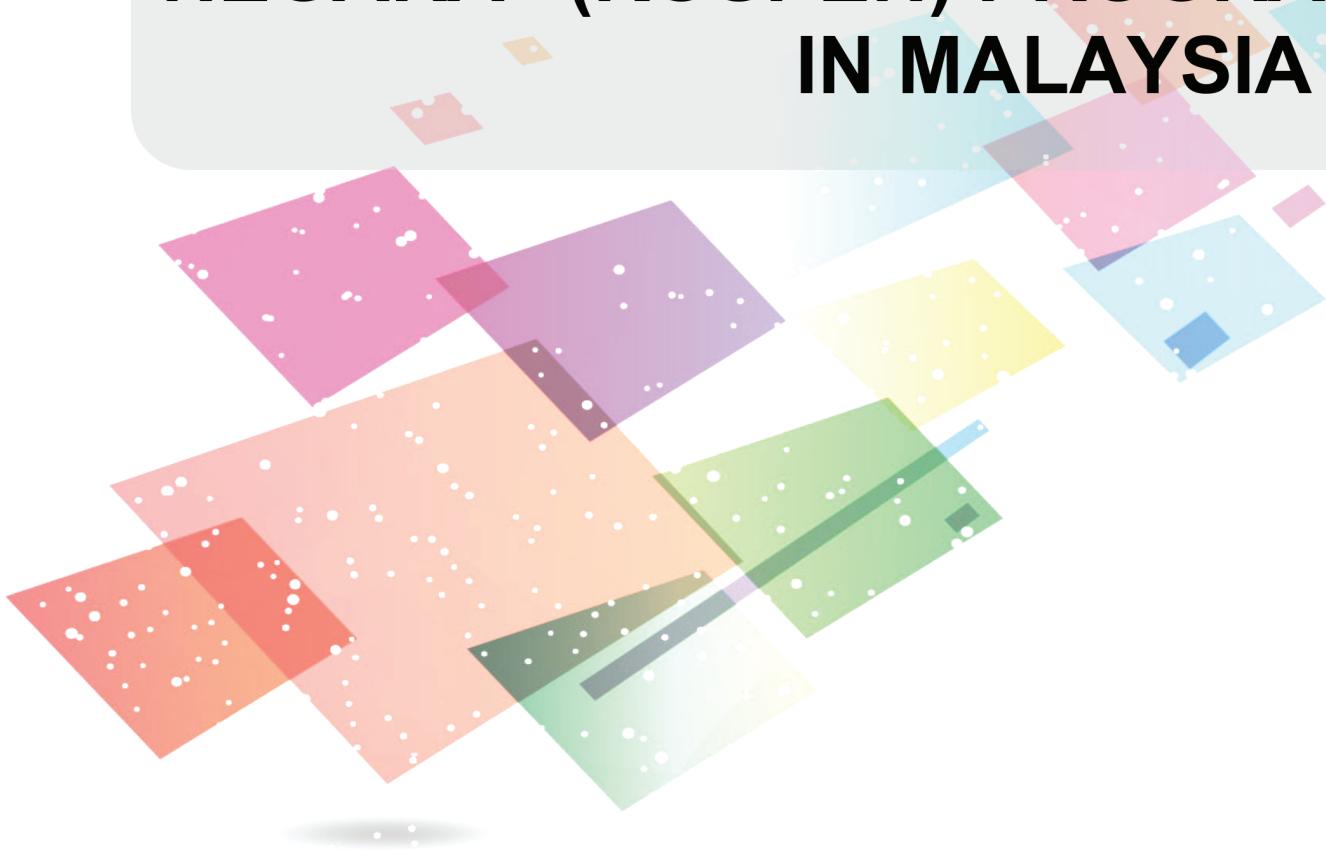


# **TECHNICAL REPORT**

## **EVALUATION OF THE IMPLEMENTATION OF**

**“KOMUNITI SIHAT PEMBINA  
NEGARA” (KOSPEN) PROGRAMME  
IN MALAYSIA 2016**



INSTITUTE FOR PUBLIC HEALTH

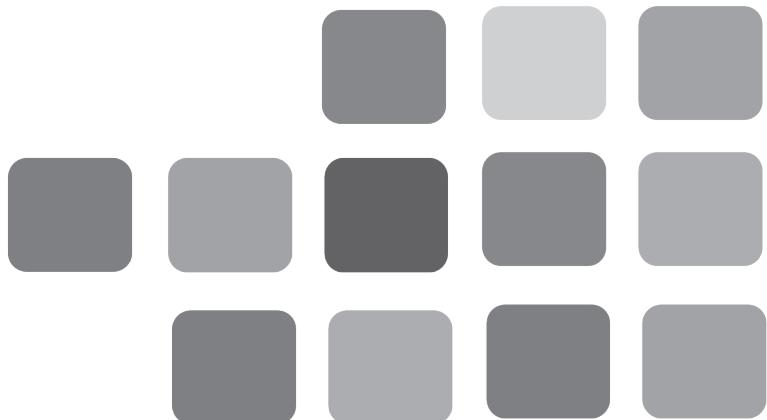


KOMUNITI SIHAT  
PEMBINA NEGARA



## TECHNICAL REPORT

# EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016



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## ABBREVIATIONS

NCD	Non-Communicable Diseases
KOSPEN	“Komuniti Sihat Pembina Negara” Healthy Community Builds the Nation
KEMAS	“Jabatan Kemajuan Masyarakat” Community Development Department
KRT	“Kawasan Rukun Tetangga” Neighbourhood Watch
NHMS	National Health and Morbidity Survey
FELCRA	Federal Land Consolidation and Rehabilitation Authority
KESEDAR	“Lembaga Kemajuan Kelantan Selatan” Southern Kelantan Development Board
MOH	Ministry of Health
KEJORA	“Lembaga Kemajuan Johor Tenggara” South East Johor Development Authority

## EXECUTIVE SUMMARY

### 1. Introduction

The increasing prevalence of non-communicable disease and its risk factors among the population in Malaysia is worrying. The Ministry of Health has collaborated with other government agencies such as the Community Development Department (KEMAS) under the Ministry of Rural and Regional Development to implement KOSPEN (*Komuniti Sihat Pembina Negara/ Healthy Community Builds the Nation*) in the community. KOSPEN programme focuses on healthy eating, having an active lifestyle, body weight management, quit smoking initiative and smoke free environment as well as conducting health screening such as blood pressure check, blood glucose level and body mass index in the community.

These activities that have been carried out since 2013 was aimed to help communities to prevent and also detect common NCD risk factors thus reducing mortality and morbidity caused by NCDs. This study aimed to evaluate the implementation of “*Komuniti Sihat Pembina Negara*” KOSPEN programme in Malaysia. This KOSPEN evaluation study was conducted by Institute for Public Health (IPH) in collaboration with the Disease Control Division, Ministry of Health. Finance for the study was provided by the Ministry of Health Malaysia.

A cross-sectional study was conducted in 103 of 3829 KOSPEN localities throughout Malaysia from May to June 2016. The chosen localities, which have had implemented KOSPEN before 1<sup>st</sup> July 2015, were 72 from KOSPEN KEMAS (out of 2511) and 31 from KOSPEN KRT (out of 1318). The study involved three target groups; the general community in KOSPEN localities aged 18 years and above, individuals who were referred to clinic/ hospital upon meeting predetermined referral criteria based on KOSPEN guidelines, and also the volunteers themselves in KOSPEN localities. The number of individuals who participated in this study was 2156 from the community, 1322 from the referred individuals and 700 from volunteers.

According to KOSPEN guidelines, an individual will be referred to nearby clinic/ hospital if any one of the following criteria is met; systolic blood pressure (SBP)  $\geq$  140mmHg, or diastolic blood pressure (DBP)  $\geq$  90mmHg, or random capillary blood sugar (RBS)  $\geq$

5.6mmol/L, or body mass index (BMI)  $\geq 35.0 \text{ kg/m}^2$ . A structured validated questionnaire was used to collect data via face-to-face interviews (for community and screened individuals) by trained research assistants where else the volunteer group was required to fill up a self-administered questionnaire. Quality checks were done in the field during data collection and also during data entry.

## 2. Key Findings

A total of 4178 individuals were sampled in this study, among which 2156 individuals from community household survey, 1322 individuals from screening database and 700 were the volunteers themselves.

The study showed, almost four in ten (38.8%) of the individuals in community were aware about the KOSPEN programme. Majority individuals who were aware of KOSPEN in the community are female (40.9%), aged level 50-59 years (57.6%) and Malays (39.6%). Awareness about KOSPEN programme was obtained mostly from the friends (41.6%), Village Development an Security Committee (JKKK) (30.7%), volunteers (26.9%), *rukun tetangga* (neighbourhood watch) (26.4%), KEMAS agency (17.0%), signboard (16.2%), Health Agency (9.9%), Rukun Tetangga (JKRTT) (9.6%) and Mass Media (TV, Radio, Newspaper etc) (9.0%).

Overall, only 23.5% of the individuals in the community participated in at least one KOSPEN activity. Majority individuals who participated in KOSPEN activities are female (26.2%), aged 50-59 years (33.8%) and non-Malays (26.4%). Regarding participation in KOSPEN activities, about 1 in 5 (20.6%) of the community participated in health screening, 10.3% attended health talks, 7.3% walked the 10,000 steps programme and 5.3% participated in other physical activity/sport/exercise/recreational activities. The main reason for individuals not participating in KOSPEN health screening programme was that they were unaware of such health screening programmes in their localities (43.5%), while 18.4% claimed they had no time and (4.2%) had already undergone a health screening.

Among those who came for screening, 29.3% had history of DM/ HPT. Where else from the remaining 70.7% with no history of DM/ HPT, 61.5% of them met the criteria for referral according to KOSPEN guidelines. Among those who met the predetermined KOSPEN criteria, 39.8% of them were referred to nearby clinic/ hospital for confirmatory

test. Among those who were referred, 73.5% of them went for the confirmatory test. The reasons for individuals not going for confirmation test upon referral was due to time constraint (52.7%), forgot (14%) and logistic problem (6.8%).

More than half of the individuals (64.6%) who went for the HPT confirmatory test were diagnosed to have hypertension and 52.4% who went for DM confirmatory test were diagnosed to have diabetes.

### **3. Volunteer**

Total of 700 KOSPEN volunteers was involved in this study. Female were good role models, being 65.7% of the volunteers' participant.

Almost all the volunteers were aware that they had been appointed (96.7%) and they were happy being a KOSPEN volunteer (98.7%). Only 12.2% of the volunteers felt that being a volunteer was a burden. Among them, only about 21.9% correctly identified all the function and roles of a volunteer. However, almost all volunteers (97.8%) knew that they were required to conduct health screening for diabetes, blood pressure and abnormal BMI. They also knew to refer individuals with risk of a disease to the nearest clinic/ hospital (96.1%), knew to be responsible to provide basic health information to the communities (79.3%), knew to encourage community participation in KOSPEN activities (97.0%), and knew to conduct promotion, advocacy activities while ensuring KOSPEN activities were carried out (95.3%).

In terms of training, 66.5 % of the volunteers claimed that the training was sufficient. This study also found about 85.2% of the volunteers conducted health screening and nearly three quarter (73.2%) of the health screening was done during carnivals or health promotion programmes.

The study also found, 74.3% of the volunteers referred all eligible individuals while 9.3% volunteers claims they did so only sometimes. Among the reason given for not referring eligible individuals were such as volunteers did not know the procedure for referral (25.3%), individuals refused referrals (21.1%) while 16.8% claimed they did not know the individuals should be referred.

A majority of volunteers knew the indications for referral according to individuals' blood pressure reading (78.4%) and according to blood glucose level (71.9%) but merely

16.8% identified the BMI level for referrals. In term of general opinion of KOSPEN among volunteers, more than half of volunteers (66.9%) had very good opinion of the KOSPEN programme, 29.0% said it was good while 3.9% said it was fair.

In term of perception of KOSPEN components among volunteers, 88.6% of the volunteers had good/ very good opinion on the education materials provided, 82.0% of the volunteers said the training module for the screening component was good/ very good, while 83.9% of them felt the screening equipment provided was good/ very good and 78.7% of the volunteers felt that human resources was good/ very good.

#### **4. Conclusion and Recommendation**

Overall, there are many areas that need to be improved on and enhanced to ensure the success of KOSPEN. Among the factors to be given consideration is the aspect of promotion of the KOSPEN programme itself to ensure that the activities carried out reach its target groups and communities. Other than that, the training for the volunteers should be enhanced as they are the main driving force in this programme. A longer and more comprehensive training should be implemented in order to empower and strengthen their health-related knowledge and confidence for a more fruitful outcome which is to improve healthcare in the communities.

## INTRODUCTION

Malaysia has the highest prevalence of Non-Communicable Diseases (NCD) risk factors in ASEAN. The National Health and Morbidity Survey (NHMS) in 2015 showed that the percentages of the adult population aged 18 years and above who had NCD and NCD risk factors is increasing. The prevalence of diabetes had increased from 15.2% in 2011 to 17.5% in 2015. In other words, in 2015, 1 out of 5 Malaysians aged 18 and above is diabetic (Institute of Public Health, 2015).

The prevalence of adults with increased blood cholesterol levels was noted to be 47.7% (9.6 million adults) in 2015, as compared to 35.1% in 2011. Similar trend was seen in hypercholesterolemia and obesity. Furthermore, the percentage of overweight/ obese adults had increased from (15.1%) in 2011 to 30.6% in 2015 (Institute of Public Health, 2015). However the prevalence of hypertension among adults had shown slight decrease, in which the prevalence was 30.3% (6.1 million adults) in 2015 as compared to 32.7% in 2011.

