported having parental or guardian respect for privacy. Significantly more females [76.4% (95%CI: 75.11-77.71)] than males [71.6% (95%CI: 70.09-73.02)] to reported this (**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 to prevent sexual transmission of the virus such as by using condom. Worldwide, about 16 million women between 15-19 years old give birth each year, equivalent to 11% of all births (62). UNICEF reported 10-40% of young unmarried girls has had unintended pregnancies (62). Births to unmarried adolescent mothers are far more likely to be unintended and are more likely to end in induced abortion; and about 2.5 million adolescents have unsafe abortion every year (63). Adolescents faced a higher risk of complications and death as a result of pregnancy than older women.

Findings

The prevalence of students who had ever had sex was 8.3% (95% CI: 7.54-9.22) and it was significantly higher among males [9.6% (95% CI: 8.47-10.90)] compared to females [7.1% (95% CI: 6.33-7.97)] (**Table 9.1**). Among these students, 50.6% (95% CI: 44.94-56.32) had sex for the first time before the age of 14 years. Significantly more males [55.8% (95% CI: 48.65-62.75)] than females [39.7% (95% CI: 31.77-48.27)] reported this (**Table 9.2.1**). Overall, 1.4% (95% CI: 1.18-1.66) had sex with at least two people in their lifetime. Significantly more males [2.0% (95% CI: 1.62-2.42)] than females [0.8% (95% CI: 0.63-1.07)] reported of having had multiple sexual partners (**Table 9.3.1**). Among students who ever had sex, 32.2% (95% CI: 27.64-37.13) of them used condom the last time they had sex and it was significantly more in males [37.3% (95% CI: 30.78-44.29)] compared to females [21.9% (95% CI: 15.66-29.65)] (**Table 9.4**). About 43.7% (95% CI: 38.21-49.42) used other methods of birth control the last time they had sex (**Table 9.5**).

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 11.5% (95% CI: 10.43-12.69) and it was almost ten times higher in males [20.9% (95% CI: 18.88-22.99)] than females [2.1% (95% CI: 1.77-2.60)] (**Table 10.1.1**). Among those who ever smoked cigarettes, 70.8% (95% CI: 69.01-72.53) had first tried a cigarette before the age of 14 years, with no significant difference by sex (**Table 10.2.1**). Overall, 5.5% (95% CI: 4.99-6.09) currently smoked tobacco products other than cigarettes and it was significantly higher among males [9.0% (95% CI: 8.17-9.94)] compared to females [2.0% (95% CI: 1.62-2.42)] (**Table 10.3.1**). The prevalence of using shisha/hookah and electronic cigarettes in the past 30 days was 2.5% (95% CI: 2.23-2.90) with significantly more males [3.9% (95% CI: 3.42-4.49)] than females [1.2% (95% CI: 0.92-1.47)] who reported this (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 88.1% (95% CI: 86.15-89.15) had tried to stop smoking and there was no significant difference between the sexes (**Table 10.5**). A total of 41.6% (95% CI: 39.87-43.38) reported having been exposed to people who smoked in their presence in the past seven days with significantly more males [50.0% (95% CI: 47.67-52.28)] than females [33.2% (95% CI: 31.63-34.90)] reporting this (**Table 10.6.1**). Overall, 40.2% (95% CI: 38.71-41.73) of students reported had parents or guardians who used any form of tobacco and it was significantly higher in females [42.1% (95% CI: 40.20-43.99)] than males [38.4% (95% CI: 36.65-40.12)] (**Table 10.7**). Majority of the students [84.8% (95% CI: 83.56-85.93)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [95.0% (95% CI: 94.32-95.67)] compared to males [74.6% (95% CI: 72.56-76.49)] (**Table 10.8**). Additionally, majority [84.9% (95% CI: 83.74-85.99)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and it was significantly higher among females [94.8% (95% CI: 94.18-95.42)] compared to males [75.0% (95% CI: 73.06-76.89)] (**Table 10.9**). About 9.6% (95% CI: 8.99-10.35) of the students were susceptible to smoking, with a significantly higher prevalence in males [12.2% (95% CI: 8.87-16.48)] compared to females [5.2% (95% CI: 4.65-5.91)] (**Table 10.10**).

3.11 Violence and Unintentional Injury

Introduction

Unintentional injury is a major cause of death and disability among young children (66). Each year, about 875,000 children under the age of 18 years old die from injuries and 10 to 30 million have their lives affected by injury. Injury is highly associated with age and gender. Teenagers aged 15-19 years have higher rates than those aged 10-14 years (64 compared to 29 per 100,000). Males aged 10-14 years have 60% higher injury death rates than females. 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 behaviour, and suicide attempts (67).

Findings

In the past 12 months, 27.8% (95% CI: 26.51-29.10) of the students had been physically attacked and it was significantly higher in males [32.6% (95% CI: 31.07-34.19)] compared to females [22.9% (95% CI: 21.38-24.42)] (**Table 11.1.1**). Overall, 27.4% (95% CI: 26.02-28.74) claimed have been involved in a physical fight with significantly more males [34.8% (95% CI: 33.16-36.38)] than females [19.9% (95% CI: 18.45-21.41)] reported this (**Table 11.2.1**). About 34.9% of students (95% CI: 33.64-36.27) had been seriously injured. Significantly more males [42.1% (95% CI: 40.61-43.67)] than females [27.8% (95% CI: 26.36-29.32)] reported they had been seriously injured (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [26.5% (95% CI: 24.88-28.26)] and "a broken bone/dislocated joint" [18.1% (95% CI: 16.86-19.46)] (**Table 11.4**). The prevalence of serious injury due to "a broken bone or dislocated joint" was significantly higher among males [22.1% (95% CI: 20.23-23.99)] compared to females [12.1% (95% CI: 10.41-14.07)]. The two most common causes of serious injury were fall [36.7% (95% CI: 34.81-38.60)] and motor vehicle accident [20.0% (95% CI: 18.31-21.82)]. The prevalence of serious injury caused by the latter was significantly higher among males [23.0% (95% CI: 21.03-25.20)] compared to females [15.4% (95% CI: 12.80-18.38)] (**Table 11.5**). In the past 30 days, 17.9% (95% CI: 16.82-18.99) of the students had been bullied and it was significantly higher among males [19.8% (95% CI: 18.72-21.01)] compared to females [15.8% (95% CI: 14.50-17.30)] (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun of because of body or face look" [20.8% (95% CI: 19.03-22.80)] and "made fun of with sexual jokes, comments or gestures" [20.1% (95% CI: 18.20-22.21)]. The prevalence of "made fun of because of body or face look" was significantly higher among females [24.6% (95% CI: 21.60-27.79)] compared to males [17.7% (95% CI: 15.68-19.91)] (**Table 11.7**). About 11.1% (95% CI: 10.15-12.23) of the students were abused physically and 42.7% (95% CI: 41.46-43.96) were abused verbally at home (**Tables 11.8.1 and 11.9.1**). The prevalence of verbal abuse was significantly higher among females [49.2% (95% CI: 47.46-50.88)] compared to males [36.2% (95% CI: 34.99-37.48)].

4.0 DISCUSSION

This prevalence of students who currently drank alcohol showed an increment from 5.6% in 2010 (19) to 8.9% in 2012. In comparison to other Asian countries, the prevalence of current drinkers in Malaysia was lower than the Philippines (18.7%) (68) and Thailand (14.8%) (69) but higher than Indonesia (2.6%) (70). In Malaysia, 63.5% of the students had their first alcohol drinks before the age of 14 years and it was higher than the Philippines (56.7%) (68) but lower than Thailand (76.5%) (69). Among, these current drinker, about 26.5% drank two or more drinks per day, which was lower compared to Thailand (43.9%) (69). A lower figure (6.3%) of drunkenness was observed in Malaysia compared to the Philippines (15.5%) (68) and Thailand (19.0%) (69). However, the prevalence of drunkenness was higher compared to Indonesia (2.5%) (70).

Obesity among students in Malaysia increased from 4.9% (19) in 2010 to 9.5% in 2012. This figure was much higher compared to the Philippines (2.8%) (68), Thailand (4.4%) (69) and Indonesia (1.3%) (70). The prevalence of hunger (4.9%) was much lower compared to Indonesia (5.9%) (70) but higher than Thailand (3.4%) (69). Consumption of vegetables in 2012 (29.8%) was almost similar to the finding in 2010 (32.5%) (19), however this is much lower compared to both Thailand (87.1%) (69) and Indonesia (83.3%) (70). Less students in Malaysia (29.4%) consumed carbonated soft drinks than their counterparts in the Philippines (42.2%) (68) and Thailand (32.1%) (69).

This survey had found that drug use before the age of 14 years in Malaysia (73.7%) was lower compared to Thailand (80.3%) (69). The prevalence of student who ever used drug in Malaysia (1.7%) was higher than Indonesia (0.5%) (70) but lower than Thailand (6.1%) (69). A lower prevalence of students in Malaysia had ever used marijuana (0.9%) and amphetamines or methamphetamines (1.0%) compared to students in the Philippines, where the corresponding figures were 6.3% and 3.7% respectively (3.7%) (68).

Our findings on the prevalence of students who never or rarely wash their hands after using the toilet in the past 30 days (5.4%) was higher compared to neighbouring countries [Philippines (2.6%) (68), Thailand (4.0%) (69) and Indonesia (2.6%) (70)]. Additionally, more students in Malaysia never or rarely use soap when washing their hands (13.7%) compared to our neighbouring countries [Philippines (4.7%) (68), Thailand (7.3%) (69) and Indonesia (8.9%) (70)]. The prevalence of students who brushed their teeth less than once daily (2.7%) was lower than the Philippines (2.9%) (71), but almost similar to Thailand (2.6%) (69) and Indonesia (2.6%) (70). Even though this survey showed that less than three quarter of students reported using fluoridated toothpaste, another nation-wide study in 1997 among 16 year old students noted that majority (99.5%) reported using fluoridated toothpaste (72). Contrary to findings of this study, 81.6% of secondary school children were rendered oral healthcare through the school incremental Oral Healthcare Programme in 2011.

Overall, the prevalence of suicidal ideation in 2012 (7.9%) was almost similar to an earlier study done in 2010 (7.8%) (19). In comparison to our neighbouring countries, the Malaysian prevalence for suicidal ideation among the adolescent students was lower compared to the Philippines (16.3%) (71) and Thailand (8.8%) (69), but higher compared to Indonesia (4.2%) (70). Notably, the Malaysian prevalence on suicidal plan (6.4%) was lower compared to Philippines (16.7%) (68) and Thailand (10.2%) (69) but higher compared to Indonesia (3.3%) (70). In addition to these figures, the Malaysian prevalence for suicidal attempt among the students (6.8%) was lower compared to the Philippines (12.9%) (71). Our finding on students who "could not sleep at night due to worry" (5.4%) was lower compared to the Philippines (14.6%) (68), Thailand (6.5%) (69) and Indonesia (7.7%) (70). The prevalence of loneliness amongst students in Malaysia (8.1%) was also lower compared to the Philippines (10.5%) (68) and Indonesia (8.6%) (70), but higher compared to Thailand (7.9%) (69). The

prevalence of Malaysian students who had no close friend (3.1%) was almost similar to the Philippines (3.1%) (71).

However, it was lower than the Thailand GSHS (3.5%) (69) but higher compared to the Indonesian GSHS (1.4%) (70).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) increased from 6.0% in 2010 (19) to 22.7% in this survey, and this is higher compared to the Philippines (13.9%) (71). A lower prevalence was seen among students who were physically active for all seven days in Malaysia (14.1%) compared to both Thailand (15.3%) (69) and Indonesia (16.5%) (70). A higher prevalence of students were engaged in sedentary activities in Malaysia (47.3%) compared to the Philippines (32.3%) (71), Thailand (37.6%)(69) and Indonesia (33.6%) (70).

Truancy in the past 30 days (30.9%) was observed to be almost similar to the Philippines (31.4%)(71) and Indonesia (32.3%) (70) but much higher than Thailand (17.2%) (69). The level of peer support among students in Malaysia (44.3%) was higher compared to Thailand (41.7%) (69) and Indonesia (22.2%) (70). Reported parental or guardian supervision (14.2%) was lower compared to both Thailand (35.9%) (69) and Indonesia (37.5%) (70). Parental or guardian connectedness (31.5%) was higher compared to the Philippines (27.0%) (71), but lower compared to both Thailand (34.2%) (69) and Indonesia (36.2%) (70). The finding on parental or guardian bonding (43.1%) was higher compared to both the Philippines (32.0%) (71) and Indonesia (27.3%) (70), but lower than Thailand (45.4%) (69).

The prevalence of students who ever had sex (8.3%) was much higher compared to the study in 2010 (1.6%) (19). This figure for students who ever had sex was also higher compared to Thailand (6.1%)(69). Usage of condom at the last sexual intercourse in Malaysia (32.2%) was much lower compared to Thailand (60.4%) (69).

The prevalence of students who were current smokers in Malaysia had increased from 8.7% in 2010 (19) to 11.5% in 2012. In comparison to our neighbouring countries, the prevalence in Malaysia was almost similar to both the Philippines (11.0%) (71) and Indonesia (10.9%) (70) but higher compared to Thailand (8.2%) (69). Almost three quarter of the students who ever smoked cigarettes, first tried a cigarette before the age of 14 years. This finding was similar among neighbouring countries (68, 69, 70). Majority of the students in Malaysia and its neighbouring countries, had tried to stop smoking. Almost half of the students in Malaysia, the Philippines and Thailand reported people smoked in their presence compared to the majority in Indonesia (68, 69, 70). The reported prevalence of parents or guardians who used any form of tobacco in Malaysia (40.2%) was almost similar to the Philippines (42.1%) (68). However, it was higher than Thailand (32.8%)(69) but lower than Indonesia (66.4%) (70).

The prevalence of students who had been physically attacked among Malaysian students (27.8%) was lower compared to Thailand (33.3%) (69). Involvement in physical fight (27.4%) was lower than the Philippines (37.7%) (68), Thailand (33.3%) (69) and Indonesia (33.6%) (70). Additionally, the reported bullying in Malaysia (17.9%) was lower than the Philippines (37.7%) (71), Thailand (27.8%) (69) and Indonesia (49.7%) (70). The prevalence of serious injury observed in Malaysia (34.9%) was almost similar to the prevalence among students in and Indonesia (36.6%) (70). However, it was lower than the Philippines (46.2%) (71) but higher compared to Thailand (12.6%) (69).

5.0 CONCLUSION

In Malaysia, the prevalence of students who were current alcohol drinker was higher compared to our neighbouring countries. Other areas of concern were obesity and the high level of sedentary activities. Additionally, poor personal hygiene practice should be given more attention. Notably, Malaysia had both higher prevalence of students who ever had sex and unsafe sexual practice. However, other risky behaviors such as drug use, smoking, violence including truancy among students should also be given due consideration towards a healthy mindset and healthy lifestyle.

6.0 RECOMMENDATIONS

In view of the findings which were highlighted above, the recommendations below are targeted at students and the environment surrounding them. Overall, there is a need to upscale the empowerment of students through enhancing appropriate knowledge and skills against risky behaviours. Additionally, there is also a need to strengthen the support for students concerned through multiagency collaborative approaches. Thus, the following recommendations are made:

- i. There is a need to increase health awareness among students on the detrimental effects of alcohol consumption and the higher probability of alcohol addiction in later life if they start drinking during their adolescent years.
- ii. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and reducing consumption of unhealthy fast food and increasing consumption of fruits and vegetables, need to be explored.
- iii. More effort is needed to strengthen health education on personal hygiene and proper hand washing practices in schools, homes and community.
- iv. Sexual reproductive health education at homes, school and community should be strengthened. Sex education should focus on promoting abstinence for not sexually active students, while advocating for safe sex for sexually active.
- v. Psychosocial factors that contribute to risky behaviours and mental health problems particularly suicidal behaviors need to be further explored.
- vi. Empowerment of school counsellors with appropriate skills to identify root cause of risky behaviours such as truancy and bully, and to manage the problems through a multidisciplinary approach.
- vii. Existing intervention measures in the school environment such as the *Doktor Muda* Programme and the "5-minute Talk on Drug" should be sustained and continuously improved.
- viii. Emphasis need to be given to inculcate caring attitudes among students towards a friendly and supportive school environment.
- ix. More effort is needed to strengthen parenting skills through government, private, NGOs and community platforms.
- x. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to poor personal hygiene practice and risky behaviours such as truancy and violence.
- xi. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of alcoholic beverages to those below 18 years old, is called for. There is a need for minimum legal age (MLA) of alcohol consumption to be enacted.
- xii. To conduct GSHS at regular interval to monitor the trends of health risk behaviours and protective factors among Malaysian students.

