



THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

PERAK

*Global School-Based Student
Health Survey 2012*

**THE NATIONAL HEALTH
AND
MORBIDITY SURVEY
2012**

(NMRR-11-974-10401)

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

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PERAK GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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Executive Summary

The 2012 Perak GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Perak. 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 Perak. The survey was administered using self-administered questionnaire. The response rate at school level was 100%, with a student's response rate of 87.2% (1,862 of 2,135 students responded).

Key Findings

About 67.9% of ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 10.7% and almost half of them got their alcoholic drink from their own families. Drunkenness was reported in 6.9% of the students. In relation to dietary behaviour, 9.3% of the students were at risk of becoming underweight, while 11.3% at risk of becoming obese. In the past 30 days, only 24.4% of the students consumed fruits and vegetables at least five times daily and almost one third of them drank carbonated drinks at least once daily. As for drug use, 98.5% of the students reported ever used drug in their lifetime.

Overall, 3.1% of the students reported brushing their teeth less than once daily and 77.8% brushed at least twice daily. Only 52.7% of students reported using fluoridated toothpaste. In the past 30 days, 4.4% never or rarely wash their hands after using the toilet and 14.6% never or rarely used soap when washing their hands. Suicidal ideation, suicide plan, and attempted suicide were noted among 6.0%, 4.9% and 5.3% of students, respectively. The inability to sleep at night due to worry was noted among 5.1% of the students, while loneliness was found in 8.4% and 3.8% reported having no close friend. With regards to pertaining to physical activity, 20.6% 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 11.7% of the students, while one third of them claimed had parental or guardian connectedness and less than half had reported parental or guardian bonding. Truancy was reported in 35.6% of the students.

This study found that 6.9% of students ever had sex. About 8.8% of the students were current cigarette smokers. Among those who ever smoked, more than three quarter first tried a cigarette before the age of 14 years. More than one third of the students reported of both exposure to secondhand smoke from people smoking in their presence, and parents or guardians who used any form of tobacco. Notably 24.4% and 25.6% of the students were physically attacked and involved in a physical fight respectively, with 31.8% who had serious injury. Having being bullied was reported in 17.3% of the students, while 8.9% had being physically abused at home.

Recommendations

In cognizance of the findings, the following recommendations are made:

- i. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to truancy.
- ii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multidisciplinary approach.

- iii. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and consumption of healthy balanced diet, need to be explored.
- iv. The habit of brushing teeth at least twice daily needs to be emphasized and promoted throughout school system from primary to secondary schools.

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 Perak 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 Perak GSHS employed a two-stage cluster sampling design to produce a representative sample of students in Forms 1 to 5. The first-stage sampling frame consisted of all schools containing any of Forms 1 to 5. Schools were selected with probability proportional to school enrolment size. A total of 17 schools were selected to participate in the Perak GSHS. The second stage of sampling consisted of systematic random sampling of selected classrooms from each participating schools. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS.

A weighting factor was applied to each student record to adjust for non-response and for the varying probabilities of selection. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

W1	=	the inverse of the probability of selecting the school
W2	=	the inverse of the probability of selecting the classroom within the school
f1	=	a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools.
f2	=	a student-level non-response adjustment factor calculated by class
f3	=	a post-stratification adjustment factor calculated by class

The weighted results can be used to make important inferences about the priority health-risk behaviours and protective factors of all students in Forms 1 to 5.

For the 2012 Perak GSHS, 1,862 questionnaires were completed in 17 schools. The school response rate was 100%, while student response rate was 87.2%, Overall, response rate was 87.2%.

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 Perak.

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. 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 Perak.

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

3.0 RESULTS

3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Perak was about 2.4 thousands (29). Adolescents between the ages of 10 to 20 years old accounted for 20.1% of the total population. In 2012, there were 21,051 students aged 12 to 17 years in a total of 248 secondary schools under Ministry of Education and Ministry of Rural Development in Perak (30).

A total of 2,135 students from Forms 1 to 5 were selected in Perak from 17 randomly selected secondary schools, with 1,862 students or 87.2% responding to our survey. Of the respondents, 50.2% were males (**Table 1.2**). About 21.8% were from Remove Class/Form 1, 20.0% from Form 2, 19.9% Form 3, 19.6% Form 4 and the remaining 18.8% 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 10.7% (95% CI: 6.95-16.07) (**Table 2.1.1**). Among students who ever consumed alcohol, 67.9% (95% CI: 60.50-74.45) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). Among the current drinkers, 22.4% (95% CI: 18.10-27.42) had drunk two or more drinks per day (**Table 2.3.1**). About 6.9% (95% CI: 4.79-9.89) of the students reported drunkenness (**Table 2.4.1**). Overall, 2.8% (95% CI: 1.73-4.48) 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 17.0% (95% CI: 12.00-23.61) usually obtained alcohol drinks from their friends. They had also obtained alcohol drink from their family [46.3% (95% CI: 35.19-57.71)] and purchases from shops [20.5% (95% CI: 15.81-26.18)] (**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, 9.3% (95% CI: 7.44-11.49) of the students were at risk of becoming underweight (**Table 3.1**). About 24.1% (95% CI: 20.81-27.75) were at risk of becoming overweight (**Table 3.2**) while, 11.3% (95% CI: 9.29-13.72) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 3.6% (95% CI: 2.69-4.89) 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 33.9% (95% CI: 30.27-37.70) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 27.3% (95% CI: 24.80-29.92) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 24.4% (95% CI: 21.58-27.38) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally, 22.7% (95% CI: 19.74-25.97) of students reported consuming soft drinks at least once daily during the past 30 days (**Table 3.7.1**). A total of 4.4% (95% CI: 3.40-5.68) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 57.4% (95% CI: 51.71-62.99) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 18.5% (95% CI: 14.64-23.13) reported they had breakfast daily in the last seven days (**Table 3.10**). About 36.1% (95% CI: 32.38-40.08) of the students perceived they were slightly or very overweight. Females [43.7% (95% CI: 39.07-48.48)] were significantly more likely than males [28.4% (95% CI: 22.42-35.25)] to perceive this (**Table 3.11.1**). Overall, 38.7% (95% CI: 34.81-42.65) reported trying to lose weight and it was significantly higher among females [44.6% (95% CI: 39.72-49.57)] than males [32.7% (95% CI: 27.83-37.94)] (**Table 3.12.1**). Overall, 73.2% (95% CI: 69.37-76.63) reported attempting to lose, gain or maintain the same weight (**Table 3.12.2**).

3.4 Drug Use

Introduction

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

Finding

Generally, 98.5% (95% CI: 96.86-99.33) of the students reported that they never use drug during their lifetime (**Table 4.1.1**).

3.5 Hygiene (Including Oral Hygiene)

Introduction

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

Findings

Only, 3.1% (95% CI: 1.72-5.40) of the students had brushed their teeth less than once daily in the past 30 days. A high prevalence of students reported brushing their teeth at least twice daily 81.6% (95% CI: 77.80-84.80) reported this (**Table 5.1.1**). Only 52.7% (95% CI: 48.42-57.02) reported use of fluoridated toothpaste and 33.2% (95% CI: 28.71-38.03) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 8.2% (95% CI: 5.41-12.22) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 43.5% (95% CI: 38.21-48.99) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 14.4% (95% CI: 11.96-17.18) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 4.5% (95% CI: 3.13-6.39) of the students never or rarely wash their hands before eating (**Table 5.6**). About 4.4% (95% CI: 3.00-6.28) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 14.6% (95% CI: 12.32-17.26) 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, 8.4% (95% CI: 6.80-10.37) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 5.1% (95% CI: 4.59-5.75) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 6.0% (95% CI: 4.91-7.41) (**Table 6.3**). About 4.9% (95% CI: 3.54-6.70) had suicidal plan (**Table 6.4**) and 5.3% (95% CI: 3.15-8.90) had reported attempted suicide (**Table 6.5**). Overall, 3.8% (95% CI: 3.16-4.61) 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 13.3% (95% CI: 11.49-15.33) and this was significantly higher among males [17.7% 95% CI: 15.36- 20.36] compared to females [8.9% (95% CI: 6.60-11.79)] (**Table 7.1**). Overall, 20.6% (95% CI: 18.03- 23.33) had been physically active for at least five days in the past seven days with significantly more males [25.9% (95% CI: 24.01- 27.81)] than females [15.3% (95% CI: 11.69-19.78)] with this level of activity (**Table 7.1.1**). About 57.3% (95% CI: 47.08-66.99) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 49.5% (95% CI: 45.31- 53.65) had engaged in sedentary activities (**Table 7.3.1**).

3.8 Protective Factors

Introduction

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

Findings

The prevalence of truancy among the students in the past 30 days was 35.6% (95% CI: 29.86-41.76) (**Table 8.1**). Overall, 42.0% (95% CI: 36.53-47.67) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [49.5% (95% CI: 41.96-57.12)] than males [34.5% (95% CI: 28.49-41.13)] (**Table 8.2**). Parental or guardian supervision was reported by 11.7% (95% CI: 8.99-15.04) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by, 27.3% (95% CI: 22.23-33.14) of (**Table 8.4**). About [47.0% (95% CI: 43.00-51.01)] reported of parental or guardian bonding (**Table 8.5**) and 75.6% (95% CI: 72.20-78.79) of the students reported having parental or guardian respect for privacy (**Table 8.6**).

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

Introduction

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

Finding

The prevalence of students who ever had sex was 6.9% (95% CI: 5.56-8.60) (**Table 9.1**)

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 8.8% (95% CI: 6.31-12.05) with significantly more males [15.9% (95% CI: 10.92-22.58)] than females [1.6% (95% CI: 0.71-3.60)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 77.4% (95% CI: 71.94-82.01) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 4.6% (95% CI: 2.97-7.20) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/hookah in the past 30 days was 1.6% (95% CI: 0.85-3.09) (**Table 10.4**). Among those who smoked cigarettes in the past 12 months, 84.9% (95% CI: 74.07-91.66) had tried to stop smoking (**Table 10.5**). A total of 38.0% (95% CI: 33.66-42.54) reported having been exposed to people who smoked in their presence in the past seven days and it was significantly higher among males [47.3% (95% CI: 40.38-54.26)] as compared to females [28.7% (95% CI: 24.40-33.44)] (**Table 10.6.1**). About 39.6% (95% CI: 36.33-42.99) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [87.4% (95% CI: 83.76-90.33)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females [95.9% (95% CI: 93.48-97.48)] than males [79.1% (95% CI: 71.76-84.89)] (**Table 10.8**). Additionally, majority [87.2% (95% CI: 83.97-89.86)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [93.53% (95% CI: 93.53-97.70)] than males [78.3% (95% CI: 71.21-84.07)] (**Table 10.9**). Among the non-smokers, 8.8% (95% CI: 7.04-11.03) were susceptible to smoking and this was significantly higher in males [13.9% (95% CI: 10.49-18.27)] than females [4.4% (95% CI: 2.71-7.07)] (**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, 24.4% (95% CI: 20.97-28.18) of the students had been physically attacked and this is significantly higher among males [29.1% (95% CI: 26.16-32.31)] than females [19.3% (95% CI: 14.73-24.96)] (**Table 11.1.1**) Overall, 25.6% (95% CI: 21.91-29.65%) had been involved in a physical fight with significantly more males [32.7% (95% CI: 26.87-39.02)] than females [18.4% (95% CI: 15.05-22.31)] reporting this (**Table 11.2.1**). About 31.8% (95% CI: 27.75-36.06) of the students had been seriously injured with significantly more males [40.1% (95% CI: 36.28- 43.97)] than females [23.4% (95% CI: 19.95-27.22)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a broken bone or dislocated joint" 17.3% (95% CI: 13.66-21.73) and "a cut or stab wound" 23.6% (95% CI: 16.66- 32.37) (**Table 11.4**). The two most common causes of serious injury were fall [37.3% (95% CI: 30.64- 44.49)] and motor vehicle accidents [23.4% (95% CI: 18.23-29.56)] (**Table 11.5**). In the past 30 days, 17.3% (95% CI: 15.25-19.67) of the students had been bullied with significantly more males [21.5% (95% CI: 19.15- 24.07)] than females [13.3% (95% CI: 10.44-16.68)] reported this (**Table 11.6.1**). Reportedly, the two common forms of bullying were "some other way" [30.7% (95% CI: 25.58-36.36)] and "made fun of because of body or face looks" [22.1% (95% CI: 17.05-28.19)] (**Table 11.7**). About 8.9% (95% CI: 6.70-11.65) of the students had been abused physically (**Table 11.8.1**) and 36.9% (95% CI: 33.19-40.72) had been abused verbally at home (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Perak was higher than the national prevalence (10.7% vs 8.9%). As in other states, more than half of these students had initiated their first drink before the age of less than 14 years and the prevalence was higher than the national finding (67.9% vs 63.5%). As in almost all the states, the most common source of alcohol drink was the family. Almost half (46.3%) of current drinkers in Perak obtained their alcoholic drinks from their families and this prevalence was higher than the national figure (34.6%). Drunkenness among students in Perak was found to be higher than the national prevalence (6.9% vs 6.3%).

