

The Adolescent Health Survey 2017 was a national representative school-based survey of adolescents in secondary schools, which targeted to adolescents aged 13 to 17 years. A two-stage cluster random sampling design was utilized during the schools and classes selection with probability proportional to the enrollment size. The primary sampling unit was the school, whereas the secondary sampling unit was the class. All students in the selected classes were eligible to participate in this survey. The objective of the survey was to estimate the prevalence of health risk behaviours among adolescents which include tobacco, alcohol and drug use; dietary behaviours; hygiene; mental health; physical activity; protective factors; sexual behaviours; and violence and unintentional injury. An anonymous self-administered questionnaires and computer scannable answer sheet were used among the adolescents who gave the consents as well as their parents' consent. The overall response rate was 89.0% and 27,497 adolescents completed the survey.

	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Alcohol Use</b>									
Percentage of students who currently drank alcohol (at least one drink containing alcohol on one or more days during the past 30 days before the survey)	10.0 (8.7, 11.5)	12.5 (10.9, 14.2)	7.5 (6.3, 9.0)	10.5 (9.0, 12.3)	13.4 (11.2, 15.9)	7.9 (6.3, 9.7)	10.2 (9.0, 11.6)	12.8 (11.3, 14.5)	7.7 (6.5, 9.1)
Percentage of students who ever drank so much alcohol that they were really drunk one or more times during their life	5.6 (4.8, 6.6)	7.5 (6.4, 8.7)	3.8 (3.0, 4.7)	6.9 (5.7, 8.5)	9.1 (7.2, 11.6)	4.9 (3.7, 6.4)	6.1 (5.3, 7.1)	8.1 (6.9, 9.4)	4.2 (3.4, 5.2)
Percentage who had their first drink of alcohol before age 14 years among students who ever had a drink of alcohol other than a few sips	83.6 (81.0, 85.9)	83.4 (80.4, 86.0)	83.8 (79.8, 87.2)	68.8 (66.1, 71.4)	69.7 (66.3, 72.8)	67.8 (63.5, 71.9)	76.4 (74.3, 78.3)	76.8 (74.5, 78.9)	75.9 (73.0, 78.6)
<b>Dietary Behaviours</b>									
* Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	6.3 (5.9, 6.8)	7.5 (6.8, 8.2)	5.1 (4.5, 5.8)	6.8 (6.1, 7.6)	9.0 (7.8, 10.3)	4.8 (4.1, 5.7)	6.5 (6.1, 7.0)	8.1 (7.4, 8.8)	5.0 (4.6, 5.5)
* Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	15.7 (15.0, 16.4)	15.1 (14.2, 16.1)	16.2 (15.2, 17.2)	14.5 (13.5, 15.7)	13.6 (12.2, 15.1)	15.4 (14.0, 17.0)	15.2 (14.6, 15.9)	14.5 (13.8, 15.4)	15.9 (15.0, 16.8)

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# NATIONAL HEALTH AND MORBIDITY SURVEY (NHMS) 2017: ADOLESCENT HEALTH