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APPENDIX 1 : TABLE OF FINDINGS

1.0 Socio-demographic Profile

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
11 years	33	2313	0.1	0.07	0.16	11	769	0.1	0.04	0.13	18	1321	0.1	0.07	0.20			
12 years	178	16125	0.7	0.53	0.97	92	7849	0.7	0.51	0.95	92	7849	0.7	0.48	1.06			
13 years	5184	458239	20.4	18.71	22.15	2690	223007	19.8	17.97	21.79	2488	234710	21.0	19.02	23.08			
14 years	5357	462220	20.6	18.33	22.97	2743	232913	20.7	18.33	23.28	2605	228474	20.4	18.06	23.01			
15 years	5554	454225	20.2	18.62	21.88	2796	223670	19.9	18.24	21.61	2752	229756	20.5	18.65	22.57			
16 years	4562	432447	19.2	17.21	21.43	2181	219518	19.5	17.51	21.67	2375	212117	19.0	16.63	21.54			
17 years	4410	397562	17.7	15.87	19.65	2080	202122	18.0	16.10	19.98	2323	194741	17.4	15.21	19.85			
18 years or older	215	25513	1.1	0.74	1.73	130	15775	1.4	0.91	2.16	84	9637	0.9	0.50	1.47			

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

Sex	Total				
	Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper
Male	12732	1126614	50.2	48.31	52.03
Female	12729	1118911	49.8	47.97	51.69

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

Form	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Remove/Form 1	5433	490522	21.9	19.94	23.90	2812	239243	21.3	19.12	27.68	2605	250153	22.4	20.3	24.6			
Form 2	5329	458560	20.4	17.91	23.22	2719	227321	20.2	17.61	23.17	2600	230133	20.6	17.97	23.48			
Form 3	5599	449943	20.1	18.18	22.07	2836	225478	20.1	18.10	22.22	2757	223740	20.0	17.92	22.29			
Form 4	4515	431501	19.2	16.91	21.79	2154	219020	19.5	17.08	22.20	2357	212010	19.0	16.48	21.73			
Form 5	4571	413457	18.4	16.32	20.73	2178	211580	18.8	16.64	21.27	2392	201792	18.1	15.66	20.72			

Table 1.4: Students Form 1-5 by ethnicity, Malaysia, 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	17086	1366133	60.8	56.54	64.94	8525	682232	60.7	55.75	65.39	8537	681512	61.0	56.81	64.97			
Chinese	4509	453827	20.2	16.58	24.38	2365	236793	21.1	16.85	25.99	2138	216502	19.4	16.01	23.24			
Indian	1447	154416	6.9	5.57	8.46	703	76348	6.8	5.07	9.04	737	77604	6.9	5.71	8.41			
Bumiputera Sabah	992	110934	4.9	4.20	5.80	464	52497	4.7	4.02	5.42	527	58151	5.2	4.24	6.36			
Bumiputera Sarawak	1021	122235	5.4	4.34	6.80	448	57622	5.1	4.15	6.31	572	64421	5.8	4.45	7.43			
Others	409	38673	1.7	1.18	2.50	203	18893	1.7	1.20	2.34	205	19680	1.8	1.12	2.76			

Table 1.5: Students Form 1-5 by parental marital status, Malaysia, 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	21657	1903413	84.9	83.95	85.73	10926	965082	86.0	84.98	86.89	10708	935920	83.8	82.63	84.89			
Married but living apart due to working in another place	758	68964	3.1	2.75	3.43	398	36383	3.2	2.89	3.63	360	32581	2.9	2.46	3.46			
Divorced	1190	103867	4.6	4.24	5.05	523	44994	4.0	3.52	4.55	661	58540	5.2	4.72	5.81			
Widower	1202	107405	4.8	4.42	5.18	515	46585	4.1	3.68	4.67	685	60655	5.4	4.91	6.00			
Separated	271	26123	1.2	0.98	1.38	120	11296	1.0	0.79	1.27	148	14531	1.3	1.05	1.61			
Do not know	348	33284	1.5	1.21	1.81	205	18318	1.6	1.29	2.06	141	14745	1.3	1.00	1.74			

2.0 Alcohol Consumption

Table 2.1.1: Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Malaysia, 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	23359	2029945	91.1	89.93	92.19	11376	986370	88.8	87.17	90.16	11946	1039811	93.5	92.49	94.41			
1 or 2 days	1406	142934	6.4	5.59	7.36	840	87370	7.9	6.78	9.10	564	55262	5.0	4.19	5.89			
3 to 5 days	264	28154	1.3	1.04	1.54	172	18654	1.7	1.35	2.08	92	9499	0.9	0.64	1.15			
6 to 9 days	120	12399	0.6	0.43	0.71	81	8019	0.7	0.54	0.97	38	4328	0.4	0.26	0.59			
10 to 19 days	65	6799	0.3	0.22	0.41	54	5697	0.5	0.37	0.71	10	1023	0.1	0.05	0.18			
20 to 29 days	23	-	-	-	-	18	-	-	-	-	3	-	-	-	-			
All 30 days	48	5012	0.2	0.16	0.31	36	3466	0.3	0.21	0.46	12	1547	0.1	0.07	0.27			

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, Malaysia, 2012

	Total						Male						Female					
	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	1926	197663	8.9	7.81	10.07	1201	125026	11.2	9.84	12.83	719	72117	6.5	5.59	7.51			
No	23359	2029945	91.1	89.93	92.19	11376	986370	88.8	87.17	90.16	11946	1039811	93.5	92.49	94.41			

Note: - Fewer than 30 cases

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Malaysia, 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 had a drink of alcohol	20370	1729943	80.2	77.42	82.74	9711	818455	76.4	73.08	79.44	10628	908221	84.0	81.46	86.21				
7 years or younger	465	46454	2.2	1.82	2.55	301	29019	2.7	2.24	3.27	162	17340	1.6	1.25	2.06				
8 or 9 years	404	38614	1.8	1.51	2.12	255	23752	2.2	1.79	2.75	149	14862	1.4	1.12	1.68				
10 or 11 years	686	67123	3.1	2.61	3.71	391	39472	3.7	3.01	4.50	294	27459	2.5	2.09	3.08				
12 or 13 years	1149	118982	5.5	4.69	6.47	651	69255	6.5	5.47	7.62	495	49487	4.6	3.76	5.56				
14 or 15 years	1025	106293	4.9	4.28	5.67	558	58874	5.5	4.76	6.34	465	47243	4.4	3.68	5.18				
16 years or older	465	49252	2.3	1.90	2.74	289	32366	3.0	2.43	3.74	176	16886	1.6	1.24	1.96				

Table 2.2.1: First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5, Malaysia, 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	2704	271173	63.5	61.36	65.69	1598	161498	63.9	61.35	66.37	1100	109148	63.0	59.92	65.96				
No	1490	155545	36.5	34.31	38.64	847	91241	36.1	33.63	38.65	641	64129	37.0	34.04	40.08				

Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Malaysia, 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		%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Did not drink alcohol in the past 30 days	23067	1996581	89.2	87.75	90.51	11201	966088	86.3	84.50	88.00	11828	1026687	92.1	90.83	93.20				
Less than one drink	1034	108589	4.9	4.22	5.58	623	65334	5.8	5.06	6.73	410	43064	3.9	3.18	4.69				
1 drink	676	68877	3.1	2.69	3.51	421	44158	4.0	3.40	4.57	254	24640	2.2	1.84	2.66				
2 drinks	280	28966	1.3	1.08	1.56	173	18895	1.7	1.38	2.07	105	9907	0.9	0.67	1.18				
3 drinks	124	13348	0.6	0.46	0.77	85	8733	0.8	0.58	1.05	38	4500	0.4	0.28	0.58				
4 drinks	47	4374	0.2	0.13	0.28	35	3386	0.3	0.20	0.46	12	988	0.1	0.05	0.16				
5 or more drinks	155	17394	0.8	0.60	1.01	111	12336	1.1	0.82	1.48	44	5058	0.5	0.30	0.69				

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, Malaysia, 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	606	64081	26.5	24.17	29.03	75.88	404	43349	28.4	25.51	31.40	68.60	199	20452	23.2	19.44	27.44	72.56
No	1710	177467	73.5	71.03	75.88	75.88	1044	109492	71.6	68.60	74.49	74.49	664	67704	76.8	72.56	80.56	80.56

Table 2.4: Number of time got drunk in their lifetime, students Form 1-5, Malaysia, 2012

Number of time	Total						Male						Female					
	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	23920	2084036	93.7	92.76	94.45	94.45	11648	1013918	91.4	90.27	92.42	92.42	12237	1066541	95.9	95.09	96.62	96.62
1 or 2 times	941	98155	4.4	3.85	5.05	5.05	606	63121	5.7	4.98	6.49	6.49	333	34790	3.1	2.60	3.76	3.76
3 to 9 times	256	28375	1.3	1.06	1.54	1.54	192	21284	1.9	1.61	2.29	2.29	64	7091	0.6	0.42	0.96	0.96
10 or more times	145	14598	0.7	0.52	0.83	0.83	110	10983	1.0	0.77	1.27	1.27	32	3407	0.3	0.19	0.49	0.49

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Malaysia, 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	1342	141128	6.3	5.55	7.24	7.24	908	95388	8.6	7.58	9.73	9.73	429	45287	4.1	3.38	4.91	4.91
No	23920	2084036	93.7	92.76	94.45	94.45	11648	1013918	91.4	90.27	92.42	92.42	12237	1066541	95.9	95.09	96.62	96.62

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, Malaysia, 2012

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 time	24428	2142028	97.5	97.08	97.77	97.77	12051	1060990	96.7	96.17	97.19	97.19	12341	1077371	98.2	97.78	98.57	98.57
1 or 2 times	342	34748	1.6	1.36	1.84	1.84	216	20828	1.9	1.58	2.29	2.29	124	13770	1.3	0.98	1.61	1.61
3 to 9 times	128	14128	0.6	0.50	0.82	0.82	96	10357	0.9	0.72	1.23	1.23	30	3565	0.3	0.20	0.53	0.53
10 or more times	77	7175	0.3	0.24	0.44	0.44	55	4859	0.4	0.33	0.60	0.60	21	2200	0.2	0.10	0.39	0.39

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, Malaysia, 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	547	56050	2.6	2.23	2.92	367	36044	3.3	2.81	3.83	175	19535	1.8	1.43	98.57			
No	24428	2142028	97.4	97.08	97.77	12051	1060990	96.7	96.17	97.19	12341	1077371	98.2	97.78	98.57			

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days	23073	1999940	90.0	88.59	91.31	11234	971920	87.7	85.87	89.35	11802	1024193	92.4	91.09	93.44			
Bought in a store,shop or from street vendor	575	60685	2.7	2.33	3.20	418	44952	4.1	3.44	4.78	157	15733	1.4	1.15	1.75			
Gave someone else money to buy it	140	13542	0.6	0.47	0.79	109	10214	0.9	0.71	1.19	29	3064	0.3	0.17	0.45			
*Friends	408	45427	2.0	1.70	2.45	260	29621	2.7	2.25	3.17	147	15789	1.4	1.05	1.92			
Family	766	76639	3.5	2.83	4.20	367	36237	3.3	2.51	4.25	399	40401	3.6	3.03	4.38			
Stole or got it without permission	33	2777	0.1	0.08	0.18	20	1739	0.2	0.09	0.26	13	1039	0.1	0.04	0.20			
Some other way	230	22411	1.0	0.80	1.28	139	13400	1.2	0.93	1.57	88	8834	0.8	0.57	1.11			

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Store,shop/street vendor	575	60685	27.4	24.45	30.56	418	44952	33.0	29.22	37.04	157	15733	18.5	15.60	21.89			
Gave someone else money to buy it	140	13542	6.1	4.73	7.88	109	10214	7.5	5.84	9.58	29	3064	3.6	2.17	5.96			
Friends	408	45427	20.5	18.22	23.01	260	29621	21.8	19.40	24.30	147	15789	18.6	14.77	23.17			
Family	766	76639	34.6	30.55	38.89	367	36237	26.6	22.10	31.67	399	40401	47.6	42.05	53.23			
Stole/got without permission	33	2777	1.3	0.86	1.82	20	1739	1.3	0.77	2.10	13	1039	1.2	0.60	2.47			
Some other way	230	22411	10.1	8.51	12.00	139	13400	9.8	7.89	12.21	88	8834	10.4	7.93	13.55			

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Malaysia, 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	2107	191837	8.8	8.25	9.32	1322	119808	11.0	10.11	11.98	785	72029	6.6	6.01	7.15					
No	22654	1994788	91.2	90.68	91.75	10961	968212	89.0	88.02	89.89	11693	1026576	93.4	92.85	93.99					

Table 3.2: Prevalence of overweight among students Form 1-5, Malaysia, 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	5787	499317	22.8	22.00	23.69	2975	258275	23.7	22.49	25.03	2812	241042	21.9	20.86	23.06					
No	18974	1687308	77.2	76.31	78.00	9308	829745	76.3	74.97	77.51	9666	857563	78.1	76.94	79.14					

Table 3.3: Prevalence of obesity among students Form 1-5, Malaysia, 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	2455	208118	9.5	8.92	10.15	1386	115696	10.6	9.89	11.42	1069	92423	8.4	7.65	9.25					
No	22306	1978507	90.5	89.85	91.08	10897	972325	89.4	88.58	90.11	11409	1006182	91.6	90.75	92.35					

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, Malaysia, 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	10055	903654	40.3	38.96	41.58	4854	442120	39.3	37.79	40.92	5189	460453	41.2	39.52	42.98			
Rarely	7410	632558	28.2	26.97	29.43	3899	333814	29.7	28.27	31.18	3500	297564	26.6	25.22	28.13			
Sometimes	6768	598545	26.7	25.72	27.63	3278	286489	25.5	24.34	26.68	3477	310836	27.8	26.61	29.10			
Most of the time	695	58761	2.6	2.33	2.95	380	32300	2.9	2.52	3.27	311	26035	2.3	2.01	2.71			
Always	517	50880	2.3	1.98	2.59	288	28992	2.6	2.18	3.05	227	21687	1.9	1.63	2.31			
*Most of the time or always	1212	109640	4.9	4.43	5.38	668	61291	5.5	4.87	6.11	538	47721	4.3	3.81	4.79			

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Malaysia, 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	1991	187120	8.3	7.73	8.99	1097	99974	8.9	8.14	9.72	885	86293	7.7	7.01	8.52			
Less than 1 time per day	5958	532643	23.7	22.63	24.90	3010	274302	24.4	22.96	25.94	2942	257694	23.1	21.90	24.34			
1 time per day	6231	536492	23.9	22.90	24.96	2964	255857	22.8	21.38	24.24	3259	280068	25.1	23.94	26.30			
2 times per day	5964	519312	23.1	21.90	24.44	2833	245442	21.9	20.43	23.34	3122	272744	24.4	23.05	25.90			
3 times per day	3117	276522	12.3	11.74	12.94	1601	143154	12.7	11.94	13.60	1509	132678	11.9	11.13	12.70			
4 times per day	808	73445	3.3	2.95	3.63	426	39180	3.5	2.99	4.07	379	34025	3.0	2.67	3.48			
5 or more times per day	1370	117832	5.3	4.84	5.69	761	65371	5.8	5.31	6.37	607	52244	4.7	4.19	5.23			

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Malaysia, 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	11259	987111	44.0	42.52	45.49	5621	493147	43.9	41.98	45.84	5617	491692	44.1	42.43	45.72			
No	14180	1256256	56.0	54.51	57.48	7071	630133	56.1	54.16	58.02	7086	624054	55.9	54.28	57.57			

Table 3.6: Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Malaysia, 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	1513	131311	5.8	5.36	6.37	745	63187	5.6	5.00	6.30	763	67841	6.1	5.42	6.78			
Less than 1 time per day	3517	304039	13.5	12.83	14.26	1855	159849	14.2	13.26	15.21	1660	143911	12.9	12.01	13.78			
1 time per day	5075	434730	19.3	18.62	20.09	2515	217360	19.3	18.40	20.26	2550	216042	19.3	18.43	20.25			
2 times per day	7905	707676	31.5	30.31	32.69	3682	329973	29.3	27.94	30.75	4212	376926	33.7	32.33	35.13			
3 times per day	4209	374745	16.7	16.07	17.30	2221	200119	17.8	16.93	18.68	1980	173726	15.5	14.76	16.35			
4 times per day	1040	91238	4.1	3.75	4.39	564	49754	4.4	4.01	4.87	475	41323	3.7	3.29	4.15			
5 or more times per day	2217	203878	9.1	8.43	9.75	1134	104946	9.3	8.59	10.13	1076	98318	8.8	7.91	9.76			

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Malaysia, 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	7466	669861	29.8	28.85	30.78	3919	354819	31.5	30.27	32.82	3531	313368	28.0	26.83	29.26			
No	18010	1577756	70.2	69.22	71.15	8797	770370	68.5	67.18	69.73	9185	804719	72.0	70.74	73.17			

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, Malaysia, 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	7246	642322	28.7	27.52	29.81	3764	335686	29.9	28.53	31.34	3468	305088	27.4	25.90	28.87			
No	18169	1599258	71.3	70.19	72.48	8915	786443	70.1	68.66	71.47	9224	810022	72.6	71.13	74.10			

Table 3.7: Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Malaysia, 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	6920	586853	26.1	24.86	27.43	2898	244696	21.8	20.62	22.97	4006	340515	30.5	28.60	32.39			
Less than 1 time per day	11347	1000002	44.5	43.13	45.92	5879	519338	46.2	44.44	47.98	5455	479218	42.9	41.23	44.54			
1 time per day	3767	339456	15.1	14.32	15.94	1959	175705	15.6	14.64	16.67	1799	162840	14.6	13.60	15.59			
2 times per day	1838	164710	7.3	6.77	7.94	1006	89547	8.0	7.30	8.68	831	75042	6.7	6.02	7.48			
3 times per day	794	74274	3.3	2.97	3.68	467	43865	3.9	3.44	4.42	324	30132	2.7	2.33	3.12			
4 times per day	293	29925	1.3	1.15	1.54	174	19064	1.7	1.37	2.09	117	10753	1.0	0.77	1.21			
5 or more times per day	502	51065	2.3	1.99	2.59	322	31872	2.8	2.45	3.27	179	19180	1.7	1.37	2.15			

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, Malaysia, 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	7194	659431	29.4	27.89	30.87	3928	360053	32.0	30.23	33.89	3250	297945	26.7	25.08	28.29			
No	18267	1586855	70.6	69.13	72.11	8777	764033	68.0	66.11	69.77	9461	819733	73.3	71.71	74.92			

Table 3.8: Frequency of consuming food from a fast food restaurant seven in the past 7 days, students Form 1-5, Malaysia, 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	13486	1188545	52.9	51.54	54.24	6857	605273	53.8	52.08	55.49	6611	581497	52.0	50.40	53.69			
1 day	8362	729067	32.4	31.50	33.41	4104	357863	31.8	30.55	33.08	4246	369993	33.1	31.82	34.43			
2 days	2158	194931	8.7	8.19	9.19	980	90904	8.1	7.49	8.71	1173	103475	9.3	8.62	9.94			
3 days	827	77157	3.4	3.11	3.79	413	39365	3.5	3.04	4.03	409	37256	3.3	2.93	3.79			
4 days	252	22402	1.0	0.84	1.18	129	11311	1.0	0.80	1.26	123	11091	1.0	0.78	1.26			
5 days	138	12927	0.6	0.47	0.71	72	6617	0.6	0.45	0.77	66	6310	0.6	0.41	0.78			
6 days	47	4074	0.2	0.12	0.26	29	2218	0.2	0.12	0.32	17	1770	0.2	0.08	0.30			
7 days	202	17922	0.8	0.66	0.97	134	11786	1.0	0.85	1.30	65	5953	0.5	0.39	0.74			

Table 3.8.1: Prevalence of consuming food from a fast food restaurant at least three days in the past 7 days, students Form 1-5, Malaysia, 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	1466	134483	6.0	5.53	6.47	777	71298	6.3	5.73	7.01	680	62380	5.6	5.00	6.24				
No	24006	2112543	94.0	93.53	94.47	11941	1054040	93.7	92.99	94.27	12030	1054966	94.4	93.76	95.00				

Table 3.9: Daily frequency of plain water intake in the past 30 days, students Form 1-5, Malaysia, 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
Did not drink plain water in past 30 days	238	24765	1.1	0.91	1.35	141	14684	1.3	1.02	1.68	96	10010	0.9	0.70	1.16				
Less than 1 time per day	831	83767	3.7	3.37	4.16	444	43854	3.9	3.45	4.44	382	39371	3.5	3.09	4.05				
1 time per day	953	86926	3.9	3.53	4.27	514	46754	4.2	3.65	4.77	438	40084	3.6	3.22	4.03				
2 times per day	1674	146509	6.6	6.14	6.98	837	71044	6.3	5.83	6.90	833	75055	6.7	6.15	7.40				
3 times per day	3616	323168	14.4	13.90	15.01	1770	153174	13.7	12.97	14.42	1838	169217	15.2	14.42	16.04				
4 times per day	3987	346602	15.5	14.87	16.15	1966	174177	15.6	14.77	16.37	2016	172066	15.5	14.67	16.30				
5 or more times per day	14070	1224919	54.8	53.42	56.10	6990	616176	55.0	53.29	56.75	7060	606650	54.5	53.05	56.01				

Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Malaysia, 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	5799	521250	23.2	22.16	24.32	2685	243842	21.7	20.51	22.91	3104	276398	24.8	23.18	26.43				
1 day	3705	338714	15.1	14.18	16.05	1890	172192	15.3	14.12	16.59	1811	165953	14.9	13.83	15.98				
2 days	3810	332151	14.8	14.01	15.62	1880	160824	14.3	13.36	15.30	1925	170951	15.3	14.29	16.41				
3 days	2385	208889	9.3	8.81	9.83	1247	108556	9.7	8.99	10.36	1135	99955	9.0	8.25	9.71				
4 days	1370	116028	5.2	4.82	5.54	707	60216	5.4	4.85	5.92	655	55090	4.9	4.47	5.45				
5 days	2626	220738	9.8	9.05	10.67	1271	110832	9.9	8.94	10.86	1351	109468	9.8	8.94	10.75				
6 days	898	77006	3.4	2.99	3.93	460	40932	3.6	3.07	4.32	436	35936	3.2	2.77	3.74				
7 days	4850	429897	19.2	17.42	21.02	2564	226897	20.2	18.30	22.20	2278	202268	18.1	16.17	20.25				

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

Perception	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Very underweight	2677	245301	11.0	10.32	11.76	1532	139834	12.6	11.59	13.59	1141	104940	9.5	8.67	10.35
Slightly underweight	3737	339779	15.3	14.63	15.92	2238	199738	17.9	17.02	18.89	1491	139144	12.6	11.74	13.43
Right weight	10294	913961	41.1	40.10	42.03	5443	481063	43.2	41.75	44.65	4838	431730	39.0	37.56	40.39
Slightly overweight	6772	577933	26.0	25.08	26.87	2742	239126	21.5	20.38	22.60	4019	337817	30.5	29.34	31.67
Very overweight	1730	148774	6.7	6.17	7.23	626	53955	4.8	4.29	5.46	1100	94274	8.5	7.84	9.23

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Malaysia, 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	8502	726706	32.7	31.64	33.68	3368	293081	26.3	25.04	27.64	5119	432091	39.0	37.66	40.35
No	16708	1499042	67.4	66.32	68.36	9213	820634	73.7	72.36	74.96	7470	675814	61.0	59.65	62.34

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Malaysia, 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	6538	597564	26.8	25.88	27.82	3218	296149	26.5	25.25	27.85	3311	300270	27.1	25.89	28.44
Tried to lose weight	18691	1629007	73.2	72.18	74.12	9388	820077	73.5	72.15	74.75	9270	805842	72.9	71.56	74.11
Tried to gain weight	9526	821109	36.9	35.94	37.82	4086	355978	31.9	30.70	33.10	5421	463266	41.9	40.68	43.09
Tried to maintain same weight	3611	320729	14.4	13.78	15.05	2222	194513	17.4	16.60	18.28	1382	125412	11.3	10.57	12.15

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Malaysia, 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	9526	821109	36.9	35.94	37.82	4086	355978	31.9	30.70	33.10	5421	463266	41.9	40.68	43.09			
No	15703	1405463	63.1	62.18	64.06	8520	760248	68.1	66.90	69.30	7160	642847	58.1	56.91	59.32			

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Malaysia, 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	18691	1629007	73.2	72.18	74.12	9388	820077	73.5	72.15	74.75	9270	805842	72.9	71.56	74.11			
No	6538	597564	26.8	25.88	27.82	3218	296149	26.5	25.25	27.85	3311	300270	27.2	25.89	28.44			

4.0 Drug Use

Table 4.1: Frequency of ever used drugs, students Form 1-5, Malaysia, 2012

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
0 time	25058	2207292	98.3	97.96 - 98.54	12398	1094908	97.5	96.98 - 97.90	12619	1108083	99.1	98.82 - 99.30
1 or 2 times	188	18603	0.8	0.66 - 1.03	131	13184	1.2	0.91 - 1.52	57	5419	0.5	0.33 - 0.71
3 to 9 times	102	9159	0.4	0.32 - 0.52	82	6928	0.6	0.46 - 0.83	19	2145	0.2	0.13 - 0.29
10 to 19 times	55	5045	0.2	0.16 - 0.32	41	3499	0.3	0.22 - 0.44	13	1468	0.1	0.07 - 0.26
20 or more times	67	6010	0.3	0.19 - 0.37	50	4691	0.4	0.28 - 0.61	16	1179	0.1	0.05 - 0.21

Table 4.1.1: Prevalence of ever used drugs, students Form 1-5, Malaysia, 2012

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Yes	412	38816	1.7	1.46 - 2.04	304	28302	2.5	2.10 - 3.02	105	10211	0.9	0.70 - 1.18
No	25058	2207292	98.3	97.96 - 98.54	12398	1094908	97.5	96.98 - 97.90	12619	1108083	99.1	98.82 - 99.30

Table 4.2: Age when first used drugs, students Form 1-5, Malaysia, 2012

Age	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Never used drug	24368	2141520	98.0	97.67 - 98.36	11962	1052133	97.1	96.47 - 97.63	12369	1085549	99.0	98.66 - 99.24
7 years or younger	125	13029	0.6	0.46 - 0.77	96	10312	1.0	0.71 - 1.28	27	2511	0.2	0.15 - 0.36
8 or 9 years	78	7076	0.3	0.23 - 0.45	70	5689	0.5	0.37 - 0.74	8	1387	0.1	0.06 - 0.27
10 or 11 years	51	5110	0.2	0.16 - 0.34	37	3528	0.3	0.22 - 0.47	13	1510	0.1	0.07 - 0.28
12 or 13 years	65	6288	0.3	0.21 - 0.40	45	4243	0.4	0.27 - 0.57	19	1959	0.2	0.10 - 0.31
14 or 15 years	87	8747	0.4	0.29 - 0.55	62	5908	0.5	0.36 - 0.82	25	2839	0.3	0.16 - 0.43
16 years or older	30	2486	0.1	0.06 - 0.22	21	1645	0.2	0.08 - 0.28	9	841	0.1	0.03 - 0.22

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI	Unweighted Count	Estimated Population	%	95% CI
Yes	319	31503	73.7	66.10 - 80.14	248	23772	75.9	67.27 - 82.82	67	7368	66.7	55.53 - 76.25
No	117	11233	26.3	19.86 - 33.90	83	7553	24.1	17.18 - 32.73	34	3680	33.3	23.75 - 44.47

Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Malaysia, 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	25128	2212787	98.5	98.14	98.76	12443	1098906	97.8	97.29	98.22	12643	1109433	99.2	98.85	99.42			
1 or 2 times	162	15329	0.7	0.52	0.89	123	10932	1.0	0.74	1.28	39	4396	0.4	0.27	0.58			
3 to 9 times	89	8348	0.4	0.27	0.50	66	6096	0.5	0.39	0.75	22	2113	0.2	0.11	0.34			
10 to 19 times	56	6275	0.3	0.19	0.42	40	4464	0.4	0.27	0.59	14	1724	0.2	0.07	0.34			
20 or more times	39	4104	0.2	0.12	0.28	31	3165	0.3	0.18	0.44	8	939	0.1	0.04	0.19			

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Malaysia, 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	346	34056	1.5	1.24	1.86	260	24657	2.2	1.76	2.71	83	9172	0.8	0.58	1.15			
No	25128	2212787	98.5	98.14	98.76	12443	1098906	97.8	97.29	98.22	12643	1109433	99.2	98.85	99.42			

Table 4.4: Usual sources of obtaining drugs in the past 30 days, students Form 1-5, Malaysia, 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	25033	2202060	98.1	97.75	98.46	12366	1090290	97.2	96.55	97.71	12627	1107414	99.1	98.81	99.34			
*Bought from someone	141	14266	0.6	0.48	0.84	111	10986	1.0	0.71	1.35	29	3201	0.3	0.18	0.47			
Gave someone else money to buy it	106	10978	0.5	0.38	0.63	87	8739	0.8	0.59	1.03	19	2240	0.2	0.11	0.36			
Stole/got without permission	47	4245	0.2	0.13	0.28	41	3660	0.3	0.21	0.50	6	584	0.1	0.02	0.13			
Friends	57	5727	0.3	0.18	0.37	37	3529	0.3	0.22	0.45	19	2184	0.2	0.11	0.36			
Family	26	-	-	-	-	17	-	-	-	-	8	-	-	-	-			
Some other way	41	4216	0.2	0.13	0.27	30	3301	0.3	0.19	0.45	8	746	0.1	0.03	0.16			

Note: - Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	141	14266	34.1	28.57	40.13	111	10986	34.8	27.93	42.36	29	3201	32.3	22.20	44.40			
No	55	27551	65.9	59.87	71.43	212	20586	65.2	57.64	72.07	60	6710	67.7	55.59	77.83			

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Malaysia, 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	25093	2208851	99.1	98.78	99.30	12399	1093624	98.5	98.08	98.87	12651	1110707	99.6	99.35	99.78			
1 or 2 times	99	9844	0.4	0.31	0.64	78	7283	0.7	0.45	0.96	20	2544	0.2	0.12	0.44			
3 to 9 times	48	4757	0.2	0.14	0.33	39	4109	0.4	0.23	0.60	9	649	0.1	0.03	0.13			
10 to 19 times	32	2745	0.1	0.08	0.19	28	2211	0.2	0.12	0.32	4	533	0.0	0.01	0.15			
20 or more times	32	3256	0.1	0.10	0.22	28	2723	0.2	0.16	0.38	4	532	0.0	0.02	0.14			

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Malaysia, 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	211	20601	0.9	0.70	1.22	173	16326	1.5	1.13	1.92	37	4258	0.4	0.22	0.65			
No	25093	2208851	99.1	98.78	99.30	12399	1093624	98.5	98.08	98.87	12651	1110707	99.6	99.35	99.78			

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Malaysia, 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	25117	2210254	99.1	98.80	99.29	12420	1094776	98.5	98.02	98.89	12658	1111386	99.7	99.52	99.77			
1 or 2 times	92	9743	0.4	0.31	0.62	79	7853	0.7	0.49	1.01	12	1698	0.2	0.08	0.28			
3 to 9 times	56	4948	0.2	0.15	0.34	46	4359	0.4	0.25	0.61	7	417	0.0	0.02	0.09			
10 to 19 times	39	3964	0.2	0.11	0.28	31	3006	0.3	0.17	0.44	8	958	0.1	0.04	0.21			
20 or more times	21	-	-	-	-	13	-	-	-	-	7	-	-	-	-			

Note: - Fewer than 30 cases

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Malaysia, 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	208	20599	0.9	0.71	1.20	169	16508	1.5	1.11	1.98	34	3711	0.3	0.23	0.48			
No	25117	2210254	99.1	98.80	99.29	12420	1094776	98.5	98.02	98.89	12658	1111386	99.7	99.52	99.77			

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Malaysia, 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	24795	2183680	99.0	98.76	99.22	12265	1082178	98.4	97.91	98.78	12491	1097333	99.6	99.43	99.75			
1 or 2 times	86	8787	0.4	0.29	0.55	71	7134	0.6	0.45	0.94	15	1653	0.2	0.08	0.27			
3 to 9 times	71	6867	0.3	0.22	0.44	55	4947	0.4	0.31	0.66	15	1905	0.2	0.08	0.37			
10 to 19 times	28	-	-	-	-	26	-	-	-	-	2	-	-	-	-			
20 or more times	32	2762	0.1	0.08	0.19	27	2354	0.2	0.14	0.33	5	408	0.0	0.01	0.11			

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Malaysia, 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	217	21757	1.0	0.78	1.24	179	17574	1.6	1.22	2.09	37	4169	0.4	0.25	0.57			
No	24795	2183680	99.0	98.76	99.22	12265	1082178	98.4	97.91	98.78	12491	1097333	99.6	99.43	99.75			

Note: - Fewer than 30 cases

Table 5.3: Prevalence of having missed class due to toothache in the past 12 months, students Form 1-5, Malaysia, 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	2160	204359	9.2	8.36	10.08	1202	110406	10.0	8.89	11.13	952	93430	8.4	7.58	9.31					
No	23073	2020697	90.8	89.92	91.64	11345	999004	90.0	88.87	91.11	11692	1017920	91.6	90.69	92.42					

Table 5.4: Timing of last visit to a dentist or dental nurse, students Form 1-5, Malaysia, 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
During past 12 months	10631	868431	38.7	37.08	40.35	4947	410440	36.5	34.61	38.47	5669	456735	40.9	38.84	43.07					
Between 12-24 months ago	2439	214315	9.6	8.87	10.28	1333	115577	10.3	9.43	11.20	1103	98305	8.8	8.00	9.69					
More than 24 months ago	1654	155788	6.9	6.04	7.96	963	89274	7.9	7.03	8.96	688	66256	5.9	4.84	7.27					
Never	4244	422744	18.8	17.69	20.05	2391	234218	20.8	19.43	22.32	1846	187646	16.8	15.49	18.24					
Don't know	6474	582805	26.0	24.89	27.08	3067	274503	24.4	23.06	25.84	3391	306693	27.5	26.12	28.91					

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Malaysia, 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	3876	356642	16.0	15.11	16.98	1904	174807	15.7	14.56	16.97	1960	180569	16.3	15.25	17.36					
No	21375	1868727	84.0	83.02	84.89	10673	936845	84.3	83.03	85.44	10673	928955	83.7	82.64	84.75					

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Malaysia, 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	305	30343	1.4	1.12	1.64	222	21006	1.9	1.50	2.33	83	9337	0.8	0.62	1.12					
Rarely	859	82408	3.7	3.27	4.14	530	49314	4.4	3.83	5.05	328	32955	3.0	2.48	3.52					
Sometimes	2507	238839	10.7	9.80	11.59	1329	122394	10.9	9.98	11.95	1174	116041	10.4	9.35	11.58					
Most of the time	3630	316579	14.1	13.09	15.25	1912	170760	15.2	13.93	16.66	1711	145163	13.0	11.93	14.19					
Always	18098	1571298	70.2	68.15	72.11	8669	756870	67.6	65.28	69.76	9399	811446	72.8	70.67	74.79					
*Never or rarely	1164	112751	5.0	4.50	5.63	752	70320	6.3	5.53	7.12	411	42292	3.8	3.19	4.50					

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper			Lower	Upper		
Never	335	35212	1.6	1.31	1.87	222	21788	1.9	1.60	2.35	111	13059	1.2	0.92	1.49			
Rarely	928	86132	3.8	3.45	4.25	550	49396	4.4	3.84	5.02	377	36664	3.3	2.80	3.83			
Sometimes	2245	196334	8.7	8.30	9.20	1136	96907	8.6	7.99	9.28	1106	99119	8.9	8.20	9.58			
Most of the time	3109	254498	11.3	10.67	12.02	1571	130188	11.6	10.74	12.47	1530	123546	11.1	10.23	11.93			
Always	18855	1674807	74.5	73.63	75.42	9228	826301	73.5	72.43	74.50	9597	845579	75.6	74.35	76.88			
*Never or rarely	1263	121343	5.4	4.86	5.99	772	71184	6.3	5.57	7.18	488	49723	4.4	3.86	5.12			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper			Lower	Upper		
Never	567	53592	2.4	2.06	2.77	372	34358	3.1	2.57	3.63	193	18883	1.7	1.35	2.11			
Rarely	2844	254605	11.3	10.65	12.07	1662	147146	13.1	12.10	14.15	1177	106930	9.6	8.78	10.43			
Sometimes	7622	669303	29.8	28.63	31.03	3860	336434	29.9	28.62	31.28	3754	331960	29.7	28.10	31.42			
Most of the time	5550	460090	20.5	19.48	21.55	2593	219475	19.5	18.39	20.72	2946	239342	21.4	20.16	22.77			
Always	8874	807360	36.0	34.10	37.87	4216	386467	34.4	32.19	36.65	4640	419518	37.6	35.55	39.64			
*Never or rarely	3411	308197	13.7	12.90	14.61	2034	181504	16.1	15.08	17.28	1370	125813	11.3	10.27	12.35			

6.0 Mental Health Problems

Table 6.1: Prevalence* of loneliness in the past 12 months, students Form 1-5, Malaysia, 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	7919	702504	31.4	30.43	32.47	4657	412526	36.9	35.47	38.37	3248	288495	25.9	24.82	27.08			
Rarely	8222	719166	32.2	31.05	33.34	4221	370688	33.2	31.72	34.64	3991	347383	31.2	29.86	32.62			
Sometimes	7115	632882	28.3	27.57	29.09	2897	258937	23.2	22.24	24.12	4206	372758	33.5	32.33	34.70			
Most of the time	1425	119675	5.4	4.97	5.77	557	48147	4.3	3.82	4.86	865	71328	6.4	5.82	7.06			
Always	661	60204	2.7	2.34	3.11	302	27392	2.5	2.09	2.87	356	32567	2.9	2.46	3.47			
* Most of the time or always	2086	179878	8.1	7.54	8.60	859	75540	6.8	6.10	7.49	1221	103896	9.3	8.62	10.11			

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Malaysia, 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	10006	874793	39.0	37.98	39.99	5696	490347	43.7	42.48	44.88	4292	382898	34.3	33.05	35.50			
Rarely	8777	764193	34.0	33.09	35.03	4131	368886	32.9	31.59	34.15	4641	395007	35.3	34.11	36.61			
Sometimes	5339	483592	21.5	20.82	22.30	2276	207662	18.5	17.46	19.59	3054	274863	24.6	23.52	25.71			
Most of the time	880	78946	3.5	3.23	3.83	369	33847	3.0	2.69	3.38	504	44126	3.9	3.46	4.51			
Always	448	42870	1.9	1.70	2.14	219	21970	2.0	1.61	2.37	226	20540	1.8	1.60	2.11			
* Most of the time or always	1328	121816	5.4	5.05	5.83	588	55817	5.0	4.46	5.54	730	64666	5.8	5.20	6.44			

Table 6.3: Prevalence* of suicidal ideation in the past 12 months, students Form 1-5, Malaysia, 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	1852	176403	7.9	7.27	8.60	771	73763	6.6	5.87	7.51	1075	102075	9.2	8.38	10.03			
No	23426	2050851	92.1	91.37	92.7	11790	1036253	93.4	92.49	94.13	11601	1011055	90.8	89.97	91.62			

Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Malaysia, 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	1488	141766	6.4	5.96	6.88	629	61852	5.6	4.97	6.32	854	79548	7.2	6.63	7.80	11754	1026192	92.8	92.20	93.37
No	23643	2071848	93.6	93.12	94.04	11851	1041712	94.4	93.68	95.03	11754	1026192	92.8	92.20	93.37					

