THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

PAHANG

Global School-Based Student Health Survey 2012

Institut Kesihatan Umum • Kementerian Kesihatan Malaysia

THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

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Executive Summary

The 2012 Pahang GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Pahang. The survey used a two-stage cluster sampling design. The objectives of this study were to determine the prevalence of health-related behaviours, risky behaviours and protective factors among secondary school students in Malaysia. The survey was administered using a self-administered questionnaire. The response rate at school level was 100%, with a students' response rate of 91.5% (1,560 of 1,705 students responded).

Key Findings

About 64.2% of ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 7.4%. In relation to dietary behaviour, 8.1% of the students were at risk of becoming underweight, while 10.8% at risk of becoming obese. In the past 30 days, only 27.1% of students consumed fruits and vegetables at least five times daily and almost one third of them, drank carbonated drinks at least once daily. For drug use, 2.1% of the students reported they had ever used drug.

Overall, 2.6% of the students reported brushing their teeth less than once daily and 86.1% brushed at least twice daily. Only 55.3% of students reported using fluoridated toothpaste. In the past 30 days, 5.0% never or rarely wash their hands after using the toilet and 5.5% never or rarely wash their hands after using the toilet or latrine and 17.1% never or rarely used soap when washing their hands during the past 30 days . Suicidal ideation, suicidal plan and attempted suicide were noted among 8.8%, 9.1% and 8.5% of the students. The inability to sleep at night due to worry was noted among 6.4% of students, while loneliness was found in 8.5% and 3.2% of students reported having no close friend. With regards to physical activity, 23.8% of the students were found to be active in the past seven days, while almost half were engaged in sedentary activities. Parental or guardian supervision was reported in 12.7% of the students while one third of them claimed had parental or guardians connectedness.

This study found that 11.5% students ever had sex. About 16.2% of the students were current cigarette smokers. Among those who ever smoked, 72.8% first tried a cigarette before the age of 14 years old while almost half claimed had parents or guardians who used any form of tobacco. Almost 90% of the students who smoked cigarettes during the past 12 months had tried to stop smoking. Notably, 31.7% and 30.8% of the students were physically attacked and involved in a physical fight respectively, with 40.4% who had serious injury. Having been bullied was reported in 20.4% of the while 12.1% had been physically abused at home.

Recommendations

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

i. Sexual reproductive health education at homes, school and community should be strengthened.

ii. Psychosocial factors that contribute to risky behaviours such as sex, substance use, truancy, and mental health problems including violence need to be further explored.

iii. Empowerment of school counsellors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.

iv. Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to sex and truancy.

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

vi. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales and possession of tobacco products to minors.

vii. Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on consumption of a balanced diet, need to be explored.

1.0 INTRODUCTION

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

The purpose of the GSHS is to provide accurate data on health behaviours and protective factors among students to:
- Help countries develop priorities, establish programmes, and advocate for resources for school health and youth health programmes and policies;
- Establish trends in the prevalence of health behaviours and protective factors for use in evaluation of school health and youth health promotion; and
- Allow countries, international agencies, and others to make comparisons across and within countries regarding the prevalence of health behaviours and protective factors.

The GSHS is a school-based survey conducted primarily among students aged 12-17 years. It measures behaviours and protective factors related to the leading causes of mortality and morbidity among youth and adults in Malaysia:
- Alcohol consumption
- Dietary behaviours
- Drug use
- Hygiene (including oral hygiene)
- Mental health problems
- Physical activity
- Protective factors
- Sexual behaviours that contribute to HIV infection, other STIs, and unintended pregnancy
- Tobacco use
- Violence and unintentional injury

1.1 Policies and Programmes for Adolescents in School

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

1.1.1 Adolescent Health Policy

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

1.1.2 Medical and Oral Healthcare Policy

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

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

1.1.3 Mental Health Programme

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

1.1.4 Tobacco Control Policy and Regulation

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

1.1.5 National Nutrition Policy

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

1.1.6 Policies Related to Social Issues

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

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

1.1.7 Other Related Activities

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

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

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

1.2 Research in Adolescent Health

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

2.0 METHODS

The 2012 Pahang GSHS employed a two-stage cluster sampling design to produce a representative sample of students in Forms 1 to 5. The first-stage sampling frame consisted of all schools containing any of Forms 1 to 5. Schools were selected with probability proportional to school enrolment size. A total of 17 schools were selected to participate in the Pahang GSHS. The second stage of sampling consisted of systematic random sampling of selected classrooms from each participating schools. All classrooms in each selected school were included in the sampling frame. All students in the sampled classrooms were eligible to participate in the GSHS.

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

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

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

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

For the 2012 Pahang GSHS, 1,560 questionnaires were completed in 17 schools. The school response rate was 100%, while the students response rate was 91.5%. Overall, the response rate was 91.5%.

The data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. GSHS data is representative of all students attending Forms 1 to 5 in Pahang.

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

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

The GSHS questionnaire contained 77 questions addressing the following topics:

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

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

2.1 Variable Definition

i. Alcohol Consumption

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

ii. Dietary Behavior

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

iii. Drug Use

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

iv. **Physical Activity**

Physical activity	:	any activity that increases the heart rate and makes one breathe hard. Examples of physical activities include sports, playing with friends, walking to school, running, fast walking, biking or dancing.
Physically active	:	physically active for at least 60 minutes per day, for a minimum of five days per week (sum of all the time spent in any kind of physical activity each day).
Sedentary behaviour	:	spent at least three hours or more per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities.

v. **Protective Factors**

Truancy	:	missed class or school without permission for at least one day in the past 30 days.
Peer support	:	students in their school were kind and helpful most of the time or always during the past 30 days.
Parental or guardian supervision	:	parents or guardians had always or most of the time, checked to see if their homework was done in the past 30 days.
Parental or guardian connectedness	:	parents or guardians had always or most of the time, understood their problems and worries in the past 30 days.
Parental or guardian bonding	:	parents or guardians had always or most of the time, really knew what they were doing with their free time in the past 30 days.
Parental or guardian respect for privacy	:	parents or guardians had never or rarely went through their things without their approval in the past 30 days.

vi. **Sexual Behaviour**

Sexual intercourse	:	sexual acts of penetration of penis into vagina or anus.

vii. **Smoking**

Current smoker	:	smoke cigarette or other tobacco products on one or more days in the past 30 days.
Other tobacco products	:	tobacco products other than cigarettes including shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis.

viii. **Violence and Unintentional Injury**

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

2.2. Objectives

2.2.1 General Objective

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

2.2.2 Specific Objectives

i. To determine the prevalence of health-related problems such as poor personal hygiene, unhealthy dietary behaviours, physical inactivity, and mental health problems among students in Pahang.

ii. To identify the prevalence of risky behaviours in relation to alcohol consumption, tobacco use, illicit drug use, sexual behaviour and violence among students in Pahang.

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

3.0   RESULTS

3.1   Socio-demographic Profile

Based on the Population and Housing Census of Malaysia in 2010, the population of Pahang was about 1.5 million (29). Adolescents between the ages of 10 to 20 years accounted for 21.2% of the total population. In 2012, there were 118,589 students aged 12 to 17 years in a total of 196 secondary schools under the Ministry of Education and the Ministry of Rural Development in Pahang (30).

A total of 1,705 students from Form 1 to 5 were selected in Pahang from 17 randomly selected secondary schools with 1,560 students or 91.5% responding to our survey. Of the respondent, 49.7 % were males (**Table 1.2**). About 20.3% were from Remove Class/Form 1, 20.1% from Form 2, 20.1% Form 3, 20.1% Form 4 and the remaining 19.4% from Form 5 (**Table 1.3**). The ethnicity and parental marital status are as of the respondents shown in **Tables 1.4** and **1.5**.

3.2 Alcohol Consumption

Introduction

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

Findings

The prevalence of current alcohol use among the students was 7.4% (95% CI: 2.82-18.20) (**Table 2.1.1**). Among students who ever consumed alcohol, 64.2% (95% CI: 60.09-68.20) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). Among the current drinkers, 33.2% (95% CI: 24.88-42.73) had drank two or more drinks daily (**Table 2.3.1**). About 4.3% (95% CI: 1.79-10.03) of the students reported drunkenness (**Table 2.4.1**). Among current drinkers, 24.4% (95% CI: 13.23-40.71) usually obtained alcohol drinks from their family and 36.6% (95% CI: 19.78-57.48) had purchased from shop (**Table. 2.6.1**).

3.3   Dietary Behaviours

Introduction

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

Findings

Overall, 8.1% (95% CI: 6.76-9.79) of the students were at risk of becoming underweight. Males [(10.8% (95% CI: 8.66-13.44)] were significantly higher than females students [(5.5% (95% CI: 3.71-8.18)] to be at risk of becoming underweight (**Table 3.1**). About 24.8% (95% CI: 22.76-27.06) were at risk of becoming overweight (**Table 3.2**) while, 10.8% (95% CI: 8.52-13.49) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 5.2% (95% CI: 4.20-6.38) of the students reported being hungry most of the time or always because there was not enough food in their home (**Table 3.4**). About 43.2% (95% CI: 39.06-47.45) of the students reported consuming fruit at least twice daily (**Table 3.5.1**) while, 26.5% (95% CI: 22.76-30.63) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 27.1% (95% CI: 24.77-29.58) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally, 29.9% (95% CI: 25.51-34.71) of students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 6.6% (95% CI: 5.45-7.86) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 47.5% (95% CI: 43.27-51.83) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 15.9% (95% CI: 11.37-21.89) reported they had breakfast daily in the last seven days (**Table 3.10**). About 36.1% (95% CI: 33.38-38.97) of the students perceived they were slightly or very overweight. Females [43.5% (95% CI: 40.41-46.65)] were significantly more likely than males [28.6% (95% CI: 24.62-32.98)] to perceive their weight as slightly or very overweight (**Table 3.11.1**). Overall, 37.8% (95% CI: 33.67-42.12) reported trying to lose weight (**Table 3.12.1**). Overall, 70.6% (95% CI: 67.12-73.88) reported attempting to lose, gain or maintain the same weight (**Table 3.12.2**).

3.4   Drug Use

Introduction

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

Findings

Generally, 97.9% (95% CI: 96.30-98.76) of the students reported that they never use drug during their lifetime (**Table 4.1.1**). A total of 2.1% (95% CI: 1.24-3.70) had used drug one or more times during their lifetime (**Table 4.2.1**).

3.5   Hygiene (Including Oral Hygiene)

Introduction

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

Findings

Only 2.6% (95% CI: 1.91-3.57) of the students had brushed their teeth less than once daily in the past 30 days . A high prevalence of students reported brushing their teeth at least twice daily [86.1% (95% CI: 81.09-89.94)] (**Table 5.1.1**). Only 55.3% (95% CI: 47.11-63.13) reported use of fluoridated toothpaste and 31.0% (95% CI: 26.23-36.19) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 10.5% (95% CI: 7.76-13.96) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 40.7% (95% CI: 36.28-45.36) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 17.7% (95% CI: 14.64-21.22) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 5.0% (95% CI: 2.96-8.37) of the students never or rarely wash their hands before eating (**Table 5.6**). About 5.5% (95% CI: 4.68-6.52) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 17.1% (95% CI: 12.61-22.85) never or rarely use soap when washing their hands (**Table 5.8**).

3.6 Mental Health Problems

Introduction

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

Findings

In the past 12 months, 8.5% (95% CI: 6.96-10.34) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 6.4% (95% CI: 5.27-7.76) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 8.8% (95% CI: 5.98:12.73 (**Table 6.3**). About 9.1% (95% CI: 5.94-13.61) had suicidal plan (**Table 6.4**) and 8.5% (95% CI: 6.24-11.57) had reported attempted suicide (**Table 6.5**). Overall, 3.2% (95% CI: 1.77-5.64) of the students had no close friend at all (**Table 6.6**).

3.7   Physical Activity

Introduction

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

Findings

The prevalence of being physically active in the past seven days was 15.5% (95% CI: 12.54-19.02) and this was significantly higher among males [24.5% (95% CI: 18.99-31.05)] compared to females [6.6% (95% CI: 5.19-8.35)] (**Table 7.1**). Overall, 23.8% (95% CI: 20.28-27.74) had been physically active for at least five days in the past seven days with significantly more males [35.1% (95% CI: 28.91-41.85)] than females [12.6% (11.14-14.33)] with this level of activity (**Table 7.1.1**). About 47.9% (95% CI: 41.99-53.88) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 48.7% (95% CI: 43.29-54.16) had engaged in sedentary activities (**Table 7.3.1**).

3.8   Protective Factors

Introduction

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

Findings

The prevalence of truancy among the students in the past 30 days was 34.2% (95% CI: 27.63-41.54) (**Table 8.1**). Overall, 41.5% (95% CI: 35.17-48.10) reported of having peer support in the past 30 days, with a significantly higher prevalence among females [51.4% (95% CI: 45.34-57.44)] than males [31.0% (95% CI: 24.47-38.42)] (**Table 8.2**). Parental or guardian supervision was reported by 12.7% (95% CI: 10.76-14.92) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 30.6% (95% CI: 25.41-36.24) (**Table 8.4**). About 40.8% (95% CI: 36.37-45.44) reported of parental or guardian bonding (**Table 8.5**) and 75.6% (95% CI: 71.74-79.15) of the students reported having parental or guardian respect for privacy (**Table 8.6**).

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

Introduction

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

Finding

The prevalence of students who ever had sex was 11.5% (95% CI: 8.79-14.86) (**Table 9.1**). Among those who ever had sex had, 21 students reported had sex for the first time before age 14 years.

Note:- Percentage prevalence and confidence interval are not shown for less than 30 responses.

3.10 Tobacco Use

Introduction

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

Findings

The prevalence of current cigarettes smokers was 16.2% (95% CI: 11.88-21.77) (**Table 10.1.1**). Among those who ever smoked cigarettes, 72.8% (95% CI: 67.0-78.0) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 6.5% (95% CI: 4.40-9.61) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). The prevalence of using shisha/ hookah in the past 30 days was 2.3% (95% CI: 1.44-3.72) (**Table 10.4**). Among those who smoked cigarettes during the past 12 months, 86.4% (95% CI: 81.09-90.33) had tried to stop smoking (**Table 10.5**). A total of 49.6% (95% CI: 40.82-58.49) reported having been exposed to people who smoked in their presence in the past seven days (**Table 10.6.1**). About 44.5% (95% CI: 38.07-51.15) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [80.4% (95% CI: 74.52-85.15)] reported they would definitely not smoke a cigarette during the next 12 months and it was significantly higher among females [93.4% (95% CI: 89.28-96.04) as compared to males [67.2% (95% CI: 37.95-75.21) (**Table 10.8**). Additionally, majority [79.9% (95% CI: 74.12-84.60)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [92.5% (95% CI: 87.29-95.72) than males [67.0% (95% CI: 58.36-74.65)] (**Table 10.9**). Among the non-smokers, 9.8% (95% CI: 7.15-13.28) were susceptibility to smoking and this was significantly higher in males [17.5% (95% CI: 12.63-23.67) than females [2.2% (95% CI: 1.09-4.46)] (**Table 10.10**).

3.11 Violence and Unintentional Injury

Introduction

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

Findings

In the past 12 months, 31.7% (95% CI: 28.86-38.63) of the students had been physically attacked (**Table 11.1.1**). Overall, 30.8% (95% CI: 26.84-35.08) had been involved in a physical fight (**Table 11.2.1**). About 40.4% (95% CI: 36.42-44.58) of students were seriously injured (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "something else happens" [41.4 %(95% CI: 32.78-50.65)] and "a broken bone or dislocated joint" [20.5% (95% CI: 15.31-26.81)] (**Table 11.4**). The two most common causes of serious injuries were fall [32.7% (95% CI: 26.52-39.46)] and motor vehicle accidents [24.2% (95% CI: 18.93-30.44)] (**Table 11.5**). In the past 30 days, 20.4% (95% CI: 17.55-23.59) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun because of body or face look' [27.2% (95% CI: 21.31-33.95)] and 'some other way' [20.4% (95% CI: 13.67-29.37)] (**Table 11.7**). About 12.1% (95% CI: 8.30-17.31) of the students had been abused physically (**Table 11.8.1**), and 45.7% (95% CI: 40.05-51.44) had been abused verbally at home (**Table 11.9.1**).

4.0 DISCUSSION

The prevalence of current alcohol use in Pahang was slightly lower than the national prevalence (7.4% vs 8.9%). As in the other states, more than half of the current drinkers had taken their first drinking before the age of 14 years and the prevalence was comparable to the national prevalence (64.2% vs 63.5%). The prevalence of high alcohol intake (drank at least 2 alcoholic drinks on a typical day alcohol was consumed) among current drinkers was higher compared to the national prevalence (33.2% vs 26.5%). The prevalence of drunkenness among students in Pahang was found to be lower than the national prevalence (4.3% vs 6.3%). In contrast to other states, most current drinkers in Pahang obtained their alcoholic drinks through purchases from shops (36.6%).

A lower prevalence of students are at risk of becoming underweight compared to the national figure (8.1% vs 8.8%). The prevalence for being at risk of overweight and obesity were each observed to be slightly higher compared to the the national prevalence (24.8% vs 22.8% and 10.8% vs 9.5%, respectively). Consumption of fruit and vegetable was slightly lower to the national prevalence (27.1% vs 28.7%). The consumption of soft drink was comparable to the national prevalence (29.9% vs 29.4%) while the consumption of fast food was higher compared to the national prevalence (6.6% vs 6.0%). The prevalence of drinking plain water and taking breakfast everyday, were each lower than the national prevalence (47.5% vs 54.8% and 15.9% vs 19.2% respectively).

Reported ever used drug in Pahang was higher compared to the national prevalence (2.1% vs 1.7%).

In comparison with the national prevalence, the prevalence of students who never or rarely washed their hands before eating was similar to the national prevalence (5.0% vs 5.0%). An almost similar prevalence was seen for students who never or rarely washed their hands after using the toilet or latrine during the past 30 days (5.5% vs 5.4%).

