



HEALTH STATUS OF MALAYSIAN POPULATION

FINDINGS FROM HEALTH SCREENINGS AT
MINISTRY OF HEALTH MALAYSIA (MOH) PRIMARY CARE CLINICS



**HEALTH STATUS OF MALAYSIAN POPULATION: FINDINGS FROM
HEALTH SCREENINGS AT MINISTRY OF HEALTH MALAYSIA
(MOH) PRIMARY CARE CLINICS**

Contributors: Norhafizah Bt Sahril, Mohamad Aznuddin Bin Abd Razak, Noor Ani Bt Ahmad, Tahir Bin Aris, Fatanah Bt Ismail, Ida Dalina Bt Nordin, Zaleha Bt Abd. Hamid, Nik Rubiah Bt Nik A. Rashid, Mohamad Bin Salleh, Natasya Nur Bt Mohd Nasir, Maznah Bt Busu, Norzaiha Bt Abdul Aziz, Abdul Wahab Bin Zain, Noraida Bt Mohamad Kasim

Produced and Distributed by:

Institute for Public Health,
National Institutes of Health,
Ministry of Health,
Jalan Bangsar, 50590 Kuala Lumpur,
Malaysia.

Tel: +603-22979400

Fax: +603-22823114

Any enquiries about or comments on this report should be directed to:

Principal Investigator,
Health Status of Malaysian Population: Findings from Health Screenings at Ministry
of Health Malaysia (MOH) Primary Care Clinics,
Institute for Public Health,
National Institutes of Health,
Ministry of Health,
Jalan Bangsar, 50590 Kuala Lumpur,
Malaysia.

Tel: +603-22979400

Fax: +603-22823114

©2016, Institute for Public Health, National Institutes of Health, Ministry of
Health Malaysia. Kuala Lumpur.
ISBN: 978-983-2387-29-9

Suggested citation:

Institute for Public Health (IPH) 2016. Health Status of Malaysian Population: Findings from Health Screenings at Ministry of Health Malaysia (MOH) Primary Care Clinics.

Disclaimer:

The views expressed in this report are those of the authors alone and do not necessarily represent the opinions of the other investigators participating in the survey, nor the views or policy of the Ministry of Health, Malaysia.

ACKNOWLEDGEMENT

First of all, the authors would like to thank the Director-General of Health Malaysia for his permission to publish this report. Appreciation to the Deputy Director-General of Health (Research and Technical Support) and the Director of the Institute for Public Health, for their support and technical advice throughout the various stages of the survey.

This study was accomplished with budget support from the Ministry of Health Malaysia. The authors thank all the State Health Directors and all State Liaison Officers who have been instrumental in mobilising resources during the data collection phase.

Last but not least, gratitude to all concern who have assisted in the implementation of the survey, from the supervisors, medical assistant officers and nurses in selected clinics, temporary staff and drivers, without whom the survey would not have been a success.

TABLE OF CONTENTS

1.0 Introduction.....	7
2.0 Problem Statement.....	8
3.0 Literature review.....	8
4.0 Methodology.....	9
5.0 Objectives.....	15
6.0 Findings	
6.1 Adolescents.....	16
6.2 Adults.....	22
6.3 Elderly.....	25
7.0 Discussion.....	27

LIST OF APPENDICES

Appendix 1 Tables of Findings.....	28
Appendix 2 Study Variables.....	66
Appendix 3 Health Status Screening Forms.....	74

1.0 INTRODUCTION

Health clinics play a major role in providing comprehensive health care services to the community within the operating areas. Currently there are 934 health clinics throughout Malaysia. Their services are being managed by Family Health and Development Division. This division is one of the earliest divisions in Public Health Department, Ministry of Health Malaysia. The division has progressed each year with the extension and expansion of the scopes of services since the establishment of Maternal and Child Health Unit in 1956.¹ Since 1996, *Expanded Scope Services* of health clinics such as Diabetes Clinics, Elderly Clinics, Adolescent Clinics, Mental Health and Disability and Rehabilitation Programme have been implemented. In order to identify health needs of patients comprehensively, healthcare delivery system in health clinics is currently evaluated by using an approach called Reviewed Approach (REAP).² Based on this approach, health screening survey form (*Borang Soal-Selidik Saringan Kesihatan, BSSK*) was introduced in 2008. The screening was carried out once a year for each patient (follow up cases or new case) and repeated annually, or accordingly based on the risks that have been identified.

According to Director General Circular in 2009, a target of 2% from outpatients' attendance had been set for screening at public health clinics.³ In 2011 the target was increased to 5% of the outpatients' attendance. In 2012, the screening target was maintained at 5% of outpatients' attendance and it became one of the Key Performance Indicators for Minister of Health Malaysia. The screening target in 2013 was set at 5% from the targeted population; adolescents, men adults, women adults and elderly. Overall, the performance of integrated screening in 2013 was only 4.3% for the whole population. By age group, the percentage of integrated screening for the targeted population were 5.9%, 2.7%, 3.5% and 8.1% for adolescents, adults male, adults females and elderly, respectively.

Currently, this screening activity is being monitored at several stages. Returns of BSSK from the clinic are sent to the district health office and then to the State Health Department. The screening information is then sent monthly from each state to the Family Health and Development Division.

2.0 PROBLEM STATEMENT

Currently, the BSSK data are compiled as aggregated data (secondary data), where only limited information is available and further analysis is not possible. Information captured during the screening process is not used or analysed to the optimum. Therefore, further analysis of the BSSK for the three target age groups (adolescents, adults and elderly) at health clinics should be implemented to generate inputs for comprehensive policy changes for these target age-groups.

3.0 LITERATURE REVIEW

Most of the health screenings carried out in other countries are focusing on selected health problems with targeted age groups.⁴⁻⁷ Screening for depression among adults is one of the commonest health screening done as depression is a common and costly mental health problem seen in general practice and general medicine.⁸ In 2002 the US Preventive Service Task Force endorsed screening for depression but did not recommend a specific screening tool.⁹ Worldwide, Beck Depression Inventory is the most extensively used self-reporting screening tools.¹⁰ Many practitioners find the numerous case finding and screening questionnaires for depression too cumbersome and time-consuming for routine use.¹¹ A feasible screening tool for use in general practice would comprise one or two questions, which, if positive, could be followed by further questions from the depression criteria.

According to American Medical Association's Guidelines for Adolescents Preventive Services (GAPS)¹² and Child Health Bureau's Bright Future: Guidelines for Health Supervision of Infants, Children and adolescents¹³, every adolescent should be screened for use of Alcohol or Other Drug (AOD) as part of routine health care. In recent years, the Alcohol Use Disorders Identification Test (AUDIT) has become widely known and used.¹⁴⁻¹⁶ Other than AUDIT, CAGE Questionnaire (Have you felt you needed to cut down on your drinking? Have you felt annoyed by criticism of your drinking? Have you felt guilty about drinking? Have you felt you needed a drink first thing in the morning [eye-opener]?) and Problem-Oriented Screening Instrument for Teenagers (POSIT) are also use as alcohol screening tools for adolescents.¹⁷⁻¹⁸

For elderly, screening for cognitive impairment was commonly practise at primary care centres.⁷ In 1996, the Agency for Health Care Policy and Research (now the Agency for Healthcare Research Quality) had published a systematic review and meta-analysis of studies that evaluated cognitive impairment screening tools.¹⁹ The review found one informant-based functional status instrument and four patient-based cognitive assessment tools (including the Mini-Mental Status Examination, MMSE) are the most commonly used and studied test that had acceptable accuracy.¹⁹

4.0 METHODOLOGY

4.1 Study Design

This study was a cross-sectional study using secondary data from Adolescents Health Screening Form (BSSK/R/1/2008), Adults Health Screening Form (BSSK/L/1/2008) & (BSSK/W/1/2008) and Elderly Health Screening Form (BSSK/WE/2008 Pind. 1/2012).

4.2 Study Period

Study period was from August 2014 to Jun 2015. Screening forms from June to July 2014 was collected by Institute for Public Health (IPH) staff from end of January 2015 to February 2015.

4.3 Location of Study

This study was a nationwide study involving randomly selected Ministry of Health Clinics.

4.4 Study Population

4.4.1 Adolescents

Malaysian adolescents aged 10-18 years old who were screened in all health clinics of Ministry of Health Malaysia

4.4.2 Adults

Malaysian adults aged 19 years old and above who were screened in all health clinics of Ministry of Health Malaysia

4.4.3 Elderly

Malaysian elderly aged 60 years old and above who were screened in all health clinics of Ministry of Health Malaysia

4.5 Target Population

4.5.1 Adolescents

Malaysian adolescents aged 10-18 years old who were screened in the month of June and July 2014 at the randomly selected health clinics.

4.5.2 Adults

Malaysian adults aged 19 years old and above who were screened in the month of June and July 2014 at the randomly selected health clinics.

4.5.3 Elderly

Malaysian elderly aged 60 years old and above who were screened in the month of June and July 2014 at the randomly selected health clinics.

4.6 Inclusion Criteria

Only new cases that were screened based on age group were included in this study.

4.7 Sampling size calculation

Sample size was calculated based on the specific objectives using Sample Size Calculator for Prevalence Studies.²⁰

4.7.1 Adolescents

Based on the expected prevalence of anxiety of 39.6%, with a precision (d) of 0.05, and normality assumed, required sample size per strata was: **368** respondents. To adjust for design effect, the sample size was multiplied by 2 resulting in **736** samples per strata. To compensate for 50% incompleteness data, required sample size was **1104** respondents. To round off the figure, expected sample size was **1110** respondents. Final sample size for two strata was **2220**.

Table 1 Sample size calculation for adolescent

State	Number of patients screened	Urban	%	Sample size urban	Rural	%	Sample size rural	Total sample size
Johor	50080	25040	14.2	158	25040	16.8	188	346
Pahang	32381	16190.5	9.2	102	16190.5	10.9	122	224
Kelantan	28038	14019	7.9	88	14019	9.4	104	192
Sabah	28490	14245	8.1	90	14245	9.6	106	196
Selangor	23982	11991	6.8	75	11991	8.1	90	165
WPKL&Putrajaya	27311	27311	15.4	170	0	0	0	170
Terengganu	20078	10039	5.7	64	10039	6.7	74	138
Perak	23810	11905	6.7	74	11905	8	88	162
Kedah	23778	11889	6.7	74	11889	8	88	162
Sarawak	16142	8071	4.6	50	8071	5.4	60	110
Melaka	12758	6379	3.6	40	6379	4.3	48	88
P.Pinang	15861	7930.5	4.5	50	7930.5	5.3	60	110
N.Sembilan	17837	8918.5	5	56	8918.5	6	66	122
Perlis	4240	2120	1.2	13	2120	1.4	16	29
Labuan	819	819	0.5	6	0	0	0	6
Total	325605	176868	100	1110	148738	100	1110	2220

4.7.2 Adults

Based on the expected prevalence of depression of 2.0%, with a precision (d) of 0.01, and normality assumed, required sample size per strata was: **753** respondents. To adjust for design effect, the sample size was multiplied by 2 resulting in **1,506** samples. To compensate for 50% incompleteness data, required sample size was **2,259** respondents. To round off the figure, expected sample size was **2,260** respondents. Final sample size for two strata was **4,520**.

Table 2 Sample size calculation for adults

State	Number of patients screened	Urban	%	Sample size urban	Rural	%	Sample size rural	Total sample size
Johor	72918	36459	13	296	36459	15.19	342	638
Pahang	45312	22656	8.1	184	22656	9.44	214	398
Kelantan	50586	25293	9.1	204	25293	10.54	238	442
Sabah	44112	22056	7.9	178	22056	9.19	208	386
Selangor	44953	22476.5	8	182	22476.5	9.37	212	394
WPKL&Putrajaya	37619	37619	13.5	304	0	0	0	304
Terengganu	38921	19460.5	7	158	19460.5	8.11	184	342
Perak	31382	15691	5.6	126	15691	6.54	148	274
Kedah	28902	14451	5.2	116	14451	6.02	136	252
Sarawak	32195	16097.5	5.8	130	16097.5	6.71	152	282
Melaka	29042	14521	5.2	118	14521	6.05	136	254
P.Pinang	31345	15672.5	5.6	126	15672.5	6.53	148	274
N.Sembilan	19954	9977	3.6	80	9977	4.16	95	175
Perlis	10301	5150.5	1.8	42	5150.5	2.15	48	90
Labuan	1895	1895	0.7	16	0	0	0	16
Total	519437	279476	100	2260	239962	100	2260	4520

4.7.3 Elderly

Based on the expected prevalence of cognitive impairment of 0.988%, with a precision (d) of 0.005, and normality assumed, required sample size was **1504** respondents. To adjust for design effect, the final sample size was multiplied by 2 resulting in **3,008** samples.

Table 3 Sample size calculation for elderly

State	Number of patients screened	%	Total sample size National
Johor	37157	19.2	289
Pahang	17213	8.9	134
Kelantan	15662	8.1	122
Sabah	9952	5.2	78
Selangor	12276	6.4	96
WPKL&Putrajaya	14788	7.7	115
Terengganu	16392	8.5	128
Perak	15195	7.9	118
Kedah	13833	7.2	108
Sarawak	12505	6.5	97
Melaka	13008	6.7	101
P.Pinang	7571	3.9	59
N.Sembilan	5576	2.9	43
Perlis	1963	1.0	15
Labuan	93	0.05	1
Total	193184	100.0	1504

4.7.4 Sample Distribution

Table 4 Sample distribution by state

State	Adolescents		Adults		Elderly	No of selected health clinics	
	Urban	Rural	Urban	Rural	National	Urban	Rural
Johor	158	188	296	342	578	5	32
Pahang	102	122	184	214	268	18	9
Kelantan	88	104	204	238	244	5	24
Sabah	90	106	178	208	156	7	30
Selangor	75	90	182	212	192	25	4
WPKL&Putrajaya	170	0	304	0	230	8	0
Terengganu	64	74	158	184	256	7	10
Perak	74	88	126	148	236	23	6
Kedah	74	88	116	136	216	14	11
Sarawak	50	60	130	152	194	6	33
Melaka	40	48	118	136	202	6	7
P.Pinang	50	60	126	148	118	8	5
N.Sembilan	56	66	80	95	86	9	11
Perlis	13	16	42	48	30	1	3
Labuan	6	0	16	0	2	1	0
Total	1110	1110	2260	2260	3008	143	185

4.8 Ethical consideration

Ethics approval was sought from the Medical Research and Ethic Committee prior to the implementation of the study. All the information from the forms was kept confidential. The confidentiality aspect was also assured at the front page of the BSSK/R/1/2008 (Adolescents), BSSK/L/1/2008 & BSSK/W/1/2008 (Adults) and BSSK/WE/2008 Pind. 1/2012 (Elderly)

4.9 Methods for Data Collection

The required number of the screening forms by age groups from the selected health clinics were collected and data entry were entered manually.

4.10 Data Management

The raw data was processed and entered for data analysis using SPSS programme. Data cleaning was carried out followed by analysis. Significant level was set at 0.05 and 95% confidence interval was reported when appropriate.

5.0 OBJECTIVES

5.1 Adolescents

General Objective: To determine the health status of Malaysian adolescents at primary care clinics.

Specific Objectives:

- i. To determine associated factors for tobacco used among adolescents
- ii. To determine associated factors for alcohol used among adolescents
- iii. To study associated factors for premarital sexual relationship among adolescents
- iv. To identify associated factors for obesity among adolescents
- v. To determine associated factors for depression among adolescents
- vi. To determine associated factors for suicidal attempt among adolescents
- vii. To study associated factors for physical inactivity among adolescents

5.2 Adults

General Objective: To determine the health status of Malaysian adults at primary care clinics.

Specific Objectives:

- i. To determine associated factors for tobacco used among adults
- ii. To determine associated factors for depression among adults
- iii. To identify associated factors for underweight among adults
- iv. To identify associated factors for overweight among adults
- v. To identify associated factors for obesity among adults
- vi. To study associated factors for diabetes among adults
- vii. To study associated factors for hypertension among adults

5.3 Elderly

General Objective: To determine the health status of Malaysian elderly at primary care clinics.

Specific Objectives:

- i. To determine associated factors for risk of falls among elderly
- ii. To identify associated factors for cognitive impairment among elderly
- iii. To study associated factors of dependency among elderly

6.0 FINDINGS

6.1 ADOLESCENTS

6.1.1 SOCIO-DEMOGRAPHIC PROFILES OF THE ADOLESCENTS

A total of 9289 screening forms were analysed. Overall, almost half of the adolescents were between the ages of 15-17 years old 45.3%. By gender, there was slightly more females than males (54.4% vs. 45.6%). Majority of respondents were Malays 76.5%, from urban residency 60.5% and Malaysian citizens 99.5% (**Table 1.1**).