Table 6.5: Prevalence* of suicidal attempt in the past 12 months, students Form 1-5, Malaysia, 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		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	23895	2093466	93.2	92.48	93.89	11949	1051652	93.6	92.76	94.42	11909	1037934	92.8	91.96	93.61					
1 time	907	85994	3.8	3.40	4.30	414	39329	3.5	2.98	4.11	490	46298	4.1	3.61	4.74					
2 to 3 times	394	39404	1.8	1.54	2.00	170	15129	1.3	1.12	1.62	222	24125	2.2	1.79	2.60					
4 to 5 times	189	18062	0.8	0.66	0.97	109	10762	1.0	0.76	1.21	80	7300	0.7	0.48	0.89					
6 or more times	83	8869	0.4	0.29	0.54	57	6239	0.6	0.40	0.78	23	2505	0.2	0.13	0.39					
* 1 or more times	1573	152328	6.8	6.11	7.52	750	71459	6.4	5.58	7.24	815	80228	7.2	6.39	8.04					

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

Number of Friends	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
*0 friend	792	70376	3.1	2.88	3.44	434	38947	3.5	3.04	4.01	356	31251	2.8	2.43	3.23					
1 friend	1417	126522	5.7	5.30	6.04	682	57202	5.1	4.68	5.61	732	68948	6.2	5.64	6.76					
2 friends	2067	183812	8.2	7.82	8.64	874	78803	7.1	6.53	7.63	1186	104391	9.4	8.75	10.00					
3 or more friends	21093	1855352	83.0	82.24	83.69	10639	941282	84.3	83.33	85.27	10425	911245	81.7	80.64	82.65					

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, Malaysia, 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	4564	438508	19.6	18.37	20.96	2221	209938	18.8	17.40	20.30	2338	228083	20.5	19.00	22.10
1 day	5507	490170	22.0	21.10	22.82	2191	198382	17.7	16.80	18.80	3303	290079	26.1	24.90	27.30
2 days	4369	385831	17.3	16.53	18.05	1843	165825	14.8	13.90	15.80	2520	219413	19.7	18.80	20.80
3 days	3261	279537	12.5	11.90	13.16	1581	138472	12.4	11.60	13.20	1675	140737	12.7	11.80	13.60
4 days	1579	133032	6.0	5.53	6.41	840	69808	6.2	5.70	6.80	733	62521	5.6	5.10	6.20
5 days	1668	139422	6.2	5.75	6.77	945	80876	7.2	6.50	8.00	720	58230	5.2	4.70	5.90
6 days	629	50829	2.3	2.04	2.54	406	33024	3.0	2.60	3.40	223	17805	1.6	1.30	1.90
* All 7 days	3774	315868	14.1	13.18	15.17	2619	221182	19.8	18.50	21.20	1147	94132	8.5	7.60	9.40

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, Malaysia, 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	6071	506119	22.7	21.50	23.90	3970	335082	30.0	28.50	31.60	2090	170167	15.3	14.10	16.70
No	19280	1727077	77.3	76.09	78.53	8676	782426	70.0	68.44	71.54	10569	940832	84.7	83.34	85.93

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, Malaysia, 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	11631	1053935	46.9	44.15	49.76	5678	519938	46.2	43.20	49.20	5936	532169	47.7	44.50	50.90
1 day	1989	180892	8.1	7.46	8.70	982	90076	8.0	7.30	8.80	1001	90039	8.1	7.20	9.00
2 days	1502	134713	6.0	5.46	6.59	756	66935	6.0	5.30	6.70	743	67546	6.1	5.40	6.80
3 days	966	85308	3.8	3.48	4.15	513	44948	4.0	3.50	4.60	453	40360	3.6	3.20	4.10
4 days	639	54638	2.4	2.15	2.76	331	26526	2.4	2.00	2.80	305	27813	2.5	2.10	2.90
5 days	2743	236959	10.6	9.65	11.54	1149	101357	9.0	8.10	10.00	1591	135402	12.1	10.80	13.60
6 days	446	35486	1.6	1.33	1.88	201	16859	1.5	1.20	1.80	245	18627	1.7	1.40	2.10
All 7 days	5539	463240	20.6	18.04	23.49	3098	257901	22.9	20.00	26.20	2427	203986	18.3	15.70	21.10

Table 7.3: Duration of time spent on sedentary activities in a typical or usual day, students Form 1-5, Malaysia, 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	4846	451740	20.2	19.01	21.34	2592	236166	21.1	19.60	22.50	2241	214169	19.2	17.80	20.70			
1 to 2 hours	8316	728694	32.5	31.54	33.49	4209	367773	32.8	31.60	34.00	4094	359670	32.2	31.00	33.50			
3 to 4 hours	6951	600128	26.8	25.95	27.62	3304	284915	25.4	24.40	26.40	3635	314085	28.2	27.00	29.30			
5 to 6 hours	2628	227872	10.2	9.65	10.70	1272	116016	10.3	9.60	11.10	1352	111502	10.0	9.30	10.70			
7 to 8 hours	867	77598	3.5	3.13	3.83	424	39993	3.6	3.10	4.00	442	37380	3.4	2.90	3.80			
More than 8 hours	1813	155400	6.9	6.39	7.51	880	76695	6.8	6.10	7.60	931	78560	7.0	6.30	7.80			

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Malaysia, 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	12259	1060999	47.3	45.80	48.80	5880	517619	46.1	44.30	48.00	6360	541527	48.5	46.90	50.20			
No	13162	1180434	52.7	51.17	54.16	6801	603939	53.8	52.00	55.69	6335	573840	51.4	49.75	53.14			

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Malaysia, 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	18023	1552387	69.1	67.56	70.66	8751	753337	67.1	65.21	68.89	9244	796448	71.3	69.49	72.95			
1 to 2 days	5519	517838	23.1	21.90	24.26	2834	269239	24.0	22.55	25.46	2672	247109	22.1	20.83	23.43			
3 to 5 days	1327	120744	5.4	4.93	5.86	740	66415	5.9	5.31	6.57	584	53849	4.8	4.26	5.44			
6 to 9 days	343	31609	1.4	1.22	1.63	217	19518	1.7	1.46	2.07	126	12091	1.1	0.87	1.35			
10 or more days	245	23043	1.0	0.86	1.22	153	14626	1.3	1.07	1.59	91	8316	0.7	0.56	0.98			
*1 or more days	7434	693234	30.9	29.34	32.44	3944	369799	32.9	31.11	34.79	3473	321364	28.7	27.05	30.51			

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Malaysia, 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	1356	134606	6.0	5.32	6.76	994	96201	8.6	7.45	9.84	358	37638	3.4	2.88	3.93			
Rarely	4482	403743	18.0	17.02	19.00	2702	239337	21.3	19.90	22.81	1775	164045	14.7	13.69	15.73			
Sometimes	7894	712623	31.8	30.80	32.72	4299	380540	33.9	32.71	35.10	3586	331063	29.6	28.41	30.88			
Most of the time	5181	425707	19.0	17.78	20.21	2327	195110	17.4	15.97	18.89	2845	229625	20.6	19.34	21.82			
Always	6529	567657	25.3	24.39	26.21	2365	211411	18.8	17.73	19.98	4148	354903	31.8	30.61	32.95			
* Most of the times or always	11710	993364	44.3	42.55	45.99	4692	406521	36.2	34.25	38.22	6993	584528	52.3	50.44	54.19			

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Malaysia, 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	9967	886252	39.6	37.97	41.15	4789	423281	37.8	35.95	39.68	5163	461107	41.3	39.56	43.07			
Rarely	6409	555829	24.8	23.96	25.67	3279	288767	25.8	24.75	26.85	3123	266196	23.8	22.78	24.95			
Sometimes	5412	479820	21.4	20.56	22.29	2656	234768	21.0	19.85	22.12	2747	244309	21.9	20.82	22.98			
Most of the time	1619	133868	6.0	5.53	6.45	851	71337	6.4	5.81	6.98	763	62116	5.6	5.01	6.18			
Always	1999	185041	8.3	7.70	8.85	1088	101761	9.1	8.36	9.88	904	82651	7.4	6.73	8.14			
* Most of the times or always	3618	318909	14.2	13.47	15.03	1939	173098	15.5	14.47	16.50	1667	144767	13.0	12.10	13.89			

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Malaysia, 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	5411	499192	22.2	20.99	23.55	2840	256390	22.8	21.28	24.48	2560	241519	21.6	20.21	23.10
Rarely	5735	507217	22.6	21.75	23.48	2788	249194	22.2	21.01	23.44	2938	257355	23.0	21.92	24.20
Sometimes	6016	530036	23.6	22.90	24.35	2950	258047	23.0	21.94	24.08	3054	270480	24.2	23.31	25.14
Most of the time	3395	287360	12.8	12.02	13.64	1723	147649	13.2	12.22	14.14	1667	139338	12.5	11.43	13.60
Always	4882	420132	18.7	17.79	19.69	2384	211140	18.8	17.50	20.19	2491	208328	18.7	17.64	19.71
* Most of the times or always	8277	707491	31.5	30.09	33.00	4107	358789	32.0	30.2	33.8	4158	347666	31.1	29.50	32.79

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Malaysia, 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	3025	284691	12.7	11.71	13.77	1750	161190	14.4	13.11	15.73	1269	122727	11.0	9.96	12.16
Rarely	4775	430303	19.2	18.49	19.94	2481	221597	19.8	18.62	20.94	2287	207906	18.7	17.74	19.62
Sometimes	6259	561174	25.0	24.15	25.96	3118	275593	24.6	23.40	25.77	3132	284600	25.5	24.45	26.67
Most of the time	4694	391685	17.5	16.59	18.40	2298	196376	17.5	16.36	18.71	2383	194416	17.4	16.44	18.50
Always	6640	573156	25.6	24.67	26.51	3024	267222	23.8	22.64	25.03	3605	304691	27.3	26.21	28.51
* Most of the times or always	11334	964841	43.1	41.79	44.33	5322	463598	41.3	39.55	43.11	5988	499107	44.8	43.29	46.30

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Malaysia, 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	12987	1151453	51.5	50.38	52.64	6214	550963	49.2	47.48	50.96	6749	598126	53.8	52.47	55.16
Rarely	5888	502368	22.5	21.79	23.18	2911	250265	22.4	21.27	23.49	2971	251353	22.6	21.73	23.53
Sometimes	4108	368748	16.5	15.87	17.14	2174	197710	17.7	16.82	18.54	1925	170136	15.3	14.45	16.21
Most of the time	1042	91977	4.1	3.75	4.51	576	49934	4.5	3.99	4.99	466	42043	3.8	3.31	4.32
Always	1300	120761	5.4	4.90	5.95	763	70538	6.3	5.55	7.15	531	49730	4.5	3.94	5.07
* Never or rarely	18875	1653821	74.0	72.85	75.09	9125	801228	71.6	70.09	73.02	9720	849478	76.4	75.11	77.71

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, Malaysia, 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	1882	172545	8.3	7.54	9.22	1065	96705	9.6	8.47	10.90	812	75251	7.1	6.33	7.97			
No	21763	1895643	91.7	90.78	92.46	10401	908821	90.4	89.10	91.53	11333	984079	92.9	92.03	93.67			

Table 9.2: Age when had first sex, students Form 1-5, Malaysia, 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 sex	24550	2163301	97.4	97.04	97.76	12072	1067273	96.5	95.98	97.03	12437	1091680	98.3	97.84	98.68			
11 years or younger	145	12859	0.6	0.48	0.69	107	9414	0.9	0.68	1.07	38	3445	0.3	0.21	0.46			
12 years	87	8155	0.4	0.27	0.49	73	7024	0.6	0.46	0.87	13	992	0.1	0.04	0.20			
13 years	92	7934	0.4	0.27	0.48	64	4904	0.4	0.31	0.63	28	3029	0.3	0.18	0.42			
14 years	94	9040	0.4	0.30	0.55	60	5699	0.5	0.37	0.73	34	3341	0.3	0.20	0.45			
15 years	93	8705	0.4	0.31	0.50	48	4435	0.4	0.28	0.58	45	4270	0.4	0.25	0.60			
16 years or older	124	10471	0.5	0.37	0.59	80	6758	0.6	0.47	0.80	44	3714	0.3	0.23	0.49			

Table 9.2.1: Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5, Malaysia, 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	324	28947	50.6	44.94	56.32	244	21342	55.8	48.65	62.75	79	7466	39.7	31.77	48.27			
No	311	28216	49.4	43.68	55.06	188	16892	44.2	37.25	51.35	123	11325	60.3	51.73	68.23			

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

Number of Sexual Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper	Lower	Upper
Never had sex	24583	2162621	97.5	97.07	97.79	12092	1066782	96.6	96.00	97.08	12449	1091344	98.3	97.90	98.65			
1 partner	283	25505	1.1	0.98	1.35	176	15900	1.4	1.19	1.75	107	9605	0.9	0.65	1.15			
2 partners	122	11845	0.5	0.42	0.69	85	8170	0.7	0.56	0.97	36	3595	0.3	0.20	0.52			
3 partners	79	7496	0.3	0.26	0.45	54	4742	0.4	0.31	0.59	24	2738	0.2	0.14	0.44			
4 partners	44	3974	0.2	0.12	0.26	32	2752	0.2	0.17	0.36	12	1223	0.1	0.06	0.21			
5 partners	27	-	-	-	-	22	-	-	-	-	5	-	-	-	-			
6 or more partners	53	5018	0.2	0.16	0.32	41	3987	0.4	0.25	0.52	12	1031	0.1	0.05	0.18			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper	Lower	Upper
Yes	325	31052	1.4	1.18	1.66	234	21879	2.0	1.62	2.42	89	9078	0.8	0.63	1.07			
No	24866	2188126	98.6	98.34	98.82	12268	1082682	98.0	97.58	98.38	12556	1100949	99.2	98.93	99.37			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper	Lower	Upper
Yes	192	16928	32.2	27.64	37.13	142	12848	37.3	30.78	44.29	48	3925	21.9	15.66	29.65			
No	386	35639	67.8	62.87	72.36	237	21608	62.7	55.71	69.22	149	14030	78.1	70.35	84.34			

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, Malaysia, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper	Lower	Upper
Yes	276	25146	43.7	38.21	49.42	175	16301	42.9	35.88	50.20	100	8766	45.7	38.60	52.98			
No	347	32348	56.3	50.58	61.79	239	21706	57.1	49.80	64.12	106	10415	54.3	47.02	61.40			

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, Malaysia, 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	22671	1981135	88.5	87.31	89.57	10158	884641	79.1	77.01	81.12	12475	1092351	97.9	97.40	98.23			
1 or 2 days	963	93210	4.2	3.72	4.66	821	78311	7.0	6.26	7.84	141	14828	1.3	1.04	1.70			
3 to 5 days	429	39317	1.8	1.49	2.07	390	35981	3.2	2.73	3.79	39	3336	0.3	0.20	0.44			
6 to 9 days	265	27222	1.2	1.02	1.45	247	24888	2.2	1.84	2.69	16	2172	0.2	0.12	0.33			
10 to 19 days	241	22390	1.0	0.85	1.18	229	21120	1.9	1.60	2.24	11	1254	0.1	0.05	0.23			
20 to 29 days	177	14968	0.7	0.54	0.83	166	14087	1.3	1.01	1.57	10	868	0.1	0.04	0.17			
All 30 days	632	60613	2.7	2.31	3.17	617	58805	5.3	4.49	6.16	12	1524	0.1	0.08	0.24			

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Malaysia, 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	2707	257720	11.5	10.43	12.69	2470	233191	20.9	18.88	22.99	229	23982	2.1	1.77	2.60			
No	22671	1981135	88.5	87.31	89.57	10158	884641	79.1	77.01	81.12	12475	1092351	97.9	97.40	98.23			

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never smoke	19780	1718939	79.5	77.91	81.03	7994	694312	65.0	62.31	67.62	11753	1021099	93.7	92.83	94.51			
7 years or younger	492	42888	2.0	1.76	2.23	379	33591	3.1	2.74	3.61	111	9267	0.9	0.68	1.06			
8 to 9 years	447	40464	1.9	1.60	2.19	378	33303	3.1	2.64	3.68	66	6814	0.6	0.45	0.86			
10 or 11 years	898	78658	3.6	3.27	4.05	783	66402	6.2	5.56	6.95	112	12005	1.1	0.85	1.43			
12 or 13 years	1633	151570	7.0	6.29	7.81	1439	132396	12.4	11.13	13.79	193	19062	1.7	1.42	2.16			
14 or 15 years	1096	104123	4.8	4.37	5.31	926	86748	8.1	7.34	8.98	170	17376	1.6	1.26	2.02			
16 years or older	243	25189	1.2	0.95	1.43	203	21253	2.0	1.58	2.50	39	3854	0.4	0.25	0.50			

Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Malaysia, 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	3470	313580	70.8	69.01	72.53	2979	265692	71.1	69.17	72.96	482	47148	69.0	64.16	73.37			
No	1339	129313	29.2	27.5	31.0	1129	108001	28.9	27.0	30.8	209	21230	31.0	26.6	35.8			

Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Malaysia, 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	24208	2124576	94.5	93.91	95.01	11641	1023915	91.0	90.06	91.83	12528	1096518	98.0	97.58	98.38			
1 or 2 days	787	76452	3.4	3.05	3.79	658	62094	5.5	4.94	6.16	129	14357	1.3	1.03	1.61			
3 to 5 days	202	17830	0.8	0.66	0.96	171	14875	1.3	1.08	1.61	31	2955	0.3	0.17	0.40			
6 to 9 days	102	10008	0.4	0.33	0.60	83	7746	0.7	0.51	0.92	17	2175	0.2	0.11	0.35			
10 to 19 days	62	7014	0.3	0.24	0.41	49	5553	0.5	0.36	0.68	10	1295	0.1	0.05	0.25			
20 to 29 days	31	2950	0.1	0.08	0.23	25	2048	0.2	0.11	0.31	6	903	0.1	0.03	0.20			
All 30 days	99	9731	0.4	0.34	0.54	93	9135	0.8	0.65	1.01	5	485	0.0	0.02	0.12			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	1283	123985	5.5	4.99	6.09	1079	101451	9.0	8.17	9.94	198	22169	2.0	1.62	2.42			
No	24208	2124576	94.5	93.91	95.01	11641	1023915	91.0	90.06	91.83	12528	1096518	98.0	97.58	98.38			

