



# THE NATIONAL HEALTH AND MORBIDITY SURVEY 2012

## PULAU PINANG

*Global School-Based Student  
Health Survey 2012*



**THE NATIONAL HEALTH  
AND  
MORBIDITY SURVEY  
2012**

**(NMRR-11-974-10401)**

**PULAU PINANG  
GLOBAL SCHOOL-BASED STUDENT  
HEALTH SURVEY 2012**



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## PULAU PINANG GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY 2012

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## Executive Summary

The 2012 Pulau Pinang GSHS was conducted from 23 February to 26 April 2012 involving Form 1 to 5 students from 17 schools throughout Pulau Pinang. 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 Pulau Pinang. The survey was administered using a self-administered questionnaires. The response rate at school level was 100%, response rate a 88.0% (1,755 of 1,995 students responded).

## Key Findings

About 63.1% of ever drinkers had their first drink of alcohol before the age of 14 years. The prevalence of current alcohol use was 10.6% and more than half of them got their alcoholic drink from their own families. Drunkenness was reported in 5.5% of the students. In relation to dietary behaviour, 9.0% of the students were at risk of becoming underweight, while 9.9% of the students were at risk of becoming underweight and obese. In the past 30 days, only 23.0% of the students consumed fruits and vegetables at least five times daily and almost one fifth of them drank carbonated drinks at least once daily. As for drug use, 99.3% of the students reported that they never use drugs with only 13 students reported ever used drug.

Only 2.4% of the students brushed their teeth less than once daily in the past 30 days and 84.3% brushed at least twice daily. Only 58.1% of students reported using fluoridated toothpaste. In the past 30 days, 3.1% never or rarely wash their hands after using the toilet and 11.6% never or rarely used soap when washing their hands. Suicidal ideation, suicide plan and attempted suicide were noted among 8.2%, 5.5%, and 5.7% of the students respectively. With regards to physical activity, 22.4% of the students were found to be active in the past seven days, while almost half of them were engaged in sedentary activities. Parental or guardian supervision was reported in 13.1% of the students, while one-third of them claimed had parental or guardian connectedness and almost half had reported parental or guardian bonding. Truancy was reported in 22.5% of the students.

This study found that 6.3% of students ever had sex, with half of them had sex for the first time before the age of 14 years. About 6.1% of the students were current cigarette smokers. Among those who ever smoked, almost three quarters first tried a cigarette before the age of 14 years. One third of the students reported of both exposure to secondhand smoke from people smoking in their presence, and parents or guardians who used any form of tobacco. Notably, 21.6% and 23.2% of the students were physically attacked and involved in a physical fight respectively, with 28.7% who had serious injury. Having been bullied was reported in 14.4% of the students, while 8.1% had been physically abused at home.

## Recommendations

Taking into cognizance the findings of this study, the following recommendations are made;

- i. There is a need to increase health awareness among students on the detrimental effects of alcohol consumption and the higher probability of alcohol addiction in later life if they start drinking during their adolescent years.
- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of alcoholic beverages to those below 18 years, is called for. There is a need for minimum legal age (MLA) of alcohol consumption to be enacted.

- iii. Psychosocial factors that contribute to loneliness among students need to be further explored.
- iv. 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.
- v. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly have contributed to the more positive findings in this study. This will enable other states to adopt the relevant approaches towards more holistic health outcomes among the students.



## 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 Pulau Pinang 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 Pulau Pinang 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 Pulau Pinang 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 Pulau Pinang GSHS, 1,995 questionnaires were completed in 17 schools. The school response rate was 100%, while the students response rate was 88.0%. Overall, the response rate was 88.0%.

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 Pulau Pinang.

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 Pulau Pinang.

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

## 3.0 RESULTS

### 3.1 Socio-demographic Profile

Based on the Population and Housing Census Malaysia in 2010, the population of Pulau Pinang was about 1.6 million people (29). Adolescents between the ages of 10 to 20 years 17.0% of total population. In 2012 there were 118,197 students aged 12 to 17 years in 128 secondary schools under Ministry of Education and Ministry of Rural Development in Pulau Pinang (30).

A total of 1,995 students from Form 1 to 5 were selected in Pulau Pinang from 17 randomly selected secondary schools, with 1,755 students or 88.0% responding to our survey. Of the respondents, 50.1% of students were males (**Table 1.2**). About 22.6% were from Remove Class/ Form 1, 20.7% were from Form 2, 19.6% Form 3, 19.0% Form 4 and the remaining 18.2% from Form 5 (**Table 1.3**). The ethnicity and parental marital status of the respondents are as shown in **Tables 1.4** and **1.5**.



## 3.2 Alcohol Consumption

### Introduction

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

### Findings

The prevalence of current alcohol use among students was 10.6% (95% CI: 8.29-13.52) (**Table 2.1.1**). Among students who ever consumed alcohol, 63.1% (95% CI: 57.10-68.79) had their first drink of alcohol before the age of 14 years (**Table 2.2.1**). Among the current drinkers, 18.6% (95% CI: 13.37-25.33) had drunk two or more drinks per day (**Table 2.3.1**). About 5.5% (95% CI: 4.12-7.23) of the students reported drunkenness (**Table 2.4.1**). Overall, 2.0% (95% CI: 1.15-3.55) of the students got into trouble with their family and friends, missed school, or got into fights one or more times as a result of drinking alcohol (**Table 2.5.1**). Among current drinkers, 59.2% (95% CI: 47.02-70.43) usually obtained alcoholic drinks from their family and purchases from shop [16.7% (95% CI: 9.18-28.51)] (**Table 2.6.1**).

### 3.3 Dietary Behaviours

#### Introduction

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

#### Findings

Overall, 9.0% (95% CI: 6.15-13.05) of the students were at risk of becoming underweight (**Table 3.1**). About 24.8% (95% CI: 21.43-28.59) were at risk of becoming overweight (**Table 3.2**). Overall, 9.9% (95% CI: 8.29-11.80) were at risk of becoming obese (**Table 3.3**). In the past 30 days, 5.5% (95% CI: 3.24-9.26) 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 38.4% (95% CI: 31.68-45.55) of the students reported consuming fruits at least twice daily (**Table 3.5.1**) while, 25.1% (95% CI: 22.83-27.59) reported consuming vegetables at least three times daily (**Table 3.6.1**). A total of 23.0% (95% CI: 18.18-28.73) reported consuming both fruits and vegetables at least five times daily (**Table 3.6.2**). Generally 20.4% (95% CI: 15.20-26.92) of the students reported consuming soft drinks at least once daily (**Table 3.7.1**). A total of 5.5% (95% CI: 3.68-8.17) reported consuming food from a fast food restaurant at least three days in the past seven days (**Table 3.8.1**). About 61.4% (95% CI: 53.90-68.40) reported consuming plain water at least five times daily in the past 30 days (**Table 3.9**). Only 22.0% (95% CI: 16.85-28.10) reported they had breakfast daily in the past seven days (**Table 3.10**). About 36.3% (95% CI: 32.32-40.56) of the students perceived they were slightly or very overweight. Females [42.0% (95% CI: 39.13-44.86)] were significantly more likely than males [30.5% (95% CI: 23.68-38.19)] to perceived their weight as slightly or very overweight (**Table 3.11.1**). Overall, 39.4% (95% CI: 37.27-41.60) reported trying to lose weight and it was significantly higher among females [46.4% (95% CI: 44.61-48.14)] than males [32.4% (95% CI: 28.67-36.28)] (**Table 3.12.1**). Overall, 72.5% (95% CI: 68.77-75.88) 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, 99.3 % (95% CI: 98.53-99.66) of the students reported that they never use drug during their lifetime (**Table 4.1.1**).

### 3.5 Hygiene (Including Oral Hygiene)

#### Introduction

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

#### Findings

Only, 2.4% (95% CI: 1.34-4.43) of the students brushed their teeth less than once daily in the past 30 days. A high prevalence of students reported had brushing their teeth at least twice daily 84.3% (95% CI: 79.97-87.80) with significantly more females [91.0% (95% CI: 88.64-92.91)] than males [77.7% (95% CI: 73.39-81.40)] reported this (**Table 5.1.1**). Only, 58.1% (95% CI: 52.31-63.70) reported use of fluoridated toothpaste and 29.9% (95% CI: 25.94-34.18) did not know whether their toothpaste contain fluoride (**Table 5.2**). About 6.4% (95% CI: 3.59-11.23) had missed class due to a toothache in the past 12 months (**Table 5.3**). Only 51.0% (95% CI: 40.99-60.94) reported that they had their last dental visit in the past 12 months (**Table 5.4**). Overall, 13.3% (95% CI: 9.96-17.60) claimed that they had avoided smiling or laughing due to the appearance of their teeth (**Table 5.5**). In the past 30 days, 4.7% (95% CI: 3.17-7.04) of the students never or rarely wash their hands before eating (**Table 5.6**). About 3.1% (95% CI: 1.85-5.01) reported never or rarely wash their hands after using the toilet (**Table 5.7**). A total of 11.6% (95% CI: 8.78-15.17) never or rarely used soap when washing their hands (**Table 5.8**).

## 3.6 Mental Health Problems

### Introduction

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

### Findings

In the past 12 months, 9.4% (95% CI: 8.13-10.89) of the students had felt lonely most of the time or always (**Table 6.1**). Overall, 4.7% (95% CI: 3.39-6.45) were unable to sleep at night due to worry most of the time or always (**Table 6.2**). The prevalence of suicidal ideation was 8.2% (95% CI: 5.59-11.90) (**Table 6.3**). About 5.5% (95% CI: 3.87-7.84) had suicidal plan (**Table 6.4**) and 5.7% (95% CI: 4.10-8.00) had reported attempted suicide (**Table 6.5**). Overall, 4.1% (95% CI: 2.78-6.08) of the students had no close friend at all (**Table 6.6**).

### 3.7 Physical Activity

#### Introduction

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

#### Findings

The prevalence of being physically active in the past seven days was 14.2% (95% CI: 10.34-19.18) with a significantly higher among males [18.7% (95% CI: 12.90-26.36)] than females [9.5% (95% CI: 7.00-12.82)] (**Table 7.1**). Overall, 22.4% (95% CI: 17.88-27.74) had been physically active for at least five days in the past seven days with a significantly more males [28.9% (95% CI: 21.92-36.94)] than females [15.8% (95% CI: 12.47-19.83)] with this level of activity (**Table 7.1.1**). About 54.5% (95% CI: 41.63-66.80) of students did not walk or ride a bicycle to or from school in the past seven days (**Table 7.2**). Overall, 49.9% (95% CI: 43.92-55.93) 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 22.5% (95% CI: 16.20-30.36) (**Table 8.1**). Overall, 50.7% (95% CI: 42.05-59.25) reported of having peer support in the past 30 days (**Table 8.2**). Parental or guardian supervision was reported by 13.1% (95% CI: 10.59-16.05) of the students (**Table 8.3**) while, parental or guardian connectedness was reported by 30.5% (95% CI: 25.91-35.62) (**Table 8.4**). About 48.7% (95% CI: 43.62-53.75) reported of parental or guardian bonding (**Table 8.5**) and 77.0% (95% CI: 73.19-80.36) of the students reported having parental or guardian respect for privacy (**Table 8.6**).

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

#### Introduction

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

#### Finding

The prevalence of students who ever had sex was 6.3% (95% CI: 3.87-10.04) (**Table 9.1**).



### 3.10 Tobacco Use

#### Introduction

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

#### Findings

The prevalence of current cigarettes smokers was 6.1% (95% CI: 3.27-11.02) with significantly more males [10.5% (95% CI: 4.81-21.48)] than females [1.5% (95% CI: 0.73-3.15)] reported this (**Table 10.1.1**). Among those who ever smoked cigarettes, 73.4% (95% CI: 62.52-81.96) had first tried a cigarette before the age of 14 years (**Table 10.2.1**). Overall, 3.0% (95% CI: 1.83-5.03) currently smoked tobacco products other than cigarettes (**Table 10.3.1**). Among those students who smoked cigarettes in the past 12 months, 88.1% (95% CI: 81.41-92.66) had tried to stop smoking (**Table 10.5**). A total of 30.2% (95% CI: 26.24-34.56) reported having been exposed to people who smoked in their presence in the past seven days (**Table 10.6.1**). About 34.4% (95% CI: 29.16-40.10) had parents or guardians who used any form of tobacco including cigarettes (**Table 10.7**). Majority of the students [92.2% (95% CI: 88.10-94.98)] reported they would definitely not smoke a cigarette in the next 12 months and it was significantly higher among females (97.0%, 95% CI: 94.93-98.19) than males (87.5%, 95% CI: 76.96-93.64) (**Table 10.8**). Additionally, majority [91.9% (95% CI: 87.67-94.79)] reported they would definitely not smoke a cigarette if one of their best friends offered them cigarettes and this was significantly higher among females [96.8% (95% CI: 93.74-98.42)] than males [87.2% (95% CI: 76.32-93.55)] (**Table 10.9**). Among the non-smokers, 5.9% (95% CI: 4.04-8.49) were susceptible to smoking (**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, 21.6% (95% CI: 19.08-24.46) of the students had been physically attacked with (**Table 11.1.1**). Overall, 23.2% (95% CI: 19.40-27.56) had been involved in a physical fight with significantly more males [28.0% (95% CI: 22.26-34.51)] than females [18.5% (95% CI: 15.32-22.23)] reporting this (**Table 11.2.1**). About 28.7% (95% CI: 25.27-32.32) of the students had been seriously injured, with significantly more males [35.0% (95% CI: 28.94-41.65)] than females [22.6% (95% CI: 18.97-26.68)] involved (**Table 11.3.1**). Among those who had been seriously injured, the two most common injuries were "a cut or stab wound" [27.0% (95% CI: 22.75- 31.73)] and "a broken bone or dislocated joint" [15.7% (95% CI: 12.43 - 19.68)] (**Table 11.4**). The two most common causes of serious injury were "fall" [38.4% (95% CI: 34.26- 42.76)] and "motor vehicle accident" [13.5% (95% CI: 8.05 – 21.75)] (**Table 11.5**). In the past 30 days, 14.4% (95% CI: 11.75- 17.63) of the students had been bullied (**Table 11.6.1**). Reportedly, the two most common forms of bullying were "made fun of with sexual jokes, comments or gestures" [21.7% (95% CI: 13.64 – 32.69)] and "were 'made fun of because of how body or face looks'" [20.0% (95% CI: 11.80 – 31.87)] (**Table 11.7**). About 8.1% (95% CI: 5.56-11.65) of students had been abused physically (**Table 11.8.1**) and 36.3% (95% CI: 31.03-41.84) were abused verbally at home (**Table 11.9.1**).

