



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

MELAKA

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

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

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MELAKA GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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Executive Summary

The 2012 Melaka GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 14 schools throughout Melaka. 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 Melaka. The survey was administered using self-administered questionnaire. The response rates at school and student levels were 100%, with a students a response rates a 88.2% (1,778 of 2,016 students responded).

Key Findings

About 64.3% of ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 8.4% and one third of them got their alcoholic drink from their own families. Drunkenness was reported in 5.4% of the students. In relation to dietary behaviour, 8.4% of the students were at risk of becoming underweight, while 10.5% at risk of becoming obese. In the past 30 days, only 29.8% of the students consumed fruits and vegetables at least five times daily and almost one third of them drank carbonated drinks at least once daily. As for drug use, 2.2% of the students reported ever used drug with 73.0% of them first used drug before the age of 14 years.

Overall, 98.5% of the students reported never use drug in their lifetime. Overall, 2.3% of the students reported brushed their teeth less than once daily and 82.9% brushed at least twice daily. Only 63.4% of students reported using fluoridated toothpaste. In the past 30 days, 5.8% never or rarely wash their hands after using the toilet and 11.0% never or rarely used soap when washing their hands. Suicidal ideation, suicidal plan and attempted suicide were noted among 8.0%, 6.8% and 7.9% of the students. The inability, to sleep at night due to worry was noted among 5.2% of the students, while loneliness was found in 9.2% and 4.5% reported having no close friend. With regards to physical activity, 24.1% 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 13.7% of the students, while one third or them claimed had parental or guardian connectedness and less than half had reported parental or guardian bonding. Truancy was reported in 28.3% of the students.

This study found that 8.6% of students ever had sex with more than half of them having had sex for the first time before the age of 14 years. About 11.9% of the students were current cigarette smokers. Among those who ever smoked, three quarters first tried a cigarette before the age of 14 years. Almost half of the students reported exposure to secondhand smoke from people smoking in their presence, while more than one third claimed had parents or guardians who used any form of tobacco. Notably 28.4% and 26.3% of the students were physically attacked and involved in a physical fight respectively, with 36.9% who had serious injury. Having been bullied was reported in 20.7% of the students, while 12.3% had been physically abused at home.

Recommendations

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

- i. There is a need to increase health awareness among students on the detrimental effects of tobacco consumption.

- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales and possession of tobacco products to those below 18 years.
- iii. Sexual reproductive health education at homes, school and community should be strengthened.
- iv. Psychosocial factors that contribute to violence need to be further explored.
- v. Existing intervention measures in the school environment such as the *Doktor Muda* Programme and the empowerment of counsellors in detection of risky behaviours, appropriate counselling and referral to relevant agencies are to be given further emphasis.

1.0 INTRODUCTION

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

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

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

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

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

1.1 Policies and Programmes for Adolescents in School

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

1.1.1 Adolescent Health Policy

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

1.1.2 Medical and Oral Healthcare Policy

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

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

1.1.3 Mental Health Programme

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

1.1.4 Tobacco Control Policy and Regulation

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

1.1.5 National Nutrition Policy

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

1.1.6 Policies Related to Social Issues

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

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

1.1.7 Other Related Activities

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

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

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

1.2 Research in Adolescent Health

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

2.0 METHODS

The 2012 Melaka GSHS employed a two-stage cluster sampling design to produce a representative sample of students in Forms 1 to 5. The first-stage sampling frame consisted of all schools containing any of Forms 1 to 5. Schools were selected with probability proportional to school enrolment size. A total of 14 schools were selected to participate in the Melaka 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 nonresponse 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 Melaka GSHS, 1,778 questionnaires were completed in 14 schools. The school response rate was 100%, while the student's response rate was 88.2%. Overall response rate was 88.2%.

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 Melaka.

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

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

The GSHS questionnaire contained 77 questions addressing the following topics:

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

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

2.1 Variable Definition

i. Alcohol Consumption

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

ii. Dietary Behavior

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

iii. Drug Use

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

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

viii. Violence and Unintentional Injury

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

2.2. Objectives

2.2.1 General Objective

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

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census of Malaysia in 2010, the population of Melaka was about 820 thousands people (29). Adolescents between the ages of 10 to 20 years 20.8% of total population. In 2010, there were 71,312 students aged 12 to 17 years in a total of 80 secondary schools under Ministry of Education and Ministry of Rural Development in Melaka (30).

A total of 2,016 students from Form 1 to 5 were selected in Melaka from 14 randomly selected secondary schools, with 1,778 students or 88.2% responding to our survey. Of the respondents, 50.1% were males (**Table 1.2**). About 20.6% were from Remove Class/Form 1, 20.4% from Form 2, 20.6% Form 3, 19.3% Form 4 and the remaining 18.9% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.

3.2 Alcohol Consumption

Introduction

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

Findings

The prevalence of current alcohol use among the students was 8.4% (95% CI: 4.59-14.84) (**Table 2.1.1**). Among students who ever consumed alcohol, 64.3% (95% CI: 54.53-73.02) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). Among the current drinkers, 24.6% (95% CI: 19.47-30.46) had drunk two or more drinks per day (**Table 2.3.1**). About 5.4% (95% CI: 3.30-8.78) of the students reported drunkenness (**Table 2.4.1**). Overall, 2.9% (95% CI: 1.54-5.28) of the students got into trouble with their family and friends, missed school, or got into fights one or more times as a result of drinking alcohol (**Table 2.5.1**). Among current drinkers, 33.2% (95% CI: 24.63-43.07) usually obtained alcohol drinks from their family and 23.9% (95% CI: 18.85-29.82) purchases from shop (**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, 8.4% (95% CI: 6.52-10.64) of the students were at risk of becoming underweight (**Table 3.1**). About 24.3% (95% CI: 20.70-28.36) were at risk of becoming overweight (**Table 3.2**) while, 10.5% (95% CI: 9.21-11.96) were at risk of becoming obese. Males [12.6% (95% CI: 11.05-14.24)] were significantly higher than females [8.5% (95% CI: 7.17-10.03)] (**Table 3.3**). In the past 30 days, 4.9% (95% CI: 3.12-7.58) 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 42.5% (95% CI: 35.02-50.26) of the students reported consuming fruits at least twice daily (**Table 3.5.1**). while, 31.7% (95% CI: 28.05-35.63) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 29.8% (95% CI: 25.27-34.75) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally, 27.5% (95% CI: 21.96-33.86) of students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 6.1% (95% CI: 4.14-8.98) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 59.8% (95% CI: 56.17-63.27) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 17.9% (95% CI: 13.46-23.37) reported they had breakfast daily in the last seven days (**Table 3.10**). About 33.9% (95% CI: 29.49-38.50) of the students perceived they were slightly or very overweight. Females [41.4% (95% CI: 34.17-49.05)] were significantly more likely than males [26.4% (95% CI: 24.04-28.87)] to perceive their weight as slightly or very overweight (**Table 3.11.1**). Overall, 38.5% (95% CI: 34.75-42.37) reported trying to lose weight and it was significantly higher among females [45.2% (95% CI: 40.65-49.80)] than males [31.9% (95% CI: 27.29-36.92)] (**Table 3.12.1**). Overall, 76.7% (95% CI: 72.35-80.60) reported attempting to lose, gain or maintain at the same weight (**Table 3.12.2**).

3.4 Drug Use

Introduction

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

Findings

Generally, 97.8% (95% CI: 95.99-98.83) of the students reported that they never use drug during their lifetime (**Table 4.1.1**). A total of 2.2% (95% CI: 1.20-4.01) admitted of ever used drugs and among them 73.0% (95% CI: 61.66-82.03) had used it for the first time before the age of 14 years old (**Table 4.2.1**). The prevalence of current drug users was 2.4% (95% CI: 1.22-4.56) (**Table 4.3.1**).

3.5 Hygiene (Including Oral Hygiene)

Introduction

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

Findings

Only 2.9% (95% CI: 1.82-4.73) 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 86.6% (95% CI: 82.87-89.68) with significantly more females [91.2% (95% CI: 86.50-94.31)] than males [82.1% (95% CI: 76.92-86.37)] reported this (**Table 5.1.1**). Only 63.4% (95% CI: 56.58-69.70) reported use of fluoridated toothpaste and 24.7% (95% CI: 20.91-28.97) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 8.5% (95% CI: 5.97-12.02) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 46.8% (95% CI: 38.67-55.13) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 15.0% (95% CI: 12.01-18.60) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 5.21% (95% CI: 3.36-8.01) of the students never or rarely wash their hands before eating (**Table 5.6**). About 5.8% (95% CI: 4.14-8.15) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 11.0% (95% CI: 8.80-13.78) never or rarely use soap when washing their hands (**Table 5.8**).

3.6 Mental Health Problems

Introduction

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

Findings

In the past 12 months, 9.2% (95% CI: 7.84-10.87) of the students had felt lonely most of the time or always. Female students [11.1% (95% CI: 8.60-14.17)] were significantly more likely than male students [7.4% (95% CI: 6.62-8.32)] to report this problem (**Table 6.1**). Overall, 5.2% (95% CI: 3.95-6.94) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was, 8.0% (95% CI: 6.45-9.83) (**Table 6.3**). About 6.8% (95% CI: 5.81-7.83) had suicidal plan (**Table 6.4**) and 7.9% (95% CI: 6.65-9.38) had reported attempted suicide (**Table 6.5**). Overall, 4.5% (95% CI: 2.92-7.01) of the students had no close friend at all (**Table 6.6**).

3.7 Physical Activity

Introduction

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

Findings

The prevalence of being physically active in the past seven days was 14.6% (95% CI: 11.51-18.40) and this was significantly higher among males [20.3% (95% CI: 15.46-26.30)] compared to females [8.9% (95% CI: 5.50-14.07)] (**Table 7.1**). Overall, 24.1% (95% CI: 18.38-30.93) had been physically active for at least five days in the past seven days (**Table 7.1.1**). About 41.5% (95% CI: 31.61-52.08) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 51.1% (95% CI: 44.98-57.15) 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 28.3% (95% CI: 22.99-34.27) (**Table 8.1**). Overall, 42.5% (95% CI: 33.50-52.03) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [55.4% (95% CI: 49.43-61.21)] than males [29.26% (95% CI: 20.84-40.17)] (**Table 8.2**). Parental or guardian supervision was reported by 13.7% (95% CI: 11.70-15.97) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 30.8% (95% CI: 24.37-38.04) (**Table 8.4**). About, 44.6% (95% CI: 37.03-52.50) reported of parental or guardian bonding (**Table 8.5**) and 73.4% (69.29-77.06) of the students reported having parental or guardian respect for privacy (**Table 8.6**).

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

Introduction

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

Findings

The prevalence of students who ever had sex was 8.6% (95% CI: 5.94-12.34) (**Table 9.1**). Among those who ever had sex, 58.6% (95% CI: 47.88-68.63) of them had sex for the first time before the age of 14 years (**Table 9.2.1**).

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 11.9% (95% CI: 7.74-17.83) with significantly more male [22.6% (95% CI: 15.57-31.62)] than female [1.2% (95% CI: 0.45-3.40)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 72.0% (95% CI: 64.26-78.70) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 5.9% (95% CI: 3.84-9.08) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 2.4% (95% CI: 1.21-4.71) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 88.0% (95% CI: 79.30-93.29) had tried to stop smoking (**Table 10.5**). A total of 46.7% (95% CI: 42.85-50.55) reported having been exposed to people who smoked in their presence in the past seven days and this was significantly higher among males [54.1% (95% CI: 44.52-63.36)] as compared to females [39.3% (95% CI: 34.58-44.26)] (**Table 10.6.1**). About 40.3% (95% CI: 34.63-46.18) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [85.0% (95% CI: 78.60-89.73)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [96.0% (95% CI: 94.29-97.16)] than males [74.0% (95% CI: 64.07-82.02)] (**Table 10.8**). Additionally, majority [84.5% (95% CI: 78.21-89.23)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [95.3% (95% CI: 92.38-97.08)] than males [73.7% (95% CI: 64.79-81.04)] (**Table 10.9**). Among the non-smokers, 9.0% (95% CI: 5.83-13.61) were susceptible to smoking and this was significantly higher in males [13.1% (95% CI: 7.73-21.39)] than females [5.8% (95% CI: 3.83-8.66)] (**Table 10.10**).