A higher prevalence of students in Pahang never or rarely used soap when washing their hands during the past 30 days compared to the national prevalence (17.1% vs 13.7%). Majority of students (86.1%) brushed their teeth at least twice daily, as observed in other states. In Pahang, the prevalence of students who reported the use of fluoridated toothpaste was comparable to the national prevalence (55.3% vs 57.2%). A higher prevalence of students in Pahang had missed class or school due to a toothache during the past 12 months in Pahang compared to the national prevalence (10.5% vs 9.2%).

A slightly higher prevalence of students in Pahang were conscious of the appearance of their teeth to the extent of avoidance of smiling or laughing was slightly higher compared to the national prevalence (17.7% vs 16.0%).

 The prevalence of students in Pahang had their last dental visit in the past 12 months was comparable to the national level (40.7% vs 38.7%).

Probable anxiety, loneliness and having no close friend in Pahang were higher compared to the national prevalence (6.4% and 8.5% vs 3.2% and 5.4%, 8.1% and 3.1%).

In Pahang, the prevalence of students who could not sleep at night due to worry was higher compared to the national prevalence (6.4% vs 5.4%).

In Pahang, 8.5% of students reported feeling lonely most of the time in the past 12 months and this figure is comparable with the national prevalence (8.1%). The prevalence of students who mentioned they did not have close friends, was also comparable to the national prevalence (3.2% vs 3.1%). The prevalence of suicidal ideation, plan and attempts were higher compared to the national prevalence (8.8% vs 7.9%, 8.1% vs 6.4% and 9.7% vs 6.8%, respectively).

The prevalence of being physically active active (spent at least 60 minutes daily on five or more days a week) was comparable to the national prevalence (23.8% vs 22.7%). The prevalence of students who did not walk or ride a bicycle to or from school in the past 7 days was comparable to the national prevalence (47.9% vs 46.9%). The prevalence of sedentary behaviours was comparable to the national prevalence (48.7% vs 47.3%).

In Pahang, the prevalence of truancy was slightly higher compared to the national prevalence (34.2% vs 30.9 The prevalence of peer support was lower compared to the national prevalence (41.5% vs 44.3%). Parental or guardian supervision, connectedness, bonding and respect for privacy were each comparable to the national figures (12.7% vs 14.2%, 30.6% vs 31.5%, 40.8% vs 43.1%, and 75.6% vs 74.0%, respectively).

The prevalence of reported ever had sex in Pahang was the highest among states and much higher compared to national prevalence, Malaysia GSHS (11.5% vs 8.3%) .

The prevalence of currently smoke cigarettes was higher compared to the national prevalence (vs 11.5%) and was the second highest among all states in Malaysia.

In Pahang, prevalence of physically attacked and involvement in physical fights were higher than the national prevalence (31.7% vs 27.8% and 30.8% vs 27.4%, respectively). The prevalence of seriously injured in the past one year in Pahang was higher than the national prevalence (40.4% vs 34.9%). Among those who were seriously injured, the prevalence of broken bone or dislocated joint in Pahang was higher than the national prevalence (20.5% vs 18.1%). Injury due to a motor vehicle accident or being hit by a motor vehicle was more prevalent in Pahang compared to the national prevalence (24.2% vs 20.0%). However being physically bullied in Pahang were lower than national level (10.4% vs 12.2%). Compared to the national level, the prevalence of abused physically and/or verbally at home, was higher compared to the national prevalence (12.1% vs 11.1% and 45.7% vs 42.7%, respectively).

5.0   CONCLUSION

Reported ever had sex among students in Pahang was found to be the highest among all states. The prevalence of substance used (tobacco and drug) and truancy were higher as compared to the national prevalences. Additionally, other areas of concern were poor mental health and violence among the students.

6.0   RECOMMENDATIONS

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

i.   Sexual reproductive health education at homes, school and community should be strengthened.
ii.   Psychosocial factors that contribute to risky behaviours such as sex, substance use, truancy, and mental health problems including violence need to be further explored.
iii.   Empowerment of school counselors with appropriate skills to identify root cause of truancy and to manage the problem through a multi-disciplinary approach.
iv.   Further in-depth studies are recommended to be conducted by relevant agencies to identify factors that may contribute to sex and truancy.
v.   There is a need to increase health awareness among students on the detrimental effects of tobacco consumption.
vi.   Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales and possession of tobacco products to minors.
vii.   Use of creative and innovative approaches such as engaging social media to promote healthy life styles particularly on consumption of a balanced diet, need to be explored.

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APPENDIX 1: TABLE OF FINDINGS

1.0 Sosio-demographic Profile

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
11 years	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
12 years	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
13 years	356	24609	20.7	15.97	26.34	181	12000	20.3	15.5	26.1	174	12540	21.0	15.74	27.38
14 years	230	22301	18.7	10.43	31.35	116	10895	18.4	9.7	32.2	114	11406	19.1	10.34	32.53
15 years	450	24796	20.8	17.76	24.29	235	12468	21.1	18.3	24.2	215	12328	20.6	16.60	25.31
16 years	254	22972	19.3	12.55	28.51	126	11296	19.1	10.6	32.0	128	11676	19.5	13.41	27.55
17 years	254	23103	19.4	12.09	29.67	139	11863	20.1	12.2	31.1	115	11239	18.8	10.89	30.48
18 years or older	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-

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

Sex	Total				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Male	805	59147	49.7	46.69	52.77
Female	752	59786	50.3	47.23	53.31

Note:
− Fewer than 30 cases

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

Form	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Remove Class/Form 1	353	24216	20.3	15.02	26.96	178	11678	19.7	14.24	26.71	174	12470	20.9	15.23	27.87
Form 2	242	23967	20.1	11.01	33.96	124	11874	20.1	10.44	35.11	118	12093	20.2	10.84	34.60
Form 3	450	23918	20.1	15.97	24.97	235	11887	20.1	16.42	24.36	215	12031	20.1	15.08	26.33
Form 4	260	23869	20.1	11.79	32.03	130	11973	20.2	10.15	36.31	130	11896	19.9	12.71	29.77
Form 5	253	23031	19.4	11.15	31.45	138	11735	19.8	11.32	32.42	115	11296	18.9	10.08	32.62

Table 1.4 : Students Form 1-5 by ethnicity, Pahang, 2012

Ethnicity	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Malay	1257	96555	81.1	51.54	94.57	639	47024	79.5	45.70	94.70	617	49463	82.73	57.60	94.41
Chinese	232	17501	14.7	3.59	44.42	133	9877	16.7	3.90	49.90	99	7624	12.75	3.27	38.70
Indian	53	3843	3.2	0.97	10.26	23	264	0.7	9.90	2.64	30	2281	3.82	1.20	11.45
Bumiputera Sabah	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
Others	15	-	-	-	-	10	-	-	-	-	5	-	-	-	-

Table 1.5 : Students Form 1-5 by parental marital status, Pahang, 2012

Parental Marital Status	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Married and living together	1260	95611	80.5	76.54	83.92	653	47802	81.1	76.67	84.90	607	47809	80.0	73.18	85.38
Married but living apart	62	4703	4.0	2.58	6.02	42	3145	5.3	3.35	8.39	20	1558	2.6	1.34	5.01
Divorced	88	6916	5.8	4.20	8.02	33	2381	4.0	2.87	5.66	54	4466	7.5	4.59	11.94
Widower	81	6598	5.6	4.14	7.42	40	3055	5.2	3.62	7.37	41	3543	5.9	3.91	8.88
Separated	30	2278	1.9	1.24	2.96	12	875	1.5	0.59	3.71	18	1402	2.3	1.51	3.63
Don't know	34	2674	2.3	1.32	3.82	22	1665	2.8	1.66	4.78	12	1008	1.7	0.87	3.24

Note:
- Fewer than 30 cases

2.0 Alcohol Consumption

Table 2.1 : Number of days had at least one drink containing alcohol in the past 30 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	1437	109575	92.6	81.80	97.18	730	53524	90.8	78.13	96.45	706	55983	94.3	84.93	98.01
1 or 2 days	77	5878	5.0	1.67	13.88	47	3360	5.7	2.06	14.78	30	2517	4.2	1.16	14.36
3 to 5 days	22	-	-	-	-	15	-	-	-	-	7	-	-	-	-
6 to 9 days	10	-	-	-	-	6	-	-	-	-	4	-	-	-	-
10 to 19 days	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
all 30 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	113	8798	7.4	2.82	18.20	72	5435	9.2	3.55	21.87	41	3363	5.7	1.99	15.07
No	1437	109575	92.6	81.80	97.18	730	53524	90.8	78.13	96.45	706	55983	94.3	84.93	98.01

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never had a drink of alcohol	1306	99992	86.6	70.39	94.62	643	47143	82.3	63.05	92.69	662	52781	90.8	77.29	96.65
7 years or younger	27	-	-	-	-	18	-	-	-	-	9	-	-	-	-
8 or 9 years	26	-	-	-	-	20	-	-	-	-	6	-	-	-	-
10 or 11 years	41	2845	2.5	0.90	6.56	25	1703	3.0	1.13	7.61	16	1143	2.0	0.59	6.33
12 or 13 years	44	3354	2.9	0.81	9.84	28	1987	3.5	1.01	11.24	16	1367	2.4	0.56	9.42
14 or 15 years	51	4092	3.5	1.33	9.12	36	2938	5.1	1.84	13.48	15	1153	2.0	0.67	5.72
16 years or older	16	-	-	-	-	10	-	-	-	-	6	-	-	-	-

Note:
- Fewer than 30 cases

Table 2.2.1 : First drink of alcohol before the age of 14 years, among current drinkers, student Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	138	9936	64.2	60.09	68.20	91	6299	62.1	55.42	68.43	47	3637	68.3	55.67	78.63
No	67	5529	35.8	31.80	39.91	46	3837	37.9	31.57	44.58	21	1692	31.7	21.37	44.33

Table 2.3 : Number of drinks usually taken on the days that he/she drank alcohol, in the past 30 days, students Form 1-5, Pahang, 2012

Number of Drinks	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not drink alcohol in the past 30 days	1414	107979	91.2	81.21	96.10	713	52310	89.0	77.22	95.05	700	55601	93.3	84.76	97.23
Less than one drink	62	4471	3.8	1.65	8.39	36	2463	4.2	2.00	8.57	26	2008	3.4	1.25	8.80
1 drink	33	2518	2.1	1.02	4.40	19	1349	2.3	1.05	4.95	14	1169	2.0	0.90	4.23
2 drinks	18	-	-	-	-	14	-	-	-	-	4	-	-	-	-
3 drinks	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-
4 drinks	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
5 or more drinks	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	42	3474	33.2	24.88	42.73	32	2670	41.2	32.07	50.95	10	804	20.2	8.12	42.04
No	95	6990	66.8	57.27	75.12	55	3812	58.8	49.05	67.93	40	3177	79.8	57.96	91.88

Note:
- Fewer than 30 cases

Table 2.4: Number of times got drunk in their lifetime, students Form 1-5, Pahang, 2012

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1486	113176	95.7	89.97	98.21	752	55023	93.8	87.27	97.14	733	58084	97.5	91.63	99.28
1 or 2 times	42	3314	2.8	1.09	7.02	33	2525	4.3	1.78	10.07	9	788	1.3	0.36	4.75
3 to 9 times	13	-	-	-	-	8	-	-	-	-	5	-	-	-	-
10 or more times	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	64	5108	4.3	1.79	10.03	47	3609	6.2	2.86	12.73	17	1499	2.5	0.72	8.37
No	1486	113176	95.7	89.97	98.21	752	55023	93.8	87.27	97.14	733	58084	97.5	91.63	99.28

Table 2.5: Number of times "got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol", in their lifetime, students Form 1-5, Pahang, 2012

Number	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1503	114879	98.5	96.98	99.21	769	56524	98.0	96.45	98.87	733	58286	98.9	97.20	99.58
1 or 2 times	12	-	-	-	-	7	-	-	-	-	5	-	-	-	-
3 to 9 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-
10 or more times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-

Note:
- Fewer than 30 cases

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	24	-	-	-	-	16	-	-	-	-	8	-	-	-	-
No	1503	114879	98.5	96.98	99.21	769	56524	98.0	96.45	98.87	733	58286	98.9	97.20	99.58

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

Source	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not drink alcohol in the past 30 days	1435	109689	92.7	83.60	96.95	727	53391	90.7	80.63	95.84	707	56229	94.7	86.07	98.07
Bought in a store,shop or from street vendor	41	3155	2.7	1.48	4.75	30	2347	4.0	1.96	7.95	11	809	1.4	0.73	2.51
Gave someone else money to buy it	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
*Friends	20	-	-	-	-	11	-	-	-	-	9	-	-	-	-
Family	32	2107	1.8	0.48	6.35	19	1202	2.0	0.56	7.22	13	905	1.5	0.39	5.69
Stole or got it without permission	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
Some other way	16	-	-	-	-	10	-	-	-	-	6	-	-	-	-

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

Source	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Store,shop/street vendor	41	3155	36.6	19.78	57.48	30	2347	43.1	24.73	63.52	11	809	25.5	8.31	56.36
Gave someone else money to buy it	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
Friends	20	-	-	-	-	11	-	-	-	-	9	-	-	-	-
Family	32	2107	24.4	13.23	40.71	19	1202	22.1	10.55	40.44	13	905	28.5	16.47	44.70
Stole/got without permission	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
Some other way	16	-	-	-	-	10	-	-	-	-	6	-	-	-	-

Note:
- Fewer than 30 cases

3.0 Dietary Behaviours

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	131	9554	8.1	6.76	9.79	89	6270	10.8	8.66	13.44	42	3284	5.5	3.71	8.18
No	1404	107759	91.9	90.21	93.24	698	51666	89.2	86.56	91.34	706	56093	94.5	91.82	96.29

Table 3.2: Prevalence of overweight among students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	370	29152	24.8	22.76	27.06	182	13503	23.3	19.70	27.35	188	15649	26.4	23.79	29.10
No	1165	88161	75.2	72.94	77.24	605	44433	76.7	72.65	80.30	560	43728	73.6	70.90	76.21

Table 3.3 : Prevalence of obesity among students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	158	12615	10.8	8.52	13.49	83	6333	10.9	7.66	15.37	75	6282	10.6	8.43	13.20
No	1377	104697	89.2	86.51	91.48	704	51603	89.1	84.63	92.34	673	53095	89.4	86.80	91.57

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never	609	45781	38.6	35.43	41.83	311	22397	38.0	32.78	43.59	297	23316	39.0	34.42	43.87
Rarely	460	35285	29.7	25.76	34.04	235	17386	29.5	22.61	37.54	225	17898	30.0	26.37	33.84
Sometimes	408	31446	26.5	23.08	30.23	208	15403	26.2	22.76	29.88	200	16043	26.9	21.10	33.54
Most of the time	43	3578	3.0	2.16	4.20	25	1921	3.3	2.17	4.88	18	1657	2.8	1.75	4.38
Always	34	2575	2.2	1.38	3.40	23	1773	3.0	1.71	5.26	11	802	1.3	0.39	4.54
*Most of the time or always	77	6153	5.2	4.20	6.38	48	3695	6.3	4.31	9.04	29	2458	4.1	2.92	5.78

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Did not eat fruit in the past 30 days	118	8707	7.3	5.35	9.99	71	5096	8.6	6.19	11.95	47	3611	6.0	3.92	9.23
Less than 1 time per day	402	30416	25.6	21.73	29.94	220	16458	27.9	22.74	33.75	182	13959	23.4	19.39	27.92
1 time per day	373	28300	23.8	20.97	26.97	179	12950	22.0	18.56	25.80	193	15281	25.6	21.04	30.77
2 times per day	334	25831	21.8	19.07	24.72	166	12025	20.4	17.06	24.20	168	13806	23.1	19.33	27.43
3 times per day	191	14950	12.6	10.05	15.67	88	6619	11.2	8.22	15.14	103	8331	14.0	10.66	18.07
4 times per day	46	3644	3.1	2.11	4.45	27	2047	3.5	2.09	5.72	19	1596	2.7	1.53	4.65
5 or more times per day	91	6867	5.8	4.83	6.92	52	3763	6.4	4.89	8.28	39	3104	5.2	3.91	6.89

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	662	51291	43.2	39.06	47.45	333	24453	41.5	38.14	44.90	329	26838	45.0	39.17	50.90
No	893	67423	56.8	52.55	60.94	470	34504	58.5	55.10	61.86	422	32851	55.0	49.10	60.83

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Did not eat vegetables in the past 30 days	95	7690	6.5	4.98	8.36	48	3722	6.3	4.55	8.65	47	3968	6.6	4.52	9.66
Less than 1 time per day	253	19614	16.5	13.76	19.64	126	9251	15.6	12.81	18.96	127	10362	17.4	13.14	22.58
1 time per day	327	24263	20.4	17.46	23.69	169	12109	20.5	16.68	24.88	158	12153	20.4	17.07	24.09
2 times per day	473	35829	30.1	27.10	33.35	228	16809	28.4	25.03	32.07	244	18951	31.7	27.91	35.83
3 times per day	236	18096	15.2	12.39	18.55	134	9733	16.5	13.35	20.12	102	8363	14.0	10.13	19.05
4 times per day	59	4569	3.8	2.67	5.49	38	2841	4.8	3.23	7.08	21	1728	2.9	1.56	5.29
5 or more times	114	8860	7.5	5.86	9.42	62	4681	7.9	5.59	11.10	52	4179	7.0	5.58	8.74

Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1–5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	409	31525	26.5	22.76	30.63	234	17255	29.2	25.07	33.65	175	14271	23.9	19.73	28.64
No	1148	87395	73.5	69.37	77.24	571	41892	70.8	66.35	74.93	576	45434	76.1	71.36	80.27

Table 3.6.2: Prevalence of fruits and vegetable intake of at least five times daily in the past 30 days, students Form 1–5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	419	32160	27.1	24.77	29.58	233	17306	29.4	26.11	32.82	186	14854	24.9	21.67	28.48
No	1135	86473	72.9	70.42	75.23	570	41651	70.6	67.18	73.89	564	44753	75.1	71.52	78.33