NCDs are mainly the result of unhealthy behaviours such as inappropriate or imbalanced diet, inadequate physical activity, tobacco and alcohol use (Non-Communicable Disease Division, 2010). To reduce the risk of NCDs, it can be effectively done through a combination of a population or community-based approach and an individual-focused intervention for risk reduction. The principle of community-based action is not only to target the community for bringing about the behavioural change, it also includes empowering the community, encouraging it to act as an agent of change and prompting it to use its own resources for action. The broad strategy comprises of raising awareness of the community so as to change the risk perception, providing simple tools, technologies and lifestyle choices and facilitating the process of adopting appropriate options by the members of the communities (Nissinen et al., 2001; Puoane et al., 2006)

KOSPEN is an acronym for *Komuniti Sihat Pembina Negara*, Healthy Community Builds the Nation. This is a blue ocean strategy initiative between the Ministry of Health Malaysia (MOH) and other relevant agencies. This initiative is a transformation of the public health service in ensuring community participation in public health programmes. KOSPEN aims to reduce the occurrence of NCDs as well as NCD-related risk factors and to promote healthy behaviours including non-smoking, healthy nutrition and physically active lifestyles. This is in line with the

National Non Communicable Disease – National Strategic Planning initiative. The main goals of the programme are to improve population-wide behaviour, to prevent and control common risk factors for NCDs and to delay the onset, reduce disability, and postpone death due to NCDs. This programme targets the community and will be supported by changes in the vicinity to promote behavioural modification. The main functioning units for KOSPEN are the health volunteers who are trained community members who acted as health agent of change towards positive behavioural changes among the community members to adopt and practice healthy lifestyles (Non-Communicable Disease Division, 2013).

In this project, the MOH collaborates with the Ministry of Rural and Regional Development and the Department of National Unity and Integration. Through this partnership, KOSPEN is implemented at settings registered under both ministries. Rural localities were selected from those running KEMAS, FELCRA, KESEDAR and KEJORA programmes under the Ministry of Rural and Regional Development whereas urban and suburban localities were identified from those registered under the *Rukun Tetangga* programmes run by the Department of National Unity and Integration.

At each setting, a committee comprises of a community leader and volunteers who are responsible for planning and implementing activities of related programmes. In settings implementing KOSPEN, NCD community-based intervention activities consisting of promotion and health educations, advocacy for healthy environments and risk factors screening are integrated into these programmes.

Evaluation of the KOSPEN program is an important part in this project as it will serve as an instrument to identify if the intended objectives are achieved. It is also important to evaluate if the community-based public health interventions have any positive contribution towards improving people's health. Therefore, this study is proposed to evaluate the implementation of KOSPEN programme among the volunteers and the communities in the KOSPEN localities.

## OBJECTIVES





## 1. OBJECTIVES

### **1.1 General Objective**

To evaluate the implementation of KOSPEN program in the community.

### **1.2 Specific Objectives**

#### **1.2.1 Community**

- i. To evaluate the participation of community in the KOSPEN activities
- ii. To assess the participation in screening activities
- iii. To identify reasons of non-participation in health screening among KOSPEN community.
- iv. To assess the participation in physical activity and the use of 10,000 step track
- v. To assess the community knowledge on calories
- vi. To assess the knowledge on gazetted non-smoking area

#### **1.2.2 Screening**

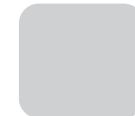
- i. To measure the proportion of high risk respondent who were not referred for confirmatory test.
- ii. To measure the proportion of respondent who went for confirmatory test among those who were referred.
- iii. To identify reasons of not undergoing confirmatory test among those who had been referred.
- iv. To determine the proportion of confirmed cases among those who went for confirmatory investigation.

#### **1.2.3 Volunteers**

To evaluate the implementation of screening activities among volunteers.



## METHODOLOGY





## 2. METHODOLOGY

### **2.1 Study Design**

This was a cross-sectional study designed to represent KOSPEN communities in Malaysia.

### **2.2 Localities**

Localities in all the states in Malaysia which had implemented KOSPEN before 1 July 2015 were selected randomly.

### **2.3 Sampling Frame and Target Population**

#### **2.3.1 Community**

All adults aged 18 years and above residing in 103 localities which has implemented KOSPEN programme (sensitised and training) in all the states in Malaysia before the 1July 2015 were included in the sampling frame. Institutionalised adults, defined as those staying in hostel, hotel, hospital etc. were excluded from this study.

#### **2.3.2 Screening Cases**

Residents from KOSPEN localities who had abnormal health screening for at least one condition, either hypertension, diabetes or body mass index (BMI) conducted by the KOSPEN volunteers during the health screening programme formed this target population. Respondents were selected randomly from the volunteers screening record based on the inclusion and exclusion criteria.

#### **2.3.3 Volunteers**

This included all KOSPEN volunteers in KOSPEN localities from all the states in Malaysia who had been trained before 1 July 2015.

## 2.4 Sample Size Calculation

### 2.4.1 Community

Sample size was calculated using Sample Size calculation formula for a prevalence study.

$$n_{SRS} \geq \frac{Z^2_{\alpha/2} * (p) * (1-p)}{e^2}$$

Where:

- Lowest expected prevalence in the objective,  $p = 5\%$
- Margin of error,  $e = 2\%$
- Confidence Interval = 95%

To ensure optimum sample size, few adjustments were made :

- Adjusted  $n(srs)$  for the total number of target population ( $N$ ) based on the population size for all localities which had implemented the KOSPEN activities before 1 July 2015 in all states in Malaysia.

$$n \geq \frac{n_{SRS}}{\frac{1}{N} + \frac{n_{SRS}}{N}}$$

- Adjusted for the design effect (deff),  $n(complex) = n * deff$
- Adjusted the  $n(complex)$  taking into account expected non response rates of 30%  $n(adj) = n(complex) * (1+non\ response\ rate)$
- The sample size was then adjusted according to the need of the analysis, which was at the national, KEMAS and KRT level. Based on the requirements for the objectives and above mention considerations, the sample size required for the community was 2,600 respondents.

#### **2.4.2 Screening Cases**

Sample size calculation for the screening cases was calculated by using the sample size formula of a prevalence study.

$$n_{SRS} \geq \frac{Z^2_{\alpha/2} * (p) * (1-p)}{e^2}$$

Where:

- Lowest expected prevalence in the objective,  $p = 3.4\%$
- Margin of error,  $e = 1.35\%$
- Confidence Interval = 95%

To ensure optimum sample size, few adjustments were made to the total number of target population, design effect (deff) and n(complex) taking into account the expected non response rates of 30%. Based on the requirements for the objectives and above mention considerations, the sample size required for the screening cases was 1672 respondents.

#### **2.4.3 Volunteers**

Sample size for the volunteers was calculated using the sample size formula of a prevalence study.

$$n_{SRS} \geq \frac{Z^2_{\alpha/2} * (p) * (1-p)}{e^2}$$

Where:

- Lowest expected prevalence in the objective,  $p = 5\%$
- Margin of error,  $e = 2\%$
- Confidence Interval = 95%

To ensure optimum sample size, few adjustments were made to the total number of target population, design effect (deff) and n(complex) taking into account the expected non response rates of 20%. Based on the requirements for the objectives and above

mention considerations, the sample size required for the volunteer was 762 respondents.

## **2.5 Sampling Design**

A two-stage stratified cluster sampling method was used in this study. The two strata were primary stratum, which made up of states of Malaysia, including Federal Territories, and second stratum was made up of KEMAS and KRT. The first stage involved the selection of KOSPEN localities at each state which had started the screening programme before 1 July 2015. This formed the Primary Sampling Unit (PSU). The selection was conducted by using simple random sampling. The second stage involved the selection of living quarters (LQs) at the selected KOSPEN localities. This was performed by using simple random sampling method.

### **2.5.1 Community**

For the community survey, 20 LQs were selected from the KEMAS localities, while 40 LQs were selected from the KRT localities. Next, one respondent aged 18 years and above in the selected LQ was selected by using the KISH table (**Appendix II**).

### **2.5.2 Screening Cases**

The sampling was conducted by using volunteer's health screening data as the sampling frame. High risk screening cases based on the volunteer's manual and guideline was used to determine the high risk cases. This included cases with the following criteria:

- i. Systolic blood pressure of more than 140; or
- ii. Diastolic blood pressure of more than 90; or
- iii. Random blood glucose of more than 5.6mmol/L; or
- iv. Body mass index of more than 35kg/m<sup>2</sup>.

Simple random sampling method was used to select high risk cases from the defined sampling frame. Twenty and forty high risk screening cases were selected from each KOSPEN (KEMAS) and KOSPEN (RT) localities respectively.

### **2.5.3 Volunteers**

All volunteers from the selected localities were included in the survey.

## 2.6 Sample Distribution

**Table 1: Sample Distribution by States: KOSPEN Community**

No	States	KEMAS		KRT		Total Localities Sample by State	Total LQs by State
		Number of Localities	Number of LQs	Number of Localities	Number of LQs		
1	Johor	6	120	0	0	6	120
2	Kedah	6	120	0	0	6	120
3	Kelantan	5	100	2	80	7	180
4	Melaka	4	80	3	120	7	200
5	N. Sembilan	3	60	4	160	7	220
6	Pahang	5	100	2	80	7	180
7	P. Pinang	6	120	0	0	6	120
8	Perak	4	80	5	200	9	280
9	Perlis	5	100	0	0	5	100
10	Selangor	6	120	0	0	6	120
11	Terengganu	5	100	4	160	9	260
12	Sabah	8	160	0	0	8	160
13	Sarawak	4	80	4	140	8	220
14	WP Kuala Lumpur	1	20	5	200	6	220
15	WP Labuan	1	20	2	80	3	100
16	WP Putrajaya	3	60	0	0	3	60
<b>Total</b>		<b>72</b>	<b>1440</b>	<b>31</b>	<b>1220</b>	<b>103</b>	<b>2660</b>

**Table 2: Response Rates: KOSPEN Community**

State	Locality Level						Individual Level					
	KEMAS			KRT			KEMAS			KRT		
	Eligible	Paticipated	Response Rate (%)	Eligible	Paticipated	Response Rate (%)	Eligible	Interviewed	Response Rate (%)	Eligible	Interviewed	Response Rate (%)
Johor	6	6	100.0	0	0	-	117	117	100.0	0	0	0.0
Kedah	6	6	100.0	0	0	-	102	94	92.2	0	0	0.0
Kelantan	5	5	100.0	2	2	100.0	87	80	92.0	71	69	97.2
Melaka	4	4	100.0	3	3	100.0	72	67	93.1	96	95	99.0
N. Sembilan	3	3	100.0	4	4	100.0	51	48	94.1	141	129	91.5
Pahang	5	5	100.0	2	2	100.0	92	89	96.7	53	45	84.9
P. Pinang	6	6	100.0	0	0	-	92	90	97.8	0	0	0.0
Perak	4	4	100.0	5	5	100.0	72	67	93.1	179	150	83.8
Perlis	5	5	100.0	0	0	-	92	85	92.4	0	0	0.0
Selangor	6	6	100.0	0	0	-	112	109	97.3	0	0	0.0
Terengganu	5	5	100.0	4	4	100.0	90	87	96.7	134	130	97.0
Sabah	8	8	100.0	0	0	-	159	152	95.6	0	0	0.0
Sarawak	4	4	100.0	4	4	100.0	67	53	79.1	127	95	74.8
WP Kuala Lumpur	1	1	100.0	5	5	100.0	15	14	93.3	183	156	85.2
WP Labuan	3	3	100.0	0	0	100.0	60	60	100.0	0	0	0.0
WP Putrajaya	1	1	100.0	2	2	100.0	18	18	100.0	72	57	79.2
<b>Total</b>	<b>72</b>	<b>72</b>	<b>100.0</b>	<b>31</b>	<b>31</b>	<b>100.0</b>	<b>1298</b>	<b>1230</b>	<b>94.8</b>	<b>1056</b>	<b>926</b>	<b>87.7</b>

**Table 3: Sample Distribution by States:** Screening Cases and KOSPEN Volunteers

States	Screening		Volunteers	
	Number of Localities	Number of Sample Respondents	Number of Localities	Number of Sample Respondents
Johor	6	116	6	63
Kedah	6	104	6	31
Kelantan	7	140	7	45
Melaka	7	80	7	84
N. Sembilan	7	117	7	42
Pahang	7	140	7	76
P. Pinang	6	113	6	31
Perak	9	135	9	49
Perlis	5	100	5	34
Selangor	6	59	6	28
Terengganu	9	84	9	50
Sabah	8	150	8	68
Sarawak	8	130	8	46
WP Kuala Lumpur	6	120	6	69
WP Labuan	3	24	3	23
WP Putrajaya	3	60	3	23
<b>Total</b>	<b>103</b>	<b>1672</b>	<b>103</b>	<b>762</b>

**Table 4: Response Rates:** Screening Cases and KOSPEN Volunteers

State	Screening			Volunteers		
	Eligible	Interviewed	Response Rate (%)	Eligible	Interviewed	Response Rate (%)
Johor	114	114	100.0	59	57	96.6
Kedah	84	74	88.1	30	28	93.3
Kelantan	107	104	97.2	43	39	90.7
Melaka	73	70	95.9	80	78	97.5
N. Sembilan	96	89	92.7	42	40	95.2
Pahang	112	107	95.5	76	68	89.5
P. Pinang	102	85	83.3	29	24	82.8
Perak	119	106	89.1	49	49	100.0
Perlis	90	85	94.4	34	32	94.1
Selangor	55	53	96.4	28	24	85.7
Terengganu	67	63	94.0	49	48	98.0
Sabah	147	139	94.6	64	61	95.3
Sarawak	106	97	91.5	45	45	100.0
WP Kuala Lumpur	105	97	92.4	67	66	98.5
WP Labuan	4	4	100.0	21	20	95.2
WP Putrajaya	53	35	66.0	23	22	95.7
<b>Total</b>	<b>1434</b>	<b>1322</b>	<b>92.2</b>	<b>739</b>	<b>701</b>	<b>94.9</b>

## 2.7 Study Instrument

Structured questionnaires were used to collect data based on the scopes of the survey. All the pre-tested questionnaire were bi-lingual (Bahasa Melayu and English) accompanied with manual as a guide to the data collectors. The face-to-face interview and self-administered respondents were used OMR form to answer all the questions. There were 3 types of questionnaires:

### **Questionnaire for the community survey (Face-to-face Interview):**

Modul A : Household Particulars  
Modul B : Socio-Demography  
Modul C : Awareness  
Modul D : Involvement  
Modul E : Participation in Health Screening  
Modul F : Physical Activity  
Modul G : Food Calories  
Modul H : Weight Measuring  
Modul I : Non-Smoking Area

### **Questionnaire for the screened cases (Face-to-face Interview):**

Modul A : Socio- Demography of Respondents Positive Screening  
Modul B : Further Investigation

### **Questionnaire for the volunteers (Self-administered Questionnaires):**

Modul A : Socio-Demography  
Modul B : Awareness Function of KOSPEN  
Modul C : KOSPEN Training  
Modul D : Health Screening Method Implementation  
Modul E : KOSPEN Implementation  
Modul F : Acceptance of the KOSPEN Programme  
Modul G : Problems/Issues

Questionnaires were used for data collection. It was developed by panel of experts, pre-tested and validated prior to the study.