A higher prevalence of students was at risk of underweight compared to the national figure (9.3% vs 8.8%). Additionally, more students were at risk of overweight and obese compared to the national findings (24.1% vs 22.8% and 11.3% vs 9.5%, respectively). Consumption of fruit and vegetable at least five times daily was lower compared to the national prevalence (24.4% vs 28.7%). Consumption of soft drinks and fast food were both lower than the national figures (22.7% vs 29.4% and 4.4% vs 6.0%, respectively). The prevalence of students who drank plain water at least five times daily and took breakfast daily were both almost similar to the national prevalence (57.4% vs 54.8% and 18.5% vs 19.2%, respectively).

The prevalence of students who never or rarely wash their hands before eating and after using the toilet were lower than the national figures (4.5% vs 5.0% and 4.4% vs 5.4%, respectively). However, the prevalence of those who never or rarely used soap when washing their hands was higher than the national prevalence (14.6% vs 13.7%). About 8 in 10 students (81.6%) in Perak brushed their teeth at least twice daily. However, this figure was the lowest among all states. The state of Perak recorded a lower prevalence of students who reported the use of fluoridated toothpaste compared to the national prevalence (52.7% vs 57.2%). Additionally, this prevalence was also observed to be the lowest among all states.

Less students reported not being able to sleep at night due to worry as compared to the national figure (5.1% vs 5.4%). About 8.4% of students reported feeling lonely most of the time in the past 12 months and this figure almost similar to the national prevalence (8.1%). More students claimed they did not have a close friend compared to the finding at national level (3.8% vs 3.1%). Suicidal ideation, plan and attempt were lower compared to the national prevalence (5.6% vs 7.9%, 4.8% vs 6.4% and 5.3% vs 6.8%, respectively).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) was lower than the national prevalence (20.6% vs 22.7%). Additionally, the prevalence of students who had engaged in sedentary activities such as watching television or playing computer game for at least 3 hours a day was comparable to the national prevalence (49.5% vs 47.3%).

Truancy among students in Perak was higher compared to the national prevalence (35.6% vs 30.9%). It was observed that this figure was the highest among all states as in Perlis and Terengganu. The prevalence of peer support was comparable to the national figure (42.0% vs 44.3%). Parental or guardian bonding was higher than the national figure (47.0% vs 43.1%), while parental or guardian supervision and connectedness were both lower compared to the national prevalence (11.7% vs 14.2% and 27.3% vs 31.5%, respectively).

Less students in Perak reported of ever had sex as compared to the finding at national level (6.9% vs 8.3%).

The prevalence of current smokers of cigarettes and other tobacco products were both lower than national prevalence (8.8% vs 11.5% and 4.6% vs 5.5%, respectively). Among those who ever smoked, more than three quarters of them first tried a cigarette before the age of 14 years. The prevalence of exposure to secondhand smoke from people smoking in their presence was lower compared to the national figure (38.0% vs 41.6%), while the reported prevalence of parents or guardians who used any form of tobacco was comparable to the national prevalence (39.6% vs 40.2%). Among students who were non-smokers, the prevalence of susceptibility to smoking was lower than the national finding (8.8% vs 9.6%).

All of the violent behaviours assessed in this survey among the students in Perak were observed to be lower than the findings at national level except reported being bullied which was almost similar to the national prevalence (17.3% vs 17.9%).

5.0 CONCLUSION

Truancy in Perak was noted to be the highest among all states. In comparison to national levels, alcohol consumption, overweight and obesity were observed to be higher than the national figure. Furthermore, consumption of fruits and vegetables were lower than the national prevalence. Even though more than three quarters of students brushed their teeth twice daily, this prevalence was the lowest among all states.

6.0 RECOMMENDATIONS

In cognizance of the findings, the following recommendations are made:

- i. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to truancy.
- ii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.
- iii. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on increasing physical activity and consumption of healthy balanced diet, need to be explored.
- iv. The habit of brushing teeth at least twice daily needs to be emphasized and promoted throughout school system from primary to secondary schools

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APPENDIX 1 : TABLE OF FINDINGS

1.0 Socio - demographic Profile

Table 1.1: Students Form 1-5 by age group, Perak, 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	0.00	-	-	-	-	0.00	-	-	-	-	0.00	-	-	-	-
12 years	15	-	-	-	10	10	-	-	-	5	-	-	-	-	-
13 years	395	42424	20.0	15.75	25.12	207	19871	18.9	14.67	23.84	187	22414	21.2	15.90	27.62
14 years	337	40156	19.0	13.73	25.58	207	21137	20.0	15.82	25.03	129	18918	17.9	10.99	27.72
15 years	413	46224	21.9	16.50	28.27	262	22598	21.4	16.34	27.54	151	23626	22.4	14.65	32.47
16 years	303	39762	18.8	15.08	23.12	172	19996	18.9	14.47	24.42	130	19665	18.6	13.83	24.49
17 years	350	37271	17.6	13.69	22.33	190	18614	17.7	13.58	22.59	159	18546	17.5	12.07	24.73
18 years or older	44	4398	2.1	0.67	6.28	27	2382	2.3	0.78	6.39	17	2015	1.9	0.42	8.12

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

Sex	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper
Male	1077	105714	50.0	39.00
Female	778	105867	50.0	39.07

Table 1.3: Students Form 1-5 by Form, Perak, 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	432	46107	21.8	17.80	26.42	234	22459	21.3	16.67	26.77	197	23508	22.3	17.24	28.23
Form 2	338	42211	20.0	14.08	27.52	198	20938	19.8	13.84	27.63	139	21173	20.0	13.77	28.25
Form 3	390	41942	19.9	14.71	26.19	255	21035	19.9	15.06	25.92	135	20907	19.8	12.74	29.44
Form 4	312	41414	19.6	14.99	25.17	176	20795	19.7	13.61	27.67	135	20518	19.4	14.86	24.98
Form 5	382	39789	18.8	14.63	23.87	212	20275	19.2	14.52	24.99	170	19514	18.5	13.12	25.38

Note:

- Fewer than 30 cases

Table 1.4: Students Form 1-5 by ethnicity, Perak 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	926	108221	51.0	35.24	66.67	545	55212	52.2	33.81	70.13	379	52798	49.9	34.63	65.14			
Chinese	722	80650	38.0	26.62	50.98	386	36734	34.8	22.21	49.89	335	43816	41.4	30.34	53.38			
Indian	135	13758	6.5	2.30	17.01	110	10261	9.7	2.84	28.37	24	3357	3.2	1.51	6.55			
Bumiputera Sabah	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Bumiputera Sarawak	4	-	-	-	-	0.00	-	-	-	-	4	-	-	-	-			
Others	69	8435	4.0	0.68	20.00	34	34	3.1	0.59	15.12	35	5098	4.8	0.77	24.76			

Table 1.5: Students Form 1-5 by parental marital status, Perak, 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	1539	175072	83.0	79.85	85.67	900	87939	83.8	80.81	86.47	638	87032	82.3	78.17	85.84			
Married but living apart	98	11130	5.3	3.64	7.59	58	5626	5.4	4.34	6.60	40	5504	5.2	2.78	9.55			
Divorced	89	10399	4.9	3.69	6.55	46	4704	4.5	3.17	6.31	42	5583	5.3	3.43	8.05			
Widower	85	9967	4.7	3.40	6.52	38	3793	3.6	2.34	5.54	46	6074	5.8	4.17	7.87			
Separated	22	-	-	-	-	14	-	-	-	-	7	-	-	-	-			
Don't know	17	-	-	-	-	13	-	-	-	-	4	-	-	-	-			

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, Perak, 2012

Number of Days	Total				Male				Female						
	Unweighted Count	Estimated Population	95% CI		Estimated Population	%	95% CI		Estimated Population	%	95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
0 day	1641	187918	89.3	83.93	93.05	936	91997	87.7	80.12	92.62	701	95440	90.9	87.30	93.58
1 or 2 days	147	16060	7.6	5.18	11.10	93	8941	8.5	5.21	13.64	54	7119	6.8	5.09	8.99
3 to 5 days	26	-	-	-	-	17	-	-	-	-	9	-	-	-	-
6 to 9 days	15	-	-	-	-	9	-	-	-	-	6	-	-	-	-
10 to 19 days	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-
20 to 29 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
all 30 days	4	-	-	-	-	4	-	-	-	-	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, Perak, 2012

Prevalence	Total				Male				Female						
	Unweighted Count	Estimated Population	95% CI		Estimated Population	%	95% CI		Estimated Population	%	95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Yes	204	22472	10.7	6.95	16.07	133	12934	12.3	7.38	19.88	71	9538	9.1	6.42	12.70
No	1641	187918	89.3	83.93	93.05	936	91997	87.7	80.12	92.62	701	95440	90.9	87.30	93.58

Table 2.2: Age when had first drink of alcohol, students Form 1-5, Perak, 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	1286	148551	72.3	63.48	79.67	729	72488	70.7	58.56	80.52	553	75582	73.7	66.91	79.56
7 years or younger	50	5585	2.7	2.17	3.40	32	3123	3.0	2.40	3.87	18	2462	2.4	1.49	3.86
8 or 9 years	58	6357	3.1	1.78	5.31	36	3487	3.4	1.64	6.92	22	2870	2.8	1.63	4.76
10 or 11 years	100	11197	5.4	4.08	7.25	56	5395	5.3	3.94	7.00	44	5802	5.7	3.86	8.22
12 or 13 years	144	15500	7.5	4.78	11.70	95	8951	8.7	5.13	14.48	49	6549	6.4	3.31	11.97
14 or 15 years	105	11794	5.7	3.75	8.70	55	4937	4.8	2.50	9.08	50	6857	6.7	4.31	10.25
16 years or older	60	6497	3.2	2.36	4.22	41	4099	4.0	2.71	5.87	19	2397	2.3	1.80	3.04

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, Perak, 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	38639	67.9	60.50	74.45	219	20955	69.9	62.14	76.62	133	17683	65.6	52.62	76.68			
No	165	18291	32.1	25.55	39.50	96	9036	30.1	23.38	37.86	69	9254	34.4	23.32	47.38			

Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Perak, 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	1603	183607	86.9	80.62	91.30	914	89752	85.1	75.40	91.41	685	93375	88.6	84.72	91.53			
less than one drink	118	13342	6.3	3.90	10.07	68	6683	6.3	3.27	11.93	50	6659	6.3	4.26	9.27			
1 drink	75	8211	3.9	2.82	5.32	50	4794	4.5	2.80	7.31	25	3417	3.2	2.43	4.31			
2 drinks	27	-	-	-	-	20	-	-	-	-	7	-	-	-	-			
3 drinks	14	-	-	-	-	10	-	-	-	-	4	-	-	-	-			
4 drinks	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
5 or more drinks	14	-	-	-	-	10	-	-	-	-	4	-	-	-	-			

Table 2.3.1: Prevalence of taking at least 2 drinks on the day that alcohol is consumed in the past 30 days, among current drinkers, students Form 1-5, Perak, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	57	6229	22.4	18.10	27.42	42	4240	27.0	20.82	34.17	15	1989	16.5	12.55	21.36			
No	193	21554	77.6	81.90	81.9	118	11478	73.0	65.83	79.18	75	10076	83.5	78.64	87.45			

Note:
- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Perak, 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	1709	195771	93.1	90.11	95.21	977	96075	91.7	87.24	94.73	728	99216	94.4	92.36	95.92
1 or 2 times	93	9833	4.7	2.99	7.23	59	5453	5.2	3.06	8.73	34	4380	4.2	2.69	6.40
3 to 9 times	33	3617	1.7	1.14	2.59	24	2447	2.3	1.42	3.81	9	1169	1.1	0.67	1.84
10 or more times	10	-	-	-	-	8	-	-	-	-	2	-	-	-	-