Table 10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Malaysia, 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						
Did not smoke any 30 days	23732	2077172	92.6	91.76	93.31	11240	984215	87.7	86.37	88.87	12455	1088885	97.5	97.02	97.94			
Shisha/hookah	608	57077	2.5	2.23	2.90	488	44012	3.9	3.42	4.49	118	12978	1.2	0.92	1.47			
Electronic cigarettes	244	25860	1.2	0.93	1.43	217	22696	2.0	1.63	2.51	26	3085	0.3	0.16	0.49			
Snuff or chewing tobacco	263	26050	1.2	0.96	1.40	229	22859	2.0	1.67	2.48	31	2951	0.3	0.17	0.42			
Pipes	57	5825	0.3	0.18	0.37	45	4183	0.4	0.27	0.51	12	1642	0.1	0.06	0.34			
Curut, cigar or cigarillos	89	8852	0.4	0.31	0.50	80	8027	0.7	0.56	0.92	9	825	0.1	0.03	0.16			
Bidis	21	-	-	-	-	18	-	-	-	-	2	-	-	-	-			
Others	418	40957	1.8	1.56	2.13	370	34966	3.1	2.67	3.63	46	5794	0.5	0.36	0.74			

Table 10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Malaysia, 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	2626	247693	88.1	86.15	89.76	2362	219679	88.0	85.85	89.78	260	27536	89.1	84.54	92.39			
No	368	33559	11.9	10.24	13.85	330	30087	12.0	10.22	14.15	36	3379	10.9	7.61	15.46			

Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Malaysia, 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	14831	1310641	58.4	56.62	60.13	6431	561513	50.0	47.72	52.33	8373	746076	66.8	65.10	68.37			
1 or 2 days	4865	417239	18.6	17.93	19.27	2744	238035	21.2	20.27	22.17	2117	178783	16.0	15.12	16.91			
3 or 4 days	1845	158921	7.1	6.54	7.67	1130	100315	8.9	8.15	9.79	714	58536	5.2	4.71	5.82			
5 or 6 days	790	73065	3.3	2.93	3.61	512	47921	4.3	3.80	4.79	276	25031	2.2	1.94	2.59			
All 7 days	3119	284835	12.7	11.77	13.67	1871	174604	15.6	14.25	16.96	1238	109228	9.8	8.95	10.67			

Table 10.6.1: Prevalence of having been exposed to people smoking in their presence for at least one day in the past seven days, students Form 1-5, Malaysia, 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	10619	934060	41.6	39.87	43.38	6257	560875	50.0	47.67	52.28	4345	371578	33.2	31.63	34.90			
No	14831	1310641	58.4	56.62	60.13	6431	561513	50.0	47.72	52.33	8373	746076	66.8	65.10	68.37			

Note:
- Fewer than 30 cases

Table 10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Malaysia, 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	10262	901411	40.2	38.71	41.73	4887	430009	38.4	36.65	40.12	5360	469874	42.1	40.20	43.99			
No	15150	1340356	59.8	58.27	61.29	7781	690692	61.6	59.88	63.35	7341	646727	57.9	56.01	59.80			

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Malaysia, 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	21798	1902621	84.8	83.56	85.93	9586	837162	74.6	72.56	76.49	12175	1061378	95.0	94.32	95.67			
Probably not	1928	177653	7.9	7.34	8.54	1547	137905	12.3	11.28	13.36	379	39602	3.5	3.10	4.05			
Maybe yes	1269	120340	5.4	4.80	5.99	1138	107776	9.6	8.61	10.69	127	12146	1.1	0.83	1.43			
Definitely yes	457	43459	1.9	1.65	2.27	420	39763	3.5	3.01	4.16	35	3669	0.3	0.19	0.56			

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Malaysia, 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	21778	1905388	84.9	83.74	85.99	9622	842003	75.0	73.06	76.89	12122	1059672	94.8	94.18	95.42			
Probably not	1684	149977	6.7	6.15	7.25	1324	115521	10.3	9.35	11.32	358	34179	3.1	2.69	3.47			
Maybe yes	1385	131450	5.9	5.31	6.46	1195	112555	10.0	9.12	11.02	185	18625	1.7	1.33	2.08			
Definitely yes	594	57469	2.6	2.13	3.08	540	52245	4.7	3.86	5.61	50	4933	0.4	0.29	0.67			

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Malaysia, 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	2077	190812	9.6	8.99	10.35	105	16727	12.2	8.87	16.48	587	57191	5.2	4.65	5.91			
No	20563	1786783	90.4	89.65	91.01	8655	749848	84.9	83.71	86.07	11875	1033317	94.9	94.09	95.35			

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, Malaysia, 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	18536	1617151	72.2	70.90	73.49	8520	755120	67.4	65.81	68.93	9989	859482	77.1	75.58	78.62			
1 time	2525	231580	10.3	9.72	11.00	1516	133357	11.9	10.98	12.88	1001	97463	8.7	8.02	9.54			
2 to 3 times	2547	231247	10.3	9.66	11.03	1448	127306	11.4	10.56	12.21	1095	103402	9.3	8.38	10.27			
4 to 5 times	764	70393	3.1	2.80	3.53	487	45396	4.1	3.56	4.61	274	24547	2.2	1.87	2.60			
6 to 7 times	319	29117	1.3	1.12	1.51	214	18389	1.6	1.39	1.94	105	10728	1.0	0.74	1.25			
8 to 9 times	163	13859	0.6	0.50	0.77	107	8948	0.8	0.61	1.05	55	4794	0.4	0.31	0.59			
10 to 11 times	86	6279	0.3	0.21	0.37	49	3847	0.3	0.24	0.49	36	2417	0.2	0.15	0.32			
12 or more times	445	39723	1.8	1.53	2.05	318	28197	2.5	2.09	3.03	126	11433	1.0	0.79	1.33			

Table 11.1.1: Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5, Malaysia, 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	6849	622197	27.8	26.51	29.10	4139	365442	32.6	31.07	34.19	2692	254784	22.9	21.38	24.42			
No	18536	1617151	72.2	70.90	73.49	8520	755120	67.4	65.81	68.93	9989	859482	77.1	75.58	78.62			

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Malaysia, 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	18746	1633066	72.6	71.26	73.98	8358	734420	65.2	63.62	66.84	10360	895854	80.1	78.59	81.55			
1 time	2913	265844	11.8	11.24	12.43	1870	166381	14.8	13.93	15.68	1040	99218	8.9	8.06	9.76			
2 to 3 times	2379	216241	9.6	9.01	10.26	1518	134296	11.9	11.09	12.83	857	81443	7.3	6.65	7.97			
4 to 5 times	652	61295	2.7	2.37	3.14	429	39525	3.5	2.96	4.16	221	21446	1.9	1.60	2.30			
6 to 7 times	232	22008	1.0	0.83	1.15	144	14021	1.2	1.01	1.53	85	7808	0.7	0.54	0.91			
8 to 9 times	111	9601	0.4	0.33	0.55	78	6797	0.6	0.45	0.82	31	2618	0.2	0.14	0.38			
10 to 11 times	78	7175	0.3	0.24	0.42	51	4822	0.4	0.30	0.62	26	2337	0.2	0.13	0.33			
12 or more times	376	32986	1.5	1.26	1.70	274	25346	2.3	1.90	2.67	101	7546	0.7	0.51	0.90			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	
Yes	6741	615151	27.4	26.02	28.74		4364	391187	34.8	33.16	36.38		2361	222415	19.9	18.45	21.41	
No	18746	1633066	72.6	71.26	73.98		8358	734420	65.2	63.62	66.84		10360	895854	80.1	78.59	81.55	

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	
0 time	14256	1237675	65.1	63.73	66.36		6190	543800	57.9	56.33	59.39		8047	692336	72.2	70.68	73.64	
1 time	4110	359835	18.9	18.10	19.75		2386	205918	21.9	20.83	23.04		1717	153013	16.0	15.01	16.95	
2 to 3 times	2387	217067	11.4	10.74	12.12		1438	130627	13.9	12.99	14.86		944	86072	9.0	8.22	9.79	
4 to 5 times	534	49474	2.6	2.31	2.93		354	32650	3.5	3.03	3.99		178	16500	1.7	1.45	2.04	
6 to 7 times	177	15895	0.8	0.71	0.99		124	11816	1.3	1.03	1.54		53	4079	0.4	0.30	0.59	
8 to 9 times	68	6905	0.4	0.27	0.49		42	4417	0.5	0.31	0.70		25	2395	0.2	0.16	0.40	
10 to 11 times	27	-	-	-	-		17	-	-	-	-		9	-	-	-	-	
12 or more times	140	13052	0.7	0.56	0.84		89	8704	0.9	0.69	1.23		49	4141	0.4	0.30	0.62	

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper		Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	
Yes	7443	664816	34.9	33.64	36.27		4450	395958	42.1	40.61	43.67		2975	266822	27.8	26.36	29.32	
No	14256	1237675	65.1	63.73	66.36		6190	543800	57.9	56.33	59.39		8047	692336	72.2	70.68	73.64	

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, Malaysia, 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	1017	85735	18.1	16.86	19.46	730	3346	22.1	20.31	23.99	285	1840	12.1	10.41	14.07			
A cut or stab wound	1401	125502	26.5	24.88	28.26	892	4233	27.5	25.22	29.92	505	2778	24.9	22.64	27.36			
Concussion/head or neck injury, knocked out or could not breathe	539	50845	10.7	9.71	11.89	263	2045	8.5	7.18	9.95	274	1846	14.2	12.46	16.13			
Gunshot wound	97	8322	1.8	1.38	2.25	73	918	2.1	1.55	2.85	24	490	1.3	0.84	1.88			
Bad burn	88	8470	1.8	1.38	2.31	55	816	1.7	1.21	2.32	32	774	2.0	1.30	2.98			
Poisoned	48	4358	0.9	0.64	1.33	24	508	0.7	0.43	1.18	24	559	1.3	0.78	1.99			
Something else happened to me	2167	189791	40.1	38.28	42.00	1204	5328	37.4	35.04	39.91	958	4283	44.3	41.35	47.26			

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, Malaysia, 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	1091	102174	20.0	18.31	21.82	765	3442	23.0	21.03	25.20	325	3377	15.4	12.80	18.38			
Fall	2127	187351	36.7	34.81	38.60	1280	4936	36.4	34.22	38.57	844	3303	37.3	34.44	40.27			
Something fell on me or hit me	514	46544	9.1	8.17	10.15	274	2394	8.0	6.68	9.50	238	1673	10.8	9.36	12.45			
Was attacked or abused or was fighting with someone	272	25477	5.0	4.26	5.83	200	1722	6.2	5.28	7.19	71	982	3.2	2.34	4.24			
Was in a fire or too near a flame or something hot	67	5879	1.2	0.86	1.54	36	627	1.0	0.65	1.48	31	612	1.4	0.93	2.15			
Inhaled or swallowed something bad	71	7362	1.4	1.01	2.06	38	801	1.3	0.89	1.92	33	895	1.7	0.99	2.75			
Something else caused the injury	1637	135911	26.6	25.07	28.21	896	4516	24.2	22.12	26.31	737	3042	30.3	27.95	32.71			

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Malaysia, 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	19825	1738016	82.1	81.01	83.18	9543	847717	80.2	78.99	81.28	10257	887823	84.2	82.70	85.50			
1 to 2 days	2578	236351	11.2	10.42	11.96	1455	130580	12.3	11.53	13.21	1120	105263	10.0	9.00	11.04			
3 to 5 days	694	63063	3.0	2.68	3.32	384	33164	3.1	2.76	3.56	304	29297	2.8	2.28	3.38			
6 to 9 days	315	27649	1.3	1.13	1.51	203	17895	1.7	1.41	2.03	111	9632	0.9	0.72	1.16			
10 to 19 days	220	20097	0.9	0.76	1.18	123	10971	1.0	0.81	1.32	96	9040	0.9	0.63	1.17			
20 to 29 days	103	9336	0.4	0.35	0.55	64	5909	0.6	0.41	0.75	38	3333	0.3	0.21	0.47			
all 30 days	257	21929	1.0	0.87	1.23	139	11280	1.1	0.87	1.31	118	10649	1.0	0.77	1.33			

Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Malaysia, 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	4167	378424	17.9	16.82	18.99	2368	209799	19.8	18.72	21.01	1787	167214	15.8	14.50	17.30			
No	19825	1738016	82.1	81.01	83.18	9543	847717	80.2	78.99	81.28	10257	887823	84.2	82.70	85.50			

Table 11.7: Most common ways of being bullied in the past 30 days, students Form 1-5, Malaysia, 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	381	36911	12.2	10.10	14.75	301	3005	17.3	14.15	20.94	78	1523	6.2	4.47	8.55			
Made fun of because of race, nationality or color	345	31940	10.6	9.04	12.37	187	1564	10.1	8.33	12.09	156	1944	11.2	9.07	13.79			
Made fun of because of religion	107	11338	3.8	2.94	4.79	75	1193	4.6	3.46	6.19	32	770	2.8	1.87	4.07			
Made fun of with sexual jokes, comments, or gestures	669	60733	20.1	18.20	22.21	357	2140	19.9	17.81	22.25	311	2192	20.5	18.10	23.10			
Left out of activities on purpose or completely ignored	161	15074	5.0	4.06	6.14	73	908	4.0	3.03	5.22	87	1086	6.2	4.73	7.99			
Made fun of because of how body or face looks	783	62897	20.8	19.03	22.80	352	2083	17.7	15.68	19.91	428	2479	24.6	21.60	27.79			
Bullied in some other way	942	82792	27.4	25.40	29.59	519	3086	26.4	23.46	29.61	420	2683	28.6	26.13	31.21			

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Malaysia, 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	22899	1997740	88.9	87.77	89.85	11376	997974	88.7	87.38	89.81	11489	996390	89.1	87.88	90.20			
1 time	1455	138459	6.2	5.58	6.79	729	68396	6.1	5.47	6.75	723	69677	6.2	5.51	7.04			
2 to 3 times	705	69243	3.1	2.72	3.49	352	34415	3.1	2.57	3.63	349	34416	3.1	2.60	3.63			
4 to 5 times	187	19063	0.8	0.69	1.05	111	10554	0.9	0.73	1.21	75	8409	0.8	0.56	1.01			
6 to 7 times	87	8721	0.4	0.28	0.53	59	5359	0.5	0.34	0.67	27	3348	0.3	0.17	0.54			
8 to 9 times	37	4196	0.2	0.13	0.27	21	2147	0.2	0.13	0.29	16	2049	0.2	0.11	0.32			
10 to 11 times	35	4026	0.2	0.12	0.26	21	2563	0.2	0.14	0.36	14	1463	0.1	0.07	0.24			
12 or more times	87	6949	0.3	0.23	0.42	55	4299	0.4	0.26	0.56	31	2598	0.2	0.15	0.35			

Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Malaysia, 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	2593	250656	11.1	10.15	12.23	1348	127734	11.3	10.19	12.62	1235	121959	10.9	9.80	12.12			
No	22899	1997740	88.9	87.77	89.85	11376	997974	88.7	87.38	89.81	11489	996390	89.1	87.88	90.20			

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Malaysia, 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	14665	1285542	57.3	56.06	58.58	8150	717542	63.8	62.52	65.01	6494	568000	50.8	49.12	52.54			
1 time	3761	344197	15.3	14.67	16.05	1737	161245	14.3	13.44	15.27	2017	182953	16.4	15.43	17.36			
2 to 3 times	4155	362312	16.2	15.52	16.82	1634	142772	12.7	11.96	13.45	2510	219540	19.6	18.56	20.78			
4 to 5 times	1120	94737	4.2	3.94	4.52	437	37115	3.3	2.93	3.71	682	57622	5.2	4.73	5.62			
6 to 7 times	451	40621	1.8	1.60	2.05	189	17674	1.6	1.31	1.88	261	22947	2.1	1.75	2.41			
8 to 9 times	222	19640	0.9	0.74	1.04	95	8993	0.8	0.63	1.02	127	10647	1.0	0.77	1.18			
10 to 11 times	149	13182	0.6	0.46	0.75	56	4445	0.4	0.27	0.57	93	8737	0.8	0.59	1.04			
12 or more times	955	82382	3.7	3.30	4.09	419	35392	3.1	2.68	3.69	534	46991	4.2	3.66	4.83			

Table 11.9.1: Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Malaysia, 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	10813	959526	42.7	41.46	43.96	4567	407636	36.2	34.99	37.48	6224	549437	49.2	47.46	50.88			
No	14665	1285542	57.3	56.06	58.58	8150	717542	63.8	62.52	65.01	6494	568000	50.8	49.12	52.54			

	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
2.0 Alcohol Consumption									
2.1.1 Prevalence of drank at least one drink containing alcohol on one or more days in the past 30 days (current drinkers)	8.9% (7.81-10.07)	9.5% (6.12-14.33)	5.2% (2.73-9.52)	3.0% (1.96-4.67)	8.4% (4.59-14.84)	4.4% (2.20-8.50)	7.4% (2.82-18.20)	10.7% (6.95-16.07)	
2.2.1 First drink of alcohol before the age of 14 years, among current drinker, Form 1-5	63.5% (61.36-65.69)	61.0% (51.84-69.51)	69.3% (59.41-77.52)	71.6% (57.00-82.79)	64.3% (54.53-73.02)	60.0% (50.32-68.89)	64.2% (60.09-68.20)	67.9% (60.50-74.45)	
2.3.1 Prevalence of taking at least 2 drinks on the day that alcohol is consumed in the past 30 days, among current drinkers, students Form 1-5	26.5% (24.17-29.03)	31.6% (25.97-37.89)	-	-	24.6% (19.47-30.46)	-	33.2% (24.88-42.73)	22.4% (18.10-27.42)	
2.4.1 Prevalence of drunkenness, students Form 1-5	6.3% (5.55-7.24)	6.8% (4.34-10.40)	2.6% (0.89-7.54)	-	5.4% (3.30-8.78)	3.4% (1.48-7.55)	4.3% (1.79-10.03)	6.9% (4.79-9.89)	
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	2.6% (2.23-2.92)	2.8% (1.71-44.49)	-	-	2.9% (1.54-5.28)	2.4% (0.94-6.06)	-	2.8% (1.73-4.48)	
2.6.1 Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5	34.6% (30.55-38.89) (Family)	41.0% (34.74-47.49) (Family)	46.7% (31.12-62.93) (Family)	-	33.2% (24.63-43.07) (Family)	-	36.6% (19.78-57.48) (Shop/Store)	46.3% (35.19-57.71) (Shop/Store)	
2.0 Alcohol Consumption							Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
2.1.1 Prevalence of drank at least one drink containing alcohol on one or more days in the past 30 days (current drinkers)	8.9% (7.81-10.07)	10.6% (8.29-13.52)	4.7% (3.21-6.88)	6.9% (4.36-10.90)	2.5% (1.36-4.67)	12.0% (6.57-20.89)	21.9% (17.04-27.67)	7.2% (4.34-11.79)	-
2.2.1 First drink of alcohol before the age of 14 years, among current drinker	63.5% (61.36-65.69)	63.1% (57.10-68.79)	2.8% (1.80-4.29)	64.6% (56.37-72.04)	92.6% (79.29-97.64)	60.0% (51.90-67.64)	60.2% (55.46-64.79)	59.7% (50.44-68.29)	-
2.3.1 Prevalence of taking at least 2 drinks on the day that alcohol is consumed in the past 30 days, among current drinkers, students Form 1-5	26.5% (24.17-29.03)	18.6% (13.37-25.33)	-	18.7% (11.56-28.82)	-	27.2% (21.81-33.44)	33.3% (26.02-41.53)	24.8% (17.17-34.46)	-
2.4.1 Prevalence of drunkenness, students Form 1-5	6.3% (5.55-7.24)	5.5% (4.12-7.23)	2.8% (1.80-4.29)	4.0% (2.68-5.92)	-	10.6% (5.79-18.61)	20.5% (16.08-25.68)	4.7% (2.95-7.56)	-
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	2.6% (2.23-2.92)	2.0% (1.15-3.55)	-	-	-	4.2% (2.75-6.48)	6.5% (4.91-8.47)	1.9% (0.94-3.83)	-
2.6.1 Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5	34.6% (30.55-38.89) (Family)	59.2% (47.02-70.43) (Family)	-	51.2% (37.90-64.26) (Family)	-	30.2% (21.45-40.73) (Store/Shop)	35.5% (27.93-43.95) (Friends)	49.6% (32.94-66.37) (Family)	-

