



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

KEDAH

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

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

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KEDAH GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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Table of Contents

Executive Summary	1
1.0 INTRODUCTION	2
2.0 METHODS	5
3.0 RESULTS	9
3.1 Socio-demographic Profile	9
3.2 Alcohol Consumption	10
3.3 Dietary Behaviours	11
3.4 Drug Use	12
3.5 Oral Hygiene (Including Oral Hygiene)	13
3.6 Mental Health Problems	14
3.7 Physical Activity	15
3.8 Protective Factors	16
3.9 Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy	17
3.10 Tobacco Use	18
3.11 Violence and Unintentional Injury	19
4.0 DISCUSSION	20
5.0 CONCLUSION	22
6.0 RECOMMENDATIONS	22
References	23
Table of Findings	28
Appendices	61

List of Tables

Socio-demographic Profile

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

Alcohol Consumption

Table 2.1	Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Kedah, 2012
Table 2.1.1	Prevalence of drank at least one drink containing alcohol on one or more days in the past 30 days (current drinkers), students Form 1-5, Kedah, 2012
Table 2.2	Age when had first drink of alcohol, students Form 1-5, Kedah, 2012
Table 2.2.1	First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5, Kedah, 2012
Table 2.3	Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Kedah, 2012
Table 2.3.1	Prevalence of taking at least two drinks on the day that alcohol is consumed in the past 30 days, among current drinkers, students Form 1-5, Kedah, 2012
Table 2.4	Number of times got drunk in their lifetime, students Form 1-5, Kedah, 2012
Table 2.4.1	Prevalence of drunkenness, students Form 1-5, Kedah, 2012
Table 2.5	Number of times "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", students Form 1-5, Kedah, 2012
Table 2.5.1	Prevalence of ever "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", students Form 1-5, Kedah, 2012
Table 2.6	Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Kedah, 2012
Table 2.6.1	Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Kedah, 2012

Dietary Behaviours

Table 3.1	Prevalence of underweight among students Form 1-5, Kedah, 2012
Table 3.2	Prevalence of overweight among students Form 1-5, Kedah, 2012
Table 3.3	Prevalence of obesity among students Form 1-5, Kedah, 2012
Table 3.4	Prevalence* of students who had gone hungry because there was not enough food at home in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.5	Frequency of fruit intake daily in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.5.1	Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.6	Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.6.1	Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.6.2	Prevalence of fruits and vegetable intake of at least five times daily in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.7	Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Kedah, 2012
Table 3.7.1	Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Kedah, 2012

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

Drug Use

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

Hygiene (Including Oral Hygiene)

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

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

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

Mental Health Problems

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

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

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

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

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

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

Physical Activity

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

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

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

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

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

Protective Factors

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Tobacco Use

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Violence and Unintentional Injury

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

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

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

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

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

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

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

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

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

List of Appendices

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

Executive Summary

The 2012 Kedah GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Kedah. 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 Kedah. The survey was administered using a self-administered questionnaire. The response rate at school level was 100%, with a students' response rate a 93.2% (1,812 of 1,944 students responded).

Key Findings

About 69.3% of ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 5.2% and almost half of them got their alcoholic drink from their own families. Drunkenness was reported in 2.6% of the students. In relation to dietary behaviour, 8.3% of the students were at risk of becoming underweight, while 11.1% students were at risk of becoming obese. In the past 30 days, only 28.8% of the students consumed fruits and vegetables at least five times daily and one fifth drank carbonated drinks at least once daily. As for drug use, 99.3% of the students reported that they never use drugs with only 11 students reported ever used drug.

Overall, 2.0% of the students reported brushing their teeth less than once daily and 89.1% brushed at least twice daily. Only 57.2% of students reported using fluoridated toothpaste. In the past 30 days, 4.6% never or rarely wash their hands after using the toilet and 11.9% never or rarely used soap when washing their hands. Suicidal ideation, suicide plan and attempted suicide were noted among 6.5%, 5.1%, and 5.4% of the students respectively. With regards to physical activity, 25.2% of the students were found to be active in the past seven days, while almost half were engaged in sedentary activities. Parental or guardian supervision was reported in 19.0% of the students, while one third of them claimed had parental or guardian connectedness and almost half had reported parental or guardian bonding. Truancy was reported in 27.5% of the students.

This study found that 5.8% of students ever had sex, with half of them had sex for the first time before the age of 14 years. About 8.9% 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. One third of the students reported of both exposure to secondhand smoke from people smoking in their presence, and parents or guardians who used any form of tobacco.

Notably, 25.0% and 25.4% of the students were physically attacked and involved in a physical fight respectively, with 34.6% who had serious injury. Having been bullied was reported in 15.6% of the students, while 7.9% had been physically abused at home.

Recommendations

Taking into cognizance the findings of this study, the following recommendations are made;

- i. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and consumption of a balanced diet, need to be explored.
- ii. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly have contributed to the more positive findings in this study. This will enable other states to adopt the relevant approaches towards more holistic health outcomes among the students.

1.0 INTRODUCTION

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

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

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

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

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

1.1 Policies and Programmes for Adolescents in School

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

1.1.1 Adolescent Health Policy

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

1.1.2 Medical and Oral Healthcare Policy

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

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

1.1.3 Mental Health Programme

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

1.1.4 Tobacco Control Policy and Regulation

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

1.1.5 National Nutrition Policy

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

1.1.6 Policies Related to Social Issues

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

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

1.1.7 Other Related Activities

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

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

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

1.2 Research in Adolescent Health

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

2.0 METHODS

The 2012 Kedah GSHS employed a two-stage cluster sampling design to produce a representative sample of students in Forms 1 to 5. The first-stage sampling frame consisted of all schools containing any of Forms 1 to 5. Schools were selected with probability proportional to school enrolment size. A total of 17 schools were selected to participate in the Kedah 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 Kedah GSHS, 1,812 questionnaire were completed in 17 schools. The school response rate was 100%, while student response rate was 93.2%. Overall, response rate was 93.2%.

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 Kedah.

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

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

The GSHS questionnaire contained 77 questions addressing the following topics:

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

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

2.1 Variable Definition

i. Alcohol Consumption

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

ii. Dietary Behavior

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

iii. Drug Use

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

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

viii. Violence and Unintentional Injury

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

2.2. Objectives**2.2.1 General Objective**

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

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Kedah was about 1.9 million (29). Adolescents between the ages of 10 to 20 years accounted for 21.3% of total population. In 2012, there were 175,904 students aged 12 to 17 years in a total of 186 secondary schools under Ministry of Education and Ministry of Rural Development in Kedah (30).

A total of 1,944 students from Form 1 to 5 were selected in Kedah from 17 randomly selected secondary schools, with 1,812 students or 93.2% responding to our survey. Of the respondents, 50.6% were males (**Table 1.2**). About 20.6% were from remove class/ form 1, 20.8% from Form 2, 20.5% Form 3, 19.6% Form 4 and the remaining 18.5% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.

3.2 Alcohol Consumption

Introduction

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

Findings

The prevalence of current alcohol use among students was 5.2% (95% CI: 2.73-9.52) (**Table 2.1.1**). Among students who ever consumed alcohol, 69.3% (95% CI: 59.41-77.62) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). About 2.6% (95% CI: 0.89-7.54) of students reported drunkenness (**Table 2.4.1**). Among current drinkers, 46.7% (95% CI: 31.12-62.93) usually obtained alcohol drinks from their family with no significant difference by sex (**Table 2.6.1**).

3.3 Dietary Behaviours

Introduction

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

Findings

Overall, 8.3% (95% CI: 6.05-11.24) of the students were at risk of becoming underweight (**Table 3.1**). About 24.7% (95% CI: 22.55-26.91) were at risk of becoming overweight (**Table 3.2**). Overall, 11.1% (95% CI: 9.56-12.96) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 4.7% (95% CI: 3.61-6.18) of the students reported being hungry most of the time or always because there was not enough food in their home (**Table 3.4**). About 47.9% (95% CI: 44.25-51.62) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 27.7% (95% CI: 24.43-31.19) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 28.8% (95% CI: 26.17-31.69) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally 20.2% (95% CI: 17.0-23.8) of the students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 4.5% (95% CI: 2.98-6.61) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 56.7% (95% CI: 50.82-62.42) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 23.1% (95% CI: 17.01-30.52) reported they had breakfast daily in the past seven days (**Table 3.10**). About 35.6% (95% CI: 33.28-37.97) of the students perceived they were slightly or very overweight. Females [43.7% (95% CI: 41.71-45.64)] were significantly higher than males [27.7% (95% CI: 23.67-32.17)] to perceived their weight as slightly or very overweight (**Table 3.11.1**). Overall, 38.5% (95% CI: 36.06-40.95) reported trying to lose weight and it was significantly higher among females [43.5% (95% CI: 39.72-47.32)] than males [33.5% (95% CI: 28.98-38.41)] (**Table 3.12.1**). Overall, 75.8% (95% CI: 72.09-79.16) reported attempting to lose, gain or maintain the same weight (**Table 3.12.2**).

3.4 Drug Use

Introduction

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

Finding

Generally, 99.3% (95% CI: 98.14 – 99.71) of the students reported that they never use drug during their lifetime (**Table 4.1.1**).

3.5 Hygiene (Including Oral Hygiene)

Introduction

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

Findings

Only, 2.0% (95% CI: 1.20-3.40) of the students had brushed their teeth less than once daily in the past 30 days. A high prevalence of students reported brushing their teeth at least twice daily 89.1% (95% CI: 85.65-91.83) with significantly more females [93.3% (95% CI: 91.03-94.98)] than males [85.0% (95% CI: 78.65-89.75)] reported this (**Table 5.1.1**). Only, 57.2% (95% CI: 49.93-64.07) reported use of fluoridated toothpaste and 30.2% (95% CI: 24.92-36.06) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 6.8% (95% CI: 4.94-9.27) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 40.2% (95% CI: 33.97-46.70) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 14.6% (95% CI: 12.17-17.51) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 3.4% (95% CI: 2.23-5.14) of the students never or rarely wash their hands before eating (**Table 5.6**). About 4.6% (95% CI: 3.21-6.48) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 11.9% (95% CI: 9.90-14.31) never or rarely used soap when washing their hands (**Table 5.8**).

3.6 Mental Health Problems

Introduction

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

Findings

In the past 12 months, 7.9% (95% CI: 6.05-10.23) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 3.9% (95% CI: 2.42-6.08) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 6.5% (95% CI: 4.74-8.94) (**Table 6.3**). About 5.1% (95% CI: 4.17-6.26) had suicidal plan (**Table 6.4**) and 5.4% (95% CI: 3.60-8.16) had reported attempted suicide (**Table 6.5**). Overall, 3.9% (95% CI: 2.84-5.38) of the students had no close friend at all (**Table 6.6**).

3.7 Physical Activity

Introduction

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

Findings

The prevalence of being physically active in the past seven days was 16.0% (95% CI: 11.72-21.47) and this was significantly higher among males [22.4% (95% CI: 16.88-29.09)] compared to females [9.4% (95% CI: 5.95-14.46)] (**Table 7.1**). Overall, 25.2% (95% CI: 19.62-31.77) had been physically active for at least five days in the past seven days with significantly more males [32.7% (95% CI: 25.26-41.03)] than females [17.4% (95% CI: 13.01-22.97)] with this level of activity (**Table 7.1.1**). About 48.6% (95% CI: 39.62-57.71) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 46.8% (95% CI: 41.84-51.80) had engaged in sedentary activities (**Table 7.3.1**).