## **2.8 Data Collection**

### **2.8.1 Operational Organisation for Data Collection**

There were two main operating groups, namely the Central Coordinator Team (CCT) and the States Field Team (SFT). The CCT which was based at the headquarters provided technical and administrative support as well as coordination and monitoring of the overall progress of the survey. In addition, the CCT was also involved in data collection activities among the community, logistics arrangement, and liaising with related agencies as well as ascertaining the quality of data collected.

The SFT, which comprised of the State Health Department (SHD) field team managed data collection activities in the field. They were responsible for logistics arrangement and liaison with related agencies as well as ensuring the quality of the data collected.

### **2.8.2 Training of Data Collection Teams**

Prior to data collection, a training course was conducted for the field supervisors, team leaders and interviewers. The training course was conducted separately for data collectors from Peninsular Malaysia, Sarawak, Sabah and Labuan.

The main objectives of the training were to familiarize the data collection teams with the questionnaire, develop the interpersonal skills and appreciate the need for good teamwork. Briefing on the questionnaire, mock interview in the classroom and individual interviewing practice under supervision were conducted during the training.

## **2.9 Field Data Collection**

### **2.9.1 Duration of Data Collection**

In Peninsular Malaysia, the data collection started on 10 May 2016 while in Sabah and Sarawak the data collection started in the middle of May 2016. All data collection ended in early June 2016.

#### **2.9.2 Data Collection Approach**

Face-to-face interviews by trained research assistants were done in both Community and Screened case groups; while Volunteer group answered self-administered questionnaire.

#### **2.9.3 Field Preparation and Logistic Support**

Several categories of support were recruited from every state. In each state, Liaison Officer was appointed to assist the central team in logistic preparation of the survey. These Liaison Officer assisted in the delivery of information regarding survey and liaised with the selected communities, relevant District Health Officers and Local Authorities for logistic arrangement, such as transportation and accommodations.

Field Supervisor of each state was recruited to liaise with Liaison Officer in the arrangement of transportation, accommodation, appointment with respondents and other related logistic issues. A total of 32 teams were established throughout Malaysia. Each team comprised of one Team Leader (Q27), two interviewers (Q17), and one driver.

#### **2.9.4 Transportation from Field to Operation Centre**

Dedicated transportation along with one driver and one field supervisor was assigned to collect completed questionnaires twice a month from all the teams in the field. The field supervisor who collected the completed questionnaires were given the responsibility to check the questionnaire bundles and verify the information stated in a specific form by manually counting the questionnaire bundles. Subsequently, the field supervisor handed over the bundles to the officer in-charge of station 1 upon arrival at the operation centre at the Institute for Public Health (IPH).

#### **2.9.5 Monitoring Activity**

Throughout the data collection period, the Central Coordinating Team (CCT) conducted weekly meeting to monitor the progress of each team. These meetings were chaired by the Director of IPH to discuss on the movements of the teams, logistic issues and response rates. The productivity of each team was monitored by comparing the cumulative targeted samples with the weekly progress report by the teams. This

information was updated regularly on the monitoring board at the operation room together with the status of Self-administered Questionnaire (SAQ) received. Appropriate actions were taken for any problems detected.

#### **2.9.6 Quality Control Checking**

Quality control of the whole survey was done at various stages. During the planning stage, quality was ensured through correct survey design, validated questionnaires and tools, manuals and standardised training. On the field, quality check started with the identification of the correct Identification Number (ID) of the selected LQs based on the map provided by the Department of Statistics. In terms of data quality, Field Supervisors were responsible to supervise the interviews and the data collection processes and review all filled questionnaires at the end of the survey. At the central level, all the submitted questionnaires had undergone various checks by the data processing team.

#### **2.10 Data Management Process**

An appointment with the household was made by team leader prior to the actual visit. In case if any of the household members was not available during the first visit, the team had to make several attempts to ensure a good coverage of all the members in the household. At least three visits were attempted before the household was classified as unsuccessful.

Unsuccessful survey could be due to:

- i. Not eligible: the individual was not eligible for this survey
- ii. Not at home: the individual was not at home during the visit/s
- iii. Refusal: the individual refused to be interviewed
- iv. Others: e.g.: language barrier

Information sheet and consent form were made available for every respondent.

### **2.10.1 Data processing**

All data processing activities were centralized at IPH which started from receiving questionnaire bundles from the field until hand over of the clean dataset to data analysis team. Data processing activities were done based on the type of questionnaire.

### **2.10.2 Workflow for Individual Questionnaire**

#### **Station 1**

1. Questionnaire bundles received from the field (by post or handed over by the data collection team) were recorded in the ‘BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 1).
2. Number of questionnaire (*KOMUNITI, SARINGAN, SUKARELAWAN*) from each locality was calculated and compared with information on the (TK, Screening, Volunteer) cover. Any discrepancies were referred to the data collection team.
3. ID of the respondents was checked based on the TK, Screening and Volunteer master list. Any mistake was corrected accordingly and conveyed to the data collection team(s).
4. Individual booklets without problem were stamped “QUESTIONNAIRE CHECKED”.
5. All the answers in questionnaire booklet was transferred into OMR forms.
6. The OMR forms then were sent to Station 2 and recorded in BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016 (STATION 1).

#### **Station 2**

1. Received OMR form from Station 1 and recorded in the ‘BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 2).
2. OMR forms were scanned based on the categories.
3. The OMR forms were sent to Station 3 and recorded in ‘BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 2).

#### **Station 3**

1. OMR forms received from Station 2 and recorded in the ‘BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 3).
2. Verification of the data captured by scanner was done by a verifier.

3. Completed dataset was extracted based on the categories and sent to the data analysis team.
4. Completed OMR forms and Questionnaire bundles were sent to Station 4 for storage and recorded in the ‘BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 3).

#### **Station 4**

1. OMR forms and questionnaire bundle received from Station 3 and recorded in the ‘BUKU DAFTAR PENYIMPANAN BORANG SOAL SELIDIK KOSPEN 2016’ (STATION 4)
2. OMR forms and questionnaire bundles were sorted and stored according to the category, locality and state for easy retrieval.

#### **2.10.3 Data Analysis**

SPSS version 21 was used for data analysis. The data was then checked and cleaned for quality control purposes. Descriptive statistic was used to illustrate the social demographic of the respondents. Meaningful combination of categories was done when it was small sample size and skewed distribution. Analysis was done according to the objectives, working definition and dummy tables prepared by each research group. Prevalence and percentages were used to illustrate the participation of community activities, issue of implementation screening, referred and confirmed cases. Complex sample analysis was carried out with 95% confidence interval.

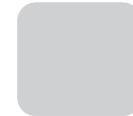
# RESULTS





## RESULTS

# COMMUNITY





### 3. RESULTS

#### **3.1 Community**

##### **3.1.1 Introduction**

This study involved two groups of KOSPEN communities which were KOSPEN KEMAS Community and KOSPEN RT Community.

This section reports about community awareness of KOSPEN, participation in health screening, community involvement in KOSPEN activities, level of physical activity, food calorie awareness and knowledge, weight measurement, smoking status and knowledge on smoking and non-smoking areas.

##### **3.1.2 Specific Objectives**

To evaluate the participation of the community in the KOSPEN activities:

- i. To assess the participation in screening activities.
- ii. To identify reasons of non-participation in health screening among KOSPEN community.
- iii. To assess the participation in physical activity and the use of 10,000 step track.
- iv. To assess the knowledge on calorie.
- v. To assess the knowledge on gazetted non-smoking area.

##### **3.1.3 Key Findings**

- i. Almost four in ten [38.8% (95% CI: 30.6, 47.6)] of the respondents ever heard about KOSPEN.
- ii. Only 4.8% (95% CI: 2.7, 8.3) of the respondent had heart disease. However 23.8% (95% CI: 21.3, 26.6) had hypertension and 13.2% (95% CI: 9.0, 18.8) were diabetics.
- iii. Overall, two in ten (23.5% (95% CI: 17.5, 30.9) of the respondents in the community participated in at least one of the KOSPEN activities.

- iv. About a quarter (20.6%; 95% CI: 14.5, 28.4) of the community participated in health screening; 20.7% (95% CI: 14.2, 29.0) among KOSPEN KEMAS community, and, 20.2% (95% CI: 14.1, 28.1) among KOSPEN RT community.
- v. Among those who did not participate in health screening, 43.5% (95% CI: 30.1, 57.9) stated that they did not know health screening was conducted in their localities.
- vi. In the community, 43.6% (95% CI: 38.1, 49.2) were highly active in physical activities; 43.9% (95% CI: 38.0, 50.0) among KOSPEN KEMAS community and 38.7% (95% CI: 33.6, 44.2) among KOSPEN RT community.
- vii. Overall, 10.0% (95% CI: 5.9, 16.2) of the community ever used the 10,000 step track. Similarly in KOSPEN KEMAS Community, 9.9% (95% CI: 5.7, 16.7) and in KOSPEN RT community 10.3% (95% CI: 5.8, 17.5) ever used 10,000 step track.
- viii. Almost half [(46.8% CI: 38.4, 55.3)] of the KOSPEN communities had knowledge on food calories.
- ix. 28.5% (95% CI: 25.2, 32.2) of the KOSPEN communities were smokers.
- x. Majority of the KOSPEN communities knew places that were gazetted as non-smoking area.

### **3.1.4 Socio-Demographic Characteristics of Respondents from KOSPEN Community**

A total of 2156 respondents were involved in this study, with 55.4% females and 44.6% males. According to age groups, 23.9% were from age 60 years old and above followed by 20.6% aged 40-49 years old and 20.2% aged 50-59 years old. About 75.8% of the respondents were Malays; and one fourth of the respondents had secondary education (42.1%). In terms of marital status, 69.8% were married, followed by never married (16.4%) and divorced/widow/ widower (13.9%). Based on occupational status, 34.3% were homemakers or unemployed, followed by self-employed (23.7%), private employees (20.7%) and government/semi government employees (13.3%). By household income levels, 28.7% had income of RM1000 - RM1999, 26.6% had household income less than RM 1000 and another 17.6% had income between RM2000-RM2999.

A total of 1230 respondents from KOSPEN KEMAS localities were involved in this study. The highest percentage by socio-demographic characteristics were female

respondents(56.2%), age group of 60 years and above (27.8%), Malays (75.2%), those with secondary education (38.5%), those who were married (67.9%), homemakers or unemployed (39.2%) and those with household income in Quintile 3 (25.2%).

A total of 926 respondents from KOSPEN RT localities involved in this study. The highest percentage by socio-demographic characteristics were female respondents (54.3%), age group 40-49 years old (22.4%), Malays (76.6%), those with secondary education (46.9%), those who were married (72.2%), homemakers or unemployed (27.9%) and those with household income in Quintile 3 (28.0%) (**Table 3.1.1**).

### **3.1.5 Prevalence of Known Non-Communicable Diseases (NCD) at KOSPEN localities**

Overall, only 4.8% (95% CI: 2.7, 8.3) of the respondents had heart diseases, 13.2% (95% CI: 9.0, 18.8) were diabetics and 23.8% (95% CI: 21.3, 26.6) had hypertension while findings from KOSPEN KEMAS showed that only 4.9% (95% CI: 2.7, 8.7) of the respondent had heart diseases, 13.4% (95% CI: 9.0, 19.5) were diabetics and 24.1% (95% CI: 21.3, 27.0) had hypertension. Similar pattern were seen at KOSPEN RT whereby only 3.0% (95% CI: 1.7, 5.1) of the respondents from RT localities had heart disease, 9.5% (95% CI: 6.1, 14.7) were diabetics and 20.7% (95% CI: 17.2, 24.7) were known to be hypertensive (**Table 3.1.2**).

### **3.1.6 Prevalence of KOSPEN Programme Awareness**

Overall, almost four in ten [38.8% (95% CI: 30.6, 47.6)] of the respondents were aware about KOSPEN. By gender, 40.9% of female respondents (95% CI: 31.0, 51.6) and 36.8% of male respondents (95% CI: 28.7, 45.7) were aware about KOSPEN. By age group, the age group of 50-59 years were noted to have the highest prevalence of KOSPEN program awareness [57.6% (95% CI: 41.6, 72.1)], followed by the age group of 40-49 years [52.3% (95% CI: 39.1, 65.2)], and the age group 30 – 39 years old [38.4% (95% CI: 28.0, 50.0)]. By ethnicity, the highest prevalence of KOSPEN awareness was noted among the Malays 39.6% (95% CI: 29.9, 50.3). Looking at the level of education, the highest prevalence of KOSPEN awareness were noted to be among respondents who had secondary education [41.8% (95% CI: 32.7, 51.5)], followed by primary education [40.6% (95% CI: 30.3, 51.8)] and tertiary education [38.8% (95% CI: 29.0, 49.6)]. With respect to marital status, the highest prevalence of

awareness was noted among married respondents, 45.5% (95% CI: 34.4, 57.0). Based on the occupational status, the study identified the top three highest prevalence were among government/semi government employees [54.9% (95% CI: 39.8, 69.1)], followed by self-employed [48.4% (95% CI: 34.1, 63.0)] and the home maker/unemployed [35.9% (95% CI: 28.3, 44.4)]. 1 out of 2 respondents from household income group of RM3000-RM3999 [50.0% (95% CI: 35.0, 64.9)] were aware about KOSPEN.