3.0	Dietary Behaviours	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak
3.1	Prevalence of underweight among students Form 1-5	8.8% (8.25-9.32)	10.6% (9.47-11.80)	8.3% (6.05-11.24)	9.4% (7.71-11.32)	8.4% (6.52-10.64)	8.1% (5.20-12.51)	8.1% (6.76-9.79)	9.3% (7.44-11.49)
3.2	Prevalence of overweight among students Form 1-5	22.8% (22.00-23.69)	22.2% (20.48-24.08)	24.7% (22.55-26.91)	18.0% (14.44-22.17)	24.3% (20.70-28.36)	24.2% (21.73-26.92)	24.8% (22.76-27.06)	24.1% (20.81-27.75)
3.3	Prevalence of obesity among students Form 1-5	9.5% (8.92-10.15)	9.2% (7.31-11.50)	11.1% (9.56-12.96)	7.1% (5.11-9.75)	10.5% (9.21-11.96)	10.0% (8.82-11.37)	10.8% (8.52-13.49)	11.3% (9.29-13.72)
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	4.9% (4.43-5.38)	5.7% (4.57-6.99)	4.7% (3.61-6.18)	3.5% (2.24-5.28)	4.9% (3.12-7.58)	4.8% (2.80-8.09)	5.2% (4.20-6.38)	3.6% (2.69-4.89)
3.5.1	Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5	44.0% (42.52-45.49)	41.0% (36.73-45.36)	47.9% (44.25-51.62)	50.1% (44.32-55.90)	42.5% (35.02-50.26)	48.7% (41.09-56.40)	43.2% (39.06-47.45)	33.9% (30.27-37.70)
3.6.1	Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5	29.8% (28.85-30.78)	32.3% (29.17-35.59)	27.7% (24.43-31.19)	29.9% (26.62-33.29)	31.7% (28.05-35.63)	27.2% (24.97-29.56)	26.5% (22.76-30.63)	27.3% (24.80-29.92)
3.6.2	Prevalence of fruits and vegetable intake of at least five times daily in the past 30 days, students Form 1-5	28.7% (27.52-29.81)	29.8% (26.51-33.37)	28.8% (26.17-31.69)	30.6% (27.33-34.17)	29.8% (25.27-34.75)	28.0% (25.44-30.65)	27.1% (24.77-29.58)	24.4% (21.58-27.38)
3.7.1	Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5	29.4% (27.89-30.87)	31.4% (26.09-37.16)	20.2% (17.00-23.84)	29.7% (26.00-33.72)	27.5% (21.96-33.86)	23.0% (15.44-32.78)	29.9% (25.51-34.71)	22.7% (19.74-25.97)
3.8.1	Prevalence of consuming food from a fast food restaurant of at least 3 days in the past 7 days, students Form 1-5	6.0% (5.53-6.47)	7.3% (5.05-10.40)	4.5% (2.98-6.61)	4.0% (2.67-6.06)	6.1% (4.14-8.98)	5.0% (3.57-7.08)	6.6% (5.45-7.86)	4.4% (3.40-5.68)
3.9	Daily frequency of plain water intake in the past 30 days, students Form 1-5	54.8% (53.42-56.10)	56.1% (52.29-59.86)	56.7% (50.82-62.42)	46.2% (39.32-53.17)	59.8% (56.17-63.27)	59.4% (53.74-64.84)	47.5% (43.27-51.83)	57.4% (51.71-62.99)
3.10	Prevalence of breakfast intake in the past 7 days, students Form 1-5	19.2% (17.42-21.02)	18.5% (14.54-23.32)	23.1% (17.01-30.52)	17.1% (12.16-23.52)	17.9% (13.46-23.37)	27.0% (17.39-39.44)	15.9% (11.37-21.89)	18.5% (14.64-23.13)
3.11.1	Prevalence for perception of being slight or very overweight, students Form 1-5	32.7% (31.64-33.68)	31.9% (29.90-33.89)	35.5% (33.28-37.97)	27.1% (23.49-31.03)	33.9% (29.49-38.50)	35.4% (31.18-39.82)	36.1% (33.38-38.97)	36.1% (32.38-40.08)
3.12.1	Prevalence of attempting to lose weight, students Form 1-5	36.9% (35.94-37.82)	36.2% (32.59-40.03)	38.5% (36.06-40.95)	35.0% (32.08-38.06)	38.5% (34.75-42.37)	39.6% (34.72-44.64)	37.8% (33.67-42.12)	38.7% (34.81-42.65)
3.12.2	Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5	73.2% (72.18-74.12)	72.8% (69.63-75.78)	75.8% (72.09-79.16)	69.3% (65.27-73.06)	76.7% (72.35-80.60)	78.2% (74.05-81.80)	70.6% (67.12-73.88)	73.2% (69.37-76.63)

3.0	Dietary Behaviours	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
3.1	Prevalence of underweight among students Form 1-5	8.8% (8.25-9.32)	9.0% (6.15-13.03)	9.0% (7.36-10.99)	9.1% (7.34-11.28)	9.9% (7.82-12.48)	5.8% (3.90-8.53)	7.8% (6.42-9.40)	9.2% (6.71-12.47)	7.0% (5.82-8.50)
3.2	Prevalence of overweight among students Form 1-5	22.8% (22.00-23.69)	24.8% (21.43-28.59)	27.7% (24.83-30.72)	26.7% (23.83-29.76)	20.5% (17.84-23.51)	17.6% (12.41-24.31)	16.4% (14.21-18.93)	27.3% (23.16-31.92)	25.8% (23.64-28.13)
3.3	Prevalence of obesity among students Form 1-5	9.5% (8.92-10.15)	9.9% (8.29-11.80)	13.4% (10.73-16.55)	10.7% (8.44-13.47)	8.5% (7.18-9.94)	6.4% (4.08-9.98)	6.6% (4.97-8.72)	11.4% (8.18-15.62)	11.3% (9.82-13.00)
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	4.9% (4.43-5.38)	5.5% (3.24-9.26)	4.1% (2.90-5.92)	6.0% (3.94-8.89)	3.2% (1.92-5.23)	3.8% (2.80-5.24)	4.7% (3.81-5.83)	6.9% (4.74-9.87)	6.2% (5.11-7.58)
3.5.1	Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5	44.0% (42.52-45.49)	38.4% (31.68-45.55)	47.3% (40.69-54.07)	42.6% (36.77-48.66)	45.8% (40.95-50.70)	44.9% (39.08-50.89)	54.4% (47.65-61.00)	42.4% (34.70-50.51)	42.6% (39.61-45.66)
3.6.1	Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5	29.8% (28.85-30.78)	25.1% (22.83-27.59)	29.5% (25.52-33.91)	27.9% (24.03-32.10)	30.4% (28.50-32.34)	33.4% (29.03-38.17)	37.6% (33.60-41.77)	27.2% (22.12-32.98)	26.3% (24.04-30.78)
3.6.2	Prevalence of fruits and vegetable intake of at least five times daily in the past 30 days, students Form 1-5	28.7% (27.52-29.81)	23.0% (18.18-28.73)	29.9% (24.22-36.28)	27.1% (24.77-29.58)	31.4% (28.89-33.98)	31.8% (27.56-36.39)	35.9% (31.74-40.20)	26.0% (21.28-31.38)	26.4% (24.11-28.89)
3.7.1	Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5	29.4% (27.89-30.87)	20.4% (15.20-26.92)	31.1% (26.56-36.12)	27.6% (21.63-34.58)	27.6% (22.53-33.31)	38.7% (33.82-43.83)	45.0% (40.08-50.06)	30.0% (24.84-35.80)	24.0% (21.45-26.70)
3.8.1	Prevalence of consuming food from a fast food restaurant of at least 3 days in the past 7 days, students Form 1-5	6.0% (5.53-6.47)	5.5% (3.68-8.17)	5.3% (3.31-8.40)	7.0% (5.68-8.56)	5.3% (3.58-7.69)	6.3% (4.78-8.31)	6.6% (5.39-7.99)	7.2% (5.37-9.63)	6.3% (5.13-7.66)
3.9	Daily frequency of plain water intake in the past 30 days, students Form 1-5	54.8% (53.42-56.10)	61.4% (53.90-68.40)	57.7% (47.45-67.38)	58.9% (54.39-63.35)	42.3% (37.23-47.45)	53.0% (47.23-58.68)	48.9% (44.68-53.22)	59.2% (57.24-61.15)	57.4% (54.33-60.51)
3.10	Prevalence of breakfast intake in the past 7 days, students Form 1-5	19.2% (17.42-21.02)	22.0% (16.85-28.10)	15.8% (12.26-20.22)	21.0% (13.11-31.80)	13.9% (9.66-19.62)	20.2% (16.23-24.80)	17.1% (14.02-20.61)	14.4% (12.02-17.24)	19.4% (16.85-22.27)
3.11.1	Prevalence for perception of being slight or very overweight, students Form 1-5	32.7% (31.64-33.68)	36.3% (32.32-40.56)	36.7% (31.60-42.06)	35.6% (31.03-40.48)	26.9% (24.17-29.84)	26.5% (22.85-30.54)	24.4% (21.52-27.60)	39.7% (36.23-43.21)	40.4% (37.70-43.12)
3.12.1	Prevalence of attempting to lose weight, students Form 1-5	36.9% (35.94-37.82)	39.4% (37.27-41.60)	40.7% (36.68-44.86)	38.9% (35.53-42.23)	36.5% (33.89-39.34)	31.0% (27.55-34.68)	32.4% (28.63-36.41)	38.4% (34.91-42.01)	43.0% (40.33-45.73)
3.12.2	Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5	73.2% (72.18-74.12)	72.5% (68.77-75.88)	74.5% (70.70-78.02)	73.0% (69.15-76.59)	72.5% (68.81-75.82)	66.9% (62.25-71.30)	78.0% (75.14-80.54)	75.0% (69.74-79.68)	77.4% (74.93-79.67)

4.0	Drug Use	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
4.1.1	Prevalence of ever used drugs, students Form 1-5	1.7% (1.46-2.04)	1.9% (0.85-4.38)	1.7% (1.46-2.04)	-	2.2% (1.20-4.01)	2.8% (0.83-9.20)	2.1% (1.24-3.70)	-	
4.2.1	Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5	73.7% (66.10-80.14)	89.2% (56.86-98.12)	-	-	73.0% (61.66-82.03)	-	-	-	
4.3.1	Prevalence of current drug users, students Form 1-5	1.5% (1.24-1.86)	1.8% (0.70-4.50)	-	-	2.4% (1.22-4.65)	-	-	-	
4.4.1	Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5	34.1% (28.57-40.13)	-	-	-	-	-	-	-	
4.5.1	Prevalence of ever used marijuana, students Form 1-5	0.9% (0.70-1.22)	-	-	-	-	-	-	-	
4.6.1	Prevalence of current marijuana use, students Form 1-5	0.9% (0.71-1.20)	-	-	-	-	-	-	-	
4.7.1	Prevalence of ever used amphetamines or metamphetamines, students Form 1-5	1.0% (0.78-1.24)	-	-	-	-	-	-	-	
4	Drug Use	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
4.1.1	Prevalence of ever used drugs, students Form 1-5	1.7% (1.46-2.04)	-	2.1% (0.88-4.93)	-	-	-	3.6% (2.60-5.04)	-	-
4.2.1	Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5	73.7% (66.10-80.14)	-	-	-	100.00% (100.00-100.00)	-	62.0% (41.75-78.80)	-	-
4.3.1	Prevalence of current drug users, students Form 1-5	1.5% (1.24-1.86)	-	-	-	-	-	3.1% (2.18-4.29)	-	-
4.4.1	Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5	34.1% (28.57-40.13)	-	-	-	-	-	-	-	-
4.5.1	Prevalence of ever used marijuana, students Form 1-5	0.9% (0.70-1.22)	-	-	-	-	-	-	-	-
4.6.1	Prevalence of current marijuana use, students Form 1-5	0.9% (0.71-1.20)	-	-	-	-	-	-	-	-
4.7.1	Prevalence of ever used amphetamines or metamphetamines, students Form 1-5	1.0% (0.78-1.24)	-	-	-	-	-	-	-	-

5.0	Hygiene	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
5.1.1	Prevalence of brushing teeth at least twice daily in the past 30 days, students Form 1-5	86.5% (85.62-87.38)	85.6% (82.92-87.93)	89.1% (85.65-91.83)	88.2% (85.29-90.68)	86.6% (82.87-89.68)	88.4 (83.88-91.82)	86.1% (81.09-89.94)	81.6% (77.80-84.80)	
5.2	Prevalence of use of fluoridated toothpaste, students Form 1-5	57.2% (55.61-58.75)	54.1% (49.26-58.92)	57.2% (49.93-64.07)	59.0% (51.29-67.28)	63.4% (56.58-69.70)	59.0% (52.95-64.83)	55.3% (47.11-63.13)	52.7% (48.42-57.02)	
5.3	Prevalence of having missed class or school due to tooth ache in the past 12 months, students Form 1-5	9.2% (8.36-10.08)	8.2% (6.09-10.85)	6.8% (4.94-9.27)	11.0% (7.89-15.22)	8.5% (5.97-12.02)	6.1% (3.72-9.94)	10.5% (7.76-13.96)	8.2% (5.41-12.22)	
5.4	Timing of last visit to a dentist or dental nurse, students Form 1-5	38.7% (37.08-40.35)	38.1% (35.05-41.29)	40.2% (33.97-46.70)	44.1% (35.89-52.62)	46.8% (38.67-55.13)	45.1% (32.08-58.82)	40.7% (36.28-45.36)	43.5% (38.21-48.99)	
5.5	Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, student Form 1-5	16.0% (15.11-16.98)	17.6% (15.13-20.44)	14.6% (12.17-17.51)	15.1% (12.11-18.60)	15.0% (12.01-18.60)	13.9% (11.75-16.37)	17.7% (14.64-21.22)	14.4% (11.96-17.18)	
5.6	Prevalence of never or rarely washed hands before eating in the past 30 days, students Form 1-5	5.0% (4.50-5.63)	6.8% (4.13-10.97)	3.4% (2.23-5.14)	4.5% (3.52-5.66)	5.2% (3.36-8.01)	3.5% (1.72-6.91)	5.0% (2.96-8.37)	4.5% (3.13-6.39)	
5.7	Prevalence of never or rarely washed hands after using the toilet or latrine in the past 30 days, students Form 1-5	5.4% (4.86-5.99)	6.3% (4.72-8.45)	4.6% (3.21-6.48)	9.8% (7.81-12.23)	5.8% (4.14-8.15)	3.8% (2.18-6.49)	5.5% (4.68-6.52)	4.4% (3.00-6.28)	
5.8	Prevalence of never or rarely used soap when washing hands in the past 30 days	13.7% (12.90-14.61)	15.2% (11.70-19.61)	11.9% (9.90-14.31)	20.2% (16.85-23.91)	11.0% (8.80-13.78)	11.3% (8.99-14.11)	17.1% (12.61-22.85)	14.6% (12.32-17.26)	
5.0	Hygiene	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
5.1.1	Prevalence of brushing teeth at least twice daily in the past 30 days, students Form 1-5	86.5% (85.62-87.38)	84.3% (79.97-87.80)	87.9% (85.65-89.85)	85.7% (82.01-88.73)	88.6% (86.84-90.23)	88.1% (83.06-91.74)	89.9% (85.81-92.91)	85% (81.21-88.08)	87.2% (85.38-88.78)
5.2	Prevalence of use of fluoridated toothpaste, students Form 1-5	57.2% (55.61-58.75)	58.1% (52.31-63.70)	72.2% (63.92-79.25)	54.1% (47.97-60.11)	60.1% (54.97-64.95)	54.5% (48.23-60.65)	65.7% (60.59-70.41)	59.6% (53.88-65.01)	66.7% (63.53-69.82)
5.3	Prevalence of having missed class or school due to tooth ache in the past 12 months, students Form 1-5	9.2% (8.36-10.08)	6.4% (3.59-11.23)	9.1% (6.27-12.98)	8.2% (5.04-12.96)	12.4% (9.81-15.05)	12.8% (9.89-16.33)	13.8% (11.62-16.40)	5.5% (4.38-6.99)	4.4% (3.42-5.68)
5.4	Timing of last visit to a dentist or dental nurse, students Form 1-5	38.7% (37.08-40.35)	51.0% (40.99-60.94)	49.0% (41.26-56.84)	34.0% (28.50-39.88)	45.5% (38.59-52.50)	29.8% (24.42-35.88)	24.3% (19.61-29.74)	44.1% (37.51-50.87)	47.5% (44.18-50.91)
5.5	Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, student Form 1-5	16.0% (15.11-16.98)	13.3% (9.96-17.60)	12.6% (11.02-14.39)	15.0% (11.23-19.87)	18.3% (15.40-21.51)	19.1% (15.73-22.93)	15.6% (12.92-18.71)	15.6% (12.90-18.70)	13.2% (11.44-15.10)
5.6	Prevalence of never or rarely washed hands before eating in the past 30 days, students Form 1-5	5.0% (4.50-5.63)	4.7% (3.17-7.04)	3.5% (1.82-6.71)	4.8% (3.36-6.73)	6.8% (4.77-9.54)	5.8% (4.05-8.20)	4.9% (3.28-7.20)	5.3% (3.46-7.95)	1.8% (1.21-2.67)
5.7	Prevalence of never or rarely washed hands after using the toilet or latrine in the past 30 days, students Form 1-5	5.4% (4.86-5.99)	3.1% (1.85-5.01)	4.2% (2.88-5.95)	5.4% (3.29-8.77)	8.4% (5.68-12.22)	4.7% (3.09-6.94)	4.8% (3.36-6.69)	3.7% (2.74-4.92)	2.9% (2.20-3.95)
5.8	Prevalence of never or rarely used soap when washing hands in the past 30 days	13.7% (12.90-14.61)	11.6% (8.78-15.17)	10.4% (7.60-14.12)	11.9% (8.83-15.72)	19.5% (15.81-23.70)	11.6% (10.03-13.39)	12.6% (10.22-15.43)	12.3% (8.86-16.75)	10.5% (9.21-11.88)