6.1.2 PHYSICAL ACTIVITY

About 33.7% of the adolescents were found as physically inactive in this study (**Table 1.2.1**). The prevalence of physically inactive was significantly higher among females; 41.7% (95% CI: 39.49-43.92) compared to males; 26.0% (95% CI: 24.09-27.93). Significantly more rural dwellers found as physically inactive compared to the urban dwellers; [38.6% (95% CI: 35.96-41.29) vs 30.9% (29.13-32.65)]. The higher prevalence of physically inactive were noted among adolescents aged 15-17 years old 34.6% (95% CI: 32.42-36.89) and 'others ethnic' 43.1% (95% CI: 36.13-50.40) but it was not significant. (**Table 1.2.2**). About 28.6% (95% CI: 23.52-34.20) of adolescents who were physically inactive were smokers (**Table 1.2.3**). Those who were reported being physically inactive were also found not to have balance diet at 34.8% (95% CI: 30.71-39.79) (**Table 1.2.4**).

6.1.3 OBESITY

Overall, 4.2% (95% CI: 3.42-5.14) of the adolescents were noted as obese. (**Table 1.3.1**). Higher prevalence of obesity were reported among males 4.9% (95% CI: 3.75-6.49), adolescents aged between 15-17 years old 4.3% (95% CI: 3.26-5.73) and Indians ethnic at 6.9% (95% CI: 3.87-12.11). However, there were no significance differences between these socio-demographic profiles and obesity. (**Table 1.3.2**). About 5.4% (95% CI: 3.88-7.43) of obese adolescents reported skipped their meals (**Table 1.3.3**) and 5.1% (95% CI: 3.18-8.10) of them did not have a balanced diet (**Table 1.3.5**). Among those who were obese, 6.1% (95% CI: 4.00-9.21) were found as physically inactive (**Table 1.3.4**).

6.1.4 ALCOHOL USE

The prevalence of alcohol consumption among adolescents was 1.6% (95% CI: 1.31-1.90) (**Table 1.4.1**). Males [2.4% (1.89, 2.94)] were significantly more likely to drink than females [0.9% (95% CI: 0.67-1.30)]. By age group, the higher prevalence of alcohol consumption was among adolescents aged 18 years old and above [2.3% (95% CI: 1.55-3.46)]. Significantly more urban dwellers [2.0% (95% CI: 1.64-2.47)] drank alcohol than rural dwellers [0.9% (95% CI: 0.60-1.40)]. More Chinese 6.1% (95% CI: 4.60-8.00) consumed alcohol as compared to other ethnics but no significant difference by ethnicity was observed. (**Table 1.4.2**). Among adolescents who consumed alcohol, 10.1% (95% CI: 7.81-12.96) were smokers and 72.7% (95% CI: 55.64-84.96) reported as had used drug (**Table 1.4.3**). Study revealed that 16.5% (95% CI: 9.59-26.98) of those who consumed alcohol reported ever had sex (**Table 1.4.4**). Among those who drank, 5.3% (95% CI: 3.25-8.66) reported involved in bully, 5.8% (95% CI: 4.09-8.29) involved in fight, 7.7% (95% CI: 5.42-10.77) had truant, 6.8% (95% CI: 4.03-11.21) involved in vandalism and 3.6% (95% CI: 2.64-4.81) reported reckless driving. However, there were no significance differences between alcohol consumption and these negative behaviours (**Table 1.4.5**). The prevalence of alcohol consumption was significantly more likely among those who were not religious 3.6% (95% CI: 2.29-5.49) (**Table 1.4.6**).

Overall, alcohol consumption was significantly higher among adolescents who were perceived as naughty by their parents compared to those who were perceived as not (3.0% vs. 1.1%). Alcohol consumption was significantly higher among adolescents who were perceived as impolite by their parents compared to those who were perceived as polite (3.3% vs. 1.3%). Adolescent who were perceived as violence by their parents and frequently involved in fights, consumed significantly more alcohol as compared to those who were not (3.9% vs. 1.3% and 5.3% vs. 1.3%, respectively). Significantly higher prevalence of alcohol consumption was noted among adolescents who were perceived as bad-tempered by their parents as compared to those who were not (2.2% vs. 1.1%) (**Table 1.4.7**).

6.1.5. TOBACCO USE

The prevalence of tobacco used was 8.0% (95% CI: 7.40-8.59) (**Table 1.5.1**). The prevalence was highest in urban areas 9.2% (95% CI: 8.40-10.00), males 16.1% (95% CI: 14.96-17.32), adolescents age 18 years old and above 13.6% (95% CI: 11.76-15.56) and Malays 9.3% (95% CI: 8.61-10.04) (**Table 1.5.2**). Among those who smoked tobacco, 47.7% (95% CI: 38.51-57.02) also consumed alcohol and 84.5% (95% CI: 66.83-93.66) admitted to having used drug (**Table 1.5.3**). Adolescents who used tobacco were reported to have experience of ever had sex 23.0% (95% CI: 15.53-32.75) (**Table 1.5.4**). Among those who smoked tobacco, 23.9% (95% CI: 19.45-29.10) was found to be involved in bully, 23.7% (95% CI: 20.33-27.36) in fight, 34.8% (95% CI: 30.48-39.45) had truancy problems, 29.4% (95% CI: 23.27-36.43) involved in vandalism activities and 19.0% (95% CI: 17.00-21.10) had reckless driving (**Table 1.5.5**). The higher prevalence of tobacco used was among those adolescents who were not religious 8.2% (95% CI: 7.52-8.84) compared to religious 6.1% (95% CI: 4.43-8.32) (**Table 1.5.6**).

Overall, tobacco use was significantly higher among adolescent who were perceived as naughty by their parents compared to those who were perceived as not (17.5% vs. 4.8%). Tobacco use was significantly higher among adolescent who were perceived as impolite by their parents compared to those who were perceived as not (17.0% vs. 6.3%). Adolescent who were perceived as violence by their parents and frequently involved in fight, significantly use more tobacco as compared to those who were not (18.1% vs. 6.5% and 19.3% vs. 6.6%, respectively). Significantly higher prevalence of tobacco use was noted among adolescent who were perceived as bad-tempered by their parents as compared to those who were not (12.7% vs. 6.5%) (**Table 1.5.7**).

6.1.6 DEPRESSION

Overall, the prevalence of depression among adolescents was 16.5% (95% CI: 15.08-17.93) (**Table 1.6.1**). The prevalence of depression was significantly more likely among females 18.5% (95% CI: 16.63-20.45) compared to males 13.4% (95% CI: 11.40-15.57). The highest prevalence of depression was among adolescents aged 18 years old and above 17.1% (95% CI: 13.45-21.15), urbanites 17.1% (95% CI: 15.42-18.89) and 'others' ethnic 19.1% (95% CI: 12.26-28.58). There were no significance differences by age group, locality and ethnicity (**Table 1.6.2**). Among adolescents who were depressed, 20.2% (95% CI: 15.84-25.38) were smokers, 34.4% (95% CI: 22.94-47.95) consumed alcohol and 49.1% (95% CI: 29.38-69.16) admitted had used drug (**Table 1.6.3**). Among adolescents who were depressed, 28.9% (95% CI: 22.84-35.73) were reported to be involved in bully, 27.6% (95% CI: 23.22-32.54) admitted involvement in fight, 27.6% (95% CI: 22.40-33.58) had truancy problems, 30.1% (95% CI: 22.55-38.97) involved in vandalism activities and 19.1% (95% CI: 16.57-22.00) were found to have reckless driving. There were significance differences between depression with bully, fight, truancy and vandalism in this study (**Table 1.6.4**). The prevalence of depression was higher among adolescents who were religious 17.7% (95% CI: 11.90-25.57) (**Table 1.6.5**).

Overall, depression was significantly higher among adolescent who were perceived as naughty by their parents compared to those who were perceived as not (24.9% vs. 14.3%). Depression was significantly higher among adolescent who were perceived as impolite by their parents compared to those who were perceived as not (31.0% vs. 15.1%). Adolescent who were perceived as violence by their parents and frequently involved in fights, were significantly more depressed as compared to those who were not (34.2% vs. 15.6% and 35.5% vs. 15.9%, respectively). Significantly higher prevalence of depression was noted among adolescents who were perceived as bad-tempered by their parents as compared to those who were not (22.3% vs. 12.6%). The prevalence of depression among adolescents who were perceived as panicking by their parents was significantly higher compared to those who were not (22.2% vs. 14.8%). Adolescents who were perceived as lonely by their parents were reported more likely to depress compared to those who were perceived as not (32.9% vs. 15.2%)(**Table 1.6.6**).

6.1.7 SUICIDAL ATTEMPT

The prevalence of suicidal attempt among adolescents was 7.1% (95% CI: 6.51-7.66) (**Table1.7.1**). The prevalence of suicidal attempt was significantly more likely among females 8.8% (95% CI: 7.96-9.71) compared to males 5.0% (95% CI: 4.29-5.71). The highest prevalence of suicidal attempt was among adolescents aged 15-17 years old 8.0% (95% CI: 7.10-8.92), urbanites 7.3% (95% CI: 6.56-8.00) and 'others' ethnic 8.1% (95% CI: 5.67-11.50). There were no significance differences by age group, locality and ethnicity observed in this study (**Table1.7.2**). Among adolescents who had suicidal attempt, 8.8% (95% CI: 6.82-11.33) were smokers, 17.2% (95% CI: 10.87-26.01) consumed alcohol and 23.6% (95% CI: 12.61-39.86) admitted had used drug (**Table1.7.3**). Adolescents who reported had suicidal attempts were also found to be depressed 59.9% (95% CI: 55.17-64.51) (**Table1.7.4**). Among adolescents who had suicidal attempts, 21.7% (95% CI: 17.19-26.88) were reported involved in bully, 18.3% (95% CI: 15.26-21.87) admitted involvement in fight, 16.3% (95% CI: 13.14-19.98) had truancy problems, 20.6% (95% CI: 15.25-27.17) involved in vandalism activities and 13.6% (95% CI: 11.86-15.50) were found to have reckless driving. There was a significance difference between suicide attempt and anti-social behaviour in this study (**Table1.7.5**). The prevalence of suicidal attempt was higher among those adolescents who were religious 7.0% (95% CI: 6.40-7.64) (**Table1.7.6**).

Overall suicidal attempt was significantly higher among adolescents who were perceived as naughty by their parents compared to those who were perceived as not (16.0% vs. 4.6%). Suicidal attempt was significantly higher among adolescents who were perceived as impolite by their parents compared to those who were perceived as polite (20.3% vs. 5.4%). Adolescents who were perceived as violence by their parents and frequently involved in fight, attempted significantly more suicidal attempts as compared to those who were not (23.3% vs. 5.7% and 22.5% vs. 5.9%, respectively). Significantly higher prevalence of suicidal attempt was noted among adolescents who were perceived as bad-tempered by their parents as compared to those who were not (15.7% vs. 3.7%). More adolescent attempted suicide was perceived as timid by their parents compared to those who were perceived as not (13.8% vs. 5.2%). The prevalence of suicidal attempt among adolescents who were perceived as panicking by their parents was significantly higher compared to those who were not (14.6% vs. 5.1%). Overall suicidal attempt was significantly higher among adolescents who were perceived as loner by their parents compared to those who were perceived as not (22.3% vs. 5.9%) (**Table1.7.7**).

6.1.8 SEXUAL BEHAVIOUR

Overall, the prevalence of adolescents ever had sex was 1.3% (95% CI: 1.04-1.68) (**Table 1.8.1**) and it was significantly higher among males 1.9% (95% CI: 1.36-2.52) compared to females 0.9% (95% CI: 0.60-1.26). The highest prevalence of ever had sex were among adolescents aged 18 years and above 2.2% (95% CI: 1.41-3.43), urbanites 1.6% (95% CI: 1.17-2.06) and 'others' ethnic 2.1 % (95% CI: 0.82-5.00). There were no significance differences by age group, locality and ethnicity observed in this study) (**Table 1.8.2**). Among adolescents who had experience of ever had sex, 4.7% (95% CI: 3.06 -7.20) of them were smokers, 20.1% (95% CI: 11.64-32.36) consumed alcohol and 34.9% (95% CI: 15.67-60.70) admitted had used drug (**Table 1.8.3**). The prevalence of having a history of sexual abuse among those who ever had sex was 30.3% (95% CI: 14.71-52.23) (**Table 1.8.4**). Among adolescents who ever had sex, 5.5% (95% CI: 2.63-11.09) were reported involved in bully, 4.3% (95% CI: 2.46-7.32) admitted involvement in fight, 4.6% (95% CI: 2.75-7.58) had truancy problems, 3.9% (95% CI: 1.60-9.02) involved in vandalism activities and 3.4% (95% CI: 2.28-4.95) were found to have reckless driving. There were significance differences between ever had sex with bully, fight, truancy and reckless driving in this study (**Table 1.8.5**). The prevalence of ever had sex was significantly more likely among adolescents who were not religious 3.1% (95% CI: 1.82-5.23) compared to religious 1.1 (95% CI: 0.83-1.47) (**Table 1.8.6**). This study also revealed that among those who ever had sex, 42.0% (95% CI: 31.74-53.08) admitted viewing pornographic materials, 26.8% (95% CI: 17.68-38.34) practised masturbation, 62.6% (95% CI: 51.43-72.63) have partners or courting, 16.5% (95% CI: 10.13-25.64) was promiscuous and 14.5% (95% CI: 7.83-25.16) used contraceptive (**Table 1.8.7**).

6.2 ADULTS

6.2.1 SOCIO-DEMOGRAPHIC PROFILE

A total of 4462 screening forms (adult) were analysed. The analysis showed 42.5% of the respondents were males and 57.5% were females. More adults from urban area were reported than those in rural area (52.9% vs. 47.1%). By ethnicity, majority were Malays with 81.7% followed by 'others' ethnic, Chinese and Indian which were 7.9%, 5.4% and 5.1% respectively. (**Table 2.1**)

6.2.2 TOBACCO USE

The prevalence of current smoking among adults was 20.1% (95% CI: 18.93-21.40) (**Table 2.2.1**). Males [45.1% (95% CI: 42.72-47.44)] were significantly more likely to smoke than females [1.7% (95% CI: 1.22-2.29)]. Malays had higher prevalence of smoking; 20.8% (95% CI: 19.47-22.21) while prevalence among Chinese, Indian and other ethnics were [20.4% (95% CI: 15.43-26.36)], [12.7% (95% CI: 8.82-17.88)] and [17.8% (95% CI: 13.61-23.00)] respectively. There was no significant difference of tobacco used by locality (**Table 2.2.2**).

Among those who were smoking, 85.2% (95% CI: 68.77-93.76) used drug and 69.3% (95% CI: 59.68-77.47) consumed alcohol (**Table 2.2.3**).

6.2.3 DEPRESSION

Overall, only 4.3% (95% CI: 3.75-5.04) of adults reported of having depression (**Table 2.3.1**). The prevalence was significantly higher among females [5.6% (95% CI: 4.72-6.66)] compared to males [2.7% (95% CI: 1.99-3.53)]. No significant difference of depression by locality was observed (**Table 2.3.2**). Among adults who were depressed, 4.2% (95% CI: 2.94-5.87) were smokers (**Table 2.3.3**). Respondents with hypertension also reported to have higher prevalence of depression with 5.1% (95% CI: 3.38-7.66) compared to those who were not 2.2% (95% CI: 1.58-3.19)(**Table 2.3.5**). Depression was found to be higher among underweight adults compared to those who had normal weight; overweight and obese (**Table 2.3.6**)

6.2.4 DIABETES

The prevalence of reported diabetes among Malaysian adults was 4.8% (95% CI: 4.23-5.55). The highest prevalence of diabetes were among males 5.2% (95% CI: 4.28-6.36), Indians ethnic 10.5% (95% CI: 7.05-15.44) and rural dwellers 5.0% (95% CI: 4.05-6.07). However, there were no significance differences by gender, locality and ethnicity (**Table 2.4.2**).

Among adults who have diabetes, 2.5% (95% CI: 1.81-3.45) were reported having hypertension (**Table 2.4.4**). The prevalence of diabetes were significantly higher among those who had family history of diabetes 10.6% (95% CI: 8.74-12.88) compared to those who were not 2.3% (95% CI: 1.76-2.99) (**Table 2.4.5**). Obese adults recorded the highest prevalence of diabetes at 8.9% (95% CI: 6.83-11.47) (**Table 2.4.6**). Those who had complete meal intake (breakfast, lunch and dinner) were reported had higher prevalence of diabetes at 5.1% (95% CI: 4.39-5.93) (**Table 2.4.7**). Besides, adults with physically inactive reported have higher prevalence of diabetes which is 5.6% (95% CI: 4.77-6.65), while those physically active show prevalence of 3.9% (95% CI: 2.99-5.02) (**Table 2.4.9**). Among those who reported had diabetes, 51.2% (95% CI: 34.47-67.64) of them had heart disease as well (**Table 2.4.10**).