Table 2.4.1: Prevalence of drunkenness, students Form 1-5, Perak, 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	136	14546	6.9	4.79	9.89	91	8662	8.3	5.27	12.76	45	5884	5.6	4.08	7.64
No	1709	195771	93.1	90.11	95.21	977	96075	91.7	87.24	94.73	728	99216	94.4	92.36	95.92

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, Perak, 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	1779	202461	97.2	95.52	98.27	1025	100330	96.7	93.32	98.45	750	101650	97.6	96.23	98.54
1 or 2 times	36	4242	2.0	1.41	2.93	21	2111	2.0	1.11	3.71	15	2131	2.0	1.18	3.52
3 to 9 times	11	-	-	-	-	9	-	-	-	-	2	-	-	-	-
10 or more times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-

Table 2.5.1: Prevalence of ever "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", students Form 1-5, Perak, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	95% CI		%	Unweighted Count	Estimated Population	95% CI		%	Unweighted Count	Estimated Population	95% CI		%
			Lower	Upper				Lower	Upper				Lower	Upper	
Yes	50	5819	2.8	1.73	4.48	33	3372	3.3	1.55	6.68	17	2446	2.4	1.46	3.77
No	1779	202461	97.2	95.52	98.27	1025	100330	96.7	93.32	98.45	750	101650	97.6	96.23	98.54

Note:

- Fewer than 30 cases

Table 2.6: Usual sources of obtaining alcohol in the past 30 days, students Form 1-5, Perak, 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	1584	181103	86.4	80.17	90.94	911	89591	85.5	75.18	91.98	669	91032	87.3	83.02	90.63
Bought in a store,shop or from street vendor	55	5832	2.8	1.81	4.25	41	3880	3.7	1.98	6.82	14	1952	1.9	1.37	2.55
Gave someone else money to buy it	13	-	-	-	-	10	-	-	-	-	3	-	-	-	-
*Friends	43	4843	2.3	1.27	4.16	31	3033	2.9	1.40	5.87	12	1810	1.7	0.91	3.29
Family	118	13153	6.3	3.93	9.87	62	5860	5.6	2.68	11.30	56	7293	7.0	4.84	10.00
Stole or got it without permission	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
Some other way	25	-	-	-	-	12	-	-	-	-	13	-	-	-	-

Table 2.6.1: Usual sources of obtaining alcohol in the past 30 days, among current drinkers, students Form 1-5, Perak, 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	55	5832	20.5	15.81	26.18	41	3880	25.5	16.81	36.80	14	1952	14.7	10.12	20.98
Gave someone else money to buy it	13	-	-	-	-	10	-	-	-	-	3	-	-	-	-
*Friends	43	4843	17.0	12.00	23.61	31	3033	20.0	14.34	27.08	12	1810	13.7	8.10	22.14
Family	118	13153	46.3	35.19	57.71	62	5860	38.6	26.29	52.49	56	7293	55.1	39.67	69.59
Stole/got without permission	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
Some other way	25	-	-	-	-	12	-	-	-	-	13	-	-	-	-

Note:

- Fewer than 30 cases

3.0 Dietary Behaviours

Table 3.1: Prevalence of underweight among students Form 1-5, Perak, 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	176	19150	9.3	7.44	11.49	121	11886	11.6	9.93	13.49	55	7264	7.0	4.69	10.27					
No	1633	187472	90.7	88.51	92.56	924	90663	88.4	86.51	90.07	709	96809	93.0	89.73	95.31					

Table 3.2: Prevalence of overweight among students Form 1-5, Perak, 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	445	49821	24.1	20.81	27.75	280	27044	26.4	21.52	31.88	165	22777	21.9	19.29	24.72					
No	1364	156801	75.9	72.25	79.19	765	75505	73.6	68.12	78.48	599	81295	78.1	75.28	80.71					

Table 3.3: Prevalence of obesity among students Form 1-5, Perak, 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	207	23387	11.3	9.29	13.72	141	13890	13.5	11.22	16.26	66	9496	9.1	7.41	11.20					
No	1602	183235	88.7	86.28	90.71	904	88659	86.5	83.74	88.78	698	94576	90.9	88.80	92.59					

Table 3.4: Frequency of students who had gone hungry because there was not enough food at home in the past 30 days, students Form 1-5, Perak, 2012

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper			Lower	Upper		
Never	792	89699	42.4	37.09	47.90	438	42553	40.3	35.11	45.78	353	47035	44.5	37.55	51.66			
Rarely	478	54119	25.6	22.05	29.48	306	30676	29.1	25.94	32.42	170	23242	22.0	17.20	27.66			
Sometimes	515	60038	28.4	24.44	32.68	288	28079	26.6	23.47	30.01	227	31959	30.2	24.81	36.26			
Most of the time	37	4030	1.9	1.16	3.11	24	2287	2.2	1.22	3.82	13	1743	1.6	1.05	2.57			
Always	33	3648	1.7	1.01	2.92	19	1911	1.8	0.97	3.36	14	1737	1.6	0.80	3.34			
*most of the time or always	70	7679	3.6	2.69	4.89	43	4198	4.0	2.68	5.87	27	3480	3.3	2.37	4.55			

Table 3.5: Frequency of fruit intake daily in the past 30 days, students Form 1-5, Perak, 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						
Did not eat fruit in the past 30 days	182	21456	10.1	8.22	12.46	104	10583	10.0	7.27	13.72	77	10734	10.2	8.23	12.46			
Less than 1 time per day	503	57761	27.3	22.97	32.12	266	26180	24.9	19.43	31.21	237	31581	29.9	26.01	34.04			
1 time per day	542	60611	28.7	24.00	33.82	317	30583	29.0	21.16	38.42	223	29816	28.2	25.85	30.68			
2 times per day	315	35814	16.9	15.10	18.94	190	18266	17.3	13.87	21.47	125	17548	16.6	14.77	18.61			
3 times per day	187	21614	10.2	8.37	12.42	114	11595	11.0	8.91	13.53	73	10019	9.5	7.12	12.50			
4 times per day	46	5397	2.6	1.74	3.74	31	3290	3.1	1.80	5.37	15	2106	2.0	1.05	3.74			
5 or more times per day	79	8847	4.2	2.81	6.19	51	4829	4.6	2.92	7.12	27	3918	3.7	2.05	6.62			

Table 3.5.1: Prevalence of fruit intake of at least twice daily in the past 30 days, students Form 1-5, Perak, 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						
Yes	627	71672	33.9	30.27	37.70	386	37980	36.1	30.25	42.31	240	33591	31.8	28.91	34.78			
No	1227	139828	66.1	62.30	69.73	687	67346	63.9	57.69	69.75	537	72131	68.2	65.22	71.09			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper			Lower	Upper		
Did not eat vegetables in the past 30 days	101	11609	5.5	3.96	7.53	61	5967	5.7	3.89	8.14	40	5642	5.3	3.39	8.28			
Less than 1 time per day	254	29517	13.9	11.52	16.75	136	13528	12.8	9.58	16.92	118	15989	15.1	11.28	19.92			
1 time per day	381	43862	20.7	19.31	22.16	205	20271	19.2	16.19	22.61	173	23240	22.0	19.64	24.45			
2 times per day	607	69115	32.6	30.01	35.33	348	33862	32.1	28.78	35.53	258	35152	33.2	29.04	37.65			
3 times per day	314	35244	16.6	14.77	18.67	199	19453	18.4	16.23	20.84	115	15791	14.9	12.04	18.34			
4 times per day	57	6195	2.9	1.92	4.42	37	3668	3.5	2.18	5.48	20	2527	2.4	1.44	3.94			
5 or more times per day	144	16385	7.7	5.56	10.65	90	8860	8.4	5.67	12.24	54	7525	7.1	4.57	10.90			

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Perak, 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	515	57825	27.3	24.80	29.92	326	31981	30.3	26.78	34.03	189	25843	24.4	20.91	28.29			
No	1343	154104	72.7	70.08	75.20	750	73628	69.7	65.97	73.22	589	80024	75.6	71.71	79.09			

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, Perak, 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	449	51494	24.4	21.58	27.38	274	27134	25.8	21.78	30.25	174	24260	22.9	20.02	26.16			
No	1404	159902	75.6	72.62	78.42	798	78088	74.2	69.75	78.22	603	81462	77.1	73.84	79.98			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI			
			Lower	Upper			Lower	Upper			Lower	Upper			Lower	Upper		
Did not drink carbonated soft drink in past 30 days	524	60684	28.7	25.16	32.41	267	26157	24.8	21.96	27.80	255	34326	32.5	27.57	37.77			
Less than 1 time per day	914	103031	48.6	45.36	51.93	544	53036	50.2	46.03	54.39	370	49995	47.3	42.77	51.84			
1 time per day	224	26793	12.6	10.70	14.90	126	12848	12.2	9.92	14.83	97	13834	13.1	10.48	16.21			
2 times per day	103	11125	5.3	4.17	6.60	73	7147	6.8	5.44	8.39	30	3978	3.8	2.37	5.91			
3 times per day	42	4365	2.1	1.54	2.76	32	3027	2.9	2.01	4.08	9	1199	1.1	0.68	1.87			
4 times per day	19	-	-	-	-	13	-	-	-	-	6	-	-	-	-			
5 or more times per day	31	3571	1.7	1.12	2.53	21	2064	2.0	0.97	3.91	10	1507	1.4	0.54	3.69			

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, Perak, 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	419	48096	22.7	19.74	25.97	265	26430	25.0	20.79	29.80	152	21416	20.3	17.03	23.91			
No	1438	163715	77.3	74.03	80.26	811	79193	75.0	70.20	79.21	625	84321	79.7	76.09	82.97			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI			
			Lower	Upper			Lower	Upper			Lower	Upper			Lower	Upper		
0 day	1076	122123	57.7	53.54	61.74	616	60688	57.4	51.87	62.76	458	61234	58.0	52.71	63.17			
1 day	566	64374	30.4	27.06	33.98	332	32245	30.5	26.48	34.84	234	32130	30.4	25.84	35.48			
2 days	134	15873	7.5	5.83	9.60	84	8455	8.0	6.17	10.31	49	7278	6.9	4.99	9.45			
3 days	45	5596	2.64	1.96	3.56	23	2322	2.2	1.43	3.36	22	3274	3.1	2.00	4.78			
4 days	12	-	-	-	-	7	-	-	-	-	5	-	-	-	-			
5 days	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
6 days	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
7 days	12	-	-	-	-	7	-	-	-	-	4	-	-	-	-			

Note: - Fewer than 30 cases

Table 3.8.1: Prevalence of consuming food from a fast food restaurant of at least 3 days in the past 7 days, students Form 1-5, Perak, 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	80	9321	4.4	3.40	5.68	45	4327	4.1	3.02	5.53	34	4883	4.6	3.33	6.40
No	1776	202370	95.6	94.32	96.60	1032	101387	95.9	94.47	96.98	741	100643	95.4	93.60	96.67

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

Frequency	Total				Male				Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Did not drink plain water in past 30 days	20	-	-	-	12	-	-	-	8	-	-	-			
Less than 1 time per day	67	7899	3.7	2.42	5.75	39	3978	3.8	2.31	6.13	28	3921	3.7	2.21	6.22
1 time per day	85	9780	4.6	3.48	6.16	53	5130	4.9	2.87	8.14	32	4650	4.4	3.01	6.45
2 time per day	136	15935	7.6	5.70	9.96	83	8376	8.0	5.37	11.63	53	7559	7.2	4.60	11.05
3 time per day	218	25645	12.2	10.14	14.51	117	11580	11.0	8.62	13.93	101	14065	13.4	9.84	17.92
4 time per day	250	28386	13.5	12.00	15.06	150	14564	13.8	11.55	16.48	99	13711	13.0	10.93	15.48
5 or more times per day	1074	121167	57.4	51.71	62.99	619	60534	57.5	49.22	65.37	452	60292	57.3	51.58	62.87