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not drink carbonated soft drink in past 30 days	451	34373	28.9	26.48	31.53	202	15101	25.6	22.36	29.18	248	19203	32.1	28.70	35.74
Less than 1 time per day	642	48888	41.2	37.61	44.79	355	25820	43.8	39.75	47.95	287	23068	38.6	34.92	42.38
1 time per day	253	19387	16.3	13.26	19.93	132	9696	16.5	13.71	19.61	121	9691	16.2	12.35	20.98
2 times per day	110	8656	7.3	5.69	9.29	53	3930	6.7	5.21	8.50	57	4726	7.9	6.09	10.20
3 times per day	57	4384	3.7	2.88	4.72	37	2741	4.7	3.61	5.97	20	1644	2.7	1.64	4.58
4 times per day	16	-	-	-	-	11	-	-	-	-	5	-	-	-	-
5 or more times per day	26	-	-	-	-	12	-	-	-	-	14	-	-	-	-

Note:
- Fewer than 30 cases

Table 3.7.1: Prevalence of at least once a day consumption of carbonated soft drinks in the past 30 days, students Form 1-5, Pahang, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	462	35528	29.9	25.51	34.71	245	18013	30.6	26.79	34.62	217	17515	29.3	23.70	35.59
No	1093	83261	70.1	65.29	74.49	557	40921	69.4	65.38	73.21	535	42271	70.7	64.41	76.30

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	843	64051	53.9	51.06	56.70	445	32488	55.0	50.42	59.47	398	31562	52.9	49.34	56.36
1 day	504	38290	32.2	29.07	35.53	268	19586	33.1	28.68	37.95	235	18635	31.2	28.04	34.57
2 days	110	8731	7.3	5.88	9.14	45	3443	5.8	4.03	8.35	65	5288	8.9	6.62	11.75
3 days	58	4636	3.9	2.82	5.37	24	1862	3.6	1.84	5.33	34	2774	4.6	2.90	7.36
4 days	13	-	-	-	-	5	-	-	-	-	8	-	-	-	-
5 days	10	-	-	-	-	5	-	-	-	-	5	-	-	-	-
6 days	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
7 days	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-

Table 3.8.1: Prevalence of consuming food from a fast food restaurant of at least 3 days in the past 7 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	99	7786	6.6	5.45	7.86	46	3567	6.0	4.59	7.91	53	4219	7.1	4.85	10.19
No	1457	111071	93.4	92.14	94.55	758	55517	94.0	92.09	95.41	698	55485	92.9	89.81	95.15

Note:
- Fewer than 30 cases

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not drink plain water in past 30 days	21	-	-	-	-	12	-	-	-	-	9	-	-	-	-
Less than 1 time per day	73	5553	4.7	3.33	6.55	37	2795	4.7	2.79	7.97	36	2758	4.6	3.52	6.06
1 time per day	84	6507	5.5	4.10	7.31	52	4089	6.9	5.27	9.11	32	2418	4.1	2.59	6.28
2 times per day	109	8250	7.0	5.70	8.47	59	4285	7.3	5.01	10.46	50	3965	6.6	5.19	8.48
3 times per day	273	20766	17.5	13.68	22.14	137	9850	16.7	13.11	21.13	136	10916	18.3	13.63	24.12
4 times per day	255	19346	16.3	14.19	18.68	140	10157	17.3	14.89	19.92	115	9189	15.4	11.85	19.77
5 or more times per day	737	56360	47.5	43.27	51.83	364	26672	45.3	41.28	49.44	372	29619	49.6	43.01	56.29

Table 3.10: Prevalence of breakfast intake in the past 7 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	411	32397	27.3	23.45	31.43	212	16112	27.3	22.88	32.15	199	16285	27.3	21.86	33.46
1 day	219	16286	13.7	10.88	17.11	108	7438	12.6	9.65	16.27	111	8848	14.8	11.49	18.91
2 days	231	17805	15.0	12.32	18.10	108	8096	13.7	10.49	17.71	123	9709	16.3	13.74	19.15
3 days	160	12126	10.2	8.17	12.67	94	7034	11.9	9.21	15.26	66	5092	8.5	6.50	11.12
4 days	78	6096	5.1	4.12	6.37	41	3049	5.2	3.60	7.35	36	2977	5.0	3.80	6.53
5 days	157	11794	9.9	8.19	11.97	83	6017	10.2	7.75	13.27	74	5777	9.7	6.03	15.18
6 days	46	3400	2.9	2.26	3.62	24	1806	3.1	2.15	4.34	22	1594	2.7	1.65	4.28
7 days	254	18947	15.9	11.37	21.89	134	9527	16.1	10.98	23.06	120	9420	15.8	10.80	22.47

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

Perseption	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Very underweight	162	12694	10.7	8.90	12.87	94	7194	12.2	10.02	14.82	68	5500	9.3	6.76	12.54
Slightly underweight	243	17767	15.0	12.81	17.52	146	10339	17.6	14.57	21.02	97	7428	12.5	9.39	16.45
Right weight	592	45140	38.1	35.86	40.46	336	24495	41.6	37.86	45.45	256	20645	34.7	30.97	38.72
Sligtly overweight	450	34574	29.2	26.85	31.68	183	13664	23.2	19.58	27.29	266	20841	35.1	31.72	38.57
Very overweight	104	8193	6.9	6.21	7.71	43	3181	5.4	3.61	8.01	61	5012	8.4	6.47	10.92

Note:
- Fewer than 30 cases

Table 3.11.1: Prevalence for perception of being slight or very overweight, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	554	42767	36.1	33.38	38.97	226	16846	28.6	24.62	32.98	327	25853	43.5	40.41	46.65
No	997	75602	63.9	61.03	66.62	576	42029	71.4	67.02	75.38	421	33573	56.5	53.35	59.59

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

Action Taken	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Not trying to do anything	455	34792	29.4	26.12	32.88	230	16584	28.3	22.71	34.65	225	18208	30.5	26.73	34.53
Trying either to lose, gain, or maintain the same weight	1095	83590	70.6	67.12	73.88	568	42012	71.7	65.35	77.29	526	41510	69.5	65.47	73.27

Table 3.12.1: Prevalence of attempting to lose weight, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	580	44751	37.8	33.67	42.12	266	19900	34.0	30.33	37.79	313	24782	41.5	35.45	47.81
No	970	73631	62.2	57.88	66.33	532	38696	66.0	62.21	69.67	438	34935	58.5	52.19	64.55

Table 3.12.2: Prevalence of attempting either to lose, gain or maintain their weight, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Not trying to do anything	455	34792	29.4	26.12	32.88	230	16584	28.3	22.71	34.65	225	18208	30.5	26.73	34.53
Tried to lose weight	580	44751	37.8	33.67	42.12	266	19900	34.0	30.33	37.79	313	24782	41.5	35.45	47.81
Tried to gain weight	212	16042	13.6	11.56	15.82	136	10157	17.3	13.86	21.46	76	5885	9.9	7.55	12.77
Tried to maintain same weight	303	22798	19.3	17.03	21.70	166	11955	20.4	17.28	23.93	137	10843	18.2	14.34	22.73

4.0 Drug Use

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1524	116366	97.9	96.30	98.76	779	57115	96.7	93.79	98.27	744	59182	99.0	97.32	99.62
1 or 2 times	13	-	-	-	-	9	-	-	-	-	4	-	-	-	-
3 to 9 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-
10 to 19 times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
20 or more times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-

Table 4.1.1: Prevalence of ever drug at least once, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	33	2553	2.1	1.24	3.7	25	1949	3.3	1.73	6.21	8	604	1	0.38	2.68
No	1524	116366	97.9	96.30	98.76	779	57115	96.7	93.79	98.27	744	59182	99.0	97.32	99.62

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never used drug	1475	112374	97.5	96.29	98.32	747	54520	96.0	94.24	97.21	727	57785	99.0	97.53	99.58
7 years or younger	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-
8 or 9 year	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-
10 or 11 years	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
12 or 13 years	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
14 or 15 years	8	-	-	-	-	7	-	-	-	-	1	-	-	-	-
16 years or older	5	-	-	-	-	5	-	-	-	-	0	-	-	-	-

Note:
- Fewer than 30 cases

Table 4.2.1: Prevalence of first use of drug before the age of 14 years, among ever used drugs, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	24	-	-	-	-	17	-	-	-	-	7	-	-	-	-
No	13	-	-	-	-	12	-	-	-	-	1	-	-	-	-

Table 4.3: Frenquency of drug use among current drug users, student Form 1-5, Pahang, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1532	117082	98.4	97.32	99.09	788	57878	97.9	96.68	98.74	743	59135	98.9	96.80	99.64
1 or 2 times	8	-	-	-	-	6	-	-	-	-	2	-	-	-	-
3 to 9 times	8	-	-	-	-	4	-	-	-	-	4	-	-	-	-
10 to 19 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
20 or more times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	25	-	-	-	-	16	-	-	-	-	9	-	-	-	-
No	1532	117082	98.4	97.32	99.09	788	57878	97.9	96.68	98.74	743	59135	98.9	96.80	99.64

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

Source	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not use drug	1526	116498	98.0	97.02	98.59	782	57294	97.0	95.73	97.87	743	59135	98.9	96.80	99.64
Bought from someone	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-
Gave someone else money to buy it	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-
Stole/got without permission	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
Friends	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
Some other way	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-
Family	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-

Note:
- Fewer than 30 cases

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-
No	20	-	-	-	-	14	-	-	-	-	6	-	-	-	-

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

Frequancy	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1522	116099	98.7	97.78	99.19	777	56898	97.7	96.06	98.71	744	59133	99.6	98.49	99.87
1 or 2 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-
3 to 9 times	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-
10 to 19 times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-
20 or more times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-

Table 4.5.1: Prevalence of ever used marijuana, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	20	-	-	-	-	17	-	-	-	-	3	-	-	-	-
No	1522	116099	98.7	97.78	99.19	777	56898	97.7	96.06	98.71	744	59133	99.6	98.49	99.87

Note:
- Fewer than 30 cases

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1535	117240	99.4	98.47	99.78	789	57926	99.2	97.63	99.73	745	99.6	98.53	99.90	99.9%
1 or 2 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-
3 to 9 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-
10 to 19 times	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-
20 or more times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-
No	1535	117240	99.4	98.47	99.78	789	57926	99.2	97.63	99.73	745	99.6	98.5	99.90	99.9%

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1508	114965	99.2	98.41	99.63	772	56543	98.9	97.56	99.54	735	58354	99.5	98.06	99.88
1 or 2 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
3 to 9 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
10 to 19 times	1	-	-	-	-	1	-	-	-	-	1	-	-	-	-
20 or more times	1	-	-	-	-	0	-	-	-	-	0	-	-	-	-

Table 4.7.1: Prevalence of ever used amphetamines or metamphetamines, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	11	-	-	-	-	8	-	-	-	-	3	-	-	-	-
No	1508	114965	99.2	98.41	99.63	772	56543	98.9	97.56	99.54	735	58354	99.5	98.06	99.88

Note:
- Fewer than 30 cases

5.0 Hygiene (Including Oral Hygiene)

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not clean or brush teeth in past 30 days	12	-	-	-	-	10	-	-	-	-	2	-	-	-	-
Less than 1 time per day	31	2156	1.8	1.37	2.40	22	1441	2.4	1.55	3.81	9	715	1.2	0.60	2.36
1 times	181	13427	11.3	7.94	15.82	121	9029	15.3	11.20	20.46	60	4398	7.4	4.10	12.89
2 times	614	46834	39.4	35.19	43.74	320	23274	39.3	34.69	44.21	294	23560	39.5	33.69	45.56
3 times	549	41925	35.3	29.70	41.25	256	18768	31.7	25.35	38.88	292	23088	38.7	31.46	46.43
4 times or more times	170	13610	11.4	8.77	14.81	76	5849	9.9	7.53	12.89	94	7760	13.0	9.03	18.37

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Did not clean or clean less than 1 time per day	43	3109	2.6	1.91	3.57	32	2226	3.8	2.55	5.53	11	883	1.5	0.73	2.99
More than 1 time per day	1514	115795	97.4	96.43	98.09	773	56921	96.2	94.47	97.45	740	58806	98.5	97.01	99.27
At least 2 times or more times per day	1333	102368	86.1	81.09	89.94	652	47891	81.0	74.59	86.05	680	54408	91.2	85.60	94.69

Table 5.2 : Prevalence of use of fluoridated toothpaste, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	843	65118	55.3	47.11	63.13	418	30747	52.6	44.66	60.46	424	34302	57.8	48.27	66.77
No	210	16213	13.8	9.59	19.35	116	8905	15.2	10.76	21.15	94	7308	12.3	7.92	18.64
Don't know	491	36521	31.0	26.23	36.19	262	18776	32.1	27.31	37.38	229	17745	29.9	24.45	35.98

Table 5.3 : Prevalence of having missed class due to toothache in the past 12 months, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	159	12292	10.5	7.76	13.96	79	5738	9.9	7.45	12.95	80	6554	11.1	7.32	16.38
No	1379	105201	89.5	86.04	92.24	713	52447	90.1	87.05	92.55	665	52686	88.9	83.62	92.68

Note:
- Fewer than 30 cases

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

Timing	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
During past 12 months	633	48340	40.7	36.28	45.36	324	23833	40.4	35.07	45.97	309	24507	41.1	36.51	45.89
Between 12-24 months ago	165	12815	10.8	8.06	14.33	89	6583	11.2	8.71	14.19	76	6232	10.5	7.00	15.34
More than 24 months ago	96	7323	6.2	4.53	8.35	61	4498	7.6	4.98	11.50	35	2826	4.7	3.24	6.89
Never	237	17943	15.1	11.81	19.16	133	9936	16.8	13.00	21.54	104	8007	13.4	10.13	17.60
Don't know	423	32240	27.2	23.26	31.47	196	14140	24.0	19.24	29.44	226	18031	30.3	25.72	35.20

Table 5.5 : Prevalence of avoidance of smiling or laughing due to the appearance of their teeth, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	267	20831	17.7	14.64	21.22	134	10123	17.3	12.51	23.36	133	10707	18.1	14.50	22.37
No	1274	96919	82.3	78.78	85.36	664	48492	82.7	76.64	87.49	610	48427	81.9	77.63	85.50

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never	26	-	-	-	-	18	-	-	-	-	8	-	-	-	-
Rarely	55	3933	3.3	2.20	4.97	40	2791	4.7	2.56	8.61	15	1142	1.91	1.11	3.28
Sometimes	135	10586	8.9	5.72	13.63	69	5143	8.7	5.51	13.54	66	5443	9.1	5.82	14.00
Most of the time	214	16107	13.6	12.11	15.17	128	9416	16.0	14.10	18.04	86	6691	11.2	8.90	14.01
Always	1124	86101	72.5	64.97	78.95	547	40233	68.2	58.86	76.35	576	45799	76.7	70.44	81.94
*Never or rarely	81	5954	5.0	2.96	8.37	58	4161	7.1	3.96	12.26	23	1793	3.0	1.68	5.30

Note:
- Fewer than 30 cases

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	23	-	-	-	-	17	-	-	-	-	6	-	-	-	-
Rarely	67	4886	4.1	3.47	4.88	44	3134	5.3	4.34	6.50	23	1753	2.9	1.96	4.37
Sometimes	168	12871	10.8	9.15	12.80	95	7060	12.0	8.93	15.90	73	5811	9.7	8.14	11.60
Most of the time	195	14518	12.2	9.90	15.02	102	7366	12.5	10.05	15.45	92	7083	11.9	8.74	15.91
Always	1101	84736	71.4	68.91	73.76	544	40159	68.2	64.09	71.96	557	44576	74.7	71.42	77.69
*Never or rarely	90	6558	5.5	4.68	6.52	61	4339	7.4	6.34	8.54	29	2218	3.7	2.30	5.95

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	48	3743	3.2	1.63	6.04	34	2564	4.3	1.97	9.32	14	1180	2.0	1.03	3.77
Rarely	222	16582	14.0	10.76	17.96	140	9841	16.7	13.43	20.54	82	6741	11.3	7.62	16.48
Sometimes	454	34332	28.9	25.73	32.37	222	16516	28.0	24.33	31.99	232	17816	29.9	25.85	34.29
Most of the time	328	25273	21.3	18.40	24.52	166	12174	20.6	17.50	24.17	161	13031	21.9	17.45	27.05
Always	502	38706	32.6	29.90	35.47	241	17890	30.3	26.39	34.58	261	20816	34.9	29.68	40.58
* Never or rarely	270	20325	17.1	12.61	22.85	174	12404	21.0	15.63	27.69	96	7921	13.3	8.88	19.43

Note:
- Fewer than 30 cases

6.0 Mental Health Problems

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	480	35318	30.0	24.16	36.48	290	20369	34.9	29.43	40.72	190	14949	25.2	17.96	34.05
Rarely	504	38613	32.8	29.68	35.98	265	19656	33.6	29.28	38.30	238	18888	31.8	27.21	36.76
Sometimes	434	33950	28.8	24.94	32.99	177	13677	23.4	20.26	26.89	257	20273	34.1	28.36	40.41
Most of the time	91	7296	6.2	5.21	7.33	42	3089	5.3	3.56	7.79	49	4207	7.1	4.67	10.60
Always	35	2720	2.3	1.47	3.60	21	1633	2.8	1.92	4.05	14	1087	1.8	0.66	4.95
* Most of the time or Always	126	10017	8.5	6.96	10.34	63	4722	8.1	6.04	10.73	63	5294	8.9	5.37	14.45

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	615	45122	38.0	35.51	40.55	366	26054	44.2	39.40	49.06	248	18999	31.8	29.78	33.95
Rarely	552	42337	35.7	32.48	38.96	263	19496	33.1	27.69	38.91	289	22841	38.3	34.98	41.66
Sometimes	295	23681	19.9	17.86	22.20	134	10303	17.5	14.96	20.29	161	13378	22.4	19.32	25.83
Most of the time	51	4177	3.5	2.52	4.89	20	1540	2.6	1.82	3.73	31	2638	4.4	2.66	7.25
Always	42	3428	2.9	2.01	4.13	20	1587	2.7	1.39	5.16	22	1840	3.1	2.18	4.34
* Most of the time or Always	93	7605	6.4	5.27	7.76	40	3127	5.3	3.52	7.90	53	4478	7.5	5.77	9.70

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	127	10375	8.8	5.98	12.73	53	4171	7.1	3.50	13.99	74	6203	10.4	7.55	14.20
No	1419	107685	91.2	87.27	94.02	743	54276	92.9	86.01	96.50	675	53340	89.6	85.80	92.45