## 4.0 DISCUSSION

The prevalence of current alcohol use in Pulau Pinang was higher than the national prevalence (10.6% vs 8.9%). As in other states, more than half of these students had their first drink before the age of 14 years and this is comparable to the finding at national level (63.1% vs 63.5%). Drunkenness among students in Pulau Pinang was found to be lower than the national prevalence (5.5% vs 6.3%).

Among students in Pulau Pinang, the prevalence of being at risk of underweight was comparable to the national figure (9.0% vs 8.8%), while slightly more students were at risk of becoming overweight and obese compared to the national prevalence (24.8% vs 22.8% and 9.9% vs 9.5%, respectively). Consumption of fruit and vegetable at least five times daily was noted to be the lowest among all states, and this was also much lower than the national finding (23.0% vs 28.7%). Consumption of soft drinks and fast food were each lower than the national figures (20.4% vs 29.4% and 5.5% vs 6.0%, respectively). The prevalence of students who drank plain water at least five times daily and took breakfast daily, were each higher than the national findings (61.4% vs 54.8% and 22.0% vs 19.2% respectively).

The prevalence of students who never or rarely wash their hands before eating, after using the toilet and never or rarely use soap when washing their hands, were each lower than the national figures (4.7% vs 5.0%, 3.1% vs 5.4% and 11.6% vs 13.7%, respectively). As in other states, majority of students (87.9%) brushed their teeth at least twice daily and the prevalence of students who reported the use of fluoridated toothpaste was comparable to the national finding (58.1% vs 57.2%).

Less students reported not being able to sleep at night due to worry as compared to the national figure (4.7% vs 5.4%). About 9.4% of students reported feeling lonely most of the time in the past 12 months and this figure is higher than the national prevalence (8.1%). More students claimed they did not have a close friend compared to the finding at national level (4.1% vs 3.1%). Suicidal ideation was comparable to the national prevalence (8.2% vs 7.9%), while for suicidal plan and attempt, the prevalences were both lower than the national findings (5.5% vs 6.4% and 5.7% vs 6.8%, respectively).

The prevalence of being physically active (spent at least 60 minutes daily on five or more days a week) was comparable to the national prevalence (22.4% vs 22.7%). Additionally, the prevalence of students who had engaged in sedentary activities such as watching television or playing computer game for at least three hours a day, was also comparable to the national finding (49.9% vs 47.3%).

Truancy was much lower compared to the finding at national level (22.5% vs 30.9%). Peer support among students in Pulau Pinang was noted to be much higher compared to the national prevalence (50.7% vs 44.3%). Additionally, parental or guardian bonding was also higher than the national figure (48.7% vs 43.1%), while parental or guardian connectedness was comparable to the national prevalence (30.5% vs 31.5%). However, parental or guardian supervision was noted to be lower than the national prevalence (13.1% vs 14.2%).

Less students in Pulau Pinang reported of ever having sex as compared to the finding at national level (6.3% vs 8.3%).

The prevalence of current smokers of cigarettes and other tobacco products were each lower than the national figures (6.1% vs 11.5% and 3.0% vs 5.5%, respectively). Of those who had ever smoked, about three quarters first tried a cigarette before the age of 14 years, as in the majority of states. The prevalence of exposure to second-hand smoke from people smoking in their presence and the reported prevalence of parents or guardians who used any form of tobacco were each lower than the national figures (30.2 vs 41.6% and 34.4 vs 40.2%, respectively). Among students who were non-smokers, the prevalence of susceptibility to smoking was lower than the national finding (5.9% vs 9.6%).

All of the violent behaviour assessed in this survey among the students in Pulau Pinang was noted to be lower than the findings at national level.

## 5.0 CONCLUSION

In Pulau Pinang, generally most of the prevalence for the behaviours studied were more positive compared to the national figures. However, the prevalence of consumption of alcohol was higher, while consumption of fruits and vegetables were reportedly lower than the national findings. Additionally, more students lack close friends and reported feeling lonely compared to national levels.

## 6.0 RECOMMENDATIONS

Taking into cognizance the findings of this study, the following recommendations are made;

- i. There is a need to increase health awareness among students on the detrimental effects of alcohol consumption and the higher probability of alcohol addiction in later life if they start drinking during their adolescent years.
- ii. Further strengthening, regulation and enforcement of the Malaysia Food Act Regulation 1985 which prohibits the sales of alcoholic beverages to those below 18 years old, is called for. There is a need for minimum legal age (MLA) of alcohol consumption to be enacted.
- iii. Psychosocial factors that contribute to loneliness among students need to be further explored.
- iv. 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.
- v. Further in-depth comparative studies are recommended to be conducted by relevant agencies to identify factors that could possibly have contributed to the more positive findings in this study. This will enable other states to adopt the relevant approaches towards more holistic health outcomes among the students.

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## APPENDIX 10 : TABLE OF FINDINGS

### 1.0 Socio-demographic Profile

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
11 years	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-			
12 years	7	-	-	-	-	2	-	-	-	4	-	-	-	-	-			
13 years	275	23345	19.6	14.10	26.53	104	10834	18.2	13.34	24.28	170	12457	21.0	13.42	31.35			
14 years	496	26298	22.1	17.30	27.67	237	13677	22.9	16.11	31.59	257	12481	21.1	16.75	26.12			
15 years	399	24007	20.1	14.93	26.58	230	12673	21.3	18.49	24.32	169	11333	19.1	10.89	31.39			
16 years	272	22380	18.8	12.91	26.47	112	10589	17.8	11.67	26.10	160	11790	19.9	12.30	30.54			
17 years	274	20203	16.9	10.17	26.87	123	10195	17.1	9.99	27.73	150	9897	16.7	9.38	27.96			
18 years or older	30	2319	1.9	0.47	7.61	16	1415	2.4	0.50	10.48	14	904	1.52	0.38	5.89			

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

Sex	Total				
	Unweighted Count	Estimated Population	%		
			Lower	Upper	
Male	824	59608	50.1	34.07	66.18
Female	926	59274	49.9	33.82	65.93

Table 1.3: Students Form 1-5 by Form, Pulau Pinang, 2012

Form	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Remove class/Form 1	306	26898	22.6	15.49	31.75	121	13095	22.0	14.73	31.63	182	13568	22.9	14.76	33.79			
Form 2	498	24585	20.7	17.45	24.28	233	12196	20.5	15.79	26.23	264	12336	20.8	17.28	24.89			
Form 3	387	23339	19.6	14.27	26.33	221	11833	19.9	15.75	24.85	165	11419	19.3	11.24	31.07			
Form 4	262	22585	19.0	12.73	27.33	112	11391	19.2	12.09	29.03	150	11194	18.9	11.94	28.61			
Form 5	299	21606	18.2	11.70	27.07	135	10910	18.4	11.78	27.46	164	10697	18.1	11.00	28.23			

Note:  
- Fewer than 30 cases

**Table 1.4: Students Form 1-5 by ethnicity, Pulau Pinang, 2012**

Ethnicity	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Malay	771	52417	44.1	28.03	61.53	310	23283	39.3	19.83	62.80	459	28935	48.9	32.66	65.43			
Chinese	760	51493	43.3	26.58	61.76	432	30532	51.5	26.29	75.93	327	20892	35.3	22.62	50.51			
Indian	193	13220	11.1	5.84	20.18	72	5042	8.5	3.10	21.26	119	8072	13.6	8.28	21.68			
Bumiputera Sabah	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
Bumiputera Sarawak	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Others	23	-	-	-	-	6	-	-	-	-	17	-	-	-	-			

**Table 1.5: Students Form 1-5 by parental marital status, Pulau Pinang, 2012**

Parental Marital Status	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Married and living together	1518	103115	87.1	82.26	90.72	728	52430	88.7	84.40	91.89	788	50528	85.6	77.20	91.24			
Married but living apart due to working in another place	53	3689	3.1	1.95	4.94	18	1425	2.4	1.50	3.85	35	2264	3.8	2.27	6.42			
Divorced	59	4077	3.4	2.60	4.55	25	1888	3.2	2.36	4.31	33	2134	3.6	2.11	6.12			
Widower	83	5522	4.7	2.72	7.88	34	2439	4.1	2.17	7.69	49	3083	5.2	2.45	10.80			
Separated	17	-	-	-	-	5	-	-	-	-	12	-	-	-	-			
Don't know	14	-	-	-	-	8	-	-	-	-	5	-	-	-	-			

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, Pulau Pinang, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1544	105788	89.4	86.48	91.71	718	52524	88.7	83.75	92.29	824	53140	90.3	88.03	92.13			
1 or 2 days	160	10059	8.5	6.18	11.58	84	5413	9.1	5.41	15.05	75	4535	7.7	6.41	9.24			
3 to 5 days	24	-	-	-	-	10	-	-	-	-	14	-	-	-	-			
6 to 9 days	7	-	-	-	-	4	-	-	-	-	2	-	-	-	-			
10 to 19 days	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
20 to 29 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
all 30 days	4	-	-	-	-	1	-	-	-	-	3	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	199	12579	10.6	8.29	13.52	102	6688	11.3	7.70	16.20	95	5728	9.7	7.87	11.97			
No	1544	105788	89.4	86.48	91.71	718	52524	88.7	83.75	92.29	824	53140	90.3	88.03	92.13			

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had a drink of alcohol	1233	84240	72.3	60.70	81.46	540	39733	67.9	52.66	80.12	691	44383	76.8	66.41	84.73			
7 years or younger	46	3078	2.6	1.65	4.20	24	1615	2.8	1.46	5.17	22	1463	2.5	1.59	4.02			
8 or 9 years	47	2804	2.4	1.42	4.05	32	1956	3.3	1.93	5.73	15	848	1.5	0.61	3.50			
10 or 11 years	85	5368	4.6	2.69	7.78	50	3277	5.6	3.17	9.72	35	2091	3.6	1.90	6.79			
12 or 13 years	142	9162	7.9	4.83	12.54	85	5778	9.9	5.89	16.11	56	3331	5.8	3.53	9.28			
14 or 15 years	113	8223	7.1	5.06	9.75	59	4493	7.7	5.33	10.95	53	3619	6.3	4.35	8.94			
16 years or older	51	3695	3.2	2.03	4.91	20	1644	2.8	1.37	5.67	31	2050	3.5	2.12	5.89			

Note:  
- Fewer than 30 cases

**Table 2.2.1: First drink of alcohol before the age of 14 years, among current drinker, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	320	20412	63.1	57.10	68.79	191	12627	67.3	60.27	73.61	128	7733	57.7	51.40	63.70			
No	164	11918	36.9	31.21	42.90	79	6137	32.7	26.39	39.73	84	5669	42.3	36.28	48.56			

**Table 2.3: Number of drinks usually taken on the day that alcohol is consumed in the past 30 days, students Form 1-5, Pulau Pinang, 2012**

Number of Drinks	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days less than one drink	106	6823	5.7	3.92	8.32	56	3801	6.4	3.80	10.55	50	3022	5.1	3.54	7.32			
1 drink	64	4061	3.4	2.75	4.24	28	1915	3.2	2.40	4.32	36	2146	3.6	2.76	4.75			
2 drinks	22	-	-	-	-	8	-	-	-	-	12	-	-	-	-			
3 drinks	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
4 drinks	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
5 or more drinks	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	34	2491	18.6	13.37	25.33	16	1312	18.7	8.88	35.10	16	1015	16.4	10.86	24.06			
No	170	10884	81.4	74.67	86.63	84	5716	81.3	64.90	91.12	86	5168	83.6	75.94	89.14			