Table 3.10: Prevalence of breakfast intake in the past 7 days, students Form 1-5, Perak, 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	454	52644	24.9	21.47	28.57	246	24322	23.0	20.18	26.14	208	28322	26.8	20.72	33.87
1 day	235	27090	12.8	10.59	15.36	139	13902	13.2	9.98	17.16	96	13188	12.5	10.57	14.67
2 days	261	30994	14.6	11.34	18.68	133	13303	12.6	9.98	15.77	127	17591	16.6	12.60	21.65
3 days	157	17750	8.4	7.28	9.63	100	10022	9.5	7.41	12.07	57	7728	7.3	5.73	9.29
4 days	90	9971	4.7	3.73	5.93	56	5543	5.2	3.96	6.93	33	4288	4.1	2.44	6.67
5 days	214	23876	11.3	8.95	14.10	123	11746	11.1	8.32	14.70	91	12131	11.5	8.63	15.10
6 days	94	10294	4.9	3.21	7.28	58	5418	5.1	3.24	8.02	36	4876	4.6	2.75	7.64
7 days	352	39206	18.5	14.64	23.13	221	21386	20.2	16.24	24.94	129	17607	16.7	12.27	22.21

Note:

- Fewer than 30 cases

Table 3.11: Perception of body weight, students Form 1-5, Perak, 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	163	19685	9.3	7.55	11.49	92	9478	9.0	6.41	12.53	71	10207	9.7	7.58	12.34					
Slightly underweight	299	32626	15.5	13.44	17.76	208	20272	19.3	16.76	22.07	91	12354	11.7	9.37	14.62					
Right weight	735	82304	39.0	36.44	41.71	461	45549	43.3	38.10	48.68	273	36644	34.8	31.96	37.83					
Slightly overweight	503	58774	27.9	24.81	31.17	248	23992	22.8	17.59	29.04	253	34542	32.8	29.31	36.57					
Very overweight	148	17421	8.3	6.45	10.53	62	5874	5.6	4.09	7.58	85	11446	10.9	8.60	13.68					

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Perak, 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	651	76195	36.1	32.38	40.08	310	29867	28.4	22.42	35.25	338	45988	43.7	39.07	48.48					
No	1197	134615	63.9	59.92	67.62	761	75299	71.6	64.75	77.58	435	59205	56.3	51.52	60.93					

Table 3.12: Actions taken based on perceived weight, students Form 1-5, Perak, 2012

Action Taken	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
Not trying to do anything	488	56381	26.8	23.37	30.63	268	26911	25.6	20.85	31.09	219	29368	28.1	24.97	31.42					
Tried to lose weight	698	81185	38.7	34.81	42.65	353	34311	32.7	27.83	37.94	343	46634	44.6	39.72	49.57					
Tried to gain weight	264	29337	14.0	11.33	17.10	177	17342	16.5	13.08	20.65	86	11884	11.4	9.69	13.28					
Tried to maintain same weight	393	43116	20.5	17.46	23.98	272	26423	25.2	22.13	28.46	121	16693	16.0	12.29	20.48					

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Perak, 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	698	81185	38.7	34.81	42.65	353	34311	32.7	27.83	37.94	343	46634	44.6	39.72	49.57			
No	1145	128834	61.3	57.35	65.19	717	70676	67.3	62.06	72.17	426	57946	55.4	50.43	60.28			

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Perak, 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	1355	153638	73.2	69.37	76.63	802	78075	74.4	68.91	79.15	550	75212	71.9	68.58	75.03			
No	488	56381	26.8	23.37	30.63	268	26911	25.6	20.85	31.09	219	29368	28.1	24.97	31.42			

4.0 Drug Use

Table 4.1: Frequency of ever used drug, students Form 1-5, Perak, 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	1829	208321	98.5	96.86	99.33	1058	103633	98.6	95.81	99.54	767	104206	98.6	97.28	99.29			
1 or 2 times	15	-	-	-	-	8	-	-	-	-	7	-	-	-	-			
3 to 9 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
10 to 19 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
20 or more times	3	-	-	-	-	1	-	-	-	-	1	-	-	-	-			

Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Perak, 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	-	-	-	-	14	-	-	-	-	10	-	-	-	-			
No	1829	208321	98.5	96.86	99.33	1058	103633	98.6	95.81	99.54	767	104206	98.6	97.28	99.29			

Table 4.2: Age when first used drug, students Form 1-5, Perak, 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	1782	202653	98.0	95.33	99.15	1026	100324	97.6	92.51	99.28	752	101849	98.3	96.71	99.17			
7 years or younger	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
8 or 9 years	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
10 or 11 years	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
12 or 13 years	9	-	-	-	-	4	-	-	-	-	5	-	-	-	-			
14 or 15 years	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
16 years or older	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Perak, 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	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
No	26	-	-	-	-	17	-	-	-	-	9	-	-	-	-			

Note:

- Fewer than 30 cases

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

Frequency	Total						Male						Female						
	Unweighted Count	Estimated Population	%		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	1834	208888	98.6	96.68	99.42	1060	103805	98.5	95.42	99.54	770	104602	98.8	97.51	99.43	-	-	-	-
1 or 2 times	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-	-	-	-	-
3 to 9 times	6	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	-	-
10 to 19 times	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-	-	-	-	-
20 or more times	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-	-	-	-	-

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

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	%		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	23	-	-	-	-	14	-	-	-	-	-	-	-	8	-	-	-	-	-
No	1834	208888	98.6	96.68	99.42	1060	103805	98.5	95.42	99.54	770	104602	98.8	97.51	99.43	-	-	-	-

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

Source	Total						Male						Female						
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Did not use drug	1824	207729	98.0	95.45	99.13	1052	102973	97.6	92.74	99.24	768	104275	98.5	97.35	99.15	-	-	-	-
Bought from someone	10	-	-	-	-	6	-	-	-	-	4	-	-	-	-	-	-	-	-
Gave someone else money to buy it	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-	-	-	-	-
Stole/got without permission	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-
Friends	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	-	-
Family	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-	-	-	-	-
Some other way	6	-	-	-	-	4	-	-	-	-	1	-	-	-	-	-	-	-	-

Note:

- Fewer than 30 cases

Table 4.4.1: Prevalence of purchasing drug from someone in the past 30 days, students Form 1-5, Perak, 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	10	-	-	-	-	6	-	-	-	-	4	-	-	-				
No	24	-	-	-	-	17	-	-	-	-	6	-	-	-				

Table 4.5: Frequency of ever used marijuana, students Form 1-5, Perak, 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	1831	208754	99.2	98.02	99.70	1056	103451	99.2	97.49	99.72	771	104822	99.3	98.09	99.75			
1 or 2 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-				
3 to 9 times	3	-	-	-	-	1	-	-	-	-	2	-	-	-				
10 to 19 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-				
20 or more times	2	-	-	-	-	1	-	-	-	-	1	-	-	-				

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Perak, 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	13	-	-	-	-	8	-	-	-	-	5	-	-	-				
No	1831	208754	99.2	98.02	99.70	1056	103451	99.2	97.49	99.72	771	104822	99.3	98.09	99.75			

Note:
- Fewer than 30 cases

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

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1824	207726	98.7	96.52	99.56	1051	102828	98.6	94.64	99.63	769	104418	98.9	97.67	99.50					
1 or 2 times	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-	-	-	-	-	-
3 to 9 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-	-	-	-	-	-
10 to 19 times	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-	-	-	-	-	-
20 or more times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Table 4.6.1: Prevalence of current marijuana use, students Form 1-5, Perak, 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	20	-	-	-	-	13	-	-	-	-	7	-	-	-	-	-	-	-	-	-
No	1824	207726	98.7	96.52	99.56	1051	102828	98.6	94.64	99.63	769	104418	98.9	97.67	99.50					

Table 4.7: Frequency of ever used amphetamines or metamphetamines, students Form 1-5, Perak, 2012

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1811	205886	98.9	97.09	99.61	1047	102434	98.8	95.77	99.64	759	102832	99.1	97.94	99.61					
1 or 2 times	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-	-	-	-	-	-
3 to 9 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-	-	-	-	-	-
10 to 19 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-	-	-	-	-	-
20 or more times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-	-	-

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Perak, 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	17	-	-	-	-	11	-	-	-	-	6	-	-	-	-	-	-	-	-	-
No	1811	205886	98.9	97.09	99.61	1047	102434	98.8	95.77	99.64	759	102832	99.1	97.94	99.61					

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, Perak, 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	18	-	-	-	13	-	-	-	-	4	-	-	-	-	-	-	-	-	-
1 time	39	4463	2.1	1.25	3.54	27	2751	2.6	1.35	5.00	12	1713	1.6	0.65	3.95	13973	13.2	10.99	15.77
1 times	297	32581	15.4	13.33	17.69	193	18608	17.6	15.20	20.40	104	13973	13.2	10.99	15.77	48691	46.0	40.54	51.54
2 times	851	96152	45.4	40.36	50.55	483	47249	44.8	39.69	50.05	366	48691	46.0	40.54	51.54	31724	30.0	26.12	34.12
3 times	493	58342	27.6	24.66	30.65	266	26518	25.2	22.46	28.05	226	31724	30.0	26.12	34.12	9175	8.7	6.38	11.67
4 or more times	158	18199	8.6	7.00	10.52	92	9024	8.6	6.60	11.03	66	9175	8.7	6.38	11.67				

Table 5.1.1: Frequency of brushing teeth at least twice daily in the past 30 days, students Form 1-5, Perak, 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 time	57	6477	3.1	1.72	5.40	40	4033	3.8	1.88	7.64	16	2305	2.2	1.12	4.18	103562	97.8	95.82	98.88
1 or more times per day	1799	205274	96.9	94.60	98.28	1034	101399	96.2	92.36	98.12	762	103562	97.8	95.82	98.88	89589	84.6	81.24	87.49
*2 or more times per day	1502	172693	81.6	77.80	84.80	841	82792	78.5	73.65	82.71	658	89589	84.6	81.24	87.49				

Table 5.2: Prevalence of use of fluoridated toothpaste, students Form 1-5, Perak, 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	975	110792	52.7	48.42	57.02	578	56755	54.2	48.10	60.26	395	53826	51.3	44.93	57.55	29536	14.1	10.57	18.46
No	252	29536	14.1	10.57	18.46	132	13180	12.6	9.01	17.35	119	16217	15.4	11.49	20.44	69757	33.2	28.71	38.03
Don't know	616	69757	33.2	28.71	38.03	357	34694	33.2	26.74	40.27	258	34963	33.3	27.94	39.12				

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, Perak, 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	147	17171	8.2	5.41	12.22	87	8641	8.3	5.04	13.40	59	8429	8.0	5.34	11.85					
No	1690	192380	91.8	87.78	94.59	973	95345	91.7	86.60	94.96	715	96823	92.0	88.15	94.66					

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

Timing	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
During past 12 months	815	91997	43.5	38.21	48.99	472	46021	43.6	38.09	49.37	340	45625	43.3	36.17	50.62					
12-24 months ago	164	18197	8.6	7.29	10.15	104	10031	9.5	8.07	11.19	60	8166	7.7	5.97	9.98					
More than 24 months ago	108	11797	5.6	4.46	6.97	60	5697	5.4	3.95	7.35	48	6100	5.8	3.92	8.45					
Never	310	35350	16.7	13.13	21.06	186	18504	17.5	14.10	21.64	124	16846	16.0	11.59	21.59					
Don't know	456	54040	25.6	22.32	29.11	252	25185	23.9	20.33	27.85	203	28754	27.3	23.75	31.07					

Table 5.5: Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Perak, 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	261	30010	14.4	11.96	17.18	148	14290	13.7	11.27	16.63	113	15721	15.0	12.22	18.33					
No	1570	178737	85.6	82.82	88.04	913	89799	86.3	83.37	88.73	657	88938	85.0	81.67	87.78					

Table 5.6: Frequency of never or rarely wash hands before eating in the past 30 days, students Form 1-5, Perak, 2012

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Never	19	-	-	-	-	14	-	-	-	-	5	-	-	-	-	-	-	-	-	-
Rarely	65	7196	3.4	2.42	4.81	39	3755	3.6	2.50	5.10	25	3302	3.1	1.67	5.79					
Sometimes	267	30404	14.4	11.25	18.31	142	13404	12.8	9.07	17.71	124	16899	16.0	11.72	21.55					
Most of the time	296	33332	15.8	12.30	20.10	172	16768	16.0	12.97	19.54	124	16563	15.7	11.24	21.54					
Always	1201	137551	65.3	59.47	70.65	702	69486	66.2	59.30	72.54	497	67853	64.4	58.69	69.70					
Never or rarely	84	9458	4.5	3.13	6.39	53	5246	5.0	2.99	8.25	30	4073	3.9	2.39	6.18					