3.11 Violence and Unintentional Injury

Introduction

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

Findings

In the past 12 months, 28.4% (95% CI: 24.57-32.56) of the students had been physically attacked and this is significantly higher among males [34.6% (95% CI: 30.18-39.31)] than females [22.2% (95% CI: 17.05-28.30)] reported this (**Table 11.1.1**). Overall, 26.3% (95% CI: 20.37-33.18) had been involved in a physical fight with significantly more males [37.4% (95% CI: 30.51-44.88)] than females [15.1% (95% CI: 10.31-21.58)] reporting this (**Table 11.2.1**). About 36.9% (95% CI: 30.91-43.27) of the students had been seriously injured with significantly more males [45.8% (95% CI: 38.59-53.17)] than females [28.2% (95% CI: 22.13-35.18)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [26.8% (95% CI: 22.12-32.08)] and "a broken bone/dislocated joint" [33.5% (95% CI: 24.11-44.45)] (**Table 11.4**). The two most common causes of serious injury were fall 39.6% (95% CI: 32.98-46.52) and motor vehicle accident [21.1% (95% CI: 16.08-27.07)] (**Table 11.5**). In the past 30 days, 20.7% (95% CI: 17.32-24.47) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun because of body or face look" [25.0% (95% CI: 14.81-39.08)] and "made fun of with sexual jokes, comments or gestures" [19.5% (95% CI: 14.50-25.77)] (**Table 11.7**). About 12.3% (95% CI: 9.33-16.03) of the students were abused physically (**Table 11.8.1**). Overall, 44.3% (95% CI: 39.95-48.78) had been abused verbally at home with significantly more females [51.5% (95% CI: 45.38-57.67)] males [37.1% (95% CI: 31.98-42.43)] reporting this (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Melaka was lower than the national prevalence (8.4% vs 8.9%). As in other states, more than half of these students had their first drink before the age of 14 years and this is comparable to the national finding (64.3% vs 63.5%). Drunkenness among students in Melaka was found to be lower than the national prevalence (5.4% vs 6.3%).

Almost similar prevalence of students in Melaka are at risk of becoming underweight compared to the figure at the national level (8.4% vs 8.8%), while more students were at risk of overweight and obesity compared to the national prevalence (24.3% vs 22.8% and 10.5% vs 9.5%, respectively). Consumption of fruit and vegetable at least five times daily was comparable to the national finding (29.8% vs 28.7%). Less students in Melaka consumed soft drinks (27.5% vs 29.4%), while the consumption of fast food was almost similar to the national figure (6.1% vs 6.0%). The prevalence of students who drank plain water at least five times daily was higher than the finding at the national level (59.8% vs 54.8%), less students reported taking breakfast daily compared to the national finding (17.9% vs 19.2%).

More students in Melaka reported ever used drug compared to the national figure (2.2% vs 1.7%) with three-quarter of them (73.0%) first used drugs before the age of 14 years.

The prevalence of students who never or rarely wash their hands before eating, was almost similar to the national figure (5.2% vs 5.0%). However, the prevalence of those who never or rarely wash their hands after using the toilet was higher than the finding at the national level (5.8% vs 5.4%), while never or rarely use soap when washing their hands was lower than the national figure (11.0% vs 13.7%). In Melaka, as in other states, majority of students (86.6%) brushed their teeth at least twice daily, with more students reported the use of fluoridated toothpaste compared to the national figure (63.4% vs 57.2%).

About 9.2% of students reported feeling lonely most of the time in the past 12 months and this figure is higher than the national prevalence (8.1%). More students mentioned they did not have a close friend, compared to the national prevalence (4.5% vs 3.1%). This figure is the highest in the country. The prevalence of suicidal ideation was almost similar to the national figure (8.0% vs 7.9%). However, the prevalence of suicidal plan and attempt were higher compared to the national findings (6.8% vs 6.4% and 7.9% vs 6.8%, respectively).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) was higher than the national prevalence (24.1% vs 22.7%). However, the prevalence students who had engaged in sedentary activities such as watching television or playing computer game for at least three hours a day, was higher than the national figure (51.1% vs 47.3%).

Truancy was lower compared to the finding at the national level (28.3% vs 30.9%). The prevalence of peer support was almost similar to the national finding (42.5% vs 44.3%). Additionally, parental or guardian connectedness and bonding were both almost similar to the national figures (30.8% vs 31.5% and 44.6% vs 43.1%, respectively), while parental or guardian supervision was observed to be lower than the national finding (13.7% vs 14.2%).

The prevalence of reported ever had sex in Melaka was almost similar compared to the national figure (8.6% vs 8.3%).

The prevalence of current smokers of cigarettes and other tobacco products were both higher than the national findings (11.9% vs 11.5% and 5.9% vs 5.5%, respectively). Among those who had ever smoked, about three quarters first tried a cigarette before the age 14 years. The prevalence of exposure to secondhand smoke from people smoking in their presence was higher than the national figure (46.7% vs 41.6%), while the reported prevalence of parents or guardians who used any form of tobacco was almost similar to the national prevalence (40.3% vs 40.2%). Among students who were non-smokers, the prevalence of susceptibility to smoking was comparable to the national finding (9.0% vs 9.6%).

The prevalence of having had a physical attack and involvement in physical fights were both comparable to the national figures (28.4% vs 27.8% and 26.3% vs 27.4%, respectively). The prevalence of sustaining at least one serious injury in the past one year was higher than national figure (36.9% vs 34.9%). More students reported being bullied at least once in the past 30 days compared to the national finding (20.7% vs 17.9%). Among all states, this figure was the highest. In comparison to the national figure, the prevalence of abused physically and verbally at home were each higher (12.3% vs 11.1% and 44.3% vs 42.7%, respectively).

5.0 CONCLUSION

The prevalence of reported bullied was the highest in Melaka. Additionally, more students sustained at least one serious injury, and reported abused physically and verbally at home were also higher compared to the national figures. Substance used (tobacco and drug) and 'ever had sex' were also higher in Melaka as compared to the national figures. Additionally, students in Sarawak reported to be more sedentary as compared to the national prevalence.

6.0 RECOMMENDATIONS

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

- i. There is a need to increase health awareness among students on the detrimental effects of tobacco consumption.
- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales and possession of tobacco products to those below 18 years.
- iii. Sexual reproductive health education at homes, school and community should be strengthened.
- vi. Psychosocial factors that contribute to violence need to be further explored.
- v. Existing intervention measures in the school environment such as the *Doktor Muda* Programme and the empowerment of counselors in detection of risky behaviours, appropriate counselling and referral to relevant agencies are to be given further emphasis.

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APPENDIX 1 : TABLE OF FINDINGS

1.0 Socio-demographic Profile

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
11 years	1	-	-	-	-	1	-	-	-	-	0.00	-	-	-	-			
12 years	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
13 years	354	13922	19.5	15.20	24.65	215	6840	19.1	16.11	22.52	139	7082	19.9	11.71	31.75			
14 years	415	15146	21.2	16.58	26.71	200	7598	21.2	14.93	29.28	215	7548	21.2	16.23	27.22			
15 years	325	13755	19.3	14.81	24.66	143	6523	18.2	11.97	26.76	182	7231	20.3	16.03	25.40			
16 years	317	14041	19.7	13.20	28.25	146	6982	19.5	12.99	28.23	170	7020	19.7	12.15	30.39			
17 years	335	13348	18.7	15.04	22.98	149	6954	19.4	15.78	23.69	186	6394	18.0	13.00	24.28			
18 years or older	21	-	-	-	-	15	-	-	-	-	6	-	-	-	-			

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

Sex	Total					
	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper	
Male	876	35792	50.1	36.31	63.94	
Female	900	35595	49.9	36.06	63.69	

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

Form	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Remove class/form 1	375	14683	20.6	16.14	25.93	229	7216	20.2	17.00	23.91	146	7467	21.0	12.34	33.36			
Form 2	409	14681	20.6	16.09	26.00	196	7317	20.5	14.58	28.09	213	7364	20.7	16.07	26.21			
Form 3	342	14711	20.6	15.52	26.93	156	7367	20.7	14.25	28.98	186	7344	20.6	15.86	26.38			
Form 4	304	13717	19.3	12.98	27.59	146	7012	19.7	12.72	29.14	158	6705	18.8	11.65	29.00			
Form 5	343	13458	18.9	14.90	23.65	146	6743	18.9	14.41	24.42	197	6715	18.9	13.34	25.99			

Note

- Fewer than 30 cases

Table 1.4: Students Form 1-5 by ethnicity, Melaka 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	1241	50842	71.3	50.71	85.74	611	25290	70.9	46.56	87.24	629	25513	71.7	40.11	90.53			
Chinese	391	15113	21.2	9.97	39.54	209	8358	23.4	8.06	51.68	182	6755	19.0	6.42	44.44			
Indian	126	4715	6.6	2.72	15.20	45	1681	4.7	2.11	10.21	81	3034	8.5	3.25	20.52			
Bumiputera Sabah	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-			
Bumiputera Sarawak	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
Others	9	-	-	-	-	4	-	-	-	-	5	-	-	-	-			

Table 1.5: Students Form 1-5 by parental marital status, Melaka, 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	1450	57813	81.2	76.28	85.23	723	29184	82.0	74.25	87.77	726	28589	80.3	76.97	83.28			
Married but living apart	76	3096	4.3	3.62	5.20	33	1380	3.9	2.67	5.59	43	1716	4.8	3.65	6.34			
Divorced	93	3971	5.6	3.48	8.81	43	1867	5.2	3.35	8.11	50	2104	5.9	3.31	10.35			
Widower	103	4252	6.0	4.70	7.56	50	2216	6.2	4.11	9.33	53	2036	5.7	4.21	7.73			
Separated	20	-	-	-	-	9	-	-	-	-	11	-	-	-	-			
Don't know	31	1300	1.8	0.99	3.34	14	583	1.6	0.88	3.02	17	717	2.0	0.95	4.24			

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, Melaka, 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	1613	64859	91.6	85.16	95.41	755	30846	87.3	75.88	93.78	857	33974	95.9	90.86	98.21			
1 or 2 days	107	4275	6.0	3.14	11.30	75	3080	8.7	3.67	19.34	32	1196	3.4	1.44	7.69			
3 to 5 days	20	-	-	-	-	17	-	-	-	-	3	-	-	-	-			
6 to 9 days	12	-	-	-	-	9	-	-	-	-	3	-	-	-	-			
10 to 19 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
20 to 29 days	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
all 30 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

Table 2.1.1: Prevalence of drank at least one drink containing alcohol on one or more days in the past 30 days (current drinkers), students Form 1-5 Melaka, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	147	5937	8.4	4.59	14.84	108	4480	12.7	6.22	24.12	39	1456	4.1	1.79	9.14			
No	1613	64859	91.6	85.16	95.41	755	30846	87.3	75.88	93.78	857	33974	95.9	90.86	98.21			