Note:  
- Fewer than 30 cases

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1651	112188	94.5	92.77	95.88	766	55470	93.4	91.00	95.24	881	56395	95.7	93.61	97.11			
1 or 2 times	79	5395	4.5	3.44	5.99	43	3101	5.2	3.58	7.56	35	2242	3.8	2.60	5.53			
3 to 9 times	13	-	-	-	-	8	-	-	-	-	5	-	-	-	-			
10 or more times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	96	6494	5.5	4.12	7.23	55	3900	6.6	4.76	9.00	40	2541	4.3	2.89	6.39			
No	1651	112188	94.5	92.77	95.88	766	55470	93.4	91.00	95.24	881	56395	95.7	93.61	97.11			

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1706	115645	98.0	96.45	98.85	797	57439	97.4	95.94	98.37	904	57830	98.5	96.31	99.42			
1 or 2 times	17	-	-	-	-	9	-	-	-	-	8	-	-	-	-			
3 to 9 times	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-			
10 or more times	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			

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, Pulau Pinang, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	33	2390	2.0	1.15	3.55	20	1523	2.6	1.63	4.06	13	867	1.5	0.58	3.69			
No	1706	115645	98.0	96.45	98.85	797	57439	97.4	95.94	98.37	904	57830	98.5	96.31	99.42			

Note:  
- Fewer than 30 cases

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not drink alcohol in the past 30 days	1533	104917	88.4	85.53	90.72	715	52190	87.7	83.97	90.71	815	52516	89.2	86.79	91.27			
Bought in a store,shop or from street vendor	30	2307	1.9	1.22	3.08	17	1475	2.5	1.34	4.53	13	832	1.4	0.75	2.65			
Gave someone else money to buy it	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
*Friends	17	-	-	-	-	5	-	-	-	-	12	-	-	-	-			
Family	133	8176	6.9	4.70	9.98	63	4005	6.7	4.18	10.66	70	4171	7.1	4.93	10.10			
Stole or got it without permission	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Some other way	25	1672	1.4	0.51	3.83	16	1029	1.7	0.54	5.42	7	480	0.8	0.33	1.98			

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Store,shop/street vendor	30	2307	16.7	9.18	28.51	17	1475	20.2	8.86	39.75	13	832	13.1	6.59	24.44			
Gave someone else money to buy it	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-			
Friends	17	-	-	-	-	5	-	-	-	-	12	-	-	-	-			
Family	133	8176	59.2	47.02	70.43	63	4005	54.9	42.43	66.73	70	4171	65.8	48.61	79.68			
Stole/got without permission	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
Some other way	25	-	-	-	-	16	-	-	-	-	7	-	-	-	-			

Note:  
- Fewer than 30 cases



### 3.0 Dietary Behaviours

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	157	10549	9.0	6.15	13.05	85	6070	10.4	5.56	18.50	72	4478	7.7	5.62	10.42			
No	1566	106325	91.0	86.95	93.85	727	52528	89.6	81.50	94.44	839	53797	92.3	89.58	94.38			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	431	29027	24.8	21.43	28.59	224	15892	27.1	22.77	31.95	207	13135	22.5	19.01	26.51			
No	1292	87847	75.2	71.41	78.57	588	42706	72.9	68.05	77.23	704	45141	77.5	73.49	80.99			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	166	11579	9.9	8.29	11.80	92	6901	11.8	9.98	13.85	74	4679	8.0	5.90	10.84			
No	1557	105295	90.1	88.20	91.71	720	51698	88.2	86.15	90.02	837	53597	92.0	89.16	94.10			

**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, Pulau Pinang, 2012**

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Never	794	52955	44.5	38.30	50.95	377	26461	44.6	34.94	54.58	416	26424	44.7	38.21	51.34
Rarely	460	31150	26.2	22.63	30.10	230	16409	27.6	21.75	34.39	228	14543	24.6	20.83	28.79
Sometimes	411	28244	23.8	19.39	28.74	181	13623	22.9	16.80	30.49	229	14567	24.6	20.76	28.96
Most of the time	45	3504	3.0	1.82	4.73	19	1603	2.70	1.45	4.96	25	1848	3.13	1.90	5.09
Always	40	3058	2.6	1.24	5.27	14	1304	2.20	0.67	6.97	26	1753	2.97	1.61	5.40
*most of the time or always	85	6561	5.5	3.24	9.26	33	2907	4.9	2.25	10.30	51	3602	6.1	4.13	8.90

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

Frequency	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Did not eat fruit in the past 30 days	104	7378	6.2	4.63	8.25	56	4443	7.5	4.88	11.27	48	2935	5.0	3.06	7.95
Less than 1 time per day	455	31100	26.1	22.18	30.49	227	16800	28.2	23.37	33.68	228	14300	24.2	19.88	29.02
1 time per day	520	34885	29.3	25.06	33.93	259	17982	30.2	22.90	38.72	260	16849	28.5	25.67	31.44
2 times per day	368	24972	21.0	15.89	27.16	154	11300	19.0	13.54	25.99	211	13438	22.7	17.04	29.57
3 times per day	177	11957	10.0	7.40	13.49	66	4701	7.9	4.86	12.60	110	7169	12.1	9.49	15.33
4 times per day	47	3567	3.0	2.01	4.45	21	1740	2.9	1.54	5.50	26	1827	3.1	1.87	5.06
5 or more times per day	81	5197	4.4	3.63	5.24	39	2524	4.2	3.08	5.82	42	2673	4.5	3.70	5.51

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

Prevalence	Total			Male			Female								
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI						
				Lower	Upper				Lower	Upper					
Yes	673	45693	38.4	31.68	45.55	280	20265	34.1	26.27	42.83	389	25108	42.4	35.49	49.66
No	1079	73364	61.6	54.45	68.32	542	39224	65.9	57.17	73.73	536	34085	57.6	50.34	64.51

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Did not eat vegetables in the past 30 days	102	6733	5.7	3.96	8.03	44	3024	5.1	3.21	7.97	57	3640	6.2	4.24	8.83			
Less than 1 time per day	244	16770	14.1	11.10	17.73	119	8858	14.9	11.23	19.53	124	7826	13.2	9.31	18.43			
1 time per day	383	26257	22.1	20.55	23.66	188	14053	23.7	21.51	25.95	195	12203	20.6	18.21	23.23			
2 times per day	588	39324	33.1	28.48	37.95	272	19088	32.1	25.29	39.84	314	20071	33.9	29.24	38.89			
3 times per day	249	17027	14.3	12.23	16.67	108	7640	12.9	10.11	16.22	141	9387	15.9	12.92	19.30			
4 times per day	59	4253	3.6	2.82	4.52	33	2471	4.2	3.54	4.88	26	1782	3.0	1.86	4.84			
5 or more times per day	127	8632	7.3	5.33	9.80	58	4274	7.2	4.34	11.70	68	4305	7.3	5.42	9.69			

**Table 3.6.1: Prevalence of vegetable intake of at least three times daily in the past 30 days, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	435	29911	25.1	22.83	27.59	199	14385	24.2	22.69	25.81	235	15474	26.1	22.94	29.60			
No	1317	89084	74.9	72.41	77.17	623	45022	75.8	74.19	77.31	690	43740	73.9	70.40	77.06			

**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, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	401	27364	23.0	18.18	28.73	173	12376	20.9	14.90	28.45	227	14936	25.3	21.10	29.93			
No	1348	91431	77.0	71.27	81.82	647	46912	79.1	71.55	85.10	697	44196	74.7	70.07	78.90			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Did not drink carbonated soft drink in past 30 days	574	38564	32.4	28.06	37.13	234	16904	28.5	23.17	34.41	338	21479	36.3	31.46	41.47			
Less than 1 time per day	831	56049	47.1	39.19	55.22	421	29909	50.4	38.75	61.91	408	25998	44.0	37.89	50.21			
1 time per day	178	12221	10.3	7.85	13.34	81	5828	9.8	6.79	13.97	97	6393	10.8	8.32	13.92			
2 times per day	89	6379	5.4	3.70	7.71	45	3419	5.8	3.34	9.74	44	2961	5.0	3.54	7.03			
3 times per day	34	2452	2.1	1.20	3.52	14	1167	2.0	0.92	4.13	19	1232	2.1	1.06	4.06			
4 times per day	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-			
5 or more times per day	33	2387	2.0	1.20	3.33	21	1598	2.69	1.10	6.44	12	789	1.33	0.70	2.54			

**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, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	345	24308	20.4	15.20	26.92	167	12590	21.2	13.66	31.38	177	11665	19.7	15.32	25.02			
No	1405	94613	79.6	73.08	84.80	655	46814	78.8	68.62	86.34	746	47477	80.3	74.98	84.68			

**Table 3.8: Frequency of consuming food from a fast food restaurant in the past seven days, students Form 1-5, Pulau Pinang, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
0 day	950	63631	53.4	48.52	58.27	462	33196	55.9	50.98	60.60	486	30236	51.0	44.09	57.89			
1 day	564	38619	32.4	29.90	35.07	253	18316	30.8	28.81	32.89	311	20303	34.3	30.22	38.53			
2 days	147	10285	8.6	6.69	11.08	63	4697	7.9	5.76	10.75	83	5519	9.3	6.80	12.62			
3 days	52	3632	3.1	1.97	4.68	21	1567	2.6	1.32	5.18	30	2013	3.4	2.06	5.54			
4 days	9	-	-	-	-	5	-	-	-	-	4	-	-	-	-			
5 days	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-			
6 days	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
7 days	19	-	-	-	-	13	-	-	-	-	5	-	-	-	-			

Note:  
 - Fewer than 30 cases

Table 3.8.1: Prevalence of consuming food from a fast food restaurant of at least three days in the past seven days, students Form 1-5, Pulau Pinang, 2012

Behaviour	Total				Male				Female			
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	
			Lower	Upper			Lower	Upper			Lower	Upper
Yes	92	6555	5.5	3.68	44	3231	5.4	2.51	46	3216	5.4	3.46
No	1661	112534	94.5	91.83	778	56208	94.6	88.64	880	56058	94.6	91.59

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

Frequency	Total				Male				Female			
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	
			Lower	Upper			Lower	Upper			Lower	Upper
Did not drink plain water in past 30 days	13	-	-	-	5	-	-	-	8	-	-	-
Less than 1 time per day	54	3973	3.4	2.05	23	1930	3.27	1.57	31	2043	3.5	2.27
1 time per day	68	4937	4.2	2.52	34	2803	4.8	2.63	33	2046	3.5	2.06
2 times per day	94	6778	5.7	4.43	38	2990	5.1	3.48	55	3677	6.3	4.21
3 times per day	221	14933	12.6	10.06	92	6729	11.4	8.47	128	8149	13.9	10.60
4 times per day	207	14142	12.0	9.60	79	5998	10.2	7.61	128	8143	13.9	11.45
5 or more times per day	1083	72490	61.4	53.90	546	38162	64.7	55.52	535	34205	58.3	50.23

Table 3.10: Prevalence of breakfast intake in the past seven days, students Form 1-5, Pulau Pinang, 2012

Number of Days	Total				Male				Female			
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	
			Lower	Upper			Lower	Upper			Lower	Upper
0 day	395	27295	23.0	16.14	170	12774	21.5	13.19	224	14434	24.5	19.01
1 day	185	13001	11.0	8.82	92	6785	11.4	8.96	92	6105	10.4	7.37
2 days	212	14304	12.0	9.96	89	6374	10.7	8.55	122	7877	13.4	10.38
3 days	131	8793	7.4	5.70	60	4358	7.3	5.42	70	4366	7.4	5.04
4 days	89	5959	5.0	3.63	36	2677	4.5	3.52	53	3282	5.6	3.28
5 days	236	16360	13.8	9.88	119	8481	14.3	9.14	117	7880	13.4	9.93
6 days	108	6976	5.9	3.28	54	3779	6.4	3.47	54	3197	5.4	2.85
7 days	393	26086	22.0	16.85	202	14163	23.9	18.73	190	11868	20.1	14.12

Note:  
- Fewer than 30 cases

**Table 3.11: Perception of body weight, students Form 1-5, Pulau Pinang, 2012**

Perception	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Very underweight	145	10109	8.6	7.22	10.11	73	5343	9.1	6.77	12.06	72	4767	8.1	6.28	10.38
Slightly underweight	243	17324	14.7	12.26	17.45	151	11406	19.4	16.36	22.79	91	5831	9.9	7.83	12.46
Right weight	704	47766	40.4	36.29	44.73	336	24199	41.1	34.50	48.04	368	23567	40.0	36.47	43.70
Slightly overweight	510	33929	28.7	24.83	32.96	201	14155	24.0	17.36	32.28	305	19486	33.1	30.39	35.92
Very overweight	137	8998	7.6	5.90	9.79	54	3776	6.4	5.00	8.20	83	5222	8.8	5.99	12.94

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Yes	647	42927	36.3	32.32	40.56	255	17931	30.5	23.68	38.19	388	24708	42.0	39.13	44.86
No	1092	75200	63.7	59.44	67.68	560	40948	69.6	61.81	76.32	531	34165	58.0	55.14	60.87