3.8 Protective Factors

Introduction

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

Findings

The prevalence of truancy among the students in the past 30 days was 27.5% (95% CI: 22.12-33.72) (**Table 8.1**). Overall, 49.6% (95% CI: 42.45-56.77) reported of having peer support in the past 30 days, with a significantly higher prevalence among females 58.3% (95%: 50.47-65.73) than males 40.9% (95%: 33.14-49.22) (**Table 8.2**). Parental or guardian supervision was reported by 19.0% (95% CI: 15.32-23.34) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 37.0% (95% CI: 30.74-43.67) (**Table 8.4**). About 48.2% (95% CI: 43.73-52.63) reported of parental or guardian bonding (**Table 8.5**) and 72.0% (95% CI: 65.65-77.65) of the students reported having parental or guardian respect for privacy (**Table 8.6**).

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

Introduction

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

Finding

The prevalence of students who ever had sex was 5.8% (95% CI: 4.50-7.32) (**Table 9.1**).

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 8.9% (95% CI: 5.20-14.68) with significantly more males [16.7%(95% CI: 10.39-25.75)] than females [0.9%(95% CI: 0.41-1.82)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 71.6% (95% CI: 68.65-74.35) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 4.6% (95% CI: 2.80-7.34) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 2.5% (95% CI:1.53-3.92) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 92.5% (95% CI: 85.06-96.37) had tried to stop smoking (**Table 10.5**). A total of 36.9% (95% CI: 30.65-43.58) reported having been exposed to people who smoked in their presence in the past seven days (**Table 10.6.1**). About 37.6% (95% CI: 33.35-42.14) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [88.0% (95% CI: 82.54-91.85)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [97.4% (95% CI: 96.02-98.26)] than males [78.7% (95% CI: 71.27-84.66)] (**Table 10.8**). Additionally, majority [87.6% (95% CI: 81.89-91.74)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [97.0% (95% CI: 95.61-98.00)] than males [78.4% (95% CI: 70.03-84.93)] (**Table 10.9**). Among the non-smokers, 8.6% (95% CI: 6.48-11.31) were susceptible to smoking and this was significantly higher in males [14.4% (95% CI: 11.39-18.06)] than females [3.6% (95% CI: 2.51-5.24)] (**Table 10.10**).

3.11 Violence and Unintentional Injury

Introduction

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

Findings

In the past 12 months, 25.0% (95% CI: 21.20-29.26) of the students had been physically attacked, and this is significantly more males [30.6% (95% CI: 25.64-36.08)] than females [19.4% (95% CI: 14.66-25.19)] involved (**Table 11.1.1**). Overall, 25.4% (95% CI: 21.80-29.43) had been involved in a physical fight with significantly more males [34.0% (95% CI: 28.95-39.48)] than females [16.7% (95% CI: 12.61-21.80)] reporting this (**Table 11.2.1**). About 34.6% (95% CI: 29.30-40.39) of the students had been seriously injured with significantly more males [44.2% (95% CI: 36.43-52.33)] than females [25.3% (95% CI: 20.57-30.59)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [29.4% (95% CI: 24.92-34.24)] and "a broken bone or dislocated joint" [19.1% (95% CI: 15.38-23.48)] (**Table 11.4**). The two most common causes of serious injury were "fall" [35.8% (95% CI: 27.92-44.60)] and "motor vehicle accident" [22.8% (95% CI: 17.45 – 29.24)] (**Table 11.5**). In the past 30 days, 15.6% (95% CI: 11.87-20.32) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun of because of body or face looks" [25.1% (95% CI: 16.58-36.07)] and "made fun of with sexual jokes, comments or gestures" [20.9% (95% CI 13.17-31)] (**Table 11.7**). About 7.9% (95% CI: 5.62-10.93) of the students had been abused physically (**Table 11.8.1**) and 38.3% (95% CI: 33.25-43.54) were abused verbally at home (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Kedah was lower than the national prevalence (5.2% vs 8.9%). As in other states, more than half of the current drinkers in Kedah had taken their first drink before the age of 14 years and the prevalence was noted to be higher than the national level (69.3% vs 63.5%). Drunkenness among students in Kedah was found to be lower than the national prevalence (2.6% vs 6.3%).

Less students are at risk of becoming underweight compared to the national figure (8.3% vs 8.8%). The prevalence for being at risk of overweight and obesity among students in Kedah were each observed to be higher compared to the national levels (24.7% vs 22.8% and 11.1% vs 9.5%, respectively). Consumption of fruit and vegetable was comparable to the national finding (28.8% vs 28.7%). The prevalence of students consuming soft drinks and fast food were each lower than the national levels (20.2% vs 29.4% and 4.5% vs 6.0%, respectively). Consumption of plain water of at least five times daily was comparable to the national prevalence (56.7% vs 54.8%), while more students take breakfast daily compared to the national finding (23.1% vs 19.2%).

The prevalence of students who never or rarely wash their hands before eating or after using the toilet or never or rarely used soap when washing their hands, were each lower than the national figures (3.4% vs 5.0%, 4.6% vs 5.4% and 11.9% vs 13.7%, respectively). Majority of students (89.1%) brushed their teeth at least twice daily, as observed in other states.

Less students claimed that they could not sleep at night due to worry compared to the national figure (3.9% vs 5.4%). More students in Kedah reported not having a close friend compared to the finding at national level (3.9% vs 3.1%). Suicidal ideation, plan and attempt were each lower in comparison to the national prevalence (6.5% vs 7.9%, 5.1% vs 6.4% and 5.4% vs 6.8%, respectively).

More students reported of being physically active (spent at least 60 minutes daily on five or more days a week) compared to the national finding (25.2% vs 22.7%). Comparatively, the prevalence of students who engaged in sedentary activities such as watching television or playing computer game for at least 3 hours daily, was fairly similar to the national prevalence (46.8% vs 47.3%).

Truancy was lower in the state of Kedah compared to the national finding (27.5% vs 30.9%). There was a higher prevalence of peer support among students in comparison to the finding at the national level (49.6% vs 44.3%). Additionally, parental or guardian supervision, connectedness and bonding were each higher than the national figures (19.0% vs 14.2%, 37.0% vs 31.5% and 48.2% vs 43.1%, respectively).

The prevalence of students in Kedah who reported of ever having sex was lower than the national finding (5.8% vs 8.3%).

Less students reported they were current smokers of cigarettes or other tobacco products compared to the national figures (8.9% vs 11.5% and 4.6% vs 5.5%, respectively). Among those who ever smoked, about three quarters of them first tried a cigarette before the age of 14 years. The prevalence of exposure to secondhand smoke from people smoking in their presence, and the reported prevalence of parents or guardians who used any form of tobacco, were both lower than the national figures (36.9 vs 41.6% and 37.4 vs 40.2%, respectively). Among students who were non-smokers, the prevalence of susceptibility to smoking was lower than the national finding (8.6% vs 9.6%).

Less students in Kedah claimed that they had a physical attack and were involved in physical fights compared to national figures (25.0% vs 27.8% and 25.4% vs 27.4%, respectively). The prevalence of students were reported of being bullied at least once in the past 30 days was comparable to the national level (15.6% vs 17.9%). In comparison to the national figure, the prevalence of students who reported they had been physically and verbally abused at home were both lower (7.9% vs 11.1% and 38.3% vs 42.7%, respectively).

5.0 CONCLUSION

In Kedah, generally most of the prevalence for the behaviours studied were more positive compared to the national figures. However, the prevalence of overweight and obesity were both higher than the national findings

6.0 RECOMMENDATIONS

Taking into cognizance the findings of this study, the following recommendations are made;

- i. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and consumption of a balanced diet, need to be explored.
- ii. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly have contributed to the more positive findings in this study. This will enable other states to adopt the relevant approaches towards more holistic health outcomes among the students.

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APPENDIX 1 : TABLE OF FINDINGS

1.0 Socio-demographic Profile

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

Age	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
11 years	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	-
12 years	11	-	-	-	-	3	-	-	-	8	-	-	-	-	-	-	-	-	-	-
13 years	384	35299	20.0	15.80	25.05	188	17935	20.2	15.37	25.97	196	17364	20.0	15.39	25.49	17364	17364	20.0	15.39	25.49
14 years	403	36754	20.9	15.06	28.13	209	17667	19.9	15.86	24.55	193	19004	21.9	13.23	33.91	19004	19004	21.9	13.23	33.91
15 years	443	35696	20.3	16.62	24.44	220	17954	20.2	14.90	26.74	223	17742	20.4	16.85	24.48	17742	17742	20.4	16.85	24.48
16 years	235	35693	20.3	10.36	35.82	113	19029	21.4	10.83	37.85	121	16561	19.0	9.00	35.87	16561	16561	19.0	9.00	35.87
17 years	326	31293	17.8	10.28	28.91	145	16019	18.0	9.82	30.67	180	15159	17.4	10.46	27.63	15159	15159	17.4	10.46	27.63
18 years or older	4	-	-	-	-	0	-	-	-	4	-	-	-	-	-	-	-	-	-	-

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

Sex	Total				
	Unweighted Count	Estimated Population	95% CI		
			Lower	Upper	
Male	881	89169	50.6	40.04	61.16
Female	925	86956	49.4	38.84	59.96

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

Form	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Remove class/Form 1	393	36281	20.6	15.68	26.55	185	17739	19.9	15.07	25.90	207	17739	21.2	15.62	28.09	17739	17739	21.2	15.62	28.09
Form 2	400	36640	20.8	14.77	28.44	215	18217	20.5	15.92	25.93	183	18238	21.0	12.49	33.05	18238	18238	21.0	12.49	33.05
Form 3	459	36200	20.5	16.31	25.54	229	18289	20.6	14.90	27.66	230	17911	20.6	16.63	25.22	17911	17911	20.6	16.63	25.22
Form 4	215	34456	19.6	9.21	36.79	97	17726	19.9	8.88	38.83	118	16730	19.2	8.63	37.54	16730	16730	19.2	8.63	37.54
Form 5	341	32667	18.5	10.71	30.14	154	17015	19.1	10.43	32.43	187	15652	18.0	10.83	28.41	15652	15652	18.0	10.83	28.41

Note

— Fewer than 30 cases

Table 1.4: Students Form 1-5 by ethnicity, Kedah, 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	1363	134860	76.5	54.97	89.65	644	66491	74.6	48.39	90.24	716	68068	78.3	59.09	89.99			
Chinese	310	28168	16.0	5.73	37.30	163	15325	17.2	5.00	45.06	147	12843	14.8	6.13	31.48			
Indian	118	111593	6.6	2.78	14.76	62	6133	6.9	3.12	14.50	56	5460	6.3	2.24	16.38			
Bumiputera Sabah	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
Bumiputera Sarawak	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
Others	10	-	-	-	-	6	-	-	-	-	4	-	-	-	-			

Table 1.5: Students Form 1-5 by parental marital status, Kedah, 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	1540	150790	85.9	83.05	88.34	757	77219	87.2	84.18	89.80	782	73488	84.5	80.95	87.51			
Married but living apart	49	4665	2.7	1.62	4.34	30	2867	3.2	1.74	5.94	19	1797	2.1	1.26	3.36			
Divorced	85	7902	4.5	3.14	6.42	35	3239	3.7	2.43	5.47	50	4663	5.4	3.34	8.50			
Widower	102	9836	5.6	4.04	7.72	42	4203	4.7	3.21	6.97	60	5633	6.5	4.45	9.34			
Separated	9	-	-	-	-	2	-	-	-	-	7	-	-	-	-			
Don't know	16	-	-	-	-	9	-	-	-	-	7	-	-	-	-			