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Melaka, 2012

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Never had a drink of alcohol	1396	56665	82.4	69.05	90.73	640	26311	77.3	58.99	88.92	755	30315	87.4	67.91	95.76			
7 years or younger	41	1603	2.3	1.19	4.49	31	1246	3.7	1.74	7.54	10	357	1.0	0.40	2.66			
8 or 9 years	42	1583	2.3	1.39	3.79	27	1018	3.0	1.76	5.05	15	565	1.6	0.73	3.58			
10 or 11 years	59	2074	3.0	1.47	6.09	32	1128	3.3	1.53	7.02	27	946	2.7	0.80	8.84			
12 or 13 years	67	2539	3.7	1.88	7.13	34	1382	4.1	1.80	8.89	33	1158	3.3	0.98	10.77			
14 or 15 years	71	2989	4.3	2.47	7.53	46	1998	5.9	3.66	9.28	25	990	2.9	1.02	7.75			
16 years or older	33	1340	1.9	0.51	7.11	22	974	2.9	0.70	10.91	11	366	1.1	0.22	4.91			

Note

- Fewer than 30 cases

Table 2.2.1: First drink of alcohol before the age of 14 years, among current drinker, students Form 1-5 Melaka, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	209	7799	64.3	54.53	73.02	124	4773	61.6	53.50	69.15	85	3026	69.0	55.86	79.73			
No	104	4329	35.7	26.98	45.47	68	2972	38.4	30.85	46.50	192	7745	31.0	20.27	44.14			

Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Melaka, 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	1596	64144	90.2	83.81	94.27	739	30166	85.0	74.85	91.49	856	33938	95.5	89.90	98.02			
less than one drink	73	3022	4.3	2.17	8.17	55	2333	6.6	3.17	13.12	18	690	1.9	0.82	4.54			
1 drink	55	2223	3.1	1.89	5.14	39	1603	4.5	2.59	7.76	16	620	1.7	0.69	4.31			
2 drinks	22	-	-	-	-	15	-	-	-	-	7	-	-	-	-			
3 drinks	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
4 drinks	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
5 or more drinks	12	-	-	-	-	11	-	-	-	-	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, Melaka, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	44	1707	24.6	19.47	30.46	35	1399	26.2	19.95	33.64	9	308	19.0	12.74	27.48			
No	128	5245	75.4	69.5	80.5	94	3936	73.8	66.36	80.05	34	1309	81.0	72.52	87.26			

Note

- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Melaka, 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	1665	66796	94.6	91.22	96.70	783	31919	90.6	85.41	94.13	881	34838	98.5	96.04	99.43					
1 or 2 times	61	2547	3.6	1.94	6.62	52	2199	6.2	3.75	10.24	9	348	1.0	0.30	3.23					
3 to 9 times	16	-	-	-	-	13	-	-	-	-	3	-	-	-	-					
10 or more times	15	-	-	-	-	13	-	-	-	-	2	-	-	-	-					

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Melaka, 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	92	3828	5.4	3.30	8.78	78	3294	9.4	5.87	14.59	14	533	1.5	0.57	3.96					
No	1665	66796	94.6	91.22	96.70	783	31919	90.6	85.41	94.13	881	34838	98.5	96.04	99.43					

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, Melaka, 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	1682	67703	97.1	94.72	98.46	810	33197	95.4	92.66	97.10	871	34467	98.9	96.99	99.60					
1 or 2 times	31	1290	1.9	0.79	4.28	25	1020	2.9	1.40	6.02	6	270	0.8	0.30	1.97					
3 to 9 times	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-					
10 or more times	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-					

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, Melaka, 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	49	1998	2.9	1.54	5.28	40	1614	4.6	2.90	7.34	9	384	1.1	0.40	3.01					
No	1682	67703	97.1	94.72	98.46	810	33197	95.4	92.66	97.10	871	34467	98.9	96.99	99.60					

Note

- Fewer than 30 cases

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days	1600	64365	91.0	84.02	95.12	743	30392	86.3	75.00	93.01	856	33933	95.6	90.51	98.05			
Bought in a store,shop or from street vendor	37	1520	2.1	1.20	3.82	30	1245	3.5	2.14	5.79	7	276	0.8	0.48	1.24			
Gave someone else money to buy it	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-			
*Friends	20	-	-	-	-	16	-	-	-	-	4	-	-	-	-			
Family	58	2112	3.0	1.52	5.80	36	1331	3.8	1.36	10.10	22	781	2.2	0.77	6.09			
Stole or got it without permission	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
Some other way	28	-	-	-	-	22	-	-	-	-	6	-	-	-	-			

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Store,shop/street vendor	37	1520	23.9	18.85	29.82	30	1245	25.9	20.25	32.45	7	276	17.8	6.57	39.89			
Gave someone else money to buy it	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-			
Friends	20	-	-	-	-	16	-	-	-	-	4	-	-	-	-			
Family	58	2112	33.2	24.63	43.07	36	1331	27.7	15.83	43.81	22	781	50.3	35.26	65.34			
Stole/got without permission	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
Some other way	28	-	-	-	-	22	-	-	-	-	6	-	-	-	-			

Note

- Fewer than 30 cases

3.0 Dietary Behaviours

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	141	5833	8.4	6.52	10.64	91	3745	10.8	9.57	12.26	50	2088	5.9	3.39	10.14			
No	1598	63995	91.6	89.36	93.48	755	30795	89.2	87.74	90.43	843	33200	94.1	89.86	96.61			

Table 3.2: Prevalence of overweight among students Form 1-5, Melaka, 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	423	16987	24.3	20.70	28.36	225	9154	26.5	22.53	30.90	198	7833	22.2	18.43	26.48			
No	1316	52841	75.7	71.64	79.30	621	25386	73.5	69.10	77.47	695	27455	77.8	73.52	81.57			

Table 3.3: Prevalence of obesity among students Form 1-5, Melaka, 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	7334	10.5	9.21	11.96	107	4339	12.6	11.05	14.24	75	2995	8.5	7.17	10.03			
No	1557	62494	89.5	88.04	90.79	739	30201	87.4	85.76	88.95	818	32293	91.5	89.97	92.83			

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, Melaka, 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	670	26936	37.8	32.63	43.17	332	13551	37.9	33.24	42.72	338	13385	37.7	29.99	46.07			
Rarely	490	19715	27.6	23.44	32.26	245	10089	28.2	21.74	35.67	244	9587	27.0	23.03	31.37			
Sometimes	529	21206	29.7	25.47	34.36	253	10237	28.6	22.93	35.04	276	10968	30.9	24.63	37.94			
Most of the time	50	1991	2.8	1.86	4.17	25	1035	2.9	1.88	4.42	25	956	2.7	1.48	4.83			
Always	36	1495	2.1	1.11	3.91	21	879	2.5	1.55	3.88	15	616	1.7	0.58	5.08			
*Most of the time or always	86	3486	4.9	3.12	7.58	46	1914	5.3	3.73	7.62	40	1572	4.4	2.38	8.08			

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Melaka, 2012

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
Did not eat fruit in the past 30 days	149	5951	8.3	6.47	10.70	90	3650	10.2	7.60	13.59	59	2301	6.5	4.72	8.81
Less than 1 time per day	420	16722	23.4	19.12	28.39	196	8202	22.9	18.79	27.70	223	8481	23.9	18.59	30.05
1 time per day	459	18380	25.8	21.17	30.96	201	7987	22.3	19.32	25.68	258	10393	29.2	22.09	37.56
2 times per day	365	14705	20.6	16.58	25.33	164	6760	18.9	16.07	22.12	201	7945	22.3	15.83	30.57
3 times per day	222	8982	12.6	9.36	16.72	131	5305	14.8	11.07	19.61	91	3677	10.3	6.80	15.41
4 times per day	55	2310	3.2	2.43	4.30	25	1075	3.0	1.90	4.74	30	1234	3.5	2.55	4.71
5 or more times per day	105	4297	6.0	4.87	7.43	68	2772	7.8	6.00	9.96	37	1525	4.3	2.96	6.19

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Melaka, 2012

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
Yes	747	30294	42.5	35.02	50.26	388	15913	44.5	39.06	50.09	359	14381	40.4	29.78	52.11
No	1028	41053	57.5	49.74	64.98	487	19839	55.5	49.91	60.94	540	21175	59.6	47.89	70.22

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

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
Did not eat vegetables in the past 30 days	108	4289	6.0	4.56	7.88	51	2025	5.7	4.09	7.77	57	2264	6.4	4.55	8.85
Less than 1 time per day	229	9379	13.1	10.46	16.38	114	4664	13.0	10.17	16.55	115	4716	13.3	9.55	18.13
1 time per day	320	12862	18.0	16.87	19.23	175	7011	19.6	17.71	21.62	145	5851	16.5	13.99	19.27
2 times per day	559	22211	31.1	26.71	35.89	236	9630	26.9	22.65	31.63	322	12541	35.3	29.40	41.63
3 times per day	299	12097	16.9	14.61	19.57	157	6584	18.4	15.44	21.78	142	5512	15.5	12.16	19.56
4 times per day	76	3079	4.3	2.90	6.37	44	1827	5.1	3.52	7.36	32	1252	3.5	1.81	6.75
5 or more times per day	185	7466	10.5	8.87	12.29	99	4051	11.3	9.73	13.12	86	3415	9.6	7.30	12.55

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Melaka, 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	560	22642	31.7	28.05	35.63	300	12462	34.8	30.60	39.28	260	10179	28.6	24.55	33.10			
No	1216	48741	68.3	64.37	71.95	576	23330	65.2	60.72	69.40	639	25372	71.4	66.90	75.45			

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, Melaka, 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	1252	50060	70.2	65.25	74.73	594	24152	67.6	62.55	72.18	657	25869	72.8	66.57	78.32			
No	522	21244	29.8	25.27	34.75	281	11600	32.4	27.82	37.45	241	9644	27.2	21.68	33.43			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink carbonated soft drink in past 30 days	524	21310	29.9	24.91	35.34	217	8838	24.7	20.47	29.52	307	12471	35.1	27.76	43.16			
Less than 1 time per day	758	30415	42.6	37.92	47.47	378	15642	43.7	40.35	47.19	379	14734	41.4	32.20	51.32			
1 time per day	244	9495	13.3	10.99	16.02	125	4842	13.5	11.97	15.28	119	4653	13.1	9.68	17.46			
2 times per day	137	5565	7.8	6.40	9.48	78	3287	9.2	8.11	10.41	59	2278	6.4	4.23	9.59			
3 times per day	63	2567	3.6	2.53	5.09	41	1692	4.7	3.04	7.29	22	875	2.5	1.31	4.57			
4 times per day	16	-	-	-	-	9	-	-	-	-	7	-	-	-	-			
5 or more times per day	33	1333	1.9	0.84	4.12	27	1072	3.0	1.43	6.19	6	261	0.7	0.27	2.01			

Notes:

- Fewer than 30 cases

Table 3.7.1: Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Melaka, 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	493	19630	27.5	21.96	33.86	280	11280	31.5	26.07	37.59	213	8350	23.5	17.42	30.87			
No	1282	51724	72.5	66.14	78.04	595	24480	68.5	62.41	73.93	686	27205	76.5	69.13	82.58			

Table 3.8: Frequency of consuming food from a fast food restaurant in the past 7 days, students Form 1-5, Melaka, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	894	36141	50.7	43.52	57.90	452	18697	52.4	46.21	58.48	442	17444	49.1	39.01	59.29			
1 day	612	24422	34.3	31.14	37.55	292	11657	32.7	30.78	34.59	320	12765	35.9	29.72	42.67			
2 days	158	6319	8.9	6.73	11.60	64	2594	7.3	4.83	10.79	93	3686	10.4	7.60	14.01			
3 days	64	2562	3.6	2.19	5.86	38	1602	4.5	2.57	7.73	26	959	2.7	1.59	4.55			
4 days	13	-	-	-	-	7	-	-	-	-	6	-	-	-	-			
5 days	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-			
6 days	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			
7 days	17	-	-	-	-	14	-	-	-	-	3	-	-	-	-			

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, Melaka, 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	109	4369	6.1	4.14	8.98	66	2746	7.7	4.92	11.83	43	1623	4.6	3.21	6.47			
No	1664	66882	93.9	91.02	95.86	808	32948	92.3	88.17	95.08	855	33895	95.4	93.53	96.79			