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

Action Taken	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Not trying to do anything	485	32461	27.5	24.12	31.23	227	16748	28.5	24.93	32.29	257	15643	26.7	20.64	33.69
Tried to lose weight	679	46462	39.4	37.27	41.60	262	19036	32.4	28.67	36.28	414	27209	46.4	44.61	48.14
Tried to gain weight	205	14159	12.0	9.82	14.61	136	9770	16.6	14.18	19.36	68	4302	7.3	5.75	9.31
Tried to maintain same weight	366	24799	21.0	17.66	24.87	189	13274	22.6	18.48	27.25	177	11525	19.6	14.49	26.07

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	
			Lower	Upper			Lower	Upper			Lower	Upper
Yes	679	46462	39.4	41.60	262	19036	32.4	28.67	414	27209	46.4	44.61
No	1056	71419	60.6	62.73	552	39792	67.6	63.72	502	31470	53.6	51.86

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

Prevalence	Total				Male				Female			
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	%	
			Lower	Upper			Lower	Upper			Lower	Upper
Yes	1250	85420	72.5	75.88	587	42079	71.5	67.71	659	43036	73.3	66.31
No	485	32461	27.5	31.23	227	16748	28.5	24.93	257	15643	26.7	20.64

**4.0 Drug Use**

**Table 4.1: Frequency of ever used drug, students Form 1-5, Pulau Pinang, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1736	117754	99.3	98.53	99.66	810	58400	98.9	97.66	99.46	921	58979	99.7	99.21	99.89			
1 or 2 times	9	-	-	-	-	6	-	-	-	-	3	-	-	-	-			
3 to 9 times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
20 or more times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			

**Table 4.1.1: Prevalence of ever used drug, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	13	-	-	-	-	10	-	-	-	-	3	-	-	-	-			
No	1736	117754	99.3	98.53	99.66	810	58400	98.9	97.66	99.46	921	58979	99.7	99.21	99.89			

**Table 4.2: Age when first used drug, students Form 1-5, Pulau Pinang, 2012**

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never use drug	1658	112563	99.2	98.52	99.58	780	56228	99.0	97.88	99.49	874	56047	99.5	98.49	99.81			
7 years or younger	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
8 or 9 years	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
10 or 11 years	4	-	-	-	-	2	-	-	-	-	2	-	-	-	-			
12 or 13 years	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
14 or 15 years	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
16 years or older	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			

Note:  
 - Fewer than 30 cases



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

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	11	-	-	-	7	-	-	-	-	4	-	-	-	-	-	-	-	-	-
No	3	-	-	-	2	-	-	-	-	1	-	-	-	-	-	-	-	-	-

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

Frequency	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1743	118163	99.5	98.81	99.77	816	58780	99.4	98.60	99.74	922	59007	99.5	98.12	99.89	-	-	-	-
1 or 2 times	3	-	-	-	1	-	-	-	-	-	2	-	-	-	-	-	-	-	-
3 to 9 times	3	-	-	-	2	-	-	-	-	-	1	-	-	-	-	-	-	-	-
10 to 19 times	1	-	-	-	0	-	-	-	-	-	1	-	-	-	-	-	-	-	-
20 or more times	2	-	-	-	2	-	-	-	-	-	0	-	-	-	-	-	-	-	-

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

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	9	-	-	-	5	-	-	-	-	4	-	-	-	-	-	-	-	-	-
No	1743	118163	99.5	98.81	99.77	816	58780	99.4	98.60	99.74	922	59007	99.5	98.12	99.89	-	-	-	-

Note:

- Fewer than 30 cases

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

Source	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not use drug in the past 30 days	1744	118260	99.7	98.91	99.91	816	58843	99.6	98.26	99.91	923	59042	99.8	98.79	99.96			
*Bought from someone	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			
Gave someone else money to buy it	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Stole/got without permission	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Friends	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
Family	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
Some other way	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
No	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

**Table 4.5: Frequency of ever used marijuana, students Form 1-5, Pulau Pinang, 2012**

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1743	118171	99.8	99.31	99.95	816	58822	99.6	98.59	99.91	922	58973	100.0	0.00	100.00			
1 or 2 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
3 to 9 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
20 or more times	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			

Note:  
 - Fewer than 30 cases

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

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	-	-	
No	1743	118171	99.8	99.31	99.95	816	58822	99.6	98.59	99.91	922	58973	100.0	0.00	100.00	-	-	-	-	

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

Frequency	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1741	118136	99.7	98.87	99.92	813	58661	99.5	98.26	99.85	923	59101	99.9	98.94	99.99	-	-	-	-	
1 or 2 times	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-	-	-	-	-	
3 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	
20 or more times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-	-	-	-	-	

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

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	6	-	-	-	-	5	-	-	-	-	1	-	-	-	-	-	-	-	-	
No	1741	118136	99.7	98.87	99.92	813	58661	99.5	98.26	99.85	923	59101	99.9	98.94	99.99	-	-	-	-	

Note:

- Fewer than 30 cases

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1667	113160	99.6	98.87	99.87	784	56497	99.3	98.16	99.75	879	56375	99.9	98.87	99.99			
1 or 2 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
3 to 9 times	2	-	-	-	-	2	-	-	-	-	0	-	-	-	-			
10 to 19 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
20 or more times	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
No	1667	113160	99.6	98.87	99.87	784	56497	99.3	98.16	99.75	879	56375	99.9	98.87	99.99			

Note:  
 - Fewer than 30 cases

## 5.0 Hygiene (Including Oral Hygiene)

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not clean or brush teeth in past 30 days	12	-	-	-	-	8	-	-	-	-	4	-	-	-	-			
Less than 1 time per day	28	-	-	-	-	17	-	-	-	10	-	-	-	-	-			
1 time	223	15789	13.3	9.64	18.02	132	11332	19.1	14.73	24.40	71	4457	7.5	6.12	9.23			
2 times	898	59894	50.4	45.17	55.56	413	29208	49.2	43.16	55.33	481	30422	51.4	45.44	57.27			
3 times	476	32541	27.4	22.52	32.81	177	12925	21.8	16.73	27.86	299	19616	33.1	27.82	38.90			
4 or more times	113	7784	6.5	4.99	8.55	53	3935	6.6	4.60	9.48	60	3849	6.5	4.73	8.87			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Did not brush or brushed less than 1 time	40	2907	2.4	1.34	4.43	25	1925	3.3	1.43	7.21	14	871	1.5	0.60	3.59			
1 or more times per day	1710	116007	97.6	95.57	98.66	795	57399	96.8	92.79	98.57	911	58343	98.5	96.41	99.40			
* 2 or more times per day	1487	100218	84.3	79.97	87.80	643	46068	77.7	73.39	81.40	840	53886	91.0	88.64	92.91			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	1001	68700	58.1	52.31	63.70	463	33910	57.5	50.29	64.38	535	34613	58.7	51.96	65.19			
No	210	14166	12.0	8.55	16.55	104	7630	12.9	8.06	20.10	106	6536	11.1	7.90	15.36			
Don't know	530	35343	29.9	25.94	34.18	249	17445	29.6	25.10	34.48	280	17787	30.2	24.37	36.71			

Note:

- Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	103	7600	6.4	3.59	11.23	51	4077	6.9	3.11	14.61	52	3523	6.0	3.44	10.21			
No	1639	110722	93.6	88.77	96.41	766	54981	93.1	85.39	96.89	868	55366	94.0	89.79	96.56			

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

Timing	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
In the past 12 months	884	60564	51.0	40.99	60.94	400	28991	48.9	34.03	63.95	483	31462	53.2	46.08	60.16			
Between 12-24 months ago	147	9851	8.3	6.77	10.12	80	5779	9.7	6.91	13.58	66	4017	6.8	5.80	7.93			
More than 24 months ago	91	6054	5.1	4.18	6.20	52	3528	6.0	4.94	7.16	38	2456	4.2	3.31	5.19			
Never	217	15261	12.9	7.60	20.92	120	8993	15.2	7.52	28.23	97	6268	10.6	6.89	15.95			
Don't know	410	27012	22.7	18.66	27.42	169	12004	20.2	14.91	26.88	240	14955	25.3	21.41	29.58			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	225	15661	13.3	9.96	17.60	112	8334	14.2	9.50	20.61	113	7327	12.5	8.12	18.68			
No	1506	101887	86.7	82.40	90.04	701	50481	85.8	79.39	90.50	805	51406	87.5	81.32	91.88			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
Never	24	-	-	-	-	18	-	-	-	-	-	6	-	-	-	-		
Rarely	58	3805	3.2	1.82	5.56	38	2545	4.3	2.46	7.37	20	1260	2.13	1.27	3.55			
Sometimes	233	16300	13.7	10.54	17.67	129	9357	15.8	12.04	20.35	104	6942	11.7	8.09	16.73			
Most of the time	351	23402	19.7	14.47	26.23	180	12480	21.0	14.11	30.12	169	10758	18.2	12.80	25.18			
Always	1083	73486	61.8	52.32	70.55	456	33690	56.7	43.25	69.28	625	39672	67.1	57.70	75.27			
*Never or rarely	82	5631	4.7	3.17	7.04	56	3859	6.5	3.99	10.40	26	1772	3.00	1.80	4.95			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
Never	18	-	-	-	-	14	-	-	-	-	-	4	-	-	-	-		
Rarely	30	2193	1.8	1.06	3.17	24	1763	2.97	1.41	6.14	6	430	0.72	0.29	1.80			
Sometimes	125	8338	7.0	4.74	10.23	56	4113	6.9	4.31	10.91	67	4085	6.9	3.86	12.01			
Most of the time	208	13439	11.3	10.13	12.56	95	6127	10.3	8.37	12.64	111	7131	12.0	10.02	14.38			
Always	1372	93677	78.7	74.92	81.97	633	46321	77.9	73.73	81.61	738	47301	79.8	74.27	84.39			
* Never or rarely	48	3640	3.1	1.85	5.01	38	2883	4.9	2.53	9.10	10	756	1.28	0.63	2.59			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%		Unweighted Count	Estimated Population	Unweighted Count	Estimated Population	%			
			Lower	Upper					Lower	Upper					Lower	Upper		
Never	44	3061	2.6	2.00	3.30	24	1735	2.92	2.37	3.58	20	1326	2.24	1.39	3.59			
Rarely	166	10739	9.0	6.28	12.81	98	6626	11.1	7.23	16.78	66	3974	6.7	4.04	10.99			
Sometimes	559	37523	31.5	27.69	35.65	273	19511	32.8	28.47	37.43	285	17901	30.3	24.85	36.33			
Most of the time	465	30875	25.9	23.01	29.12	199	13958	23.5	20.54	26.65	266	16917	28.6	23.95	33.79			
Always	518	36791	30.9	24.16	38.61	229	17668	29.7	21.65	39.24	287	18999	32.1	25.77	39.25			
* Never or rarely	210	13800	11.6	8.78	15.17	122	8361	14.1	9.78	19.78	86	5300	9.0	5.98	13.23			

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, Pulau Pinang, 2012

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Never	585	40067	33.8	30.66	37.09	308	22170	37.6	33.36	41.95	274	17686	29.9	26.29	33.80
Rarely	528	35346	29.8	26.33	33.56	251	17604	29.8	24.73	35.47	276	17631	29.8	25.88	34.07
Sometimes	473	31958	27.0	24.28	29.82	191	14085	23.9	19.73	28.55	282	17872	30.2	26.57	34.15
Most of the time	107	7108	6.0	4.70	7.61	40	2848	4.8	4.20	5.54	66	4207	7.1	4.94	10.14
Always	53	4060	3.4	2.43	4.80	27	2322	3.9	2.04	7.43	26	1738	2.9	2.08	4.14
* Most of the time or always	160	11168	9.4	8.13	10.89	67	5170	8.8	6.27	12.11	92	5945	10.1	8.14	12.36

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

Frequency	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Never	692	47246	39.7	36.44	43.06	363	26372	44.4	40.57	48.31	326	20663	34.9	29.33	40.89
Rarely	610	40773	34.3	29.89	38.93	282	19776	33.3	29.39	37.45	327	20886	35.3	30.07	40.82
Sometimes	371	25393	21.3	17.18	26.19	153	11272	19.0	13.05	26.78	218	14121	23.8	19.39	28.95
Most of the time	55	3674	3.1	2.13	4.45	12	921	1.6	0.75	3.17	43	2753	4.6	3.25	6.60
Always	23	-	-	-	-	11	-	-	-	-	11	-	-	-	-
* Most of the time or always	78	5582	4.7	3.39	6.45	23	1971	3.3	1.94	5.62	54	3559	6.0	4.63	7.77

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

Prevalence	Total					Male					Female				
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Yes	132	9729	8.2	5.59	11.90	44	3696	6.2	3.90	9.84	87	5981	10.2	7.32	13.92
No	1614	108814	91.8	88.10	94.41	776	55569	93.8	90.16	96.10	834	52922	89.8	86.08	92.68

Note:  
- Fewer than 30 cases



Table 6.4: Prevalence of suicidal plan in the past 12 months, students Form 1-5, Pulau Pinang, 2012