By localities, four in ten [38.9% (95% CI: 30.2, 48.4)] of KOSPEN KEMAS respondents were noted to be aware about KOSPEN in which the prevalence was 40.7% (95% CI: 30.2, 52.1) among females and 37.3% (95% CI: 28.7, 46.8) among males. By age group, the age group of 50-59 years had the highest prevalence of KOSPEN program awareness [58.7% (95% CI: 41.3, 74.1)], followed by the age group of 40-49 years [52.8% (95% CI: 38.5, 66.7)], and the age group 30 – 39 years old [38.6% (95% CI: 27.5, 51.1)]. In terms of ethnicity, the highest prevalence of KOSPEN awareness was also noted to be among the Malays 39.4% (95% CI: 29.1, 50.8). Looking at the level of education, the highest prevalence of KOSPEN awareness was noted to be among respondents who had secondary education with 42.4% (95% CI: 32.5, 52.9) followed by primary education 40.9% (95% CI: 30.1, 52.7) and tertiary education 38.3% (95% CI: 28.1, 49.7). With respect of marital status, the highest prevalence of awareness was noted to be among married respondents, 45.9% (95% CI: 34.0, 58.2). Based on the occupational status, the study identified the top three highest prevalence were among government/semi government employees [56.6% (95% CI: 39.6, 72.2)], followed by self-employed [48.9% (95% CI: 33.8, 64.2)] and the home maker/unemployed [35.8% (95% CI: 27.8, 44.7)]. 1 of 2 respondents from household income group of RM3000-RM3999 [50.0% (95% CI: 35.0, 64.9)] were aware about KOSPEN (**Table 3.1.3**).

Overall, among KOSPEN RT, 36.2% (95% CI: 26.0, 47.9) of the respondents were aware about KOSPEN. In gender, 43.6% (95% CI: 35.4, 52.1) among female and 29.3% (95% CI: 18.3, 43.5) among male. The highest prevalence in other socio-demography categories were age group of 40-49 years [46.1% (95% CI: 32.0, 60.9)], Malay ethnicity [43.2% (95% CI: 34.5, 52.3)], individuals with tertiary education [46.9% (95% CI: 37.0, 57.1)], married [40.0% (95% CI: 28.6, 52.6)], government/semi government employees [43.0% (95% CI: 28.1, 59.2)] and those with household income Quintile 5 [49.6% (95% CI: 41.7, 57.5)] (**Table 3.1.3**)

### 3.1.7 Prevalence of Community Participation in KOSPEN Activities

In overall, 23.5% (95% CI: 17.5, 30.9) of the respondents participated in KOSPEN activities. A total of [26.2% (95% CI: 18.1, 36.3)] female and 21.1% male (95% CI: 14.5, 29.5) participated in KOSPEN activities. The prevalence by ethnicity, 26.4% (95% CI: 16.9, 38.8) non-Malays and 22.3% (95% CI: 15.4, 31.3) Malay participated in KOSPEN activity. The prevalence by age group were higher among those 50-59 years old. [33.8 % (95% CI: 21.2, 49.2)], followed by 40-49 years old who had 31.3% (95% CI: 20.8, 44.2) and more than 60 years old [23.0% (95% CI: 15.2, 33.1)]. The Highest level of education of people participated in KOSPEN activities were from primary education at 26.4% (95% CI: 18.0, 36.9), followed by secondary education [24.4% (95% CI: 17.4, 33.0)] and no formal education had 21.9% (95% CI: 12.9, 34.5) among them. Almost 3 in 10 [27.4% (95% CI: 19.9, 36.5)] of married respondents participated in the activities. There were also 32.3% (95% CI: 21.6, 45.2) of the self-employed, 27.5% (95% CI: 16.6, 42.0) of the government/semi government employee and also 28.1% (95% CI: 17.4, 42.0) of the respondents from household income Quintile 4.

In total, 23.6% (95% CI: 17.2, 31.4) of the KOSPEN KEMAS respondents participated in KOSPEN activities. In term of gender, 26.1% (95% CI: 17.5, 37.0) among female and 21.2% (95% CI: 14.3, 30.3) among male. The highest prevalence in other socio-demography categories were within the age group of 50-59 years [34.4% (95% CI: 20.9, 51.1)], non-Malay [27.2% (95% CI: 16.9, 40.7)], primary education [26.7% (95% CI: 17.9, 37.8)], married [27.5% (95% CI: 19.5, 37.4)], self-employed [32.6% (95% CI: 21.4, 46.2)] and household income Quintile 4 [29.1% (95% CI: 17.4, 44.5)].

In KOSPEN RT, around 2 in 10 respondents [22.9% (95% CI: 16.1, 31.6)] participated in KOSPEN activities. The prevalence of respondents participated in KOSPEN activities by gender was higher among female [27.0% (95% CI: 20.4, 34.8)] than males [19.0 % (95% CI: 11.6, 29.6)]. The highest prevalence for others socio-demography categories were age group of 40-49 years [34.9% (95% CI: 22.6, 49.7)], Malay [25.9% (95% CI: 19.7, 33.3)], tertiary education [(22.6% (95% CI 16.2, 30.6))], divorcee/widow/widower [28.0% (95% CI: 17.5, 41.5)], retiree [34.1% (95% CI: 20.5, 51.0)] and household income Quintile 3 [28.3% (95 % CI: 15.9, 45.2)] (**Table 3.1.4**)

### **3.1.8 Prevalence of Community Participation in Health Screening Organized by KOSPEN**

Overall, 20.6% (95% CI: 14.5, 28.4) of the respondents participated in health screeninga. About a quarter (24.6%;95% CI: 16.8, 34.5) were females and 16.9% (95% CI: 11.0, 25.0) were males. There were 32.7% (95% CI:20.3, 48.2) from 50-59 years age group who participated in health screening, followed by age groups of 40-49 years old [28.4% (95% CI:18.4,41.1)] and 60 years and above [(22.4% 95% CI: 14.8,32.5)]. By ethnicity, 21.0% (95% CI: 14.1, 29.9) of Malays participated in the screening. Based on level of education, 25.5% (95% CI: 17.2,35.9) of the respondents who had primary education took part in the health screening. With regards to marital status, 24.8% (95% CI: 17.2, 34.3) of the respondents who were married participated in health screening programmes. By income status, 29.3% (95% CI: 19.1, 42.1) among self-employed [18.1% (95% CI 11.9, 26.6)] and about 1 in 4 respondents by household income from Quintile 4 [(25.2%, 95%CI: 14.8, 39.5)] screened their health in this KOSPEN program.

Overall, 2 out of 10 of the respondents [20.7% (95% CI: 14.2, 29.0)] participated in health screening organized by KOSPEN KEMAS. Almost 1 in 4 female respondents (24.6%; 95% CI: 16.3, 35.3) in KOSPEN KEMAS participated in health screening. However only 16.9% (95% CI: 10.7, 25.7) among male did. About a third of respondents [33.4% (95% CI: 20.0, 50.1)] from 50-59 years old and 20.9% (95% CI: 13.7, 30.4) of Malays participated in health screening.

Overall, in KOSPEN RT localities, 20.2% (95% CI: 14.1, 28.1) of the respondents participated in health screening. Similar pattern in health screening by gender was found among KOSPEN RT and KOSPEN KEMAS respondents; with participation of 24.8% (95% CI: 18.8, 32.1) among females and 15.8% (95% CI: 9.7, 24.8) among males. Meanwhile, 3 out of 10 of respondents aged 40-49 years old [(30.4% (95% CI: 18.8, 45.0)] and 22.4% (95% CI: 16.8, 29.2) of Malays participated in health screening (**Table 3.1.5**).

### **3.1.9 Sources of Information on KOSPEN**

The study found the most common source of information for the respondents regarding KOSPEN were from friends [41.6% (95% CI: 33.1, 50.7), while 30.7% (95% CI: 21.9, 41.1] obtaine the information from Village Development and Security Committee (JKKK).

Other common sources of information regarding KOSPEN programmes were from the volunteers [26.9% (95% CI: 16.8, 40.1)], followed by Rukun Tetangga or Neighbourhood Watch [26.4% (95% CI: 19.6, 34.5)], KEMAS agency [17.0% (95% CI: 11.1, 25.2)] and from signboards [16.2% (95% CI: 9.6, 26.0)].

Overall, respondents who obtained KOSPEN information from friends were significantly higher in KOSPEN KEMAS [43.1% (95% CI: 34.1, 52.5)] than in KOSPEN RT localities [18.7% (95% CI: 13.1, 25.9)]. Additionally, about 32.1% (95% CI: 22.8, 43.1) of the respondents in KOSPEN KEMAS localities obtained the information from Village Development and Security Committee (JKKK) which was significantly higher than KOSPEN RT localities [8.3% (95% CI: 5.3, 12.9)]. Meanwhile, the source of information at KOSPEN RT localities was highest from Rukun Tetangga (Neighbourhood Watch) at 55.2% (95% CI: 43.4, 66.5) (**Table 3.1.6**).

### **3.1.10 Community Participation Based on Types of KOSPEN Activities**

Regarding participation in KOSPEN activities, about 1 in 5 of the community participated in health screening [20.6% (95% CI: 14.5, 28.4)]. About 10.3% (95% CI: 6.5, 15.9)] of respondents were involved in health talks, 7.3% (95% CI: 4.6, 11.5) participated in 10,000 steps programme and 5.3% (95% CI: 3.1, 9.0) participated in physical activity/ sports/ exercise/ recreational activities.

Between the KOSPEN KEMAS and KOSPEN RT, the prevalence of respondents who participated in health screening was almost the same, [20.7% (95% CI: 14.2, 29.0)] and [20.2% (95% CI: 14.1, 28.1)], respectively. A small proportion of respondents (10.4%; 95% CI: 6.4, 16.4) among KOSPEN KEMAS respondents and 9.2% (95% CI: 5.5, 14.9) among KOSPEN RT respondents participated in health talks. (**Table 3.1.7**).

### **3.1.11 Reasons of Non-participation in KOSPEN Health Screening Programmes**

With regards to the reasons of non-participation in KOSPEN health screening programmes, majority of the respondents reported that they did not know health screening was conducted in their localities [43.5% (95% CI: 30.1, 57.9)]. Meanwhile, almost 1 in 5 respondents reported they had no time to attend KOSPEN health screening programmes [18.4% (95% CI: 9.0, 33.9); only 4.2% (95% CI: 2.5, 7.0) reported they had undergone health screening.

About half of the respondents (44.2%; 95% CI: 30.0, 59.5) in KOSPEN KEMAS and 33.5% (95% CI: 22.6, 46.4) of the respondents in KOSPEN RT localities did not participate in KOSPEN health screening programmes because they didn't know that there were health screenings conducted. Prevalence of respondents who had time constrains to attend KOSPEN health screening in KOSPEN KEMAS was 18.4% (95% CI: 8.5, 35.2) and in KOSPEN RT was 17.7% (95% CI: 10.6, 28.0). While almost, 3.9% (95% CI: 2.2, 7.1) in KOSPEN KEMAS and 7.8% (95% CI: 4.4, 13.2)] in KOSPEN KRT localities had already undergone health screening.(Table 3.1.8).

### **3.1.12 Places of Health Screening Among Individuals Went for Screening under KOSPEN programme**

With regards to the places of health screening under KOSPEN programme, among individuals who had undergone the health screening, most of them received the service at KOSPEN Community Centres [57.3% (95% CI: 47.0, 66.9)], followed by at Health Carnivals/ Programmes [43.1% (95% CI: 32.9, 54.0)].

In KOSPEN KEMAS localities, more than half of individuals who went for screening under KOSPEN programme, did it at KOSPEN Community Centre [57.7% (95% CI: 46.9, 67.9) and 42.4% (95% CI: 31.6, 54.0)] went to Health Carnivals/ Programmes. However in KOSPEN RT localities, most of them went to Health Carnivals/ Programmes for health screening [53.9% (95% CI: 43.9, 63.5)] and followed by 49.8% (95% CI: 36.1, 63.6)] who went to KOSPEN Community Centres.(Table 3.1.9).

### **3.1.13 Prevalence of Individuals Who Received a Health Diary After Health Screening**

Overall, 36.7% (95% CI: 28.5, 45.8)] of the respondents received a health dairy after the health screening. It was encouraging to note that 72.8% (95% CI: 63.9, 80.2%)] of them had used the health diary to monitor their own health. In KOSPEN RT localities, 43.9% (95% CI: 30.0, 58.9) of the respondents received a health diary after health screening compared to 36.3% (95% CI: 27.6, 45.9) in KOSPEN KEMAS localities. By gender, 37.7% (95% CI: 26.2, 50.8) males and 36.0% (95% CI: 24.6, 49.2) females received a health diary after health screening(Table 3.1.10).

### **3.1.14 Level of Physical Activity Among KOSPEN Communities**

Overall, it was estimated that 43.6% (95% CI: 38.1, 49.2) of the respondents were highly active in physical activity. A third of the respondents [33.2% (95% CI: 29.4, 37.2)] were minimally active while 23.3% (95% CI: 18.8, 28.4) were inactive. By gender, more than half of the male respondents were highly active at 53.6% (95% CI: 46.4, 60.7); while less than half of the female respondents were minimally active [39.7% (95% CI: 34.3, 45.4)]. By level of education and marital status, the highest prevalence of respondents who were highly active were among those with secondary education [54.0% (95% CI: 45.6, 62.1)] and married respondents [46.7% (95% CI: 41.0, 52.4)]. By occupation, respondents who were self-employed [64.4% (95% CI: 54.4, 73.4)] showed the highest prevalence of highly active followed by 45.0% (95% CI: 24.5, 67.4) of the retirees and 44.9% (95% CI: 34.9, 55.3) of the private employee.

In KOSPEN KEMAS, 43.9% (95% CI: 38.0, 50.0) of respondents were highly active, 33.5% (95% CI: 29.5, 37.8) were minimally active while 22.6% (95% CI: 17.8, 28.2) were inactive. However in KEMAS KRT, 38.7% (95% CI: 33.6, 44.2) of respondents were highly active, 28.2% (95% CI: 24.4, 32.2) were minimally active while 33.1% (95% CI: 28.1, 38.6) were inactive (**Table 3.1.11**).