Note

- Fewer than 30 cases

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

Frequency	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Did not drink plain water in past 30 days	12	-	-	-	-	11	-	-	-	-	-	-	-	-	-	-	-	-	-
Less than 1 time per day	48	1980	2.8	1.61	4.76	34	1411	4.0	2.24	6.88	14	569	1.6	0.85	3.02	1.6	0.85	3.02	
1 time per day	59	2320	3.3	2.38	4.45	42	1647	4.6	2.86	7.36	17	674	1.9	1.15	3.13	1.9	1.15	3.13	
2 times per day	113	4429	6.2	4.83	7.99	64	2522	7.1	4.40	11.17	49	1907	5.4	4.03	7.16	5.4	4.03	7.16	
3 times per day	205	8210	11.5	10.23	12.99	94	3766	10.6	8.22	13.46	111	4444	12.5	11.36	13.83	12.5	11.36	13.83	
4 times per day	281	11200	15.7	13.50	18.29	128	5148	14.4	11.82	17.50	153	6053	17.1	13.06	22.03	17.1	13.06	22.03	
5 or more times per day	1052	42519	59.8	56.17	63.27	500	20739	58.1	53.00	63.12	551	21741	61.4	55.13	67.25	61.4	55.13	67.25	

Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Melaka, 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	416	16252	22.9	18.77	27.53	159	6473	18.2	14.03	23.16	257	9779	27.6	20.94	35.50	27.6	20.94	35.50	
1 day	266	10620	14.9	11.36	19.39	147	5880	16.5	13.02	20.66	119	4740	13.4	9.84	17.97	13.4	9.84	17.97	
2 days	269	10906	15.3	13.20	17.76	150	6056	17.0	14.05	20.39	119	4850	13.7	11.22	16.64	13.7	11.22	16.64	
3 days	169	6787	9.5	7.39	12.26	86	3562	10.0	7.31	13.51	83	3225	9.1	6.88	11.98	9.1	6.88	11.98	
4 days	92	3724	5.2	3.92	6.97	45	1860	5.2	3.51	7.69	47	1865	5.3	3.23	8.47	5.3	3.23	8.47	
5 days	202	8190	11.5	8.60	15.27	100	4145	11.6	8.24	16.14	102	4044	11.4	8.25	15.62	11.4	8.25	15.62	
6 days	48	1899	2.7	1.77	4.02	28	1122	3.1	1.95	5.04	19	738	2.1	1.34	3.23	2.1	1.34	3.23	
7 days	307	12712	17.9	13.46	23.37	158	6564	18.4	14.26	23.42	149	6149	17.4	11.37	25.63	17.4	11.37	25.63	

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

Perception	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
Very underweight	180	7409	10.4	8.22	13.11	110	4581	12.8	10.41	15.74	70	2827	8.0	5.27	11.92	8.0	5.27	11.92	
Slightly underweight	241	9951	14.0	11.82	16.47	141	5799	16.2	13.29	19.72	99	4114	11.6	9.22	14.53	11.6	9.22	14.53	
Right weight	739	29700	41.7	38.44	45.13	393	15891	44.5	40.63	48.50	346	13809	39.0	34.50	43.67	39.0	34.50	43.67	
Slightly overweight	478	18904	26.6	23.47	29.92	179	7357	20.6	18.35	23.07	299	11547	32.6	27.50	38.15	32.6	27.50	38.15	
Very overweight	131	5181	7.3	5.24	10.03	50	2059	5.8	4.59	7.23	81	3122	8.8	5.70	13.39	8.8	5.70	13.39	

Note

- Fewer than 30 cases

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Melaka, 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	609	24085	33.9	29.49	38.50	229	9416	26.4	24.04	28.87	380	14669	41.4	34.17	49.05			
No	1160	47060	66.1	61.50	70.51	644	26271	73.6	71.13	75.96	515	20749	58.6	50.95	65.83			

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Melaka, 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	408	16568	23.3	19.40	27.65	217	8913	24.9	21.76	28.40	190	7615	21.5	15.80	28.57			
Tried to lose weight	692	27403	38.5	34.75	42.37	283	11407	31.9	27.29	36.92	409	15996	45.2	40.65	49.80			
Tried to gain weight	246	10250	14.4	12.27	16.82	143	6052	16.9	14.00	20.33	103	4198	11.9	8.82	15.77			
Tried to stay the same weight	425	16971	23.8	21.12	26.79	232	9376	26.2	22.89	29.87	193	7595	21.5	18.01	25.35			

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Melaka, 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	692	27403	38.5	34.75	42.37	283	11407	31.9	27.29	36.92	409	15996	45.2	40.65	49.80			
No	1079	43789	61.5	57.63	65.25	592	24342	68.1	63.08	72.71	486	19409	54.8	50.20	59.35			

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Melaka, 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	1363	54625	76.7	72.35	80.60	658	26835	75.1	71.60	78.24	705	27790	78.5	71.43	84.20			
No	408	16568	23.3	19.40	27.65	217	8913	24.9	21.76	28.40	190	7615	21.5	15.80	28.57			

4.0 Drug Use

Table 4.1: Frequency of ever used drug, students Form 1-5, Melaka, 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	1737	69872	97.8	95.99	98.83	843	34518	96.4	91.67	98.52	893	35315	99.2	97.69	99.74			
1 or 2 times	14	-	-	-	-	12	-	-	-	-	2	-	-	-	-			
3 to 9 times	10	-	-	-	-	9	-	-	-	-	1	-	-	-	-			
10 to 19 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
20 or more times	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Melaka, 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	40	1553	2.2	1.2	4.01	33	1273	3.6	1.48	8.33	7	280	0.8	0.26	2.31			
No	1737	69872	97.8	95.99	98.83	843	34518	96.4	91.67	98.52	893	35315	99.2	97.69	99.74			

Table 4.2: Age when first used drug, students Form 1-5, Melaka, 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 used drug	1694	68129	97.5	94.75	98.86	812	33234	95.6	90.37	98.01	881	34856	99.5	98.23	99.86			
7 years or younger	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
8 or 9 years	12	-	-	-	-	12	-	-	-	-	0	-	-	-	-			
10 or 11 years	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
12 or 13 years	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
14 or 15 years	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
16 years and above	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

Note :

- Fewer than 30 cases

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Melaka, 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	11	-	-	-	-	9	-	-	-	-	2	-	-	-	-			
No	33	1256	73.0	61.66	82.03	30	1146	74.2	59.09	85.15	3	111	62.8	25.62	89.21			

Table 4.3: Frequency of drug use among current drug users, students Form 1-5, Melaka, 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	1732	69665	97.6	95.44	98.78	837	34268	95.9	90.80	98.25	894	35357	99.3	97.33	99.84			
1 or 2 times	21	-	-	-	-	20	-	-	-	-	1	-	-	-	-			
3 to 9 times	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
10 to 19 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
20 or more times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			

Table 4.3.1: Prevalence of current drug users, students Form 1-5, Melaka 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	43	1695	2.4	1.22	4.56	37	1457	4.1	1.75	9.2	6	238	0.7	0.16	2.67			
No	1732	69665	97.6	95.44	98.78	837	34268	95.9	90.80	98.25	894	35357	99.3	97.33	99.84			

Note

- Fewer than 30 cases

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not use drug in the past 30 days	1733	69700	97.8	95.69	98.88	839	34348	96.3	91.53	98.41	893	35313	99.3	97.61	99.80			
*Bought from someone	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-			
Gave someone else money to buy it	12	-	-	-	-	9	-	-	-	-	3	-	-	-	-			
Stole/got without permission	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-			
Friends	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
Family	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
Some other way	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-			
No	28	-	-	-	-	24	-	-	-	-	4	-	-	-	-			

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Melaka, 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	1740	69898	98.8	96.92	99.52	842	34396	97.7	94.48	99.04	897	35463	99.9	98.64	99.99			
1 or 2 times	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
3 to 9 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
10 to 19 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-			
20 or more times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Melaka, 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	22	-	-	-	-	21	-	-	-	-	1	-	-	-	-			
No	1740	69898	98.8	96.92	99.52	842	34396	97.7	94.48	99.04	897	35463	99.9	98.64	99.99			

Notes:

- Fewer than 30 cases

Table 4.6: Frequency of marijuana use in the past 30 days, students Form 1-5, Melaka, 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	1738	69875	98.6	96.52	99.48	842	34445	97.6	93.13	99.16	895	35391	99.7	98.60	99.95			
1 or 2 times	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-	-	-	
3 to 9 times	10	-	-	-	-	9	-	-	-	-	1	-	-	-	-	-	-	
10 to 19 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-	-	-	
20 or more times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Melaka, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		%	Unweighted Count	Estimated Population	%	95% CI		
				Lower	Upper					Lower	Upper					Lower	Upper	
Yes	25	-	-	-	-	23	-	-	-	-	-	2	-	-	-	-	-	
No	1738	69875	98.6	96.52	99.48	842	34445	97.6	93.13	99.16	895	35391	99.7	98.60	99.95			

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Melaka, 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	1723	69345	98.6	96.29	99.51	834	34208	97.4	92.78	99.10	888	35098	99.9	98.63	99.99			
1 or 2 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-	-	-	
3 to 9 times	11	-	-	-	-	11	-	-	-	-	0	-	-	-	-	-	-	
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	
20 or more times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-	-	-	

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Melaka, 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	26	-	-	-	-	25	-	-	-	-	-	1	-	-	-	-	-	
No	1723	69345	98.6	96.29	99.51	834	34208	97.4	92.78	99.10	888	35098	99.9	98.63	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, Melaka, 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 brush teeth in past 30 days	10	-	-	-	9	-	-	-	-	1	-	-	-	-	-	-	-	-	-
Less than 1 time per day	41	1649	2.3	1.62	3.30	31	1241	3.5	1.95	6.15	10	409	1.1	0.44	2.99	1.1	0.44	2.99	
1 time	183	7416	10.4	8.12	13.28	112	4719	13.3	9.99	17.41	71	2697	7.6	4.81	11.78	7.6	4.81	11.78	
2 times	739	29451	41.4	37.16	45.74	356	14539	40.9	34.85	47.19	383	14912	41.9	34.33	49.95	41.9	34.33	49.95	
3 times	586	23669	33.3	28.55	38.33	248	10013	28.2	23.22	33.67	338	13656	38.4	30.53	46.94	38.4	30.53	46.94	
4 or more times	212	8535	12.0	9.55	14.95	115	4653	13.1	10.67	15.94	96	3843	10.8	7.34	15.64	10.8	7.34	15.64	

Table 5.1.1: Prevalence* of brushing teeth at least twice daily in the past 30 days, students Form 1-5, Melaka, 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 brush or brushed less than 1 times	51	2093	2.9	1.82	4.73	40	1646	4.6	2.50	8.40	11	448	1.3	0.49	3.21	1.3	0.49	3.21	
1 or more times per day	1720	69071	97.1	95.27	98.18	831	33924	95.4	91.60	97.50	888	35108	98.7	96.79	99.51	98.7	96.79	99.51	
2 or more times per day	1537	61654	86.6	82.87	89.68	719	29205	82.1	76.92	86.34	817	32410	91.2	86.50	94.31	91.2	86.50	94.31	

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Melaka, 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	1124	44972	63.4	56.58	69.70	522	21464	60.6	51.57	69.00	601	23469	66.1	55.55	75.26	66.1	55.55	75.26	
No	207	8437	11.9	7.61	18.11	119	4816	13.6	7.66	23.00	88	3622	10.2	5.07	19.45	10.2	5.07	19.45	
Dont know	434	17542	24.7	20.91	28.97	225	9126	25.8	21.18	30.98	209	8417	23.7	19.09	29.03	23.7	19.09	29.03	

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, Melaka, 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	148	6019	8.5	5.97	12.02	101	4022	11.4	8.13	15.83	46	1958	5.5	3.15	9.54			
No	1609	64616	91.5	87.98	94.03	760	31177	88.6	84.17	91.87	849	33440	94.5	90.46	96.85			