Note:
- Fewer than 30 cases

Table 6.4 : Prevalence of suicidal plan in the past 12 months, students Form 1–5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	126	10231	9.1	5.94	13.61	56	4383	7.8	3.46	16.76	70	5848	10.3	7.81	13.49
No	1346	102562	90.9	86.39	94.06	703	51610	92.2	83.24	96.54	642	50884	89.7	86.51	92.19

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

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1430	108733	91.5	88.43	93.76	742	54312	92.0	86.96	95.22	687	54352	90.9	86.75	93.86
1 time	61	4752	4.0	3.12	5.12	37	1701	2.9	1.65	4.99	24	3052	5.1	4.00	6.50
2 to 3 times	37	3053	2.6	1.57	4.19	17	1555	2.6	1.51	4.55	20	1498	2.5	1.21	5.13
4 to 5 times	24	-	-	-	-	15	-	-	-	-	9	-	-	-	-
6 or more times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
* 1 or more times	127	10148	8.5	6.24	11.57	62	4714	8.0	4.78	13.04	65	5434	9.1	6.14	13.25

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

Number of Friends	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 friend	47	3753	3.2	1.77	5.64	22	1761	3.0	1.46	6.10	25	1992	3.3	1.86	5.95
1 friend	106	7842	6.6	5.21	8.42	54	3770	6.4	4.74	8.71	52	4072	6.8	5.38	8.64
2 friends	133	10320	8.7	6.74	11.25	59	4267	7.3	4.64	11.28	74	6053	10.2	7.04	14.43
3 or more friends	1261	96243	81.5	76.79	85.36	661	48688	83.2	75.51	88.90	599	47486	79.7	75.54	83.26

Note
- Fewer than 30 cases

7.0 Physical Activity

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

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
0 day	289	22029	18.6	14.99	22.85	129	9551	16.2	12.47	20.82	160	12479	21.0	16.96	25.67
1 day	328	24504	20.7	17.69	24.05	146	10398	17.7	13.71	22.45	182	14106	23.7	20.76	26.96
2 days	242	18844	15.9	13.96	18.08	117	8730	14.8	11.67	18.66	125	10114	17.0	14.17	20.27
3 days	220	16622	14.0	12.37	15.89	86	6197	10.5	7.25	15.04	134	10425	17.5	15.21	20.12
4 days	106	8227	6.9	5.34	8.99	49	3336	5.7	4.35	7.34	56	4823	8.1	5.46	11.89
5 days	95	7178	6.1	4.85	7.55	60	4369	7.4	5.59	9.78	35	2809	4.7	3.77	5.91
6 days	33	2656	2.2	1.31	3.81	24	1867	3.2	1.62	6.11	9	788	1.3	0.83	2.10
* All 7 days	239	18363	15.5	12.54	19.02	191	14439	24.5	18.98	31.05	48	3924	6.6	5.19	8.35

Table 7.1.1 : Prevalence of being physically active at least 60 minutes daily for 5 days or more in the past 7 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	367	28197	23.8	20.28	27.74	275	20676	35.1	28.91	41.85	92	7521	12.6	11.14	14.33
No	1,185	90,227	76.2	72.26	79.72	527	38,212	64.9	58.15	71.09	657	51,945	87.4	85.67	88.86

Table 7.2 : Number of days student had walked or rode a bicycle to or from school in the past 7 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
* 0 day	757	56911	47.9	41.99	53.88	403	29316	49.6	43.96	55.32	353	27527	46.1	38.12	54.34
1 day	143	10634	9.0	7.34	10.87	73	5200	8.8	6.72	11.46	70	5434	9.1	6.65	12.36
2 days	91	7322	6.2	4.66	8.11	47	3640	6.2	4.89	7.74	44	3682	6.2	3.91	9.60
3 days	55	4365	3.7	2.34	5.73	31	2391	4.0	2.17	7.44	24	1974	3.3	2.15	5.06
4 days	39	2870	2.4	1.75	3.32	16	1071	1.8	0.94	3.47	23	1799	3.0	1.62	5.54
5 days	145	11420	9.6	7.66	11.99	56	4143	7.0	4.75	10.25	89	7277	12.2	9.13	16.11
6 days	24	-	-	-	-	9	-	-	-	-	15	-	-	-	-
All 7 days	302	23640	19.9	12.55	30.07	169	12717	21.5	14.44	30.85	133	10923	18.3	10.62	29.70

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

Duration	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Less than 1 hour	286	21572	18.2	16.34	20.18	154	11199	19.0	15.06	23.63	132	10373	17.4	12.58	23.59
1 to 2 hours	527	39285	33.1	27.98	38.68	273	19749	33.5	28.66	38.66	253	19468	32.7	25.11	41.26
3 to 4 hours	424	32815	27.7	24.44	31.13	233	17210	29.2	25.75	32.84	191	15605	26.2	22.05	30.80
5 to 6 hours	170	13180	11.1	9.41	13.06	73	5323	9.0	7.21	11.23	97	7857	13.2	11.08	15.62
7 to 8 hours	45	3653	3.1	2.05	4.61	23	1829	3.1	1.73	5.49	22	1824	3.1	1.94	4.79
More than 8 hours	102	8141	6.9	4.49	10.35	47	3687	6.2	4.04	9.56	55	4454	7.5	4.51	12.15

Table 7.3.1: Prevalence of spending at least 3 hours in a typical or usual day on sedentary activities, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	813	60,857	51.3	45.84	56.71	427	30,948	52.5	46.22	58.62	385	29,841	50.1	44.30	55.87
No	741	57789	48.7	43.29	54.16	376	28049	47.5	41.38	53.78	365	29740	49.9	44.13	55.70

Note:
- Fewer than 30 cases

8.0 Protective Factors

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

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	1032	78066	65.8	58.46	72.37	529	38491	65.4	59.20	71.08	502	39507	66.1	57.30	73.88
1 to 2 days	375	29226	24.6	20.17	29.67	182	13544	23.0	19.95	26.38	193	15682	26.2	20.14	33.39
3 to 5 days	95	7244	6.1	4.39	8.42	59	4321	7.3	5.16	10.34	36	2923	4.9	3.25	7.30
6 to 9 days	28	-	-	-	-	16	-	-	-	-	12	-	-	-	-
10 or more days	25	-	-	-	-	16	-	-	-	-	9	-	-	-	-
* 1 or more days	523	40664	34.2	27.63	41.54	273	20385	34.6	28.92	40.80	250	20279	33.9	26.12	42.70

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never	86	6677	5.6	3.10	10.02	58	4283	7.3	3.56	14.41	28	2394	4.0	2.40	6.61
Rarely	332	24949	21.1	17.45	25.17	206	15347	26.2	21.87	30.97	126	9603	16.1	11.49	22.00
Sometimes	491	37717	31.8	28.93	34.87	281	20832	35.5	31.58	39.66	210	16885	28.2	24.17	32.71
Most of the time	275	20737	17.5	13.84	21.88	112	8116	13.8	10.23	18.46	162	12553	21.0	16.09	26.91
Always	368	28428	24.0	21.21	27.01	142	10077	17.2	13.50	21.61	226	18351	30.7	26.56	35.16
* Most of the times or Always	643	49165	41.5	35.17	48.10	254	18193	31.0	24.47	38.42	388	30903	51.7	44.09	59.21

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never	637	49086	41.5	34.48	48.83	322	23820	40.5	33.21	48.24	315	25266	42.5	33.90	51.52
Rarely	393	30020	25.4	21.26	29.96	207	15345	26.1	20.79	32.20	186	14674	24.7	20.57	29.28
Sometimes	323	24234	20.5	17.23	24.15	164	11831	20.1	17.24	23.34	159	12403	20.8	15.16	27.97
Most of the time	107	7919	6.7	5.47	8.16	59	4134	7.0	5.50	8.94	47	3716	6.2	4.07	9.48
Always	91	7108	6.0	4.62	7.77	49	3679	6.3	4.03	9.58	42	3429	5.8	4.75	6.98
* Most of the times or Always	198	15027	12.7	10.76	14.92	108	7813	13.3	10.13	17.23	89	7145	12.0	9.60	14.93

Note:
- Fewer than 30 cases

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	377	29745	25.1	19.89	31.11	201	15250	25.9	19.33	33.87	176	14496	24.3	19.31	30.03
Rarely	385	29079	24.5	21.17	28.21	186	13320	22.7	18.95	26.85	199	15760	26.4	22.10	31.16
Sometimes	309	23524	19.8	17.66	22.21	164	12262	20.9	16.74	25.68	145	11262	18.9	16.25	21.77
Most of the time	201	14817	12.5	10.22	15.19	110	7743	13.2	9.51	17.96	91	7074	11.8	9.41	14.80
Always	281	21416	18.1	14.30	22.55	140	10209	17.4	13.98	21.37	140	11138	18.6	13.79	24.72
* Most of the times or Always	482	36233	30.6	25.41	36.24	250	17951	30.5	24.79	36.96	231	18213	30.5	24.15	37.67

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	218	17529	14.8	10.40	20.53	121	9619	16.3	10.97	23.57	97	7910	13.2	8.79	19.46
Rarely	301	23407	19.7	15.91	24.16	151	11008	18.7	15.51	22.30	150	12399	20.8	14.93	28.11
Sometimes	388	29343	24.7	22.92	26.58	212	15821	26.8	23.36	30.61	176	13522	22.6	20.60	24.81
Most of the time	256	19479	16.4	12.96	20.55	121	8754	14.8	11.09	19.59	135	10725	18.0	13.87	22.93
Always	392	29008	24.4	21.08	28.10	198	13764	23.3	19.46	27.73	193	15175	25.4	21.24	30.08
* Most of the times or always	648	48487	40.8	36.37	45.44	319	22518	38.2	33.11	43.54	328	25900	43.4	37.68	49.22

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Never	786	60826	51.5	46.53	56.36	381	28299	48.3	40.08	56.65	405	32527	54.6	50.40	58.76
Rarely	385	28574	24.2	22.16	26.31	202	14325	24.5	20.80	28.52	183	14249	23.9	20.98	27.14
Sometimes	224	16949	14.3	12.06	16.96	127	9349	16.0	12.65	19.94	97	7600	12.8	10.68	15.18
Most of the time	74	5811	4.9	3.59	6.70	40	3001	5.1	3.71	7.03	34	2810	4.7	2.59	8.45
Always	80	6039	5.1	3.81	6.82	49	3595	6.1	4.47	8.38	30	2376	4.0	2.32	6.78
* Never or rarely	1171	89400	75.6	71.74	79.15	583	42625	72.8	67.55	77.44	588	46776	78.5	74.57	82.03

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

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	153	12601	11.5	8.79	14.86	86	6921	13.0	9.96	16.82	67	5680	10.1	7.16	13.96
No	1283	97146	88.5	85.14	91.21	640	46271	87.0	83.18	90.04	642	50806	89.9	86.04	92.84

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never had sexual intercourse	1483	113049	96.6	95.41	97.43	760	55620	95.9	93.59	97.41	722	57361	97.2	94.82	98.51
11 years or younger	10	-	-	-	-	7	-	-	-	-	16	-	-	-	-
12 years	6	-	-	-	-	5	-	-	-	-	4	-	-	-	-
13 years	5	-	-	-	-	1	-	-	-	-	1	-	-	-	-
14 years	6	-	-	-	-	1	-	-	-	-	1	-	-	-	-
15 years	6	-	-	-	-	4	-	-	-	-	1	-	-	-	-
16 years or older	16	-	-	-	-	3	-	-	-	-	1	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	21	-	-	-	-	13	-	-	-	-	8	-	-	-	-
No	28	-	-	-	-	16	-	-	-	-	12	-	-	-	-

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

Number of Partners	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never had sexual intercourse	1483	113066	96.1	94.82	97.07	761	55704	95.6	93.25	97.13	721	57293	96.6	94.51	97.93
1 partner	34	2819	2.4	1.68	3.41	18	1492	2.6	1.53	4.26	16	1327	2.2	1.44	3.47
2 partners	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-
3 partners	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
4 partners	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
5 partners	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
6 or more partners	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-

Table 9.3.1: Prevalence of having at least 2 sexual partners among those who ever had sex, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	22	-	-	-	-	14	-	-	-	-	8	-	-	-	-
No	1517	115885	98.5	97.80	98.97	779	57196	98.1	96.69	98.96	737	58620	98.8	97.25	99.52

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	14	-	-	-	-	8	-	-	-	-	6	-	-	-	-
No	32	2686	69.7	51.34	83.34	20	1691	72.7	44.24	89.94	12	995	65.1	42.35	82.54

Table 9.5: Prevalence of use of "other birth control methods" during last sexual intercourse among those who ever had sex, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	17	-	-	-	-	7	-	-	-	-	10	-	-	-	-
No	33	2670	64.6	48.68	77.87	21	1663	73.5	55.79	85.93	12	1007	53.9	31.44	74.81

Note:
- Fewer than 30 cases

10.0 Tobacco Use

Table 10.1: Number of days, students had smoke cigarettes in the past 30 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	1300	99065	83.8	78.23	88.12	577	41603	70.6	60.99	78.67	722	57393	96.9	93.58	98.49
1 or 2 days	84	6384	5.4	3.66	7.89	68	5070	8.6	5.80	12.58	16	1315	2.2	1.06	4.06
3 to 5 days	32	2593	2.2	1.28	3.74	28	2284	3.9	2.28	6.53	4	309	0.5	0.17	1.58
6 to 9 days	17	-	-	-	-	16	-	-	-	-	1	-	-	-	-
10 to 19 days	23	-	-	-	-	23	-	-	-	-	0	-	-	-	-
20 to 29 days	22	-	-	-	-	20	-	-	-	-	2	-	-	-	-
All 30 days	70	5515	4.7	3.13	6.89	70	5515	9.4	6.34	13.60	0	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	248	19187	16.2	11.88	21.77	225	17324	29.4	21.33	39.01	23	1862	3.1	1.51	6.42
No	1300	99065	83.8	78.23	88.12	577	41603	70.6	60.99	78.67	722	57393	96.9	93.58	98.49

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

Age	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Never smoke	1107	84289	72.8	65.25	79.30	438	31391	54.5	42.21	66.35	668	52830	90.9	86.50	94.02
7 years or younger	49	3806	3.3	2.48	4.35	37	2705	4.7	3.60	6.12	12	1101	1.9	0.99	3.58
8 to 9 years	41	2906	2.5	1.66	3.79	37	2644	4.6	2.85	7.32	4	261	0.4	0.17	1.8
10 or 11 years	75	5782	5.0	3.57	6.96	69	5319	9.2	6.41	13.14	6	463	0.8	0.30	2.08
12 or 13 years	135	10385	9.0	6.02	13.18	115	8721	15.2	10.24	21.85	20	1665	2.9	1.49	5.44
14 or 15 years	87	6654	5.8	3.86	8.49	74	5563	9.7	6.25	14.66	13	1091	1.9	0.99	3.53
16 years or older	21	-	-	-	-	14	-	-	-	-	7	-	-	-	-

Note:
- Fewer than 30 cases

Table10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	300	22879	72.8	66.97	77.96	258	19389	74.1	68.18	79.28	42	3490	66.3	56.74	74.72
No	108	8543	27.2	22.04	33.03	88	6770	25.9	20.72	31.82	20	1773	33.7	25.28	43.26

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

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	1454	111141	93.5	90.39	95.60	723	53066	89.8	85.56	92.96	730	58006	97.0	93.68	98.62
1 or 2 days	65	4911	4.1	2.65	6.38	52	3900	6.6	4.37	9.86	13	1011	1.7	0.83	3.42
3 to 5 days	18	-	-	-	-	13	-	-	-	-	5	-	-	-	-
6 to 9 days	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-
10 to 19 days	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-
20 to 29 days	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
All 30 days	6	-	-	-	-	5	-	-	-	-	-	-	-	-	-

Table 10.3.1: Number of days students had used other tobacco products in the past 30 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	103	7778	6.5	4.40	9.61	81	5997	10.2	7.04	14.44	22	1780	3.0	1.38	6.32
No	1454	111141	93.5	90.39	95.60	723	53066	89.8	85.56	92.96	730	58006	97.0	93.68	98.62

Note:
- Fewer than 30 cases

Table10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Pahang, 2012

Tobacco Product	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Didn't smoke	1424	108828	91.7	89.34	93.51	694	50889	86.3	82.85	89.07	729	57870	97.0	94.28	98.44
Shisha/hookah	35	2757	2.3	1.44	3.72	24	1831	3.1	1.87	5.10	11	926	1.6	0.71	3.38
Electronic cigarettes	19	-	-	-	-	16	-	-	-	-	3	-	-	-	-
Snuff or chewing tobacco	24	-	-	-	-	22	-	-	-	-	2	-	-	-	-
Pipes	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-
Curut, cigar or cigarillos	6	-	-	-	-	6	-	-	-	-	0	-	-	-	-
Bidis	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
Others	39	2946	2.5	1.41	4.34	37	2729	4.6	2.63	8.01	2	217	0.4	0.07	1.87

Table10.5: Prevalence of quit smoking attempts in the past 12 months among those who ever smoked cigarettes, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	223	17120	86.4	81.09	90.33	203	15418	86.9	81.90	90.60	20	1701	82.1	61.53	92.93
No	33	2705	13.6	9.67	18.91	29	2334	13.11	9.40	18.10	4	371	17.9	7.07	38.47

Table 10.6 : Number of days where people smoked in their presence in the past 7 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	785	59760	50.4	41.51	59.18	325	23491	39.9	29.49	51.39	459	36200	60.5	52.16	68.36
1 or 2 days	315	23690	20.0	17.11	23.16	180	12961	22.0	18.77	25.69	135	10729	17.9	14.91	21.45
3 or 4 days	150	11437	9.6	7.88	11.74	87	6495	11.0	8.44	14.32	63	4942	8.3	5.49	12.26
5 or 6 days	66	5063	4.3	2.72	6.63	43	3181	5.4	3.13	9.18	23	1822	3.1	1.98	4.98
All 7 days	238	18723	15.8	11.98	20.49	166	12690	21.6	16.18	28.17	72	6033	10.1	6.63	15.07

Table10.6.1: Prevalence of having been exposed to people smoking in their presence for at least one day in the past 7 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	769	58913	49.6	40.82	58.49	476	35327	60.1	48.61	70.51	293	23586	39.5	31.64	47.84
No	785	59760	50.4	41.51	59.18	325	23491	39.9	29.49	51.39	459	36200	60.5	52.16	68.36