Note

— Fewer than 30 cases

2.0 Alcohol Consumption

Table 2.1: Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Kedah, 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	1705	166389	94.8	90.48	97.27	811	82141	93.0	86.80	96.39	891	83947	96.7	93.73	98.32				
1 or 2 days	67	6549	3.7	2.05	6.70	45	4596	5.2	2.76	9.60	22	1952	2.2	1.11	4.50				
3 to 5 days	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-				
6 to 9 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-				
10 to 19 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-				
20 to 29 days	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-				
All 30 days	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-				

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, Kedah, 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	94	9038	5.2	2.73	9.52	62	6204	7.0	3.61	13.20	32	2834	3.3	1.68	6.27				
No	1705	166389	94.8	90.48	97.27	811	82141	93.0	86.80	96.39	891	83947	96.7	93.73	98.32				

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Kedah, 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	1546	151491	88.7	78.20	94.53	714	72809	85.3	70.51	93.40	829	78381	92.1	84.38	96.18				
7 years or younger	22	-	-	-	-	18	-	-	-	-	4	-	-	-	-				
8 or 9 years	21	-	-	-	-	15	-	-	-	-	6	-	-	-	-				
10 or 11 years	36	3425	2.0	1.16	3.45	24	2432	2.9	1.56	5.14	12	993	1.2	0.41	3.29				
12 or 13 years	63	5788	3.4	1.49	7.54	42	3910	4.6	2.02	10.04	21	1878	2.2	0.81	5.89				
14 or 15 years	42	3893	2.3	0.95	5.36	17	1650	1.9	0.70	5.24	25	2243	2.6	1.08	6.32				
16 years or older	20	-	-	-	-	12	-	-	-	-	8	-	-	-	-				

Table 2.2.1: First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5, Kedah, 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	142	13325	69.3	59.41	77.62	29	2995	23.9	16.89	32.74	33	2919	43.4	30.91	56.83				
No	62	5915	30.7	22.38	40.59	99	9521	76.1	67.26	83.11	43	3804	56.6	43.17	69.09				

Note

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

Number of Drinks	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days	1694	165357	94.2	88.44	97.18	803	81471	92.0	82.94	96.47	888	83585	96.4	93.34	98.09			
less than one drink	56	5219	3.0	1.31	6.62	40	3715	4.2	1.54	10.94	16	1504	1.7	0.65	4.55			
1 drink	27	-	-	-	-	16	-	-	-	-	11	-	-	-	-			
2 drinks	13	-	-	-	-	10	-	-	-	-	3	-	-	-	-			
3 drinks	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
4 drinks	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
5 or more drinks	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	23	-	-	-	-	16	-	-	-	-	7	-	-	-	-			
No	83	7865	77.3	68.60	84.08	56	5374	76.0	63.70	85.15	27	2491	80.0	51.62	93.76			

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Kedah, 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	1750	170911	97.4	92.46	99.11	839	85120	95.8	88.57	98.54	908	85490	98.9	96.31	99.70			
1 or 2 times	38	3459	2.0	0.68	5.58	29	2725	3.1	1.09	8.32	9	734	0.8	0.24	2.96			
3 to 9 times	8	-	-	-	-	8	-	-	-	-	0	-	-	-	-			
10 or more times	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Kedah, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	50	4632	2.6	0.89	7.54	39	3720	4.2	1.46	11.43	11	913	1.1	0.30	3.69			
No	1750	170911	97.4	92.46	99.11	839	85120	95.8	88.57	98.54	908	85490	98.9	96.31	99.70			

Note

— Fewer than 30 cases

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, Kedah, 2012

Number of Times	Total			Male			Female		
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%
0 time	1754	171246	98.6	842	85439	97.6	909	85507	99.5
1 or 2 times	17	-	-	14	-	-	3	-	-
3 to 9 times	5	-	-	4	-	-	1	-	-
10 or more times	4	-	-	3	-	-	1	-	-

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, Kedah, 2012

Prevalence	Total			Male			Female		
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%
Yes	26	-	-	21	-	-	5	-	-
No	1754	171246	98.6	842	85439	97.6	909	85507	99.5

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

Source	Total			Male			Female		
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%
Did not drink alcohol in the past 30 days	1692	165054	94.3	800	81150	92.0	889	83603	96.5
Bought in a store,shop or from street vendor	28	-	-	21	-	-	7	-	-
Gave someone else money to buy it	3	-	-	3	-	-	0	-	-
*Friends	11	-	-	6	-	-	5	-	-
Family	50	4687	2.7	33	3073	3.5	17	1614	1.9
Stole or got it without permission	2	-	-	2	-	-	0	-	-
Some other way	10	-	-	6	-	-	4	-	-

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

Source	Total			Male			Female		
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%
Store,shop/street vendor	28	-	-	21	-	-	7	-	-
Gave someone else money to buy it	3	-	-	3	-	-	0	-	-
Friends	11	-	-	6	-	-	5	-	-
Family	50	4687	46.7	33	3073	43.8	17	1614	53.4
Stole/got without permission	2	-	-	2	-	-	0	-	-
Some other way	10	-	-	6	-	-	4	-	-

Note

— Fewer than 30 cases

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Kedah, 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	143	14272	8.3	6.05	11.24	87	8985	10.4	7.80	13.68	56	5287	6.2	4.09	9.20					
No	1623	158081	91.7	88.76	93.95	767	77608	89.6	86.32	92.20	856	80473	93.8	90.80	95.91					

Table 3.2: Prevalence of overweight among students Form 1-5, Kedah, 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	439	42507	24.7	22.55	26.91	212	21031	24.3	20.47	28.56	227	21477	25.0	21.90	28.47					
No	1327	129846	75.3	73.09	77.45	642	65563	75.7	71.44	79.53	685	64283	75.0	71.53	78.10					

Table 3.3: Prevalence of obesity among students Form 1-5, Kedah, 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	194	19207	11.1	9.56	12.96	96	9561	11.0	8.82	13.74	98	9646	11.2	8.18	15.28					
No	1572	153146	88.9	87.04	90.44	758	77032	89.0	86.26	91.18	814	76113	88.8	84.72	91.82					

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, Kedah, 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	720	69591	39.5	36.25	42.84	356	35270	39.6	35.44	43.98	363	34237	39.4	34.74	44.29					
Rarely	545	52995	30.1	28.02	32.23	259	26147	29.4	26.31	32.64	286	26848	30.9	27.52	34.51					
Sometimes	462	45255	25.7	23.50	28.00	222	22914	25.7	22.14	29.71	238	22123	25.5	23.03	28.07					
Most of the time	55	6010	3.4	2.50	4.63	31	3506	3.9	2.76	5.60	24	2504	2.9	1.76	4.69					
Always	24	-	-	-	-	11	-	-	-	-	13	-	-	-	-	-	-	-	-	-
* Most of the time or always	79	8339	4.7	3.61	6.18	42	4675	5.3	3.90	7.03	37	3664	4.2	2.64	6.68					

Note

— Fewer than 30 cases

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Kedah, 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	129	12883	7.3	5.91	9.00	61	6419	7.2	5.01	10.25	68	6464	7.4	5.80	9.51			
Less than 1 time per day	398	38153	21.6	18.85	24.72	176	17966	20.1	16.36	24.56	221	20104	23.2	20.27	26.32			
1 time per day	417	40777	23.1	20.57	25.90	208	20526	23.0	19.54	26.92	209	20250	23.3	19.51	27.62			
2 times per day	463	45293	25.7	20.76	31.34	217	22259	25.0	20.69	29.79	245	22931	26.4	19.38	34.89			
3 times per day	226	21773	12.4	10.06	15.07	124	12374	13.9	10.78	17.68	102	9399	10.8	8.08	14.35			
4 times per day	61	6047	3.4	2.56	4.58	39	3944	4.4	3.05	6.37	21	1988	2.3	1.52	3.43			
5 or more times per day	114	11371	6.4	4.02	10.18	56	5681	6.4	3.74	10.65	58	5690	6.6	3.62	11.58			

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Kedah, 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	864	84484	47.9	44.25	51.62	436	44257	49.6	44.25	55.02	426	40008	46.1	41.63	50.59			
No	944	91813	52.1	48.38	55.75	445	44912	50.4	44.98	55.75	498	46818	53.9	49.41	58.37			

Table 3.6: Daily frequency of vegetable intake in the past 30 days, students Form 1-5, Kedah, 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	120	11383	6.5	4.98	8.33	56	5325	6.0	4.23	8.40	64	6058	7.0	5.01	9.60			
Less than 1 time per day	286	27552	15.6	13.54	17.99	146	14670	16.5	13.20	20.41	140	12882	14.8	13.13	16.67			
1 time per day	339	33185	18.8	17.36	20.40	155	15774	17.7	15.67	20.00	184	17411	20.0	16.96	23.48			
2 times per day	567	55321	31.4	28.00	34.99	275	27881	31.3	26.48	36.65	290	27254	31.3	28.65	34.17			
3 times per day	282	27987	15.9	13.88	18.11	142	14685	16.5	12.72	21.14	139	13187	15.2	12.56	18.20			
4 times per day	53	4899	2.8	2.22	3.47	30	2815	3.2	2.54	3.93	23	2084	2.4	1.43	4.00			
5 or more times per day	160	15897	9.0	7.16	11.31	75	7816	8.8	6.24	12.22	85	8081	9.3	7.11	12.06			

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Kedah, 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	495	48783	27.7	24.43	31.19	247	25316	28.5	22.84	34.83	247	23351	26.9	23.77	30.19	678	63605	73.1	69.81	76.23
No	1312	127441	72.3	68.81	75.57	632	63650	71.5	65.17	77.16	632	63605	73.1	69.81	76.23					

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, Kedah, 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	516	50801	28.8	26.17	31.69	260	26466	29.7	25.66	34.19	255	24219	27.9	24.20	31.92	669	62607	72.1	68.08	75.80
No	1290	125293	71.2	68.31	73.83	619	62500	70.3	65.81	74.34	669	62607	72.1	68.08	75.80					

Table 3.7: Daily frequency for consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Kedah, 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 carbonated soft drink in past 30 days	590	57389	32.6	28.48	36.92	235	23928	26.9	22.56	31.65	354	33345	38.4	33.60	43.40					
Less than 1 time per day	850	83220	47.2	41.73	52.77	437	44350	49.8	44.33	55.25	411	38685	44.5	37.44	51.84					
1 time per day	195	19004	10.8	9.30	12.46	110	10985	12.3	10.51	14.43	85	8018	9.2	7.47	11.35					
2 times per day	85	8119	4.6	3.34	6.32	43	4315	4.8	3.61	6.48	42	3804	4.4	2.65	7.14					
3 times per day	43	4079	2.3	1.66	3.22	22	2182	2.5	1.24	4.78	21	1897	2.2	1.34	3.55					
4 times per day	16	-	-	-	-	13	-	-	-	-	3	-	-	-	-	-	-	-	-	-
5 or more times per day	28	-	-	-	-	20	-	-	-	-	8	-	-	-	-	-	-	-	-	-

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, Kedah, 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	367	35647	20.2	17.04	23.84	208	20797	23.35	19.22	28.05	159	14850	17.09	13.12	21.97					
No	1440	140609	79.8	76.16	82.96	672	68278	76.65	71.95	80.78	765	72030	82.91	78.03	86.88					

Note

— Fewer than 30 cases

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

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
0 day	1051	102868	58.4	52.29	64.22	526	53258	59.8	48.67	69.98	525	49610	57.1	53.65	60.58
1 day	557	54014	30.7	26.41	35.25	260	26286	29.5	22.42	37.75	296	27645	31.8	28.15	35.78
2 days	120	11471	6.5	5.07	8.33	50	4944	5.5	4.18	7.33	70	6527	7.5	5.66	9.93
3 days	46	4674	2.7	1.72	4.06	25	2598	2.9	1.54	5.45	19	1858	2.1	1.43	3.20
4 days	10	-	-	-	-	5	-	-	-	-	5	-	-	-	-
5 days	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-
6 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
7 days	10	-	-	-	-	5	-	-	-	-	5	-	-	-	-