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

Timing	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
During past 12 months	830	33421	46.8	38.67	55.13	385	15935	44.6	37.24	52.13	444	17446	49.0	38.26	59.86			
12-24 months ago	169	6750	9.5	8.49	10.51	84	3316	9.3	6.43	13.19	85	3434	9.6	7.55	12.25			
More than 24 months ago	83	3159	4.4	3.84	5.09	45	1765	4.9	3.76	6.46	38	1394	3.9	2.86	5.34			
Never	272	10926	15.3	11.30	20.40	144	5836	16.3	13.32	19.84	128	5089	14.3	8.44	23.18			
Don't know	422	17139	24.0	21.08	27.20	217	8908	24.9	20.99	29.29	205	8231	23.1	18.19	28.93			

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Melaka, 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	263	10612	15.0	12.01	18.60	135	5620	15.9	11.42	21.67	128	4992	14.2	11.86	16.80			
No	1495	60085	85.0	81.40	87.99	730	29761	84.1	78.33	88.58	764	30285	85.8	83.20	88.14			

Table 5.6: Prevalence* of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Melaka, 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	34	1349	1.9	0.91	3.93	26	1049	3.0	1.57	5.48	8	300	0.8	0.29	2.42			
Rarely	61	2357	3.3	2.44	4.49	42	1672	4.7	3.19	6.88	19	685	1.9	0.80	4.60			
Sometimes	189	7523	10.6	6.14	17.63	109	4464	12.6	6.02	24.39	80	3058	8.6	4.89	14.74			
Most of the time	240	9378	13.2	9.76	17.61	90	3626	10.2	8.02	12.90	150	5753	16.2	11.78	21.88			
Always	1244	50467	71.0	63.44	77.56	602	24721	69.6	58.64	78.67	641	25707	72.4	60.42	81.85			
*Never or rarely	95	3706	5.21	3.36	8.01	68	2721	3.0	4.97	11.62	27	986	2.78	1.36	5.59			

Table 5.7: Prevalence* of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Melaka, 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	26	-	-	-	-	23	-	-	-	-	3	-	-	-				
Rarely	74	3078	4.3	2.98	6.21	50	2064	5.8	3.94	8.40	24	1014	2.9	1.68	4.81			
Sometimes	143	5740	8.0	6.38	10.10	73	2911	8.1	6.31	10.46	70	2829	8.0	5.31	11.77			
Most of the time	219	8844	12.4	10.32	14.83	104	4247	11.9	8.97	15.59	115	4596	12.9	9.11	18.02			
Always	1312	52584	73.7	72.04	75.34	624	25551	71.5	68.75	74.12	687	26994	75.9	72.71	78.86			
* Never or rarely	100	4157	5.8	4.14	8.15	73	3020	8.5	6.27	11.30	27	1137	3.2	1.99	5.10			

Table 5.8: Prevalence* of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Melaka, 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	44	1815	2.5	1.63	3.94	35	1459	4.1	2.84	5.85	9	355	1.0	0.49	2.03			
Rarely	153	6064	8.5	6.54	10.98	77	3103	8.7	6.27	11.92	76	2961	8.3	5.84	11.74			
Sometimes	529	21541	30.2	28.04	32.46	266	11003	30.8	27.31	34.53	263	10538	29.6	27.58	31.79			
Most of the time	361	14393	20.2	15.29	26.16	150	6269	17.5	13.20	22.95	211	8123	22.8	16.00	31.52			
Always	687	27507	38.6	33.70	43.67	346	13889	38.9	33.73	44.29	340	13579	38.2	30.85	46.11			
* Never or rarely	197	7879	11.0	8.80	13.78	112	4562	12.8	9.82	16.45	85	3317	9.3	6.98	12.35			

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, Melaka, 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	546	21910	30.9	28.02	33.98	324	13095	36.9	32.84	41.21	222	8815	24.9	21.48	28.72			
Rarely	527	21569	30.4	27.14	33.95	263	11144	31.4	26.69	36.58	264	10425	29.5	26.39	32.76			
Sometimes	522	20836	29.4	26.18	32.84	214	8590	24.2	18.15	31.54	307	12207	34.5	29.15	40.31			
Most of the time	110	4227	6.0	4.90	7.25	34	1349	3.8	2.94	4.90	76	2878	8.1	6.29	10.46			
Always	59	2324	3.3	2.57	4.18	33	1285	3.6	2.64	4.96	26	1039	2.9	1.78	4.81			
* Most of the time or always	169	6551	9.2	7.84	10.87	67	2633	7.4	6.62	8.32	102	3917	11.1	8.60	14.17			

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Melaka, 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	670	26924	37.8	34.02	41.79	395	15796	44.4	41.32	47.51	275	11129	31.3	28.07	34.71			
Rarely	594	23890	33.6	29.65	37.71	260	10885	30.6	25.91	35.71	333	12966	36.5	33.44	39.59			
Sometimes	413	16631	23.4	20.97	25.94	182	7407	20.8	17.28	24.86	231	9224	25.9	23.25	28.82			
Most of the time	65	2544	3.6	2.41	5.27	20	862	2.4	1.44	4.05	45	1682	4.7	2.82	7.84			
Always	28	-	-	-	-	13	-	-	-	-	15	-	-	-	-			
* Most of the time or always	93	3737	5.2	3.95	6.94	33	1495	4.2	2.71	6.46	60	2241	6.3	4.39	8.97			

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Melaka, 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	139	5619	8.0	6.45	9.83	57	2363	6.7	4.99	9.05	82	3256	9.2	7.33	11.52			
No	1611	64791	92.0	90.17	93.55	798	32658	93.3	90.95	95.01	812	32094	90.8	88.48	92.67			

Note

- Fewer than 30 cases

Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Melaka, 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	118	4752	6.8	5.81	7.83	41	1656	4.7	3.37	6.61	77	3097	8.8	6.58	11.58			
No	1631	65620	93.2	92.17	94.19	813	33342	95.3	93.39	96.63	817	32239	91.2	88.42	93.42			

Table 6.5: Prevalence* of suicidal attempt in the past 12 months, students Form 1-5, Melaka, 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	1629	65652	92.1	90.63	93.35	803	32947	92.4	88.83	94.91	825	32665	91.8	89.09	93.84			
1 time	80	3187	4.5	3.29	6.05	36	1431	4.0	2.50	6.39	44	1756	4.9	2.89	8.29			
2 to 3 times	34	1251	1.8	1.12	2.73	17	616	1.7	1.11	2.68	17	635	1.8	0.93	3.39			
4 to 5 times	25	-	-	-	-	13	-	-	-	-	12	-	-	-	-			
6 or more times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
* 1 or more times	144	5636	7.9	6.65	9.38	69	2706	7.6	5.09	11.17	75	2930	8.2	6.16	10.91			

Table 6.6: Prevalence* of not having any close friend, students Form 1-5, Melaka, 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	
0 friend	78	3233	4.5	2.92	7.01	46	1979	5.6	2.95	10.30	32	1254	3.5	2.42	5.10			
1 friend	99	3914	5.5	4.39	6.88	47	1916	5.4	3.61	8.00	52	1999	5.6	3.98	7.87			
2 friends	137	5465	7.7	5.84	10.05	63	2565	7.2	5.16	10.04	74	2900	8.1	5.81	11.31			
3 or more	1455	58515	82.3	77.86	85.96	712	29033	81.8	74.94	87.10	742	29443	82.7	77.67	86.82			

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, Melaka, 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	302	11836	16.6	11.47	23.44	169	6627	18.6	11.78	28.06	133	5209	14.6	9.58	21.76			
1 day	342	13623	19.1	15.39	23.48	132	5262	14.8	10.41	20.48	210	8360	23.5	19.06	28.64			
2 days	366	14848	20.8	18.22	23.71	157	6633	18.6	15.17	22.58	209	8214	23.1	20.17	26.31			
3 days	224	9033	12.7	10.92	14.66	94	3879	10.9	8.57	13.70	130	5154	14.5	11.29	18.42			
4 days	118	4754	6.7	5.23	8.47	62	2552	7.2	5.46	9.32	55	2163	6.1	4.07	8.99			
5 days	125	5038	7.1	4.93	10.04	59	2410	6.8	4.11	10.92	66	2628	7.4	5.20	10.40			
6 days	41	1719	2.4	1.28	4.52	25	1050	2.9	1.40	6.07	16	669	1.9	0.76	4.59			
*All 7 days	255	10421	14.6	11.51	18.40	175	7259	20.3	15.46	26.30	80	3162	8.9	5.50	14.07			

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, Melaka, 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	421	17178	24.1	18.38	30.93	259	10719	30.0	22.44	38.94	162	6459	18.2	11.57	27.36			
No	1352	54093	75.9	69.1	81.6	614	24953	70.0	61.1	77.6	737	29101	81.8	72.6	88.4			

Table 7.2: Number of days student had walked or rode a bicycle to or from school in the past 7 days, students Form 1-5, Melaka, 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	737	29573	41.5	31.61	52.08	373	15329	42.9	33.37	53.02	363	14205	40.0	25.11	56.93			
1 day	130	5297	7.4	5.25	10.40	65	2708	7.6	5.13	11.07	65	2589	7.3	4.56	11.44			
2 days	104	4002	5.6	4.07	7.69	56	2172	6.1	3.86	9.46	48	1830	5.1	3.58	7.35			
3 days	71	2818	4.0	2.90	5.36	38	1507	4.2	3.01	5.89	33	1311	3.7	1.96	6.83			
4 days	51	2052	2.9	2.04	4.04	33	1297	3.6	2.18	5.98	18	754	2.1	0.99	2.04			
5 days	266	10799	15.1	12.28	18.53	91	3823	10.7	7.58	14.91	175	6975	19.6	13.50	27.63			
6 days	28	-	-	-	-	6	-	-	-	-	22	-	-	-	-			
All 7 days	387	15643	21.9	15.56	30.01	212	8646	24.2	18.03	31.67	175	6998	19.7	11.34	31.97			

Note

- Fewer than 30 cases

Table 7.3: Duration of time spent on sedentary activities in a typical or usual day, students Form 1-5, Melaka, 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	315	12955	18.2	12.86	25.02	190	7822	21.9	16.71	28.13	125	5133	14.4	9.10	22.15			
1 to 2 hours	546	21931	30.8	28.08	33.56	262	10549	29.5	24.46	35.15	283	11342	31.9	28.68	35.33			
3 to 4 hours	510	20476	28.7	24.82	32.95	225	9174	25.7	24.29	27.11	285	11302	31.8	24.60	24.83			
5 to 6 hours	191	7852	11.0	8.99	13.41	92	3934	11.0	8.35	14.38	99	3919	11.0	8.15	14.74			
7 to 8 hours	55	2133	3.0	1.75	5.07	26	1056	3.0	1.56	5.54	29	1077	3.0	1.43	6.32			
More than 8 hours	157	5968	8.4	5.36	12.83	79	3196	8.9	4.85	15.91	78	2771	7.8	3.40	16.88			

Table 7.3.1: Prevalence of spending at least three hours in a typical or usual day on sedentary activities, students Form 1-5, Melaka, 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	913	36429	51.1	44.98	57.15	422	17361	48.6	43.03	54.17	491	19069	53.6	44.65	62.41			
No	861	34885	48.9	42.85	55.02	452	18371	51.4	45.83	56.97	408	16475	46.4	37.59	55.35			

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Melaka, 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	1281	51167	71.7	65.73	77.01	593	23994	67.2	60.79	72.99	687	27134	76.2	67.74	83.05
1 to 2 days	372	15192	21.3	17.88	25.16	208	8651	24.2	20.37	28.54	164	6541	18.4	13.04	25.26
3 to 5 days	89	3680	5.2	3.36	7.83	54	2299	6.4	3.97	10.28	35	1381	3.9	2.35	6.34
6 to 9 days	24	-	-	-	-	14	-	-	-	-	10	-	-	-	-
10 or more days	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-
* 1 or more days	494	20183	28.3	22.99	34.27	281	11722	32.8	27.01	39.21	213	8460	23.8	16.95	32.26