6.2.5 HYPERTENSION

Overall, 25.4% (95% CI: 23.47-27.51) of Malaysian adults screened at primary care clinics had hypertension. Others ethnic recorded the highest prevalence of hypertension at 40.3% (95% CI: 30.97-50.47), followed by Chinese, Indians and Malays with 29.9% (95% CI: 21.99-39.12), 28.4% (95% CI: 20.45-37.88), and 23.6% (95% CI: 21.55-25.82) respectively. Adults aged 40 to 59 years old had higher percentage of hypertension (**Table 2.5.2**). Respondents who consumed alcohol had high prevalence of hypertension [39.2% (95% CI: 27.99-51.67)]. Among those who had hypertension, only 14.6% (95% CI: 12.09-17.48) were reported as current smokers (**Table 2.5.3**). About 37.1% (95% CI: 33.18-41.11) of hypertensive adults had family background of hypertension (**Table 2.5.4**). Adults those who were overweight and obese showed high prevalence of hypertension, 31.7% (95% CI: 27.90-35.78) and 44.9% (95% CI: 39.27-50.71) respectively (**Table 2.5.5**). Among those who had hypertension, 76.8% (95% CI: 69.45-82.79) were also reported have diabetes (**Table 2.5.6**), 82.0% (95% CI: 62.80-92.50) have heart disease (**Table 2.5.7**) and 88.6% (95% CI: 49.32-98.42) have stroke (**Table 2.5.8**).

6.2.6 MALNUTRITIONAL

Overall, 6.0% (95% CI: 5.33-6.86) of the Malaysian adults screened at primary care clinics were at risk of underweight. While, 29.3% (95% CI: 27.87-30.78) were at risk of becoming overweight and 15.8% (95% CI: 14.66-16.99) were at risk of becoming obese. Females were reported had higher prevalence of becoming underweight 6.9% (95% CI: 5.95-8.09) and obese 16.8% (95% CI: 15.23-18.40) compared to males 4.8% (95% CI: 3.88-6.03) and 14.5% (95% CI: 12.85-16.28) respectively. More males, 30.8% (95% CI: 28.59-33.09) becoming overweight compared to females 28.2% (95% CI: 26.34-30.15) (**Table 2.6.2**).

About 32.1% of overweight adults consumed alcohol (**Table 2.6.3**) and 31.3% were current smokers (**Table 2.6.4**). The prevalence of skipped meal intake were higher among adults who were underweight 9.1% (95% CI: 7.23-11.34) and obese 16.6% (95% CI: 14.05-19.48) (**Table 2.6.5**). Among those who were obese, 17.2% (95% CI: 15.67-18.93) were found as physically inactive (**Table 2.6.7**).

6.3 ELDERLY

6.3.1 SOCIO-DEMOGRAPHIC PROFILES OF THE ELDERLY

A total of 3928 eligible respondents aged 60 years old and above were screened using Elderly Health Screening Forms that have been used in Primary Health Clinics. Majority of the respondents were between the ages of 60-74 years old. By gender, there were slightly more females than males (54.1% vs. 45.9%). By ethnicity, the majority were Malays; 63.7%, followed by Chinese; 19.8%, others ethnic; 10.1% and Indians; 6.4%. More than half of the respondents (60.1%) resided in urban areas and about 99.4% of them were Malaysians' (**Table 3.1**).

6.3.2 RISK OF FALLS

Overall, 19.1% (95% CI: 17.86-20.42) of the elderly reported to have experience of falls (**Table 3.2.1**). The prevalence of falls was reported higher among females 19.5% (95% CI: 17.80-21.33), elderly age 75 years old and above; 21.9% (95% CI: 19.02-25.12), rural dwellers; 21.2% (95%CI: 19.12-23.33) and Indian ethnics; 19.8% (95% CI: 15.33-25.13) (**Table 3.2.2**). The prevalence of falls was significantly higher among those who took one or more medicines; 38.1% (95% CI: 27.71-49.71) (**Table 3.2.3**). Among those who had experienced of falls, 19.9% (95% CI: 16.87-23.31) were smokers, with 29.2% (95% CI: 20.80-39.33) consumed alcohol and 22.4% (95% CI: 10.44-41.77) admitted having used drug. However, there was no significance differences of falls towards substance used in this study (**Table 3.2.4**). The prevalence of falls was higher among elderly who had hypertension 20.2% (95% CI: 18.56-22.03), diabetes 21.4% (95% CI: 19.13-23.91), asthma 22.6% (95% CI: 17.66-28.44), heart disease 32.3% (95% CI: 25.83-39.62) and kidney failure 22.5% (95% CI: 11.99-38.22) (**Table 3.2.5**)

6.3.3 COGNITIVE IMPAIRMENT

Overall, 92.0% (95% CI: 87.79-94.84) of the elderly in this study were reported of having cognitive impairment (**Table 3.3.1**). The highest prevalence of cognitive impairment were among females 92.2% (95% CI: 86.36-95.64), elderly aged 75 years old and above; 94.9% (95% CI: 84.58-98.45), rural dwellers; 94.8% (95%CI: 86.42-98.12) and Indian ethnics; 95.3% (95% CI: 73.09-99.34) (**Table 3.3.2**). Among those who have cognitive impairment, 94.6 % (95% CI: 70.71-99.22) were smokers and 92.5% (95% CI: 61.20-98.96) consumed alcohol. There was no significance difference of taking substance to cognitive impairment (**Table 3.3.3**). The prevalence of cognitive impairment were higher among elderly who had diabetes 95.0% (95% CI: 88.53-97.92) (**Table 3.3.4**).

6.3.4 DEPENDENCY

Overall, the prevalence of dependence among elderly was 20.2% (95% CI: 18.07-22.60) (**Table 3.4.1**). The prevalence of dependence was slightly higher among males 21.8% (95% CI: 18.56-25.46) compared to females 18.9% (95% CI: 16.09-22.08), and the difference was not statistically significant. Elderly aged 75 years old and above 26.7% (95% CI: 21.25-32.89), rural dwellers 23.3% (95% CI: 19.60-27.42) and Malays 24.6% (95% CI: 21.75-27.67) were also found to have higher prevalence of dependence. There were no significant differences between age group, locality and ethnicity (**Table 3.4.2**). Among those who were dependence, 27.1% (95% CI: 21.45-33.55) were smokers, 40.2% (95% CI: 24.51-58.20) consumed alcohol and 65.6% (95% CI: 36.38-86.36) admitted having used drug (**Table 3.4.3**). The prevalence of dependence was significantly higher among elderly who have diabetes 23.7% (95% CI: 19.79-28.07) (**Table 3.4.4**).

7.0 DISCUSSION

This study was based on data obtained from health screening forms from randomly selected Ministry of Health Clinics throughout Malaysia in 2014. Thus, the findings could only generalize to respondents attending those clinics. Based on returns compiled through Health Management Information System (HMIS) only small proportions of Malaysian populations were screened in 2013; 5.9% for adolescents (3.25, 6.05), 2.7% male adults (2.36, 3.69), 3.5% female adults (2.83, 0.68) and 8.1% elderly (1.93, 1.84)

Results from this study can be used as the basis so that the programme managers may plan for appropriate programmes and resources targeting towards adolescents, adult and elderly in Malaysia. For adolescent, programme managers should focus on planning intervention programmes to manage physical inactivity at primary care levels. In addition to that, a structured referral system should be available that may help in managing mental health problems particularly depression and suicidal attempts among adolescents.

Intervention programmes to control obesity among adults should be planned especially at community levels, if possible. Awareness and training to handle falls and dependency among elderly should be strengthened. Furthermore, healthcare providers should be equipped with knowledge to manage elderly suspected with cognitive impairment with proper flow chart and referral systems.

Findings from this study should be interpreted with caution as there were several limitations as below.

1. This study was done using readily available self-administered screening form resulted in limited health information and possibility of high missing value.
2. The forms that had been used in primary health clinics were not standardized. For examples, some states did not have our variables of interest such as dementia and dependency in their elderly screening forms.
3. Forms collected from selected clinics were less than that reported in their monthly returns.
4. Screening forms were not available in some selected clinics, instead home-based card were used and kept by respondents.

APPENDIX 1: TABLES OF FINDINGS

1.0 Adolescents

Table 1.1 Prevalence of Socio-demographic profile for adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	4220	10829	45.6	44.58	46.67
Female	5069	12905	54.4	53.32	55.41
Age group					
10-14 years old	3672	9455	39.8	38.82	40.86
15-17 years old	4210	10761	45.3	44.29	46.38
18 years old and above	1497	3518	14.8	14.10	15.57
Locality					
Urban	5821	14359	60.5	60.23	60.76
Rural	3468	9375	39.5	39.23	39.76
Ethnicity					
Malay	7207	18157	76.5	75.57	77.40
Chinese	935	2376	10.0	9.40	10.65
Indian	633	1488	6.3	5.81	6.75
Others	514	1713	7.2	6.61	7.87
Nationality					
Malaysian	9245	23624	99.5	99.37	99.65
Non-Malaysian	44	110	0.5	0.35	0.62

1.2 Physical Activity

Table 1.2.1 Prevalence of Physical Activity for adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Physically Active	2746	6853	66.3	64.80	67.77
Physically Inactive	1383	3482	33.7	32.22	35.19

Table 1.2.2 Prevalence of Physically Inactive by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	550	1366	26.0	24.09	27.93
Female	833	2116	41.7	39.49	43.92
Age group					
10-14 years old	555	1423	32.6	30.37	34.95
15-17 years old	634	1565	34.6	32.42	36.89
18 years old and above	194	495	34.0	30.12	38.06
Locality					
Urban	850	2024	30.9	29.13	32.65
Rural	533	1458	38.6	35.96	41.29
Ethnicity					
Malay	1053	2607	34.0	32.29	35.69
Chinese	137	346	27.1	23.27	31.26
Indian	104	243	33.7	28.63	39.18
Others	89	286	43.1	36.13	50.40
Nationality					
Malaysian	1372	3454	33.6	32.10	35.08
Non-Malaysian	11	28	57.2	35.34	76.50

Table 1.2.3 Prevalence of Physically Inactive by Tobacco Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	81	202	28.6	23.52	34.20
	No	1236	3103	34.0	32.47	35.64

Table 1.2.4 Prevalence of Physically Inactive by Balance Diet

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Have balance diet	1174	2964	33.4	31.87	35.06
Did not have balance diet	182	453	34.8	30.71	39.79

1.3 Obesity

Table 1.3.1 Prevalence of Obesity for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Obese	91	227	4.2	3.42	5.14
Not Obese	1934	5190	95.8	94.86	96.58

Table 1.3.2 Prevalence of Obesity by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	49	120	4.9	3.75	6.49
Female	42	107	3.6	2.64	4.85
Age group					
10-14 years old	35	86	4.0	2.89	5.57
15-17 years old	48	122	4.3	3.26	5.73
18 years old and above	8	191	4.1	2.06	8.03
Locality					
Urban	61	150	4.2	3.27	5.39
Rural	30	78	4.2	2.90	5.93
Ethnicity					
Malay	68	168	4.6	3.60	5.77
Chinese	11	28	3.2	1.75	5.62
Indian	11	26	6.9	3.87	12.11
Others	1	5	1.0	0.14	6.98
Nationality					
Malaysian	90	225	4.2	3.38	5.10
Non-Malaysian	1	2	15.5	2.09	61.13

Table 1.3.3 Prevalence of Obesity by Skipped Meals

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Did not skipped meals	52	131	3.7	2.79	4.79
Skipped meals	36	89	5.4	3.88	7.43

Table 1.3.4 Prevalence of Obesity by Physical Activity

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Physically Inactive	21	49	6.1	4.00	9.21
Physically active	19	46	3.1	2.00	4.87

Table 1.3.5 Prevalence of Obesity by Balance Diet

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Have Balance diet	70	177	4.0	3.17	5.07
Did not have balance diet	17	39	5.1	3.18	8.10

1.4 Alcohol Use

Table 1.4.1 Prevalence of Alcohol Use for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Take alcohol	128	345	1.6	1.31	1.90
Did not take alcohol	8395	21444	98.4	98.09	98.68

Table 1.4.2 Prevalence of Alcohol Use by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	88	235	2.4	1.89	2.94
Female	40	111	0.9	0.67	1.30
Age group					
10-14 years old	18	49	0.6	0.35	0.92
15-17 years old	83	220	2.2	1.77	2.80
18 years old and above	27	76	2.3	1.55	3.46
Locality					
Urban	104	267	2.0	1.64	2.47
Rural	24	79	0.9	0.60	1.40
Ethnicity					
Malay	37	97	0.6	0.41	0.82
Chinese	53	137	6.1	4.60	8.00
Indian	18	44	3.2	2.00	5.11
Others	20	68	4.2	2.66	6.70
Nationality					
Malaysian	128	345	1.6	1.32	1.91
Non-Malaysian	-	-	-	-	-

Table 1.4.3 Prevalence of Alcohol Use by other Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	61	163	10.1	7.81	12.96
	No	65	178	0.9	0.68	1.14
Drug	Yes	29	68	72.7	55.64	84.96
	No	94	264	1.2	0.98	1.52

Table 1.4.4 Prevalence of Alcohol use by Ever had sex

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Yes	14	38	16.5	9.59	26.98
No	68	183	1.2	0.89	1.48

Table 1.4.5 Prevalence of Alcohol use by Anti-Social Behavior

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Bully	Yes	17	44	5.3	3.25	8.66
	No	102	282	1.4	1.10	1.67
Fight	Yes	33	89	5.8	4.09	8.29
	No	86	238	1.2	0.94	1.48
Truancy	Yes	34	91	7.7	5.42	10.77
	No	84	233	1.1	0.90	1.43
Vandalisme	Yes	14	31	6.8	4.03	11.21
	No	105	296	1.4	1.14	1.71
Reckless driving	Yes	47	133	3.6	2.64	4.81
	No	73	195	1.1	0.85	1.40

Table 1.4.6 Prevalence of Alcohol use by Religiosity

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Religious	83	220	1.2	0.99	1.55
Not Religious	24	63	3.6	2.29	5.49

Table 1.4.7 Prevalence of Alcohol use by Guardian Perception

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Perceived naughty	Yes	41	105	3.0	2.20	4.12
	No	61	159	1.1	0.86	1.47
Perceived impolite	Yes	22	51	3.3	2.15	4.93
	No	80	213	1.3	1.05	1.68
Perceived violence	Yes	19	44	3.9	2.50	6.07
	No	82	218	1.3	1.05	1.67
Perceived frequently involved in fight	Yes	20	49	5.3	3.38	8.16
	No	80	210	1.3	1.00	1.60
Perceived bad-tempered	Yes	41	108	2.2	1.62	3.08
	No	59	166	1.1	0.84	1.44
Perceived Timid	Yes	11	33	1.1	0.58	2.03
	No	89	241	1.4	1.15	1.79
Perceived panicked	Yes	15	45	1.5	0.86	2.56
	No	85	228	1.4	1.09	1.71
Perceived as loner	Yes	9	23	2.7	1.36	5.28
	No	91	250	1.3	1.07	1.66

1.5 Tobacco Use

Table 1.5.1 Prevalence of Tobacco Use for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Use tobacco	686	1762	8.0	7.40	8.59
Did not use tobacco	7958	20323	92.0	91.40	92.59

Table 1.5.2 Prevalence of Tobacco use by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	633	1633	16.1	14.96	17.32
Female	53	129	1.1	0.81	1.43
Age group					
10-14 years old	130	326	3.7	3.13	4.40
15-17 years old	374	990	9.9	8.93	10.89
18 years old and above	182	447	13.6	11.76	15.56
Locality					
Urban	484	1227	9.2	8.40	10.00
Rural	202	535	6.1	5.35	7.05
Ethnicity					
Malay	616	1568	9.3	8.61	10.04
Chinese	26	72	3.2	2.14	4.71
Indian	19	44	3.2	2.06	5.02
Others	25	78	4.8	3.19	7.26
Nationality					
Malaysian	686	1762	8.0	7.43	8.62
Non-Malaysian	-	-	-	-	-

Table 1.5.3 Prevalence of Tobacco Use by Other Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Alcohol	Yes	61	163	47.7	38.51	57.02
	No	561	1447	6.8	6.22	7.33
Drug	Yes	34	79	84.5	66.83	93.66
	No	590	1534	7.1	6.53	7.67

Table 1.5.4 Prevalence of Tobacco Use by Ever had Sex

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Yes	24	55	23.0	15.53	32.75
No	446	1149	7.2	6.53	7.88

Table 1.5.5 Prevalence of Tobacco Use by Anti-Social Behavior

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Bully	Yes	79	205	23.9	19.45	29.10
	No	585	1508	7.2	6.64	7.80
Fight	Yes	145	372	23.7	20.33	27.36
	No	521	1345	6.6	6.08	7.21
Truancy	Yes	164	430	34.8	30.48	39.45
	No	505	1294	6.3	5.74	6.84
Vandalisme	Yes	57	141	29.4	23.27	36.43
	No	608	1574	7.4	6.80	7.96
Reckless driving	Yes	283	723	19.0	17.00	21.10
	No	381	989	5.5	4.97	6.08

Table 1.5.6 Prevalence of Tobacco Use by the Religiosity

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Religious	41	108	6.1	4.43	8.32
Not Religious	567	1463	8.2	7.52	8.84