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

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Yes	79	7848	4.5	2.98	6.61	44	4600	5.2	3.13	8.40	33	3030	3.5	2.16	5.58
No	1728	168353	95.5	93.39	97.02	836	84487	94.8	91.60	96.87	891	83783	96.5	94.42	97.84

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

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Did not drink plain water in past 30 days	16	-	-	-	-	10	-	-	-	-	6	-	-	-	-
Less than 1 time per day	53	5588	3.2	2.02	4.94	31	3438	3.9	2.18	6.77	22	2150	2.47	1.50	4.05
1 time per day	69	6928	3.9	2.37	6.47	31	3246	3.6	2.15	6.12	38	3683	4.2	2.21	7.97
2 times per day	124	11723	6.7	5.80	7.62	54	5185	5.8	4.54	7.44	70	6539	7.5	5.80	9.72
3 times per day	278	27195	15.4	13.49	17.61	118	12173	13.7	11.12	16.72	158	14823	17.1	14.30	20.24
4 times per day	244	23318	13.2	10.20	17.00	105	10637	12.0	9.01	15.70	138	12578	14.5	10.49	19.65
5 or more times per day	1022	99899	56.7	50.82	62.42	530	53301	59.9	51.99	67.32	492	46599	53.6	48.05	59.14

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

Number of Days	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
0 day	415	40362	22.9	18.43	28.10	186	18768	21.1	15.61	27.82	228	21492	24.8	19.20	31.29
1 day	241	23200	13.2	11.02	15.66	106	10412	11.7	9.61	14.15	135	12788	14.7	11.85	18.16
2 days	230	21947	12.5	10.55	14.65	116	11282	12.7	8.97	17.59	114	10665	12.3	10.16	14.79
3 days	162	16030	9.1	7.66	10.78	71	7376	8.3	6.16	11.05	91	8654	10.0	7.61	12.96
4 days	123	12007	6.8	5.03	9.18	64	6403	7.2	4.56	11.16	57	5404	6.2	4.66	8.27
5 days	161	16199	9.2	6.79	12.34	77	8198	9.2	6.12	13.63	84	8001	9.2	7.29	11.59
6 days	62	5768	3.3	1.99	5.35	34	3223	3.6	2.14	6.06	28	2545	2.93	1.68	5.06
7 days	413	40664	23.1	17.01	30.52	226	23401	26.3	16.88	38.48	187	17264	19.9	14.68	26.37

Note
- Fewer than 30 cases

Table 3.11: Perception of body weight, students Form 1-5, Kedah, 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	171	16180	9.2	8.38	10.17	98	9670	10.9	8.52	13.88	72	6407	7.4	5.54	9.89			
Slightly underweight	255	25647	14.6	12.48	17.10	155	16459	18.6	14.50	23.48	100	9189	10.6	9.01	12.55			
Right weight	731	71016	40.5	37.87	43.25	376	37919	42.8	37.16	48.62	354	33014	38.3	35.53	41.06			
Slightly overweight	512	50294	28.7	26.58	30.93	211	21009	23.7	19.89	28.01	300	29169	33.8	31.57	36.11			
Very overweight	127	12063	6.9	6.05	7.83	35	3555	4.0	2.51	6.36	92	8508	9.9	8.60	11.28			

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Kedah, 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	639	62357	35.6	33.28	37.97	246	24564	27.7	23.67	32.17	392	37678	43.7	41.71	45.64
No	1157	112843	64.4	62.03	66.72	629	64048	72.3	67.83	76.33	526	48610	56.3	54.36	58.29

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Kedah, 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	441	42361	24.2	20.84	27.91	210	21428	24.1	19.83	29.01	231	20933	24.4	19.82	29.58
Tried to lose weight	686	67349	38.5	36.06	40.95	298	29781	33.5	28.98	38.41	386	37350	43.5	39.72	47.32
Tried to gain weight	225	22737	13.0	11.17	15.06	141	14779	16.6	13.07	20.95	84	7958	9.3	7.42	11.51
Tried to maintain same weight	441	42580	24.3	22.00	26.82	228	22834	25.7	23.18	28.40	212	19663	22.9	19.67	26.46

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Kedah, 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	686	67349	38.5	36.06	40.95	298	29781	33.5	28.98	38.41	386	37350	43.5	39.72	47.32
No	1107	107678	61.5	59.05	63.94	579	59041	66.5	61.59	71.02	527	48554	56.5	52.68	60.28

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Kedah, 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	1352	132666	75.8	72.09	79.16	667	67394	75.9	70.99	80.17	682	64971	75.6	70.42	80.18
No	441	42361	24.2	20.84	27.91	210	21428	24.1	19.83	29.01	231	20933	24.4	19.82	29.58

4.0 Drug Use

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

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1797	175046	99.3	98.14	99.71	870	87891	98.7	96.50	99.50	924	86855	99.9	98.70	99.99					
1 or 2 times	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-	-	-	-	-	-
3 to 9 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	-	-	-
10 to 19 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	-
20 or more times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Kedah, 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	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-	-	-	-	-	-
No	1797	175046	99.3	98.14	99.71	870	87891	98.7	96.50	99.50	924	86855	99.9	98.70	99.99					

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

Age	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Never used drugs	1768	172196	99.2	98.60	99.59	854	86259	98.8	97.57	99.44	911	85636	99.7	98.18	99.94					
7 years or younger	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-
8 or 9 years	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-
10 or 11 years	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	-
12 or 13 years	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-	-	-	-	-	-
14 or 15 years	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-	-	-
16 years or older	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	-

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Kedah, 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	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-	-	-	-	-	-
No	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Note

— Fewer than 30 cases

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

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1796	175014	99.3	98.23	99.72	871	88069	99.0	97.33	99.60	922	86644	99.6	97.67	99.95					
1 or 2 times	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-	-	-	-	-	-
3 to 9 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	-
10 to 19 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-	-	-
20 or more times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Kedah, 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	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-	-	-	-	-	-
No	1796	175014	99.3	98.23	99.72	871	88069	99.0	97.33	99.60	922	86644	99.6	97.67	99.95					

Table 4.4: Usual sources of obtaining drug in the past 30 days, students Form 1-5, Kedah, 2012

Source	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 use drugs in the past 30 days	1792	174544	99.0	97.63	99.56	867	87599	98.3	96.30	99.26	922	86644	99.6	97.67	99.95					
*Bought from someone	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-	-	-	-	-	-
Gave someone else money to buy it	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	-	-	-
Stole/got without permission	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	-	-	-
Friends	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	-
Family	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-	-	-	-	-	-
Some other way	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Kedah, 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	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-	-	-	-	-	-
No	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-	-	-	-	-	-

Note

— Fewer than 30 cases

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

Frequency	Total														
	Male					Female									
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper					
0 time	1797	175162	99.7	98.89	99.89	872	88200	99.5	98.54	99.85	922	86662	99.8	98.68	99.96
1 or 2 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
3 to 9 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
20 or more times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Kedah, 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	5	-	-	-	-	3	-	-	-	-	2	-	-	-
No	1797	175162	99.7	98.89	99.89	872	88200	99.5	98.54	99.85	922	86662	99.8	98.68	99.96

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Kedah, 2012

Frequency	Total														
	Male					Female									
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper					
0 time	1797	175215	99.6	98.63	99.89	872	88270	99.5	98.12	99.85	922	86644	99.8	98.68	99.96
1 or 2 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
3 to 9 times	2	-	-	-	-	2	-	-	-	-	1	-	-	-	-
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
20 or more times	1	-	-	-	-	0	-	-	-	-	0	-	-	-	-

Note

— Fewer than 30 cases

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Kedah, 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	6	-	-	-	-	4	-	-	-	-	-	2	-	-	-	-	-	
No	1797	175215	99.6	98.63	99.89	872	88270	99.5	98.12	99.85	922	86644	99.8	98.68	99.96	-	-	

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Kedah, 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	1787	174027	99.6	98.96	99.87	865	87343	99.4	98.30	99.76	919	86383	99.9	98.86	99.99	-	-	
1 or 2 times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	
3 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	
20 or more times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Kedah, 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	6	-	-	-	-	5	-	-	-	-	-	1	-	-	-	-	-	
No	1787	174027	99.6	98.96	99.87	865	87343	99.4	98.30	99.76	919	86383	99.9	98.86	99.99	-	-	

Note

- Fewer than 30 cases

5.0 Hygiene (Including Oral Hygiene)

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not clean or brush teeth in past 30 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-				
Less than 1 time per day	36	3302	1.9	1.15	3.04	26	2417	2.7	1.79	4.11	10	885	1.0	0.40				
1 time	165	15612	8.9	6.59	11.82	113	10641	12.0	8.08	17.34	52	4971	5.7	3.95				
2 times	691	67631	38.4	33.55	43.44	331	33701	37.9	32.36	43.72	360	33930	39.0	33.90				
3 times	691	68009	38.6	33.07	44.41	317	32979	37.1	30.04	44.68	373	34915	40.2	34.77				
4 or more times	221	21426	12.2	10.45	14.10	89	8985	10.1	7.60	13.30	130	12256	14.1	10.69				

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not brush or brushed less than 1 time	39	3565	2.0	1.20	3.40	29	2680	3.0	1.93	4.68	10	885	1.0	0.40				
1 or more times per day	1768	172677	98.0	96.60	98.80	850	86305	97.0	95.32	98.07	915	86071	99.0	97.43				
*2 or more times per day	1603	157066	89.1	85.65	91.83	737	75664	85.0	78.65	89.75	863	81100	93.3	91.03				

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Kedah, 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	1002	100019	57.2	49.93	64.07	488	50991	57.8	51.40	63.92	511	48727	56.4	46.85				
No	229	22144	12.7	10.12	15.71	109	10788	12.2	9.42	15.72	120	11356	13.1	10.27				
Don't know	563	52856	30.2	24.92	36.06	274	26464	30.0	25.62	34.76	289	26392	30.5	23.66				

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, Kedah, 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	124	11873	6.8	4.94	9.27	73	7248	8.2	5.98	11.21	51	4625	5.4	3.49	8.12					
No	1668	162999	93.2	90.73	95.06	797	80907	91.8	88.79	94.02	868	81791	94.7	91.88	96.51					

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

Timing	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
In the past 12 months	722	70699	40.2	33.97	46.70	314	31439	35.3	30.35	40.67	407	39177	45.2	36.44	54.21					
12-24 months ago	174	16781	9.5	7.79	11.63	98	9687	10.9	8.02	14.62	76	7095	8.2	6.49	10.26					
More than 24 months ago	134	12959	7.4	5.86	9.21	74	7513	8.5	6.32	11.20	59	5343	6.2	4.69	8.05					
Never	332	31681	18.0	14.11	22.69	181	18172	20.4	15.03	27.15	151	13508	15.6	11.40	20.92					
Don't know	443	43875	24.9	20.92	29.42	212	22149	24.9	19.55	31.15	230	21611	24.9	19.70	30.98					

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Kedah, 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	259	25571	14.6	12.17	17.51	124	12760	14.5	11.78	17.73	134	12709	14.7	12.01	17.89					
No	1531	149140	85.4	82.49	87.83	744	75235	85.5	82.27	88.22	785	73707	85.3	82.11	87.99					