## MALAYSIA 2017 Fact Sheet



	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Dietary Behaviours</b>									
* Percentage of students who were obese (>+2SD from median for BMI by age and sex)	14.6 (13.7, 15.4)	16.9 (15.9, 18.0)	12.1 (11.1, 13.2)	11.3 (10.5, 12.2)	12.6 (11.5, 13.9)	10.1 (8.9, 11.5)	13.3 (12.6, 14.0)	15.3 (14.5, 16.1)	11.3 (10.4, 12.3)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	39.8 (38.0, 41.7)	43.9 (41.6, 46.2)	35.7 (33.6, 37.8)	32.3 (29.6, 35.2)	37.4 (34.3, 40.7)	27.5 (23.9, 31.5)	36.9 (35.0, 38.8)	41.4 (39.2, 43.8)	32.4 (30.2, 34.8)
<b>Drug Use</b>									
Percentage of students who ever used marijuana one or more times during their life	2.9 (2.3, 3.6)	4.2 (3.4, 5.2)	1.5 (1.0, 2.2)	2.6 (1.9, 3.6)	4.8 (3.5, 6.6)	0.6 (0.3, 1.1)	2.8 (2.3, 3.4)	4.4 (3.7, 5.3)	1.1 (0.8, 1.6)
Among students who ever used drugs, the percentage who first used drugs before age 14 years	81.6 (76.7, 85.7)	80.8 (75.2, 85.3)	84.8 (75.4, 91.0)	54.9 (37.4, 71.2)	54.8 (35.5, 72.7)	55.3 (27.0, 80.5)	72.7 (65.8, 78.6)	71.8 (62.8, 79.4)	75.9 (64.0, 84.9)
<b>Hygiene</b>									
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	4.1 (3.5, 4.8)	6.2 (5.4, 7.3)	2.0 (1.5, 2.6)	3.0 (2.3, 3.8)	4.8 (3.9, 6.0)	1.2 (0.8, 2.0)	3.7 (3.2, 4.2)	5.7 (5.0, 6.5)	1.7 (1.3, 2.2)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	5.6 (5.0, 6.2)	7.0 (6.3, 7.8)	4.0 (3.4, 4.7)	3.7 (3.1, 4.5)	4.8 (3.8, 6.0)	2.7 (2.1, 3.5)	4.8 (4.4, 5.3)	6.2 (5.6, 6.8)	3.5 (3.1, 4.0)
<b>Mental Health</b>									
Percentage of students who ever seriously considered attempting suicide during the past 12 months	10.2 (9.3, 11.1)	9.9 (8.8, 11.0)	10.5 (9.4, 11.7)	9.7 (8.7, 10.8)	7.9 (6.8, 9.2)	11.3 (9.9, 13.0)	10.0 (9.2, 10.8)	9.1 (8.3, 10.1)	10.8 (9.8, 12.0)
Percentage of students who attempted suicide one or more times during the past 12 months	8.0 (7.0, 9.0)	8.2 (7.0, 9.6)	7.7 (6.8, 8.8)	5.3 (4.5, 6.3)	5.0 (3.9, 6.4)	5.6 (4.7, 6.7)	6.9 (6.2, 7.7)	7.0 (6.1, 8.0)	6.9 (6.2, 7.7)

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MALAYSIA

2017 Fact Sheet



	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Mental Health</b>									
Percentage of students who had no close friends	3.8 (3.3, 4.4)	4.7 (4.0, 5.6)	2.8 (2.3, 3.5)	3.3 (2.8, 3.9)	4.1 (3.3, 5.1)	2.6 (2.1, 3.2)	3.6 (3.2, 4.1)	4.5 (3.9, 5.1)	2.7 (2.3, 3.3)
<b>Physical Activity</b>									
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	19.0 (17.9, 20.2)	23.5 (21.9, 25.1)	14.5 (13.4, 15.6)	21.0 (19.7, 22.4)	27.5 (25.5, 29.7)	14.9 (13.1, 16.9)	19.8 (19.2, 20.4)	25.0 (24.1, 25.9)	14.7 (13.9, 15.5)
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, or talking with friends when not in school or doing homework during a typical or usual day	45.5 (43.6, 47.4)	43.5 (41.3, 45.7)	47.5 (45.2, 49.8)	57.3 (55.3, 59.4)	55.1 (52.7, 57.5)	59.4 (56.9, 61.9)	50.1 (49.4, 50.9)	47.9 (46.9, 48.9)	52.3 (51.3, 53.3)
<b>Protective Factors</b>									
Percentage of students who missed classes or school without permission on one or more of the past 30 days	27.3 (25.5, 29.2)	29.9 (27.8, 32.1)	24.6 (22.5, 26.9)	32.7 (30.2, 35.3)	37.0 (33.7, 40.4)	28.6 (25.9, 31.5)	29.4 (27.8, 31.1)	32.6 (30.6, 34.7)	26.2 (24.5, 28.1)
Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries during the past 30 days	32.5 (30.9, 34.1)	30.9 (28.9, 32.9)	34.2 (32.2, 36.2)	31.3 (29.5, 33.1)	30.8 (28.6, 33.1)	31.6 (29.5, 33.9)	32.0 (30.7, 33.3)	30.9 (29.2, 32.6)	33.1 (31.7, 34.6)
Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time during the past 30 days	41.5 (40.1, 42.8)	40.4 (38.7, 42.1)	42.6 (40.8, 44.5)	44.3 (42.5, 46.1)	41.4 (38.9, 43.9)	47.0 (44.9, 49.1)	42.6 (41.4, 43.7)	40.7 (39.3, 42.2)	44.4 (42.9, 45.9)