Table 1.5.7 Prevalence of Tobacco Use by Guardian Perception

Prevalence		Use tobacco				
		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Perceived naughty	Yes	256	624	17.5	15.60	19.61
	No	272	688	4.8	4.28	5.43
Perceived impolite	Yes	113	271	17.0	14.30	20.16
	No	409	1023	6.3	5.74	6.96
Perceived violence	Yes	89	208	18.1	14.89	21.85
	No	432	1084	6.5	5.94	7.16
Perceived frequently involved in fight	Yes	78	187	19.3	15.67	23.60
	No	439	1098	6.6	5.98	7.19
Perceived bad-tempered	Yes	245	622	12.7	11.20	14.25
	No	380	990	6.5	5.91	7.23
Perceived Timid	Yes	61	151	5.0	3.86	6.41
	No	558	1445	8.5	7.86	9.25
Perceived panicked	Yes	84	210	6.9	5.52	8.49
	No	531	1376	8.2	7.51	8.88
Perceived as loner	Yes	42	109	12.4	9.22	16.58
	No	572	1475	7.8	7.19	8.45

1.6 Depression

Table 1.6.1 Prevalence of Depression for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Depressed	459	1160	16.5	15.08	17.93
Not Depressed	2315	5889	83.5	82.06	84.91

Table 1.6.2 Prevalence of Depression by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	145	369	13.4	11.40	15.57
Female	314	791	18.5	16.63	20.45
Age group					
10-14 years old	162	405	15.5	13.37	17.89
15-17 years old	230	582	17.0	15.07	19.21
18 years old and above	67	173	17.1	13.45	21.15
Locality					
Urban	325	781	17.1	15.42	18.89
Rural	134	379	15.3	12.97	17.94
Ethnicity					
Malay	371	920	16.0	14.49	17.55
Chinese	41	105	19.0	14.17	24.89
Indian	28	63	17.8	12.54	24.60
Others	19	71	19.1	12.26	28.58
Nationality					
Malaysian	455	1151	16.4	15.01	17.86
Non-Malaysian	4	9	35.3	14.01	64.68

Table 1.6.3 Prevalence of Depression by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	57	135	20.2	15.84	25.38
	No	385	986	16.2	14.73	17.80
Alcohol	Yes	22	53	34.4	22.94	47.95
	No	407	1037	16.0	14.58	17.53
Drug	Yes	12	27	49.1	29.38	69.16
	No	431	1097	16.3	14.90	17.81

Table 1.6.4 Prevalence of Depression by Anti-Social Behaviors

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Bully	Yes	60	153	28.9	22.84	35.73
	No	392	986	15.4	14.04	16.94
Fight	Yes	106	271	27.6	23.22	32.54
	No	347	873	14.7	13.26	16.20
Truancy	Yes	74	188	27.6	22.40	33.58
	No	381	960	15.4	13.97	16.90
Vandalisme	Yes	38	93	30.1	22.55	38.97
	No	416	1053	15.9	14.53	17.43
Reckless driving	Yes	163	399	19.1	16.57	22.00
	No	289	826	15.2	13.61	16.96

1.6.5 Prevalence of Depression by Religiosity

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Religious		23	57	17.7	11.90	25.57
Not Religious		398	1003	16.5	15.01	18.06

1.6.6 Prevalence of Depression by Guardian Perception

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Perceived naughty	Yes	218	548	24.9	22.06	27.96
	No	217	550	14.3	12.54	16.15
Perceived impolite	Yes	133	336	31.0	26.73	35.68
	No	429	1076	15.1	13.49	16.74
Perceived violence	Yes	105	268	34.2	28.94	39.81
	No	325	814	15.6	14.06	17.26
Perceived frequently involved in fight	Yes	93	234	35.5	29.79	41.72
	No	336	845	15.9	14.35	17.56
Perceived bad-tempered	Yes	262	660	22.3	19.95	24.86
	No	175	437	12.6	10.89	14.46
Perceived Timid	Yes	146	367	20.2	17.37	23.46
	No	284	711	15.6	13.96	17.37
Perceived panicked	Yes	165	427	22.2	19.27	25.48
	No	266	654	14.8	13.17	16.52
Perceived as loner	Yes	82	207	32.9	27.18	39.19
	No	347	867	15.2	13.82	16.80

1.7 Suicidal Attempt

Table 1.7 Prevalence of Suicidal Attempt for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Have suicidal attempt	579	1495	7.1	6.51	7.66
Did not have suicidal attempt	7695	19657	92.9	92.33	93.48

Table 1.7.2 Prevalence of Suicidal Attempt by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	191	474	5.0	4.29	5.71
Female	388	1021	8.8	7.96	9.71
Age group					
10-14 years old	215	547	6.6	5.79	7.55
15-17 years old	297	778	8.0	7.10	8.92
18 years old and above	67	169	5.4	4.25	6.89
Locality					
Urban	388	944	7.3	6.56	8.00
Rural	191	551	6.8	5.86	7.80
Ethnicity					
Malay	463	1172	7.2	6.61	7.92
Chinese	46	116	5.3	3.98	7.12
Indian	39	87	6.6	4.83	8.90
Others	31	119	8.1	5.67	11.50
Nationality					
Malaysian	576	1489	7.1	6.51	7.67
Non-Malaysian	3	5	6.3	1.89	18.79

Table 1.7.3 Prevalence of Suicidal Attempt by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	58	144	8.8	6.82	11.33
	No	499	1291	6.8	6.26	7.47
Alcohol	Yes	19	51	17.2	10.87	26.01
	No	521	1342	6.7	6.17	7.33
Drug	Yes	9	20	23.6	12.61	39.86
	No	552	1426	6.9	6.38	7.54

Table 1.7.4 Prevalence of Suicidal Attempt by Depression

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Depressed		275	685	59.9	55.17	64.51
Not Depressed		304	810	14.7	13.17	16.36

Table 1.7.5 Prevalence of Suicidal Attempt by Anti-Social Behavior

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Bully	Yes	68	176	21.7	17.19	26.88
	No	501	1290	6.4	5.86	6.98
Fight	Yes	107	274	18.3	15.26	21.87
	No	463	1194	6.1	5.57	6.70
Truancy	Yes	81	199	16.3	13.14	19.98
	No	489	1268	6.4	5.85	7.00
Vandalisme	Yes	39	96	20.6	15.25	27.17
	No	531	1372	6.7	6.13	7.27
Reckless driving	Yes	202	514	13.6	11.86	15.50
	No	370	961	5.6	5.05	6.20

Table 1.7.6 Prevalence of Suicidal Attempt by Religiosity

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Religious	494	1263	7.0	6.40	7.64
Not Religious	26	62	5.0	3.41	7.40

Table 1.7.7 Prevalence of Suicidal Attempt by Guardian Perception

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Perceived naughty	Yes	226	559	16.0	14.16	18.12
	No	249	638	4.6	4.02	5.17
Perceived impolite	Yes	129	318	20.3	17.25	23.67
	No	341	863	5.4	4.88	6.04
Perceived violence	Yes	104	259	23.3	19.47	27.57
	No	366	924	5.7	5.10	6.27
Perceived frequently involved in fight	Yes	86	209	22.5	18.47	27.11
	No	381	967	5.9	5.31	6.54
Perceived bad-tempered	Yes	303	776	15.7	14.08	17.44
	No	223	560	3.7	3.25	4.23
Perceived Timid	Yes	165	425	13.8	11.86	15.91
	No	352	884	5.2	4.71	5.81
Perceived panicked	Yes	176	454	14.6	12.68	16.81
	No	344	865	5.1	4.62	5.70
Perceived as loner	Yes	76	194	22.3	18.07	27.19
	No	440	1113	5.9	5.35	6.45

1.8 Sexual Activity

Table 1.8.1 Prevalence of Ever had Sex for Adolescents

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Yes	74	187	1.3	1.04	1.68
No	5446	13924	98.7	98.31	98.95

Table 1.8.2 Prevalence of Sexual by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	45	120	1.9	1.36	2.52
Female	29	67	0.9	0.60	1.26
Age group					
10-14 years old	8	21	0.4	0.21	0.88
15-17 years old	45	112	1.7	1.21	2.25
18 years old and above	21	53	2.2	1.41	3.43
Locality					
Urban	53	133	1.6	1.17	2.06
Rural	21	54	1.0	0.61	1.49
Ethnicity					
Malay	54	129	1.2	0.89	1.56
Chinese	10	26	1.8	0.93	3.26
Indian	5	12	1.5	0.61	3.49
Others	5	20	2.1	0.82	5.00
Nationality					
Malaysian	74	187	1.3	1.04	1.68
Non-Malaysian	-	-	-	-	-

Table 1.8.3 Prevalence of Ever Had Sex by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					1.68	Upper
Tobacco	Yes	22	50	4.7	3.06	7.20
	No	49	130	1.0	0.76	1.37
Alcohol	Yes	14	38	20.1	11.64	32.36
	No	55	138	1.0	0.77	1.34
Drug	Yes	6	12	34.9	15.67	60.70
	No	63	162	1.2	0.90	1.52

Table 1.8.4 Prevalence of Ever Had Sex by History of Abuse Sexually

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Have experienced of sexually abuse	7	18	30.3	14.71	52.23
Did not have experienced of sexually abuse	60	151	1.1	0.87	1.48

Table 1.8.5 Prevalence of Ever Had Sex by Anti-Social Behavior

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Bully	Yes	8	23	5.5	2.63	11.09
	No	65	161	1.2	0.92	1.53
Fight	Yes	14	36	4.3	2.46	7.32
	No	59	148	1.1	0.86	1.47
Truancy	Yes	15	34	4.6	2.75	7.58
	No	59	153	1.2	0.88	1.51
Vandalisme	Yes	5	10	3.9	1.60	9.02
	No	68	174	1.3	0.99	1.63
Reckless driving	Yes	28	78	3.4	2.28	4.95
	No	42	100	0.9	0.63	1.18

Table 1.8.6 Prevalence of Ever Had Sex by Religiosity

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Religious	52	132	1.1	0.83	1.47
Not Religious	15	35	3.1	1.82	5.23

Table 1.8.7 Prevalence of Ever had Sex by Sexual Behavior

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					1.68	Upper
Pornographic viewing	Yes	38	97	42.0	31.74	53.08
	No	51	134	58.0	46.91	68.25
Masturbation	Yes	21	58	26.8	17.68	38.34
	No	62	158	73.2	61.65	82.31
Homosexual tendency	Yes	5	14	6.7	2.67	16.01
	No	78	199	93.3	83.98	97.32
Transgender (female)	Yes	3	7	5.6	1.78	16.22
	No	43	114	94.4	83.77	98.21
Transgender (male)	Yes	5	11	10.5	4.38	23.15
	No	37	93	59.5	76.84	95.61
Have Partner	Yes	51	137	62.6	51.43	72.63
	No	33	82	37.4	27.36	48.56
Promiscuous	Yes	16	36	16.5	10.13	25.64
	No	68	183	83.5	74.35	89.86
Homosexual relationship	Yes	8	18	8.3	4.08	16.14
	No	76	200	91.7	83.85	95.91
Unnatural sex	Yes	6	14	6.5	2.86	14.26
	No	76	199	93.5	85.73	97.13
Contraceptive usage	Yes	11	30	14.5	7.83	25.16
	No	67	175	83.5	74.83	92.16

2.0 Adults

Table 2.1 Prevalence of socio-demographic profile of adults (18-59 years old)

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Sex					
Male	1914	5182	42.5	41	44
Female	2548	7014	57.5	56	59
Age Group					
18-19	109	301	2.5	2.04	2.99
20-24	824	2168	17.8	16.67	18.94
25-29	1035	2754	22.6	21.35	23.86
30-34	631	1712	14	13.02	15.13
35-39	422	1189	9.7	8.87	10.7
40-44	406	1141	9.4	8.5	10.3
45-49	373	1061	8.7	7.86	9.61
50-54	359	1020	8.4	7.54	9.26
55-59	303	851	7	6.23	7.8
Locality					
Urban	2505	6453	52.9	52.52	53.3
Rural	1957	5743	47.1	46.7	47.47
Ethnicity					
Malay	3698	9962	81.7	80.43	82.86
Chinese	245	658	5.4	4.76	6.11
Indian	233	619	5.1	4.47	5.76
Others	286	958	7.9	6.99	8.81
Nationality					
Malaysian	4422	12086	99.1	98.75	99.33
Non-Malaysian	40	111	0.9	0.67	1.25
Education level					
Primary	343	1012	8.7	7.8	9.64
Secondary	2415	6664	57.1	55.61	58.68
Tertiary	1459	3845	33	31.56	34.43
No Formal Education	46	139	1.2	0.89	1.61

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Religion					
Islam	3827	10338	85	83.82	86.08
Buddha	230	604	5	4.36	5.65
Hindu	219	576	4.7	4.15	5.4
Christian	148	575	4.7	4.01	5.56
Other	27	72	0.6	0.4	0.87
Income					
RM 1155 and less	561	1545	25.6	23.74	27.51
RM 1156 - RM 1799	545	1446	23.9	22.18	25.8
RM 1800 - RM2599	571	1527	25.3	23.48	27.18
RM 2600 and more	567	1521	25.2	23.39	27.08

2.2 Tobacco use

Table 2.2.1 Prevalence of tobacco use among adults

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Yes	879	2360	20.1	18.93	21.40
No	3383	9362	79.9	78.6	81.07

Table 2.2.2 Prevalence of tobacco use among adults by socio-demographic profile

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Sex					
Male	838	2248	45.1	42.72	47.44
Female	41	113	1.7	1.22	2.29
Age group					
18-19	31	91	31.3	22.84	41.25
20-24	148	383	18.5	15.89	21.45
25-29	213	533	20.2	17.85	22.87
30-34	148	389	23.9	20.56	27.55
35-39	84	223	19.4	15.8	23.55
40-44	72	214	19.4	15.52	23.88
45-49	59	179	17.5	13.62	22.16
50-54	65	180	18.4	14.57	22.97
55-59	59	168	20	15.67	25.07

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Locality					
Urban	516	1305	20.8	19.23	22.54
Rural	363	1056	19.3	17.55	21.25
Ethnicity					
Malay	755	1987	20.8	19.47	22.21
Chinese	45	130	20.4	15.43	26.36
Indian	28	75	12.7	8.82	17.88
Others	51	169	17.8	13.61	23.00
Nationality					
Malaysian	874	2349	20.2	19.01	21.49
Non-Malaysian	5	-	-	-	-

Table 2.2.3 Prevalence of Tobacco use by Other Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Drug	Yes	27	71	85.2	68.77	93.76
	No	811	2178	19	17.78	20.22
Alcohol	Yes	79	233	69.3	59.68	77.47
	No	760	2021	18.1	16.95	19.37

2.3 Depression

Table 2.3.1 Prevalence of depression among adults

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Not depressed	4008	11027	95.7	94.96	96.25
Depressed	180	501	4.3	3.75	5.04

Table 2.3.2 Prevalence of depression among adults by socio-demographic profile

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Sex					
Male	49	131	2.7	1.99	3.53
Female	131	371	5.6	4.72	6.66
Age group					
18-19	6	-	-	-	-
20-24	47	125	6	4.5	7.94
25-29	38	106	4	2.91	5.52
30-34	24	66	4.1	2.69	6.08
35-39	17	50	4.6	2.8	7.36
40-44	12	-	-	-	-
45-49	14	-	-	-	-
50-54	14	-	-	-	-
55-59	8	-	-	-	-
Locality					
Urban	107	288	4.6	3.81	5.6
Rural	73	213	4	3.19	5.06
Ethnicity					
Malay	142	386	4.1	3.49	4.87
Chinese	15	-	-	-	-
Indian	7	-	-	-	-
Others	16	-	-	-	-
Nationality					
Malaysian	180	501	4.4	3.78	5.09
Non-Malaysian	-	-	-	-	-

Table 2.3.3 Prevalence of depression among adults by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					1.68	Upper
Drug	Yes	2	-	-	-	-
	No	173	456	4.4	3.78	5.11
Alcohol	Yes	6	-	-	-	-
	No	164	458	4.3	3.67	5.00
Tobacco	Yes	34	94	4.2	2.94	5.87
	No	141	396	4.4	3.75	5.23

Table 2.3.4 Prevalence of depression among adults with diabetes

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Have diabetes	10	-	-	-	-
Did not have diabetes	158	445	4.2	3.6	4.94

Table 2.3.5 Prevalence of depression among adults with hypertension

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Not hypertensive	33	87	2.2	1.58	3.19
Hypertensive	23	64	5.1	3.38	7.66

Table 2.3.6 Prevalence of depression among adults by nutritional status

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Underweight	17	46	7.4	4.59	11.81
Normal weight	70	192	3.7	2.91	4.7
Overweight	44	120	4.0	2.94	5.35
Obese	25	74	4.6	3.09	6.76

2.4 Diabetes

Table 2.4.1 Prevalence of diabetes among adults

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Have diabetes	211	567	4.8	4.23	5.55
Did not have diabetes	4072	11126	95.2	94.45	95.77