Prevalence	Total						Male						Female														
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI								
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper							
Yes	92	6543	5.5	3.87	7.84	31	2386	4.0	2.48	6.54	59	4017	6.8	4.77	9.64	1650	111797	94.5	92.16	96.13	862	54939	93.2	90.36	95.23		
No																											

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

Number of Times	Total						Male						Female															
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI									
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper								
0 time	1658	112301	94.3	92.00	95.90	780	56158	94.4	91.50	96.34	873	55768	94.1	91.54	95.90	62	4418	3.7	2.32	5.89	29	2265	3.8	1.95	7.30	5.06		
1 time																												
2 to 3 times	20	-	-	-	-	5	-	-	-	-	15	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
4 to 5 times	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
6 or more times	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
* 1 or more times	96	6845	5.7	4.10	8.00	43	3339	5.6	3.66	8.50	53	3507	5.9	4.10	8.46													

Table 6.6: Prevalence \* of not having any close friend, students Form 1-5, Pulau Pinang, 2012

Number of Friends	Total						Male						Female																	
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI											
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper										
* 0 friend	70	4893	4.1	2.78	6.08	32	2557	4.3	2.64	6.98	38	2336	4.0	1.90	8.04	86	6216	5.2	3.82	7.15	38	2997	5.1	2.91	8.63	48	3219	5.5	4.10	7.23
1 friend																														
2 friends	163	10839	9.1	8.29	10.05	50	3741	6.3	4.67	8.48	111	6932	11.7	9.85	13.94	163	10839	9.1	8.29	10.05	50	3741	6.3	4.67	8.48	111	6932	11.7	9.85	13.94
3 or more	1430	96742	81.5	78.91	83.85	701	49988	84.3	80.90	87.23	726	46545	78.8	75.30	82.00															

Note:

- Fewer than 30 cases

**7.0 Physical Activity**

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

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	255	18238	15.4	10.82	21.53	119	9296	15.8	9.43	25.18	136	8942	15.2	11.64	19.57			
1 day	413	27773	23.5	20.68	26.56	155	11378	19.3	16.58	22.34	257	16284	27.7	22.69	33.25			
2 days	335	22335	18.9	15.81	22.42	123	8828	15.0	10.48	20.94	212	13507	22.9	20.53	25.55			
3 days	236	15899	13.5	11.26	15.99	125	8373	14.2	12.06	16.65	110	7457	12.7	9.61	16.51			
4 days	112	7451	6.3	4.37	9.01	61	4067	6.9	4.24	11.04	51	3384	5.7	4.28	7.68			
5 days	99	6462	5.5	4.16	7.15	50	3479	5.9	4.27	8.09	48	2931	5.0	3.26	7.54			
6 days	49	3266	2.8	1.84	4.14	35	2499	4.2	2.56	6.94	14	767	1.3	0.83	2.05			
* All 7 days	244	16781	14.2	10.34	19.18	150	11033	18.7	12.90	26.36	92	5606	9.5	7.00	12.82			

**Table 7.1.1: Prevalence of being physically active at least 60 minutes daily for five days or more in the past seven days, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	392	26509	22.4	17.88	27.74	235	17011	28.9	21.92	36.94	154	9304	15.8	12.47	19.83			
No	1351	91696	77.6	72.26	82.12	583	41942	71.1	63.06	78.08	766	49573	84.2	80.17	87.53			

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

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
* 0 day	945	64624	54.5	41.63	66.80	431	31198	52.9	35.07	70.03	512	33245	56.1	42.87	68.57			
1 day	100	6638	5.6	4.58	6.83	46	3238	5.5	4.29	7.01	54	3400	5.7	4.22	7.76			
2 days	81	5590	4.7	2.93	7.50	35	2632	4.5	2.26	8.62	46	2958	5.0	3.14	7.86			
3 days	59	3784	3.2	2.17	4.67	33	2215	3.8	2.54	5.52	26	1569	2.6	1.42	4.89			
4 days	31	2118	1.8	1.15	2.77	15	1061	1.8	0.76	4.19	16	1057	1.8	1.43	2.23			
5 days	168	11314	9.5	6.33	14.13	79	5569	9.4	5.25	16.40	88	5693	9.6	5.96	15.15			
6 days	19	-	-	-	-	14	-	-	-	-	5	-	-	-	-			
All 7 days	346	23234	19.6	10.23	34.25	166	12095	20.5	10.96	35.12	178	10997	18.6	7.84	37.93			

Note:  
- Fewer than 30 cases

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

Duration	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Less than 1 hour	271	18919	16.0	12.27	20.50	124	9426	16.0	10.19	24.16	146	9406	15.9	12.40	20.16			
1 to 2 hours	585	40432	34.1	30.74	37.66	303	22365	37.9	34.16	41.80	281	18013	30.5	27.21	33.90			
3 to 4 hours	502	33225	28.0	26.01	30.15	216	14862	25.2	22.53	28.05	284	18183	30.7	28.52	33.06			
5 to 6 hours	187	12675	10.7	8.72	13.05	85	5918	10.0	7.20	13.81	102	6757	11.4	8.76	14.77			
7 to 8 hours	67	4284	3.6	2.33	5.57	29	1936	3.3	1.91	5.59	38	2348	4.0	2.47	6.31			
More than 8 hours	136	8985	7.6	5.36	10.61	62	4494	7.6	4.54	12.50	73	4439	7.5	5.29	10.55			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	892	59169	49.9	43.92	55.93	392	27209	46.1	37.08	55.42	497	31727	53.6	48.25	58.95			
No	856	59351	50.1	44.07	56.08	427	31791	53.9	44.58	62.92	427	27419	46.4	41.05	51.75			

8.0 Protective Factors

Table 8.1: Prevalence\* of truancy in the past 30 days, students Form 1-5, Pulau Pinang, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1358	92013	77.5	69.64	83.80	641	45983	77.8	66.01	86.29	713	45710	77.2	69.33	83.52			
1 to 2 days	292	19371	16.3	12.31	21.30	133	9269	15.7	10.67	22.43	158	10047	17.0	12.63	22.41			
3 to 5 days	68	4891	4.1	2.49	6.75	29	2500	4.2	2.04	8.54	39	2391	4.0	2.56	6.33			
6 to 9 days	19	-	-	-	-	12	-	-	-	-	7	-	-	-	-			
10 or more days	14	-	-	-	-	6	-	-	-	-	8	-	-	-	-			
* 1 or more days	393	26714	22.5	16.20	30.36	180	13155	22.2	13.71	33.99	212	13504	22.8	16.48	30.67			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	91	7351	6.2	3.56	10.59	67	5745	9.7	5.13	17.75	24	1605	2.7	1.02	7.03			
Rarely	224	14984	12.6	9.50	16.63	124	8683	14.7	11.02	19.42	100	6301	10.6	7.91	14.16			
Sometimes	537	36137	30.5	27.20	33.98	264	18354	31.1	26.58	36.09	272	17714	29.9	25.89	34.28			
Sost of the time	409	27747	23.4	19.03	28.45	191	13824	23.5	18.91	28.70	217	13813	23.3	18.26	29.30			
Always	487	32309	27.3	22.55	32.54	172	12334	20.9	14.71	28.88	312	19781	33.4	29.96	37.04			
* Most of the times or always	896	60057	50.7	42.05	59.25	363	26158	44.4	33.63	55.69	529	33594	56.7	48.70	64.43			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	815	55883	47.3	41.52	53.06	384	28081	47.8	40.22	55.48	430	27714	46.9	39.84	54.02			
Rarely	374	25049	21.2	18.94	23.61	189	13417	22.8	19.52	26.53	185	11632	19.7	16.92	22.75			
Sometimes	326	21852	18.5	16.35	20.81	139	9991	17.0	13.94	20.58	185	11695	19.8	15.52	24.86			
Most of the time	106	6913	5.8	4.31	7.88	45	2962	5.0	3.55	7.11	61	3952	6.7	4.42	9.98			
Always	123	8560	7.2	5.79	9.01	58	4297	7.3	4.57	11.50	63	4141	7.0	5.28	9.23			
* Most of the times or always	229	15473	13.1	10.59	16.05	103	7258	12.4	8.44	17.74	124	8092	13.7	10.86	17.11			

Note: - Fewer than 30 cases

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	398	27855	23.5	19.47	28.02	193	14509	24.6	19.44	30.51	205	13347	22.5	18.48	27.21			
Rarely	380	25716	21.7	18.93	24.69	192	13754	23.3	20.08	26.82	185	11752	19.9	16.79	23.32			
Sometimes	434	28837	24.3	20.92	28.04	205	14282	24.2	20.60	28.15	228	14500	24.5	20.30	29.25			
Most of the time	235	15774	13.3	10.21	17.14	113	7866	13.3	9.92	17.64	122	7908	13.4	9.60	18.29			
Always	303	20474	17.3	14.51	20.39	117	8674	14.7	12.31	17.42	185	11688	19.7	15.83	24.36			
* Most of the times or always	538	36248	30.5	25.91	35.62	230	16541	28.0	23.47	33.02	307	19596	33.1	26.91	39.95			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	209	14690	12.4	9.41	16.14	111	8434	14.3	9.52	20.86	98	6256	10.6	8.27	13.45			
Rarely	263	17693	14.9	13.24	16.78	122	8634	14.6	11.71	18.08	141	9059	15.3	13.04	17.93			
Sometimes	415	28471	24.0	19.91	28.66	184	13712	23.2	19.48	27.40	229	14652	24.8	19.50	30.97			
Most of the time	381	25172	21.2	17.17	25.95	190	12653	21.4	16.37	27.50	190	12408	21.0	16.27	26.66			
Always	480	32537	27.4	25.07	29.95	213	15652	26.5	21.94	31.60	265	16729	28.3	24.99	31.87			
* Most of the times or always	861	57709	48.7	43.62	53.75	403	28305	47.9	40.67	55.23	455	29136	49.3	43.90	54.72			

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never	968	65565	55.5	51.55	59.46	447	32234	54.7	50.32	58.97	519	33133	56.4	50.91	61.77			
Rarely	380	25297	21.4	18.57	24.59	185	12740	21.6	17.22	26.76	195	12556	21.4	18.20	24.95			
Sometimes	258	17806	15.1	12.53	18.04	119	8971	15.2	11.64	19.65	138	8781	15.0	12.07	18.38			
Most of the time	61	4042	3.4	2.36	4.94	28	1930	3.3	1.86	5.70	33	2112	3.6	2.34	5.48			
Always	73	5343	4.5	3.00	6.77	39	3074	5.2	3.52	7.67	32	2146	3.7	2.01	6.56			
* Never or rarely	1348	90861	77.0	73.19	80.36	632	44974	76.3	73.13	79.19	714	45689	77.8	71.90	82.75			

**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, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	98	7067	6.3	3.87	10.04	46	3647	6.6	3.13	13.36	51	3333	5.9	4.37	7.85			
No	1567	105406	93.7	89.96	96.13	726	51714	93.4	86.64	96.87	837	53405	94.1	92.15	95.63			

**Table 9.2: Age when had first sex, students Form 1-5, Pulau Pinang, 2012**

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never had sexual intercourse	1721	116401	99.0	98.14	99.50	804	57666	98.7	96.95	99.42	912	58360	99.4	97.95	99.82			
11 years or younger	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
12 years	4	-	-	-	-	3	-	-	-	-	1	-	-	-	-			
13 years	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
14 years	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
15 years	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-			
16 years or older	3	-	-	-	-	3	-	-	-	-	0	-	-	-	-			

**Table 9.2.1: Prevalence of first sex before the age of 14 years among those who ever had sex, students Form 1-5, Pulau Pinang, 2012**

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	8	-	-	-	-	5	-	-	-	-	3	-	-	-	-			
No	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-			

Note:  
- Fewer than 30 cases

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

Number of Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Never had sexual intercourse	1723	116651	99.1	98.25	99.49	99.38	803	57745	98.6	96.65	99.38	915	58532	99.5	98.52	99.86		
1 partner	6	-	-	-	-	3	-	-	-	-	-	3	-	-	-	-	-	-
2 partners	2	-	-	-	-	2	-	-	-	-	-	0	-	-	-	-	-	-
3 partners	2	-	-	-	-	1	-	-	-	-	-	1	-	-	-	-	-	-
4 partners	2	-	-	-	-	2	-	-	-	-	-	0	-	-	-	-	-	-
5 partners	0	-	-	-	-	0	-	-	-	-	-	0	-	-	-	-	-	-
6 or more partners	2	-	-	-	-	2	-	-	-	-	-	0	-	-	-	-	-	-

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

Number of Partners	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	8	-	-	-	-	7	-	-	-	-	-	1	-	-	-	-	-	-
No	1729	117132	99.5	98.96	99.72	806	58029	99.0	97.87	99.57	918	58728	99.9	98.90	99.99			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	2	-	-	-	-	2	-	-	-	-	-	0	-	-	-	-	-	-
No	6	-	-	-	-	2	-	-	-	-	-	4	-	-	-	-	-	-