6.0	Mental Health Problem	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
6.1	Prevalence of loneliness in the past 12 months, students Form 1-5	8.1% (7.54-8.60)	7.1% (5.21-9.73)	7.9% (6.05-10.23)	7.5% (5.64-9.82)	9.2% (7.84-10.87)	8.1% (5.69-11.35)	8.5% (6.96-10.34)	8.4% (6.80-10.37)	
6.2	Prevalence of inability to sleep due to worry in the past 12 months, students Form 1-5	5.4% (5.05-5.83)	6.4% (5.51-7.46)	3.9% (2.42-6.08)	3.9% (2.77-5.60)	5.2% (3.95-6.94)	4.9% (3.28-7.19)	6.4% (5.27-7.76)	5.1% (4.59-5.75)	
6.3	Prevalence of suicidal ideation in the past 12 months, students Form 1-5	7.9% (7.27-8.60)	11.3% (7.83-16.03)	6.5% (4.74-8.94)	4.6% (2.92-7.25)	8.0% (6.45-9.83)	5.6% (3.28-9.27)	8.8% (5.98-12.73)	6.0% (4.91-7.41)	
6.4	Prevalence of suicidal plan in the past 12 months, students Form 1-5	6.4% (5.96-6.88)	8.1% (5.94-10.99)	5.1% (4.17-6.26)	3.8% (2.60-5.54)	6.8% (5.81-7.83)	4.8% (2.39-9.32)	9.1% (5.94-13.61)	4.9% (3.54-6.70)	
6.5	Prevalence of suicidal attempt in the past 12 months, students Form 1-5	6.8% (6.11-7.52)	9.7% (7.05-13.25)	5.4% (3.60-8.16)	3.8% (3.05-4.66)	7.9% (6.65-9.38)	5.3% (2.10-12.79)	8.5% (6.24-11.57)	5.3% (3.15-8.90)	
6.6	Prevalence of not having any close friend, students Form 1-5	3.1% (2.88-3.44)	3.9% (2.68-5.54)	3.9% (2.84-5.38)	2.2% (1.21-3.86)	4.5% (2.92-7.01)	2.8% (1.81-4.16)	3.2% (1.77-5.64)	3.8% (3.16-4.61)	
6.0	Mental Health Problem	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
6.1	Prevalence of loneliness in the past 12 months, students Form 1-5	8.1% (7.54-8.60)	9.4% (8.13-10.89)	7.0% (5.49-8.92)	7.4% (5.68-9.61)	8.9% (7.38-10.64)	8.8% (6.89-11.06)	7.3% (5.77-9.28)	9.6% (7.32-12.43)	9.3% (7.83-10.91)
6.2	Prevalence of inability to sleep due to worry in the past 12 months, students Form 1-5	5.4% (5.05-5.83)	4.7% (3.39-6.45)	5.0% (4.01-6.21)	5.6% (4.08-7.61)	5.1% (3.64-7.11)	6.9% (5.83-8.21)	5.2% (4.28-6.32)	6.1% (4.02-9.06)	5.0% (3.88-6.37)
6.3	Prevalence of suicidal ideation in the past 12 months, students Form 1-5	7.9% (7.27-8.60)	8.2% (5.59-11.90)	5.8% (3.92-8.62)	8.8% (7.38-10.35)	5.1% (3.97-6.47)	8.8% (5.86-13.13)	7.5% (5.40-10.34)	10.3% (7.35-14.14)	5.9% (4.65-7.34)
6.4	Prevalence of suicidal plan in the past 12 months, students Form 1-5	6.4% (5.96-6.88)	5.5% (3.87-7.84)	4.9% (3.38-7.17)	7.1% (6.43-7.87)	5.2% (3.97-6.68)	7.9% (6.05-10.17)	6.0% (4.43-8.00)	7.6% (5.65-10.18)	3.9% (3.15-4.92)
6.5	Prevalence of suicidal attempt in the past 12 months, students Form 1-5	6.8% (6.11-7.52)	5.7% (4.10-8.00)	4.9% (2.98-8.08)	7.5% (5.08-10.97)	5.0% (3.08-8.18)	7.2% (6.10-8.39)	7.2% (5.22-9.73)	6.6% (4.35-9.96)	4.3% (3.32-5.64)
6.6	Prevalence of not having any close friend, students Form 1-5	3.1% (2.88-3.44)	4.1% (2.78-6.08)	2.9% (1.84-4.51)	2.5% (1.86-3.29)	3.2% (2.37-4.17)	3.2% (2.20-4.62)	-	3.4% (2.61-4.51)	2.1% (1.50-2.81)

7.0	Physical Activity	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
7.1	Number of days of being physically active for at least 60 minutes daily in the past 7 days, students Form 1-5	14.1% (13.18-15.17)	13.2% (11.13-15.57)	16.0% (11.72-21.47)	16.4% (12.17-21.79)	14.6% (11.51-18.40)	18.2% (12.90-25.02)	15.5% (12.54-19.02)	13.3% (11.49-15.33)	
7.1.1	Prevalence of being physically active at least 60 minutes daily for 5 days or more in the past 7 days, students Form 1-5	22.7% (21.50-23.90)	19.9% (16.64-23.70)	25.2% (19.62-31.77)	25.3% (19.71-31.87)	24.1% (18.38-30.93)	29.5% (21.46-38.94)	23.8% (20.28-27.74)	20.6% (18.03-23.33)	
7.2	Number of days student had walked or rode a bicycle to or from school in the past 7 days, students Form 1-5	46.9% (44.15-49.76)	47.1% (37.30-57.10)	48.6% (39.62-57.71)	48.8% (42.23-55.48)	41.5% (31.61-52.08)	42.2% (27.78-58.06)	47.9% (41.99-53.88)	57.3% (47.08-66.99)	
7.3.1	Prevalence of spending at least 3 hours in a typical or usual day on sedentary activities, students Form 1-5	47.3% (45.80-48.80)	49.2% (46.39-52.04)	46.8% (41.84-51.80)	38.2% (31.91-44.96)	51.1% (44.98-57.15)	46.2% (40.78-51.62)	48.7% (43.29-54.16)	49.5% (45.31-53.65)	
7.0	Physical Activity	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
7.1	Number of days of being physically active for at least 60 minutes daily in the past 7 days, students Form 1-5	14.1% (13.18-15.17)	14.2% (10.34-19.18)	13.2% (9.62-17.89)	13.5% (9.59-18.79)	14.7% (13.19-16.28)	12.5% (10.07-15.48)	12.3% (9.59-15.57)	14.4% (10.67-19.26)	18.7% (16.56-20.98)
7.1.1	Prevalence of being physically active at least 60 minutes daily for 5 days or more in the past 7 days, students Form 1-5	22.7% (21.50-23.90)	22.4% (17.88-27.74)	22.4% (16.92-29.15)	22.3% (17.91-27.39)	23.2% (20.10-26.56)	21.0% (17.22-25.41)	20.5% (16.69-24.82)	25.5% (19.67-32.38)	29.7% (27.43-32.15)
7.2	Number of days student had walked or rode a bicycle to or from school in the past 7 days, students Form 1-5	46.9% (44.15-49.76)	54.5% (41.63-66.80)	49.3% (41.64-56.92)	44.0% (32.21-56.47)	44.6% (39.53-49.71)	48.8% (40.42-57.28)	44.8% (36.66-53.27)	33.0% (25.18-41.92)	34.5% (31.65-37.39)
7.3.1	Prevalence of spending at least 3 hours in a typical or usual day on sedentary activities, students Form 1-5	47.3% (45.80-48.80)	49.9% (43.92-55.93)	44.7% (34.69-55.20)	51.9% (45.68-58.04)	41.2% (36.51-46.00)	42.3% (34.01-51.03)	39.8% (34.96-44.87)	59.0% (52.84-64.88)	59.0% (55.72-62.14)

8.0	Protective Factors	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
8.1	Prevalence of truancy in the past 30 days, students Form 1-5	30.9% (29.34-32.44)	28.8% (24.33-33.70)	27.5% (22.12-33.72)	33.1% (26.91-39.84)	28.3% (22.99-34.27)	24.7% (15.46-36.95)	34.2% (27.63-41.54)	35.6% (29.86-41.76)	
8.2	Prevalence of peer support in the past 30 days, students Form 1-5	44.3% (42.55-45.99)	37.9% (31.71-44.58)	49.6% (42.45-56.77)	44.5% (38.72-50.46)	42.5% (33.50-52.03)	52.4% (42.75-61.91)	41.5% (35.17-48.10)	42.0% (36.53-47.67)	
8.3	Prevalence of parental or guardian supervision in the past 30 days, students Form 1-5	14.2% (13.47-15.03)	14.0% (11.85-16.47)	19.0% (15.32-23.34)	15.3% (12.37-18.85)	13.7% (11.70-15.97)	18.2% (16.54-19.99)	12.7% (10.76-14.92)	11.7% (8.99-15.04)	
8.4	Prevalence of parental or guardian connectedness in the past 30 days, students Form 1-5	31.5% (30.09-33.00)	30.3% (5.19-35.99)	37.0% (30.74-43.67)	34.3% (29.42-39.56)	30.8% (24.37-38.04)	41.5% (32.29-51.24)	30.6% (25.41-36.24)	27.3% (22.23-33.14)	
8.5	Prevalence of parental or guardian bonding in the past 30 days, students Form 1-5	43.1% (41.79-44.33)	41.8% (36.62-47.15)	48.2% (43.73-52.63)	43.3% (37.54-49.28)	44.6% (37.03-52.50)	46.5% (39.41-53.75)	40.8% (36.37-45.44)	47.0% (43.00-51.01)	
8.6	Prevalence of parental or guardian respect for privacy in the past 30 days, students Form 1-5	74.0% (72.85-75.09)	72.6% (68.76-76.16)	72.0% (65.65-77.65)	80.0% (75.89-83.56)	73.4% (69.29-77.06)	72.4% (69.31-75.19)	75.6% (71.74-79.15)	75.6% (72.20-78.79)	
8.0	Protective Factors	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
8.1	Prevalence of truancy in the past 30 days, students Form 1-5	30.9% (29.34-32.44)	22.5% (16.20-30.36)	35.6% (27.52-44.54)	33.1% (27.44-39.21)	35.6% (29.78-41.87)	32.7% (26.81-39.19)	30.0% (26.56-33.58)	27.0% (19.43-36.11)	20.9% (18.33-23.76)
8.2	Prevalence of peer support in the past 30 days, students Form 1-5	44.3% (42.55-45.99)	50.7% (42.05-59.25)	46.2% (36.57-56.12)	41.8% (35.07-48.88)	41.4% (35.53-47.44)	50.6% (45.25-55.86)	44.7% (41.38-48.12)	44.5% (37.00-52.18)	56.4% (52.17-60.57)
8.3	Prevalence of parental or guardian supervision in the past 30 days, students Form 1-5	14.2% (13.47-15.03)	13.1% (10.59-16.05)	15.7% (12.29-19.76)	11.8% (9.31-14.81)	12.5% (9.96-15.55)	14.3% (10.96-18.38)	19.0% (15.56-22.93)	12.1% (9.57-15.09)	11.4% (9.54-13.65)
8.4	Prevalence of parental or guardian connectedness in the past 30 days, students Form 1-5	31.5% (30.09-33.00)	30.5% (25.91-35.62)	31.6% (27.23-36.24)	28.9% (23.82-34.48)	33.1% (29.35-37.03)	30.6% (26.88-34.65)	31.9% (26.53-37.79)	33.1% (30.80-36.01)	33.4% (30.80-36.01)
8.5	Prevalence of parental or guardian bonding in the past 30 days, students Form 1-5	43.1% (41.79-44.33)	48.7% (43.62-53.75)	46.6% (39.79-53.31)	41.6% (37.45-45.94)	42.2% (36.98-47.65)	37.5% (34.06-41.09)	36.5% (31.88-41.46)	49.0% (44.79-53.28)	48.0% (45.16-50.89)
8.6	Prevalence of parental or guardian respect for privacy in the past 30 days, students Form 1-5	74.0% (72.85-75.09)	77.0% (73.19-80.36)	72.6% (68.92-75.99)	74.0% (68.55-78.87)	73.9% (71.02-76.60)	75.9% (73.12-78.44)	66.1% (63.19-68.89)	77.0% (73.49-80.19)	77.5% (75.01-79.82)

9.0	Sexual Behaviours	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	
9.1	Prevalence of ever had sex, students Form 1-5	8.3% (7.54-9.22)	10.6% (5.96-18.23)	5.8% (4.50-7.32)	5.7% (4.32-7.39)	8.6% (5.94-12.34)	8.3% (4.85-13.80)	11.5% (8.79-14.86)	6.9% (5.56-8.60)	
9.2.1	Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5	50.6% (44.94-56.32)	75.0% (63.16-83.97)	-	-	58.6% (47.88-68.63)	-	-	-	
9.3.1	Prevalence of having at least 2 sexual partners among those who ever had sex, students Form 1-5	1.4% (1.18-1.66)	-	-	-	-	-	-	-	
9.4	Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5	32.2% (27.64-37.13)	-	-	-	-	-	-	-	
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	43.7% (38.21-49.42)	-	-	-	-	-	-	-	
9.0	Sexual Behaviours	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya
9.1	Prevalence of ever had sex, students Form 1-5	8.3% (7.54-9.22)	6.3% (3.87-10.04)	7.2% (4.93-10.49)	9.1% (6.75-12.12)	6.5% (4.54-9.27)	9.6% (7.74-11.75)	8.7% (7.09-10.53)	8.9% (7.13-11.03)	8.4% (6.95-10.11)
9.2.1	Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5	50.6% (44.94-56.32)	-	70.6% (50.70-84.87)	-	-	-	-	-	-
9.3.1	Prevalence of having at least 2 sexual partners among those who ever had sex, students Form 1-5	1.4% (1.18-1.66)	-	-	-	-	-	2.1% (1.34-3.33)	-	-
9.4	Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5	32.2% (27.64-37.13)	-	-	-	-	-	-	-	-
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	43.7% (38.21-49.42)	-	-	-	-	46.4% (26.55-67.51)	49.7% (40.70-58.68)	-	-

10.0	Tobacco Use	Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak
10.1.1	Prevalence of current cigarette smokers, students Form 1-5	11.5% (10.43-12.69)	10.2% (7.67-13.42)	8.9% (5.20-14.68)	10.1% (6.06-16.26)	11.9% (7.74-17.83)	11.6% (6.30-20.24)	16.2% (11.88-21.77)	8.8% (6.31-12.05)
10.2.1	Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5	70.8% (69.01-72.53)	74.3% (65.20-81.67)	71.6% (68.65-74.35)	62.9% (55.46-69.83)	72.0% (64.26-78.70)	70.7% (62.93-77.38)	72.8% (66.97-77.96)	77.4% (71.94-82.01)
10.3.1	Prevalence of current smoker of other tobacco products, students Form 1-5	5.5% (4.99-6.09)	6.0% (4.42-8.03)	4.6% (2.80-7.34)	4.7% (2.64-8.14)	5.9% (3.84-9.08)	5.2% (2.52-10.54)	6.5% (4.40-9.61)	4.6% (2.97-7.20)
10.4	Other commonly used tobacco products in the past 30 days, students Form 1-5 (shisha)	2.5% (2.23-2.90)	3.4% (2.21-5.15)	2.5% (1.53-3.92)	2.0% (1.07-3.73)	2.4% (1.21-4.71)	2.8% (1.54-5.16)	2.3% (1.44-3.72)	1.6% (0.85-3.09)
10.5	Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5	88.1% (86.15-89.15)	88.3% (81.39-92.81)	92.5% (85.06-96.37)	92.8% (82.95-97.19)	88.0% (79.30-93.29)	86.0% (81.42-89.55)	86.4% (81.09-90.33)	84.9% (74.07-91.66)
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	41.6% (39.87-43.38)	37.0% (30.42-44.10)	36.9% (30.65-43.58)	50.8% (45.77-55.86)	46.7% (42.85-50.55)	35.5% (27.30-44.67)	49.6% (40.82-58.49)	38.0% (33.66-42.54)
10.7	Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5	40.2% (38.71-41.73)	38.8% (35.11-42.71)	37.6% (33.35-42.14)	48.6% (44.25-52.94)	40.3% (34.63-46.18)	39.3% (32.05-47.03)	44.5% (38.07-51.15)	39.6% (36.33-42.99)
10.8	Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5	84.8% (83.56-85.93)	86.6% (83.53-89.22)	88.0% (82.54-91.85)	85.1% (80.00-89.06)	85.0% (78.60-89.73)	86.0% (77.85-91.51)	80.4% (74.52-85.15)	87.4% (83.76-90.33)
10.9	Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5	84.9% (83.74-85.99)	85.8% (83.21-88.11)	87.6% (81.89-91.74)	87.9% (83.30-91.32)	84.5% (78.21-89.23)	85.5% (77.92-90.73)	79.9% (74.12-84.60)	87.2% (83.97-89.86)
10.10	Prevalence of susceptibility to smoking among non-smokers, students Form 1-5	9.6% (8.99-10.35)	9.3% (7.58-11.31)	8.6% (6.48-11.31)	8.5% (6.64-10.80)	9.0% (5.83-13.61)	8.1% (5.69-11.47)	6.8% (4.40-9.80)	8.8% (7.04-11.03)