Note:
- Fewer than 30 cases

Table10.7: Prevalence of having parents or guardians who used any form of tobacco, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	691	52845	44.5	38.07	51.15	353	25798	43.8	34.51	53.61	338	27047	45.2	40.91	49.64
No	863	65866	55.5	48.85	61.93	448	33058	56.2	46.39	65.49	414	32739	54.8	50.36	59.09

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

Response	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Definitely not	1254	95649	80.4	74.52	85.15	549	39722	67.2	57.95	75.21	704	55858	93.4	89.28	96.04
Probably not	157	11691	9.8	7.42	12.91	124	9089	15.4	11.75	19.85	33	2603	4.4	2.78	6.76
Maybe yes	106	8334	7.0	4.97	9.79	94	7246	12.3	8.64	17.09	12	1098	1.8	0.90	3.65
Definitely yes	41	3326	2.8	1.99	3.90	38	3090	5.2	3.72	7.29	3	236	0.4	0.08	1.99

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

Response	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Definitely not	1244	94946	79.9	74.12	84.60	546	39555	67.0	58.36	74.65	697	55322	92.5	87.29	95.72
Probably not	122	9140	7.7	6.11	9.64	88	6391	10.8	8.42	13.81	34	2749	4.6	2.80	7.45
Maybe yes	136	10492	8.8	6.21	12.39	120	9165	15.5	10.98	21.51	16	1327	2.2	0.94	5.15
Definitely yes	54	4304	3.6	2.49	5.24	49	3916	6.6	4.68	9.32	5	388	0.6	0.22	1.90

Table10.10: Prevalence of susceptibility to smoking among non-smokers, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	147	11660	9.8	7.15	13.28	132	10336	17.5	12.63	23.67	15	1325	2.2	1.09	4.46
No	1411	107341	90.2	86.72	92.85	673	48811	82.5	76.33	87.37	737	58461	97.8	95.54	98.91

11.0 Violence and Unintentional Injury

Table 11.1: Number of times students were physically attacked on at least once in the past 12 months, students Form 1-5, Pahang, 2012

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1063	81130	68.3	65.37	71.14	522	38285	64.9	61.54	68.08	540	42776	71.7	66.79	76.14
1 time	190	14566	12.3	10.25	14.62	106	7824	13.3	10.30	16.90	84	6742	11.3	8.65	14.63
2 to 3 times	186	14095	11.9	10.07	13.94	95	6861	11.6	8.88	15.08	91	7234	12.1	10.71	13.69
4 to 5 times	48	3785	3.2	2.07	4.88	28	2183	3.7	2.29	5.93	20	1602	2.7	1.43	4.98
6 to 7 times	18	-	-	-	-	14	-	-	-	-	4	-	-	-	-
8 to 9 times	19	-	-	-	-	14	-	-	-	-	5	-	-	-	-
10 to 11 times	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-
12 or more times	25	-	-	-	-	20	-	-	-	-	5	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	491	37609	31.7	28.86	34.63	281	20724	35.1	31.92	38.46	210	16885	28.3	23.86	33.21
No	1063	81130	68.3	65.37	71.14	522	38285	64.9	61.54	68.08	540	42776	71.7	66.79	76.14

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

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1084	82196	69.2	64.92	73.16	526	38284	65.0	60.54	69.11	557	43844	73.3	65.15	80.18
1 time	201	15767	13.3	11.50	15.27	109	8122	13.8	11.05	17.06	92	7645	12.8	9.23	17.46
2 to 3 times	178	13967	11.8	9.28	14.79	104	8006	13.6	11.28	16.28	74	5961	10.0	6.63	14.72
4 to 5 times	43	3225	2.7	1.85	3.97	30	2175	3.7	2.54	5.32	13	1050	1.8	0.83	3.70
6 to 7 times	13	-	-	-	-	7	-	-	-	-	6	-	-	-	-
8 to 9 times	9	-	-	-	-	8	-	-	-	-	1	-	-	-	-
10 to 11 times	6	-	-	-	-	4	-	-	-	-	2	-	-	-	-
12 or more times	22	-	-	-	-	15	-	-	-	-	7	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	472	36602	30.8	26.84	35.08	277	20659	35.0	30.89	39.46	195	15942	26.7	19.82	34.85
No	1084	82196	69.2	64.92	73.16	526	38284	65.0	60.54	69.11	557	43844	73.3	65.15	80.18

Note:
- Fewer than 30 cases

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

Number of Times	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
0 time	791	60186	59.6	55.42	63.58	370	26932	54.3	50.45	58.01	420	33185	64.6	57.23	71.42
1 time	291	22093	21.9	18.95	25.08	162	11911	24.0	18.97	29.86	129	10181	19.8	14.53	26.48
2 to 3 times	164	12792	12.7	10.41	15.31	96	7170	14.4	10.33	19.84	68	5622	11.0	8.44	14.09
4 to 5 times	48	3689	3.7	2.66	4.99	32	2367	4.8	3.62	6.26	16	1332	2.6	1.26	5.18
6 to 7 times	13	-	-	-	-	7	-	-	-	-	6	-	-	-	-
8 to 9 times	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-
12 or more times	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	533	40854	40.4	36.42	44.58	307	22708	45.7	41.99	49.55	226	18146	35.4	28.58	42.77
No	791	60186	59.6	55.42	63.58	370	26932	54.3	50.45	58.01	420	33185	64.6	57.23	71.42

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

Type of Injury	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Broken bone/dislocated joint	78	6038	20.5	15.31	26.81	52	3914	22.5	15.73	31.06	26	2124	17.6	11.35	26.18
A cut or stab wound	72	5246	17.8	14.07	22.22	51	3698	21.2	15.96	27.69	21	1548	12.8	8.86	18.14
Concussion/head or neck injury, knocked out or could not breathe	53	4113	13.9	9.46	20.07	26	1964	11.3	8.08	15.54	27	2148	17.8	9.27	31.34
Gunshoot wound	5	-	-	-	-	5	-	-	-	-	4	-	-	-	-
Bad burn	12	-	-	-	-	8	-	-	-	-	3	-	-	-	-
Poisoned	5	-	-	-	-	2	-	-	-	-	3	-	-	-	-
Something else happened to me	162	12224	41.4	32.78	50.65	89	6643	38.2	26.77	51.01	0	-	-	-	-

Note:
- Fewer than 30 cases

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

Cause	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	106	8022	24.2	18.93	30.44	74	5631	29.0	20.86	38.77	32	2391	17.5	12.68	23.54
Fell	143	10817	32.7	26.52	39.46	83	5992	30.9	23.29	39.63	60	4825	35.2	27.59	43.67
Something fell on me or hit me	32	2608	7.9	4.72	12.86	23	1896	9.8	4.65	19.38	9	712	5.2	2.41	10.83
Was attacked or abused or was fighting with someone	17	-	-	-	-	10	-	-	-	-	7	-	-	-	-
Was in a fire or too near a flame or something hot	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-
Inhaled or swallowed something bad	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-
Something else caused the injury	122	9113	27.5	19.40	37.45	63	4452	22.9	13.57	36.06	59	4661	34.0	25.49	43.73

Table 11.6: Number of days students had been bullied in the past 30 days, students Form 1-5, Pahang, 2012

Number of Days	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 day	1142	87469	79.6	76.41	82.45	577	42751	78.8	71.88	84.38	564	44650	80.4	74.20	85.33
1 to 2 days	174	13971	12.7	10.65	15.11	88	6716	12.4	9.05	16.70	86	7255	13.1	9.58	17.54
3 to 5 days	47	3284	3.0	2.09	4.26	28	1853	3.4	1.94	5.95	19	1432	2.6	1.66	3.97
6 to 9 days	25	-	-	-	-	16	-	-	-	-	9	-	-	-	-
10 to 19 days	19	-	-	-	-	12	-	-	-	-	7	-	-	-	-
20 to 29 days	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-
All 30 days	15	-	-	-	-	7	-	-	-	-	8	-	-	-	-

Table 11.3.1: Prevalence of having been bullied on at least one day in the past 30 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	289	22420	20.4	17.55	23.59	156	11505	21.2	15.62	28.12	133	10915	19.6	14.67	25.80
No	1142	87469	79.6	76.41	82.45	577	42751	78.8	71.88	84.38	564	44650	80.4	74.20	85.33

Note:
- Fewer than 30 cases

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

Ways of Being Bullied	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Hit, kicked, pushed, shoved around or locked indoor	26	-	-	-	-	22	-	-	-	-	4	-	-	-	-
Made fun of because of race, nationality or color	28	-	-	-	-	20	-	-	-	-	8	-	-	-	-
Made fun of because of religion	10	-	-	-	-	8	-	-	-	-	2	-	-	-	-
Made fun of with sexual jokes, comments. or gestures	47	3609	18.7	12.80	26.39	25	1757	18.2	10.23	30.37	22	1852	19.1	13.91	25.60
Left out of activities on purpose or completely ignored	18	-	-	-	-	5	-	-	-	-	13	-	-	-	-
Made fun of because of how body or face looks	65	5256	27.2	21.31	33.95	20	1465	15.2	8.13	26.62	45	3792	39.1	31.58	47.11
Bullied in some other way	54	3950	20.4	13.67	29.37	30	2106	21.9	13.97	32.49	24	1844	19.0	11.87	29.00

Table 11.8: Frequency of physical abuse at home in the past 30 days, students Form 1-5, Pahang, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
0 time	1375	104603	87.9	82.69	91.70	702	51353	86.8	79.48	91.81	672	53181	89.0	83.17	92.92
1 time	99	7503	6.3	4.19	9.39	51	3679	6.2	4.03	9.48	48	3824	6.4	3.68	10.88
2 to 3 times	50	4082	3.4	2.32	5.04	30	2327	3.9	2.29	6.67	20	1756	2.9	1.55	5.48
4 to 5 times	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-
6 to 7 times	11	-	-	-	-	10	-	-	-	-	1	-	-	-	-
8 to 9 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-
10 to 11 times	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-
12 or more times	6	-	-	-	-	2	-	-	-	-	4	-	-	-	-

Table 11.3.1: Prevalance of physical abuse at home on at least once in the past 30 days, students Form 1-5, Pahang, 2012

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper	Unweighted Count	Estimated Population	%	95% CI Lower	Upper
Yes	183	14398	12.1	8.30	17.31	103	7794	13.2	8.19	20.52	80	6605	11.0	7.08	16.83
No	1375	104603	87.9	82.69	91.70	702	51353	86.8	79.48	91.81	672	53181	89.0	83.17	92.92

Note:
- Fewer than 30 cases

Table 11.9: Frequency of verbal abuse at home in the past 30 days, students Form 1-5, Pahang, 2012

Behaviour	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
0 time	862	64490	54.3	48.54	59.91	490	35839	60.7	54.51	66.62	372	28650	47.9	39.64	56.32
1 time	232	17338	14.6	12.46	17.02	113	8236	14.0	11.50	16.84	119	9103	15.2	12.48	18.45
2 to 3 times	273	21794	18.3	14.68	22.68	112	8374	14.2	10.77	18.48	161	13420	22.4	17.77	27.93
4 to 5 times	81	6581	5.5	4.08	7.48	38	2877	4.9	2.76	8.46	43	3704	6.2	4.68	8.16
6 to 7 times	33	2652	2.2	1.65	3.02	14	1031	1.7	1.09	2.78	19	1621	2.7	1.68	4.35
8 to 9 times	14	-	-	-	-	9	-	-	-	-	5	-	-	-	-
10 to 11 times	12	-	-	-	-	5	-	-	-	-	7	-	-	-	-
12 or more times	48	3722	3.1	1.93	5.06	22	1562	2.6	1.61	4.33	26	2161	3.6	1.90	6.78

Table 11.9.1: Prevalence of verbal abuse at home on at least once in the past 30 days, students Form 1-5, Pahang, 2012

Behaviour	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper	Unweighted Count	Estimated Population	%	95% CI Lower	95% CI Upper
Yes	693	54314	45.7	40.05	51.44	313	23179	39.3	33.38	45.49	380	31136	52.1	43.68	60.36
No	862	64490	54.3	48.54	59.91	490	35839	60.7	54.51	66.62	372	28650	47.9	39.64	56.32

Note:
- Fewer than 30 cases

APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014

1.   Director General of Health

2.   Deputy Director General of Health (Public Health)

3.   Deputy Director General of Health (Medical)

4.   Deputy Director General of Health (Research & Technical Support)

5.   Senior Director Pharmacy

6.   Principal Director, Oral Health

7.   Director, Planning & Development Division

8.   Director, Disease Control Division

9.   Director, Medical Development Division

10.   Director, Health Education Division

11.   State Health Department; YB. Dato' Dr Hajah Nordiyanah Haji Hassan

12.   Director, Institute for Public Health

13.   Dean of Medical Faculty, University of Malaya

14.   Dean of Medical Faculty, National University of Malaysia

15.   Principle Investigator, NHMS

APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE

1.   To approve the objectives and scopes of NHMS 2011-2014.

2.   To facilitate inter and intra sectoral collaboration.

3.   To monitor the implementation of the NHMS 2011-2014.

4.   To review recommendations of the Advisory Committee.

5.   To facilitate the utilisation of the NHMS 2011-2014 findings.

APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

1.   Dr Zainal Ariffin Omar
      Deputy Director
      Disease Control Division

2.   Puan Rokiah Don
      Director
      Food Division

3.   Dr Yaw Siew Lian
      Deputy Director
      Oral Health Division

4.   Dr Nordin Salleh
      Deputy Director
      Health Policy and Planning Unit

5.   Dr Kamaliah Mohd Noh
      Deputy Director (Primer)
      Family Health Development Division

6.   Dr Anita Sulaiman
      Senior Principal Assistant Director
      Disease Control Division

7.   Dr Rosnah Ramly
      Senior Principal Assistant Director
      Violence & Injury Prevention Unit
      Disease Control Division

8.   Dr Sheila Marimuthu
      Paediatrician
      Hospital Kuala Lumpur

9.   Dr Parameswaran Ramasamy
      Psychology & Addiction Specialist
      Hospital Tuanku Ja'afar

10.   Datin Dr Hajah Fauzi Ismail
      Child and Adolescent Psychiatrist
      Hospital Kuala Lumpur

11.   Associate Professor Mohamad Haniki Nik Mohamed
      Head of Department
      Pharmaceutical Practice
      International Islamic University of Malaysia

12.   Associate Professor Khor Geok Lin
      Lecturer
      Faculty of Medicine and Health
      International Medical University

APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE

The Advisory Committee will advise in:

1. Identification of the scope of National Health and Morbidity Survey (NHMS 2012).

2. Determination of approach/ methodologies for obtaining information.

3. The recommendations of the NHMS 2012 findings made by the research groups.

4. Suggesting the mechanism to facilitate monitoring and documentation (including publications) of the findings and utilization of NHMS 2012 findings.

APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE

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

APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012

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

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

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

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

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

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

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

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

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

Sexual Behaviours that Contribute to HIV Infection, Other STIs, and Unintended Pregnancy
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2. Dr Nik Rubiah Nik Abd Rashid
3. Dr Anita Sulaiman
4. Ms Norazilah Mohd Roslan
5. Ms Ummi Nadiah Bt Yusoff
6. Ms Hasimah Ismail
7. Mr Bahtiar Effendy Khasdir

APPENDIX 8 : MEMBERS OF DATA COLLECTION TEAMS

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2.   Ms Nurhazwani Roslan

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

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

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4.   Tan Yen Nee
5.   Ms Suriana Johari
6.   Ms Norzaity Emeeza Zahid
7.   Ms Norazlina Mohd Noh
8.   Ms Sulhariza Husni Zain
9.   Ms Nur Ilhami Mat Isa

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

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

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2.	Foo Ming Ming
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5.	Ms Siti Norazlin Mohd Ngadikin
6.	Mr Mohd Yusri Noordin
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3.	Ms Siti Nuraina Mat Salam
4.	Ms Norafsiah Yusof
5.	Ms Nor Fadzilah Ahmad Sukhari
6.	Mr Mohammad Hamizi Mohammad Muzamil

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

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3.   Sin Yong Wai
4.   Ms Aniza Omar
5.   Ms Nurul Husna Mohd Patel
6.   Ms Zuwariah Abd Talib
7.   Ms Rosa Erainie Baldura Baharudin

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

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3.   Mr Azhar Mohd Yusuf
4.   Ms Wan Ema Marliza Wan Ismail
5.   Ms Venodhini Cha Chu
6.   Mr Norhisham Abdul Rahman
7.   Ms Nor Hasyimah Khalid
8.   Ms Zanafiza Abu Bakar
9.   Ms Fitri Nurdiana Mahmud

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2.   Mr Faizal Safiee

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

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2.   Nurul Zaiza Zainuddin
3.   Premila Sughita Retnasingam

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4.   Ms Tengku Noor Nadia Tengku Mohd Nasir
5.   Mr Wan Mohd Zulkhairi Hassan

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

W.P. PUTRAJAYA

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

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

8.   Ms Asvini Vasthavan
9.   Ms Nor Fariza Jaafar

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

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

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Ms Mariati Muslim

Field Supervisor
Ms Teh Chien Huey

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

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

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

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

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

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2. Ms Nur Atikah Abdul Aziz
3. Ms Nurhafizah Ehsan
4. Goh Hon Chien
5. Mr Amirul Azhar Ahmad Tuli
6. Mr Mohd Fauzi Asim
7. Mr Zulhilmi Zakaria
8. Ms Nur Izzati Salehhuddin

9.   Ms Nor Khairina Md. Farid
10.   Mr Mohd Fadli Pungot

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Field Supervisor
Ms Hamizatul Akmal Abd Hamid

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

Drivers
1.   Mr Zawawi Mamat
2.   Mr Ramli Mohd Noor
3.   Mr Hasmizan Mukhtar
4.   Mr Muhammad Yusof Fadzil
5.   Mr Ahmad Faizal Alam
6.   Mr Muhammad Syaqieq Ramli
7.   Mr Mohd Nor Arzari Hassan
8.   Mr Ahmad Zamri Idris
9.   Mr Mohd Agil Ahmad
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3.   Mr Mohd Zulhusni Zulkipli
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5.   Ms Rohana Saharudin
6.   Ms Norhanis Ahmad
7.   Ms Sharifah Noratiqah Syed Abu Bakar