### **3.1.15 Prevalence of Individuals Who Ever Used and Barriers of Using the 10,000 Steps Tracks**

The results revealed that only 10.0% (95% CI: 5.9, 16.2) of the respondents ever used the 10,000 steps track. Between KOSPEN KEMAS and KOSPEN RT localities, the prevalence of respondents who ever used the 10,000 steps track were almost the same with 9.9% (95% CI: 5.7, 16.7) and 10.3% (95% CI: 5.8, 17.5) respectively.

Among those who never used 10,000 steps track, the top three barriers and challenges were no time [17.9% (95% CI: 14.0, 22.5)], sick [3.3% (95% CI: 2.0, 5.3)] and not interested [2.7% (95% CI: 1.6, 4.7)]. By localities, the common barrier was no time for both localities; KOSPEN KEMAS [18.1%, (95% CI: 14.0, 23.1)] and KOSPEN RT [13.8 (95% CI: 8.6, 21.4)] (**Table 3.1.12**).

### **3.1.16 Prevalence of Individuals with Knowledge on Food Calories**

The prevalence of respondents with knowledge on food calories among KOSPEN communities was 46.8% (95% CI: 38.4, 55.3). By localities, it was found that 46.5% (95% CI: 37.6, 55.5) of the respondents in KOSPEN KEMAS and more than half of the respondents in KOSPEN RT [51.3% (95% CI: 42.2, 60.3)] reported that they knew the meaning of food calories.

More than one in ten respondents in community reported that they knew their requirements of daily calories [14.2% (95% CI: 9.5, 20.8)] with [14.4% (95% CI: 9.3, 21.5)] in KOSPEN KEMAS and [12.4% (95% CI: 8.6, 17.7)] in KOSPEN RT.

Overall, majority of the respondents [77.7% (95% CI: 71.5, 82.9)] in KOSPEN communities knew that the total daily calorie intake have effect on body weights; with [78.0% (95% CI: 71.3, 83.5)] in KOSPEN KEMAS and 73.9% (95% CI: 65.7, 80.7)] in KOSPEN RT (**Table 3.1.13**).

### **3.1.17 Prevalence of Individuals Who Correctly Identified Foods and Drinks That Contain High Calories**

Overall, majority of the respondents in KOSPEN communities correctly identified food and drinks with high calories. Most recognisable high calorie foods were fish cooked in coconut milk [89.2% (95% CI: 83.3, 93.2)], followed by fried rice [87.2% (95% CI: 81.3, 91.5)], curry noodle [84.8% (95% CI: 77.7, 89.9) and vegetable cooked in coconut milk gravy [83.5% (95% CI: 75.8, 89.2)]. A total of 82.8% (95% CI: 76.3, 87.8) and 82.2% (95% CI: 75.8, 87.2) of the respondents identified milk tea and carbonated drinks respectively as high calorie containing drinks.

Among KOSPEN KEMAS respondents, the result showed that the top three foods that were identified as high calorie containing foods were fish cooked in coconut milk [89.1% (95% CI: 82.7, 93.3)], fried rice [87.2% (95% CI: 80.7, 91.7)] and curry noodle [84.2% (95% CI: 76.6, 89.7)], compared to KOSPEN RT respondents, who identified curry noodle [91.4% (95% CI: 86.1, 94.8)], fish cooked in coconut milk [91.0% (95% CI: 87.0, 93.8)] and fried rice [88.2% (95% CI: 83.5, 91.7)] as their top three high calorie containing food (**Table 3.1.14**).

### **3.1.18 Prevalence of Individuals Who Monitored Their Body Weight Regularly**

It was estimated less than half of individuals in KOSPEN communities monitored their weight regularly [49.0% (95% CI: 42.8, 55.3)]. Overall, the highest prevalence for each socio-demographic characteristics were females [54.9% (95% CI: 45.8, 63.6)], age group of 40-49 years [55.6% (95% CI: 45.4, 65.3)], Malays [49.7% (95% CI: 43.8, 55.6)], those with tertiary education [56.9% (95% CI: 46.0, 67.2)], married [51.5% (95% CI: 44.0, 58.9)], retirees [66.3% (95% CI: 41.8, 84.4)] and those with household income of RM6000-6999 [95.8% (95% CI: 83.8, 99.0)].

By localities, it was found that the prevalence was 48.6% (95% CI: 42.0, 55.2) in KOSPEN KEMAS and 55.7% (95% CI: 48.1, 63.0) in KOSPEN RT (**Table 3.1.15**).

### **3.1.19 Prevalence of Individuals Who Knew Their Body Mass Index (BMI)**

Overall, the prevalence of individuals who knew their body mass index was 46.9% (95% CI: 39.1, 54.9). The highest prevalence for each socio-demographic characteristics were females [51.3% (95% CI: 42.3, 60.1)], age group of 30-39 years [58.1% (95% CI: 49.2, 66.5)], Malays [48.1% (95% CI: 39.3, 57.0)], those with tertiary education [65.5% (95% CI: 48.8, 79.0)], never married [49.9% (95% CI: 38.2, 61.5)], government employees [65.6% (95% CI: 53.0, 76.4)] and those with household income at quintile 5 [61.4% (95% CI: 54.0, 68.3)]. By localities, the reported prevalence in KOSPEN KEMAS was 46.6 % (95% CI: 38.2, 55.1) and 52.2% (95% CI: 43.0, 61.2) in KOSPEN RT (**Table 3.1.16**).

### **3.1.20 Prevalence of Smokers in the KOSPEN Communities**

**Table 3.1.17** presents the prevalence of smokers in KOSPEN communities. More than a quarter of the respondents were smokers [28.5% (95% CI: 25.2, 32.2)], and more than half of the male respondents were smokers at 53.3% (95% CI: 48.0, 58.5). The highest prevalence was found among the individuals who were 30-39 years [37.1% (95% CI: 29.8, 45.1)], Malays [28.7% (95% CI: 24.5, 33.3)], those with secondary education [35.5% (95% CI: 29.2, 42.4)], those who were never married [35.9% (95% CI: 26.8, 46.3)], private sector employees [43.1% (95% CI: 31.5, 55.6)] and those with household income of RM5000-5999 [43.3% (95% CI: 26.4, 62.0)].

In KOSPEN KEMAS localities, 28.4 % (95% CI: 24.8, 32.2) of the respondents were smokers compared with KOSPEN RT localities [31.0% (95% CI: 23.0, 40.2)]. More than half of the male respondents in both localities were smokers with 53.2% (95% CI: 47.6, 58.7) in KOSPEN KEMAS and 54.2% (95% CI: 45.2, 63.0) in KOSPEN RT. It was estimated that the highest prevalence of smokers in KOSPEN KEMAS had household income of RM5000-5999 [44.7% (95% CI: 26.7, 64.1)] and in KOSPEN RT was RM2000-2999 [40.5% (95% CI: 20.4, 64.5)].

### **3.1.21 Awareness on Gazetted Non- Smoking Areas among KOSPEN Communities**

In this study, the respondents were also asked if they were aware of gazetted non-smoking areas among KOSPEN communities. The finding showed that the top five known gazetted non-smoking areas were schools [95.8% (95% CI: 93.7, 97.3)], indoor service counters [95.0% (95% CI: 92.6, 96.7)], government premises [94.9% (95% CI: 92.2, 96.7)], gas stations [94.7% (95% CI: 90.6, 97.1)] and airports [92.9% (95% CI: 89.7, 95.2)].

Almost similar responses were reported in KOSPEN KEMAS and KOSPEN RT localities with regards to gazetted non-smoking areas. In KOSPEN KEMAS, the top five known gazetted non-smoking areas were schools [95.8% (95% CI: 93.5, 97.3)], indoor service counters [94.9% (95% CI: 92.3, 96.7)], government premises [94.7% (95% CI: 91.8, 96.6)], gas stations [94.6% (95% CI: 90.2, 97.2)] and public transport [92.9% (95% CI: 90.0, 95.0)]. In KOSPEN RT, the top five known gazetted non-smoking areas were schools [97.0% (95% CI: 93.6, 98.6)], indoor service counters [97.0% (95% CI: 93.5, 98.7)], government premises [96.8% (95% CI: 92.9, 98.6)], air-conditioned eating outlets [96.5% (95% CI: 92.8, 98.4)] and gas stations [95.8% (95% CI: 90.5, 98.2)] (**Table 3.1.18**).

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



TABLE 3.1.1: Socio-demographic characteristics of respondents from KOSPEN community (n=2156)

<b>Socio-demography</b>	<b>Overall</b>		<b>KEMAS</b>		<b>KRT</b>	
	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>
<b>MALAYSIA</b>	2156	100.0	1230	57.1	926	42.9
<b>Gender</b>						
Male	962	44.6	539	43.8	423	45.7
Female	1194	55.4	691	56.2	503	54.3
<b>Age Group</b>						
18-29	378	17.6	213	17.4	165	17.9
30-39	381	17.7	192	15.7	189	20.5
40-49	443	20.6	236	19.3	207	22.4
50-59	433	20.2	243	19.8	190	20.6
60+	513	23.9	341	27.8	172	18.6
<b>Ethnicity</b>						
Malays	1628	75.8	923	75.2	705	76.6
Chinese	107	5.0	28	2.3	79	8.6
Indians	81	3.8	9	0.7	72	7.8
Other Bumiputeras	304	14.2	253	20.6	51	5.5
Others	28	1.3	15	1.2	13	1.4
<b>Level of Education</b>						
No formal education	248	11.6	168	13.7	80	8.7
Primary education	592	27.7	395	32.3	197	21.4
Secondary education	902	42.1	471	38.5	431	46.9
Tertiary education	399	18.6	188	15.4	211	23.0
<b>Marital status</b>						
Never married	351	16.4	211	17.2	140	15.3
Married	1495	69.8	833	67.9	662	72.2
Divorcee/Widow/Widower	297	13.9	182	14.8	115	12.5
<b>Occupation</b>						
Government/Semi government employee	285	13.3	113	9.2	172	18.8
Private employee	443	20.7	215	17.6	228	24.9
Self-employed	507	23.7	327	26.7	180	19.7
Homemaker/Unemployed	734	34.3	479	39.2	255	27.9
Student	41	1.9	25	2.0	16	1.7
Retiree	128	6.0	64	5.2	64	7.0
<b>Household Income</b>						
Less than RM 1000	527	26.6	386	34.2	141	16.5
RM 1000 - RM 1999	568	28.7	338	30.0	230	26.9
RM 2000 - RM 2999	348	17.6	179	15.9	169	19.8
RM 3000 - RM 3999	214	10.8	107	9.5	107	12.5
RM 4000 - RM 4999	116	5.9	44	3.9	72	8.4
RM 5000 - RM 5999	100	5.0	45	4.0	55	6.4
RM 6000 & above	109	5.5	29	2.6	80	9.4
<b>Household Income (Quintile)</b>						
Quintile 1	459	23.2	340	30.1	119	13.9
Quintile 2	334	16.9	216	19.1	118	13.8
Quintile 3	523	26.4	284	25.2	239	28.0
Quintile 4	292	14.7	147	13.0	145	17.0
Quintile 5	374	18.9	141	12.5	233	27.3

**TABLE 3.1.2:** Prevalence of known NCDs at KOSPEN localities

	Overall					KEMAS					KRT				
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
<b>Heart disease (n=2150)</b>															
Yes	98	381036	4.8	2.7	8.3	62	365550	4.9	2.7	8.7	36	15486	3.0	1.7	5.1
No	2016	7500393	94.1	90.1	96.5	1144	7003851	94.0	89.7	96.6	872	496542	95.7	93.2	97.3
Don't know	36	-	-	-	-	21	-	-	-	-	15	-	-	-	-
<b>Hypertension (n=2148)</b>															
Yes	506	1900128	23.8	21.3	26.6	312	1792738	24.1	21.3	27.0	194	107390	20.7	17.2	24.7
No	1610	5991601	75.2	72.4	77.7	897	5587815	75.0	72.1	77.7	713	403785	77.9	73.7	81.6
Don't know	32	-	-	-	-	18	-	-	-	-	14	-	-	-	-
<b>Diabetes (n=2150)</b>															
Yes	275	1049499	13.2	9.0	18.8	165	999986	13.4	9.0	19.5	110	49513	9.5	6.1	14.7
No	1838	6776539	85.0	80.0	89.0	1039	6314714	84.7	79.4	88.9	799	461825	89.0	83.2	92.9
Don't know	37	-	-	-	-	23	-	-	-	-	14	-	-	-	-

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**TABLE 3.1.3:** Prevalence of KOSPEN programme awareness (n=2148)