10.0	Tobacco Use	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	WP. Kuala Lumpur	WP. Putrajaya
10.1.1	Prevalence of current cigarette smokers, students Form 1-5	11.5% (10.43-12.69)	6.1% (3.27-11.02)	11.6% (6.92-18.74)	10.4% (6.47-16.27)	14.1% (9.29-20.87)	14.8% (11.57-18.65)	19.6% (16.00-23.79)	7.9% (5.36-11.49)	8.0% (5.84-10.77)
10.2.1	Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5	70.8% (69.01-72.53)	73.4% (62.52-81.96)	74.2% (66.07-81.01)	71.4% (67.46-75.09)	70.4% (61.65-77.83)	65.9% (56.69-74.06)	69.0% (62.02-75.22)	67.9% (60.00-74.82)	74.7% (69.69-79.21)
10.3.1	Prevalence of current smoker of other tobacco products, students Form 1-5	5.5% (4.99-6.09)	3.0% (1.83-5.03)	5.3% (3.08-8.86)	6.5% (4.65-8.90)	2.7% (1.75-4.16)	5.5% (4.15-7.25)	5.8% (4.23-8.00)	5.6% (3.83-8.26)	3.7% (2.76-5.02)
10.4	Other commonly used tobacco products in the past 30 days, students Form 1-5	2.5% (2.23-2.90)	-	2.7% (1.79-4.04)	3.4% (2.23-5.06)	0.0% (0.0-0.0)	3.5% (1.98-5.98)	2.0% (1.35-3.07)	3.9% (2.48-6.15)	2.6% (1.70-3.90)
10.5	Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5	88.1% (86.15-89.15)	88.1% (81.41-92.66)	5.3% (3.08-8.86)	84.0% (73.95-90.60)	86.3% (80.12-90.83)	91.9% (85.79-95.56)	89.9% (85.45-93.04)	89.2% (82.35-93.55)	84.9% (80.59-88.45)
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	41.6% (39.87-43.38)	30.2% (26.24-34.56)	46.4% (40.57-52.31)	39.7% (32.90-46.94)	46.9% (42.61-51.25)	43.2% (36.17-50.59)	49.7% (43.67-55.74)	43.7% (39.32-48.21)	39.6% (35.63-43.80)
10.7	Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5	40.2% (38.71-41.73)	34.4% (29.16-40.10)	45.0% (37.88-52.34)	39.5% (32.05-47.56)	45.8% (41.00-59.71)	40.1% (36.81-43.48)	36.7% (33.79-39.77)	42.3% (38.53-46.24)	34.9% (32.23-37.66)
10.8	Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5	84.8% (83.56-85.93)	92.2% (88.10-94.98)	85.9% (79.19-90.67)	85.9% (80.49-90.03)	80.4% (74.40-85.26)	79.7% (74.43-84.14)	77.6% (72.40-82.05)	87.2% (83.27-90.28)	88.1% (85.16-90.54)
10.9	Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5	84.9% (83.74-85.99)	91.9% (87.67-94.79)	85.1% (78.05-90.17)	85.2% (80.05-89.13)	81.5% (76.06-85.89)	81.0% (76.76-84.67)	79.2% (73.36-84.04)	86.9% (83.49-89.62)	87.6% (84.82-89.99)
10.10	Prevalence of susceptibility to smoking among non-smokers, students Form 1-5	9.6% (8.99-10.35)	5.9% (4.04-8.49)	8.0% (5.62-11.27)	9.9% (7.30-13.17)	11.3% (9.71-13.19)	12.9% (10.1-16.2)	11.5% (8.93-14.81)	9.7% (7.71-12.05)	7.6% (6.11-9.36)

11	Violence and Unintentional Injury	Malaysia										W.P. Kuala Lumpur		W.P. Putrajaya										
		Malaysia	Johor	Kedah	Kelantan	Melaka	Negeri Sembilan	Pahang	Perak	Sarawak	Sabah	Terengganu	Selangor	Perlis	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	Lumpur	Putrajaya		
11.1	Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5	27.8% (26.51-29.10)	29.1% (24.64-34.08)	25.0% (21.20-29.26)	24.1% (19.51-29.33)	28.4% (24.57-32.56)	29.0% (21.59-37.69)	31.7% (28.86-38.63)	24.4% (20.97-28.18)															
11.2.1	Prevalence of involvement in a physical fight in the past 12 months, students Form 1-5	27.4% (26.02-28.74)	28.1% (24.27-32.32)	25.4% (21.80-29.43)	23.6% (19.18-28.67)	26.3% (20.37-33.18)	26.2% (18.16-36.15)	30.8% (26.84-35.08)	25.6% (21.91-29.65)															
11.3.1	Prevalence of having had a serious injury in the past 12 months, students Form 1-5	34.9% (33.64-36.27)	35.5% (30.65-40.61)	34.6% (29.30-40.39)	32.7% (29.92-35.69)	36.9% (30.91-43.27)	32.6% (25.66-40.48)	40.4% (36.42-44.58)	31.8% (27.75-36.06)															
11.6.1	Prevalence of having been bullied in the past 30 days, students Form 1-5	17.9% (16.82-18.99)	18.5% (15.67-21.82)	15.6% (11.87-20.32)	12.7% (9.95-16.02)	20.7% (17.32-24.47)	18.2% (13.96-23.41)	20.4% (17.55-23.59)	17.3% (15.25-19.67)															
11.8.1	Prevalence of physical abuse at home in the past 30 days, students Form 1-5	11.1% (10.15-12.23)	13.3% (10.36-16.88)	7.9% (5.62-10.93)	7.6% (5.66-10.06)	12.3% (9.33-16.03)	10.5% (5.52-19.13)	12.1% (8.30-17.31)	8.9% (6.70-11.65)															
11.9.1	Prevalence of verbal abuse at home in the past 30 days, students Form 1-5	42.7% (41.46-43.96)	41.2% (36.73-45.87)	38.3% (33.25-43.54)	39.0% (35.88-42.20)	44.3% (39.95-48.78)	45.1% (42.56-47.74)	45.7% (40.05-51.44)	36.9% (33.19-40.72)															
11.0	Violence and Unintentional Injury	Malaysia	Pulau Pinang	Perlis	Selangor	Terengganu	Sabah	Sarawak	W.P. Kuala Lumpur	W.P. Putrajaya														
11.1.1	Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5	27.8% (26.51-29.10)	21.6% (19.08-24.48)	25.9% (21.38-31.02)	30.9% (25.20-36.88)	25.6% (22.64-28.88)	31.9% (26.13-38.35)	28.0% (24.85-31.35)	25.3% (21.61-29.44)	25.0% (22.31-27.97)														
11.2.1	Prevalence of involvement in a physical fight in the past 12 months, students Form 1-5	27.4% (26.02-28.74)	23.2% (19.40-27.56)	26.5% (20.98-32.96)	30.0% (23.94-36.85)	25.2% (20.07-31.14)	29.3% (24.55-34.59)	29.0% (26.19-32.01)	26.3% (22.82-30.10)	23.8% (20.69-27.13)														
11.3.1	Prevalence of having had a serious injury in the past 12 months, students Form 1-5	34.9% (33.64-36.27)	28.7% (25.27-32.32)	38.1% (30.38-46.41)	35.9% (30.67-41.49)	38.2% (33.42-43.15)	34.8% (30.14-39.86)	38.1% (33.65-42.72)	32.5% (28.75-36.43)	28.8% (25.55-32.32)														
11.6.1	Prevalence of having been bullied in the past 30 days, students Form 1-5	17.9% (16.82-18.99)	14.4% (11.75-17.63)	15.3% (12.06-19.32)	20.5% (15.73-26.38)	13.4% (10.62-16.86)	19.0% (14.49-24.60)	20.6% (17.83-23.74)	15.6% (13.52-18.03)	17.6% (14.88-20.78)														
11.8.1	Prevalence of physical abuse at home in the past 30 days, students Form 1-5	11.1% (10.15-12.23)	8.1% (5.56-11.65)	8.8% (5.77-13.21)	14.8% (10.28-20.76)	9.0% (6.77-11.91)	12.8% (8.79-18.25)	10.7% (9.48-12.04)	10.3% (7.60-13.77)	8.1% (6.67-9.88)														
11.9.1	Prevalence of verbal abuse at home in the past 30 days, students Form 1-5	42.7% (41.46-43.96)	36.3% (31.03-41.84)	34.6% (28.19-41.54)	44.9% (40.28-49.52)	44.0% (39.75-48.25)	12.8% (8.77-18.19)	46.7% (42.27-51.20)	44.0% (39.39-48.70)	46.8% (44.11-49.60)														

APPENDIX 3 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

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

APPENDIX 4 : 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 5 : 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 a/l 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 6 : 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 7 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

1. Dr Hj Tahir Aris, Director of Institute for Public Health
2. Dr Jasvinder Kaur a/p 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 8 : MEMBERS OF RESEARCH TEAMS NHMS 2012

Dietary Behaviours

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

Hygiene (Including Oral Hygiene)

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

Physical Activity

1. Mr Lim Kuang Kuay
2. Dr Hj Mohd Azahadi Omar
3. Ms Teh Chien Huey
4. Dr Nalachakravathy Odhaya Kumar
5. Dr Ong 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. Mrs 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 a/p 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. M 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/p A. Manickam

Sexual Behaviour 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 Yusoff
6. Ms Hasimah Ismail
7. Mr Bahtiar Effendy Khasdir

APPENDIX 9 : 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

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3. Mr Azhar Mohd Yusuf
4. Ms Wan Ema Marliza Wan Ismail
5. Ms Venodhini A/P Cha Chu
6. Mr Norhisham Abdul Rahman
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6. Ms Noor Emirah Illa
7. Ms Nur Hafizah Aqilah Suladi
8. Ms Naziera Eida Harun
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2. Ms Nor Dhaniah Nasrir
3. Mr Mohd Aizol Azizie A Rahman
4. Ms Rabiatul Ainur Ibrahim
5. Ms Nor Atikah Mohd Hanafiah
6. Mr Masrazman Mohd Diah
7. Mr Wan Hashim Wan Ja'afar
8. Ms Siti Norain Othman
9. Ms Nurul Hidayah Rosli
10. Mr Nurlis Yurnalis

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Field Supervisor

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

8. Ms Asvini A/P Vasthavan
9. Ms Nor Fariza Jaafar

Drivers

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

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3. Ms Hariss Fazilah Abdul Wahab
4. Ms Rohana Ya'akof
5. Mr Norzain Musa

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2. Mr Shahrul Efendy Mohd Salleh
3. Mr Muhamad Farhan Baharudin
4. Mr Yusof Johari
5. Mr R. Tiagu A/L M. Ramachandra
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7. Mr Muhamad Yazid Abd Rahman
8. Mr Ramli Buang
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2. Mr Mohd Zaid Ramlan
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5. Mr Shahir Shamsuddin
6. Ms Chin Poh Ling
7. Ms Maslina Othman
8. Ms Normeiza Kamilan
9. Ms Noraini Kosnon
10. Ms Hamida Ab Hamid
11. Ms Quek Sue Lyn
12. Ms Aida Azna Abu Hasan
13. Ms Goh Hwee Teng

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3. Ms Nurhafizah Ehsan
4. Goh Hon Chien
5. Mr Amirul Azhar Ahmad Tuli
6. Mr Mohd Fauzi Asim

7. Mr Zulhilmi Zakaria
8. Ms Nur Izzati Salehuddin
9. Ms Nor Khairina Md. Farid
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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

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3. Mr Hasmizan Mukhtar
4. Mr Muhammad Yusof Fadzil
5. Mr Ahmad Faizal Alam
6. Mr Muhammad Syaqqieq Ramli
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8. Mr Ahmad Zamri Idris
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3. Mr Mohd Zulhusni Zulkipli
4. Mr Ahmad Yaakob Tasyrif Md Adnani
5. Ms Rohana Saharudin

6. Ms Norhanis Ahmad
7. Ms Sharifah Noratiqah Syed Abu Bakar
8. Ms Aida Izyani Daud
9. Ms Salmiah Jaffar
10. Ms Suliha Abd Hamid

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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

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

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2. Ms Salmie Ibrahim
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4. Mr Wan Fauzi B Wan Yusoff
5. Ms Fadwa Ali
6. Ms Noriza Hussein
7. Ms Junaidah Mustapha
8. Ms Sharifah Fatimah Zahra Sy. Agil
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7. Ms Ajlaa Abdul Rashid
8. Mr En Razali Makhtar
9. Ms Mohd Azwal Idrus

10. Ms Chua Boon Kee
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7. Ms Amanda Blazes
8. Ms Nurul Syafawani Rosmadi
9. Ms Georgina Linda Anak John Ringkai
10. Ms Suharti Nyut
11. Mr Foong Wai Loon
12. Ms Noris Anak Pantar
13. Mr Razlan Abdullah
14. Ms Mandy Anak Abim
15. Mr Mazridhwan Yahya
16. Ms Noraziana Dorani
17. Ms Noni Anak Fenno
18. Mr Syed Khairulhisham Syed Yusuf
19. Ms Michellynn Sylvia Anak Guah
20. Ms Zanariah Junaidi

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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

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2. Mr Seraili Kayong
3. Mr Johnny Hugh
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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 10 : QUESTIONNAIRE

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

SURVEI KESEHATAN 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 DIDEHAHKAN**. Tiada siapa akan tahu bagaimana anda menjawab. Sila jawab berdasarkan apa yang anda tahu.

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

PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)

GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)

- 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?

- ya
- Tidak

1. Do fish live in water?

- Yes
- No

Borang jawapan

1.



Answer sheet

2

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. Bercerai
Divorced
- d. Balu (ayah atau ibu telah meninggal)
Widower (my mother or father has died)
- e. Berpisah (ibu bapa tidak tinggal serumah)
Separated (my parents do not live together)
- f. Tidak tahu
I do not know

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BAHAGIAN 2**PART 2****SILA BACA PERNYATAAN DIBAWAH:**

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

Contoh:**Example:**

Tinggi/Height (cm)		
1	5	3
0	0	0
	1	1
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

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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

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BAHAGIAN 3

PART 3

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

The next 5 questions ask about cleaning your teeth.

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

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions ask you about washing your hands.

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

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

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

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

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

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

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

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

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

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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?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 atau 5 kali
4 or 5 times
 - 6 atau 7 kali
6 or 7 times
 - 8 atau 9 kali
8 or 9 times
 - 10 atau 11 kali
10 or 11 times
 - 12 kali atau lebih
12 or more times

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

27. Dalam tempoh 12 bulan yang lepas, berapa kali anda terlibat dalam pergaduhan secara fizikal?
During the past 12 months, how many times were you in a physical fight?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 atau 5 kali
4 or 5 times
 - 6 atau 7 kali
6 or 7 times
 - 8 atau 9 kali
8 or 9 times
 - 10 atau 11 kali
10 or 11 times
 - 12 kali atau lebih
12 or more times

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SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

- 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

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

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BAHAGIAN 6

PART 6

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

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

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

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

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

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

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

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.

50. Berapakah umur anda ketika kali pertama anda minum minuman beralkohol?

How old were you when you had your first drink of alcohol?

- a. Saya tidak pernah minum minuman beralkohol
I have never had a drink of alcohol
- 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

51. Dalam tempoh 30 hari yang lepas, berapa hari anda mengambil sekurang-kurangnya satu minuman mengandungi alkohol?

During the past 30 days, on how many days did you have at least one drink containing alcohol?

- 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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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

BAHAGIAN 8
PART 8**SILA BACA PERNYATAAN DI BAWAH:**

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

PLEASE READ THE STATEMENT BELOW:

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

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

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60. Sepanjang hidup anda, berapa kali anda telah menggunakan ganja?

During your life, how many times have you used marijuana?

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

61. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan ganja?

During the past 30 days, how many times have you used marijuana?

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

62. Sepanjang hidup anda, berapa kali anda telah menggunakan amfetamin atau metamfetamin?

During your life, how many times have you used amphetamines or metamphetamines?

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

BAHAGIAN 9
PART 9**SILA BACA PERNYATAAN DI BAWAH:**

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

- a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

I have never had sexual intercourse

- b. Ya

Yes

- c. Tidak

No

- d. Tidak tahu

I do not know

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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

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

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

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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 11 : 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'.

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

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

Dietary Behaviours

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

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

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

Drug Use

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

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

Hygiene (Including Oral Hygiene)

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

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

Mental Health Problems

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

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

Physical Activity

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

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

Protective Factors

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

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

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

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

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

Tobacco Use

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

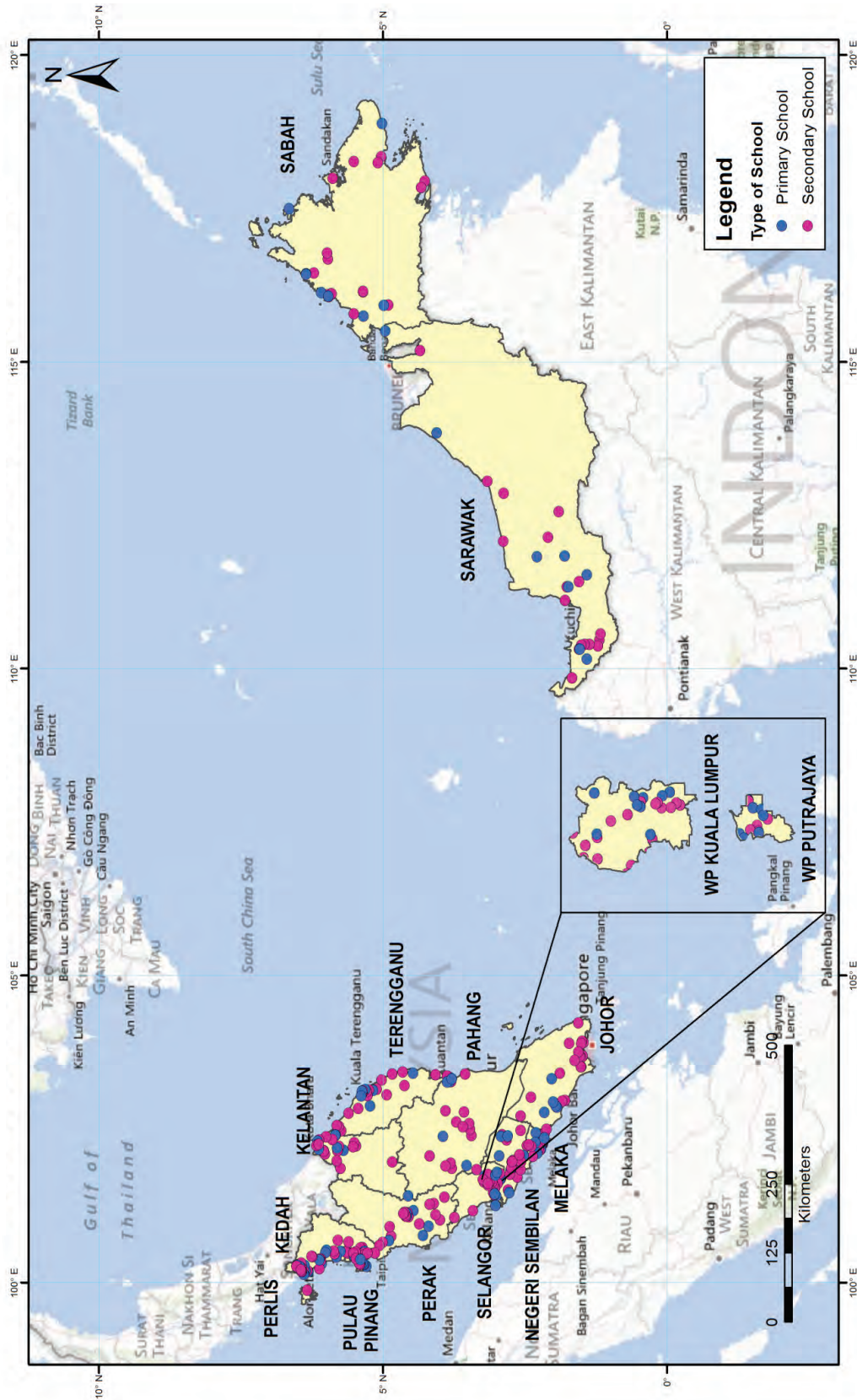
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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



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