Table 2.4.2 Prevalence of diabetes among adults by socio-demographic profile

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Sex					
Male	99	263	5.2	4.28	6.36
Female	112	304	4.6	3.79	5.48
Age group					
18-19	1	-	-	-	-
20-24	2	-	-	-	-
25-29	12	-	-	-	-
30-34	17	43	2.7	1.65	4.27
35-39	22	53	4.7	3.08	7.09
40-44	26	74	6.8	4.6	9.95
45-49	37	106	10.5	7.63	14.33
50-54	41	111	11.2	8.28	15.02
55-59	53	142	17.2	13.3	21.99
Locality					
Urban	117	292	4.7	3.96	5.67
Rural	94	275	5.0	4.05	6.07
Ethnicity					
Malay	165	442	4.6	3.98	5.4
Chinese	17	43	6.5	4.03	10.25
Indian	23	61	10.5	7.05	15.44
Others	6	-	-	-	-
Nationality					
Malaysian	209	561	4.8	4.23	5.55
Non-Malaysian	2	-	-	-	-

Table 2.4.3 Prevalence of diabetes use by Other Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Alcohol	Yes	10	-	-	-	-
	No	188	506	4.7	4.06	5.41
Tobacco	Yes	36	97	4.2	3.04	5.86
	No	168	452	5.0	4.31	5.84

Table 2.4.4 Prevalence of diabetes among adults with hypertension

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Not hypertensive	38	100	2.5	1.81	3.45
Hypertensive	122	330	25	21.22	29.24

Table 2.4.5 Prevalence of diabetes among adults by family history of diabetes

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Have family history of diabetes	97	258	10.6	8.74	12.88
Did not have family history of diabetes	57	151	2.3	1.76	2.99

Table 2.4.6 Prevalence of diabetes among adults by nutritional status

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Underweight	4	-	-	-	-
Normal weight	44	118	2.3	1.67	3.06
Overweight	89	240	7.8	6.33	9.54
Obese	55	145	8.9	6.83	11.47

Table 2.4.7 Prevalence of diabetes among adults meal intake

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Complete meal intake	171	462	5.1	4.39	5.93
Skipped meal	36	97	4.2	3.00	5.76

Table 2.4.8 Prevalence of diabetes among adults by balanced diet

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Did not have balanced diet	19	50	4.4	2.78	6.82
Have balanced diet	183	496	4.9	4.22	5.65

Table 2.4.9 Prevalence of diabetes among adults by physical activity

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Not active	138	361	5.6	4.77	6.65
Active	59	168	3.9	2.99	5.02

Table 2.4.11 Prevalence of diabetes among adults by having heart disease

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Have heart disease	17	46	51.2	34.47	67.64
Did not have heart disease	171	567	4	3.45	4.67

2.5 Hypertension

Table 2.5.1 Prevalence of hypertension among adults

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Not hypertensive	1494	4022	74.6	72.49	76.53
Hypertensive	484	1372	25.4	23.47	27.51

Table 2.5.2 Prevalence of hypertension among adults by socio-demographic profile

Prevalence	Unweighted count	Estimated population	%	95% CI	
				Lower	Upper
Sex					
Male	262	736	15.5	13.77	17.36
Female	222	636	100	100	100
Age group					
18-19	3	-	-	-	-
20-24	14	-	-	-	-
25-29	41	104	10	7.37	13.48
30-34	33	86	12.2	8.71	16.8
35-39	46	133	27.4	20.97	34.96
40-44	59	178	34.4	27.45	42.05
45-49	93	271	49.3	41.89	56.66
50-54	94	262	48.3	41.15	55.45
55-59	101	289	52.9	45.66	60.04
Locality					
Urban	254	666	23.3	20.82	25.99
Rural	230	707	27.8	24.79	31.09
Ethnicity					
Malay	380	1041	23.6	21.55	25.82
Chinese	34	99	29.9	21.99	39.12
Indian	30	76	28.4	20.45	37.88
Others	40	156	40.3	30.97	50.47
Nationality					
Malaysian	479	1360	25.4	23.41	27.59
Non-Malaysian	5	-	-	-	-

Table 2.5.3 Prevalence of Hypertension by Other Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Alcohol	Yes	27	88	39.2	27.99	51.67
	No	431	1218	24.8	22.73	26.92
Tobacco	Yes	105	302	14.6	12.09	17.48
	No	362	1025	32.4	29.63	35.30

Table 2.5.4 Prevalence of hypertension among adults by family history of hypertension

Prevalence		Unweighted count	Estimated population	%	95% CI	
					Lower	Upper
Have family history of hypertension		223	614	37.1	33.18	41.11
Did not have family history of hypertension		150	439	19.3	16.55	22.34

Table 2.5.5 Prevalence of hypertension among adults by nutritional status

Prevalence		Unweighted count	Estimated population	%	95% CI	
					Lower	Upper
Underweight		9	-	-	-	-
Normal weight		129	373	15.7	13.25	18.42
Overweight		181	501	31.7	27.90	35.78
Obese		135	377	44.9	39.27	50.71

Table 2.5.6 Prevalence of hypertension among adults by diabetes

Prevalence		Unweighted count	Estimated population	%	95% CI	
					Lower	Upper
Have diabetes		122	330	76.8	69.45	82.79
Did not have diabetes		344	990	20.3	18.35	22.31

Table 2.5.7 Prevalence of hypertension among adults by having heart disease

Prevalence		Unweighted count	Estimated population	%	95% CI	
					Lower	Upper
Have heart disease		22	60	82.0	62.80	92.50
Did not have heart disease		430	1222	23.6	21.61	25.64

Table 2.5.8 Prevalence of hypertension among adults by having stroke

Prevalence		Unweighted count	Estimated population	%	95% CI	
					Lower	Upper
Have stroke		8	19	88.6	49.32	98.42
Did not have stroke		441	1253	24.1	22.14	26.19

Table 2.6.4 Prevalence of malnutrition status among adults by tobacco use

Prevalence	Underweight				Overweight				Obese						
	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	37	103	4.8	3.45	6.62	252	674	31.3	28.03	34.67	111	289	13.4	11.18	16.01
No	188	519	6.1	5.31	7.09	883	2442	28.9	27.24	30.57	499	1390	16.4	15.12	17.85

Table 2.6.5 Prevalence of malnutrition status among adults by meal intake

Prevalence	Underweight				Overweight				Obese						
	Unweighted count	Estimated population	95% CI		Unweighted count	Estimated population	95% CI		Unweighted count	Estimated population	95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Complete meal intake	159	445	5.2	4.41	6.04	917	2534	29.4	27.80	31.12	488	1339	15.5	14.28	16.91
Skipped meal	73	194	9.1	7.23	11.34	231	615	28.7	25.60	32.03	128	355	16.6	14.05	19.48

Table 2.6.6 Prevalence of malnutrition status among adults by balanced diet

Prevalence	Underweight				Overweight				Obese						
	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 have balanced diet	35	94	8.8	6.28	12.08	125	327	30.5	26.06	35.23	63	165	15.4	12.09	19.33
Have balanced diet	196	542	5.6	4.9	6.5	1018	2808	29.3	27.73	30.86	546	1510	15.7	14.53	17.04

Table 2.6.7 Prevalence of malnutrition status among adults by physical activity

Prevalence	Underweight				Overweight				Obese						
	Unweighted count	Estimated population	95% CI		Unweighted count	Estimated population	95% CI		Unweighted count	Estimated population	95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Physically Inactive	126	355	5.9	4.91	6.98	663	1813	30.0	28.04	31.99	381	1042	17.2	15.67	18.93
Physically Active	94	245	6	4.89	7.35	411	1128	27.7	25.37	30.1	194	533	13.1	11.41	14.98

3.0 Elderly

Table 3.1 Prevalence of Socio-Demographic Profile for Elderly

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	1811	4761	45.9	44.27	47.46
Female	2117	5620	54.1	52.53	55.72
Age group					
60-74 years old	3169	8344	80.4	79.06	81.62
75 years and above	759	2037	19.6	18.37	20.93
Locality					
Urban	2363	6238	60.1	59.72	60.45
Rural	1565	4143	39.9	39.54	40.27
Ethnicity					
Malay	2565	6617	63.7	62.16	65.29
Chinese	791	2051	19.8	18.53	21.05
Indian	270	666	6.4	5.71	7.20
Others	302	1046	10.1	9.02	11.24
Nationality					
Malaysian	3904	10318	99.4	99.08	99.59
Non-Malaysian	24	63	0.6	0.40	0.91

3.2 Falls

Table 3.2.1 Prevalence of Falls for Elderly

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Falls	735	69	19.1	17.86	20.42
Did not Falls	3191	8392	80.9	79.57	82.13

Table 3.2.2 Prevalence of Fall by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	332	888	18.7	16.86	20.58
Female	403	1096	19.5	17.80	21.33
Age group					
60-74 years old	571	1537	18.4	17.06	19.87
75 years and above	164	446	21.9	19.02	25.12
Locality					
Urban	413	1107	17.8	16.21	19.42
Rural	322	876	21.2	19.12	23.33
Ethnicity					
Malay	494	1284	19.4	17.88	21.01
Chinese	142	387	18.9	16.18	21.97
Indian	52	132	19.8	15.33	25.13
Others	47	181	17.3	13.08	22.43
Nationality					
Malaysian	730	1970	19.1	17.85	20.41
Non-Malaysian	5	13	21.5	9.17	42.47

Table 3.2.3 Prevalence of Falls by Medicine Intake

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Take one or more listed medicine	29	77	38.1	27.71	49.71
Not take all listed medicine	706	1906	20.7	19.36	22.16

Table 3.2.4 Prevalence of Fall by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	121	318	19.9	16.87	23.31
	No	599	1622	19.1	17.74	20.58
Alcohol	Yes	28	82	29.2	20.80	39.33
	No	683	1833	18.9	17.64	20.28
Drug	Yes	6	16	22.4	10.44	41.77
	No	703	1900	19.1	17.83	20.45

Table 3.2.5 Prevalence of Fall by Medical Illness

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Hypertension	Yes	446	1220	20.2	18.56	22.03
	No	269	715	17.5	15.59	19.48
Diabetes	Yes	254	669	21.4	19.13	23.91
	No	450	1240	18.2	16.65	19.79
Asthma	Yes	56	153	22.6	17.66	28.44
	No	629	1709	18.9	17.58	20.32
Heart disease	Yes	59	157	32.3	25.83	39.62
	No	624	1702	18.5	17.17	19.88
Kidney Failure	Yes	9	21	22.5	11.99	38.22
	No	669	1821	19.1	17.8	20.48
Epilepsy	Yes	2	6	13.8	3.47	41.41
	No	683	1859	19.2	17.93	20.59

3.3 Cognitive Impairment

Table 3.3.1 Prevalence of Cognitive Impairment for elderly

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Have Cognitive Impairment	286	754	92.0	87.79	94.84
Did Not Have Cognitive Impairment	21	66	8.0	5.15	12.20

Table 3.3.2 Prevalence of Cognitive Impairment by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	117	308	91.7	84.43	95.79
Female	169	446	92.2	86.36	95.64
Age group					
60-74 years old	215	564	91.1	85.95	94.42
75 years and above	71	190	94.9	84.58	98.45
Locality					
Urban	183	476	90.4	84.85	94.11
Rural	103	278	94.8	86.42	98.12
Ethnicity					
Malay	181	456	93.8	89.33	96.44
Chinese	64	174	90.9	79.00	96.32
Indian	21	51	95.3	73.09	99.34
Others	20	73	82.8	58.6	94.23
Nationality					
Malaysian	283	747	91.9	87.68	94.79
Non-Malaysian	3	8	100.0	100.00	100.00

Table 3.3.3 Prevalence of Cognitive Impairment by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	36	90	94.6	70.71	99.22
	No	246	656	91.6	87.00	94.61
Alcohol	Yes	11	31	92.5	61.2	98.96
	No	264	694	92.0	87.49	94.95
Drug	Yes	3	8	100.0	100.00	100.00
	No	277	731	92.1	87.75	94.94

Table 3.3.4 Prevalence of Cognitive Impairment by Medical Illness

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Hypertension	Yes	157	419	90.2	83.69	94.24
	No	124	322	94.8	88.55	97.76
Diabetes	Yes	94	239	95.0	88.53	97.92
	No	183	493	90.7	84.76	94.44
Asthma	Yes	18	54	88.5	69	96.35
	No	253	664	92.8	88.17	95.73
Heart disease	Yes	19	47	86.1	64.49	95.46
	No	250	664	92.9	88.26	95.78
Kidney Failure	Yes	5	11	70.4	31.5	92.48
	No	264	699	92.6	88.1	95.44
Cancer	Yes	2	4	66.1	15.02	95.56
	No	263	697	92.5	88.06	95.42
Stroke	Yes	5	17	88.4	46.2	98.52
	No	262	686	92.1	87.57	95.09
Epilepsy	Yes	5	13	85.1	39.97	98
	No	264	698	92.2	87.77	95.17

3.4 Dependence

Table 3.4.1 Prevalence of Dependence for Elderly

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Dependence	267	674	20.2	18.07	22.60
Not Dependence	914	2657	79.8	77.39	81.92

Table 3.4.2 Prevalence of Dependence by Socio-Demographic Profile

Prevalence	Unweighted count	Estimated Population	%	95% CI	
				Lower	Upper
Sex					
Male	131	335	21.8	18.56	25.46
Female	136	339	18.9	16.09	22.08
Age group					
60-74 years old	201	498	18.7	16.35	21.19
75 years and above	66	177	26.7	21.25	32.89
Locality					
Urban	151	373	18.3	15.73	21.22
Rural	116	301	23.3	19.60	27.42
Ethnicity					
Malay	211	520	24.6	21.75	27.67
Chinese	28	68	12.1	8.39	17.10
Indian	20	48	20.9	13.82	30.28
Others	8	38	9.0	4.51	17.16
Nationality					
Malaysian	263	665	20.1	17.92	22.46
Non-Malaysian	4	10	39.6	14.50	71.73

Table 3.4.3 Prevalence of Dependence by Substance Use

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Tobacco	Yes	59	150	27.1	21.45	33.55
	No	206	517	18.8	16.45	21.29
Alcohol	Yes	14	36	40.2	24.51	58.20
	No	250	629	19.7	17.49	22.06
Drug	Yes	8	20	65.6	36.38	86.36
	No	255	642	19.6	17.45	21.97

Table 3.4.4 Prevalence of Dependence by Medical Illness

Prevalence		Unweighted count	Estimated Population	%	95% CI	
					Lower	Upper
Hypertension	Yes	156	393	19.4	16.71	22.46
	No	88	227	18.8	15.40	22.75
Diabetes	Yes	103	252	23.7	19.79	28.07
	No	117	311	15.2	12.73	18.05
Asthma	Yes	15	42	16.7	10.02	26.57
	No	190	483	17.6	15.36	20.11
Heart disease	Yes	12	32	18.6	10.59	30.45
	No	191	488	17.5	15.22	19.93
Kidney Failure	Yes	2	5	15.2	3.73	45.16
	No	192	493	16.9	14.78	19.34
Cancer	Yes	2	5	12.7	3.02	40.35
	No	195	500	17.1	14.91	19.47
Stroke	Yes	4	13	33.3	12.39	63.70
	No	196	497	16.9	14.80	19.32
Epilepsy	Yes	1	3	23.5	3.31	73.39
	No	198	504	17.1	14.95	19.48

APPENDIX 2: STUDY VARIABLES

All age group

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
1	ID	Screening Form Identification Number	Exact number
2	Age	Age of the respondent as of completed years	Years
3	Sex	Answers provided to specific question in the screening form	Male/female
4	Nationality	The nationality of respondent	Malaysian, permanent resident, foreigner
5	Ethnicity	Ethnic of respondent	Malay/Chinese/Indian/Bumiputra Sabah/Bumiputra Sarawak/Others
6	Religion	Religion of respondent	Muslim/Buddhist/Hindu/Christian/others
7	Education level	Formal education received by the respondents	No formal/Primary/Secondary/Tertiary
8	Occupation	Current occupation of the respondents	Student/working/unemployed
9	Marital status	Current marital status of the respondent	Single/married/widowed or widow or divorcee
10	State	Current house address	Name of the state
11	Hypertension	Reported ever had hypertension by respondent	Yes/No
12	Diabetes	Reported ever had diabetes by respondent	Yes/No
13	Asthma	Reported ever had asthma by respondent	Yes/No
14	Sudden death	Sudden death of family members that reported by respondent	Yes/No
15	Kidney problem	Reported ever had kidney problem by respondent	Yes/No
16	Cancer	Reported ever had any kind of cancer by respondent	Yes/No and type of cancer
17	Stroke	Reported ever had stroke by respondent	Yes/No
18	Epilepsy	Reported ever had epilepsy by respondent	Yes/No
19	Blood disorders	Reported ever had blood disorders (thalassemia, anaemia, haemophilia, Leukaemia etc.) by respondent	Yes/No