	Overall				KEMAS				KRT						
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
MALAYSIA	924	3080962	38.8	30.6	47.6	539	2892763	38.9	30.2	48.4	385	188199	36.2	26.0	47.9
Gender															
Male	392	1500044	36.8	28.7	45.7	233	1421836	37.3	28.7	46.8	159	78209	29.3	18.3	43.5
Female	532	1580917	40.9	31.0	51.6	306	1470927	40.7	30.2	52.1	226	109990	43.6	35.4	52.1
Age Group															
18-29	95	349320	20.0	14.4	27.2	58	324329	19.9	13.9	27.5	37	24991	22.4	15.5	31.2
30-39	169	543802	38.4	28.0	50.0	84	502234	38.6	27.5	51.1	85	41568	36.4	20.6	55.8
40-49	232	746412	52.3	39.1	65.2	130	697667	52.8	38.5	66.7	102	48745	46.1	32.0	60.9
50-59	234	786886	57.6	41.6	72.1	135	739125	58.7	41.3	74.1	99	47760	44.6	28.8	61.4
60+	191	651736	32.8	20.5	48.0	131	627369	32.9	20.2	48.7	60	24367	30.7	20.7	42.9
Ethnicity															
Malay	721	2301093	39.6	29.9	50.3	394	2143464	39.4	29.1	50.8	327	157629	43.2	34.5	52.3
Non-Malay	198	767035	36.0	22.7	51.9	143	737075	37.3	22.8	54.6	55	29960	19.5	8.7	38.2
Level of Education															
No formal education	80	199582	22.4	11.9	38.2	55	186999	22.5	11.4	39.5	25	12583	21.9	11.0	38.9
Primary education	252	906736	40.6	30.3	51.8	180	870916	40.9	30.1	52.7	72	35820	34.1	25.6	43.8
Secondary education	404	1239080	41.8	32.7	51.5	217	1145352	42.4	32.5	52.9	187	93728	36.0	23.0	51.5
Tertiary education	178	703646	38.8	29.0	49.6	81	659527	38.3	28.1	49.7	97	44119	46.9	37.0	57.1
Marital status															
Never married	99	368658	20.6	12.8	31.4	65	349056	20.7	12.5	32.2	34	19602	19.9	10.6	34.1
Married	709	2499639	45.5	34.4	57.0	406	2350325	45.9	34.0	58.2	303	149314	40.0	28.6	52.6
Divorcee/Widow/Widower	109	198991	30.9	19.9	44.7	66	181159	30.3	18.7	45.0	43	17832	40.2	27.8	53.9
Occupation															
Government/Semi government employee	151	465271	54.9	39.8	69.1	65	420556	56.6	39.6	72.2	86	44715	43.0	28.1	59.2
Private employee	163	430376	25.8	17.2	37.0	78	389643	25.6	16.4	37.8	85	40733	28.0	15.9	44.5
Self-employed	247	1048709	48.4	34.1	63.0	174	1011605	48.9	33.8	64.2	73	37103	37.5	25.1	51.7
Homemaker/Unemployed	289	940633	35.9	28.3	44.4	188	890573	35.8	27.8	44.7	101	50060	39.1	29.9	49.2
Student	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-
Retiree	54	-	-	-	-	25	-	-	-	-	29	-	-	-	-
Others	7	14129	64.4	18.1	93.7	3	12756	64.4	15.1	94.8	4	1373	64.7	29.4	89.0
Household Income															
Less than RM 1000	219	712108	32.4	23.6	42.7	167	688649	32.5	23.4	43.2	52	23459	30.6	19.4	44.8
RM 1000 - RM 1999	248	1027414	44.6	32.4	57.6	158	982309	45.3	32.3	58.9	90	45106	34.1	22.8	47.7
RM 2000 - RM 2999	144	435109	41.3	33.3	49.9	74	396861	42.8	34.3	51.7	70	38248	30.6	14.6	53.2
RM 3000 - RM 3999	109	368016	50.0	35.0	64.9	55	339531	50.0	33.9	66.1	54	28485	49.7	40.0	59.5
RM 4000 - RM 4999	55	99321	31.0	17.9	48.0	16	79688	28.1	14.3	47.8	39	19633	52.4	36.0	68.4
RM 5000 - RM 5999	43	140199	36.3	21.5	54.3	21	131041	36.2	20.6	55.4	22	9158	37.9	22.8	55.8
RM 6000 & above	54	133955	60.9	34.2	82.4	14	119655	62.5	32.4	85.3	40	14300	50.4	38.1	62.6
Household Income (Quintile)															
Quintile 1	196	630142	35.2	25.2	46.7	152	611368	35.4	25.0	47.3	44	18775	30.2	17.8	46.4
Quintile 2	143	601189	39.1	27.3	52.2	99	576697	39.3	27.0	53.1	44	24491	34.5	23.6	47.3
Quintile 3	223	772724	41.6	32.1	51.9	121	721712	42.2	32.0	53.1	102	51013	34.7	19.7	53.4
Quintile 4	131	476725	48.5	34.9	62.4	70	442397	50.1	35.0	65.2	61	34328	34.2	21.7	49.4
Quintile 5	179	435343	41.7	30.9	53.3	63	385561	40.8	29.0	53.7	116	49781	49.6	41.7	57.5

**TABLE 3.1.4:** Prevalence of community participation in KOSPEN activities (n=2148)

	Overall					KEMAS					KRT				
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
<b>MALAYSIA</b>	580	1870816	23.5	17.5	30.9	344	1751662	23.6	17.2	31.4	236	119155	22.9	16.1	31.6
<b>Gender</b>															
Male	226	861192	21.1	14.5	29.5	133	810467	21.2	14.3	30.3	93	50724	19.0	11.6	29.6
Female	354	1009625	26.2	18.1	36.3	211	941194	26.1	17.5	37.0	143	68430	27.0	20.4	34.8
<b>Age Group</b>															
18-29	47	-	-	-	-	29	-	-	-	-	18	-	-	-	-
30-39	76	255524	18.0	10.9	28.2	41	237490	18.2	10.6	29.4	35	18034	15.8	9.0	26.2
40-49	149	445994	31.3	20.8	44.2	80	409129	31.0	19.9	44.9	69	36865	34.9	22.6	49.7
50-59	153	462110	33.8	21.2	49.2	97	433691	34.4	20.9	51.1	56	28418	26.5	16.6	39.6
60+	153	456863	23.0	15.2	33.1	97	432326	22.6	14.7	33.2	56	24536	30.6	20.1	43.6
<b>Ethnicity</b>															
Malay	432	1290556	22.3	15.4	31.3	238	1195848	22.1	14.8	31.7	194	94709	25.9	19.7	33.3
Non-Malay	145	567897	26.4	16.9	38.8	104	543590	27.2	16.9	40.7	41	24307	15.9	6.4	34.0
<b>Level of Education</b>															
No formal education	69	194172	21.9	12.9	34.5	44	178331	21.5	12.2	35.0	25	15841	27.6	13.0	49.1
Primary education	184	592144	26.4	18.0	36.9	134	570442	26.7	17.9	37.8	50	21702	20.7	14.8	28.2
Secondary education	242	723508	24.4	17.4	33.0	125	664618	24.5	17.0	34.0	117	58890	22.6	14.2	34.0
Tertiary education	78	331221	18.4	10.3	30.8	36	309978	18.2	9.8	31.4	42	21243	22.6	16.2	30.6
<b>Marital status</b>															
Never married	44	211723	11.9	7.4	18.7	29	202305	12.0	7.3	19.3	15	9418	9.6	5.1	17.4
Married	445	1510626	27.4	19.9	36.5	261	1414437	27.5	19.5	37.4	184	96189	25.8	18.0	35.4
Divorcee/Widow/Widower	87	135301	21.2	13.2	32.2	52	122696	20.7	12.4	32.5	35	12604	28.0	17.5	41.5
<b>Occupation</b>															
Government/Semi government employee	83	233242	27.5	16.6	42.0	39	210107	28.3	16.1	44.8	44	23135	22.2	13.9	33.7
Private employee	80	249458	14.9	8.1	25.7	36	225625	14.8	7.6	26.8	44	23832	16.4	9.1	27.7
Self-employed	170	694168	32.3	21.6	45.2	124	669009	32.6	21.4	46.2	46	25159	25.4	17.3	35.7
Homemaker/Unemployed	192	493068	18.8	12.4	27.4	122	459908	18.4	11.9	27.5	70	33160	25.9	18.1	35.7
Student	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-
Retiree	43	162424	36.7	17.6	61.1	17	151528	36.8	16.7	63.0	26	10896	34.1	20.5	51.0
<b>Household Income</b>															
Less than RM 1000	171	508079	23.3	15.7	33.1	128	490391	23.3	15.5	33.5	43	17687	23.1	13.9	35.9
RM 1000 - RM 1999	152	561350	24.2	14.7	37.2	95	530480	24.3	14.3	38.1	57	30870	23.4	14.8	34.9
RM 2000 - RM 2999	89	287770	27.3	18.9	37.8	45	259518	28.0	18.9	39.3	44	28251	22.6	10.4	42.5
RM 3000 - RM 3999	53	178508	24.3	15.1	36.8	25	164225	24.3	14.4	37.9	28	14283	24.9	16.1	36.6
RM 4000 - RM 4999	32	-	-	-	-	12	-	-	-	-	20	-	-	-	-
RM 5000 - RM 5999	23	-	-	-	-	10	-	-	-	-	13	-	-	-	-
RM 6000 & above	27	-	-	-	-	7	-	-	-	-	20	-	-	-	-
<b>Household Income (Quintile)</b>															
Quintile 1	154	461400	26.0	18.2	35.7	117	447261	26.1	18.0	36.2	37	14139	22.7	12.2	38.4
Quintile 2	85	354292	22.8	12.1	38.7	62	341374	23.0	11.9	39.8	23	12918	18.2	11.7	27.2
Quintile 3	144	426372	23.0	15.1	33.4	73	384778	22.5	14.2	33.8	71	41594	28.3	15.9	45.2
Quintile 4	72	275087	28.1	17.4	42.0	37	255787	29.1	17.4	44.5	35	19300	19.3	10.6	32.6
Quintile 5	92	206671	19.8	12.3	30.3	33	181657	19.2	11.2	31.1	59	25014	24.7	19.0	31.4

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**TABLE 3.1.5:** Prevalence of Community participation in health screening organized by KOSPEN (n=2156)

	Overall					KEMAS					KRT				
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
<b>MALAYSIA</b>	532	1646468	20.6	14.5	28.4	321	1541349	20.7	14.2	29.0	211	105120	20.2	14.1	28.1
<b>Gender</b>															
Male	201	690937	16.9	11.0	25.0	122	648754	16.9	10.7	25.7	79	42182	15.8	9.7	24.8
Female	331	955532	24.6	16.8	34.5	199	892594	24.6	16.3	35.3	132	62938	24.8	18.8	32.1
<b>Age Group</b>															
18-29	38	123876	7.1	3.9	12.4	23	115367	7.0	3.7	12.8	15	8509	7.6	4.5	12.7
30-39	71	219271	15.4	10.3	22.4	38	202731	15.5	10.0	23.2	33	16540	14.5	8.4	23.8
40-49	133	406785	28.4	18.4	41.1	73	374686	28.3	17.7	42.0	60	32100	30.4	18.8	45.0
50-59	145	447214	32.7	20.3	48.2	92	420220	33.4	20.0	50.1	53	26994	25.2	15.5	38.2
60+	143	448555	22.4	14.8	32.5	95	428345	22.3	14.5	32.8	48	20210	25.2	16.3	36.9
<b>Ethnicity</b>															
Malay	396	1218586	21.0	14.1	29.9	224	1136821	20.9	13.7	30.4	172	81765	22.4	16.8	29.2
Non-Malay	133	-	-	-	-	95	-	-	-	-	38	-	-	-	-
<b>Level of Education</b>															
No formal education	66	-	-	-	-	41	-	-	-	-	25	-	-	-	-
Primary education	174	573234	25.5	17.2	35.9	130	554602	25.8	17.2	36.8	44	18632	17.7	12.2	25.1
Secondary education	222	601229	20.2	14.3	27.8	115	549746	20.3	13.9	28.6	107	51483	19.7	12.4	30.0
Tertiary education	63	285005	15.7	8.7	26.6	30	267319	15.5	8.3	27.2	33	17686	18.8	12.8	26.7
<b>Marital status</b>															
Never married	34	136469	7.6	4.3	13.0	22	129892	7.6	4.2	13.4	12	6577	6.7	3.2	13.5
Married	411	1366429	24.8	17.2	34.3	247	1280518	24.9	16.8	35.2	164	85911	23.0	16.0	31.9
Divorcee/Widow/Widower	84	131208	20.3	12.7	30.9	50	118715	19.7	11.8	31.2	34	12493	27.7	17.3	41.3
<b>Occupation</b>															
Government/Semi government employee	71	183445	21.6	14.4	31.2	33	162902	21.9	13.9	32.8	38	20543	19.7	11.8	31.2
Private employee	66	-	-	-	-	29	-	-	-	-	37	-	-	-	-
Self-employed	162	637225	29.3	19.1	42.1	119	614501	29.6	18.9	43.0	43	22724	23.0	15.6	32.5
Homemaker/Unemployed	184	477273	18.1	11.9	26.6	117	445892	17.8	11.4	26.7	67	31381	24.5	16.6	34.6
Student	7	-	-	-	-	4	-	-	-	-	3	-	-	-	-
Retiree	37	-	-	-	-	17	-	-	-	-	20	-	-	-	-
<b>Household Income</b>															
Less than RM 1000	163	467355	21.1	13.2	32.1	126	453773	21.3	13.0	32.7	37	13582	17.7	10.0	29.6
RM 1000 - RM 1999	139	468220	20.2	11.1	33.8	88	440499	20.2	10.7	34.7	51	27721	21.0	13.4	31.4
RM 2000 - RM 2999	80	266152	25.3	16.8	36.2	40	241629	26.0	16.8	38.0	40	24523	19.6	8.5	39.1
RM 3000 - RM 3999	48	151951	20.6	12.0	33.1	21	138527	20.4	11.3	34.0	27	13424	23.4	15.1	34.5
RM 4000 - RM 4999	25	-	-	-	-	9	-	-	-	-	16	-	-	-	-
RM 5000 - RM 5999	21	-	-	-	-	9	-	-	-	-	12	-	-	-	-
RM 6000 & above	24	45637	20.70	11.7	33.9	6	38939	20.3	10.4	36.0	18	6699	23.0	15.9	32.1
<b>Household Income (Quintile)</b>															
Quintile 1	147	422545	23.4	14.7	35.2	116	412511	23.7	14.6	35.9	31	10033	16.1	8.0	29.9
Quintile 2	78	-	-	-	-	58	-	-	-	-	20	-	-	-	-
Quintile 3	129	386763	20.8	13.4	31.0	64	349160	20.4	12.5	31.5	65	37603	25.6	14.0	41.9
Quintile 4	66	247663	25.2	14.8	39.5	33	230089	26.1	14.7	42.0	33	17574	17.5	9.6	29.8
Quintile 5	80	164583	15.7	10.5	22.8	28	141531	15.0	9.5	22.9	52	23053	22.8	17.8	28.6