8. Ms Aida Izyani Daud
9. Ms Salmiah Jaffar
10. Ms Suliha Abd Hamid

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

Drivers
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2. Mr Wan Ahmad Shukri Wan Ismail
3. Mr Azman Muda

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

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Ms Norhaizan Mustapha

Field Supervisor
Mr Lim Kuang Hock

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2. Ms Salmie Ibrahim
3. Ms Norita Mat Rasid
4. Mr Wan Fauzi Wan Yusoff
5. Ms Fadwa Ali
6. Ms Noriza Hussein
7. Ms Junaidah Mustapha
8. Ms Sharifah Fatimah Zahra Sy. Agil
9. Ms Siti Nuzullah Mohd Salleh
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2. Ms Nurul Shaidatul Nadia
3. Ms Bong Hui Lee
4. Ms Nur Naazira Iman
5. Mr Mohd Hasnan Ahmad
6. Ms Noorina A. Rahman
7. Ms Ajlaa Abdul Rashid
8. Mr Razali Makhtar
9. Ms Mohd Azwal Idrus
10. Ms Chua Boon Kee
11. Ms Syahrizan Anggas
12. Ms Nurul Shaidatul Nadia

13.   Ms Yeo Siang Ing
14.   Tan Beng Chin

Drivers
None

Research Assistants
1.   Ms Khatijah Bujang
2.   Ms Natalie May Anak Sahak
3.   Anselm Julian Lomas
4.   Ms Nadzirah Marifat
5.   Ms Siti Rahimah Mohamad
6.   Ms Noor Hapisah Abd Karim
7.   Ms Amanda Blazes
8.   Ms Nurul Syafawani Rosmadi
9.   Ms Georgina Linda Anak John Ringkai
10.   Ms Suharti Nyut
11.   Mr Foong Wai Loon
12.   Ms Noris Anak Pantar
13.   Mr Razlan Abdullah
14.   Ms Mandy Anak Abim
15.   Mr Mazridhwan Yahya
16.   Ms Noraziana Dorani
17.   Ms Noni Anak Fenno
18.   Mr Syed Khairulhisham Syed Yusuf
19.   Ms Michellynn Sylvia Anak Guah
20.   Ms Zanariah Junaidi

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2.   Mr Khairul Hasnan Amali
3.   Mr Zulkifli Jamil
4.   Ms Norhidayah Zailani
5.   Ms Norhajaji Mardjuni
6.   Chan Chee Ling
7.   Chin Kim Ling
8.   Mr Benjamin Akmad
9.   Mr Mohd Zamir Abd Majid
10.   Mac Donna Mathews
11.   Ms Jenny Jouti

12.   Ms Noorafizah Ibrahim
13.   Chan Seng Fui

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1.   Mr Abd Jainad Binad
2.   Mr Seraili Kayong
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4.   Mr Ag Yunus Ag Paie

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6.   Mr Muhd Hanif Rahban
7.   Ms Noor Fazlyana Jamliddy
8.   Ms Azriah Asis
9.   Ms Faradillah Dahalan
10.   Mr Muhammad Farizul Faiz Dahalan
11.   Ms Mardhiah Mohd Aripin
12.   Ms Dgk Norain Fazirah Pg Kamal
13.   Ms Zaweni Azlin Melan
14.   Mr Jeldy Galoh
15.   Ms Nuravnni Ashikin Ahmad
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18.   Mr Mohd Iskandar Shah Maitin
19.   Mr Awangku Mohd Shahfarol Pg Kamal
20.   Ms Dayang Badariah Osman

APPENDIX 9 : QUESTIONNAIRE

KEMENTERIAN KESIHATAN MALAYSIA
&
KEMENTERIAN PELAJARAN MALAYSIA

TINJAUAN KEBANGSAAN KESIHATAN & MORBIDITI (NHMS)

THE NATIONAL HEALTH MORBIDITY SURVEY (NHMS)

2012

MODUL SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA

GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY MODULE (GSHS) MALAYSIA

Jln. Rumah Sakit Bangsar, 59000 Kuala Lumpur

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA *GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY (GSHS) MALAYSIA*	2012

PENGENALAN
INTRODUCTION

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

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

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

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

Segala maklumat individu yang diberikan adalah **RAHSIA** kerana **TIADA MAKLUMAT PENGENALAN DIRI DIAMBIL** dan **TIDAK AKAN DIDEDAHKAN**. Tiada siapa akan tahu bagaimana anda menjawab. Sila jawab berdasarkan apa yang anda tahu.

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

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

a. **JANGAN** tulis **NAMA ANDA** pada kertas soalan mahupun kertas jawapan.
   DO NOT write YOUR NAME on the questionnaire or the answer sheet.

b. Sila **BACA PERNYATAAN** untuk soalan yang memberikan pernyataan atau definisi sebelum menjawab soalan.
   Please READ STATEMENT for questions with a preceeding statement or definition before answering.

c. Sila **HITAMKAN** jawapan yang bersamaan jawapan anda pada kertas jawapan yang disediakan. Hanya hitamkan **SATU JAWAPAN** bagi setiap soalan. Sila gunakan pensel 2B yang disediakan. Sekiranya lengkap, ikut arahan pegawai yang melakukan survei di sekolah/kelas anda
   Please FILL IN THE CIRCLES on your answer sheet that matches your answer. There can be ONLY ONE ANSWER for each question. Use only the provided 2B pencil. When you are done, follow the instructions of the person conducting the survey in your school/class.

BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN
HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLES:

ISIKAN BULATAN SEPERTI INI	**BUKAN SEPERTI INI**	**ATAU**
FILL IN THE CIRCLES LIKE THIS	*NOT LIKE THIS*	*OR*

SURVEI/*SURVEY*

1. Adakah ikan tinggal dalam air?
   A. ya
   B. Tidak

1. Do fish live in water?
   a. Yes
   b. No

Borang jawapan   1.   ● Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
Answer sheet

2

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

2012

BAHAGIAN 1
PART 1

1. Berapakah umur anda?
   How old are you?
   a. 11 tahun atau ke bawah
      11 years old or younger
   b. 12 tahun
      12 years old
   c. 13 tahun
      13 years old
   d. 14 tahun
      14 years old
   e. 15 tahun
      15 years old
   f. 16 tahun
      16 years old
   g. 17 tahun
      17 years old
   h. 18 tahun atau ke atas
      18 years old or older

2. Apakah jantina anda?
   What is your sex?
   a. Lelaki
      Male
   b. Perempuan
      Female

3. Anda belajar di tingkatan/kelas apa?
   In what form/class are you?
   a. Kelas peralihan
      Remove class
   b. Tingkatan 1
      Form 1
   c. Tingkatan 2
      Form 2
   d. Tingkatan 3
      Form 3
   e. Tingkatan 4
      Form 4
   f. Tingkatan 5
      Form 5

4. Apakah etnik anda?
   What is your ethnicity?
   a. Melayu
      Malay
   b. Cina
      Chinese
   c. India
      Indian
   d. Bumiputera Sabah
      Bumiputera Sabah
   e. Bumiputera Sarawak
      Bumiputera Sarawak
   f. Lain-lain etnik
      Some other ethnicity

5. Apakah status perkhawinan ibu bapa anda?
   What is the marital status of your parents?
   a. Berkahwin dan tinggal bersama
      Married and living together
   b. Berkahwin tapi tidak tinggal bersama atas dasar bekerja di tempat lain
      Married but living apart due to working in another place
   c. Bercerai
      Divorced
   d. Balu (ayah atau ibu telah meninggal)
      Widower (my mother or father has died)
   e. Berpisah (ibu bapa tidak tinggal serumah)
      Seperated (my parents do not live together)
   f. Tidak tahu
      I do not know

3

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA
GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY (GSHS) MALAYSIA   2012

BAHAGIAN 2
PART 2

SILA BACA PERNYATAAN DIBAWAH:
5 soalan seterusnya adalah berkenaan dengan ketinggian, berat dan berkaitan dengan kelaparan.

PLEASE READ THE STATEMENT BELOW:
The next 5 questions ask about your height, weight, and going hungry.

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

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

Contoh:
Example:

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

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

Contoh:
Example:

4

8. Apakah pandangan anda tentang berat diri anda?
   How do you describe your weight?
   a. Kurang berat badan
      Very underweight
   b. Sedikit kurang berat badan
      Slightly underweight
   c. Berat badan yang sesuai
      About the right weight
   d. Sedikit berlebihan berat badan
      Slightly overweight
   e. Berat badan berlebihan
      Very overweight

9. Apakah yang telah anda lakukan tentang berat anda?
   Which of the following are you trying to do about your weight?
   a. Saya tidak berbuat apa-apa tentang berat badan saya
      I am not trying to do anything about my weight
   b. Kurangkan berat badan
      Lose weight
   c. Tingkatkan berat badan
      Gain weight
   d. Kekalkan berat badan
      Stay the same weight

10. Dalam tempoh 30 hari yang lepas, berapa kerap anda kelaparan kerana tidak cukup makanan di rumah?
    During the past 30 days, how often did you go hungry because there was not enough food in your home?
    a. Tidak pernah
       Never
    b. Jarang-jarang
       Rarely
    c. Kadang-kadang
       Sometimes
    d. Kebanyakan masa
       Most of the time
    e. Sentiasa
       Always

7 soalan berikutnya adalah berkenaan apa yang anda mungkin makan atau minum.
The next 7 questions ask about what you might eat and drink.

11. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan buah?
    *During the past 30 days, how many times per day did you **usually** eat fruit?*
    a. Saya tidak makan buah dalam 30 hari yang lepas
       I did not eat fruit during the past 30 days
    b. Kurang dari 1 kali dalam sehari
       Less than 1 time per day
    c. 1 kali sehari
       1 time per day
    d. 2 kali sehari
       2 times per day
    e. 3 kali sehari
       3 times per day
    f. 4 kali sehari
       4 times per day
    g. 5 kali atau lebih sehari
       5 or more times per day

12. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan sayur?
    *During the past 30 days, how many times per day did you **usually** eat vegetables?*
    a. Saya tidak makan sayur dalam 30 hari yang lepas
       I did not eat vegetables during the past 30 days
    b. Kurang dari 1 kali dalam sehari
       Less than 1 time per day
    c. 1 kali sehari
       1 time per day
    d. 2 kali sehari
       2 times per day
    e. 3 kali sehari
       3 times per day
    f. 4 kali sehari
       4 times per day
    g. 5 kali atau lebih sehari
       5 or more times per day

5

13. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air berkarbonat seperti Coca Cola, Sprite, Pepsi dan lain-lain? (Air berkarbonat diet **tidak termasuk** dalam kumpulan ini)
*During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi? (**Do not include** diet soft drinks)*
   a. Saya tidak minum air berkarbonat dalam 30 hari yang lepas
      I did not drink carbonated soft drinks during the past 30 days
   b. Kurang dari 1 kali dalam sehari
      Less than 1 time per day
   c. 1 kali sehari
      1 time per day
   d. 2 kali sehari
      2 times per day
   e. 3 kali sehari
      3 times per day
   f. 4 kali sehari
      4 times per day
   g. 5 kali atau lebih sehari
      5 or more times per day

14. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum air kosong seperti air mineral, air masak, atau air paip?
*During the past 30 days, how many times per day did you **usually** drink plain water such as mineral water, boiled water, or tap water?*
   a. Saya tidak minum air kosong dalam 30 hari yang lepas
      I did not drink plain water during the past 30 days
   b. Kurang dari 1 kali dalam sehari
      Less than 1 time per day
   c. 1 kali sehari
      1 time per day
   d. 2 kali sehari
      2 times per day
   e. 3 kali sehari
      3 times per day
   f. 4 kali sehari
      4 times per day
   g. 5 kali atau lebih sehari
      5 or more times per day

15. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** minum susu atau makan produk tenusu seperti susu, keju, yogurt dan lain-lain? (Ini tidak termasuk susu pekat manis)
*During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as milk, cheese, and yogurt? (This does not include sweetened condensed milk)*
   a. Saya tidak minum susu atau makan produk tenusu dalam tempoh 30 hari yang lepas
      I did not drink milk or eat milk products during the past 30 days
   h. Kurang dari 1 kali dalam sehari
      Less than 1 time per day
   b. 1 kali sehari
      1 time per day
   c. 2 kali sehari
      2 times per day
   d. 3 kali sehari
      3 times per day
   e. 4 kali sehari
      4 times per day
   f. 5 kali atau lebih sehari
      5 or more times per day

16. Dalam tempoh 7 hari yang lepas, berapa hari anda makan makanan segera dari **restoran makanan segera** seperti McDonalds, KFC, dan Pizza Hut?
*During the past 7 days, on how many days did you eat food from a **fast food restaurant**, such as McDonalds, KFC, and Pizza Hut?*
   a. 0 hari
      0 days
   b. 1 hari
      1 day
   c. 2 hari
      2 days
   d. 3 hari
      3 days
   e. 4 hari
      4 days
   f. 5 hari
      5 days
   g. 6 hari
      6 days
   h. 7 hari
      7 days

6

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

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BAHAGIAN 3
PART 3

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.
The next 5 questions ask about cleaning your teeth.

18. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda membersih atau memberus gigi anda?
    During the past 30 days, how many times per day did you usually clean or brush your teeth?

    a. Saya tidak membersih atau memberus gigi dalam 30 hari yang lepas
       I did not clean or brush my teeth during the past 30 days
    b. Kurang dari 1 kali dalam sehari
       Less than 1 time per day
    c. 1 kali sehari
       1 time per day
    d. 2 kali sehari
       2 times per day
    e. 3 kali sehari
       3 times per day
    f. 4 kali atau lebih sehari
       4 or more times per day

19. Dalam tempoh 12 bulan yang lepas, adakah sakit gigi menyebabkan anda tidak hadir ke kelas atau sekolah?
    During the past 12 months, did a tooth ache cause you to miss classes or school?

    a. Ya
       Yes
    b. Tidak
       No

20. Adakah anda menggunakan ubat gigi berflourida?
    Do you use toothpaste that contains fluoride?

    a. Ya
       Yes
    b. Tidak
       No
    c. Tidak tahu
       I do not know

21. Bilakah kali terakhir anda berjumpa doktor gigi atau jururawat pergigian untuk pemeriksaan, pembersihan gigi atau rawatan pergigian yang lain?
    When was the last time you saw a dentist or dental nurse for a check-up, teeth cleaning, or other dental treatment?

    a. Dalam tempoh 12 bulan yang lepas
       During the past 12 months
    b. Di antara 12 hingga 24 bulan yang lepas
       Between 12 and 24 months ago
    c. Lebih daripada 24 bulan yang lepas
       More than 24 months ago
    d. Tidak pernah
       Never
    e. Tidak tahu
       I do not know

22. Adakah anda mengelak untuk senyum atau ketawa kerana risau dengan rupa gigi *anda*?
    Do you avoid smiling or laughing because of how your teeth look?

    a. Ya
       Yes
    b. Tidak
       No

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.
The next 3 questions ask you about washing your hands.

23. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan sebelum makan?
During the past 30 days, how often did you wash your hands before eating?

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

24. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan selepas menggunakan tandas?
During the past 30 days, how often didyou wash your hands after using the toilet or latrine?

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

25. Dalam tempoh 30 hari yang lepas, berapa kerap anda menggunakan sabun semasa membasuh tangan anda?
During the past 30 days, how often did you use soap when washing your hands?

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

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BAHAGIAN 4
PART 4

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

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

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

SILA BACA PERNYATAAN DI BAWAH:
Soalan seterusnya adalah berkaitan dengan pergaduhan fizikal. Pergaduhan fizikal berlaku apabila dua individu atau pelajar yang sama saiz atau kekuatan bersetuju untuk bergaduh secara fizikal.

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

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

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SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

29. Dalam tempoh 12 bulan yang lepas, apakah kecederaan yang **paling serius** yang anda pernah alami?
    During the past 12 months, what was the most serious injury that happened to you?

    a. Saya tidak mengalami kecederaan dalam tempoh 12 bulan yang lepas
       I was not seriously injured during the past 12 months
    b. Patah tulang atau sendi terkehel/terkeluar
       I had a broken bone or a dislocated joint
    c. Luka atau tikaman
       I had a cut or stab wound
    d. Gegaran (konkusi) kepala atau kecederaan leher, pengsan, atau tidak boleh bernafas
       I had a concussion or other head or neck injury, was knocked out, or could not breathe
    e. Kecederaan senjata api
       I had a gunshot wound
    f. Kebakaran kulit yang serius
       I had a bad burn
    g. Diracun atau mengambil ubat berlebihan
       I was poisoned or took too much of a drug
    h. Sesuatu yang lain berlaku kepada saya
       Something else happened to me

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

   a. Saya tidak mengalami kecederaan dalam 12 bulan yang lepas
I was not seriously injured during the past 12 months

   b. Saya terlibat dalam kemalangan kenderaan
I was in a motor vehicle accident or hit by a motor vehicle

   c. Saya terjatuh
I fell

   d. Sesuatu telah jatuh atau terkena saya
Something fell on me or hit me

   e. Saya telah diserang atau didera atau bergaduh dengan orang lain
I was attacked or abused or was fighting with someone

   f. Saya terlibat dalam kebakaran atau berada terlalu dekat dengan api atau sesuatu yang panas
I was in a fire or too near a flame or something hot

   g. Saya sedut atau telan sesuatu yang membahayakan saya
I inhaled or swallowed something bad for me

   h. Sesuatu yang lain menyebabkan kecederaan saya
Something else caused my injury

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

PLEASE READ THE STATEMENT BELOW:
The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad an unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is notbullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

31. Dalam tempoh 30 hari yang lepas, berapa hari anda telah dibuli?
During the past 30 days, on how many days were you bullied?

   a. 0 hari
0 days

   b. 1 atau 2 hari
1 or 2 days

   c. 3 hingga 5 hari
3 to 5 days

   d. 6 hingga 9 hari
6 to 9 days

   e. 10 hingga 19 hari
10 to 19 days

   f. 20 hingga 29 hari
20 to 29 days

   g. Kesemua 30 hari
All 30 days

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

SILA BACA PERNYATAAN DI BAWAH:
2 soalan berikutnya adalah berkenaan deraan fizikal dan lisan di rumah. Apabila sesorang memukul atau mengatakan ayat yang menyakitkan hati ianya diambil kita sebagai deraan fizikal dan lisan.