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Melaka, 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	128	5163	7.2	3.95	12.87	97	3920	11.0	6.13	18.85	31	1243	3.5	2.01	6.01
Rarely	317	12855	18.0	13.90	23.01	206	8315	23.3	18.70	28.55	111	4539	12.8	9.85	16.36
Sometimes	570	23026	32.3	29.90	34.70	317	12932	36.2	32.74	39.76	253	10094	28.4	25.94	30.90
Most of the time	366	14498	20.3	16.03	25.39	134	5640	15.8	10.39	23.22	232	8859	24.9	21.30	28.86
Always	395	15842	22.2	17.63	27.54	121	4942	13.8	10.22	18.44	273	10860	30.5	26.25	35.14
* Most of the time or always	761	30340	42.5	33.50	52.03	255	10582	29.6	20.84	40.17	505	19719	55.4	49.43	61.21

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Melaka, 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	697	27654	38.8	30.82	47.40	330	13622	38.2	27.67	49.88	367	14031	39.5	29.61	50.24
Rarely	445	17909	25.1	21.50	29.12	220	9002	25.2	19.76	31.59	224	8867	24.9	20.83	29.55
Sometimes	389	15974	22.4	19.36	25.77	183	7552	21.2	16.40	26.85	206	8422	23.7	19.69	28.20
Most of the time	115	4665	6.5	4.68	9.07	67	2644	7.4	5.13	10.58	48	2021	5.7	3.46	9.20
Always	128	5102	7.2	5.71	8.93	74	2881	8.1	5.96	10.84	54	2221	6.2	4.51	8.59
* Most of the time or always	243	9767	13.7	11.70	15.97	141	5525	15.5	13.12	18.17	102	4241	11.9	8.89	15.82

Note

- Fewer than 30 cases

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Melaka, 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	384	15141	21.2	15.65	28.12	233	9350	26.2	18.04	36.37	151	5790	16.3	11.63	22.29			
Rarely	389	15842	22.2	20.02	24.56	178	7419	20.8	17.81	24.09	210	8384	23.6	21.27	26.00			
Sometimes	457	18396	25.8	23.04	28.74	219	8960	25.1	21.47	29.10	238	9436	26.5	22.31	31.18			
Most of the time	220	9082	12.7	9.45	16.93	97	4151	11.6	7.67	17.24	123	4930	13.9	10.84	17.53			
Always	325	12882	18.1	14.41	22.38	147	5827	16.3	12.16	21.56	178	7054	19.8	16.87	23.14			
* Most of the time or always	545	21964	30.8	24.37	38.04	244	9979	27.9	20.74	36.51	301	11985	33.7	28.45	39.32			

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Melaka, 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	212	8599	12.1	6.72	20.75	142	5777	16.2	8.77	28.04	70	2822	7.9	4.91	12.57			
Rarely	305	12266	17.2	14.18	20.77	166	6713	18.8	15.04	23.34	139	5554	15.6	12.60	19.20			
Sometimes	458	18564	26.1	22.74	29.69	202	8439	23.7	19.80	28.08	256	10126	28.5	23.98	33.44			
Most of the time	287	11671	16.4	12.98	20.48	134	5539	15.6	11.35	20.93	152	6092	17.1	12.76	22.62			
Always	509	20121	28.3	23.21	33.91	227	9155	25.7	19.41	33.19	282	10966	30.8	26.31	35.78			
* Most of the time or always	796	31792	44.6	37.03	52.50	361	14694	41.2	31.42	51.83	434	17058	48.0	41.02	55.00			

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Melaka, 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	885	35316	49.6	41.68	57.50	420	17088	47.9	36.79	59.31	465	18227	51.3	42.36	60.07			
Rarely	417	16943	23.8	19.35	28.87	207	8622	24.2	17.56	32.35	210	8321	23.4	18.16	29.61			
Sometimes	300	12035	16.9	14.31	19.84	141	5723	16.1	12.36	20.61	158	6273	17.6	13.30	23.02			
Most of the time	81	3402	4.8	3.83	5.94	45	1887	5.3	4.08	6.84	36	1515	4.3	2.69	6.69			
Always	89	3541	5.0	3.70	6.65	59	2318	6.5	4.52	9.28	30	1223	3.4	2.30	5.12			
* Never or rarely	1302	52259	73.4	69.29	77.06	627	25711	72.1	65.89	77.64	675	26548	74.7	69.56	79.16			

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, Melaka, 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	141	5666	8.6	5.94	12.34	79	3207	10.1	6.99	14.31	62	2459	7.3	4.47	11.56					
No	1496	60084	91.4	87.66	94.06	696	28626	89.9	85.69	93.01	799	31419	92.7	88.44	95.53					

Table 9.2: Age when had first sex, students Form 1-5, Melaka, 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 sexual intercourse	1684	67764	96.4	94.03	97.84	812	33270	95.6	92.95	97.33	871	34454	97.1	93.77	98.70					
11 years or younger	18	-	-	-	-	14	-	-	-	-	4	-	-	-	-	-	-	-	-	-
12 years	11	-	-	-	-	9	-	-	-	-	2	-	-	-	-	-	-	-	-	-
13 years	8	-	-	-	-	3	-	-	-	-	5	-	-	-	-	-	-	-	-	-
14 years	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-	-	-	-	-	-
15 years	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-	-	-	-	-	-
16 years or older	10	-	-	-	-	4	-	-	-	-	6	-	-	-	-	-	-	-	-	-

Table 9.2.1: Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5, Melaka, 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	26	-	-	-	-	11	-	-	-	-	15	-	-	-	-	-	-	-	-	-
No	37	1489	58.6	47.88	68.63	26	1040	68.5	46.55	84.46	11	449	44.0	29.20	59.89					

Notes:
- Fewer than 30 cases

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

Number of Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sex	1702	68438	96.6	94.32	98.01	828	33869	96.1	93.84	97.56	873	34529	97.1	93.67	98.73			
1 partner	33	1281	1.8	1.18	2.76	17	646	1.8	0.95	3.49	16	635	1.8	0.85	3.72			
2 partners	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
3 partners	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-			
4 partners	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
5 partners	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
6 or more partners	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			

Table 9.3.1: Prevalence of having at least two sexual partners among those who ever had sex, students Form 1-5, Melaka, 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	1735	69718	98.4	96.72	99.26	845	34515	97.9	96.29	98.86	889	35164	98.9	96.73	99.65			
No	27	-	-	-	-	17	-	-	-	-	10	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-			
No	34	1341	66.9	57.22	75.41	17	701	60.5	36.21	80.50	17	640	75.8	50.61	90.57			

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, Melaka, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	28	-	-	-	-	15	-	-	-	-	13	-	-	-	-			
No	37	1430	57.4	40.30	72.85	25	949	61.7	32.28	84.46	12	481	50.4	35.91	64.86			

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, Melaka, 2012

Number of Days	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
0 day	1570	62494	88.1	82.17	92.26	680	27345	77.4	68.38	84.43	889	35110	98.8	96.60	99.55
1 or 2 days	79	3235	4.6	2.78	7.39	74	3000	8.5	5.74	12.39	5	235	0.7	0.19	2.29
3 to 5 days	16	-	-	-	-	14	-	-	-	-	2	-	-	-	-
6 to 9 days	22	-	-	-	-	21	-	-	-	-	1	-	-	-	-
10 to 19 days	20	-	-	-	-	20	-	-	-	-	0	-	-	-	-
20 to 29 days	13	-	-	-	-	12	-	-	-	-	1	-	-	-	-
All 30 days	43	2016	2.8	1.84	4.37	42	1973	5.6	3.60	8.57	1	43	0.1	0.01	1.35

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

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
Yes	193	8431	11.9	7.74	17.83	183	7987	22.6	15.57	31.62	10	444	1.2	0.45	3.40
No	1570	62494	88.1	82.17	92.26	680	27345	77.4	68.38	84.43	889	35110	98.8	96.60	99.55

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

Age	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		%	95% CI		%						
				Lower	Upper		Lower	Upper							
Never smoke	1351	53487	78.7	71.99	84.12	514	20513	61.9	53.56	69.57	836	32935	94.7	91.06	96.86
7 years or younger	35	1511	2.2	1.54	3.19	29	1270	3.8	2.62	5.56	6	241	0.7	0.23	2.10
8 to 9 years	33	1329	2.0	1.14	3.34	28	1121	3.4	1.78	6.34	5	209	0.6	0.16	2.26
10 or 11 years	88	3514	5.2	4.35	6.13	80	3200	9.7	7.86	11.80	8	314	0.9	0.38	2.13
12 or 13 years	91	4088	6.0	3.45	10.27	79	3595	10.8	6.60	17.33	12	493	1.4	0.82	2.43
14 or 15 years	69	3025	4.4	3.06	6.44	58	2582	7.8	5.09	11.74	11	444	1.3	0.64	2.53
16 years or older	23	-	-	-	-	19	-	-	-	-	4	-	-	-	-

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, Melaka, 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	247	10442	72.0	64.26	78.70	216	9186	72.7	62.92	80.71	31	1256	67.5	55.32	77.77			
No	92	4052	28.0	21.30	35.74	77	3448	27.3	19.29	37.08	15	604	32.5	22.23	44.68			

Table 10.3: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Melaka, 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	1676	67107	94.1	90.92	96.16	786	31958	89.5	85.71	92.35	889	35110	98.6	95.62	99.59			
1 or 2 days	60	2568	3.6	2.34	5.50	52	2220	6.2	4.12	9.27	8	348	1.0	0.26	3.59			
3 to 5 days	16	-	-	-	-	15	-	-	-	-	1	-	-	-	-			
6 to 9 days	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
10 to 19 days	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
20 to 29 days	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
All 30 days	8	-	-	-	-	8	-	-	-	-	0	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Melaka, 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	99	4240	5.9	3.84	9.08	88	3756	10.5	7.65	14.29	11	484	1.4	0.41	4.38			
No	1676	67107	94.1	90.92	96.16	786	31958	89.5	85.71	92.35	889	35110	98.6	95.62	99.59			

Note

- Fewer than 30 cases

Table 10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Melaka, 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	1659	66393	93.0	89.29	95.51	769	31243	87.4	83.04	90.77	889	35110	98.6	95.26	99.62			
Shisha/hookah	40	1715	2.4	1.21	4.71	37	1589	4.4	2.45	7.93	3	127	0.4	0.07	1.85			
Electronic cigarettes	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			
Snuff or chewing tobacco	26	-	-	-	-	20	-	-	-	-	6	-	-	-	-			
Pipes	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
Curut, cigar or cigarrillos	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-			
Bidis	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Others	26	-	-	-	-	25	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total			Male			Female		
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%
Yes	177	7532	88.0	79.30	93.29	88.1	78.29	93.83	85.9
No	22	-	-	-	-	-	-	-	2

Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Melaka, 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	948	37952	53.3	49.45	57.15	412	16341	45.9	36.64	55.48	535	21572	60.7	55.74	65.42			
1 or 2 days	359	14255	20.0	17.40	22.94	201	8170	23.0	19.92	26.30	158	6085	17.1	14.29	20.38			
3 or 4 days	151	6021	8.5	6.88	10.36	79	3281	9.2	7.32	11.54	72	2741	7.7	5.36	10.96			
5 or 6 days	68	2704	3.8	3.28	4.40	41	1658	4.7	3.10	6.95	27	1046	2.9	1.95	4.42			
All 7 days	245	10245	14.4	10.81	18.92	138	6141	17.3	11.74	24.64	107	4104	11.5	8.12	16.17			