Note

- Fewer than 30 cases

Table 5.7: Frequency of never or rarely wash hands after using the toilet in the past 30 days, students Form 1-5, Perak, 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	20	-	-	-	-	15	-	-	-	-	5	-	-	-	-			
Rarely	59	6876	3.2	2.11	4.95	36	3618	3.4	2.40	4.86	23	3258	3.1	1.58	5.94			
Sometimes	151	17289	8.2	6.47	10.24	87	8462	8.0	5.69	11.16	64	8827	8.3	6.28	11.01			
Most of the time	182	21230	10.0	7.60	13.10	100	10034	9.5	7.21	12.40	81	11095	10.5	6.96	15.51			
Always	1446	164180	77.5	73.76	80.80	839	81968	77.5	74.31	80.47	604	81860	77.4	72.60	81.58			
* Never or rarely	79	9225	4.4	3.00	6.28	51	5251	5.0	3.30	7.42	28	3974	3.8	2.29	6.09			

Table 5.8: Frequency of never or rarely use soap during hand washing in the past 30 days, students Form 1-5, Perak, 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	61	6635	3.1	2.58	3.80	36	3513	3.3	1.76	6.24	25	3123	2.9	1.70	5.06			
Rarely	221	24307	11.5	9.37	14.00	138	13270	12.6	10.33	15.27	83	11037	10.4	7.02	15.21			
Sometimes	563	64548	30.5	26.23	35.11	319	31454	29.9	26.07	33.93	243	32955	31.1	24.87	38.16			
Most of the time	401	45058	21.3	18.52	24.34	239	23148	22.0	18.06	26.45	161	21809	20.6	17.53	24.06			
Always	610	71141	33.6	29.58	37.89	342	33986	32.3	28.38	36.39	266	36943	34.9	29.29	40.95			
* Never or rarely	282	30943	14.6	12.32	17.26	174	16783	15.9	13.37	18.87	108	14160	13.4	9.16	19.12			

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, Perak, 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	628	68529	32.5	30.54	34.59	407	39638	37.8	34.52	41.19	221	28891	27.4	24.72	30.31			
Rarely	581	66293	31.5	29.39	33.63	346	34187	32.6	29.86	35.46	233	31867	30.3	27.39	33.28			
Sometimes	493	58104	27.6	24.82	30.53	249	24600	23.5	20.25	27.00	243	33392	31.7	27.84	35.83			
Most of the time	101	12182	5.8	4.28	7.77	44	4140	3.9	2.99	5.20	56	7942	7.5	4.71	11.85			
Always	45	5545	2.6	1.67	4.11	23	2303	2.2	1.14	4.18	22	3241	3.1	2.02	4.65			
* Most of the time or always	146	17727	8.4	6.80	10.37	67	6443	6.1	4.55	8.25	78	11184	10.6	7.85	14.21			

Table 6.2: Prevalence* of inability to sleep due to worry in the past 12 months, students Form 1-5, Perak, 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	766	85463	40.5	37.58	43.44	489	48329	45.9	42.73	49.19	274	36823	34.9	31.40	38.57			
Rarely	599	68361	32.4	29.97	34.88	338	33046	31.4	29.02	33.91	261	35315	33.5	29.14	38.10			
Sometimes	391	46478	22.0	19.60	24.63	191	18628	17.7	15.24	20.48	200	27850	26.4	21.90	31.44			
Most of the time	64	7177	3.4	2.52	4.57	36	3462	3.3	2.30	4.68	28	3716	3.5	2.28	5.39			
Always	32	3679	1.7	1.11	2.72	18	1730	1.6	1.04	2.59	13	1809	1.7	0.90	3.25			
* Most of the time or always	96	10856	5.1	4.59	5.75	54	5192	4.9	3.74	6.49	41	5525	5.2	4.08	6.70			

Table 6.3: Prevalence of suicidal ideation in the past 12 months, students Form 1-5, Perak, 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	108	12661	6.0	4.91	7.41	58	5678	5.4	3.09	9.42	50	6983	6.6	4.62	9.45			
No	1733	197063	94.0	92.59	95.09	1006	98590	94.6	90.58	96.91	724	98161	93.4	90.55	95.38			

Note:
- Fewer than 30 cases

Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Perak, 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	88	10240	4.9	3.54	6.70	52	5042	4.8	3.18	7.29	36	5198	4.9	3.36	7.19			
No	1753	199573	95.1	93.30	96.46	1011	99131	95.2	92.71	96.82	739	100130	95.1	92.81	96.64			

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 time	1762	200395	94.7	91.10	96.85	1020	99988	94.9	91.12	97.12	738	99955	94.4	90.84	96.65			
1 time	51	5811	2.7	1.81	4.13	30	2949	2.8	1.55	5.02	21	2861	2.7	1.62	4.49			
2 to 3 times	27	-	-	-	-	15	-	-	-	-	12	-	-	-	-	-	-	-
4 to 5 times	11	-	-	-	-	7	-	-	-	-	4	-	-	-	-	-	-	-
6 or more times	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-	-	-	-
* ≥ 1 times	94	11291	5.3	3.15	8.90	54	5379	5.1	2.88	8.88	40	5912	5.6	3.35	9.16			

Table 6.6: Prevalence* of not having any close friend, students Form 1-5, Perak, 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						
0 friend	68	8039	3.8	3.16	4.61	40	4091	3.9	2.25	6.71	28	3948	6.4	2.30	6.02			
1 friend	107	12458	5.9	4.57	7.62	58	5713	5.5	4.42	6.73	49	6745	6.4	4.17	9.66			
2 friends	140	16380	7.8	6.10	9.86	75	7573	7.2	5.37	9.69	65	8807	8.3	6.38	10.82			
3 or more	1532	173757	82.5	80.12	84.64	894	87261	83.4	79.79	86.46	635	86183	81.5	77.24	85.20			

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 7 days, students Form 1-5, Perak, 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	374	42929	20.4	16.94	24.27	202	20221	19.3	14.73	24.86	171	22597	21.4	18.56	24.65			
1 day	422	49718	23.6	21.14	26.22	196	19424	18.5	16.21	21.10	226	30293	28.7	25.01	32.80			
2 days	299	35301	16.7	14.83	18.85	167	16663	15.9	13.28	18.92	131	18537	17.6	15.21	20.25			
3 days	245	27359	13.0	11.29	14.88	156	15004	14.3	12.33	16.56	88	12216	11.6	8.87	15.02			
4 days	108	12164	5.8	4.44	7.46	67	6392	6.1	4.82	7.68	40	5604	5.3	3.35	8.35			
5 days	100	11216	5.3	4.03	7.00	67	6366	6.1	4.34	8.44	33	4850	4.6	3.08	6.82			
6 days	40	4097	1.9	1.25	3.01	24	2162	2.1	1.33	3.19	16	1935	1.8	0.95	3.52			
* All 7 days	259	28017	13.3	11.49	15.33	189	18579	17.7	15.36	20.36	69	9337	8.9	6.60	11.79			

Table 7.1.1: Prevalence of being physically active at least 60 minutes daily for 5 days or more in the past 7 days, students Form 1-5, Perak, 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	399	43329	20.6	18.03	23.33	280	27107	25.9	24.01	27.81	118	16122	15.3	11.69	19.78			
No	1 448	167 471	79.4	76.67	81.97	788	77 704	74.1	72.19	75.99	656	89 247	84.7	80.22	88.31			

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, Perak, 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	1083	121589	57.3	47.08	66.99	624	60545	57.3	44.80	69.00	456	60692	57.3	45.57	68.32			
1 day	130	15157	7.1	5.45	9.31	77	7685	7.3	5.22	10.07	53	7472	7.1	4.29	11.40			
2 days	93	10911	5.1	4.12	6.40	53	5454	5.2	3.69	7.18	40	5457	5.2	3.48	7.56			
3 days	68	7330	3.5	2.63	4.53	44	4035	3.8	2.37	6.10	24	3295	3.1	2.34	4.12			
4 days	34	4465	2.1	1.27	3.47	17	1687	1.6	0.74	3.41	17	2778	2.6	1.51	4.51			
5 days	152	18774	8.9	5.76	13.37	69	7045	6.7	4.34	10.11	83	11730	11.1	6.60	18.01			
6 days	37	4004	1.9	1.13	3.13	22	2168	2.1	1.19	3.54	15	1836	1.7	0.92	3.24			
All 7 days	262	29849	14.1	9.90	19.62	170	16973	16.1	11.19	22.55	90	12607	11.9	7.19	19.10			

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, Perak, 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	305	35551	16.8	13.93	20.10	179	17861	17.0	14.30	20.02	123	17310	16.4	12.61	20.94			
1 to 2 hours	639	71418	33.7	31.65	35.87	392	38136	36.2	32.95	39.66	246	33181	31.3	28.58	34.25			
3 to 4 hours	501	58117	27.4	24.24	30.91	273	26917	25.6	22.58	28.82	227	31060	29.3	24.59	34.59			
5 to 6 hours	201	23263	11.0	9.37	12.84	111	10839	10.3	8.20	12.86	90	12424	11.7	9.61	14.26			
7 to 8 hours	73	8070	3.8	2.56	5.63	41	3937	3.7	2.50	5.57	32	4133	3.9	2.29	6.58			
More than 8 hours	136	15310	7.2	6.03	8.64	76	7552	7.2	5.14	9.94	60	7758	7.3	5.67	9.42			

Table 7.3.1: Prevalence of spending at least 3 hours in a typical or usual day on sedentary activities, students Form 1-5, Perak, 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	944	106 969	50.5	46.35	54.69	571	55 997	53.2	48.14	58.21	369	50491	47.7	42.64	52.79			
No	911	104 759	49.5	45.31	53.65	501	49 244	46.8	41.79	51.86	409	55376	52.3	47.21	57.36			

8.0 Protective Factors

Table 8.1: Prevalence* of truancy in the past 30 days, students Form 1-5, Perak, 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						
0 days	1217	136526	64.4	58.24	70.14	697	67077	63.6	56.25	70.36	517	69041	65.2	58.10	71.71			
1 to 2 days	477	56185	26.5	22.84	30.54	280	28251	26.8	22.84	31.14	197	27934	26.4	21.48	31.95			
3 to 5 days	118	13746	6.5	4.55	9.16	70	7288	6.9	4.65	10.15	47	6346	6.0	4.00	8.90			
6 to 9 days	30	3681	1.7	0.95	3.15	19	1974	1.9	0.98	3.56	11	1707	1.6	0.69	3.73			
10 or more days	16	-	-	-	-	9	-	-	-	-	6	-	-	-	-			
* 1 or more days	641	75434	35.6	29.86	41.76	378	38397	36.4	29.64	43.75	261	36826	34.8	28.29	41.90			

Table 8.2: Prevalence* of peer support in the past 30 days, students Form 1-5, Perak, 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	94	10178	4.8	3.33	6.90	75	7414	7.0	4.29	11.34	19	2764	2.6	1.59	4.27			
Rarely	324	36316	17.2	14.10	20.77	219	21743	20.6	15.55	26.88	104	14462	13.7	10.40	17.82			
Sometimes	671	76139	36.0	32.77	39.39	406	39787	37.8	34.17	41.52	263	36083	34.2	28.12	40.77			
Most of the time	360	40548	19.2	16.02	22.79	202	19725	18.7	14.25	24.22	157	20723	19.6	16.16	23.61			
Always	405	48239	22.8	20.11	25.77	172	16650	15.8	13.58	18.33	233	31589	29.9	25.49	34.74			
* most of the times or always	765	88787	42.0	36.53	47.67	374	36375	34.5	28.49	41.13	390	52312	49.5	41.96	57.12			

Table 8.3: Prevalence* of parental or guardian supervision in the past 30 days, students Form 1-5, Perak, 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	872	99501	47.2	42.24	52.14	477	46550	44.5	39.13	49.96	394	52851	50.0	43.55	56.43			
Rarely	409	47910	22.7	20.66	24.90	247	25027	23.9	21.38	26.65	160	22672	21.4	17.87	25.51			
Sometimes	346	38936	18.5	15.58	21.72	210	20151	19.3	16.78	21.99	136	18786	17.8	13.67	22.78			
Most of the time	96	10941	5.2	3.84	6.96	54	5350	5.1	3.04	8.48	41	5452	5.2	3.23	8.14			
Always	126	13705	6.5	4.96	8.47	79	7576	7.2	5.53	9.42	46	5960	5.6	3.77	8.34			
* most of the times or always	222	24646	11.7	8.99	15.04	133	12926	12.4	8.66	17.31	87	11412	10.8	8.33	13.87			

Note:

- Fewer than 30 cases

Table 8.4: Prevalence* of parental or guardian connectedness in the past 30 days, students Form 1-5, Perak, 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	413	48233	22.8	17.72	28.89	238	23720	22.5	16.12	30.55	174	24413	23.2	17.48	30.04			
Rarely	437	50212	23.8	20.59	27.26	244	24152	22.9	19.20	27.16	192	25959	24.6	20.02	29.91			
Sometimes	484	55076	26.1	23.01	29.36	271	26439	25.1	21.72	28.82	211	28387	26.9	22.97	31.32			
Most of the time	226	24675	11.7	9.21	14.70	153	14629	13.9	10.39	18.33	73	10047	9.5	6.73	13.33			
always	294	33110	15.7	12.46	19.52	168	16368	15.5	11.55	20.59	125	16574	15.7	12.62	19.44			
* most of the times or always	520	57785	27.3	22.23	33.14	321	30996	29.4	22.30	37.74	198	26620	25.3	20.72	30.41			

Table 8.5: Prevalence* of parental or guardian bonding in the past 30 days, students Form 1-5, Perak, 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	202	23363	11.1	9.30	13.10	131	12952	12.3	9.41	15.90	70	10272	9.8	6.77	13.87			
Rarely	337	38703	18.3	15.51	21.51	201	20077	19.1	15.74	22.88	135	18525	17.6	14.46	21.25			
Sometimes	430	49921	23.6	21.36	26.07	253	25187	23.9	20.48	27.71	176	24634	23.4	20.98	26.01			
most of the time	369	41680	19.7	16.53	23.39	211	20488	19.4	15.81	23.69	157	21081	20.0	16.72	23.80			
Always	515	57568	27.3	24.69	29.98	278	26649	25.3	21.59	29.39	236	30751	29.2	25.53	33.19			
* most of the times or always	884	99248	47.0	43.00	51.01	489	47137	44.7	38.75	50.89	393	51831	49.2	45.29	53.20			

Table 8.6: Prevalence* of parental or guardian respect for privacy in the past 30 days, students Form 1-5, Perak, 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	997	114053	54.2	50.95	57.39	545	53596	51.1	47.17	54.94	449	60048	57.3	53.15	61.26			
Rarely	395	45161	21.5	18.10	25.24	233	22846	21.8	17.69	26.48	160	22104	21.1	16.50	26.51			
Sometimes	285	32447	15.4	13.32	17.77	179	17639	16.8	14.18	19.80	106	14808	14.1	11.00	17.94			
most of the time	75	8421	4.0	2.76	5.78	53	5148	4.9	3.23	7.37	22	3273	3.1	1.98	4.89			
Always	94	10394	4.9	3.94	6.18	60	5740	5.5	4.08	7.29	34	4654	4.4	2.75	7.08			
* never or rarely	1392	159214	75.6	72.20	78.79	778	76442	72.8	68.41	76.83	609	82152	78.32	73.91	82.17			

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, Perak, 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	13652	6.9	5.56	8.60	75	7325	7.7	5.01	11.63	43	6326	6.2	4.40	8.76			
No	1602	183536	93.1	91.40	94.44	894	87919	92.3	88.37	94.99	704	95136	93.8	91.24	95.60			

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1792	204942	97.8	96.92	98.43	1022	100333	96.7	94.45	98.03	766	104128	99.0	97.63	99.60			
11 years old or younger	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
12 years	11	-	-	-	-	10	-	-	-	-	0	-	-	-	-			
13 years	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-			
14 years	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
15 years	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
16 years or older	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			

Table 9.2.1: Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5, Perak, 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	-	-	-	-	1	-	-	-	-			
No	18	-	-	-	-	12	-	-	-	-	6	-	-	-	-			

Note:
- Fewer than 30 cases

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

Number of Sexual	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	1785	204028	97.6	96.46	98.37	1016	99625	96.7	94.81	97.93	764	103782	98.4	96.55	99.31				
1 partner	21	-	-	-	18						3								
2 partners	7	-	-	-	5						2								
3 partners	7	-	-	-	4						3								
4 partners	3	-	-	-	2						1								
5 partners	3	-	-	-	2						1								
6 or more partners	4	-	-	-	3						1								

Table 9.3.1: Prevalence of having at least 2 sexual partners among those who ever had sex, students Form 1-5, Perak, 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	24	-	-	-	16						8								
No	1806	206288	98.7	97.25	99.37	1034	101452	98.5	96.34	99.38	767	104216	98.9	97.08	99.56				

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

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	13	-	-	-	11						1								
No	26	-	-	-	20						6								

Table 9.5: Prevalence of use of "other birth control methods" use during the last sexual intercourse among those who ever had sex, students Form 1-5, Perak, 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	20	-	-	-	14						6								
No	23	-	-	-	18						4								

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, Perak, 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 days	1677	192448	91.2	87.95	93.69	909	88231	84.1	77.42	89.08	764	103707	98.4	96.40	99.29
1 or 2 days	66	6928	3.3	2.23	4.82	63	6453	6.2	4.35	8.64	3	474	0.4	0.12	1.72
3 to 5 days	26	-	-	-	-	23	-	-	-	-	3	-	-	-	-
6 to 9 days	17	-	-	-	-	16	-	-	-	-	1	-	-	-	-
10 to 19 days	13	-	-	-	-	11	-	-	-	-	2	-	-	-	-
20 to 29 days	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
All 30 days	45	4823	2.3	1.45	3.59	43	4528	4.3	2.43	7.56	1	184	0.2	0.02	1.80

Table 10.1.1: Prevalence of current cigarette smokers, students Form 1-5, Perak, 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	172	18484	8.8	6.31	12.05	160	16681	15.9	10.92	22.58	11	1692	1.6	0.71	3.60
No	1677	192448	91.2	87.95	93.69	909	88231	84.1	77.42	89.08	764	103707	98.4	96.40	99.29

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Never smoke	1472	170069	83.7	79.24	87.34	743	71656	71.5	59.76	80.92	727	98212	95.8	94.08	96.98
7 years or younger	36	3900	1.9	1.24	2.95	29	2918	2.9	1.58	5.32	7	983	1.0	0.38	2.42
8 to 9 years	32	3427	1.7	0.90	3.13	28	2770	2.8	1.35	5.57	3	518	0.5	0.12	2.05
10 or 11 years	59	6157	3.0	2.01	4.54	54	5448	5.4	3.35	8.71	5	709	0.7	0.28	1.70
12 or 13 years	112	12160	6.0	3.96	8.94	102	10643	10.6	6.04	18.01	9	1406	1.4	0.63	2.98
14 or 15 years	53	5782	2.8	1.86	4.34	49	5199	5.2	3.35	7.96	4	583	0.6	0.15	2.10
16 years or older	16	-	-	-	-	15	-	-	-	-	1	-	-	-	-

Note:

- Fewer than 30 cases

Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Perak, 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	239	25645	77.4	71.94	82.01	213	21778	76.3	70.16	81.48	24	3616	83.2	54.47	95.37			
No	69	7500	22.6	17.99	28.06	64	6772	23.7	18.52	29.84	5	728	16.8	4.63	45.53			

Table 10.3: Number of days students had used other tobacco products were used in the past 30 days, students Form 1-5, Perak, 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 days	1773	202340	95.4	92.80	97.03	1003	97870	92.6	88.70	95.20	767	104100	98.3	95.99	99.32			
1 or 2 days	60	6671	3.1	2.12	4.65	55	5769	5.5	3.49	8.43	5	902	0.9	0.35	2.05			
3 to 5 days	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-			
6 to 9 days	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
10 to 19 days	3	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
20 to 29 days	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
All 30 days	5	-	-	-	-	3	-	-	-	-	1	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Perak, 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	87	9862	4.6	2.97	7.20	74	7845	7.4	4.80	11.30	11	1766	1.7	0.68	4.01			
No	1773	202340	95.4	92.80	97.03	1003	97870	92.6	88.70	95.20	767	104100	98.3	95.99	99.32			

Note:
- Fewer than 30 cases

Table 10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Perak, 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	1745	199072	93.9	90.72	96.03	980	95419	90.4	85.77	93.67	762	103283	97.6	94.15	99.00			
Shisha/hookah	32	3445	1.6	0.85	3.09	30	3098	2.9	1.43	5.93	2	347	0.3	0.26	0.41			
Electronic cigarettes	19	-	-	-	-	17	-	-	-	-	2	-	-	-	-			
Snuff or chewing tobacco	20	-	-	-	-	18	-	-	-	-	1	-	-	-	-			
Pipes	5	-	-	-	-	1	-	-	-	-	4	-	-	-	-			
Curut, cigar or cigarillos	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
Bidis	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Others	26	-	-	-	-	20	-	-	-	-	5	-	-	-	-			

Table 10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Perak, 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	158	16770	84.9	74.07	91.66	148	15231	85.7	77.06	91.39	9	1428	76.4	37.86	94.48			
No	29	-	-	-	-	26	-	-	-	-	3	-	-	-	-			

Table 10.6: Number of days where people had smoked in their presence in the past 7 days, students Form 1-5, Perak, 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 days	1128	131063	62.0	57.46	66.34	574	55595	52.7	45.74	59.62	551	75098	71.3	66.56	75.60			
1 or 2 days	306	33714	15.9	14.24	17.81	209	20623	19.6	16.86	22.58	97	13091	12.4	10.31	14.90			
3 or 4 days	112	12397	5.9	4.49	7.63	77	7747	7.3	5.60	9.59	35	4650	4.4	2.98	6.49			
5 or 6 days	59	6664	3.2	2.23	4.44	44	4556	4.3	3.20	5.81	15	2108	2.0	1.23	3.25			
All 7 days	249	27552	13.0	10.44	16.15	170	16907	16.0	12.19	20.81	77	10395	9.9	6.93	13.87			

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, Perak, 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	1128	131063	62.0	57.46	66.34	574	55595	52.7	45.74	59.62	551	75098	71.3	66.56	75.60			
No	726	80326	38.0	33.66	42.54	500	49832	47.3	40.38	54.26	224	30244	28.7	24.40	33.44			

Note:
- Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	726	83677	39.6	36.33	42.99	411	41058	39.0	33.14	45.27	315	42620	40.4	37.70	43.09			
No	1126	127570	60.4	57.01	63.67	661	64122	61.0	54.73	66.86	461	62967	59.6	56.91	62.30			

Table 10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Perak, 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			
Definitely not	1608	184556	87.4	83.76	90.33	860	83324	79.1	71.76	84.89	745	100862	95.9	93.48	97.48			
Probably not	122	13066	6.2	4.84	7.87	103	10342	9.8	6.95	13.69	19	2724	2.6	1.85	3.62			
Maybe yes	96	10657	5.0	3.35	7.53	84	8848	8.4	6.21	11.26	10	1558	1.5	0.41	5.15			
Definitely yes	27	-	-	-	-	27	-	-	-	-	0	-	-	-	-			

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

Response	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Definitely not	1603	184660	87.2	83.97	89.86	852	82693	78.3	71.21	84.07	748	101596	96.1	93.53	97.70			
Probably not	117	12709	6.0	4.72	7.61	97	9914	9.4	7.32	11.97	20	2795	2.6	1.54	4.52			
Maybe yes	85	8696	4.1	3.05	5.51	80	7986	7.6	4.97	11.34	5	710	0.7	0.20	2.19			
Definitely yes	52	5700	2.7	1.83	3.95	47	4990	4.7	3.11	7.12	4	599	0.6	0.18	1.73			

Table 10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Perak, 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	156	16927	8.8	7.04	11.03	123	12241	13.9	10.49	18.27	32	4547	4.4	2.71	7.07			
No	1516	174790	91.2	88.97	92.96	783	75652	86.1	81.73	89.51	730	98768	95.6	92.93	97.29			

Note:

- Fewer than 30 cases

11.0: Violence and Unintentional Injury

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

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1389	159538	75.6	71.82	79.03	759	74525	70.9	67.69	73.84	630	85013	80.7	75.04	85.27			
1 time	153	17309	8.2	6.57	10.19	98	9601	9.1	6.82	12.12	52	7396	7.0	5.47	8.96			
2 to 3 times	184	20302	9.6	8.60	10.75	126	12327	11.7	9.71	14.09	58	7975	7.6	5.73	9.93			
4 to 5 times	51	5611	2.7	1.73	4.07	37	3588	3.4	2.39	4.84	13	1884	1.8	0.59	5.28			
6 to 7 times	19	-	-	-	-	13	-	-	-	-	6	-	-	-	-			
8 to 9 times	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-			
10 to 11 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
12 or more times	41	4363	2.1	1.47	2.91	31	3004	2.9	2.01	4.04	10	1360	1.3	0.76	2.18			