**TABLE 3.1.6:** Sources of information on KOSPEN (n= 924)

	Overall						KEMAS						KRT					
	Count	Estimated Population	(% )	95% CI		Count	Estimated Population	(% )	95% CI		Count	Estimated Population	(% )	95% CI		Lower	Upper	
				Lower	Upper				Lower	Upper				Lower	Upper			
Friends	310	1281661	41.6	33.1	50.7	224	1246545	43.1	34.1	52.5	86	35116	18.7	13.1	25.9			
Village development and security committee (JKKK)	216	945166	30.7	21.9	41.1	172	929522	32.1	22.8	43.1	44	15644	8.3	5.3	12.9			
Volunteers	246	829297	26.9	16.8	40.1	172	786929	27.2	16.6	41.3	74	42368	22.5	14.0	34.2			
Rukun Tetangga (Neighbourhood watch)	318	812083	26.4	19.6	34.5	106	708130	24.5	17.4	33.3	212	103953	55.2	43.4	66.5			
KEMAS agency	131	525171	17.0	11.1	25.2	120	519327	18.0	11.6	26.7	11	5844	3.1	1.6	6.0			
Signboards	134	498440	16.2	9.6	26.0	72	468847	16.2	9.3	26.8	62	29593	15.7	10.4	23.0			
Health agency	106	303698	9.9	6.0	15.7	66	284687	9.8	5.8	16.2	40	19011	10.1	7.1	14.2			
Rukun Tetangga Neighbourhood watch	155	296626	9.6	5.7	15.8	26	221818	7.7	3.8	15.0	129	74808	39.7	27.2	53.8			
Mass media (TV, radio, newspapers,	89	278199	9.0	5.7	14.0	43	253195	8.8	5.3	14.2	46	25003	13.3	8.2	20.8			
Others	29	-	-	-	-	16	-	-	-	-	13	-	-	-	-	-	-	

**TABLE 3.1.7:** Community participation based on types of KOSPEN activities (n= 2156)

	Overall						KEMAS						KRT					
	Count	Estimated Population	(% )	95% CI		Count	Estimated Population	(% )	95% CI		Count	Estimated Population	(% )	95% CI		Lower	Upper	
				Lower	Upper				Lower	Upper				Lower	Upper			
Health screening	532	1646468	20.6	14.5	28.4	321	1541349	20.7	14.2	29.0	211	105120	20.2	14.1	28.1			
Health talk	266	821151	10.3	6.5	15.9	162	773299	10.4	6.4	16.4	104	47852	9.2	5.5	14.9			
10,000 steps programme	169	584540	7.3	4.6	11.5	107	555304	7.4	4.5	12.0	62	29236	5.6	3.4	9.2			
Physical activity/sports/exercise/recreational activities	125	425222	5.3	3.1	9.0	63	392623	5.3	2.9	9.2	62	32598	6.3	4.0	9.8			
“Smoke-free home” programme	33	-	-	-	-	21	-	-	-	-	12	-	-	-	-	-	-	

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**TABLE 3.1.8:** Reasons of non-participation in KOSPEN health screening programmes (n=1624)

	Overall					KEMAS					KRT				
	Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Did not know health screening is conducted	638	2756299	43.5	30.1	57.9	377	2617357	44.2	30.0	59.5	261	138943	33.5	22.6	46.4
No time	296	116299035	18.4	9.0	33.9	146	108955201	18.4	8.5	35.2	150	7343834	17.7	10.6	28.0
Have already undergone health screening	88	265794	4.2	2.5	7.0	32	233565	3.9	2.2	7.1	56	32229	7.8	4.4	13.2
Not interested	52	-	-	-	-	28	-	-	-	-	24	-	-	-	-
Scared	13	-	-	-	-	6	-	-	-	-	7	-	-	-	-
No companion	18	-	-	-	-	4	-	-	-	-	14	-	-	-	-
No transport	11	-	-	-	-	6	-	-	-	-	5	-	-	-	-
Embarrassed	10	-	-	-	-	2	-	-	-	-	8	-	-	-	-
Politics	3	-	-	-	-						3	-	-	-	-

**TABLE 3.1.9:** Places of health screening among individuals went for screening under KOSPEN programme (n=505)

	Overall					KEMAS					KRT				
	Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Health carnival/Programme	233	679032	43.1	32.9	54.0	127	628011	42.4	31.6	54.0	106	51021	53.9	43.9	63.5
KOSPEN Community Centre	257	901633	57.3	47.0	66.9	164	854440	57.7	46.9	67.9	93	47193	49.8	36.1	63.6
Home visit by volunteers	58	-	-	-	-	43	-	-	-	-	15	-	-	-	-
Official function	29	-	-	-	-	16	-	-	-	-	13	-	-	-	-
Social function	18	-	-	-	-	16	-	-	-	-	2	-	-	-	-
Others	6	-	-	-	-	1	-	-	-	-	5	-	-	-	-

**TABLE 3.1.10:** Prevalence of individuals who received a health diary after health screening (n= 532)

	Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper
Overall	199	572867	36.7	28.5	45.8
KEMAS	115	531659	36.3	27.6	45.9
KRT	84	41207	43.9	30.0	58.9
Male	80	245517	37.7	26.2	50.8
Female	119	327350	36.0	24.6	49.2

**TABLE 3.1.11: Level of physical activity among KOSPEN communities (n=2156)**

	Highly Active (HEPA)						Minimally Active						Inactive					
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
<b>MALAYSIA</b>	939	3477291	43.6	38.1	49.2	694	2647885	33.2	29.4	37.2	523	1856636	23.3	18.8	28.4			
<b>Gender</b>																		
Male	524	2195465	53.6	46.4	60.7	210	1105946	27.0	21.4	33.5	228	795466	19.4	15.5	24.1			
Female	415	1281826	33.0	26.5	40.2	484	1541939	39.7	34.3	45.4	295	1061171	27.3	19.7	36.5			
<b>Age Group</b>																		
18-29	165	695482	39.6	30.4	49.7	129	743978	42.4	31.2	54.4	84	314761	17.9	12.4	25.3			
30-39	170	598432	42.0	33.1	51.5	139	535320	37.6	27.8	48.6	72	289847	20.4	12.8	30.8			
40-49	213	691130	48.3	38.2	58.6	137	551752	38.6	26.8	51.9	93	187815	13.1	8.0	20.7			
50-59	220	741062	54.2	43.8	64.2	131	377777	27.6	19.6	37.5	82	-	-	-	-			
60+	168	747263	37.4	27.4	48.6	157	438725	21.9	14.9	31.1	188	812910	40.7	26.2	57.0			
<b>Ethnicity</b>																		
Malays	723	2608779	44.9	38.1	51.8	513	1904189	32.7	28.1	37.8	392	1303673	22.4	18.0	27.5			
Chinese	35	-	-	-	-	37	-	-	-	-	35	-	-	-	-			
Indians	25	-	-	-	-	34	47209	56.3	26.3	82.2	22	-	-	-	-			
Other Bumiputeras	143	745596	41.3	31.2	52.3	92	567181	31.4	23.8	40.2	69	490989	27.2	15.9	42.5			
Others	12	-	-	-	-	13	41288	50.0	28.5	71.6	3	-	-	-	-			
<b>Level of Education</b>																		
No formal education	96	483155	53.9	37.5	69.6	75	149351	16.7	9.1	28.5	77	263392	29.4	15.8	48.1			
Primary education	250	937682	41.6	33.3	50.5	183	664602	29.5	23.0	37.0	159	649380	28.8	21.7	37.2			
Secondary education	434	1604902	54.0	45.6	62.1	284	884316	29.7	22.2	38.6	184	484835	16.3	12.4	21.1			
Tertiary education	153	425566	23.4	15.3	34.1	146	938998	51.7	39.5	63.7	100	450506	24.8	15.8	36.7			
<b>Marital status</b>																		
Never married	156	690526	38.4	30.7	46.8	122	780022	43.4	31.6	56.0	73	326663	18.2	10.7	29.2			
Married	680	2575930	46.7	41.0	52.4	477	1721831	31.2	27.1	35.6	338	1222835	22.2	16.6	28.9			
Divorcee/Widow/Widower	100	200557	31.0	20.6	43.8	90	141845	21.9	14.6	31.6	107	303927	47.0	32.6	62.0			
<b>Occupation</b>																		
Government/Semi government employee	115	288914	34.1	24.9	44.6	84	331465	39.1	25.2	55.1	86	227076	26.8	16.1	41.1			
Private employee	213	751566	44.9	34.9	55.3	141	678748	40.5	29.1	53.1	89	244547	14.6	8.6	23.6			
Self-employed	319	1402605	64.4	54.4	73.4	110	573917	26.4	17.2	38.1	78	199976	9.2	5.7	14.5			
Homemaker/Unemployed	219	763684	29.0	22.0	37.2	295	881874	33.5	25.4	42.6	220	987022	37.5	26.9	49.4			
Student	16	-	-	-	-	19	-	-	-	12.5	6	-	-	-	-	-	-	-
Retiree	51	199388	45.0	24.5	67.4	39	-	-	-	11.2	38	-	-	-	-	-	-	-
<b>Household Income</b>																		
Less than RM 1000	239	1071505	48.5	37.3	59.8	153	565999	25.6	18.6	34.1	135	573263	25.9	14.5	42.0			
RM 1000 - RM 1999	264	1158644	50.0	42.8	57.2	183	744813	32.2	26.2	38.7	121	413038	17.8	10.7	28.3			
RM 2000 - RM 2999	168	474072	45.0	27.5	63.9	107	399040	37.9	21.6	57.4	73	179958	17.1	11.8	24.1			
RM 3000 - RM 3999	101	304221	41.3	29.0	54.8	69	286737	38.9	27.4	51.9	44	145380	19.7	10.3	34.4			
RM 4000 - RM 4999	36	-	-	-	-	40	120824	37.6	20.3	58.9	40	122091	38.0	22.5	56.5			
RM 5000 - RM 5999	38	145826	37.8	21.1	57.9	41	186920	48.4	27.2	70.2	21	53280	13.8	7.4	24.2			
RM 6000 & above	36	53115	24.1	13.8	38.7	43	106437	48.3	33.6	63.3	30	-	-	-	-	-	-	-
<b>Household Income (Quintile)</b>																		
Quintile 1	207	859702	47.6	36.6	58.8	133	420443	23.3	15.7	33.0	119	525859	29.1	16.1	46.8			
Quintile 2	162	856311	55.1	44.4	65.4	105	484334	31.2	25.0	38.1	67	212632	13.7	7.4	24.0			
Quintile 3	240	818061	44.1	31.8	57.1	161	655027	35.3	27.1	44.4	122	383122	20.6	11.1	35.1			
Quintile 4	138	413164	42.0	31.1	53.8	99	400851	40.8	29.2	53.5	55	168659	17.2	9.3	29.4			
Quintile 5	135	338262	32.3	24.2	41.7	138	450116	43.0	29.8	57.4	101	257685	24.6	16.1	35.8			

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	KEMAS											
	Highly Active (HEPA)				Minimally Active				Inactive			
	Count	Estimated Population	Prevalence (%)	95% CI Lower Upper	Count	Estimated Population	Prevalence (%)	95% CI Lower Upper	Count	Estimated Population	Prevalence (%)	95% CI Lower Upper
MALAYSIA	590	3275827	43.9	38.0 50.0	392	2501471	33.5	29.5 37.8	248	1684405	22.6	17.8 28.2
<b>Gender</b>												
Male	326	2067812	54.0	46.2 61.6	113	1060559	27.7	21.8 34.5	100	701668	18.3	14.2 23.3
Female	264	1208016	33.3	26.3 41.0	279	1440912	39.7	33.9 45.7	148	982736	27.1	19.0 37.0
<b>Age Group</b>												
18-29	101	644224	39.2	29.4 50.0	72	712206	43.4	31.5 56.1	40	285985	17.4	11.6 25.3
30-39	29	260333	41.9	32.2 52.2	74	500844	38.2	27.6 50.2	89	548257	19.9	11.8 31.5
40-49	128	650778	49.1	38.0 60.3	76	516312	39.0	26.3 53.3	32	157902	11.9	6.8 20.2
50-59	149	701623	55.7	44.4 66.5	64	351891	27.9	19.3 38.6	30	-	-	-
60+	120	727024	37.9	27.4 49.7	106	420217	21.9	14.6 31.5	115	771529	40.2	25.1 57.4
<b>Ethnicity</b>												
Malays	455	2472809	45.4	38.0 52.9	282	1800805	33.0	28.1 38.3	186	1177598	21.6	16.9 27.1
Chinese	8	-	-	-	14	-	-	-	6	-	-	-
Indians	1	-	-	-	7	32331	74.0	21.7 96.7	1	-	-	-
Other Bumiputeras	120	707066	40.9	30.5 52.0	80	547324	31.6	23.7 40.8	53	476419	27.5	15.9 43.4
Others	5	-	-	-	8	39756	55.2	31.4 76.9	2	-	-	-
<b>Level of Education</b>												
No formal education	68	452158	53.9	36.4 70.5	52	140066	16.7	8.7 29.6	48	246234	29.4	15.0 49.4
Primary education	190	906360	42.2	33.3 51.6	117	633557	29.5	22.7 37.4	88	606748	28.3	20.8 37.2
Secondary education	256	1502274	55.4	46.2 64.1	148	815151	30.0	21.8 39.8	67	395704	14.6	10.6 19.8
Tertiary education	71	389194	22.6	14.4 33.7	73	904237	52.5	39.8 65.0	44	427453	24.8	15.4 37.5
<b>Marital status</b>												
Never married	102	640171	37.7	29.7 46.4	72	754383	44.4	32.1 57.5	37	304121	17.9	10.1 29.7
Married	416	2434302	47.3	41.2 53.5	267	1615003	31.4	27.0 36.1	150	1097757	21.3	15.4 28.7
Divorcee/Widow/Widower	71	191694	31.9	20.6 45.8	52	129522	21.5	13.8 32.0	59	280017	46.6	31.1 62.7
<b>Occupation</b>												
Government/Semi government employee	50	253742	34.1	23.9 46.1	35	308928	41.6	25.9 59.1	28	180730	24.3	13.0 40.8
Private employee	117	688570	45.0	34.1 56.5	70	640395	41.9	29.6 55.2	28	200494	13.1	7.0 23.1
Self-employed	226	1345270	64.8	54.1 74.1	65	553648	26.6	17.1 39.0	36	178566	8.6	5.1 14.2
Homemaker/Unemployed	151	730121	29.1	21.8 37.8	193	833609	33.3	24.9 42.9	135	940979	37.6	26.5 50.1
Student	11	-	-	-	9	-	-	-	5	-	-	-
Retiree	31	192209	46.7	24.5 70.4	19	-	-	-	14	-	-	-
<b>Household Income</b>												
Less than RM 1000	185	1038147	48.6	37.0 60.4	119	551196	25.8	18.6 34.7	82	544817	25.5	13.7 42.5
RM 1000 - RM 1999	175	1105457	50.6	42.9 58.3	104	700374	32.1	25.8 39.1	59	378562	17.3	9.9 28.6
RM 2000 - RM 2999	106	429888	46.3	26.2 67.7	49	369639	39.8	22.0 60.9	24	128530	13.8	8.9 20.9
RM 3000 - RM 3999	51	276901	40.8	27.5 55.5	39	271699	40.0	27.5 54.0	17	130464	19.2	9.3 35.6
RM 4000 - RM 4999	15	-	-	-	15	108456	38.3	19.0 62.1	14	106320	37.5	20.3 58.6
RM 5000 - RM 5999	20	137642	38.0	20.4 59.5	16	177172	49.0	26.4 72.0	9	47065	13.0	6.5 24.2
RM 6000 & above	8	42801	22.4	11.0 40.2	12	94282	49.3	32.8 65.9	9	-	-	-
<b>Household Income (Quintile)</b>												
Quintile 1	163	831928	47.7	36.3 59.4	101	406547	23.3	15.5 33.5	76	505373	29.0	15.5 47.5
Quintile 2	111	823397	55.6	44.2 66.3	71	469046	31.6	25.2 38.9	34	189767	12.8	6.5 23.8
Quintile 3	156	761648	44.6	31.1 58.9	79	610379	35.7	26.9 45.6	49	337152	19.7	9.6 36.2
Quintile 4	76	376585	42.7	30.6 55.7	53	375570	42.6	29.8 56.4	18	130254	14.8	7.0 28.6
Quintile 5	54	305959	32.4	23.4 42.8	50	411277	43.5	28.9 59.4	37	227519	24.1	14.9 36.6