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
20	Communicable diseases	Reported ever had communicable diseases (TB, HIV, Hepatitis, STI, malaria, Dengue <i>etc.</i>) by respondent	Yes/No
21	Obesity	Reported ever had obesity by respondent	Yes/No
22	Mental disorders	Reported ever had mental disorder by respondent	Yes/No and type of mental disorder
23	Allergic	Reported ever had allergic of drug <i>etc.</i> by respondent	Yes/no and type of allergic
24	Surgical history	Ever had surgery	Yes/No and type of surgery
25	Oral problem	Ever had oral problem (teeth, gum <i>etc.</i>)	Yes/No
26	Physically activity	Frequently involved in physical activity	Active/not active
27	Meal pattern	Respondent take i. Breakfast ii. Lunch iii. Dinner	Yes/No
28	Nutrient intake	Type of nutrients taken by respondent	Yes/No
29	Sexually-transmitted infection	Had pustular or smelly discharge	Yes/No
30	Smoker	Consume cigarette/tobacco	Yes/no
31	Alcohol consumption	consumed alcohol	Yes/no
32	Drug abused	Taking drug	Yes/no
33	Sad/prolonged depression	Ever feel sad and depress	Yes/no
34	Difficulty of sleep	Ever had difficult to sleep	Yes/no
35	Difficulty of bladder/bowel	Ever had difficulty with bowels or bladder	Yes/no
36	Difficulty of swallow or digest	Ever had difficulty to swallow or digest	Yes/no
37	Persistent cough	Ever had persistent cough	Yes/no
38	Routine activity	Respondent not interest in routine activity	Yes/no
39	Physical abused	Ever been abused physically	Yes/no

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
40	Emotional abused	Ever been abused emotionally	Yes/no
41	Sexual abused	Ever been abused sexually	Yes/no
42	Bullied	Ever been the victim of bully	Yes/no
43	Blood pressure	Level of respondent's blood pressure	mmHg
44	Pulse rate	Rate of pulse per minute measured by medical staff	/min
45	Weight	Weight of respondent measured by medical staff	kg
46	Height	Height of respondent measured by medical staff	meter
47	Waist circumference	Total waist circumference of respondent	cm
48	Body fat percent	Percentage of fat in respondent's body	%
49	BMI	Body mass index of the respondent calculated	kg/m ²

Adolescents

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
1	Family connectedness	Had meals with family	Yes/No
2	Body image disorder	Perceived as fat with underweight by BMI	Yes/No
3	Pornographic viewing	Read or view pornographic materials	Yes/No
4	Masturbation	Stimulate him/herself sexually	Yes/No
5	Homosexual tendency	Attracted sexually to similar sex	Yes/No
6	Sexual intercourse	Ever had sexual intercourse	Yes/no
7	Risky sexual behaviour	Either, ever had: i. multiple partner ii. homosexual relationship, or iii. never use contraceptive	Yes to either
8	Pregnancy	Had sexual intercourse and abdomen is getting bigger	Yes to both
9	Abortion	Ever had abortion	Yes/no
10	Confidant	Frequently complain problem to: i. Mother ii. Father iii. Siblings iv. Friends v. Teachers vi. Counselor vii. Partners	Yes/no
11	Resilience	Able to say 'No' to i. Smoking ii. Drug abuse iii. Alcohol consumption iv. Glue addicting	Yes/no
12	Bully	Frequently involved in bully	Yes/no
13	Fight	Frequently involved in fight	Yes/no
14	Truancy	Frequently involved in truancy	Yes/no
15	Vandalism	Frequently involved in vandalism	Yes/no
16	Dangerous driving	Frequently involved in dangerous driving	Yes/no

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
17	As good as others	Feel as good others	Yes/no
18	Loss of appetite	Ever had loss of appetite	Yes/no
19	Loss of someone	Loss or death of someone in life	Yes/no
20	Burden	Ever feel that burden others	Yes/no
21	Meaningless life	Ever feel that no hope in life	Yes/no
22	Want to die	Ever feel want to die	Yes/no
23	Anxiety	Always feel uneasy and worried	Yes/no
24	Stubborn	Parents perceived as naughty or stubborn	Yes/no
25	Rude	Parents perceived as rude	Yes/no
26	Violent	Parents perceived as violent	Yes/no
27	Hot tempered	Parent perceived as hot-tempered	Yes/no
28	Timid	Parents perceived as timid	Yes/no
29	Panicky	Parents perceived as panicky	Yes/no
30	Loner	Parents perceived as loner	Yes/no
31	Reading problem	Difficult to read in school	Yes/no
32	Calculation problem	Difficult to calculate in school	Yes/no
33	Writing problem	Difficult to write in school	Yes/no
34	Concentration problem	Difficult to concentrate and observe in school	Yes/no
35	Speaking Problem	Difficult to speak fluently in school	Yes/no
36	Understanding	Difficult to understand in school	Yes/no
37	Academic achievement	Bad academic achievement in school	Yes/no
38	Religiosity	Responded positively to either: i. pray (irrespective of frequency) ii. religion is important/very important	Yes to either

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
39	Underweight	Body mass index <-3SD - <-2SD	Score
40	Normal weight	Body mass index \geq -2SD - \leq 1SD	Score
41	Overweight	Body mass index >1SD - \leq 2SD	Score
42	Obese	Body mass index > 2SD	Score
43	Stunted	Height of respondent less than -2SD	Score
44	Haemoglobin level	Level of haemoglobin measured	g/dl
45	Mean Corpuscular Haemoglobin, MCH level	MCH level measured	pg

Adults

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
1	Income	Net salary per month	RM/month
2	Menstruation	Ever had menstruation problems such as period cramps	Yes/no
3	Pap smear	Ever had pap smear checkup	Yes/no and date of last check up
4	Family planning practice	Ever practice family planning method	Yes/no
5	Gynecology problem	Ever had any gynecology problems	Yes/no and type of problems
6	Pregnancy history	Ever had difficulty/problems during pregnancy	Yes/no
7	Caesarean	Ever had caesarean during child delivery	Yes/no
8	Emotional change	Ever had emotional changes	Yes/no
9	Less energetic	Ever had less energetic	Yes/no
10	Lack of libido	Less interest in sexual desire	Yes/no
11	Erectile dysfunction	Ever had erectile dysfunction	Yes/no
12	Endurance	Lack of resilience to something	Yes/no
13	Underweight	Body mass index < 18.5	Score
14	Normal weight	Body mass index, 18.5 – 22.9	Score
15	Overweight	Body mass index, 23 – 27.4	Score
16	Obese	Body mass index, > 27.5	Score

Elderly

No	VARIABLE	OPERATIONAL DEFINITION	SCALE OF MEASUREMENT
1	Risk of falls	Ever had fall	Yes/no
2	Medicine intake	Ever take medicine for i. Sleeping ii. Hypertension iii. Diabetes iv. Depression	Yes/no
3	Body balance	Ever had difficulty to sit down or get up or walking or any movement	Yes/no
4	Bowels	Difficulty for bowel	Incontinent, occasional accident, continent
5	Bladder	Difficulty with bladder	Incontinent, occasional accident, continent
6	Grooming	Difficulty with grooming	Need help, independent
7	Toilet use	Difficulty to use the toilet	Dependent, need some help, independent
8	Feeding	Difficulty while eating or drinking	Unable, need some cutting etc., independent
9	Transfer	Difficulty to transfer	Unable, major help, minor help, independent
10	Mobility	Difficulty to move	Immobile, wheelchair, with help, independent
11	Dressing	Difficulty while dressing	Dependent, need help, independent
12	Stairs	Difficulty climbing stairs	Unable, need help, independent
13	Bathing	Difficulty to get bath	Dependent, independent
14	Cognitive impairment	Ever had deterioration of memory	Yes/no
15	Underweight	Body mass index < 22	Score
16	Normal weight	Body mass index, 22-27	Score
17	Overweight	Body mass index, > 27	Score

APPENDIX 3

HEALTH STATUS SCREENING FORMS

APPENDIX 3.1

(SARINGAN STATUS KESIHATAN REMAJA)



SARINGAN STATUS KESIHATAN (BSSK/R/1/2008)



REMAJA

No. Pendaftaran:.....

Tarikh

Benarkan Kami Membantu Anda:

1. Memberi khidmat nasihat pengurusan risiko kesihatan anda.
2. Memberikan khidmat promosi, pencegahan, perawatan & rehabilitasi.
3. Merujuk anda kepada perkhidmatan lanjutan jika diperlukan.

Anda Hanya Perlu:

1. Luangkan masa untuk mengisi borang ini.
2. Jawab semua soalan dengan jujur dan betul.
3. Tangani risiko kesihatan yang ada pada anda.

AMALAN UNTUK SIHAT SEPANJANG HAYAT



Makan Secara Sihat



Lakukan Aktiviti Fizikal



Pupuk Minda Sihat



SEGALA MAKLUMAT ANDA AKAN DIRAHSIAKAN

BSSK/R/1/2008

A. BIODATA	
1. Nama: <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	
2. Jantina: <input type="checkbox"/> Lelaki <input type="checkbox"/> Perempuan	
3. Tarikh Lahir: H H B B T T T T <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div>	
4. No. K/P / Passport / Sijil Kelahiran: <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div>	
5. Kewarganegaraan: <input type="checkbox"/> Warganegara Malaysia <input type="checkbox"/> Pemastautin tetap <input type="checkbox"/> Warga Asing (Nyatakan.....)	<div style="text-align: center;"> Piramid Makanan </div>
6. Bangsa: <input type="checkbox"/> Melayu <input type="checkbox"/> Cina <input type="checkbox"/> India <input type="checkbox"/> Bumiputra Sabah <input type="checkbox"/> Bumiputra Sarawak <input type="checkbox"/> Lain-lain (nyatakan):.....	<div style="text-align: center;"> </div>
7. Agama: <input type="checkbox"/> Islam <input type="checkbox"/> Buddha <input type="checkbox"/> Hindu <input type="checkbox"/> Kristian <input type="checkbox"/> Lain-lain (nyatakan):.....	<div style="text-align: center;"> </div>
8. Taraf Pendidikan: <input type="checkbox"/> Rendah <input type="checkbox"/> Menengah <input type="checkbox"/> Pengajian Tinggi <input type="checkbox"/> Tiada Pendidikan Formal	<div style="text-align: center;"> </div>
Ukuran BMI	

A. BIODATA			
9. Pekerjaan:			
<input type="checkbox"/>	Belajar (nyatakan nama sekolah / institusi:.....)		
<input type="checkbox"/>	bekerja (nyatakan nama pekerjaan:.....)		
<input type="checkbox"/>	Tidak Bekerja / menganggur		
10. Pendapatan:	RM	/sebulan	
11. Status Perkahwinan:			
<input type="checkbox"/>	Bujang	<input type="checkbox"/>	Berkahwin
<input type="checkbox"/>	Janda / Balu / Duda		
12. Alamat Rumah Terkini:.....			
13. No. Telefon:			
Telefon bimbit:.....			
Telefon rumah:.....			
Telefon pejabat:.....			
14. E-mail:.....			



B. PERIHAL SEJARAH KESIHATAN								
B1	PERUBATAN / PEMBEDAHAN	Sendiri			Keluarga			*Jika 'Ya' nyatakan pertalian
		Ya	Tidak	Tidak Tahu	Ya*	Tidak	Tidak Tahu	
1	Darah tinggi							
2	Diabetes (kencing manis)							
3	Asthma(lelah)							
4	Penyakit Jantung							
5	Kematian mengejut sebelum umur 56 tahun (kecuali kemalangan)	Tiada Kaitan						
6	Penyakit buah pinggang							
7	Kanser (Jika Ya, nyatakan):							
8	Strok (angin ahmar)							
9	Epilepsi (sawan)							
10	Masalah darah (Thalasaemia, Anemia,Hemofilia,Leukemia dll)							
11	Penyakit berjangkit (TB, HIV, Hepatitis, penyakit kelamin, Malaria/ Denggi dll)							
12	Merokok / tembakau							
13	Pengambilan alkohol							
14	Pengambilan dadah							
15	Kegemukan / Obes							
16	Masalah kesihatan mental (penyakit mental). Jika Ya, nyatakan:.....							
17	Masalah seksual (Kurang nafsu syahwat dll)							
18	Alahan ubat-ubatan / Lain-Lain (Jika Ya, nyatakan):.....							
19	Sejarah Pembedahan (Jika Ya, nyatakan):.....							
20	Lain-lain penyakit (Nyatakan):.....							

B	PERIHAL KESIHATAN SEMASA		ms 4
B2	SARINGAN KESIHATAN SEKSUAL DAN REPRODUKTIF	Ya	Tidak
	a. Adakah anda mengalami masalah atau kesukaran semasa membuang air kecil dan/ besar?		
	b. Pernahkah anda mendapat luka (ulser) yang lambat sembuh di bahagian kemaluan?		
	c. Adakah anda pernah mengalami lelehan luarbiasa atau nanah dari bahagian kemaluan anda?		
	d. Pernahkah anda melakukan hubungan seks? Jika ya, Jawab soalan e		
	e. Adakah anda (i) Menggunakan sebarang kaedah kontraseptif untuk elakkan kehamilan		
	(ii) bertukar-tukar pasangan		
	(iii) melakukan hubungan sejenis		
	Remaja Perempuan sahaja	Ya	Tidak
	a. Sudahkah anda kedatangan haid? i. Bilakah kali pertama datang haid (kotor) [Nyatakan Tarikh/tahun:.....] -menarche ii. Bilakah hari pertama datang haid (kotor) yang akhir [Nyatakan tarikh:.....] -LNMP		
	b. Adakah anda mempunyai masalah berikut tentang kedatangan haid?		
	i. Senggugut (sakit perut yang teruk)		
	ii. Tarikh haid tidak tetap (tidak yang teruk)		
	iii. Pendarahan terlalu banyak		
	iv. Pendarahan terlalu sedikit		
	c. Adakah anda pernah mengalami keguguran		
B3	KESIHATAN ORAL SEMASA	Ya	Tidak
1	Adakah anda mempunyai masalah oral (gigi, gusi dll)		

BSSK/R/1/2008

No. Pendaftaran: -

C	PERIHAL KESIHATAN SEMASA	ms 5			
C1	PEMAKANAN				
1	Adakah anda makan mengikut waktu makan seperti berikut setiap hari?	Ya		Tidak	
	a. Sarapan Pagi				
	b. Makan Tengahari				
	c. Makan Malam				
2	Adakah anda makan makanan seperti berikut setiap sehari?	Ya		Tidak	
	a. Makanan bijirin seperti nasi, mee atau roti				
	b. Buah-buahan				
	c. Sayur-sayuran				
	d. Susu dan hasil tenusu seperti keju, dadih (yogurt)				
	e. Daging / ayam / telur / ikan / makan laut atau kekacang				
Amalan pemakanan (Untuk diisi oleh anggota Kesihatan)		Sihat	Tidak sihat		
C2	PENGUNAAN BAHAN (SUBSTANCE)				
Adakah anda mengambil perkara berikut?					
		Ya	Tidak		
	a. Rokok/Tembakau			c. Dadah	
	b. Alkohol			d. lain-lain (Jika ya, nyatakan)	
C3	AKTIVITI MEMBAHAYA / KECEDERAAN				Ya Tidak
	Adakah anda menunggang motosikal dan memandu kereta dengan cara merbahaya				

BSSK/R/1/2008

C. SARINGAN FAKTOR RISIKO			ms 6
C4	AKTIVITI FIZIKAL:(Setiap sesi aktiviti perlu mengambil masa sekurang-kurangnya selama 30 minit dan melebihi 3 kali seminggu)	3 hari atau kurang (tidak aktif)	4 hari atau lebih (aktif)
1	Nyatakan jumlah hari dalam seminggu anda melakukan *aktiviti fizikal seperti berkebun atau berjalan?		
2	Nyatakan jumlah hari dalam seminggu anda *bersenam seperti berbasikal, berjalan pantas atau berenang?		
C5	KESIHATAN MENTAL	Ya	Tidak
1	Dalam masa 2 minggu yang lepas adakah anda merasa sedih, murung atau tidak berguna?		
2	Dalam masa 2 minggu yang lepas adakah anda merasa kurang berminat atau kurang seronok dalam melakukan sesuatu?		
C6	PENDERAAN	Ya	Tidak
1	Adakah anda pernah didera sama ada secara emosi, fizikal, seksual, atau dibuli?		
D	UKURAN BIOMETRI		
	<i>(Diisi oleh pelanggan / Pembantu / jururawat)</i>		
	Tekanan darah	mm Hg.	
	Kadar nadi	/ min	
	Tinggi	meter	
	Berat	kg	
	BMI(kg/m ²) (BMI untuk umur)	Kurang Berat Badan (< 5 persentil)	Kurang Berat Normal (≥ 5 hga < 85 persentil)
kg/m ²		Lebih Berat Badan (> 85 persentil)
	Rujuk jadual BMI untuk umur		

BSSK/R/1/2008

Tahniah!

Anda telah mengambil tindakan yang bijak

Kementerian Kesihatan Malaysia mengucapkan terima kasih kena sokongan berterusan anda demi mewujudkan masyarakat Malaysia yang sihat dan sejahtera.