Table 11.1.1: Prevalence of having had a physical attack in the past 12 months, students Form 1-5, Perak, 2012

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	462	51479	24.4	20.97	28.18	313	30645	29.1	26.16	32.31	145	20382	19.3	14.73	24.96			
No	1389	159538	75.6	71.82	79.03	759	74525	70.9	67.69	73.84	630	85013	80.7	75.04	85.27			

Table 11.2: Number of times students were involved in a physical fight in the past 12 months, students Form 1-5, Perak, 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	1376	157515	74.4	70.35	78.09	732	71047	67.3	60.98	73.13	642	86267	81.6	77.69	84.95			
1 time	216	24987	11.8	9.60	14.43	163	16882	16.0	13.03	19.50	52	7993	7.6	5.77	9.85			
2 to 3 times	166	17986	8.5	7.10	10.14	112	10573	10.0	7.24	13.72	53	7274	6.9	5.21	9.04			
4 to 5 times	47	5494	2.6	1.55	4.32	30	3073	2.9	1.72	4.89	17	2421	2.3	1.01	5.13			
6 to 7 times	14	-	-	-	-	11	-	-	-	-	3	-	-	-	-			
8 to 9 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
10 to 11 times	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
12 or more times	28	-	-	-	-	22	-	-	-	-	6	-	-	-	-			

Table 11.2.1: Prevalence of involvement in a physical fight in the past 12 months, students Form 1-5, Perak, 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	480	54157	25.6	21.91	29.65	343	34448	32.7	26.87	39.02	135	19459	18.4	15.05	22.31			
No	1376	157515	74.4	70.35	78.09	732	71047	67.3	60.98	73.13	642	86267	81.6	77.69	84.95			

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

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 times	1069	122535	68.2	63.94	72.25	551	53442	59.9	56.03	63.72	517	68993	76.6	72.78	80.05			
1 times	275	30731	17.1	14.68	19.86	192	18984	21.3	17.82	25.23	82	11635	12.9	11.03	15.08			
2 to 3 times	166	18690	10.4	7.80	13.76	118	11871	13.3	9.47	18.41	48	6818	7.6	5.34	10.62			
4 to 5 times	41	4487	2.5	1.63	3.82	26	2447	2.7	1.92	3.92	15	2040	2.3	1.09	4.67			
6 to 7 times	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-	-	-	
8 to 9 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-	-	-	
10 to 11 times	4	-	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	
12 or more times	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-	-	-	

Note

- = Fewer than 30 cases

Table 11.3.1: Prevalence of having had a serious injury in the past 12 months, students Form 1-5, Perak, 2012

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	510	57027	31.8	27.75	36.06	359	35717	40.1	36.28	43.97	149	21060	23.4	19.95	27.22			
No	1069	122535	68.2	63.94	72.25	551	53442	59.9	56.03	63.72	517	68993	76.6	72.78	80.05			

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, Perak, 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	69	7210	17.3	13.66	21.73	55	5292	19.7	15.33	25.00	14	1918	13.1	8.88	18.94
A cut or stab wound	90	9830	23.6	16.66	32.37	68	6934	25.8	17.82	35.88	22	2896	19.8	12.26	30.38
Concussion/head or neck injury, knocked out or could not breathe	34	4034	9.7	7.56	12.35	20	2025	7.5	5.27	10.69	13	1870	12.8	8.49	18.81
Gunshot wound	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
Bad burn	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-
Poisoned	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-
Something else happened to me	159	17994	43.3	33.18	53.91	110	11061	41.2	31.52	51.63	49	6933	47.4	35.61	59.50

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, Perak, 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 motor vehicle accident or hit by a motor vehicle	95	10408	23.4	18.23	29.56	77	7892	27.6	18.16	39.48	18	2516	16.1	11.35	22.26
Fall	150	16574	37.3	30.64	44.49	105	10519	36.7	27.82	46.65	45	6056	38.7	27.48	51.23
Something fell on me or hit me	27	-	-	-	-	17	-	-	-	-	10	-	-	-	-
Was attacked or abused or was fighting with someone	11	-	-	-	-	9	-	-	-	-	1	-	-	-	-
Was in a fire or too near a flame or something hot	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
Inhaled or swallowed something bad	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-
Something else caused the injury	105	12062	27.1	21.09	34.20	69	6804	23.8	16.88	32.36	36	5257	33.6	22.92	46.23

Note:

- Fewer than 30 cases

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Perak, 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	1446	166381	82.7	80.33	84.75	789	77583	78.5	75.93	80.85	654	88486	86.7	83.32	89.56			
1 to 2 days	191	21333	10.6	9.14	12.25	129	12731	12.9	10.68	15.46	62	8601	8.4	6.43	10.98			
3 to 5 days	41	4498	2.2	1.34	3.71	30	2890	2.9	1.98	4.29	10	1468	1.4	0.55	3.68			
6 to 9 days	24	-	-	-	-	20	-	-	-	-	4	-	-	-	-			
10 to 19 days	21	-	-	-	-	14	-	-	-	-	7	-	-	-	-			
20 to 29 days	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
All 30 days	29	-	-	-	-	18	-	-	-	-	11	-	-	-	-			

Table 11.6.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Perak, 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	314	34920	17.3	15.25	19.67	216	21260	21.5	19.15	24.07	97	13521	13.3	10.44	16.68			
No	1446	166381	82.7	80.33	84.75	789	77583	78.5	75.93	80.85	654	88486	86.7	83.32	89.56			

Table 11.7: Most common ways of being bullied in the past 30 days, students Form 1-5, Perak, 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	34	3804	14.1	8.30	23.04	30	3264	19.8	11.15	32.77	3	401	3.9	0.40	28.71			
Made fun of because of race, nationality or color	19	-	-	-	-	11	-	-	-	-	8	-	-	-	-			
Made fun of because of religion	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			
Made fun of with sexual jokes, comments, or gestures	43	4871	18.1	12.47	25.55	26	2499	15.2	10.88	20.79	17	2373	23.0	13.03	37.36			
Left out of activities on purpose or completely ignored	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
Made fun of because of how body or face looks	54	5953	22.1	17.05	28.19	34	3302	20.1	13.38	28.98	20	2650	25.7	17.76	35.66			
Bullied in some other way	75	8262	30.7	25.58	36.36	53	5076	30.8	23.27	39.62	22	3186	30.9	23.16	39.87			

Note
Fewer than 30 cases

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Perak, 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	1701	193225	91.1	88.35	93.30	980	95861	90.7	87.47	93.13	718	97052	91.7	87.74	94.43			
1 time	83	9633	4.5	3.63	5.68	54	5396	5.1	3.70	7.00	28	4097	3.9	2.19	6.75			
2 to 3 times	43	5347	2.5	1.83	3.47	22	2269	2.1	1.41	3.26	21	3079	2.9	1.93	4.35			
4 to 5 times	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-			
6 to 7 times	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-			
8 to 9 times	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
10 to 11 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
12 or more times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-			

Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Perak, 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	158	18808	8.9	6.70	11.65	97	9854	9.3	6.87	12.53	60	8815	8.3	5.57	12.26			
No	1701	193225	91.1	88.35	93.30	980	95861	90.7	87.47	93.13	718	97052	91.7	87.74	94.43			

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Perak, 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 times	1197	133776	63.1	59.28	66.81	725	70464	66.7	62.16	71.00	469	62961	59.5	54.64	64.13			
1 times	246	29331	13.8	11.04	17.22	141	14401	13.6	11.42	16.21	105	14930	14.1	9.77	19.93			
2 to 3 times	235	27894	13.2	10.95	15.74	120	12023	11.4	8.85	14.53	114	15771	14.9	12.03	18.30			
4 to 5 times	65	7280	3.4	2.52	4.67	33	3164	3.0	2.16	4.14	32	4116	3.9	2.43	6.16			
6 to 7 times	37	4533	2.1	1.56	2.93	14	1353	1.3	0.78	2.11	23	3180	3.0	2.12	4.25			
8 to 9 times	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
10 to 11 times	12	-	-	-	-	5	-	-	-	-	7	-	-	-	-			
12 or more times	58	6585	3.1	2.24	4.29	33	3172	3.0	2.02	4.44	25	3413	3.2	2.04	5.07			

Table 11.9.1: Prevalence of verbal abuse on at least once at home in the past 30 days, students Form 1-5, Perak, 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	661	78144	36.9	33.19	40.72	351	35138	33.3	29.00	37.84	309	42906	40.5	35.87	45.36			
No	1197	133776	63.1	59.28	66.81	725	70464	66.7	62.16	71.00	469	62961	59.5	54.64	64.13			

Note:
- Fewer than 30 cases

APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

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

APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE

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

APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

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

APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE

The Advisory Committee will advise in:

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

APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

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

APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012

Dietary Behaviours

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

Hygiene (Including Oral Hygiene)

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

Physical Activity

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

Protective Factors

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

Tobacco Use

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

Mental Health Problems

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

Drug Use

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

Violence and Unintentional Injury

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

Alcohol Consumption

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

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

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

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

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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

KEDAH**Liaison Officer**

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1. Ms Nor Hasniza Yaacob
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4. Tan Yen Nee
5. Ms Suriana Johari
6. Ms Norzaity Emeeza Zahid
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8. Ms Sulhariza Husni Zain
9. Ms Nur Ilhami Mat Isa

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

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

PULAU PINANG

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1. Mr Mohd Faizal Ibrahim
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3. Ms Umi Kalsom Abd. Majid
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5. Ms Siti Norazlin Mohd Ngadikin
6. Mr Mohd Yusri Noordin
7. Ms Jamaatul Firdaus Halim

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

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

PERAK

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

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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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1. Ms Norazaidah Yusof
2. Ms Acmarina Nur Salwani Muhammad Dalib
3. Mr Azhar Mohd Yusuf
4. Ms Wan Ema Marliza Wan Ismail

5. Ms Venodhini Cha Chu
6. Mr Norhisham Abdul Rahman
7. Ms Nor Hasyimah Khalid
8. Ms Zanafiza Abu Bakar
9. Ms Fitri Nurdiana Mahmud

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1. Mr Nuramali Fakrullah Abd. Malik
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3. Mr Mohd Syahruman Abu Bakar
4. Ms Norhayati Mat
5. Ms Asmida Ismail
6. Ms Farah Dawana Ahmad
7. Mr Mohd Noor Shuhadaq Mohd Sakirin
8. Mr Mohamad Akram Abdul Aziz
9. Mr Mohd Fakri Mohamad
10. Mr Ganeswaran Gunasekaran

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

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4. Ms Tengku Noor Nadia Tengku Mohd Nasir
5. Mr Wan Mohd Zulkhairi Hassan
6. Ms Noor Emirah Illa
7. Ms Nur Hafizah Aqilah Suladi
8. Ms Naziera Eida Harun
9. Mr Abd Hakim Rashid
10. Mr Arafat Rashid

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6. Mr Masrazman Mohd Diah
7. Mr Wan Hashim Wan Ja'afar
8. Ms Siti Norain Othman
9. Ms Nurul Hidayah Rosli
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3. Ms Nor Idayu Idris
4. Ms Siti Sa'ra Yaacob
5. Ms Norliza Zainal Abidin
6. Mr Suhaidi Sudin
7. Ms Nurliana Abd Latiff
8. Ms Asvini Vasthavan
9. Ms Nor Fariza Jaafar

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3. Ms Nor Aidawati Ramli
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6. Mr Fauzi Ahmad Zamri
7. Mr Mohamad Aimi Iqwan Mohd Roslan
8. Mr Mohammad Rasul A. Razak
9. Mr Syafie Selamat
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1. Wong Hui Juan
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3. Ms Hariss Fazilah Abdul Wahab
4. Ms Rohana Ya'akof
5. Mr Norzain Musa

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2. Mr Shahrul Efendy Mohd Salleh
3. Mr Muhamad Farhan Baharudin
4. Mr Yusof Johari
5. Mr R. Tiagu 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**