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Kedah, 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	21	-	-	-	-	11	-	-	-	-	10	-	-	-				
Rarely	42	4027	2.3	1.45	3.59	26	2632	2.96	1.93	4.51	16	1394	1.61	0.71	3.61			
Sometimes	127	12310	7.0	4.71	10.27	75	7451	8.4	5.42	12.74	52	4859	5.6	3.71	8.35			
Most of the time	216	21227	12.1	9.17	15.70	111	11341	12.8	9.75	16.52	104	9783	11.3	7.96	15.71			
Always	1399	136554	77.6	71.11	82.91	655	66399	74.7	66.68	81.31	742	69956	80.5	75.43	84.79			
*Never or rarely	63	5978	3.4	2.23	5.14	37	3711	4.2	2.71	6.37	26	-	-	-	-			

Table 5.7: Prevalence* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Kedah, 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	30	2942	1.7	1.01	2.73	13	1438	1.6	0.96	2.71	17	1504	1.7	0.78	3.81			
Rarely	52	5116	2.9	2.03	4.13	30	3020	3.4	2.06	5.53	22	2096	2.4	1.66	3.48			
Sometimes	150	14451	8.2	6.81	9.84	82	7854	8.8	6.99	11.07	68	6597	7.6	5.33	10.68			
Most of the time	182	17616	10.0	7.89	12.56	91	9080	10.2	7.14	14.34	90	8433	9.7	8.13	11.53			
Always	1394	136219	77.3	73.24	80.81	664	67694	76.0	68.94	81.85	728	68326	78.6	75.16	81.63			
* Never or rarely	82	8059	4.6	3.21	6.48	43	4458	5.0	3.17	7.81	39	3600	4.1	2.81	6.06			

Table 5.8: Prevalence* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Kedah, 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	30	2999	1.7	1.00	2.89	21	2110	2.4	1.20	4.64	9	888	1.0	0.57	1.81			
Rarely	180	18028	10.2	8.21	12.67	98	10516	11.8	8.54	16.12	82	7512	8.6	6.11	12.08			
Sometimes	519	49999	28.4	24.76	32.28	269	26771	30.1	24.56	36.24	249	23126	26.6	22.88	30.67			
Most of the time	402	40126	22.8	17.06	29.69	172	17692	19.9	15.83	24.66	228	22235	25.6	18.15	34.73			
Always	676	65110	36.9	31.25	43.02	319	31915	35.9	27.69	44.94	357	33195	38.2	33.36	43.23			
* Never or rarely	210	21027	11.9	9.90	14.31	119	12626	14.2	10.94	18.20	91	8401	9.7	6.90	13.37			

Note

- Fewer than 30 cases

6.0 Mental Health Problems

Table 6.1: Prevalence* of loneliness in the past 12 months, students Form 1-5, Kedah, 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	581	55826	31.7	27.29	36.55	326	32352	36.5	30.84	42.56	255	23473	27.0	23.55	30.74					
Rarely	586	57692	32.8	29.64	36.12	303	31093	35.1	30.04	40.48	282	26497	30.5	27.12	34.04					
Sometimes	499	48501	27.6	24.73	30.61	184	18623	21.0	17.74	24.70	313	29680	34.1	30.88	37.54					
Most of the time	93	9191	5.2	3.83	7.09	43	4336	4.9	2.53	9.24	50	4855	5.6	4.69	6.63					
Always	46	4682	2.7	1.73	4.08	21	2230	2.5	1.31	4.76	25	2452	2.8	1.50	5.25					
* Most of the time or always	139	13873	7.9	6.05	10.23	64	6566	7.4	4.53	11.88	75	7306	8.4	6.30	11.12					

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Kedah, 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	741	71624	40.6	35.38	46.08	439	43580	48.9	42.07	55.82	302	28044	32.3	28.63	36.10					
Rarely	593	58492	33.2	29.51	37.05	253	26584	29.8	25.59	34.48	339	31825	36.6	32.93	40.43					
Sometimes	402	39421	22.4	20.04	24.86	160	16279	18.3	15.20	21.82	242	23142	26.6	24.40	28.95					
Most of the time	41	3879	2.2	1.30	3.71	13	1234	1.4	0.65	2.93	26	2428	2.8	1.64	4.71					
Always	31	2913	1.7	1.03	2.65	15	1395	1.6	0.88	2.76	16	1518	1.7	0.95	3.19					
* Most of the time or always	72	6792	3.9	2.42	6.08	28	2629	3.0	1.73	4.99	42	3945	4.5	2.74	7.43					

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Kedah, 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	121	11475	6.5	4.74	8.94	62	6013	6.8	4.10	11.05	59	5462	6.3	5.19	7.60					
No	1679	164157	93.5	91.06	95.26	811	82463	93.2	88.95	95.90	865	81393	93.7	92.40	94.81					

Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Kedah, 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	90	8974	5.1	4.17	6.26	39	3965	4.5	3.06	6.53	51	5009	5.8	4.74	7.01			
No	1708	166484	94.9	93.74	95.83	833	84406	95.5	93.47	96.94	872	81777	94.2	92.99	95.26			

Table 6.5: Prevalence* of suicidal attempt in the past 12 months, students Form 1-5, Kedah, 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	1708	166817	94.6	91.84	96.40	831	84331	94.6	91.12	96.73	875	82268	94.6	91.85	96.47			
1 time	62	5610	3.2	2.21	4.55	29	2572	2.9	1.64	5.01	32	2955	3.4	2.28	5.04			
2 to 3 times	24	-	-	-	-	10	-	-	-	-	14	-	-	-	-			
4 to 5 times	12	-	-	-	-	9	-	-	-	-	3	-	-	-	-			
6 or more times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
* 1 or more times	101	9609	5.4	3.60	8.16	50	4838	5.4	3.27	8.88	50	4689	5.4	3.53	8.15			

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

Number of Friends	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
* 0 friend	70	6883	3.9	2.84	5.38	44	4363	4.9	2.98	8.06	26	2521	2.9	2.03	4.13			
1 friend	103	9686	5.5	4.12	7.34	46	4201	4.7	3.35	6.70	57	5485	6.3	4.33	9.10			
2 friends	143	13961	7.9	6.23	10.08	49	4962	5.6	4.49	6.98	94	8998	10.3	7.95	13.36			
3 or more	1487	145185	82.6	80.47	84.59	736	74932	84.7	81.13	87.71	748	69952	80.4	76.85	83.60			

Note

- Fewer than 30 cases

7.0 Physical Activity

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

Number of Days	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
0 day	309	29347	16.7	11.86	23.03	161	15850	17.8	10.65	28.32	148	13497	15.6	12.21	19.76
1 day	402	38678	22.0	17.50	27.34	139	13761	15.5	12.03	19.70	263	24917	28.8	21.70	37.18
2 days	297	29011	16.5	13.80	19.65	125	12515	14.1	10.56	18.53	171	16380	19.0	15.70	22.70
3 days	234	23131	13.2	11.40	15.18	111	11549	13.0	9.98	16.75	123	11583	13.4	11.27	15.86
4 days	112	11172	6.4	5.11	7.90	62	6190	7.0	5.03	9.57	50	4982	5.8	3.92	8.40
5 days	120	11861	6.8	5.00	9.07	59	6351	7.1	5.04	10.03	60	5428	6.3	4.37	8.94
6 days	43	4307	2.5	1.70	3.53	27	2768	3.1	1.89	5.08	16	1539	1.8	0.92	3.43
* All 7 days	283	28113	16.0	11.72	21.47	194	19907	22.4	16.88	29.09	88	8104	9.4	5.95	14.46

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, Kedah, 2012

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Yes	446	44281	25.2	19.62	31.77	280	29025	32.7	25.26	41.03	164	15071	17.4	13.01	22.97
No	1354	131339	74.8	68.2	80.4	598	59864	67.3	59.0	74.7	755	71359	82.6	77.0	87.0

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, Kedah, 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	891	85649	48.6	39.62	57.71	424	42406	47.6	37.74	57.56	467	43243	49.9	40.24	59.54			
1 day	143	13939	7.9	6.00	10.37	62	6279	7.0	4.41	11.07	81	7660	8.8	6.50	11.90			
2 days	85	7983	4.5	3.62	5.66	47	4485	5.0	3.97	6.35	36	3280	3.8	2.49	5.70			
3 days	69	7022	4.0	2.92	5.43	37	3939	4.4	2.71	7.11	32	3083	3.6	2.62	4.82			
4 days	57	5787	3.3	1.62	6.54	33	3482	3.9	1.88	7.92	24	2305	2.7	1.03	6.69			
5 days	159	15014	8.5	5.86	12.24	61	5978	6.7	5.24	8.54	98	9036	10.4	6.31	16.74			
6 days	18	-	-	-	-	6	-	-	-	-	12	-	-	-	-			
All 7 days	384	38818	22.0	12.86	35.12	211	21927	24.6	15.93	35.95	172	16808	19.4	9.29	36.09			

Table 7.3: Duration of time spent on sedentary activities in a typical or usual day, students Form 1-5, Kedah, 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	359	34485	19.6	16.71	22.90	201	19598	22.1	17.43	27.58	157	14784	17.0	14.24	20.26			
1 to 2 hours	605	59054	33.6	29.52	37.94	299	30461	34.3	27.90	41.41	306	28593	33.0	29.18	36.96			
3 to 4 hours	485	47639	27.1	24.99	29.32	215	22242	25.1	22.62	27.69	269	25282	29.1	25.31	33.29			
5 to 6 hours	181	17737	10.1	7.70	13.11	84	8727	9.8	6.89	13.85	96	8927	10.3	7.86	13.36			
7 to 8 hours	54	5141	2.9	2.32	3.69	27	2586	2.9	1.95	4.34	27	2555	2.9	2.27	3.82			
More than 8 hours	118	11722	6.7	5.00	8.83	50	5101	5.7	3.72	8.78	68	6620	7.6	5.59	10.33			

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Kedah, 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	838	82238	46.8	41.84	51.80	376	38655	43.6	36.25	51.19	460	43385	50.0	46.05	53.95			
No	964	93539	53.2	48.20	58.16	500	50059	56.4	48.81	63.75	463	43378	50.0	46.05	53.95			

Note
 - Fewer than 30 cases

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Kedah, 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	1312	127428	72.5	66.28	77.88	633	63470	71.5	63.04	78.76	678	63875	73.5	67.76	78.60			
1 to 2 days	371	36399	20.7	16.45	25.70	180	18595	21.0	15.71	27.39	189	17586	20.2	15.64	25.80			
3 to 5 days	87	8632	4.9	3.73	6.43	40	4148	4.7	3.14	6.91	47	4484	5.2	3.44	7.67			
6 to 9 days	20	-	-	-	-	14	-	-	-	-	6	-	-	-	-			
10 or more days	15	-	-	-	-	11	-	-	-	-	4	-	-	-	-			
* 1 or more days	493	48441	27.5	22.12	33.72	245	25238	28.5	21.24	36.96	246	22985	26.5	21.40	32.24			

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Kedah, 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	90	8490	4.8	3.07	7.48	64	6230	7.0	4.06	11.78	26	2260	2.6	1.63	4.12			
Rarely	290	27747	15.7	13.38	18.42	170	16647	18.7	15.56	22.27	120	11100	12.8	9.96	16.21			
Sometimes	538	52637	29.8	25.70	34.35	292	29737	33.4	28.59	38.54	246	22899	26.3	21.84	31.38			
Most of the time	364	36454	20.7	16.90	25.04	161	16830	18.9	15.14	23.31	201	19425	22.3	18.13	27.20			
Always	526	51016	28.9	25.24	32.92	193	19642	22.0	17.30	27.66	332	31272	36.0	32.03	40.10			
* Most of the times or always	890	87470	49.6	42.45	56.77	354	36472	40.9	33.14	49.22	533	50697	58.3	50.47	65.73			