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
Yes	7	-	-	-	-	5	-	-	-	-	-	2	-	-	-	-	-	-
No	10	-	-	-	-	5	-	-	-	-	-	4	-	-	-	-	-	-

Note:

- Fewer than 30 cases

10.0 Tobacco Use

Table 10.1: Number of days students had smoked cigarettes in the past 30 days, students Form 1-5, Pulau Pinang, 2012

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1656	111611	93.9	88.98	96.73	740	55055	89.5	78.52	95.19	912	58268	98.5	96.85	99.27			
1 or 2 days	45	3256	2.7	1.49	5.00	37	2646	4.5	2.07	9.36	8	610	1.0	0.50	2.11			
3 to 5 days	10	-	-	-	-	7	-	-	-	-	3	-	-	-	-			
6 to 9 days	7	-	-	-	-	6	-	-	-	-	1	-	-	-	-			
10 to 19 days	7	-	-	-	-	7	-	-	-	-	0	-	-	-	-			
20 to 29 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
All 30 days	20	-	-	-	-	19	-	-	-	-	0	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	93	7227	6.1	3.27	11.02	80	6239	10.5	4.81	21.48	12	901	1.5	0.73	3.15			
No	1656	111611	93.9	88.98	96.73	740	55055	89.5	78.52	95.19	912	58268	98.5	96.85	99.27			

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

Age	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Never smoke	1527	102723	88.8	81.99	93.28	649	46616	80.9	66.21	90.19	874	55819	96.8	93.37	97.78			
7 years or younger	24	-	-	-	-	16	-	-	-	-	8	-	-	-	-			
8 to 9 years	17	-	-	-	-	13	-	-	-	-	4	-	-	-	-			
10 or 11 years	35	2527	2.2	1.43	3.32	29	2195	3.8	2.11	6.78	5	245	0.4	0.14	1.30			
12 or 13 years	54	3902	3.4	1.94	5.81	50	3594	6.2	3.41	11.16	4	308	0.5	0.23	1.23			
14 or 15 years	39	3054	2.6	1.25	5.48	33	2648	4.6	1.79	11.30	6	406	0.7	0.19	2.58			
16 years or older	5	-	-	-	-	4	-	-	-	-	1	-	-	-	-			

Note: - Fewer than 30 cases



Table 10.2.1: Prevalence of having tried a cigarette before the age of 14 years, students Form 1-5, Pulau Pinang, 2012

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	130	9478	73.4	62.52	81.96	108	8017	73.0	60.07	82.93	21	1374	74.2	47.55	90.10			
No	44	3443	26.6	18.04	37.48	37	2965	27.0	17.07	39.93	7	478	25.8	9.90	52.45			

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

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1708	115558	97.0	94.97	98.17	792	56912	95.5	91.49	97.64	911	58271	98.4	96.84	99.22			
1 or 2 days	30	2402	2.0	1.21	3.34	22	1880	3.2	1.63	6.02	8	522	0.9	0.46	1.68			
3 to 5 days	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
6 to 9 days	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
10 to 19 days	1	-	-	-	-	1	-	-	-	-	0	-	-	-	-			
20 to 29 days	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-			
All 30 days	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			

Table 10.3.1: Prevalence of current smokers of other tobacco products, students Form 1-5, Pulau Pinang, 2012

Behaviour	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	46	3631	3.0	1.83	5.03	32	2697	4.5	2.36	8.51	14	934	1.6	0.78	3.16			
No	1708	115558	97.0	94.97	98.17	792	56912	95.5	91.49	97.64	911	58271	98.4	96.84	99.22			

Note:

- Fewer than 30 cases

**Table 10.4: Other commonly used tobacco products in the past 30 days, students Form 1-5, Pulau Pinang, 2012**

Tobacco Product	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Didn't smoke	1698	114993	96.7	94.02	98.25	787	56721	95.5	90.14	97.98	907	57984	98.2	96.50	99.04			
Shisha/hookah	27	-	-	-	-	15	-	-	-	-	12	-	-	-	-			
Electronic cigarettes	4	-	-	-	-	4	-	-	-	-	0	-	-	-	-			
Snuff or chewing tobacco	6	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
Pipes	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Currt, cigar or cigarillos	3	-	-	-	-	1	-	-	-	-	2	-	-	-	-			
Bidis	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
Others	12	-	-	-	-	12	-	-	-	-	0	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	92	7104	88.1	81.41	92.66	82	6349	87.8	80.59	92.53	9	668	90.5	45.10	99.11			
No	12	-	-	-	-	11	-	-	-	-	1	-	-	-	-			

**Table 10.6: Number of days where people had smoked in their presence in the past seven days, students Form 1-5, Pulau Pinang, 2012**

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 day	1241	83155	69.8	65.44	73.76	544	38937	65.4	60.14	70.27	694	44000	74.2	68.18	79.48			
1 or 2 days	264	18244	15.3	12.74	18.27	138	9990	16.8	14.08	19.87	126	8253	13.9	10.82	17.74			
3 or 4 days	84	5633	4.7	3.47	6.40	47	3170	5.3	3.28	8.54	36	2394	4.0	2.73	5.92			
5 or 6 days	29	-	-	-	-	18	-	-	-	-	11	-	-	-	-			
All 7 days	136	10068	8.4	6.76	10.51	76	6083	10.2	7.62	13.57	59	3897	6.6	4.53	9.46			

**Table 10.6.1: Prevalence of having been exposed to people smoking in their presence for at least one day in the past seven days, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	513	36049	30.2	26.24	34.56	279	20618	34.6	29.73	39.86	232	15274	25.8	20.52	31.82			
No	1241	83155	69.8	65.44	73.76	544	38937	65.4	60.14	70.27	694	44000	74.2	68.18	79.48			

Note:  
- Fewer than 30 cases

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	606	40970	34.4	29.16	40.10	248	18347	30.8	25.68	36.40	357	22568	38.2	30.05	47.12			
No	1145	78059	65.6	59.90	70.84	576	41261	69.2	63.60	74.32	565	36478	61.8	52.88	69.95			

**Table10.8: Prevalence of contemplating to smoke a cigarette at any time in the next 12 months, students Form 1-5, Pulau Pinang, 2012**

Response	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Definitely not	1630	109866	92.2	88.10	94.98	727	52073	87.5	76.96	93.64	899	57470	97.0	94.93	98.19			
Probably not	73	5253	4.4	2.82	6.84	54	3987	6.7	3.64	12.02	18	1214	2.0	0.95	4.37			
Maybe yes	33	2401	2.0	1.22	3.31	27	2013	3.4	1.75	6.43	6	389	0.7	0.25	1.74			
Definitely yes	18	-	-	-	-	15	-	-	-	-	3	-	-	-	-			

**Table10.9: Decision on smoking if offered a cigarette by one of their best friends, students Form 1-5, Pulau Pinang, 2012**

Response	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Definitely not	1620	109456	91.9	87.67	94.79	723	52000	87.2	76.32	93.55	894	57221	96.8	93.74	98.42			
Probably not	67	4391	3.7	2.46	5.49	49	3260	5.5	2.90	10.08	17	1078	1.8	0.70	4.69			
Maybe yes	51	3944	3.3	2.03	5.37	41	3283	5.5	3.09	9.62	10	661	1.1	0.51	2.43			
Definitely yes	14	-	-	-	-	11	-	-	-	-	2	-	-	-	-			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	93	6555	5.9	4.04	8.49	65	4780	9.0	4.71	16.62	27	1723	3.0	1.49	5.79			
No	1561	104888	94.1	91.51	95.96	674	48168	91.0	83.38	95.29	884	56485	97.0	94.21	98.51			

Note:

- Fewer than 30 cases

**11.0 Violence and Unintentional Injury**

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1365	92470	78.4	75.54	80.92	602	43490	74.3	68.51	79.26	759	48658	82.4	78.48	85.69			
1 time	135	9100	7.7	6.05	9.78	74	5264	9.0	6.12	13.02	60	3783	6.4	4.35	9.34			
2 to 3 times	128	9131	7.7	6.07	9.82	66	4966	8.5	6.18	11.54	62	4165	7.0	5.36	9.23			
4 to 5 times	46	2961	2.5	1.60	3.92	24	1655	2.8	1.39	5.68	22	1306	2.2	1.20	4.04			
6 to 7 times	16	-	-	-	-	9	-	-	-	-	7	-	-	-	-			
8 to 9 times	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-			
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
12 or more times	41	2581	2.2	1.64	2.91	32	2049	3.5	2.67	4.57	9	532	0.9	0.35	2.31			

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

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	375	25550	21.6	19.08	24.46	210	15082	25.7	20.74	31.49	164	10415	17.6	14.31	21.52			
No	1365	92470	78.4	75.54	80.92	602	43490	74.3	68.51	79.26	759	48658	82.4	78.48	85.69			

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

Number of Times	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1350	91465	76.8	72.44	80.60	591	42850	72.0	65.49	77.74	755	48293	81.5	77.77	84.68			
1 time	169	11756	9.9	7.50	12.87	101	7387	12.4	7.87	19.05	67	4317	7.3	5.48	9.62			
2 to 3 times	140	9471	7.9	6.60	9.55	76	5355	9.0	6.74	11.92	64	4117	6.9	4.83	9.90			
4 to 5 times	38	2624	2.2	1.67	2.89	17	1199	2.0	1.11	3.65	21	1425	2.4	1.47	3.92			
6 to 7 times	12	-	-	-	-	9	-	-	-	-	3	-	-	-	-			
8 to 9 times	9	-	-	-	-	7	-	-	-	-	2	-	-	-	-			
10 to 11 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
12 or more times	34	2162	1.8	1.13	2.91	21	1440	2.4	1.25	4.43	13	758	1.3	0.63	2.58			

Note:  
- Fewer than 30 cases

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

Prevalence	Total						Male						Female						
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
			Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	404	27680	23.2	19.40	27.56	232	16647	28.0	22.26	34.51	171	10981	18.5	15.32	22.23				
No	1350	91465	76.8	72.44	80.60	591	42850	72.0	65.49	77.74	755	48293	81.5	77.77	84.68				

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

Number of Times	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
0 time	1091	73260	71.3	67.68	74.73	455	32673	65.0	58.35	71.06	633	40352	77.4	73.32	81.03					
1 time	242	16666	16.2	14.02	18.70	132	9459	18.8	15.88	22.14	109	7154	13.7	10.64	17.53					
2 to 3 times	137	9846	9.6	7.59	12.05	85	6510	12.9	8.80	18.65	52	3336	6.4	4.24	9.56					
4 to 5 times	21	-	-	-	-	12	-	-	-	-	9	-	-	-	-					
6 to 7 times	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-					
8 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-					
10 to 11 times	2	-	-	-	-	0	-	-	-	-	2	-	-	-	-					
12 or more times	10	-	-	-	-	5	-	-	-	-	5	-	-	-	-					

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

Prevalence	Total						Male						Female							
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper
Yes	421	29444	28.7	25.27	32.32	238	17615	35.0	28.94	41.65	182	11776	22.6	18.97	26.68					
No	1091	73260	71.3	67.68	74.73	455	32673	65.0	58.35	71.06	633	40352	77.4	73.32	81.03					

Note:  
- Fewer than 30 cases

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

Type of Injury	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper			Lower	Upper		
Broken bone/dislocated joint	47	3156	15.7	12.43	19.68	30	2042	17.5	12.20	24.43	17	1114	13.3	9.93	17.71			
A cut or stab wound	84	5420	27.0	22.75	31.73	41	2785	23.9	20.54	27.51	43	2635	31.6	21.33	44.01			
Concussion/head or neck injury, knocked out or could not breathe	21	-	-	-	-	9	-	-	-	-	11	-	-	-	-			
Gunshot wound	8	-	-	-	-	4	-	-	-	-	4	-	-	-	-			
Bad burn	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
Poisoned	3	-	-	-	-	2	-	-	-	-	1	-	-	-	-			
Something else happened to me	129	8993	44.8	38.55	51.21	76	5554	47.6	40.70	54.51	53	3439	41.2	33.32	49.59			

**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, Pulau Pinang, 2012**

Cause	Total						Male						Female					
	Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI		Unweighted Count	Estimated Population	%		95% CI	
			Lower	Upper	Lower	Upper			Lower	Upper	Lower	Upper						
In a motor vehicle accident or hit by a motor vehicle	41	2893	13.5	8.05	21.75	26	1883	15.11	8.66	25.03	15	1009	11.3	5.23	22.76			
Fall	122	8237	38.4	34.26	42.76	66	4712	37.80	30.57	45.62	55	3473	38.9	33.37	44.79			
Something fell on me or hit me	25	-	-	-	-	13	-	-	-	-	12	-	-	-	-			
Was attacked or abused or was fighting with someone	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-			
Was in a fire or too near a flame or something hot	1	-	-	-	-	0	-	-	-	-	1	-	-	-	-			
Inhaled or swallowed something bad	4	-	-	-	-	0	-	-	-	-	4	-	-	-	-			
Something else caused the injury	111	7390	34.5	27.20	42.55	65	4449	35.69	27.42	44.91	46	2941	33.0	21.97	46.22			