Mr Azmi Md Yusof

Field Supervisor

Mr Hasnor Hadi Asim

Nutritionist

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

Drivers

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

Research Assistants

1. Ms Nor Zuriati Mahamud
2. Ms Nur Atikah Abdul Aziz
3. Ms Nurhafizah Ehsan
4. Goh Hon Chien
5. Mr Amirul Azhar Ahmad Tuli
6. Mr Mohd Fauzi Asim
7. Mr Zulhilmi Zakaria
8. Ms Nur Izzati Salehuddin
9. Ms Nor Khairina Md. Farid
10. Mr Mohd Fadli Pungot

PAHANG**Liaison Officer**

Ms Zahariah Mohd Nordin

Field Supervisor

Ms Hamizatul Akmal Abd Hamid

Nutritionist

1. Ms Wan Fazlily Wan Mahmud

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

Drivers

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

Research Assistants

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

TERENGGANU**Liaison Officer**

Mr Nazli Suhairi Ibrahim

Field Supervisor

Mr Lim Kuang Kuay

Nutritionist

1. Ms Norhaniza Rojalai

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

Drivers

1. Mr Abd Rashid Mohamad
2. Mr Wan Ahmad Shukri Wan Ismail
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2. Ms Salmie Ibrahim
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5. Ms Fadwa Ali
6. Ms Noriza Hussein
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7. Ms Ajlaa Abdul Rashid
8. Mr Razali Makhtar
9. Ms Mohd Azwal Idrus
10. Ms Chua Boon Kee
11. Ms Syahrizan Anggas
12. Ms Nurul Shaidatul Nadia
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4. Ms Nadzirah Marifat
5. Ms Siti Rahimah Mohamad
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7. Ms Amanda Blazes
8. Ms Nurul Syafawani Rosmadi
9. Ms Georgina Linda Anak John Ringkai
10. Ms Suharti Nyut

11. Mr Foong Wai Loon
12. Ms Noris Anak Pantar
13. Mr Razlan Abdullah
14. Ms Mandy Anak Abim
15. Mr Mazridhwan Yahya
16. Ms Noraziana Dorani
17. Ms Noni Anak Fenno
18. Mr Syed Khairulhisham Syed Yusuf
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Liaison Officer

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3. Mr Zulkifli Jamil
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9. Ms Faradillah Dahalan
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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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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 DIDEPAHANKAN**. Tiada siapa akan tahu bagaimana anda menjawab. Sila jawab berdasarkan apa yang anda tahu.

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

PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)**GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)**

- JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.
DO NOT write YOUR NAME on the questionnaire or the answer sheet.
- Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.
Please READ STATEMENT for questions with a preceding statement or definition before answering.
- Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya lengkap, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda.
Please FILL IN THE CIRCLES on your answer sheet that matches your answer. There can be ONLY ONE ANSWER for each question. Use only the provided 2B pencil. When you are done, follow the instructions of the person conducting the survey in your school/class.

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN

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

ISIKAN BULATAN SEPERTI INI



BUKAN SEPERTI INI

NOT LIKE THIS



ATAU

OR



FILL IN THE CIRCLES LIKE THIS

SURVEI/SURVEY

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

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BAHAGIAN 2

PART 2

SILA BACA PERNYATAAN DIBAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

Contoh:
Example:

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

7. Berapa berat anda dalam pakaian ringan dan tanpa memakai kasut? SILA TULIS BERAT ANDA DI KERTAS JAWAPAN DALAM KOTAK BERLAKAR DI BAHAGIAN ATAS GRID DAN HITAMKAN SETIAP NOMBOR DALAM BULATAN YANG SAMA DENGAN JAWAPAN TADI. TULIS JAWAPAN ANDA SETELAH BERAT ANDA DIUKUR SEPERTI YANG DIARAHKAN OLEH PEGAWAI YANG MENJALANKAN SURVEI.

How much do you weigh in light clothing and without your shoes on? ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER. ONLY WRITE YOUR ANSWER AFTER YOUR WEIGHT HAVE BEEN MEASURED AS PER INSTRUCTED BY THE PERSON WHO IS CONDUCTING YOUR SURVEY.

Contoh:
Example:

Berat/Weight (kg)		
0	5	2
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

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8. Apakah pandangan anda tentang berat diri anda?

How do you describe your weight?

- a. Kurang berat badan
Very underweight
- b. Sedikit kurang berat badan
Slightly underweight
- c. Berat badan yang sesuai
About the right weight
- d. Sedikit berlebihan berat badan
Slightly overweight
- e. Berat badan berlebihan
Very overweight

9. Apakah yang telah anda lakukan tentang berat anda?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BAHAGIAN 3**PART 3**

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

The next 5 questions ask about cleaning your teeth.

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

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

The next 3 questions ask you about washing your hands.

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

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

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

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

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

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

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

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

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

BAHAGIAN 4**PART 4****SILA BACA PERNYATAAN DI BAWAH:**

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

PLEASE READ THE STATEMENT BELOW:

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

28. Dalam tempoh 12 bulan yang lepas, berapa kali anda mengalami kecederaan serius?
During the past 12 months, how many times were you seriously injured?
- 0 kali
0 times
 - 1 kali
1 time
 - 2 atau 3 kali
2 or 3 times
 - 4 atau 5 kali
4 or 5 times
 - 6 atau 7 kali
6 or 7 times
 - 8 atau 9 kali
8 or 9 times
 - 10 atau 11 kali
10 or 11 times
 - 12 kali atau lebih
12 or more times
29. Dalam tempoh 12 bulan yang lepas, apakah kecederaan yang paling serius yang anda pernah alami?
During the past 12 months, what was the most serious injury that happened to you?
- Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas
I was not seriously injured during the past 12 months
 - Patah tulang atau sendi terkehel/terkeluar
I had a broken bone or a dislocated joint
 - Luka atau tikaman
I had a cut or stab wound
 - Gegaran (konkusi) kepala atau kecederaan leher, pengsan, atau tidak boleh bernafas
I had a concussion or other head or neck injury, was knocked out, or could not breathe
 - Kecederaan senjata api
I had a gunshot wound
 - Kebakaran kulit yang serius
I had a bad burn
 - Diracun atau mengambil ubat berlebihan
I was poisoned or took too much of a drug
 - Sesuatu yang lain berlaku kepada saya
Something else happened to me

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

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

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

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

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BAHAGIAN 5

PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.

The next 6 questions ask about your feelings and friendships.

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

BAHAGIAN 6**PART 6**

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

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

41. Berapakah umur anda ketika kali pertama menghisap rokok?

How old were you when you first tried a cigarette?

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

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

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

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

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

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

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

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

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

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

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

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BAHAGIAN 7

PART 7

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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BAHAGIAN 8
PART 8

SILA BACA PERNYATAAN DI BAWAH:

4 soalan berikutnya adalah berkenaan penggunaan dadah termasuk heroin, morfin, gam, 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

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, lining, bahar, ijuk or toddy; a bottle of beer; a small glass of liquor; or a mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.	1 = "Did not drink in past 30 days" 2 = "Less than one drink" 3 = "1 drink" 4 = "2 drinks" 5 = "3 drinks" 6 = "4 drinks" 7 = "5 or more drinks"
How got drinks past 30 days	Q37	Weight	Ways of accessing alcohol drinks in the past 30 days	1 = "Did not drink in past 30 days" 2 = "I bought in a store" 3 = "I gave someone money to buy" 4 = "I got it from my friends" 5 = "I got it from my family" 6 = "I stole it" 7 = "I got it some other way"

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

Alcohol Consumption among Current Drinkers

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

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

Ways of accessing alcohol drinks in the past 30 days	Q37_new2	Weight	Ways of accessing alcohol drinks in the past 30 days	RECODE Q37 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6) (ELSE=SYSMIS) INTO Q37_new2. VARIABLE LABELS Q37_new2 'Got drinks from friends'. EXECUTE. VALUE LABELS Q37_new2 1 'Store, shop/street vendor' 2 'Gave someone else money' 3 'Friends' 4 'Family' 5 'Stole/got without permission' 6 'Some other way'.
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" 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"</p> <p>1 = "Yes" 2 = "No"</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 = "Did not eat vegetables" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"</p> <p>1 = "Yes" 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" 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"</p> <p>1 = "Yes" 2 = "No"</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 = "Did not drink soft drinks" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"</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" 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"</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 = "1 years old or younger" 3 = "2 years old" 4 = "3 years old" 5 = "4 years old" 6 = "5 years old" 7 = "6 years old or older"
2+ sex partners lifetime	QN46	Weight	Had more than two sex partners in their lifetime among those who ever had sexual intercourse	1 = "Yes" 2 = "No"

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

Tobacco Use

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

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

Violence and Unintentional Injury

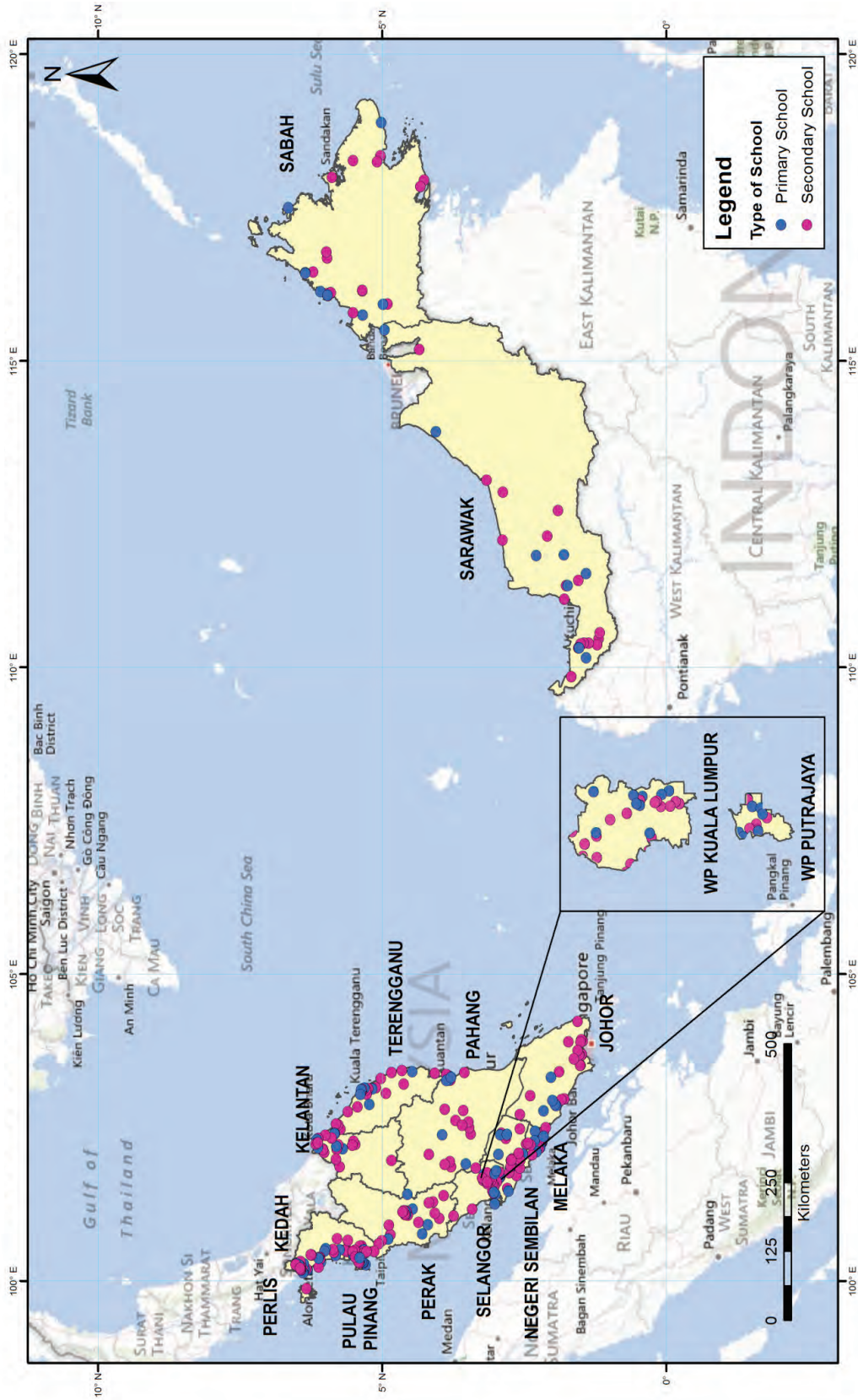
Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times attacked past 12 mo.	Q15	Weight	Number of times were physically attacked in the past 12 months. Physical attack: when one or more people hit or strike someone, or when one or more people hurt another person with a weapon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

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

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

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

APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED



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