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, Melaka, 2012

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	%						
Yes	823	33226	46.7	42.85	50.55	459	19250	54.1	44.52	63.36	364	13976	39.3	34.58	44.26
No	948	37952	53.3	49.45	57.15	412	16341	45.9	36.64	55.48	535	21572	60.7	55.74	65.42

Notes:
- Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	719	28712	40.3	34.63	46.18	330	13390	37.5	29.57	46.19	389	15322	43.1	36.35	50.09			
No	1054	42582	59.7	53.82	65.37	543	22304	62.5	53.81	70.43	510	20238	56.9	49.91	63.65			

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Melaka, 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	Lower	Upper						
Definitely not	1519	60601	85.0	78.60	89.73	653	26403	74.0	64.07	82.02	865	34159	96.0	94.29	97.16			
Probably not	127	5200	7.3	4.97	10.57	100	4092	11.5	7.15	17.90	27	1108	3.1	2.37	4.08			
Maybe yes	88	3740	5.2	3.22	8.44	81	3455	9.7	6.33	14.55	7	285	0.8	0.31	2.06			
Definitely yes	39	1755	2.5	1.58	3.82	38	1712	4.8	3.12	7.32	1	43	0.1	0.01	1.35			

Table 10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Melaka, 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	Lower	Upper						
Definitely not	1511	60157	84.5	78.21	89.23	652	26210	73.7	64.79	81.04	858	33908	95.3	92.38	97.08			
Probably not	131	5463	7.7	5.18	11.22	101	4226	11.9	8.09	17.14	30	1237	3.5	2.24	5.36			
Maybe yes	95	4048	5.7	3.96	8.11	84	3639	10.2	7.13	14.48	11	409	1.2	0.45	2.94			
Definitely yes	33	1521	2.1	1.30	3.49	32	1479	4.2	2.80	6.13	1	41	0.1	0.01	1.32			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	140	5614	9.0	5.83	13.61	90	3583	13.1	7.73	21.39	50	2032	5.8	3.83	8.66			
No	1429	56851	91.0	86.39	94.17	589	23733	86.9	78.61	92.27	839	33078	94.2	91.34	96.17			

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, Melaka, 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	1264	50807	71.6	67.44	75.43	564	23271	65.4	60.69	69.82	699	27497	77.8	71.70	82.95			
1 time	187	7515	10.6	8.41	13.25	121	4810	13.5	11.43	15.92	66	2706	7.7	5.08	11.39			
2 to 3 times	197	7853	11.1	9.23	13.22	119	4725	13.3	10.81	16.21	78	3127	8.9	5.88	13.11			
4 to 5 times	49	2025	2.9	2.02	4.02	29	1214	3.4	1.7	6.62	20	811	2.3	1.05	4.94			
6 to 7 times	21	-	-	-	-	10	-	-	-	-	11	-	-	-	-			
8 to 9 times	9	-	-	-	-	4	-	-	-	-	5	-	-	-	-			
10 to 11 times	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-			
12 or more times	28	-	-	-	-	18	-	-	-	-	10	-	-	-	-			

Table 11.1.1: Prevalence of having had a physical attack in the past 12 months, students Form 1-5, Melaka, 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	502	20147	28.4	24.57	32.56	307	12313	34.6	30.18	39.31	195	7834	22.2	17.05	28.30			
No	1264	50807	71.6	67.44	75.43	564	23271	65.4	60.69	69.82	699	27497	77.8	71.70	82.95			

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Melaka, 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	1311	52660	73.7	66.82	79.63	542	22400	62.6	55.12	69.49	768	30221	84.9	78.42	89.69			
1 time	214	8624	12.1	9.49	15.25	153	6122	17.1	14.00	20.73	61	2503	7.0	4.88	10.03			
2 to 3 times	156	6269	8.8	6.54	11.69	113	4475	12.5	9.52	16.24	43	1795	5.0	2.45	10.08			
4 to 5 times	39	1557	2.2	1.43	3.30	25	1016	2.8	1.70	4.70	14	541	1.5	0.64	3.59			
6 to 7 times	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-			
8 to 9 times	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-			
10 to 11 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
12 or more times	28	-	-	-	-	22	-	-	-	-	6	-	-	-	-			

Note

- Fewer than 30 cases

Table 11.2.1: Prevalence of involvement in a physical fight in the past 12 months, students Form 1-5, Melaka, 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	466	18766	26.3	20.37	33.18	334	13392	37.4	30.51	44.88	132	5374	15.1	10.31	21.58			
No	1311	52660	73.7	66.82	79.63	542	22400	62.6	55.12	69.49	768	30221	84.9	78.42	89.69			

Table 11.3: Number of times students had been seriously injured in the past 12 months, students Form 1-5, Melaka, 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	953	38170	63.1	56.73	69.09	395	16200	54.2	46.83	61.41	557	21931	71.8	64.82	77.87			
1 time	302	12153	20.1	16.68	24.02	182	7440	24.9	18.84	32.13	120	4713	15.4	12.05	19.54			
2 to 3 times	176	7241	12.0	8.98	15.80	107	4426	14.8	12.23	17.83	69	2814	9.2	5.68	14.61			
4 to 5 times	36	1385	2.3	1.59	3.30	23	885	3.0	2.11	4.13	13	501	1.6	0.70	3.78			
6 to 7 times	18	-	-	-	-	8	-	-	-	-	10	-	-	-	-			
8 to 9 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
12 or more times	10	-	-	-	-	8	-	-	-	-	2	-	-	-	-			

Table 11.3.1: Prevalence of having had a serious injury in the past 12 months, students Form 1-5, Melaka, 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	552	22296	36.9	30.91	43.27	335	13684	45.8	38.59	53.17	217	8612	28.2	22.13	35.18			
No	953	38170	63.1	56.73	69.09	395	16200	54.2	46.83	61.41	557	21931	71.8	64.82	77.87			

Note

- Fewer than 30 cases

Table 11.4: Type of most serious injury sustained in the past 12 months among those who ever had an injury, students Form 1-5, Melaka, 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	99	4160	26.8	22.12	32.08	74	3149	32.0	26.58	37.92	25	1012	17.8	12.60	24.64
A cut or stab wound	88	3559	22.9	16.27	31.31	63	2589	26.3	17.95	36.78	25	970	17.1	10.33	26.99
Concussion/head or neck injury, knocked out or could not breathe	42	1677	10.8	8.33	13.91	22	881	8.9	6.39	12.40	20	796	14.0	8.84	21.54
Gunshot wound	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-
Bad burn	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-
Poisoned	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-
Something else happened to me	135	5202	33.5	24.11	44.45	67	2637	26.8	17.99	37.89	68	2565	45.2	34.51	56.39

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, Melaka, 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	86	3519	21.1	16.08	27.07	62	2566	24.9	18.66	32.33	24	952	14.9	8.47	24.90
Fall	163	6609	39.6	32.98	46.52	101	4096	39.7	32.89	46.91	62	2514	39.3	28.52	51.28
Something fell on me or hit me	30	1201	7.2	4.79	10.64	22	891	8.6	4.42	16.17	8	310	4.8	2.82	8.21
Was attacked or abused or was fighting with someone	18	-	-	-	-	14	-	-	-	-	4	-	-	-	-
Was in a fire or too near a flame or something hot	6	-	-	-	-	2	-	-	-	-	4	-	-	-	-
Inhaled or swallowed something bad	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
Something else caused the injury	106	4104	24.6	19.52	30.41	48	1896	18.4	15.37	21.82	58	2208	34.5	23.93	46.96

Note

- Fewer than 30 cases

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Melaka, 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	1327	53493	79.3	75.53	82.68	598	24718	74.2	67.32	80.12	728	28736	84.3	79.36	88.21			
1 to 2 days	212	8271	12.3	10.45	14.35	129	4999	15.0	11.06	20.07	83	3273	9.6	6.44	14.08			
3 to 5 days	58	2407	3.6	2.66	4.78	34	1393	4.2	2.82	6.16	24	1015	3.0	2.04	4.32			
6 to 9 days	32	1157	1.7	1.01	2.90	24	864	2.6	1.73	3.88	8	293	0.9	0.34	2.14			
10 to 19 days	16	-	-	-	-	8	-	-	-	-	8	-	-	-	-			
20 to 29 days	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-			
all 30 days	23	-	-	-	-	16	-	-	-	-	7	-	-	-	-			

Table 11.6.1: Prevalence of having been bullied on at least once in the past 30 days, students Form 1-5, Melaka, 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	352	13936	20.7	17.32	24.47	218	8579	25.8	19.88	32.68	134	5357	15.7	11.79	20.64			
No	552	22296	36.9	30.91	43.27	335	13684	45.8	38.59	53.17	217	8612	28.2	22.13	35.18			

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

Ways of Being Bullied	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Hit, kicked, pushed, shoved around or locked indoor	31	1284	11.6	6.41	20.06	25	1061	16.0	10.68	23.38	6	223	5.0	1.65	14.15			
Made fun of because of race, nationality or color	35	1356	12.2	7.42	19.55	21	825	12.5	6.68	22.12	14	531	11.9	6.62	20.50			
Made fun of because of religion	9	-	-	-	-	9	-	-	-	-	0	-	-	-	-			
Made fun of with sexual jokes, comments, or gestures	57	2162	19.5	14.50	25.77	35	1326	20.0	14.55	26.97	22	837	18.7	11.10	29.89			
Left out of activities on purpose or completely ignored	16	-	-	-	-	7	-	-	-	-	9	-	-	-	-			
Made fun of because of how body or face looks	67	2773	25.0	14.81	39.08	28	1163	17.6	8.13	33.96	39	1610	36.1	26.47	46.95			
Bullied in some other way	66	2511	22.7	15.70	31.57	44	1636	24.7	14.47	38.97	22	875	19.6	13.46	27.67			

Notes:

- Fewer than 30 cases

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Melaka, 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	1556	62645	87.7	83.97	90.67	747	30699	85.8	80.12	90.02	808	31907	89.6	84.29	93.31			
1 time	123	4911	6.9	5.38	8.75	69	2767	7.7	5.86	10.14	54	2144	6.0	4.01	8.96			
2 to 3 times	60	2399	3.4	2.16	5.18	30	1170	3.3	1.91	5.55	30	1229	3.5	1.77	6.63			
4 to 5 times	17	-	-	-	-	12	-	-	-	-	5	-	-	-	-			
6 to 7 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			
8 to 9 times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
10 to 11 times	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
12 or more times	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			

Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Melaka, 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	221	8781	12.3	9.33	16.03	129	5092	14.2	9.98	19.88	92	3688	10.4	6.69	15.71			
No	1556	62645	87.7	83.97	90.67	747	30699	85.8	80.12	90.02	808	31907	89.6	84.29	93.31			

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Melaka, 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			
0 time	982	39725	55.7	51.22	60.05	548	22477	62.9	57.57	68.02	434	17247	48.5	42.33	54.62			
1 time	261	10522	14.7	13.74	15.82	116	4782	13.4	12.00	14.92	145	5740	16.1	13.96	18.55			
2 to 3 times	300	11903	16.7	13.95	19.83	112	4514	12.6	9.54	16.57	187	7350	20.6	16.76	25.17			
4 to 5 times	95	3777	5.3	4.57	6.12	35	1458	4.1	3.00	5.54	60	2319	6.5	4.96	8.51			
6 to 7 times	26	-	-	-	-	8	-	-	-	-	18	-	-	-	-			
8 to 9 times	17	-	-	-	-	6	-	-	-	-	11	-	-	-	-			
10 to 11 times	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-			
12 or more times	79	3116	4.4	3.38	5.62	40	1582	4.4	3.23	6.05	39	1534	4.3	2.74	6.73			