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## MALAYSIA 2017 Fact Sheet



	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Sexual Behaviors</b>									
Percentage of students who ever had sexual intercourse	7.5 (6.7, 8.3)	9.0 (7.9, 10.2)	5.9 (5.2, 6.7)	7.1 (6.1, 8.2)	8.6 (7.0, 10.4)	5.7 (4.9, 6.7)	7.3 (6.7, 8.0)	8.8 (7.8, 9.9)	5.8 (5.3, 6.4)
Among students who ever had sexual intercourse, the percentage who had sexual intercourse for the first time before age 14 years	36.3 (32.4, 40.3)	39.1 (34.0, 44.4)	31.9 (26.9, 37.3)	24.1 (19.0, 30.1)	27.4 (20.2, 35.9)	19.6 (14.2, 26.5)	31.9 (28.6, 35.4)	35.0 (30.5, 39.8)	27.2 (23.1, 31.8)
Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse	12.9 (10.5, 15.9)	15.7 (12.6, 19.3)	8.8 (5.8, 12.9)	12.3 (8.5, 17.4)	15.4 (10.3, 22.5)	8.0 (5.0, 12.7)	12.7 (10.6, 15.2)	15.6 (12.8, 18.8)	8.5 (6.2, 11.5)
<b>Tobacco Use</b>									
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	83.7 (80.9, 86.1)	84.2 (81.6, 86.5)	78.8 (66.5, 87.4)	52.2 (47.7, 56.7)	54.2 (49.4, 58.9)	38.9 (27.9, 51.1)	68.4 (65.1, 71.5)	69.9 (66.6, 73.0)	56.7 (45.7, 67.1)
Percentage of students who smoked cigarettes on one or more days during the past 30 days (current cigarettes smokers)	13.2 (11.9, 14.6)	20.6 (18.5, 22.8)	5.7 (5.0, 6.5)	14.7 (13.0, 16.6)	25.2 (22.3, 28.5)	4.8 (3.7, 6.3)	13.8 (12.7, 15.0)	22.4 (20.5, 24.4)	5.3 (4.6, 6.1)
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	37.2 (35.6, 38.9)	43.8 (41.2, 46.4)	30.5 (28.9, 32.3)	49.5 (47.4, 51.6)	58.3 (55.2, 61.4)	41.3 (39.1, 43.5)	42.0 (40.5, 43.5)	49.3 (47.0, 51.6)	34.9 (33.3, 36.4)

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**MALAYSIA**  
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	Students Aged 13-15 Years			Students Aged 16-17 Years			Students Aged 13-17 Years		
	Total	Males	Females	Total	Males	Females	Total	Males	Females
<b>Violence and Unintentional Injury</b>									
Percentage of students who were in a physical fight one or more times during the past 12 months	28.3 (26.8, 29.9)	36.2 (34.3, 38.1)	20.3 (18.7, 22.0)	19.5 (17.3, 21.8)	25.1 (22.8, 27.5)	14.3 (11.1, 18.1)	24.9 (23.5, 26.3)	32.0 (30.5, 33.5)	17.9 (16.1, 19.8)
Percentage of students who were seriously injured one or more times during the past 12 months	31.7 (30.3, 33.2)	38.2 (36.2, 40.2)	25.1 (23.6, 26.6)	27.1 (25.4, 28.9)	31.9 (29.6, 34.3)	22.7 (20.6, 24.8)	29.9 (28.8, 31.1)	35.8 (34.3, 37.3)	24.1 (22.7, 25.6)
Percentage of students who were bullied on one or more days during the past 30 days	19.0 (17.8, 20.3)	22.4 (20.8, 24.1)	15.5 (14.2, 16.9)	11.8 (10.5, 13.2)	12.7 (11.0, 14.6)	11.0 (9.5, 12.7)	16.2 (15.3, 17.1)	18.7 (17.5, 20.0)	13.7 (12.7, 14.8)

\*According to the WHO growth reference for school-aged children and adolescents. Please log on to [www.who.int/growthref](http://www.who.int/growthref) for more information. Any enquiry or comment on the prevalence estimates should be directed to:

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