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

33. Dalam tempoh 30 hari yang lepas, adakah anda telah dipukul di rumah sehingga meninggalkan kesan atau mengalami kecederaan?
    During the past 30 days, how many times did someone at home hit you so hard that they left a mark or caused an injury?
    a. 0 kali
       0 times
    b. 1 kali
       1 time
    c. 2 atau 3 kali
       2 or 3 times
    d. 4 atau 5 kali
       4 or 5 times
    e. 6 atau 7 kali
       6 or 7 times
    f. 8 atau 9 kali
       8 or 9 times
    g. 10 atau 11 kali
       10 or 11 times
    h. 12 kali atau lebih
       12 or more times

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

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

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

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BAHAGIAN 5
PART 5

6 soalan seterusnya adalah berkenaan perasaan dan persahabatan anda.
The next 6 questions ask about your feelings and friendships.

35. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa kesunyian?
    During the past 12 months, how often have you felt lonely?

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

36. Dalam tempoh 12 bulan yang lepas, berapa kerap anda merasa terlalu risau tentang sesuatu perkara sehingga anda tidak dapat tidur di waktu malam?
    During the past 12 months, how often have you been so worried about something that you could not sleep at night?

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

37. Dalam tempoh 12 bulan yang lepas, pernahkah anda terfikir **secara serius** untuk membunuh diri?
    *During the past 12 months, did you ever **seriously** consider attempting suicide?*

    a. Ya
       Yes
    b. Tidak
       No

38. Dalam tempoh 12 bulan yang lepas, adakah anda membuat perancangan untuk membunuh diri?
    During the past 12 months, did you make a plan about how you would attempt suicide?

    c. Ya
       Yes
    d. Tidak
       No

39. Dalam tempoh 12 bulan yang lepas, berapa kali anda telah **cuba** untuk membunuh diri?
    *During the past 12 months, how many times did you **actually** attempt suicide?*

    a. 0 kali
       0 kali
    b. 1 kali
       1 time
    c. 2 atau 3 kali
       2 or 3 times
    d. 4 hingga 5 kali
       4 or 5 times
    e. 6 kali atau lebih
       6 or more times

40. Berapa ramai kawan rapat yang anda ada?
    How many close friends do you have?

    a. 0 kawan
       0 friends
    b. 1 kawan
       1 friend
    c. 2 kawan
       2 friends
    d. 3 atau lebih
       3 or more

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BAHAGIAN 6
PART 6

9 soalan seterusnya adalah berkenaan rokok dan produk tembakau yang lain.
The next 9 questions ask about cigarettes and other tobacco products.

41. Berapakah umur anda ketika kali pertama menghisap rokok?
    How old were you when you first tried a cigarette?
    a. Saya tidak pernah merokok
       I have never smoked cigarettes
    b. 7 tahun atau ke bawah
       7 years old or younger
    c. 8 atau 9 tahun
       8 or 9 years old
    d. 10 atau 11 tahun
       10 or 11 years old
    e. 12 atau 13 tahun
       12 or 13 years old
    f. 14 atau 15 tahun
       14 or 15 years old
    g. 16 tahun atau ke atas
       16 years old or older

42. Dalam tempoh 30 hari yang lepas, berapa hari anda merokok?
    During the past 30 days, on how many days did you smoke cigarettes?
    a. 0 hari
       0 days
    b. 1 atau 2 hari
       1 or 2 days
    c. 3 hingga 5 hari
       3 to 5 days
    d. 6 hingga 9 hari
       6 to 9 days
    e. 10 hingga 19 hari
       10 to 19 days
    f. 20 hingga 29 hari
       20 to 29 days
    g. Kesemua 30 hari
       All 30 days

43. Dalam tempoh 30 hari yang lepas, berapa hari anda menggunakan produk tembakau lain selain rokok seperti shisha/hookah, rokok elektronik, tembakau sedut, tembakau kunyah, paip, curut, cigar, cigarillo atau bidis?
    During the past 30 days, on how many days did you use tobacco products other than cigarettes such as shisha/hookah, electronic cigarettes, snuff, chewing tobacco, pipes, curut, cigars, cigarillos or bidis?
    a. 0 hari
       0 days
    b. 1 atau 2 hari
       1 or 2 days
    c. 3 hingga 5 hari
       3 to 5 days
    d. 6 hingga 9 hari
       6 to 9 days
    e. 10 hingga 19 hari
       10 to 19 days
    f. 20 hingga 29 hari
       20 to 29 days
    g. Kesemua 30 hari
       All 30 days

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44. Dalam tempoh 30 hari yang lepas, produk tembakau manakah selain daripada rokok yang anda **paling kerap** gunakan?
    During the past 30 days, which of the following tobacco product other than cigarettes did you use most often?
    a. Saya tidak merokok mana-mana produk tembakau di atas dalam tempoh 30 hari yang lepas
       I did not smoke any of the following tobacco products during the past 30 days
    b. Shisha/Hookah
       Shisha/Hookah
    c. Rokok elektronik
       Electronic cigarettes
    d. Tembakau sedut atau tembakau kunyah
       Snuff or chewing tobacco
    e. Paip
       Pipes
    f. Curut, cigar or cigarillo
       Curut, cigars atau cigarillos
    g. Bidis
       Bidis
    h. Produk tembakau lain
       Some other tobacco product

45. Dalam tempoh 12 bulan yang lepas, adakah anda cuba untuk berhenti merokok?
    During the past 12 months, have you ever tried to stop smoking cigarettes?
    a. Saya tidak pernah merokok
       I have never smoked cigarettes
    b. Saya tidak pernah merokok dalam tempoh 12 bulan yang lepas
       I did not smoke cigarettes during the past 12 months
    c. Ya
       Yes
    d. Tidak
       No

46. Dalam tempoh 7 hari yang lepas, berapa hari anda bersama dengan perokok yang sedang merokok?
    During the past 7 days, on how many days have people smoked in your presence?
    a. 0 hari
       0 days
    b. 1 atau 2 hari
       1 or 2 days
    c. 3 atau 4 hari
       3 or 4 days
    d. 5 atau 6 hari
       5 or 6 days
    e. Kesemua 7 hari
       All 7 days

47. Antara bapa, ibu atau penjaga, siapa ada mengguna produk tembakau termasuk rokok?
    Which of your parents or guardians use any form of tobacco including cigarettes?
    a. Kedua-duanya tidak merokok
       Neither
    b. Ayah atau penjaga lelaki
       My father or male guardian
    c. Ibu atau penjaga perempuan
       My mother or female guardian
    d. Kedua-duanya
       Both
    e. Tidak tahu
       I do not know

48. Dalam tempoh 12 bulan adakah anda akan merokok?
    At any time during the next 12 months, do you think you will smoke a cigarette?
    a. Tidak akan
       Definitely not
    b. Mungkin tidak
       Probably not
    c. Mungkin ya
       Maybe yes
    d. Memang ya
       Definitely yes

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49. Jika kawan rapat anda menghulurkan rokok, adakah anda akan menghisapnya?
   If one of your best friends offered you a cigarette would you smoke it?
   a. Tidak akan
      Definitely not
   b. Mungkin tidak
      Probably not
   c. Mungkin ya
      Maybe yes
   d. Memang ya
      Definitely yes

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BAHAGIAN 7
PART 7

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

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

50. Berapakah umur anda ketika kali pertama anda minum minuman beralkohol?
    How old were you when you had your first drink of alcohol?
    a. Saya tidak pernah minum minuman beralkohol
       I have never had a drink of alcohol
    b. 7 tahun atau ke bawah
       7 years old or younger
    c. 8 atau 9 tahun
       8 or 9 years old
    d. 10 atau 11 tahun
       10 or 11 years old
    e. 12 atau 13 tahun
       12 or 13 years old
    f. 14 atau 15 tahun
       14 or 15 years old
    g. 16 tahun atau ke atas
       16 years old or older

51. Dalam tempoh 30 hari yang lepas, berapa hari anda mengambil sekurang-kurangnya satu minuman mengandungi alkohol?
    During the past 30 days, on how many days did you have at least one drink containing alcohol?
    a. 0 hari
       0 days
    b. 1 atau 2 hari
       1 or 2 days
    c. 3 hingga 5 hari
       3 to 5 days
    d. 6 hingga 9 hari
       6 to 9 days
    e. 10 hingga 19 hari
       10 to 19 days
    f. 20 hingga 29 hari
       20 to 29 days
    g. Kesemua 30 hari
       All 30 days

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

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

SILA BACA PERNYATAAN DI BAWAH:

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

PLEASE READ THE STATEMENT BELOW:

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

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

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

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BAHAGIAN 8
PART 8

SILA BACA PERNYATAAN DI BAWAH:
4 soalan berikutnya adalah berkenaan pengunaan dadah termasuk heroin, morfin, gam, amfitamin, *ecstasy*, syabu, *ice* dan ganja. Ini tidak termasuk ubat-ubatan preskripsi.

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

56. Berapa umur anda ketika **pertama kali** anda menggunakan dadah?
    *How old were you when you **first** used drugs?*

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

57. Sepanjang hidup anda, berapa kali anda telah menggunakan dadah?
    During your life, how many times have you used drugs?

    a. 0 kali
       0 times
    b. 1 atau 2 kali
       1 or 2 times
    c. 3 hingga 9 kali
       3 to 9 times
    d. 10 hingga 19 kali
       10 to1 9 times
    e. 20 kali atau lebih
       20 or more times

58. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan dadah?
    During the past 30 days, how many times have you used drugs?

    a. 0 kali
       0 times
    b. 1 atau 2 kali
       1 or 2 times
    c. 3 hingga 9 kali
       3 to 9 times
    d. 10 hingga 19 kali
       10 to1 9 times
    e. 20 kali atau lebih
       20 or more times

59. Dalam tempoh 30 hari yang lepas, bagaimana **biasanya** anda mendapatkan dadah yang anda gunakan? **SILA PILIH SATU JAWAPAN SAHAJA**
    *During the past 30 days, how did you **usually** get the drugs you used? SELECT ONLY ONE RESPONSE*

    a. Saya tidak menggunakan dadah dalam 30 hari yang lepas
       I did not use drugs during the past 30 days
    b. Saya beli dari orang lain
       I bought them from someone
    c. Saya beri duit kepada orang lain untuk membeli
       I gave someone else money to buy it for me
    d. Saya mencuri atau mengambil tanpa kebenaran
       I stole it or got it without permission
    e. Kawan saya yang beri kepada saya
       I got it from my friends
    f. Keluarga saya beri kepada saya
       I got it from my family
    g. Saya memperolehi dari cara lain
       I got it some other way

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60. Sepanjang hidup anda, berapa kali anda telah menggunakan ganja?
During your life, how many times have you used marijuana?

   a. 0 kali
       0 times
   b. 1 atau 2 kali
       1 or 2 times
   c. 3 hingga 9 kali
       3 to 9 times
   d. 10 hingga 19 kali
       10 to1 9 times
   e. 20 kali atau lebih
       20 or more times

61. Dalam tempoh 30 hari yang lepas, berapa kali anda menggunakan ganja?
During the past 30 days, how many times have you used marijuana?

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

62. Sepanjang hidup anda, berapa kali anda telah menggunakan amfetamin atau metamfetamin?
During your life, how many times have you used amphetamines or metamphetamines?

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

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BAHAGIAN 9
PART 9

SILA BACA PERNYATAAN DI BAWAH:
5 soalan berikutnya adalah berkenaan hubungan seksual. Hubungan seksual adalah perlakuan seks yang melibatkan memasukkan zakar ke dalam faraj atau dubur.

PLEASE READ THE STATEMENT BELOW:
The next 5 questions ask about sexual intercourse. Sexual intercourse is defined as sexual acts of penetration of penis into vagina or anus.

63. Pernahkah anda melakukan hubungan seksual/ persetubuhan?
    Have you ever had sexual intercourse?
    a. Ya
       Yes
    b. Tidak
       No

64. Berapa umur anda ketika kali pertama melakukan hubungan seksual/ persetubuhan?
    How old were you when you had sexual intercourse for the first time?
    a. Saya tidak pernah melakukan hubungan seksual /persetubuhan
       I have never had sexual intercourse
    b. 11 tahun atau ke bawah
       11 years old or younger
    c. 12 tahun
       12 years old
    d. 13 tahun
       13 years old
    e. 14 tahun
       14 years old
    f. 15 tahun
       15 years old
    g. 16 tahun atau ke atas
       16 years old or older

65. Sepanjang hidup anda, berapa ramai orang yang anda telah lakukan hubungan seksual/ persetubuhan?
    During your life, with how many people have you had sexual intercourse?
    a. Saya tidak pernah melakukan hubungan seksual /persetubuhan
       I have never had sexual intercourse
    b. 1 orang
       1 person
    c. 2 orang
       2 people
    d. 3 orang
       3 people
    e. 4 orang
       4 people
    f. 5 orang
       5 people
    g. 6 orang atau lebih
       6 or more people

66. Kali terakhir anda melakukan hubungan seksual/persetubuhan; adakah anda atau pasangan anda menggunakan kondom?
    The last time you had sexual intercourse; did you or your partner use a condom?
    a. Saya tidak pernah melakukan hubungan seksual/persetubuhan
       I have never had sexual intercourse
    b. Ya
       Yes
    c. Tidak
       No

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

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

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

   I have never had sexual intercourse

b. Ya

   Yes

c. Tidak

   No

d. Tidak tahu

   I do not know

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BAHAGIAN 10
PART 10

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

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

68. Dalam tempoh 7 **hari** yang lepas, berapa hari anda melakukan aktiviti fizikal untuk sekurang-kurangnya 60 minit **setiap hari**? **JUMLAHKAN MASA ANDA MELAKUKAN APA-APA AKTIVITI FIZIKAL SETIAP HARI**

*During the past 7 **days**, on how many days were you physically active for a total of at least 60 minutes **per day**? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY*

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

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

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

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

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70. Sepanjang tahun persekolahan tahun ini, berapa kali anda mengikuti kelas pendidikan jasmani dan kesihatan (PJK) **setiap minggu?**
    *During this school year, on how many days did go to physical education class (PE) **each week?***
    a. 0 hari
        0 days
    b. 1 hari
        1 day
    c. 2 hari
        2 days
    d. 3 hari
        3 days
    e. 4 hari
        4 days
    f. 5 hari atau lebih
        5 or more days

SILA BACA PERNYATAAN DIBAWAH:
Soalan berikutnya adalah berkenaan masa yang anda habiskan dengan duduk semasa tidak di sekolah atau semasa membuat kerja rumah.

PLEASE READ THE STATEMENT BELOW:
The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

71. **Biasanya** berapa masa yang anda habiskan untuk duduk sama ada untuk menonton televisyen, bermain permainan computer, berbual dengan kawan atau apa-apa aktiviti yang memerlukan anda duduk?
    *How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities?*

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

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BAHAGIAN 11
PART 11

6 soalan seterusnya adalah berkenaan pengalaman anda di sekolah dan di rumah.
The next 6 questions ask about your experiences at school and at home.

72. Dalam tempoh 30 hari yang lepas, berapa hari anda tidak hadir ke kelas atau sekolah tanpa kebenaran?
During the past 30 days, on how many days did you miss classes or school without permission?
   a. 0 hari
      0 days
   b. 1 atau 2 hari
      1 or 2 days
   c. 3 hingga 5 hari
      3 to 5 days
   d. 6 hingga 9 hari
      6 to 9 days
   e. 10 hari atau lebih
      10 or more days

73. Dalam tempoh 30 hari yang lepas, berapa kerap rakan sekolah anda bersikap baik hati dan suka membantu?
During the past 30 days, how often were most of the students in your school kind and helpful?
   a. Tidak pernah
      Never
   b. Jarang-jarang
      Rarely
   c. Kadang-kadang
      Sometimes
   d. Kebanyakan masa
      Most of the time
   e. Sentiasa
      Always

74. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda menyemak kerja sekolah anda?
During the past 30 days, how often did your parents or guardians check to see if your homework was done?
   a. Tidak pernah
      Never
   b. Jarang-jarang
      Rarely
   c. Kadang-kadang
      Sometimes
   d. Kebanyakan masa
      Most of the time
   e. Sentiasa
      Always

75. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda cuba memahami masalah dan kebimbangan anda?
During the past 30 days, how often did your parents or guardians understand your problems and worries?
   a. Tidak pernah
      Never
   b. Jarang-jarang
      Rarely
   c. Kadang-kadang
      Sometimes
   d. Kebanyakan masa
      Most of the time
   e. Sentiasa
      Always

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76. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda benar-benar tahu apa yang anda lakukan pada masa lapang?
During the past 30 days, how often did your parents or guardians really know what you were doing with your free time?
   a. Tidak pernah
      Never
   b. Jarang-jarang
      Rarely
   c. Kadang-kadang
      Sometimes
   d. Kebanyakan masa
      Most of the time
   e. Sentiasa
      Always

77. Dalam tempoh 30 hari yang lepas, berapa kerap ibu bapa atau penjaga anda memeriksa barangan anda tanpa kebenaran?
During the past 30 days, how often did your parents or guardians go through your things without your approval?
   a. Tidak pernah
      Never
   b. Jarang-jarang
      Rarely
   c. Kadang-kadang
      Sometimes
   d. Kebanyakan masa
      Most of the time
   e. Sentiasa
      Always

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APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

Alcohol Consumption

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

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

Alcohol Consumption among Current Drinkers

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

| Number of days of consuming alcohol in the past 30 days | Q35_new2 | Weight | Number of days of consuming alcohol in the past 30 days | RECODE Q35 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6)(ELSE=SYSMIS) INTO Q35_new2.
VARIABLE LABELS Q35_new2 'Drink at least 1 days for past 30 days'.
EXECUTE.