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Kedah, 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	615	60292	34.2	27.23	42.00	247	25395	28.5	21.01	37.40	367	34781	40.1	33.00	47.66			
Rarely	419	40627	23.1	20.56	25.78	216	21979	24.7	21.09	28.64	202	18565	21.4	18.95	24.09			
Sometimes	429	41713	23.7	20.31	27.43	219	21882	24.6	20.74	28.83	209	19729	22.8	18.68	27.41			
Most of the time	142	13857	7.9	6.22	9.90	76	7636	8.6	6.88	10.64	66	6222	7.2	4.91	10.38			
Always	200	19622	11.1	8.85	13.94	122	12202	13.7	10.93	17.03	78	7420	8.6	6.14	11.80			
* Most of the times or always	342	33480	19.0	15.32	23.34	198	19838	22.3	18.26	26.86	144	13642	15.7	11.59	21.01			

Note

— Fewer than 30 cases

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	366	35090	19.9	14.56	26.60	184	18105	20.3	13.24	29.94	181	16870	19.4	14.30	25.78			
Rarely	359	34656	19.7	17.83	21.63	157	15909	17.9	15.81	20.14	202	18747	21.6	18.71	24.71			
Sometimes	421	41357	23.5	21.40	25.66	203	20755	23.3	20.34	26.59	218	20602	23.7	20.44	27.29			
Most of the time	226	22695	12.9	10.27	16.03	107	11168	12.5	10.34	15.15	119	11527	13.3	9.37	18.42			
Always	435	42465	24.1	19.92	28.83	228	23069	25.9	19.86	33.06	205	19211	22.1	17.40	27.63			
* Most of the times or always	661	65160	37.0	30.74	43.67	335	34237	38.5	31.32	46.14	324	30738	35.3	26.88	44.85			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	198	18873	10.7	7.12	15.86	106	10599	11.9	7.34	18.78	92	8273	9.5	6.61	13.61			
Rarely	303	29775	16.9	14.67	19.46	158	15870	17.8	14.58	21.66	145	13905	16.0	13.13	19.47			
Sometimes	441	42519	24.2	22.09	26.39	218	21409	24.1	20.44	28.12	222	20994	24.2	21.44	27.25			
Most of the time	326	32541	18.5	14.82	22.86	157	16189	18.2	13.76	23.68	167	16168	18.7	14.80	23.25			
Always	535	52172	29.7	25.85	33.78	239	24862	28.0	24.04	32.24	296	27311	31.5	26.20	37.37			
* Most of the times or always	861	84714	48.2	43.73	52.63	396	41050	46.2	39.78	52.67	463	43478	50.2	45.95	54.40			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never	890	86908	49.4	43.67	55.17	392	39864	44.8	37.82	52.06	497	46942	54.2	48.47	59.74			
Rarely	413	39809	22.6	20.43	24.99	209	20865	23.5	20.06	27.25	202	18745	21.6	19.04	24.47			
Sometimes	313	30768	17.5	14.68	20.71	174	17876	20.1	15.78	25.25	139	12892	14.9	12.50	17.61			
Most of the time	87	8682	4.9	3.62	6.70	45	4544	5.1	3.73	6.97	42	4138	4.8	3.32	6.82			
Always	100	9724	5.5	3.59	8.42	58	5770	6.5	3.52	11.67	42	3954	4.6	2.94	7.00			
* Never or rarely	1303	126716	72.0	65.65	77.65	601	60728	68.3	59.28	76.12	699	65687	75.8	70.70	80.24			

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

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	95	9556	5.8	4.50	7.32	46	4861	5.9	4.03	8.63	48	4612	5.5	4.06	7.41			
No	1610	156607	94.2	92.68	95.50	764	77173	94.1	91.37	95.97	844	79216	94.5	92.59	95.94			

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1783	173769	99.2	98.65	99.55	865	87448	98.7	97.58	99.33	915	86019	99.7	99.11	99.92			
11 years or younger	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-			
12 years	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
13 years	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
14 years	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
15 years	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
16 years or older	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			

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

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-			
No	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			

Note

- Fewer than 30 cases

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

Number of Partner	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1781	173417	99.1	98.41	99.55	859	86680	98.4	96.96	99.16	919	86436	99.9	99.28	99.99			
1 partner	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
2 partners	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
3 partners	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
4 partners	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
5 partners	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
6 or more partners	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-			
No	1785	173869	99.4	98.39	99.78	863	87131	98.9	96.76	99.64	919	86436	99.9	99.28	99.99			

Table 9.4: Prevalence of condom use during the last sexual intercourse among those who ever had sex, students Form 1-5, Kedah, 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	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
No	13	-	-	-	-	8	-	-	-	-	0	-	-	-	-			

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, Kedah, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
No	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

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, Kedah, 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	1654	160499	91.1	85.32	94.80	734	73995	83.3	74.25	89.61	917	86204	99.1	98.18	99.59
1 or 2 days	57	5503	3.1	2.01	4.84	51	4949	5.6	3.47	8.83	6	554	0.6	0.18	2.25
3 to 5 days	23	-	-	-	-	23	-	-	-	-	0	-	-	-	-
6 to 9 days	20	-	-	-	-	19	-	-	-	-	1	-	-	-	-
10 to 19 days	15	-	-	-	-	15	-	-	-	-	0	-	-	-	-
20 to 29 days	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-
All 30 days	28	-	-	-	-	28	-	-	-	-	0	-	-	-	-

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Kedah, 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	151	15587	8.9	5.20	14.68	143	14834	16.7	10.39	25.75	8	753	0.9	0.41	1.82
No	1654	160499	91.1	85.32	94.80	734	73995	83.3	74.25	89.61	917	86204	99.1	98.18	99.59

Table 10.2: Age when first tried a cigarette, students Form 1-5, Kedah, 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	1442	138688	80.8	71.13	87.75	552	55053	64.5	51.32	75.81	887	83335	96.8	93.49	98.48
7 years or younger	32	3149	1.8	1.21	2.78	26	2592	3.0	2.09	4.39	6	557	0.6	0.21	1.97
8 to 9 years	36	3762	2.2	1.37	3.50	33	3381	4.0	2.55	6.11	3	381	0.4	0.14	1.43
10 or 11 years	57	5849	3.4	1.69	6.76	54	5515	6.5	3.54	11.52	3	335	0.4	0.06	2.40
12 or 13 years	113	10874	6.3	4.07	9.73	103	9994	11.7	8.05	16.74	10	880	1.0	0.36	2.88
14 or 15 years	72	7951	4.6	3.02	7.05	67	7460	8.7	6.25	12.10	5	492	0.6	0.28	1.18
16 years or older	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-

Note

Fewer than 30 cases

Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Kedah, 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	238	23634	71.6	68.65	74.35	216	21481	70.9	67.66	74.00	22	2153	78.9	68.60	86.42			
No	84	9381	28.4	25.65	31.35	78	8804	29.1	26.00	32.34	6	577	21.1	13.58	31.40			

Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Kedah, 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	1735	168302	95.4	92.66	97.20	810	81351	91.3	86.37	94.58	922	86650	99.6	98.70	99.90			
1 or 2 days	46	5056	2.9	1.58	5.14	44	4846	5.4	2.92	9.91	2	210	0.2	0.05	1.16			
3 to 5 days	11	-	-	-	-	11	-	-	-	-	0	-	-	-	-			
6 to 9 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
10 to 19 days	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
20 to 29 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
All 30 days	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Kedah, 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	73	8041	4.6	2.80	7.34	70	7734	8.7	5.42	13.63	3	306	0.4	0.10	1.30			
No	1735	168302	95.4	92.66	97.20	810	81351	91.3	86.37	94.58	922	86650	99.6	98.70	99.90			

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

Tobacco Product	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Didn't smoke	1711	165885	94.4	91.32	96.41	794	79681	89.6	84.68	93.13	914	85903	99.2	98.45	99.62			
Shisha/hookah	37	4313	2.5	1.53	3.92	34	3995	4.5	2.49	7.99	3	318	0.4	0.07	1.81			
Electronic cigarettes	8	-	-	-	-	8	-	-	-	-	0	-	-	-	-			
Snuff or chewing tobacco	14	-	-	-	-	13	-	-	-	-	1	-	-	-	-			
Pipes	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Curut, cigar or cigarillos	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Bidis	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Others	28	-	-	-	-	25	-	-	-	-	3	-	-	-	-			

Note

— Fewer than 30 cases

Table 10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Kedah, 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	182	18754	92.5	85.06	96.37	172	17826	92.7	86.08	96.27	10	928	89.0	15.89	99.71			
No	16	-	-	-	-	15	-	-	-	-	1	-	-	-	-			

Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Kedah, 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	1157	111195	63.1	56.42	69.35	495	49161	55.2	46.03	64.11	660	61849	71.2	64.84	76.83			
1 or 2 days	303	29541	16.8	13.29	20.95	181	18043	20.3	16.12	25.17	122	11499	13.2	9.36	18.39			
3 or 4 days	122	12168	6.9	5.63	8.45	74	7623	8.6	6.23	11.67	48	4545	5.2	3.85	7.07			
5 or 6 days	42	4513	2.6	1.79	3.65	28	3153	3.5	2.41	5.17	14	1360	1.6	0.99	2.46			
All 7 days	182	18734	10.6	7.93	14.12	101	11012	12.4	8.43	17.80	80	7606	8.8	7.34	10.41			

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, Kedah, 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	649	64957	36.9	30.65	43.58	384	39831	44.8	35.89	53.97	264	25010	28.8	23.17	35.16			
No	1157	111195	63.1	56.42	69.35	495	49161	55.2	46.03	64.11	660	61849	71.2	64.84	76.83			

Table 10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Kedah, 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	689	66164	37.6	33.35	42.14	319	31628	35.6	31.94	39.52	368	34337	39.6	33.39	46.16			
No	1113	109588	62.4	57.86	66.65	558	57115	64.4	60.48	68.06	554	52371	60.4	53.84	66.61			

Note

— Fewer than 30 cases

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Kedah, 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	1600	155015	88.0	82.54	91.85	697	70052	78.7	71.27	84.66	900	84662	97.4	96.02	98.26			
Probably not	130	13204	7.5	5.70	9.78	110	11336	12.7	10.16	15.86	20	1868	2.1	1.50	3.08			
Maybe yes	61	6532	3.7	1.87	7.21	57	6208	7.0	3.75	12.61	4	324	0.4	0.08	1.71			
Definitely yes	16	-	-	-	-	15	-	-	-	-	1	-	-	-	-			

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Kedah, 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	1598	154375	87.6	81.89	91.74	698	69698	78.4	70.03	84.93	897	84376	97.0	95.61	98.00			
Probably not	115	12112	6.9	5.01	9.36	97	10430	11.7	8.35	16.25	18	1681	1.9	1.20	3.11			
Maybe yes	73	7714	4.4	2.24	8.37	66	7083	8.0	4.57	13.53	7	631	0.7	0.31	1.67			
Definitely yes	20	-	-	-	-	17	-	-	-	-	3	-	-	-	-			

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Kedah, 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	134	13791	8.6	6.48	11.31	100	10660	14.4	11.39	18.06	34	3131	3.6	2.51	5.24			
No	1520	146709	91.4	88.69	93.52	634	63335	85.6	81.94	88.61	883	83073	96.4	94.76	97.49			