Note:  
 - Fewer than 30 cases

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

Number of Days	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
0 day	1463	99150	85.6	82.37	88.25	678	49116	85.1	80.97	88.54	782	49766	86.0	82.66	88.75			
1 to 2 days	143	9615	8.3	6.92	9.91	75	5252	9.1	6.67	12.31	68	4362	7.5	6.12	9.25			
3 to 5 days	43	3094	2.7	1.71	4.14	18	1506	2.6	1.38	4.88	24	1536	2.7	1.60	4.37			
6 to 9 days	17	-	-	-	-	6	-	-	-	-	11	-	-	-	-			
10 to 19 days	11	-	-	-	-	5	-	-	-	-	6	-	-	-	-			
20 to 29 days	6	-	-	-	-	3	-	-	-	-	3	-	-	-	-			
all 30 days	22	-	-	-	-	11	-	-	-	-	11	-	-	-	-			

**Table 11.6.1: Prevalence of having been bullied at least one day in the past 30 days, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Yes	242	16739	14.4	11.75	17.63	118	8569	14.9	11.46	19.03	123	8118	14.0	11.25	17.34			
No	1463	99150	85.6	82.37	88.25	678	49116	85.1	80.97	88.54	782	49766	86.0	82.66	88.75			

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

Ways of Bullied	Total						Male						Female					
	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI		Unweighted Count	Estimated Population	%	Unweighted Count	Estimated Population	95% CI	
			Lower	Upper						Lower	Upper						Lower	Upper
Hit, kicked, pushed, shoved around or locked indoor	22	-	-	-	-	18	-	-	-	-	4	-	-	-	-			
Made fun of because of race, nationality or color	14	-	-	-	-	6	-	-	-	-	8	-	-	-	-			
Made fun of because of religion	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
Made fun of with sexual jokes, comments, or gestures	39	2840	21.7	13.64	32.69	15	1349	21.2	13.05	32.53	24	1491	22.3	11.06	39.89			
Left out of activities on purpose or completely ignored	8	-	-	-	-	1	-	-	-	-	7	-	-	-	-			
Made fun of because of how body or face looks	37	2621	20.0	11.80	31.87	15	1127	17.7	7.86	35.21	22	1494	22.4	12.03	37.76			
Bullied in some other way	67	4269	32.6	24.81	41.47	32	1998	31.4	21.58	43.21	34	2218	33.2	22.55	45.91			

Note:

- Fewer than 30 cases

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

Frequency	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
0 time	1614	109345	91.9	88.35	94.44	763	54995	92.6	87.58	95.67	848	54082	91.3	88.50	93.53			
1 time	73	5185	4.4	2.54	7.38	30	2366	4.0	1.73	8.91	43	2818	4.8	3.03	7.41			
2 to 3 times	43	3045	2.6	1.57	4.16	15	1129	1.9	1.01	3.56	27	1861	3.1	1.73	5.64			
4 to 5 times	7	-	-	-	-	5	-	-	-	-	2	-	-	-	-			
6 to 7 times	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-			
8 to 9 times	2	-	-	-	-	1	-	-	-	-	1	-	-	-	-			
10 to 11 times	0	-	-	-	-	0	-	-	-	-	0	-	-	-	-			
12 or more times	8	-	-	-	-	5	-	-	-	-	2	-	-	-	-			

**Table 11.8.1: Prevalence of physical abuse at home on at least once in the past 30 days, students Form 1-5, Pulau Pinang, 2012**

Prevalence	Total						Male						Female					
	Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI		Unweighted Count	Estimated Population	%	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Yes	138	9636	8.1	5.56	11.65	59	4403	7.4	4.33	12.42	77	5126	8.7	6.47	11.50			
No	1614	109345	91.9	88.35	94.44	763	54995	92.6	87.58	95.67	848	54082	91.3	88.50	93.53			

Note:  
 - Fewer than 30 cases



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

Frequency	Total				Male				Female						
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
0 time	1119	75946	63.7	58.16	68.97	573	41233	69.3	64.85	73.42	543	34478	58.2	50.44	65.52
1 time	244	16223	13.6	10.72	17.15	96	6572	11.0	7.30	16.36	147	9564	16.1	14.19	18.29
2 to 3 times	226	15778	13.2	11.27	15.50	94	7236	12.2	10.04	14.65	132	8542	14.4	11.14	18.45
4 to 5 times	70	4817	4.0	3.13	5.22	24	1863	3.1	1.77	5.48	46	2955	5.0	3.84	6.45
6 to 7 times	23	-	-	-	-	8	-	-	-	-	15	-	-	-	-
8 to 9 times	7	-	-	-	-	2	-	-	-	-	5	-	-	-	-
10 to 11 times	10	-	-	-	-	2	-	-	-	-	8	-	-	-	-
12 or more times	55	3859	3.2	2.23	4.68	24	1792	3.0	2.13	4.24	30	2014	3.4	1.91	5.98

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

Frequency	Total				Male				Female						
	Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI		Unweighted Count	Estimated Population	% 95% CI				
			Lower	Upper			Lower	Upper			Lower	Upper			
Yes	635	43199	36.3	31.03	41.84	250	18264	30.7	26.58	35.15	383	24796	41.8	34.48	49.56
No	1119	75946	63.7	58.16	68.97	573	41233	69.3	64.85	73.42	543	34478	58.2	50.44	65.52

Note:

- Fewer than 30 cases

## **APPENDIX 2 : MEMBERS OF STEERING COMMITTEE NHMS 2011-2014**

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

### **APPENDIX 3 : TERMS OF REFERENCE OF STEERING COMMITTEE**

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

## APPENDIX 4 : MEMBERS OF ADVISORY COMMITTEE NHMS 2012

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

**APPENDIX 5 : TERMS OF REFERENCE OF ADVISORY COMMITTEE**

The Advisory Committee will advise in:

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

## **APPENDIX 6 : MEMBERS OF CENTRAL COORDINATING COMMITTEE**

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

**APPENDIX 7 : MEMBERS OF RESEARCH TEAMS NHMS 2012****Dietary Behaviours**

1. Mr Ahmad Ali Zainuddin
2. Ms Rashidah Ambak
3. Mr Azli Baharudin @ Shahrudin
4. Ms 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 Nurul Ashikin Abdullah
3. Dr Khairiyah Abd Muttalib
4. Ms Riyanti Saari
5. Ms Balkish Mahadir Naidu
6. Ms Yeo Pei Sien

**Physical Activity**

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

**Protective Factors**

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

**Tobacco Use**

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

### **Mental Health Problems**

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

### **Drug Use**

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

### **Violence and Unintentional Injury**

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

### **Alcohol Consumption**

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

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

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



## **APPENDIX 8 : MEMBERS OF DATA COLLECTION TEAMS**

### **PERLIS**

#### **Liaison Officer**

Ms Sharifah Salbiah Sareh Hashim

#### **Field Supervisor**

Mr Abu Bakar Rahman

#### **Nutritionist**

1. Mr Nurbairi Adha Yusof
2. Ms Nurhazwani Roslan

#### **Drivers**

1. Mr Azfarizul Abdul Majid
2. Mr Wan Mohd Hafizan Che Mat
3. Mr Zaili Zainal Ariffin

#### **Research Assistants**

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

### **KEDAH**

#### **Liaison Officer**

Ms Rohida Sallehuddin

#### **Field Supervisor**

Mr Azli Baharudin

#### **Nutritionist**

1. Ms Nor Hasniza Yaacob
2. Mr Khairul Azhar Abdullah
3. Ms Nur Wahidda Azmi
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

### **Drivers**

1. Mr Amir Md Noor
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

### **Research Assistants**

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

## **PULAU PINANG**

### **Liaison Officer**

Ms Marshita Mohamed

### **Field Supervisor**

Ms Norhafizah Sahril

### **Nutritionist**

1. Mr Mohd Faizal Ibrahim
2. Foo Ming Ming
3. Ms Umi Kalsom Abd. Majid
4. Mr Shahrulnaz Norhazli Nazri
5. Ms Siti Norazlin Mohd Ngadikin
6. Mr Mohd Yusri Noordin
7. Ms Jamaatul Firdaus Halim

### **Drivers**

1. Mr Mohd Jamil Bidin
2. Mr Jefre Ahmad

### **Research Assistants**

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

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

## **PERAK**

### **Liaison Officer**

Mr Yahya Ahmad

### **Field Supervisor**

Ms Norzawati Yoep

### **Nutritionist**

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

### **Drivers**

1. Mr Fazli Mahdi
2. Mr Samsuddin Abdul Karim

### **Research Assistants**

1. Ms Zaiton Ahmad
2. Mr Muhamad Mursyid Ismail
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

## **SELANGOR**

### **Liaison Officer**

Ms Jamilah Ahmad

### **Field Supervisor**

Ms Chan Ying Ying

### **Nutritionist**

1. Ms Norazaidah Yusof
2. Ms Acmarina Nur Salwani Muhammad Dalib
3. Mr Azhar Mohd Yusuf
4. Ms Wan Ema Marliza Wan Ismail
5. Ms Venodhini Cha Chu
6. Mr Norhisham Abdul Rahman
7. Ms Nor Hasyimah Khalid
8. Ms Zanafiza Abu Bakar
9. Ms Fitri Nurdiana Mahmud

### **Drivers**

1. Mr Nuramali Fakrullah Abd. Malik
2. Mr Faizal Safiee

### **Research Assistants**

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

## **W.P. KUALA LUMPUR**

### **Liaison Officer**

Ms Norazah Ahmad

### **Field Supervisor**

Ms Syafinaz Mohd Sallehuddin

### **Nutritionist**

1. Nur Dayana Shaari
2. Nurul Zaiza Zainuddin
3. Premila Sughita Retnasingam

**Drivers**

1. Mr Ramli Mohd Nor
2. Mr Wan Abdul Rashid Wan Zakaria

**Research Assistants**

1. Ms Sharifah Nurul Aqilah Sayed Mohd Zaris
2. Ms Nurzueriani Mohd Ali
3. Mr Mohd Azeem Akmal Mohd Nasir
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**

**Liaison Officer**

Ms Azlinda Hamid

**Field Supervisor**

Mr Ahmad Ali Zainuddin

**Nutritionist**

Ms Masrisa Mohd Esa

**Driver**

Mr Mohd Baharuddin Bakar

**Research Assistants**

1. Ms Syarifah Nurul Azirah Sayed Hassan
2. Ms Nor Dhaniah Nasrir
3. Mr Mohd Aizol Azizie A Rahman
4. Ms Rabiatal 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

## **NEGERI SEMBILAN**

### **Liaison Officer**

Ms Suriati Abd Rahman

### **Field Supervisor**

Ms Hasimah Ismail

### **Nutritionist**

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
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7. Mr Mohamad Aimi Iqwan Mohd Roslan
8. Mr Mohammad Rasul A. Razak
9. Mr Syafie Selamat
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3. Mr Muhamad Farhan Baharudin
4. Mr Yusof Johari
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7. Ms Maslina Othman
8. Ms Normeiza Kamilan
9. Ms Noraini Kosnon
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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
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16. Ms Nor Dalila Mat Ghani
17. Ms Aznita Izma Mohd Arif



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2. Mr Ramli Mohd Noor
3. Mr Hasmizan Mukhtar
4. Mr Muhammad Yusof Fadzil
5. Mr Ahmad Faizal Alam
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7. Ms Siti Norlailly Mohamed Nor
8. Ms Nazihah Mohd Yusof
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10. Mr Mohd Zaidi Mat Yazid

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4. Mr Wan Fauzi Wan Yusoff
5. Ms Fadwa Ali
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5. Mr Mohd Hasnan Ahmad
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7. Ms Ajlaa Abdul Rashid
8. Mr Razali Makhtar
9. Ms Mohd Azwal Idrus
10. Ms Chua Boon Kee
11. Ms Syahrizan Anggas
12. Ms Nurul Shaidatul Nadia
13. Ms Yeo Siang Ing
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8. Ms Nurul Syafawani Rosmadi
9. Ms Georgina Linda Anak John Ringkai
10. Ms Suharti Nyut
11. Mr Foong Wai Loon
12. Ms Noris Anak Pantar
13. Mr Razlan Abdullah
14. Ms Mandy Anak Abim
15. Mr Mazridhwan Yahya
16. Ms Noraziana Dorani
17. Ms Noni Anak Fenno
18. Mr Syed Khairulhisham Syed Yusuf
19. Ms Michellynn Sylvia Anak Guah
20. Ms Zanariah Junaidi

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3. Mr Zulkifli Jamil
4. Ms Norhidayah Zailani
5. Ms Norhajaji Mardjuni
6. Chan Chee Ling
7. Chin Kim Ling
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9. Mr Mohd Zamir Abd Majid
10. Mac Donna Mathews
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19. Mr Awangku Mohd Shahfarol Pg Kamal
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## APPENDIX 9: QUESTIONNAIRE

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

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**PENGENALAN**

**INTRODUCTION**

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

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

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

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

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

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

**PANDUAN MENGISI BORANG (SILA BACA DENGAN TELITI)**

**GUIDE ON FILING THE QUESTIONNAIRE (PLEASE READ CAREFULLY)**

- 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 preceding 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.*