Untuk maklumat lanjut, sila layari www.myhealth.gov.my

APPENDIX 3.2

(SARINGAN STATUS KESIHATAN LELAKI DEWASA)



**SARINGAN STATUS KESIHATAN
(BSSK/L/I/2008)
LELAKI DEWASA (20-59TH)**



No. Pendaftaran: Tarikh

Benarkan Kami membantu anda:

1. Memberi khidmat nasihat pengurusan risiko kesihatan anda
2. Memberikan khidmat promosi, pencegahan, perawatan & rehabilitasi
3. Merujuk anda ke perkhidmatan lanjutan jika diperlukan

Anda hanya perlu:

1. Luangkan masa untuk mengisi borang ini.
2. Jawab semua soalan dengan jujur dan betul.
3. Tangani risiko kesihatan yang ada pada anda.

AMALAN UNTUK SIHAT SEPANJANG HAYAT



**Makan Secara
Sihat**



**Lakukan Aktiviti
Fizikal**



**Pupuk
Minda Sihat**

**Taknak!
Merokok**

**Tidak
Merokok**

Tahniah!

Anda telah mengambil tindakan yang bijak.

Kementerian Kesihatan Malaysia mengucapkan terima kasih kerana sokongan berterusan anda demi mewujudkan masyarakat Malaysia yang sihat dan sejahtera.

**Untuk maklumat lanjut, sila layari
www.myhealth.gov.my.**

SEGALA MAKLUMAT ANDA AKAN DIRAHSIAKAN

BSSK/L/I/2008

No Pendaftaran:-

ms 1

A. BIODATA																	
1. Nama:	_____																
2. Tarikh Lahir:	<table style="display: inline-table; border: none;"> <tr> <td style="text-align: center;">H</td> <td style="text-align: center;">H</td> <td style="text-align: center;">B</td> <td style="text-align: center;">B</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> <td style="text-align: center;">T</td> </tr> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> </table>	H	H	B	B	T	T	T	T								
H	H	B	B	T	T	T	T										
3. No. KJP / Passport:	<table style="display: inline-table; border: none;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> </table>																
4. Warganegara:	<input type="checkbox"/> Malaysia <input type="checkbox"/> Pemastautin tetap <input type="checkbox"/> Warga Asing (Nyatakan.....)																
5. Bangsa:	<input type="checkbox"/> Melayu <input type="checkbox"/> Cina <input type="checkbox"/> India <input type="checkbox"/> Bumiputra Sabah <input type="checkbox"/> Bumiputra Sarawak <input type="checkbox"/> Lain-lain (Nyatakan.....)																
6. Agama:	<input type="checkbox"/> Islam <input type="checkbox"/> Buddha <input type="checkbox"/> Hindu <input type="checkbox"/> Kristian <input type="checkbox"/> Lain-lain(nyatakan.....)																
7. Taraf Pendidikan:	<input type="checkbox"/> Sekolah Rendah <input type="checkbox"/> Sekolah Menengah <input type="checkbox"/> Institut Pengajian Tinggi <input type="checkbox"/> Tiada Pendidikan Formal																
8. Pekerjaan:	a. Utama: b. Sampingan:																



Piramid Makanan



Ukuran BMI

B. PERIHAL SEJARAH DAN KESIHATAN SEMASA								
B1	PERUBATAN / PEMBEDAHAN	Sendiri			Keluarga			* Jika Ya nyatakan pertalian
		Ya	Tidak	Tidak Tahu	*Ya	Tidak	Tidak Tahu	
1	Darah tinggi							
2	Diabetes (kencing manis)							
3	Asthma (lelah)							
4	Penyakit Jantung							
5	Kematian mengejut sebelum umur: 45 tahun bagi lelaki 50 tahun bagi wanita (kecuali kemalangan)	Tia da kaitan						
6	Penyakit buah pinggang							
7	Kanser (Jika Ya, nyatakan)							
8	Strok (angin ahmar)							
9	Epilepsi (sawan)							
10	Masalah darah (Thalasaemia, Anemia, Hemofilia, Leukemia dll)							
11	Penyakit berjangkit (TB, HIV, Hepatitis, penyakit kelamin, Malaria/ Denggi dll)							
12	Merokok/tembakau							
13	Pengambilan alkohol							
14	Pengambilan dadah							
15	Kegemukan/ Obes							
16	Masalah kesihatan mental (penyakit mental). Jika Ya, nyatakan:.....							
17	Masalah seksual (kurang nafsu syahwat dll)							
18	Alahan Ubat-ubatan / Lain-Lain (Jika Ya, nyatakan):.....							
19	Sejarah Pembedahan (Jika Ya, nyatakan):.....							
20	Lain-lain penyakit (Nyatakan):.....							

ms 4

B. PERIHAL KESIHATAN SEMASA					
B2	PERIHAL KESIHATAN SEMASA	Ya	Tidak		
1	Adakah anda mengalami masalah pembuangan air kecil dan/atau air besar?				
2	Pernahkah anda mendapat luka (ulser) yang lambat sembuh di bahagian kemaluan?				
3	Adakah anda pernah mengalami pendarahan atau lelehan nanah dari saluran kencing anda?				
4	Adakah anda mengalami penebalan kulit atau pembengkakan di kerandut zakar?				
5	Adakah anda mengalami masalah kesukaran menelan atau menghadam makanan ?				
6	Adakah terdapat pembesaran saiz tahi lalat atau ketuat pada mana-mana bahagian tubuh anda?				
7	Adakah anda mengalami perubahan pada suara (menjadi garau/ serak) berpanjangan?				
8	Pernahkah anda mengalami batuk berpanjangan atau batuk berdarah ?				
9	Adakah anda menghadapi masalah ketegangan zakar untuk membolehkan persetubuhan ?				
10	Adakah anda mengalami gejala berikut ?	Ya	Tidak		
	a. Gangguan tidur			e. Mati pucuk	
	b. Perubahan emosi			f. Kurang daya tahan (<i>Endurance</i>)	
	c. Kurang bertenaga			g. Hilang minat dalam aktiviti harian atau aktiviti kegemaran	
	d. Kurang nafsu syahwat				
B3	KESIHATAN ORAL SEMASA	Ya	Tidak		
1	Adakah anda mempunyai masalah oral (gigi, gusi dll)				

BSSK/L/1/2008

No Pendaftaran:-

c. SARINGAN FAKTOR RISIKO						
C1. PEMAKANAN						
1	Adakah anda makan mengikut waktu makan seperti berikut setiap hari?				Ya	Tidak
	a. Sarapan Pagi					
	b. Makan Tengahari					
	c. Makan Malam					
2	Adakah anda makan makanan seperti berikut setiap sehari?				Ya	Tidak
	a. Makanan bijirin seperti nasi, mi atau roti					
	b. Buah-buahan					
	c. Sayur-sayuran					
	d. Susu dan hasil tenusu seperti keju, dadih (yogurt)					
	e. Daging/ ayam / telur / ikan / makanan laut atau kekacang.					
Amalan pemakanan: (Untuk diisi oleh anggota kesihatan)				Sihat	Tidak Sihat	
C2 PENGGUNAAN BAHAN (SUBSTANCE)						
1	Adakah anda mengambil perkara berikut?					
		Ya	Tidak		Ya	Tidak
	a. Rokok/Tembakau			c. Dadah		
	b. Alkohol (Jika ya, nyatakan jumlah diambil dalam sehari.....)			d. Lain-lain (Jika Ya, nyatakan)		
C3 AKTIVITI FIZIKAL (*setiap sesi aktiviti perlu mengambil masa sekurang-kurangnya selama 30 minit dan melebihi 3 kali seminggu)				3 hari atau kurang (Tidak Aktif)	4 hari atau lebih (Aktif)	
1	Nyatakan jumlah hari dalam seminggu, anda melakukan *aktiviti fizikal seperti berkebun atau berjalan ?					
2	Nyatakan jumlah hari dalam seminggu, anda *bersenam seperti berbasikal, berjalan pantas atau berenang?					

C. SARINGAN FAKTOR RISIKO (SAMBUNGAN)							
C4	KESIHATAN MENTAL					Ya	Tidak
1.	Dalam masa 2 minggu yang lepas adakah anda merasa sedih, murung atau tidak berguna?						
2.	Dalam masa 2 minggu yang lepas adakah anda merasa kurang berminat atau kurang seronok dalam melakukan sesuatu?						
C5	PENDERAAN					Ya	Tidak
1.	Adakah anda pernah didera sama ada secara emosi, fizikal, seksual atau dibuli?						
D.	UKURAN BIOMETRI (Diisi oleh Pelanggan / Penolong Pegawai Perubatan / Jururawat)						
1	Tekanan darah	mm Hg					
2	Tinggi	meter					
3	Kadar nadi	/ min					
4	Berat	kg					
		Normal			Tidak Normal		
5	Lilitan pinggang cm	< 90 cm		> 90 cm			
6	Peratus lemak badan%	< 25 %		> 25 %			
7	BMI (kg / m ²)	Kurang berat badan (< 18.5)	Normal 18.5-24.9)	Lebih berat badan 25.0-29.9)	Obesiti tahap I 30.0-34.9)	Obesiti tahap 2 (35.0-39.9)	Obesiti tahap 3 (> 40)
kg / m ²						

Kementerian Kesihatan Malaysia

APPENDIX 3.3

(SARINGAN STATUS KESIHATAN WANITA DEWASA)



**SARINGAN STATUS KESIHATAN
(BSSK/W/I/2008)**



WANITA DEWASA

No. Pendaftaran: Tarikh:

Benarkan Kami membantu anda:

1. Memberi khidmat nasihat pengurusan risiko kesihatan anda
2. Memberikan khidmat promosi, pencegahan, perawatan & rehabilitasi
3. Merujuk anda ke perkhidmatan lanjutan jika diperlukan

Anda hanya perlu:

1. Luangkan masa untuk mengisi borang ini.
2. Jawab semua soalan dengan jujur dan betul.
3. Tangani risiko kesihatan yang ada pada anda.

AMALAN UNTUK SIHAT SEPANJANG HAYAT

			Tak nak! Merokok
Makan Secara Sihat	Lakukan Aktiviti Fizikal	Pupuk Minda Sihat	Tidak Merokok

Tahniah!

Anda telah mengambil tindakan yang bijak.

Kementerian Kesihatan Malaysia mengucapkan terima kasih kerana sokongan berterusan anda demi mewujudkan masyarakat Malaysia yang sihat dan sejahtera.

**Untuk maklumat lanjut, sila layari
www.myhealth.gov.my.**

SEGALA MAKLUMAT ANDA AKAN DIRAHSIAKAN

BSSK/W/I/2008

No Pendaftaran: -

A. BIODATA

1. Nama Penuh:

.....

2. Tarikh

Lahir:

H	H	B	B	T	T	T	T
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

3. No. K/P / Passport:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

4. Warganegara:

 Malaysia Pemastautin tetap
 Warga Asing (nyatakan) :.....

5. Bangsa:

 Melayu Cina India Bumiputra Sabah
 Bumiputra Sarawak Lain-lain (nyatakan).....

6. Agama:

 Islam Buddha Hindu Kristian
 Lain-lain (nyatakan) :.....

7. Taraf Pendidikan:

 Rendah Menengah
 Pengajian Tinggi Tiada pendidikan formal

8. Pekerjaan

a. Utama:.....
b. Sampingan:.....

9. Pendapatan:

RM / sebulan

10. Status perkahwinan:

 Belum berkahwin Berkahwin
 Janda / Balu

11. Alamat Rumah:

.....

12. No. Telefon

Telefon bimbit:.....

Telefon rumah:.....

Telefon pejabat:.....

13. E-mail:.....

**Piramid Makanan**

B. PERIHAL SEJARAH DAN KESIHATAN SEMASA								
B1	PERUBATAN / PEMBEDAHAN	Sendiri			Keluarga			* Jika 'Ya' nyatakan pertalian
		Ya	Tidak	Tidak Tahu	*Ya	Tidak	Tidak Tahu	
1	Darah tinggi							
2	Diabetes (kencing manis)							
3	Asthma (lelah)							
4	Penyakit Jantung							
5	Kematian mengejut sebelum umur: 45 tahun bagi lelaki 50 tahun bagi wanita (kecuali kemalangan)	Tiada kaitan						
6	Penyakit buah pinggang							
7	Kanser (Jika Ya, nyatakan)							
8	Strok (angin ahmar)							
9	Epilepsi (sawan)							
10	Masalah darah (Thalasaemia, Anemia, Hemofilia, Leukemia dll)							
11	Penyakit berjangkit (TB, HIV, Hepatitis, penyakit kelamin, Malaria/ Denggi dll)							
12	Merokok/ tembakau							
13	Pengambilan alkohol							
14	Pengambilan dadah							
15	Kegemukan/ Obes							
16	Masalah kesihatan mental (penyakit mental). Jika Ya, nyatakan:.....							
17	Masalah seksual (kurang nafsu syahwat dll)	Tiada kaitan						
18	Alahan Ubat-ubatan / Lain-Lain (Jika Ya, nyatakan):.....							
19	Sejarah Pembedahan (Jika Ya, nyatakan):.....							
20	Lain-lain penyakit (Nyatakan):.....							

B. PERIHAL SEJARAH DAN KESIHATAN SEMASA			
B2	KESIHATAN SEMASA	Ya	Tidak
1	Perubahan / masalah buang air kecil / besar		
2	Luka lambat sembuh		
3	Penebalan kulit / ketulan payudara / anggota lain		
4	Gangguan penghadaman / sukar menelan		
5	Perubahan saiz ketuat / tahi lalat		
6	Adakah anda mengalami perubahan pada suara (menjadi garau/ serak) berpanjangan?		
7	Pemahkah anda mengalami batuk berpanjangan atau batuk berdarah ?		
B3	MASALAH SAKIT PUAN / GINEKOLOGI		
1	Bilakah kali pertama datang haid (kotor) [Nyatakan tarikh/ tahun:.....] – <i>menarche</i>		
2	Bilakah hari pertama datang haid (kotor) yang akhir [Nyatakan tarikh:.....] – <i>LNMP</i>		
3	Adakah anda mempunyai masalah berikut tentang kedatangan haid?	Ya	Tidak
	a. Senggugut (sakit perut yang teruk)		
	b. Tarikh haid tidak tetap (tidak teratur)		
	c. Pendarahan terlalu banyak		
	d. Pendarahan terlalu sedikit		
4	Adakah anda mempunyai masalah berikut		
	a. Perubahan kitaran haid		
	b. Bahang panas di bahagian muka		
	c. Berpeluh-peluh waktu malam		
	d. Kekeringan faraj		
	e. Sakit sewaktu bersetubuh		
	f. Gangguan tidur		
	g. Perubahan emosi		
	h. Kurang nafsu syahwat		
	i. Jangkitan saluran kencing		
	j. Kencing yang tidak boleh dikawal		

ms 4

B. PERIHAL SEJARAH DAN KESIHATAN SEMASA			
	MASALAH SAKIT PUAN / GINEKOLOGI (sambungan B3)	Ya	Tidak
5	Adakah anda pernah mengalami lelehan luar biasa atau nanah dari faraj?		
6	Pernahkah anda menjalani pemeriksaan Pap Smear (Jika Ya, nyatakan tarikh pemeriksaan terakhir):.....		
7	Amalan perancang keluarga yang diamalkan sekarang:		
	a. Pil perancang		
	b. Kaedah Suntikan		
	c. Susuk (Kaedah <i>Implant</i>)		
	d. Alat dalam rahim		
	e. Kondom		
	f. Ikat (<i>Tubal Ligation/ Vasectomy</i>)		
	g. Lain-lain (sila nyatakan		
8	Masalah sakit puan / ginekologi (Jika Ya, nyatakan):.....		
B4 SEJARAH KEHAMILAN		Ya	Tidak
1	Bilangan anak:..... Sila nyatakan umur anak terakhir:.....		
2	Kaedah perancang keluarga yang pernah diamalkan dahulu (Nyatakan kaedahnya):.....		
3	Darah tinggi semasa hamil.		
4	Kencing manis semasa hamil.		
5	Sejarah pendarahan semasa hamil.		
6	Sejarah pendarahan selepas bersalin		
7	Sejarah kelahiran secara pembedahan (Jika Ya, nyatakan):.....		
8	Masalah lain semasa kehamilan, jika ya sila nyatakan:		
B5 KESIHATAN ORAL		Ya	Tidak
1	Adakah anda mempunyai masalah oral (gigi, gusi dll)		

BSSK/W/1/2008

No Pendaftaran:-

C. SARINGAN FAKTOR RISIKO						
C1. PEMAKANAN						
1	Adakah anda makan mengikut waktu makan seperti berikut setiap hari?			Ya	Tidak	
	a. Sarapan Pagi					
	b. Makan Tengahari					
	c. Makan Malam					
2	Adakah anda makan makanan seperti berikut setiap sehari?			Ya	Tidak	
	a. Makanan bijirin seperti nasi, mi atau roti					
	b. Buah-buahan					
	c. Sayur-sayuran					
	d. Susu dan hasil tenusu seperti keju, dadih (yogurt)					
	e. Daging/ ayam / telur / ikan / makanan laut atau kekacang.					
Amalan pemakanan: (Untuk diisi oleh anggota kesihatan)			Sihat	Tidak Sihat		
C2 PENGGUNAAN BAHAN (SUBSTANCE)						
1	Adakah anda mengambil perkara berikut?					
		Ya	Tidak		Ya	Tidak
	a. Rokok/Tembakau			c. Dadah		
	b. Alkohol (Jika ya, nyatakan jumlah diambil dalam sehari.....)			d. Lain-lain (Jika Ya, nyatakan)		
C3	AKTIVITI FIZIKAL (*setiap sesi aktiviti perlu mengambil masa sekurang-kurangnya selama 30 minit dan melebihi 3 kali seminggu)			3 hari atau kurang (Tidak Aktif)	4 hari atau lebih (Aktif)	
	1	Nyatakan jumlah hari dalam seminggu, anda melakukan *aktiviti fizikal seperti berkebun atau berjalan ?				
	2	Nyatakan jumlah hari dalam seminggu, anda *bersenam seperti berbasikal, berjalan pantas atau berenang?				