Table 11.9.1: Prevalence of verbal abuse on at least once at home in the past 30 days, students Form 1-5, Melaka, 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	793	31619	44.3	39.95	48.78	326	13232	37.1	31.98	42.43	466	18348	51.5	45.38	57.67			
No	982	39725	55.7	51.22	60.05	548	22477	62.9	57.57	68.02	434	17247	48.5	42.33	54.62			

Note
- Fewer than 30 cases

APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

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

APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE

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

APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

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

APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE

The Advisory Committee will advise in:

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

APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

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

APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012

Dietary Behaviours

1. Mr Ahmad Ali Zainuddin
2. Ms Rashidah Ambak
3. Mr Azli Baharudin @ Shahrudin
4. Ms 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**

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2. Ms Nurhazwani Roslan

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2. Mr Wan Mohd Hafizan Che Mat
3. Mr Zaili Zainal Ariffin

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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

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4. Tan Yen Nee
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4. Mr Mohd Irwan Mohd Daud
5. Mr Zaini Ramli
6. Mr Ridzuan Ahmad
7. Mr Pathuddin Mohamad
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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

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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

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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

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3. Sin Yong Wai
4. Ms Aniza Omar
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6. Ms Zuwariah Abd Talib
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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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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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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

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3. Premila Sughita Retnasingam

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3. Mr Mohd Azeem Akmal Mohd Nasir
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5. Mr Wan Mohd Zulkhairi Hassan
6. Ms Noor Emirah Illa
7. Ms Nur Hafizah Aqilah Suladi

8. Ms Naziera Eida Harun
9. Mr Abd Hakim Rashid
10. Mr Arafat Rashid

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6. Mr Masrazman Mohd Diah
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7. Ms Nurliana Abd Latiff
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7. Mr Mohamad Aimi Iqwan Mohd Roslan
8. Mr Mohammad Rasul A. Razak
9. Mr Syafie Selamat
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3. Ms Hariss Fazilah Abdul Wahab
4. Ms Rohana Ya'akof
5. Mr Norzain Musa

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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

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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

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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

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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 Mahmod
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
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7. Mr Shuhanim Md Shukeri
8. Ms Fasihah Wahad
9. Ms Tuan Nor Baizura Tuan Bidin
10. Ms Nurul Aida Embong
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6. Ms Noriza Hussein
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8. Ms Nurul Syafawani Rosmadi
9. Ms Georgina Linda Anak John Ringkai
10. Ms Suharti Nyut
11. Mr Foong Wai Loon
12. Ms Noris Anak Pantar
13. Mr Razlan Abdullah
14. Ms Mandy Anak Abim
15. Mr Mazridhwan Yahya
16. Ms Noraziana Dorani
17. Ms Noni Anak Fenno
18. Mr Syed Khairulhisham Syed Yusuf
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10. Mr Muhammad Farizul Faiz Dahalan
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13. Ms Zaweni Azlin Melan
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18. Mr Mohd Iskandar Shah Maitin
19. Mr Awangku Mohd Shahfarol Pg Kamal
20. Ms Dayang Badariah Osman

APPENDIX 9 : QUESTIONNAIRE

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

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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 DIDEBAHKAN**. Tiada siapa akan tahu bagaimana anda menjawab. Sila jawab berdasarkan apa yang anda tahu.

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

PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)

GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)

- JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.
DO NOT write YOUR NAME on the questionnaire or the answer sheet.
- Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.
Please READ STATEMENT for questions with a preceding statement or definition before answering.
- Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya lengkap, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda

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

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN

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

ISIKAN BULATAN SEPERTI INI

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



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BAHAGIAN 1**PART 1****1. Berapakah umur anda?***How old are you?*

- a. 11 tahun atau ke bawah
11 years old or younger
- b. 12 tahun
12 years old
- c. 13 tahun
13 years old
- d. 14 tahun
14 years old
- e. 15 tahun
15 years old
- f. 16 tahun
16 years old
- g. 17 tahun
17 years old
- h. 18 tahun atau ke atas
18 years old or older

2. Apakah jantina anda?*What is your sex?*

- a. Lelaki
Male
- b. Perempuan
Female

3. Anda belajar di tingkatan/kelas apa?*In what form/class are you?*

- a. Kelas peralihan
Remove class
- b. Tingkatan 1
Form 1
- c. Tingkatan 2
Form 2
- d. Tingkatan 3
Form 3
- e. Tingkatan 4
Form 4
- f. Tingkatan 5
Form 5

4. Apakah etnik anda?*What is your ethnicity?*

- a. Melayu
Malay
- b. Cina
Chinese
- c. India
Indian
- d. Bumiputera Sabah
Bumiputera Sabah
- e. Bumiputera Sarawak
Bumiputera Sarawak
- f. Lain-lain etnik
Some other ethnicity

5. Apakah status perkahwinan ibu bapa anda?*What is the marital status of your parents?*

- a. Berkahwin dan tinggal bersama
Married and living together
- b. Berkahwin tapi tidak tinggal bersama atas dasar bekerja di tempat lain
Married but living apart due to working in another place
- c. Bercerai
Divorced
- d. Balu (ayah atau ibu telah meninggal)
Widower (my mother or father has died)
- e. Berpisah (ibu bapa tidak tinggal serumah)
Separated (my parents do not live together)
- f. Tidak tahu
I do not know

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BAHAGIAN 2
PART 2

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

Contoh:

Example:

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

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8. Apakah pandangan anda tentang berat diri anda?

How do you describe your weight?

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

9. Apakah yang telah anda lakukan tentang berat anda?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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BAHAGIAN 3

PART 3

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

The next 5 questions ask about cleaning your teeth.

18. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda 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

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions ask you about washing your hands.

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

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

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

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

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

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

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

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

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

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BAHAGIAN 4

PART 4

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

- | | |
|--|--|
| <p>28. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?
<i>During the past 12 months, how many times were you seriously injured?</i></p> <ul style="list-style-type: none"> a. 0 kali
<i>0 times</i> b. 1 kali
<i>1 time</i> c. 2 atau 3 kali
<i>2 or 3 times</i> d. 4 atau 5 kali
<i>4 or 5 times</i> e. 6 atau 7 kali
<i>6 or 7 times</i> f. 8 atau 9 kali
<i>8 or 9 times</i> g. 10 atau 11 kali
<i>10 or 11 times</i> h. 12 kali atau lebih
<i>12 or more times</i> | <p>29. Dalam tempoh 12 bulan yang lepas, apakah kecederaan yang paling serius yang anda pernah alami?
<i>During the past 12 months, what was the most serious injury that happened to you?</i></p> <ul style="list-style-type: none"> a. Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas
<i>I was not seriously injured during the past 12 months</i> b. Patah tulang atau sendi terkehel/terkeluar
<i>I had a broken bone or a dislocated joint</i> c. Luka atau tikaman
<i>I had a cut or stab wound</i> d. Gegaran (konkusi) kepala atau kecederaan leher, pengsan, atau tidak boleh bernafas
<i>I had a concussion or other head or neck injury, was knocked out, or could not breathe</i> e. Kecederaan senjata api
<i>I had a gunshot wound</i> f. Kebakaran kulit yang serius
<i>I had a bad burn</i> g. Diracun atau mengambil ubat berlebihan
<i>I was poisoned or took too much of a drug</i> h. Sesuatu yang lain berlaku kepada saya
<i>Something else happened to me</i> |
|--|--|

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

BAHAGIAN 5**PART 5**

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.

The next 6 questions ask about your feelings and friendships.

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

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BAHAGIAN 6

PART 6

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

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

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

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

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

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

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

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BAHAGIAN 7

PART 7

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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

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

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

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

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

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

I have never had sexual intercourse

b. Ya

Yes

c. Tidak

No

d. Tidak tahu

I do not know

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BAHAGIAN 10

PART 10

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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

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

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

BAHAGIAN 11**PART 11**

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

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

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

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

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

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

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

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

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

APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

Alcohol Consumption

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

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

Alcohol Consumption among Current Drinkers

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

<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'.
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

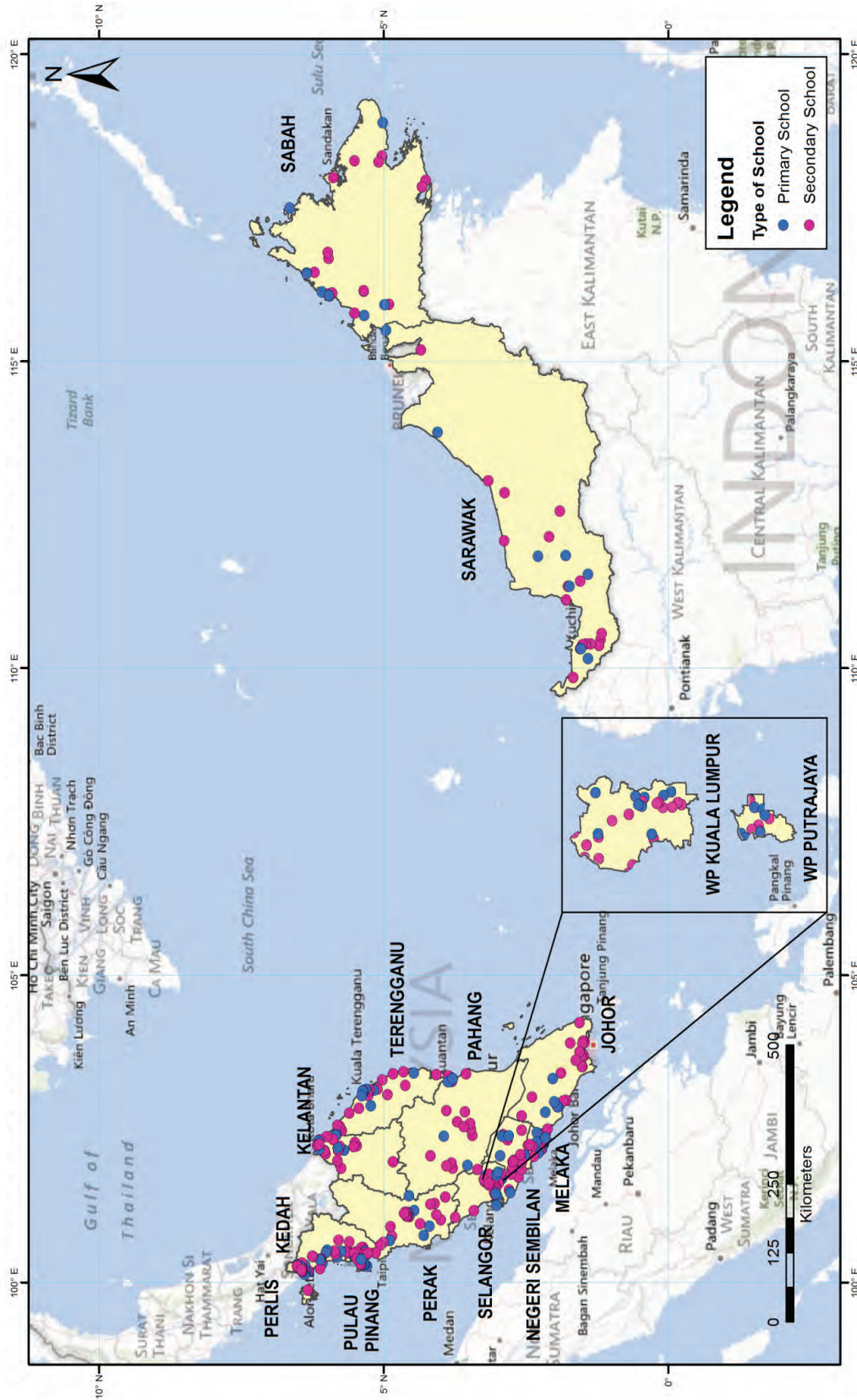
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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

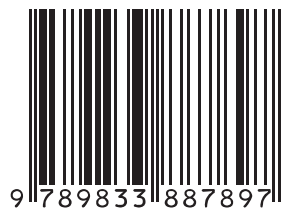
APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



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