<b>BERIKUT ADALAH CONTOH BAGAIMANA MENGISI JAWAPAN</b>	
<i>HERE IS AN EXAMPLE OF HOW TO FILL IN THE CIRCLES:</i>	
ISIKAN BULATAN SEPERTI INI FILL IN THE CIRCLES LIKE THIS SURVEI/SURVEY 1. Adakah ikan tinggal dalam air? A. ya B. Tidak Borang jawapan Answer sheet	BUKAN SEPERTI INI NOT LIKE THIS ATAU OR 1. Do fish live in water? a. Yes b. No 1. <input checked="" type="radio"/> B <input type="radio"/> C <input type="radio"/> D <input type="radio"/> E <input type="radio"/> F <input type="radio"/> G <input type="radio"/> H

SURVEI KESIHATAN PELAJAR SEKOLAH GLOBAL (GSHS) MALAYSIA  
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## BAHAGIAN 1

### PART 1

1. Berapakah umur anda?  
*How old are you?*
  - a. 11 tahun atau ke bawah  
*11 years old or younger*
  - b. 12 tahun  
*12 years old*
  - c. 13 tahun  
*13 years old*
  - d. 14 tahun  
*14 years old*
  - e. 15 tahun  
*15 years old*
  - f. 16 tahun  
*16 years old*
  - g. 17 tahun  
*17 years old*
  - h. 18 tahun atau ke atas  
*18 years old or older*
2. Apakah jantina anda?  
*What is your sex?*
  - a. Lelaki  
*Male*
  - b. Perempuan  
*Female*
3. Anda belajar di tingkatan/kelas apa?  
*In what form/class are you?*
  - a. Kelas peralihan  
*Remove class*
  - b. Tingkatan 1  
*Form 1*
  - c. Tingkatan 2  
*Form 2*
  - d. Tingkatan 3  
*Form 3*
  - e. Tingkatan 4  
*Form 4*
  - f. Tingkatan 5  
*Form 5*
4. Apakah etnik anda?  
*What is your ethnicity?*
  - a. Melayu  
*Malay*
  - b. Cina  
*Chinese*
  - c. India  
*Indian*
  - d. Bumiputera Sabah  
*Bumiputera Sabah*
  - e. Bumiputera Sarawak  
*Bumiputera Sarawak*
  - f. Lain-lain etnik  
*Some other ethnicity*
5. Apakah status 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. Berceraai  
*Divorced*
  - d. Balu (ayah atau ibu telah meninggal)  
*Widower (my mother or father has died)*
  - e. Berpisah (ibu bapa tidak tinggal serumah)  
*Separated (my parents do not live together)*
  - f. Tidak tahu  
*I do not know*

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**BAHAGIAN 2**  
**PART 2**

**SILA BACA PERNYATAAN DIBAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

Contoh:  
Example:

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

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

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

Contoh:  
Example:

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



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8. Apakah pandangan anda tentang berat diri anda?  
*How do you describe your weight?*
- Kurang berat badan  
*Very underweight*
  - Sedikit kurang berat badan  
*Slightly underweight*
  - Berat badan yang sesuai  
*About the right weight*
  - Sedikit berlebihan berat badan  
*Slightly overweight*
  - Berat badan berlebihan  
*Very overweight*
9. Apakah yang telah anda lakukan tentang berat anda?  
*Which of the following are you trying to do about your weight?*
- Saya tidak berbuat apa-apa tentang berat badan saya  
*I am not trying to do anything about my weight*
  - Kurangkan berat badan  
*Lose weight*
  - Tingkatkan berat badan  
*Gain weight*
  - Kekalkan berat badan  
*Stay the same weight*
10. Dalam tempoh 30 hari yang lepas, berapa kerap anda kelaparan kerana tidak cukup makanan di rumah?  
*During the past 30 days, how often did you go hungry because there was not enough food in your home?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Sentiasa  
*Always*
- 7 soalan berikutnya adalah berkenaan apa yang anda mungkin makan atau minum.  
*The next 7 questions ask about what you might eat and drink.*
11. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan buah?  
*During the past 30 days, how many times per day did you usually eat fruit?*
- Saya tidak makan buah dalam 30 hari yang lepas  
*I did not eat fruit during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*
12. Dalam tempoh 30 hari yang lepas, berapa kali dalam sehari anda **biasanya** makan sayur?  
*During the past 30 days, how many times per day did you usually eat vegetables?*
- Saya tidak makan sayur dalam 30 hari yang lepas  
*I did not eat vegetables during the past 30 days*
  - Kurang dari 1 kali dalam sehari  
*Less than 1 time per day*
  - 1 kali sehari  
*1 time per day*
  - 2 kali sehari  
*2 times per day*
  - 3 kali sehari  
*3 times per day*
  - 4 kali sehari  
*4 times per day*
  - 5 kali atau lebih sehari  
*5 or more times per day*

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

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

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

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

**BAHAGIAN 3****PART 3**

5 soalan seterusnya adalah berkenaan amalan pembersihan gigi.

*The next 5 questions ask about cleaning your teeth.*

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

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3 soalan seterusnya adalah berkenaan amalan membasuh tangan.

*The next 3 questions ask you about washing your hands.*

23. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan sebelum makan?  
*During the past 30 days, how often did you wash your hands before eating?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-Kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Setiap kali  
*Always*
24. Dalam tempoh 30 hari yang lepas, berapa kerap anda membasuh tangan selepas menggunakan tandas?  
*During the past 30 days, how often did you wash your hands after using the toilet or latrine?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-Kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - 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?*
- Tidak pernah  
*Never*
  - Jarang-jarang  
*Rarely*
  - Kadang-Kadang  
*Sometimes*
  - Kebanyakan masa  
*Most of the time*
  - Setiap kali  
*Always*

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

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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



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

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

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

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

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

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

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

**BAHAGIAN 5**  
**PART 5**

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

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

**BAHAGIAN 6****PART 6**

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

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

41. Berapakah umur anda ketika kali pertama menghisap rokok?

*How old were you when you first tried a cigarette?*

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

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

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

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

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

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

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

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

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

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

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

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## BAHAGIAN 7

### PART 7

#### SILA BACA PERNYATAAN DI BAWAH:

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

#### PLEASE READ THE STATEMENT BELOW:

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

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

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

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

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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



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**BAHAGIAN 8**  
**PART 8**

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

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

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

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

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

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**BAHAGIAN 9**  
**PART 9**

**SILA BACA PERNYATAAN DI BAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

a. Saya tidak pernah melakukan hubungan seksual/persetubuhan

*I have never had sexual intercourse*

b. Ya

*Yes*

c. Tidak

*No*

d. Tidak tahu

*I do not know*

**BAHAGIAN 10****PART 10****SILA BACA PERNYATAAN DIBAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

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

**SILA BACA PERNYATAAN DIBAWAH:**

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

**PLEASE READ THE STATEMENT BELOW:**

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

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

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

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

**BAHAGIAN 11****PART 11**

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

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

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

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

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



## APPENDIX 10 : OPERATIONAL DEFINITION OF VARIABLES

## Alcohol Consumption

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

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

**Alcohol Consumption among Current Drinkers**

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

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

Ways of accessing alcohol drinks in the past 30 days	Q37_new2	Weight	Ways of accessing alcohol drinks in the past 30 days	RECODE Q37 (1=SYSMIS)(2=1)(3=2)(4=3)(5=4)(6=5)(7=6)(ELSE=SYSMIS) INTO Q37_new2. VARIABLE LABELS Q37_new2 'Got drinks from friends'. EXECUTE. VALUE LABELS Q37_new2 1 'Store, shop/street vendor' 2 'Gave someone else money' 3 'Friends' 4 'Family' 5 'Stole/got without permission' 6 'Some other way'. 1 = "Yes" 2 = "No"
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'. 1 = "Yes" 2 = "No"
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, boiled water, or tap water in the past 30 days	1 = "Did not drink plain water" 2 = "Less than one time per day" 3 = "1 time per day" 4 = "2 times per day" 5 = "3 times per day" 6 = "4 times per day" 7 = "5 or more times per day"
Ate fast food past 7 days	Q10	Weight	Frequency per day usually consume food from a fast food restaurant, such as McDonalds, KFC, and Pizza Hut in the past 7 days	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"
Ate fast food 3+ days past 7 day	QN10	Weight	Usually consume fast food at least three days in past 7 days	1 = "Yes" 2 = "No"
Ate before 9 AM	Q65	Weight	Number of days eat a meal before 9 a.m in past 7 days (Breakfast)	1 = "0 days" 2 = "1 day" 3 = "2 days" 4 = "3 days" 5 = "4 days" 6 = "4 days" 7 = "6 days" 8 = "7 days"

**Drug Use**

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



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

**Hygiene (Including Oral Hygiene)**

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

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

**Mental Health Problems**

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

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

**Physical Activity**

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

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

## Protective Factors

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



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

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

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

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

**Tobacco Use**

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

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

**Violence and Unintentional Injury**

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

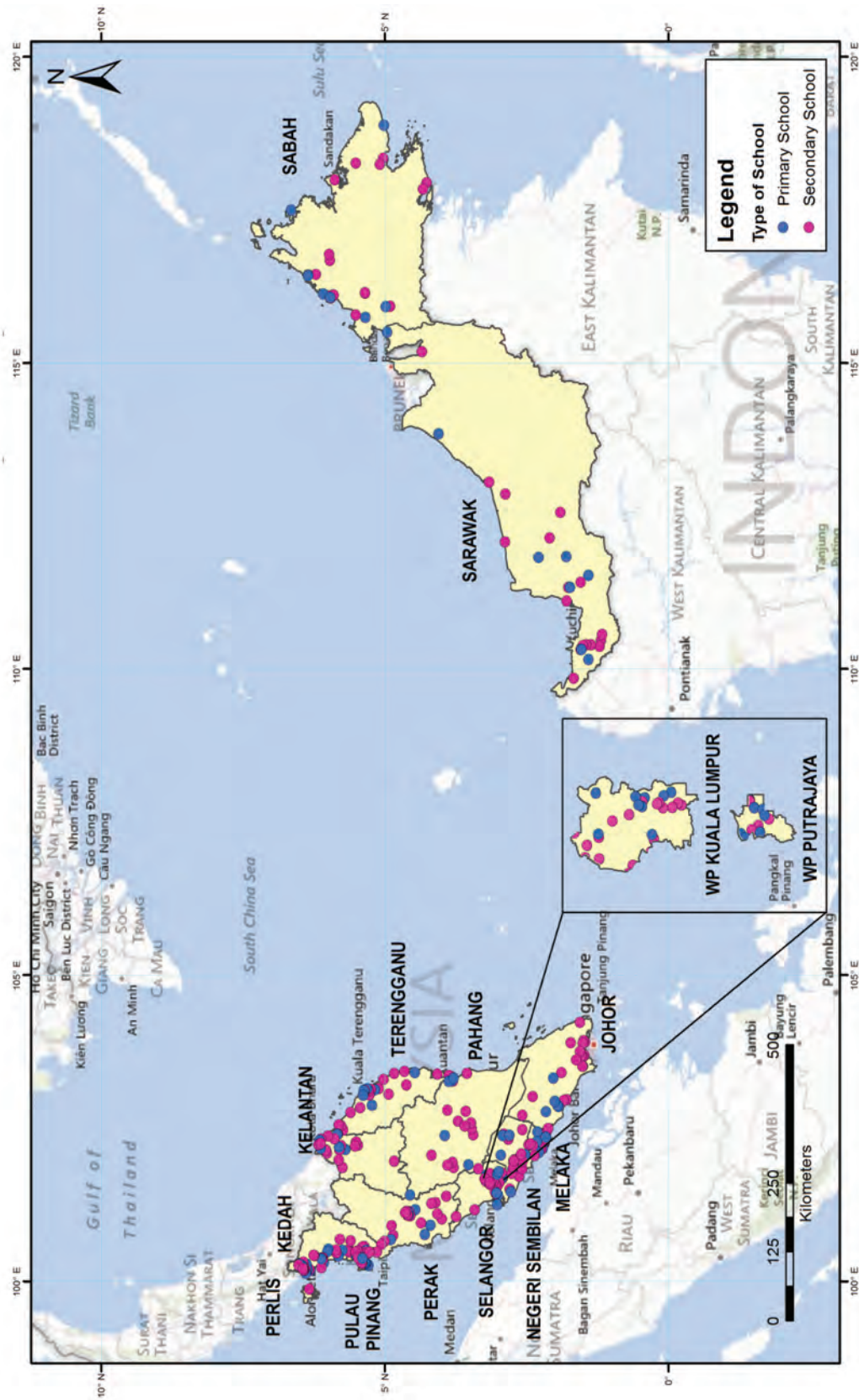
How many times injured past 12 months	Q17	Weight	Number of times seriously injured in the past 12 months  Serious injury: makes he/she missed at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or medical personnel	1 = "0 times" 2 = "1 times"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

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



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

**APPENDIX 11 : GIS MAP OF SCHOOLS SURVEYED**



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