C. SARINGAN FAKTOR RISIKO (sambungan)								
C4	KESIHATAN MENTAL						Ya	Tidak
1.	Dalam masa 2 minggu yang lepas adakah anda merasa sedih, murung atau tidak berguna?							
2.	Dalam masa 2 minggu yang lepas adakah anda merasa kurang berminat atau kurang seronok dalam melakukan sesuatu?							
C5	PENDERAAN						Ya	Tidak
1	Adakah anda pernah dibuli atau didera, samada secara emosi, fizikal atau seksual?							
D	UKURAN BIOMETRI							
D1	UKURAN BIOMETRI (Diisi oleh Pelanggan / Penolong Pegawai Perubatan / Jururawat)							
1	Tekanan darah	mm / Hg						
2	Kadar nadi	/ min						
3	Tinggi	meter						
4	Berat	kg						
		Normal			Tidak Normal			
5	Lilitan pinggang	cm		< 80 cm		≥ 80 cm		
6	Peratus lemak badan	%		< 35 %		> 35 %		
7	BMI (kg/m ²)	Kurang berat badan (< 18.5)	Normal 18.5-24.9)	Lebih berat badan 25.0-29.9)	Obesiti tahap I 30.0-34.9)	Obesiti tahap 2 (35.0-39.9)	Obesiti tahap 3 (> 40)	
kg/m ²							

Kementerian Kesihatan Malaysia

APPENDIX 3.4

(SARINGAN STATUS KESIHATAN WARGA EMAS)



SARINGAN STATUS KESIHATAN
BSSK/WE/2008 Pind. 1/2012



WARGA EMAS

No. Pendaftaran:.....

Tarikh

Benarkan Kami membantu anda:

- Memberi khidmat nasihat pengurusan risiko kesihatan anda.
- Memberikan khidmat promosi, pencegahan, perawatan dan rehabilitasi.
- Merujuk anda ke perkhidmatan lanjutan jika diperlukan.

Anda hanya perlu:

- Luangkan masa untuk mengisi borang ini
- Jawab soalan dengan jujur dan betul
- Tangani risiko kesihatan yang ada pada anda

KEKAL SIHAT DALAM HIDUP

Tahniah!
Anda telah mengambil
tindakan yang bijak.



Kementerian Kesihatan Malaysia mengucapkan terima kasih kerana sokongan berterusan anda demi mewujudkan masyarakat Malaysia yang sihat dan sejahtera.

Untuk maklumat lanjut, sila layari
www.myhealth.gov.my

SEGALA MAKLUMAT ANDA AKAN DIRAHSIAKAN

B. PERIHAL SEJARAH KESIHATAN (Diisi sendiri / dibantu waris / penjaga)								
B1	PERUBATAN / PEMBEDAHAN	Sendiri			Keluarga			*Jika 'Ya' nyatakn pertalian
		Ya	Tidak	Tidak Tahu	Ya*	Tidak	Tidak Tahu	
1	Darah tinggi							
2	Diabetes (kencing manis)							
3	Asthma (lelah)							
4	Penyakit Jantung							
5	Kematian mengejut sebelum umur: 45 tahun bagi lelaki 50 tahun bagi wanita	Tiada kaitan						
6	Penyakit buah pinggang							
7	Kanser (Jika Ya, nyatakan) :.....							
8	Strok (angin ahmar)							
9	Epilepsi (sawan)							
10	Masalah darah (Thalasaemia, Anemia, Hemofilia, Leukemia dll)							
11	Penyakit berjangkit (TB, HIV, Hepatitis, penyakit kelamin, Malaria/ Denggi dll)							
12	Merokok/ tembakau							
13	Pengambilan alkohol							
14	Pengambilan dadah							
15	Kegemukan/ Obes							
16	Masalah kesihatan mental (penyakit mental). Jika Ya, nyatakan:.....							
17	Masalah seksual (kurang nafsu syahwat dll)							
18	Alahan Ubat-ubatan / Lain-Lain (Jika Ya, nyatakan):.....							
19	Sejarah Pembedahan (Jika Ya, nyatakan):.....							
20	Lain-lain penyakit (Nyatakan):.....							

B PERIHAL SEJARAH KESIHATAN <i>(Diisi sendiri / dibantu waris / penjaga)</i>			
B2 PERIHAL KESIHATAN SEMASA		Ya	Tidak
Adakah anda mengalami gejala berikut ?			
1	Perubahan buang air kecil.		
2	Luka yang lambat sembuh.		
3	Perubahan saiz ketuat / tahi lalat.		
4	Perubahan buang air besar.		
5	Gangguan penghadaman / sukar menelan.		
6	Batuk / suara serak berpanjangan.		
B3 KESIHATAN ORAL SEMASA <i>(Diisi sendiri / dibantu waris / penjaga)</i>		Ya	Tidak
Adakah anda mempunyai masalah oral (gigi, gusi dll) ?			
C. SARINGAN FAKTOR RISIKO			
C1. PEMAKANAN <i>(Diisi sendiri / dibantu waris / penjaga)</i>			
1	Adakah anda makan mengikut waktu makan seperti berikut setiap hari?	Ya	Tidak
	a. Sarapan Pagi		
	b. Makan Tengahari		
	c. Makan Malam		
2	Adakah anda makan makanan seperti berikut setiap sehari?	Ya	Tidak
	a. Makanan bijirin seperti nasi, mi atau roti		
	b. Buah-buahan		
	c. Sayur-sayuran		
	d. Susu dan hasil tenusu seperti keju, dadih (yogurt)		
	e. Daging / ayam / telur / ikan / makanan laut atau kekacang.		
	Amalan pemakanan : <i>(Untuk diisi oleh anggota kesihatan)</i>	Sihat	Tidak Sihat

ms 4

C2	PENGGUNAAN BAHAN (SUBSTANCE) - (Diisi sendiri / dibantu waris / penjaga)			
	Adakah anda mengambil perkara berikut?			
	Ya	Tidak		Ya Tidak
	a. Rokok/Tembakau		c. Dadah	
	b. Alkohol (Jika ya, nyatakan jumlah diambil dalam sehari.....)		d. Lain-lain (Jika Ya, nyatakan)	
C3	AKTIVITI FIZIKAL (*setiap sesi aktiviti perlu mengambil masa sekurang-kurangnya selama 30 minit dan melebihi 3 kali seminggu) - (Diisi sendiri / dibantu waris / penjaga)		3 hari atau kurang (tidak aktif)	4 hari atau lebih (aktif)
1	Nyatakan jumlah hari dalam seminggu, anda melakukan *aktiviti fizikal seperti berkebun atau berjalan ?			
2	Nyatakan jumlah hari dalam seminggu, anda *bersenam seperti berbasikal, berjalan pantas atau berenang?			
C4	PENDERAAN (Diisi sendiri / dibantu waris / penjaga)		Ya	Tidak
	Adakah anda pernah didera sama ada secara emosi, fizikal, seksual atau dibuli?			
C5	PENILAIAN RISIKO JATUH (FALLS) - (Diisi sendiri / dibantu waris / penjaga)		Ya	Tidak
1	Pernahkan anda terjatuh?			
2	Adakah anda sedang mengambil rawatan? Jika 'Ya', adakah anda mengambil empat jenis ubat atau lebih?			
3	Pernahkan anda mengambil ubat-ubatan yang baru dalam masa dua minggu yang lepas?			
4	Adakah anda mengambil ubat berikut?			
	a. Ubat tidur			
	b. Ubat darah tinggi			
	c. Ubat diabetes			
	d. Ubat kemurungan (<i>depression</i>)			

ms 5

C5	PENILAIAN RISIKO JATUH (FALLS) – samb. (Diisi sendiri / dibantu waris / penjaga)	Ya	Tidak
5	Semasa berjalan, adakah anda mengalami perkara berikut?		
	a. Lemah anggota		
	b. Pening / sakit kepala		
	c. Pitam		
	Sekiranya terdapat sekurang-kurangnya 1 sahaja jawapan 'Ya', sila lakukan ujian <i>Get Up and Go Test</i> - ujian kecenderungan untuk jatuh (C6). Rujuk kepada jurupulih perubatan (anggota).		
C6	UJIAN 'BANGUN DAN BERJALAN' (GET UP AND GO TEST) [Dilakukan oleh jurupulih perubatan (anggota)]	Ya	Tidak
1	Masalah keseimbangan semasa duduk		
2	Menghadapi kesukaran untuk bangun		
3	Kurang keseimbangan apabila mula berdiri		
4	Terhoyong hayang (<i>staggering</i>) semasa berpusing		
5	Langkah pendek dan terhenti		
6	Pergerakan terlalu lambat		
7	Langkah teragak-teragak		
8	Pergerakan yang tidak selamat		
9	Pergerakan badan yang berlebihan		
10	Berpaut untuk sokongan		
11	Mudah tersungkur		
12	Kesukaran untuk duduk semula		
	Sekiranya jumlah jawapan 'Ya' \geq 1, pesakit ini memerlukan intervensi jurupulih perubatan (anggota)		

ms 6

C7		ACTIVITY OF DAILY LIVING (BARTHEL INDEX - SCORE 20) (Diisi sendiri / dibantu waris / penjaga / anggota kesihatan)		
		DATE		
1	BOWELS 0 = Incontinent 1 = Occasional accident (1 per week) 2 = Continent			
2	BLADDER 0 = Incontinent or catheterized & unable to manage 1 = Occasional accident (max 1 x per 24 hours) 2 = Continent for over 7 days			
3	GROOMING 0 = Need help 1 = Independent, face, hair, teeth, shaving			
4	TOILET USE 0 = Dependent 1 = Need some help but can do something 2 = Independent (on and off, dressing, wiping)			
5	FEEDING 0 = Unable 1 = Need help cutting, spreading butter etc 2 = Independent			
6	TRANSFER 0 = unable 1 = Major help (1-2 people, physical) 2 = Minor help (verbal or physical) 3 = Independent			
7	MOBILITY 0 = Immobile 1 = Wheelchair independent including corners etc. 2 = Work with help of 1 person (verbal and physical) 3 = Independent (but may use any aid, eg. Stick)			
8	DRESSING 0 = Dependent 1 = Need help but can do half unaided 2 = Independent			
9	STAIRS 0 = Unable 1 = Need help (verbal, physical, carrying aid) 2 = Independent up and down			
10	BATHING 0 = Dependent 1 = Independent			
TOTAL				
<p>Sekiranya jumlah skor < 20, pesakit ini memerlukan intervensi jurupulih perubatan (cara kerja).</p>				

BSSK/WE/2008 Pind. 1 / 2012

No Pendaftaran:-

D	SARINGAN STATUS KESIHATAN MENTAL – Berpandukan kepada CPG Dementia edisi ke 2. Rujuk <i>Management Of Dementia (2 nd Edition), Quick Reference For Healthcare Providers (muka surat 2)</i> (Diisi sendiri / dibantu waris / penjaga)		Ya	Tidak	
D1	Adakah daya ingatan anda semakin merosot Jika jawapan 'Ya' teruskan kepada soalan berikutnya (D2) Jika jawapan 'Tidak' teruskan ke soalan D3				
D2	Kemerosotan Tahap Daya Ingatan (Diisi sendiri / dibantu waris / penjaga)				
1	Adakah anda mempunyai masalah untuk mengingati perkara yang baru berlaku				
2	Adakah daya ingatan anda semakin merosot untuk mengingati dimana anda menyimpan barang				
3	Adakah anda mempunyai masalah untuk mengingati perbualan beberapa hari selepasnya				
4	Adakah daya ingatan anda semakin merosot untuk mengingati temujanji yang dibuat atau sesuatu majlis yang akan dibuat .				
Sekiranya terdapat jawapan 'Ya' pada salah satu di atas, rujuk kepada pakar untuk pengendalian seterusnya.					
D3	UKURAN BIOMETRI (Diisi oleh pelanggan / jururawat / PPP)				
1	Tekanan darah:.....mm Hg				
2	Tinggi.....meter				
3	Kadar nadi:...../ min				
4	Berat.....kg				
5	Lilitan Pinggang: = cm	Lelaki		Perempuan	
		Normal < 90cm	Tidak normal ≥ 90cm	Normal < 80cm	Normal ≥ 80cm
6	BMI (Kg/ m ²) = kg / m ²	Kurang berat badan (< 22)		Berat badan Normal (≥ 22 hingga ≤ 27)	
				Lebih berat badan (> 27)	
Ukuran lilit pinggang & ujian biokimia perlu diambil kira semasa interpretasi BMI dilakukan.					

Reference

1. Aniza I, Jamsiah M, Amin SA, Ali M, Munizam AM. The Malaysian health reform in primary health care services. *Journal of Community Health* 2008;14:2
2. Ministry of Health Malaysia: *Garis Panduan Perkhidmatan Berintegrasi di Klinik Kesihatan*, 2009
3. Ministry of Health Malaysia: *Perlaksanaan Perkhidmatan Kesihatan Berintegrasi (Bersepadu) di Klinik Kesihatan*. Circular No.4/2009. Putrajaya: Ministry of Health Malaysia
4. Bruce A, Natalie K, Ngaire K. Screening for depression in primary care with two verbally asked questions: cross sectional study. *BMJ* 2003;327:1144-6
5. John R, Lydia AS, Terrill DB, Michelle F, Joni VB et.al A new brief screen for adolescents substance abuse. *Arch Pediatr Adolesc Med*. 1999;152:591-596
6. Laura K Kerr. Screening tools for depression in primary care. *West J Med* 2001;175:349-352
7. Malaz B, Britt P, Laura H, Russell H, Kathleen N. Screening for Cognitive impairment in Primary Care: A summary of evidence for the US Preventive Service Task Force. *Annt Intern Med* 2003;138:927-937
8. Katon W, Schulberg H. Epidemiology of depression in primary care. *Gen Hosp Psychiatry* 1992;14:237-47
9. Pignone MP, Gaynes BN, Rushton JL, Burchell CM, Orleans CT et. al Screening for depression in adult: a summary of the evidence for the US preventive service task force. *Ann Intern Med* 2002;136:765-76
10. Richter P, Werner J, Heerlein A, Kraus A, Sauer H. On the validity of Beck Depression Inventory: a review. *Psychopathology* 1998;31:160-168
11. Andersen SM, Harthorn BH. The recognition, diagnosis and treatment of mental disorders by primary care physicians. *Med Care* 1989;27:869-86
12. Elster AB, Kuznets NJ, eds *AMA Guidelines for adolescents preventive services (GAPS)*. Baltimore Md: Williams & Wilkins; 1994
13. Green M, ed. *Bright futures: guidelines for health supervision of infants, children and adolescents*. National Centre for Education in Maternal and Child Health; 1994
14. Bohn MJ, Babor TF. The Alcohol Use Disorders Identification Test (AUDIT): validation of a screening instrument for use in medical settings. *J Stud Alcohol*. 1995;56:423-432
15. Conigrave KM, saunders JB, Reznik RB. Predictive capacity of the AUDIT questionnaire for alcohol-related harm. *Addiction*. 1995;90:1479-1485
16. Allen JP, Litten RZ, Fertig JB, Babor T. A review of research on the Alcohol Use Disorders Identification Test (AUDIT). *Alcoholism Clin Exp Res*. 1997;21:613-619

17. Ewing JA. Detecting alcoholism: the CAGE questionnaire. JAMA. 1984;252:1905-1907
18. Knight JR, Goodman E, Pulerwitz T, DuRant RH. Reliability of the Problem Oriented Screening instrument for Teenagers (POSIT) in an adolescent medical clinic population. Subst Use Misuse. In Press
19. Costa PT Jr, Williams TF, Somerfield M, Albert MS, Nutters NM et. al Recognition and Initial Assessment of Alzheimer's Disease and Related Cognitive impairments. Clinical Practise Guidelines no19. Rockville, MD: US Department of Health and Human Services, Public Health Service, Agency for Health care Policy and Research; 1996. AHCPR Publication No 97-0702
20. Naing L, Winn T and Rusli BN. Sample Size Calculator for Prevalence Studies, Version 1.0.01, 2006.



iku
INSTITUTE FOR PUBLIC HEALTH

ISBN 978-983-2387-29-9



9 789832 387299