Note

— Fewer than 30 cases

11.0 Violence and Unintentional Injury

Table 11.1: Number of times students were physically attacked in the past 12 months, students Form 1-5, Kedah, 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	1352	131574	75.0	70.74	78.80	609	61422	69.4	63.92	74.36	740	69852	80.6	74.81	85.34					
1 time	145	14163	8.1	6.38	10.16	94	9541	10.8	8.41	13.71	51	4622	5.3	3.34	8.41					
2 to 3 times	176	17334	9.9	8.34	11.67	99	10105	11.4	9.69	13.40	77	7229	8.3	5.40	12.67					
4 to 5 times	56	5451	3.1	2.12	4.54	36	3629	4.1	2.91	5.76	20	1822	2.1	1.09	4.00					
6 to 7 times	17	-	-	-	-	10	-	-	-	-	7	-	-	-	-					
8 to 9 times	10	-	-	-	-	2	-	-	-	-	8	-	-	-	-					
10 to 11 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-					
12 or more times	38	3798	2.2	1.23	3.79	21	2254	2.5	1.45	4.44	17	1544	1.8	0.63	4.91					

Table 11.1.1: Prevalence of having had a physical attack on at least once in the past 12 months, students Form 1-5, Kedah, 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	448	43896	25.0	21.20	29.26	266	27097	30.6	25.64	36.08	182	16798	19.4	14.66	25.19					
No	1352	131574	75.0	70.74	78.80	609	61422	69.4	63.92	74.36	740	69852	80.6	74.81	85.34					

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Kedah, 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	1351	131568	74.6	70.57	78.20	577	58835	66.0	60.52	71.05	771	72432	83.3	78.20	87.39					
1 time	205	20205	11.5	9.14	14.27	140	13946	15.6	10.98	21.79	65	6260	7.2	4.02	12.57					
2 to 3 times	165	16035	9.1	6.99	11.73	111	11110	12.5	9.25	16.58	54	4925	5.7	3.76	8.44					
4 to 5 times	38	3705	2.1	1.35	3.24	22	2174	2.4	1.47	4.01	16	1532	1.8	0.95	3.24					
6 to 7 times	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-					
8 to 9 times	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-					
10 to 11 times	9	-	-	-	-	4	-	-	-	-	5	-	-	-	-					
12 or more times	25	-	-	-	-	20	-	-	-	-	5	-	-	-	-					

Table 11.2.1: Prevalence of involvement in a physical fight on at least once in the past 12 months, students Form 1-5, Kedah, 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	458	44858	25.4	21.80	29.43	304	30334	34.0	28.95	39.48	154	14524	16.7	12.61	21.80					
No	1351	131568	74.6	70.57	78.20	577	58835	66.0	60.52	71.05	771	72432	83.3	78.20	87.39					

Note

— Fewer than 30 cases

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Kedah, 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	1026	99037	65.4	59.61	70.70	416	41671	55.8	47.67	63.57	608	57180	74.7	69.41	79.43			
1 time	284	28404	18.7	14.36	24.10	170	17719	23.7	16.48	32.87	114	10684	14.0	11.60	16.73			
2 to 3 times	172	16970	11.2	9.14	13.66	105	10416	13.9	10.43	18.39	66	6438	8.4	5.98	11.73			
4 to 5 times	42	3951	2.6	1.61	4.20	29	2748	3.7	2.13	6.27	13	1203	1.6	0.81	3.05			
6 to 7 times	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-			
8 to 9 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
10 to 11 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
12 or more times	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			

Table 11.3.1: Prevalence of having had a serious injury on at least once in the past 12 months, students Form 1-5, Kedah, 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	530	52482	34.6	29.30	40.39	325	33050	44.2	36.43	52.33	204	19316	25.3	20.57	30.59			
No	1026	99037	65.4	59.61	70.70	416	41671	55.8	47.67	63.57	608	57180	74.7	69.41	79.43			

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, Kedah, 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	77	7520	19.1	15.38	23.48	51	5164	21.0	15.40	28.03	25	2240	15.2	11.40	20.10			
A cut or stab wound	114	11561	29.4	24.92	34.24	73	7637	31.1	24.20	38.96	41	3924	26.7	22.45	31.44			
Concussion/head or neck injury, knocked out or could not breathe	45	4425	11.2	7.36	16.80	24	2278	9.3	5.62	14.93	21	2148	14.6	8.99	22.88			
Gunshot wound	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-			
Bad burn	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Poisoned	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
Something else happened to me	145	14689	37.3	29.06	46.37	82	8771	35.7	25.67	47.19	63	5917	40.3	33.41	47.55			

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, Kedah, 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	96	9827	22.8	17.45	29.24	65	6900	24.9	18.44	32.75	31	2927	19.2	9.96	33.66			
Fall	155	15439	35.8	27.92	44.60	99	10156	36.7	26.92	47.67	56	5283	34.6	24.86	45.78			
Something fell on me or hit me	37	4061	9.4	6.03	14.45	18	2073	7.5	3.25	16.32	19	1988	13.0	7.14	22.54			
Was attacked or abused or was fighting with someone	16	-	-	-	-	11	-	-	-	-	5	-	-	-	-			
Was in a fire or too near a flame or something hot	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
Inhaled or swallowed something bad	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
Something else caused the injury	113	11450	26.6	19.06	35.75	66	7019	25.3	15.18	39.18	46	550	28.2	22.82	34.39			

Note

— Fewer than 30 cases

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Kedah, 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	1433	140273	84.4	79.68	88.13	677	69097	82.6	78.95	85.73	755	71073	86.3	78.91	91.32			
1 to 2 days	170	15986	9.6	7.36	12.47	90	8551	10.2	7.85	13.21	79	7320	8.9	6.15	12.67			
3 to 5 days	47	4343	2.6	2.04	3.33	25	2262	2.7	1.62	4.47	22	2082	2.5	1.80	3.53			
6 to 9 days	16	-	-	-	-	12	-	-	-	-	4	-	-	-	-			
10 to 19 days	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			
20 to 29 days	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-			
all 30 days	18	-	-	-	-	8	-	-	-	-	10	-	-	-	-			

Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Kedah, 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	273	25992	15.6	11.87	20.32	150	14552	17.4	14.27	21.05	122	11324	13.7	8.68	21.09			
No	1433	140273	84.4	79.68	88.13	677	69097	82.6	78.95	85.73	755	71073	86.3	78.91	91.32			

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

Ways of Bullied	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Hit, kicked, pushed, shoved around or locked indoor	14	-	-	-	-	10	-	-	-	-	4	-	-	-	-			
Made fun of because of race, nationality or color	23	-	-	-	-	11	-	-	-	-	12	-	-	-	-			
Made fun of because of religion	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-			
Made fun of with sexual jokes, comments, or gestures	45	4396	20.9	13.17	31.53	22	2195	19.5	11.38	31.36	23	2201	22.8	13.56	35.75			
Left out of activities on purpose or completely ignored	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
Made fun of because of how body or face looks	56	5275	25.1	16.58	36.07	27	2490	22.1	14.01	33.10	28	2669	27.7	15.19	44.93			
Bullied in some other way	63	6105	29.0	22.42	36.66	33	3372	29.9	20.14	42.00	30	2733	28.3	19.54	39.11			

Note

— Fewer than 30 cases

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Kedah, 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	1664	162528	92.1	89.07	94.38	806	81868	91.8	87.48	94.74	855	80359	92.4	88.69	94.98			
1 time	78	7447	4.2	3.41	5.22	38	3624	4.1	2.89	5.69	40	3822	4.4	2.99	6.41			
2 to 3 times	42	4010	2.3	1.42	3.63	20	1991	2.2	1.24	4.00	22	2019	2.3	1.01	5.24			
4 to 5 times	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
6 to 7 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
8 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
10 to 11 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
12 or more times	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			

Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Kedah, 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	145	13898	7.9	5.62	10.93	75	7301	8.2	5.26	12.52	70	6598	7.6	5.02	11.31			
No	1664	162528	92.1	89.07	94.38	806	81868	91.8	87.48	94.74	855	80359	92.4	88.69	94.98			

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Kedah, 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	1122	108660	61.7	56.46	66.75	592	59044	66.3	62.29	70.18	529	49514	57.1	49.03	64.80			
1 time	229	23515	13.4	11.06	16.05	114	12203	13.7	10.77	17.30	114	11229	12.9	10.32	16.13			
2 to 3 times	279	27348	15.5	13.31	18.05	103	10996	12.4	10.43	14.59	175	16236	18.7	13.82	24.86			
4 to 5 times	66	6236	3.5	2.49	5.02	24	2367	2.7	1.66	4.23	42	3869	4.5	2.65	7.41			
6 to 7 times	25	-	-	-	-	15	-	-	-	-	10	-	-	-	-			
8 to 9 times	20	-	-	-	-	7	-	-	-	-	13	-	-	-	-			
10 to 11 times	12	-	-	-	-	1	-	-	-	-	11	-	-	-	-			
12 or more times	52	5009	2.8	2.05	3.94	23	2226	2.5	1.51	4.13	29	2783	3.2	2.15	4.77			

Table 11.9.1: Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Kedah, 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	683	67353	38.3	33.25	43.54	287	29946	33.7	29.82	37.71	394	37208	42.9	35.20	50.97			
No	1122	108660	61.7	56.46	66.75	592	59044	66.3	62.29	70.18	529	49514	57.1	49.03	64.80			

Note

- Fewer than 30 cases

APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

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

APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE

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

APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

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

APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE

The Advisory Committee will advise in:

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

APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

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

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

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

Hygiene (Including Oral Hygiene)

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

Physical Activity

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

Protective Factors

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

Tobacco Use

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

Mental Health Problems

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

Drug Use

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

Violence and Unintentional Injury

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

Alcohol Consumption

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

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

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

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

Ms Sharifah Salbiah Sareh Hashim

Field Supervisor

Mr Abu Bakar Rahman

Nutritionist

1. Mr Nurbairi Adha Yusof
2. Ms Nurhazwani Roslan

Drivers

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

Research Assistants

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

KEDAH**Liaison Officer**

Ms Rohida Sallehuddin

Field Supervisor

Mr Azli Baharudin

Nutritionist

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

Drivers

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

Research Assistants

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

PULAU PINANG**Liaison Officer**

Ms Marshita Mohamed

Field Supervisor

Ms Norhafizah Sahril

Nutritionist

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

Drivers

1. Mr Mohd Jamil Bidin
2. Mr Jefre Ahmad

Research Assistants

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

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

PERAK

Liaison Officer

Mr Yahya Ahmad

Field Supervisor

Ms Norzawati Yoep

Nutritionist

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

Drivers

1. Mr Fazli Mahdi
2. Mr Samsuddin Abdul Karim

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

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

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

Research Assistants

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

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

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Ms Syafinaz Mohd Sallehuddin

Nutritionist

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

Drivers

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2. Mr Wan Abdul Rashid Wan Zakaria

Research Assistants

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

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

W.P. PUTRAJAYA

Liaison Officer

Ms Azlinda Hamid

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Ms Masrisa Mohd Esa

Driver

Mr Mohd Baharuddin Bakar

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

NEGERI SEMBILAN

Liaison Officer

Ms Suriati Abd Rahman

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Ms Hasimah Ismail

Nutritionist

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

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

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

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

MELAKA**Liaison Officer**

Ms Mariati Muslim

Field Supervisor

Ms Teh Chien Huey

Nutritionist

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

Drivers

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

Research Assistants

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

JOHOR**Liaison Officer**

Mr Azmi Md Yusof

Field Supervisor

Mr Hasnor Hadi Asim

Nutritionist

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

Drivers

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

Research Assistants

1. Ms Nor Zuriati Mahamud
2. Ms Nur Atikah Abdul Aziz
3. Ms Nurhafizah Ehsan
4. Goh Hon Chien
5. Mr Amirul Azhar Ahmad Tuli

6. Mr Mohd Fauzi Asim
7. Mr Zulhilmi Zakaria
8. Ms Nur Izzati Salehuddin
9. Ms Nor Khairina Md. Farid
10. Mr Mohd Fadli Pungot