VALUE LABELS Q35_new2
1 '1 or 2 days'
2 '3 to 5 days'
3 '6 to 9 days'
4 '10 to 19 days'
5 '20 to 29 days'
6 'all 30 days'. |
| Number of alcohol drinks in the past 30 days | Q36_new2 | Weight | Number of alcohol drinks in the past 30 days | RECODE Q36 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6)(ELSE=SYSMIS) INTO Q36_new2.
VARIABLE LABELS Q36_new2 'Frequency drinks for the past 30 days'.
EXECUTE.

VALUE LABELS Q36_new2
1 'less than 1 drink'
2 '1 drink'
3 '2 drinks'
4 '3 drinks'
5 '4 drinks'
6 '5 or more drinks'. |

Ways of accessing alcohol drinks in the past 30 days	Q37_new2	Weight	Ways of accessing alcohol drinks in the past 30 days	RECODE Q37 (1=SYSMIS)(2=1) (3=2) (4=3) (5=4) (6=5) (7=6) (ELSE=SYSMIS) INTO Q37_new2. VARIABLE LABELS Q37_new2 'Got drinks from friends'. EXECUTE. VALUE LABELS Q37_new2 1 'Store, shop/street vendor' 2 'Gave someone else money' 3 'Friends' 4 'Family' 5 'Stole/got without permission' 6 'Some other way'.
Age first alcohol before 14	QN34	Weight	Age started to drink alcohol before 14 years old among current drinker	1 = "Yes" 2 = "No"
Drank 1+ days past 30 days	QN35	Weight	Drank for more than one days for the past 30 days among current drinker	1 = "Yes" 2 = "No"
Of current drinkers, drank 2+ drinks/day 30 days	QN36	Weight	Among current drinkers who drank for more than 2 days for the past 30 days	1 = "Yes" 2 = "No"
Of current drinkers, got alcohol from friends	QN37	Weight	Among current drinkers who got alcohol from their friends	1 = "Yes" 2 = "No"
1+ times drunk in lifetime	QN38	Weight	More than one times drunk in lifetime among who drink alcohol	1 = "Yes" 2 = "No"
Alcohol trouble 1+ times in lifetime	QN39	Weight	Among who did trouble for more than one times drunk in lifetime	1 = "Yes" 2 = "No"

Dietary Behaviours

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
How tall are you	Q4	Weight	Height without shoes to the nearest cm	
How much do you weigh	Q5	Weight	Weight without shoes to the nearest kg	
How do you describe your weight	Q61	Weight	Perception on own body weight	1 = "Very underweight" 2 = "Slightly underweight"" 3 = "About the right weight" 4 = "Slightly overweight" 5 = "Very overweight"
Underweight	qnunwtg	Weight	<-2SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Overweight	qnowtg	Weight	<-2SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Obese	qnobeseg	Weight	>+1SD from median for BMI by age and sex	1 = "Yes" 2 = "No"
Went hungry past 30 days	Q6	Weight	Reported hungry because there was not enough food at home	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Went hungry most of time/always past 30 days	QN6	Weight	Reported hungry most of the time or always because there was not enough food at home	1 = "Yes" 2 = "No"

Eat fruit per day past 30 days	Q7	Weight	Frequency of usually consume fruit per day in past 30 days	1 = "Did not eat fruit" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day
Ate fruit 2+ times per day past 30 days	QN7	Weight	Usually ate fruits more than twice per day in past 30 days	1 = "Yes" 2 = "No"
Eat vegetables past 30 days	Q8	Weight	Frequency of usually consume vegetables per day in past 30 days	1 = "Did not eat vegetables" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate vegetables 3+ times per day past 30 day	QN8	Weight	Usually ate vegetables more than three times per day in past 30 days	1 = "Yes" 2 = "No"
Drink soft drinks past 30 days	Q9	Weight	Frequency per day usually drink carbonated soft drinks such as Coca Cola, Sprite, and Pepsi in the past 30 days	1 = "Did not drink soft drinks" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"

Drank soft drinks 1+ times per day past 30 day	QN9	Weight	Usually consume soft drinks at least once daily in past 30 days	1 = "Yes" 2 = "No"
Drank water per day 30 days	Q63	Weight	Frequency per day usually consume plain water such as mineral water, bolied water, or tap water in the past 30 days	1 = "Did not drink plain water" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate fast food past 7 days	Q10	Weight	Frequency per day usually consume food from a fast food restaurant, such as McDonalds, KFC, and Pizza Hut in the past 7 days	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"
Ate fast food 3+ days past 7 day	QN10	Weight	Usually consume fast food at least three days in past 7 days	1 = "Yes" 2 = "No"
Ate before 9 AM	Q65	Weight	Number of days eat a meal before 9 a.m in past 7 days (Breakfast)	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"

Drug Use

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Age first drugs	Q40	Weight	Age when first used drugs Drug: include heroin, morphine, glue, amphetamine, ecstasy, syabu, ice, ganja (does not include prescribed medicine)	1 = "I have never use drugs" 2 = "7 years old or younger" 3 = "8 or 9 years old" 4 = "10 or 11 years old" 5 = "12 or 13 years old" 6 = "14 or 15 years old" 7 = "16 years old or older"
Used drugs lifetime	Q75	Weight	Frequency of used drugs in lifetime (Ever used drug)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Used drugs past 30 days	Q76	Weight	Frequency of used drug in the past 30 days (current drug user)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
How got drugs usually	Q77	Weight	Sources of usually getting drugs in the past 30 days	1 = "I did not use drugs" 2 = "I bought them from someone" 3 = "I gave someone money to buy" 4 = "I stole it" 5 = "I got it from my friends" 6 = "I got it from my family" 7 = "I got it some other way"
Times used marijuana lifetime	Q41	Weight	Frequency of used marijuana in lifetime (Ever used marijuana)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"

Times used marijuana past 30 days	Q42	Weight	Frequency of used marijuana in the past 30 days (current marijuana user)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Times used amphetamines lifetime	Q43	Weight	Frequency of used amphetamines in lifetime (Ever used amphetamines)	1 = "0 times" 2 = "1 or 2 times" 3 = "3 to 9 times" 4 = "10 to 19 times" 5 = "20 or more times"
Age first drugs before 14	QN40	Weight	Age when first tried before age 14	1 = "Yes" 2 = "No"
Marijuana 1+ times in lifetime	QN41	Weight	Used marijuana for more than one times for lifetime	1 = "Yes" 2 = "No"
Marijuana 1+ times p 30 days	QN42	Weight	Used marijuana for more than one times for the past 30 days	1 = "Yes" 2 = "No"
Amphetamines 1+ times lifetime	QN43	Weight	Used amphetamines more than one times for lifetime	1 = "Yes" 2 = "No"

Hygiene (Including Oral Hygiene)

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
How many times per day brush teeth	Q11	Weight	Frequency per day clean or brush teeth in past 30 days	1 = "Did not brush my teeth" 2 = "Less than 1 time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 or more times per day"
Cleaned/brushed teeth <1 time/day past 30 days	QN11	Weight	Clean or brush teeth less than 1 time past 30 days	1 = "Yes" 2 = "No"
Tooth ache missed class	Q66	Weight	Tooth ache causing student to miss classes or school in past 12 months	1 = "Yes" 2 = "No"
Used toothpaste with fluoride	Q67	Weight	Use toothpaste that contain fluoride	1 = "Yes" 2 = "No" 3 = "I do not know"
Last seen dentist	Q68	Weight	See a dentist or dental nurse for checkup, teeth cleaning, or other dental treatment	1 = "During the past 12 months" 2 = "Between 12 and 24 months ago" 3 = "More than 24 months ago" 4 = "Never" 5 = "I do not know"
Avoid smiling due to teeth	Q69	Weight	Avoid smiling or laughing because of teeth appearance	1 = "Yes" 2 = "No"
Wash hands before eating past 30 days	Q12	Weight	Wash hands before eating in past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"

Never/rarely wash hands before eating past 30 days	QN 12	Weight	Never/rarely wash hand before eating in past 30 days	1 = "Yes" 2 = "No"
Wash hands after toilet past 30 day	Q13	Weight	Wash hands after using toilet in past 30 day	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Never/rarely wash hands after toilet past 30 days	QN13	Weight	Never/rarely wash hand after using toilet in past 30 days	1 = "Yes" 2 = "No"
Used soap on hands past 30 days	Q14	Weight	Used soap when washing hands in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Never/rarely use soap on hands past 30 days	QN14	Weight	Never/rarely use soap when washing hands in the past 30 days	1 = "Yes" 2 = "No"

Mental Health Problems

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Times felt lonely past 12 mo.	Q22	Weight	Felt lonely in the past 12 months	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Lonely most times/always past 12 months	QN22	Weight	Felt lonely most of the times/always in the past 12 months	1 = "Yes" 2 = "No"
Worry prevented sleep most time/always past 12 mos	Q23	Weight	Worried about something that could not sleep at night in the past 12 months	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Worry prevented sleep most time/always past 12 months	QN23	Weight	Felt worry that prevented sleep most of the time/always for the past 12 months	1 = "Yes" 2 = "No"
Ever considered suicide 12 mos	Q24	Weight	Ever seriously considered attempting suicide in the past 12 months (suicidal ideation)	1 = "Yes" 2 = "No"
Ever make suicide plan 12 mos	Q25	Weight	Ever make a plan about ways to attempt suicide in the past 12 months (suicidal plan)	1 = "Yes" 2 = "No"

Times attempted suicide 12 mos.	Q26	Weight	Times actually attempted suicide in the 12 months (suicide attempt)	1 = "0 times" 2 = "1 times" 3 = "2 or 3 times" 4 = "4 or 5 times" 5 = "6 or more times"
1+ times attempt suicide 12 mos.	QN26	Weight	Attempted suicide more than one times in the past 12 months	1 = "Yes" 2 = "No"
Number close friends	Q27	Weight	Number close friends	1 = "0" 2 = "1" 3 = "2" 4 = "3 or more"

Physical Activity

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Days active 60 min plus past 7 days	Q49	Weight	Number of days were physically active for a total of at least 60 minutes per day in the past 7 days Physical activity is any activity that increases the heart rate and makes he/she breath hard. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, and football.	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 =" 5 day" 7 =" 6 day" 8 =" 7 day"
Walk or bike to school past 7 days	Q50	Weight	Walk or ride a bicycle to or from school in the past 7 days	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 =" 5 day" 7 =" 6 day" 8 =" 7 day"
Time spent sitting on usual day	Q52	Weight	Time usually spend during a typical or usual day sitting and watching television, playing computer games, talking with friends or doing other sitting activities.	1 = "0 days" 2 = "1 days" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 =" 5 or more day"

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Active 60+ mins/day for 5+ of past 7 days	QN49	Weight	Physically active for total of at least 60 minutes in 5 days out of 7 days	1 =" Yes" 2 =" No"
Walk/Bike to/from school 0 of past 7 days	QN50	Weight	Did not walk or ride a bicycle back or from school in the past 7 days	1 =" Yes" 2 =" No"
Sitting activities 3+ hours/day of usual day	QN52	Weight	Spent 3 hours or more in a typical or usual day sitting and watching television, playing computer games, talking with friends or doing other sitting activities	1 =" Yes" 2 =" No"

Protective Factors

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Miss school no permission past 30 days	Q53	Weight	Number of days missed classes or school without permission in the past 30 days (truancy)	1 = "0 days" 2 = "1 or 2 days" 3 = "3 to 5 days" 4 = "6 to 9 days" 5 = "10 or more days"
Miss school no permission 1+ of past 30 days	QN53	Weight	Missed classes or school without permission for more than 1 day in the past 30 days	1 = "Yes" 2 = "No"
Others helpful in school past 30 days	Q54	Weight	Frequency other students in school kind and helpful in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Students most/always kind 30 days	QN54	Weight	Students in school kind and helpful most of the time or always in the past 30 days	1 = "Yes" 2 = "No"
Parents check homework past 30 days	Q55	Weight	Frequency parents or guardians ensure completed homework in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents most/always check homework	QN55	Weight	Parents or guardians most of the time or always ensure completed homework in the past 30 days	1 = "Yes" 2 = "No"
Parent understand troubles past 30 days	Q56	Weight	Frequency parents or guardians understand their problems and worries in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"

Parents most/always understand problems	QN56	Weight	Parents or guardians most of the time or always understand their problems and worries in the past 30 days	1 = "Yes" 2 = "No"
Parent know what you do past 30 days	Q57	Weight	Frequency parents or guardians really know what they were doing in free time in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents most/always know about free time	QN57	Weight	Parents or guardians most of the time or always know what they were doing in free time in the past 30 days	1 = "Yes" 2 = "No"
Parent go through things past 30 days	Q58	Weight	Frequency parents or guardians went through their things in the past 30 days	1 = "Never" 2 = "Rarely" 3 = "Sometimes" 4 = "Most of the time" 5 = "Always"
Parents never/rarely go thru things	QN58	Weight	Parents or guardians never/rarely went through their things in the past 30 days	1 = "Yes" 2 = "No"

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

Variable Name	Variable In SPSS	Weight	Definition	SPSS Variable Definition
Ever had sex	Q44	Weight	Ever had sexual intercourse Sexual intercourse: sexual acts of penetration of penis into vagina or anus	1 = "Yes" 2 = "No"
Age first sexual intercourse	Q45	Weight	Age when had sexual intercouse for the first time	1 = "Never had sex" 2 = "11 years old or younger" 3 = "12 years old" 4 = "13 years old" 5= "14 years old" 6= "15 years old" 7 = "16 years old or older"
Age first sexual intercourse before 14	QN45	Weight	Had first time sexual intercouse before the age of 14 years	1 = "Yes" 2 = "No"
How many sex partners	Q46	Weight	Number of people had sexual intercouse with in \their lifetime	1 = "Never had sex" 2 = "11 years old or younger" 3 = "12 years old" 4 = "13 years old" 5= "14 years old" 6= "15 years old" 7 = "16 years old or older"
2+ sex partners lifetime	QN46	Weight	Had more than two sex partners in their lifetime among those who ever had sexual intercourse	1 = "Yes" 2 = "No"

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

Tobacco Use

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

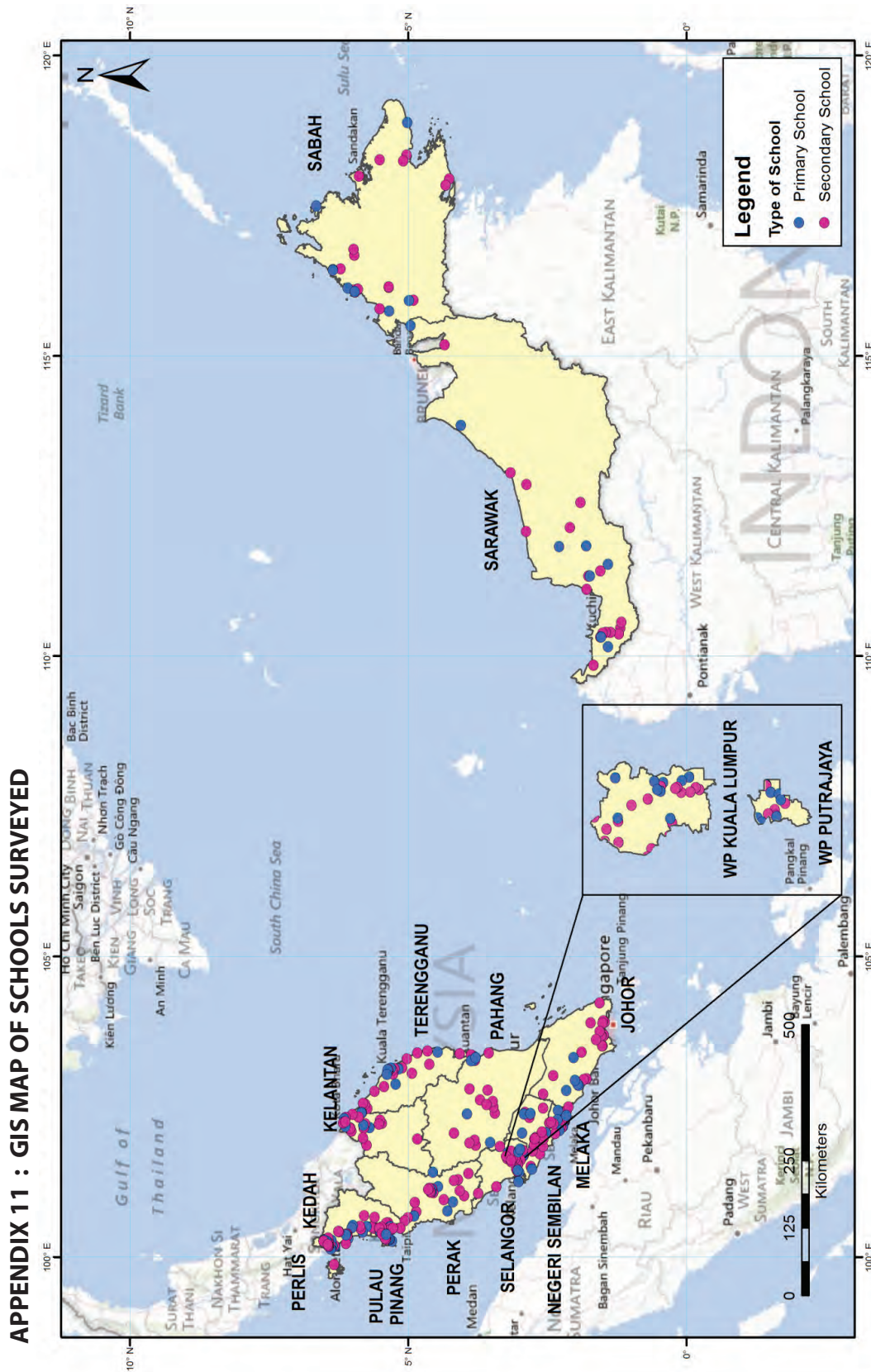|			
Try stop smoking past 12 mo.	Q31	Weight	Tried to stop smoking cigarettes in the past 12 months	1 = "Yes" 2 = "No"
Others present smoking past 7 days	Q32	Weight	Number of days other people smoked in their present in past 7 days	1 = "0 days" 2 = "1 or 2 days" 3 = "3 or 4 days" 4 = "5 or 6 days" 5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

Violence and Unintentional Injury

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

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

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

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

APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED

Distribution of School for Global Health Schools Survey in Malaysia, 2012

INSTITUTE FOR PUBLIC HEALTH

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