PAHANG

Liaison Officer

Ms Zahariah Mohd Nordin

Field Supervisor

Ms Hamizatul Akmal Abd Hamid

Nutritionist

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

Drivers

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

Research Assistants

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

TERENGGANU**Liaison Officer**

Mr Nazli Suhairi Ibrahim

Field Supervisor

Mr Lim Kuang Kuay

Nutritionist

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

Drivers

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

Research Assistants

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

KELANTAN**Liaison Officer**

Ms Norhaizan Mustapha

Field Supervisor

Mr Lim Kuang Hock

Nutritionist

1. Ms Tengku Fatimatul Tengku Hassim
2. Ms Salmie Ibrahim
3. Ms Norita Mat Rasid
4. Mr Wan Fauzi Wan Yusoff
5. Ms Fadwa Ali
6. Ms Noriza Hussein
7. Ms Junaidah Mustapha
8. Ms Sharifah Fatimah Zahra Sy. Agil
9. Ms Siti Nuzullah Mohd Salleh
10. Ms Norhasliza Ariffin

Drivers

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

Research Assistants

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

SARAWAK**Liaison Officer**

Ms Bong Mei Wan

Field Supervisors

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

Nutritionist

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

Drivers

None

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APPENDIX 9 : QUESTIONNAIRE

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

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

2012

PENGENALAN

INTRODUCTION

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

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

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

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

Segala maklumat individu yang diberikan adalah **RAHSIA** kerana **TIADA MAKLUMAT PENGENALAN DIRI DIAMBIL** dan **TIDAK AKAN 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 preceeding statement or definition before answering.
- Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya lengkap, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda

Please FILL IN THE CIRCLES on your answer sheet that matches your answer. There can be ONLY ONE ANSWER for each question. Use only the provided 2B pencil. When you are done, follow the instructions of the person conducting the survey in your school/class.

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN

HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLES:

ISIKAN BULATAN SEPERTI INI

FILL IN THE CIRCLES LIKE THIS

SURVEI/SURVEY



BUKAN SEPERTI INI
NOT LIKE THIS



ATAU
OR



1. Adakah ikan tinggal dalam air?

- ya
- Tidak

Borang jawapan
Answer sheet

1.



1. Do fish live in water?

- Yes
- No



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

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

2012

BAHAGIAN 2
PART 2

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

Contoh:

Example:

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

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

2012

8. Apakah pandangan anda tentang berat diri anda?

How do you describe your weight?

- Kurang berat badan
Very underweight
- Sedikit kurang berat badan
Slightly underweight
- Berat badan yang sesuai
About the right weight
- Sedikit berlebihan berat badan
Slightly overweight
- Berat badan berlebihan
Very overweight

9. Apakah yang telah anda lakukan tentang berat anda?

Which of the following are you trying to do about your weight?

- Saya tidak berbuat apa-apa tentang berat badan saya
I am not trying to do anything about my weight
- Kurangkan berat badan
Lose weight
- Tingkatkan berat badan
Gain weight
- Kekalkan berat badan
Stay the same weight

10. Dalam tempoh 30 hari yang lepas, berapa kerap anda kelaparan kerana tidak cukup makanan di rumah?

During the past 30 days, how often did you go hungry because there was not enough food in your home?

- Tidak pernah
Never
- Jarang-jarang
Rarely
- Kadang-kadang
Sometimes
- Kebanyakan masa
Most of the time
- Sentiasa
Always

7 soalan berikutnya adalah berkenaan apa yang anda mungkin makan atau minum.

The next 7 questions ask about what you might eat and drink.

11. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan buah?

During the past 30 days, how many times per day did you usually eat fruit?

- Saya tidak makan buah dalam 30 hari yang lepas
I did not eat fruit during the past 30 days
- Kurang dari 1 kali dalam sehari
Less than 1 time per day
- 1 kali sehari
1 time per day
- 2 kali sehari
2 times per day
- 3 kali sehari
3 times per day
- 4 kali sehari
4 times per day
- 5 kali atau lebih sehari
5 or more times per day

12. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan sayur?

During the past 30 days, how many times per day did you usually eat vegetables?

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

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

2012

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

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

2012

17. Dalam tempoh 7 hari yang lepas, berapa hari anda makan sebelum pukul 9:00 pagi?
During the past 7 days, on how many days did you eat a meal before 9:00 am?
- a. 0 hari
0 days
 - b. 1 hari
1 day
 - c. 2 hari
2 days
 - d. 3 hari
3 days
 - e. 4 hari
4 days
 - f. 5 hari
5 days
 - g. 6 hari
6 days
 - h. 7 hari
7 days

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

2012

BAHAGIAN 3

PART 3

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

The next 5 questions ask about cleaning your teeth.

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

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

2012

3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions ask you about washing your hands.

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

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

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

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

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

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

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

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

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

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

2012

BAHAGIAN 4

PART 4

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

26. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah diserang secara fizikal?
During the past 12 months, how many times were you physically attacked?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 atau 5 kali
4 or 5 times
 - 6 atau 7 kali
6 or 7 times
 - 8 atau 9 kali
8 or 9 times
 - 10 atau 11 kali
10 or 11 times
 - 12 kali atau lebih
12 or more times

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

2012

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

28. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?
During the past 12 months, how many times were you seriously injured?

- 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

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

2012

30. Dalam tempoh 12 bulan yang lepas, apakah **penyebab utama** terhadap kecederaan **serius** yang anda alami?

*During the past 12 months, what was the major cause of the most **serious** injury that happened to you?*

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

2012

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

2012

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

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

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

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

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

2012

BAHAGIAN 6

PART 6

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

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

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

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

2012

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

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

2012

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

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

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

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 todji; 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?

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

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?

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

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

2012

52. Dalam tempoh 30 hari yang lepas, pada hari anda minum minuman beralkohol; berapa banyak minuman yang anda **biasa** ambil dalam sehari?
During the past 30 days, on the days you drank alcohol; how many drinks did you usually drink per day?
- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas
I did not drink alcohol during the past 30 days
 - Kurang dari satu minuman
Less than one drink
 - 1 minuman
1 drink
 - 2 minuman
2 drinks
 - 3 minuman
3 drinks
 - 4 minuman
4 drinks
 - 5 minuman atau lebih
5 or more drinks
53. Dalam tempoh 30 hari yang lepas, **biasanya** bagaimana anda mendapatkan minuman beralkohol? **SILA PILIH SATU JAWAPAN SAHAJA**
During the past 30 days, how did you usually get the alcohol you drank? SELECT ONLY ONE RESPONSE
- Saya tidak minum minuman beralkohol dalam 30 hari yang lepas
I did not drink alcohol during the past 30 days
 - Saya beli dari kedai atau gerai
I bought it in a store, shop, or from a street vendor
 - Saya beri duit kepada orang lain untuk membeli
I gave someone else money to buy it for me
 - Kawan saya yang beri kepada saya
I got it from my friends
 - Keluarga saya beri kepada saya
I got it from my family
 - Saya curi atau ambil tanpa kebenaran
I stole it or got it without permission
 - Saya memperolehi dari cara lain
I got it some other way

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

2012

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

2012

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

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

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

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

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

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

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

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

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

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

2012

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

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

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

I have never had sexual intercourse

b. Ya

Yes

c. Tidak

No

d. Tidak tahu

I do not know

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

2012

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

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

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

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

BAHAGIAN 11**PART 11**

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

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

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

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

2012

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

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

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

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

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

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

APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

Alcohol Consumption

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

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

Alcohol Consumption among Current Drinkers

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

<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'.
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'.
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 tobacco products" 2 = "Shisha/Hookah" 3 = "Electronic cigarettes" 4 = "Snuff or chewing tobacco" 5 = "Pipes" 6 = "Curut, cigars or cigarillos" 7 = "Bidis" 8 = "Some other tobacco product"

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

Violence and Unintentional Injury

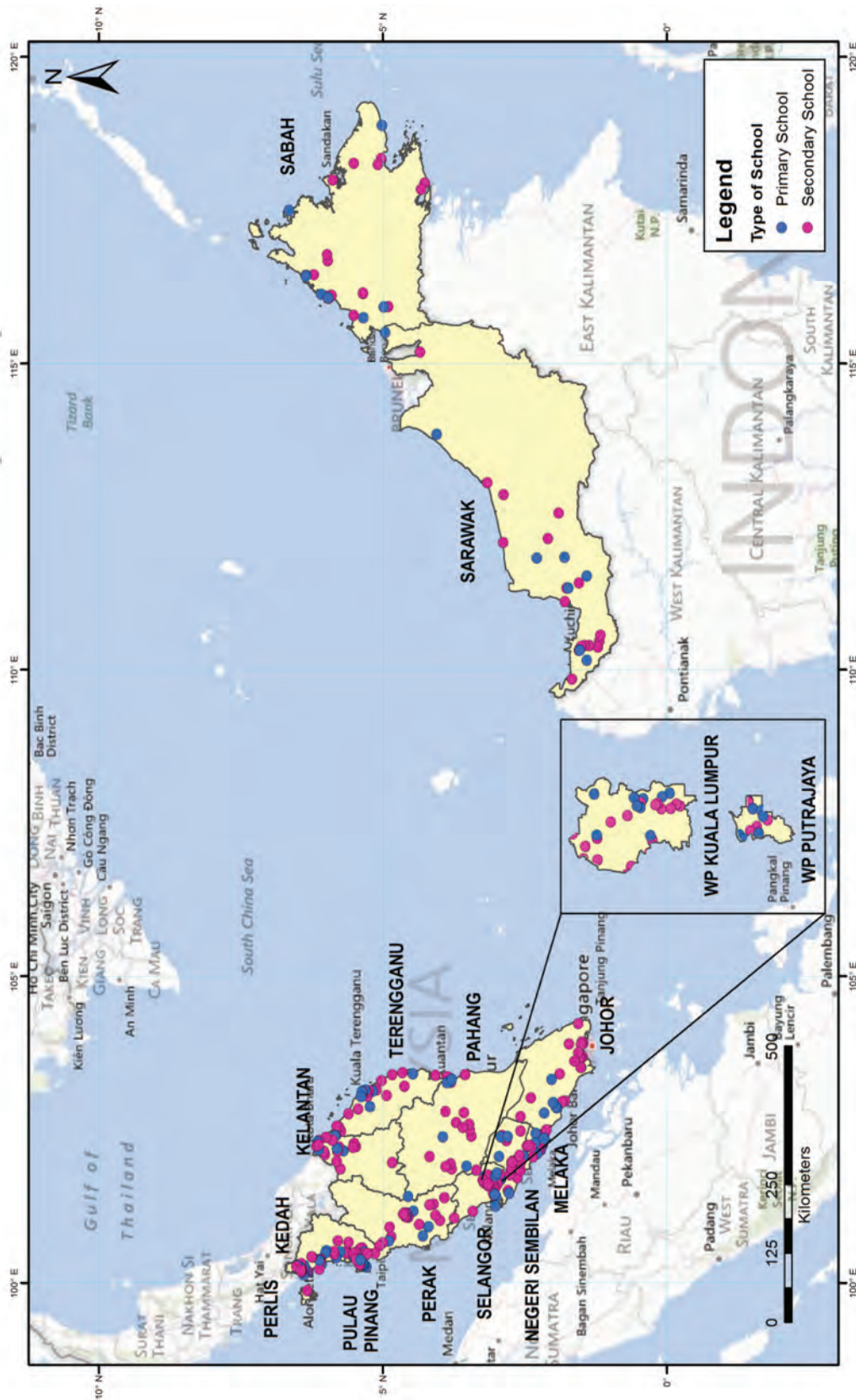
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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

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

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

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

APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



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