**TABLE 3.1.12:** Prevalence of individuals who ever used and barriers of using the 10,000 steps tracks (n=2156)

	Overall						KEMAS						KRT					
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Overall	246	794370	10.0	5.9	16.2	143	740904	9.9	5.7	16.7	103	53466	10.3	5.8	17.5			
<b>Barriers</b>																		
No time	345	1425356	17.9	14.0	22.5	188	1353571	18.1	14.0	23.1	157	71784	13.8	8.6	21.4			
No friend	32	-	-	-	-	13	-	-	-	-	19	-	-	-	-			
Sick	81	261196	3.3	2.0	5.3	55	247371	3.3	2.0	5.5	26	13824	2.7	1.5	4.5			
Not interested	65	218533	2.7	1.6	4.7	37	203566	2.7	1.5	4.8	28	14968	2.9	1.6	5.0			
Embarrassed	7	-	-	-	-	3	-	-	-	-	4	-	-	-	-			
Scared	1	-	-	-	-	1	-	-	-	-								
Tired	48	187967	2.4	1.4	4.0	30	174957	2.3	1.3	4.1	18	13010	2.5	1.1	5.6			

**TABLE 3.1.13:** Prevalence of individuals with knowledge on food calories

	Overall						KEMAS						KRT					
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Knowledge on meaning of Calorie (n=2156)	1023	3704988	46.8	38.4	55.3	526	3438790	46.5	37.6	55.5	497	266198	51.3	42.2	60.3			
Knowledge on requirement of daily calorie (n=1007)	134	523509	14.2	9.5	20.8	67	490657	14.4	9.3	21.5	67	32851	12.4	8.6	17.7			
Knowledge on the effect of total daily calorie intake on weight (n=1017)	741	2867193	77.7	71.5	82.9	372	2670944	78.0	71.3	83.5	369	196249	73.9	65.7	80.7			

**TABLE 3.1.14:** Prevalence of individuals who correctly identified foods and drinks that contains high calories (n=1023)

	Overall						KEMAS						KRT					
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI				
				Lower	Upper				Lower	Upper				Lower	Upper			
Fried rice	886	3214825	87.2	81.3	91.5	444	2981293	87.2	80.7	91.7	442	233532	88.2	83.5	91.7			
Curry noodle	895	3118883	84.8	77.7	89.9	436	2876182	84.2	76.6	89.7	459	242701	91.4	86.1	94.8			
Fried egg	785	2823423	76.8	72.0	81.0	400	2623195	76.9	71.7	81.3	385	200228	76.0	68.6	82.1			
Vegetables cooked in coconut milk gravy	864	3076655	83.5	75.8	89.2	438	2848957	83.3	74.9	89.3	426	227698	86.8	80.8	91.1			
Fish cooked in coconut milk	915	3292609	89.2	83.3	93.2	465	3052154	89.1	82.7	93.3	450	240454	91.0	87.0	93.8			
Milk tea	822	3018791	82.8	76.3	87.8	401	2790581	82.5	69.0	82.8	421	228210	87.5	4.1	9.5			
Carbonated drink	807	3002309	82.2	75.8	87.2	398	2779086	82.0	75.0	87.3	409	223223	85.5	79.7	89.9			

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**TABLE 3.1.15:** Prevalence of individuals who monitored their body weight regularly (n=2137)

	Overall						KEMAS						KRT					
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI				
MALAYSIA	1179	3898667	49.0	42.8	55.3	655	3612677	48.6	42.0	55.2	524	285990	55.7	48.1	63.0			
<b>Gender</b>																		
Male	454	1772636	43.5	37.6	49.6	535	1643648	43.1	36.8	49.6	420	128987	49.0	40.8	57.2			
Female	725	2126032	54.9	45.8	63.6	689	1969029	54.3	44.8	63.5	497	157003	62.8	54.6	70.3			
<b>Age Group</b>																		
18-29	374	705259	40.3	30.2	51.4	212	644530	39.3	28.7	51.0	162	60729	56.1	43.4	68.0			
30-39	380	757292	53.4	47.3	59.3	191	693746	53.2	46.7	59.5	189	63546	55.7	39.6	70.6			
40-49	441	792974	55.6	45.4	65.3	235	723739	54.8	44.0	65.1	206	69235	65.8	55.3	74.9			
50-59	429	728207	53.5	38.9	67.5	242	680408	54.2	38.4	69.2	187	47798	45.2	28.6	63.0			
60+	509	911253	45.8	33.7	58.4	339	867600	45.4	32.9	58.5	170	43653	55.4	41.4	68.6			
<b>Ethnicity</b>																		
Malay	1618	2878211	49.7	43.8	55.6	918	2676203	49.2	43.1	55.5	700	202008	56.0	49.5	62.2			
Non-Malay	515	1016913	47.4	31.9	63.4	304	933911	46.8	30.5	63.9	211	83002	54.9	38.7	70.1			
<b>Level of Education</b>																		
No formal education	245	348999	39.1	23.8	57.0	167	323555	38.7	22.6	57.7	78	25444	45.1	30.0	61.3			
Primary education	587	972362	43.4	34.5	52.8	392	911926	42.7	33.5	52.4	195	60435	58.4	46.7	69.3			
Secondary education	896	1520044	51.3	45.5	57.0	470	1375022	50.8	44.6	56.9	426	145022	56.4	42.4	69.5			
Tertiary education	398	1030893	56.9	46.0	67.2	187	976784	56.9	45.4	67.7	211	54109	57.4	47.4	66.9			
<b>Marital status</b>																		
Never married	347	736329	41.1	31.9	50.9	210	695153	41.0	31.3	51.3	137	41175	43.3	33.8	53.3			
Married	1485	2830190	51.5	44.0	58.9	828	2615898	51.0	43.1	58.9	657	214292	57.8	47.6	67.4			
Divorcee/Widow/Widower	296	325641	50.4	38.7	62.0	182	297482	49.5	37.1	61.9	114	28159	62.8	42.6	79.4			
<b>Occupation</b>																		
Government/Semi government employee	284	431631	51.0	37.3	64.5	113	375401	50.5	35.4	65.5	171	56230	54.3	34.8	72.5			
Private employee	441	685361	41.1	30.9	52.1	214	614784	40.3	29.4	52.3	227	70577	49.0	39.6	58.5			
Self-employed	504	1007871	46.5	33.8	59.6	325	951859	45.9	32.9	59.6	179	56012	57.3	45.8	68.0			
Homemaker/Uemployed	728	1384295	52.8	46.0	59.6	477	1304582	52.3	45.1	59.3	251	79712	63.2	55.0	70.6			
Student	39	-	-	-	-	24	-	-	-	-	15	-	-	-	-	-	-	-
Retiree	127	293181	66.3	41.8	84.4	64	274688	66.8	40.4	85.7	63	18492	59.9	42.8	74.9			
<b>Household Income</b>																		
Less than RM 1000	523	882453	40.1	32.4	48.3	384	846742	39.8	31.9	48.3	139	35711	47.6	27.9	68.0			
RM 1000 - RM 1999	566	1197548	51.8	41.3	62.1	336	1114523	51.1	40.1	62.1	230	83026	62.8	56.1	69.1			
RM 2000 - RM 2999	345	559721	53.3	45.6	60.8	179	495280	53.4	44.9	61.6	166	64440	52.5	37.5	67.1			
RM 3000 - RM 3999	213	323697	44.0	31.6	57.2	107	291409	42.9	29.7	57.2	106	32288	57.3	43.9	69.7			
RM 4000 - RM 4999	115	157583	49.3	31.8	66.9	44	136289	48.1	29.0	67.7	71	21294	58.8	44.0	72.1			
RM 5000 - RM 5999	98	256733	67.4	49.9	81.1	44	242073	67.8	48.9	82.2	54	14661	61.8	45.8	75.6			
RM 6000 - RM 6999	26	63668	95.8	83.8	99.0	8	59732	98.0	83.1	99.8	18	3935	71.2	44.2	88.6			
RM 7000 - RM 7999	18	-	-	-	-	4	-	-	-	-	14	-	-	-	-	-	-	-
RM 8000 - RM 8999	21	26047	75.0	35.3	94.3	5	21178	78.2	25.4	97.4	16	4870	63.7	45.2	78.9			
RM 9000 - RM 9999	7	-	-	-	-	1	-	-	-	-	6	-	-	-	-	-	-	-
RM 10000 & above	37	56395	71.3	30.2	93.4	11	51719	72.9	26.9	95.2	26	4676	57.2	18.1	89.0			
<b>Household Income (Quintile)</b>																		
Quintile 1	456	766670	42.6	34.6	51.1	338	738088	42.5	34.3	51.2	118	28582	46.4	25.8	68.3			
Quintile 2	332	817107	52.7	40.3	64.8	215	767826	51.9	38.9	64.6	117	49280	70.4	57.7	80.6			
Quintile 3	520	847926	45.8	36.6	55.2	283	765755	44.8	35.2	54.9	237	82171	56.5	49.2	63.4			
Quintile 4	290	448313	45.7	35.2	56.6	147	399115	45.2	33.8	57.2	143	49197	49.9	31.1	68.8			
Quintile 5	371	672607	64.7	52.2	75.4	140	612151	65.1	51.3	76.8	231	60456	60.7	50.5	70.1			

**TABLE 3.1.16:** Prevalence of individuals who knew their body mass index (BMI) (n=1957)

	Overall					KEMAS					KRT				
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
<b>MALAYSIA</b>	951	3435719	46.9	39.1	54.9	508	3191113	46.6	38.2	55.1	443	244606	52.2	43.0	61.2
<b>Gender</b>															
Male	390	1589399	42.7	34.6	51.3	197	1476186	42.5	33.8	51.7	193	113213	46.5	34.9	58.4
Female	561	1846321	51.3	42.3	60.1	311	1714928	50.8	41.3	60.2	250	131393	58.3	49.3	66.9
<b>Age Group</b>															
18-29	187	872037	52.4	43.1	61.5	105	812113	52.0	42.2	61.7	82	59925	57.7	42.2	71.8
30-39	217	724459	58.1	49.2	66.5	97	665748	58.0	48.5	66.9	120	58712	60.0	33.8	81.5
40-49	198	585059	45.6	32.6	59.2	99	524629	44.2	30.4	58.9	99	60430	63.2	48.6	75.8
50-59	206	666407	53.7	40.3	66.6	119	625637	54.8	40.2	68.6	87	40770	41.1	24.6	60.0
60+	139	584846	31.1	17.9	48.4	86	561106	31.0	17.4	49.0	53	23740	33.3	21.5	47.5
<b>Ethnicity</b>															
Malay	723	2537417	48.1	39.3	57.0	371	2356591	47.7	38.3	57.3	352	180825	53.7	41.9	65.1
Non-Malay	223	885239	43.5	31.4	56.5	135	822299	43.2	30.4	57.0	88	62940	48.1	43.4	52.9
<b>Level of Education</b>															
No formal education	48	252583	29.9	15.4	49.8	36	244273	30.5	15.4	51.5	12	8310	18.2	8.6	34.3
Primary education	199	713528	34.7	25.3	45.5	132	669657	34.1	24.4	45.4	67	43872	47.0	32.8	61.7
Secondary education	440	1362826	50.3	42.3	58.3	222	1236986	50.1	41.4	58.8	218	125840	52.8	42.2	63.1
Tertiary education	258	1092379	65.5	48.8	79.0	116	1027974	65.1	47.5	79.3	142	64405	72.4	57.6	83.6
<b>Marital status</b>															
Never married	153	857719	49.9	38.2	61.5	87	806868	49.5	37.2	61.9	66	50851	57.0	46.9	66.6
Married	700	2350715	47.2	38.6	55.9	368	2175352	46.8	37.7	56.1	332	175363	51.6	41.1	62.1
Divorcee/Widow/Widower	92	212640	35.4	23.1	50.1	50	195089	34.7	21.7	50.4	42	17552	47.3	29.2	66.2
<b>Occupation</b>															
Government/Semi government employee	189	481601	65.6	53.0	76.4	77	425773	66.9	52.5	78.6	112	55828	57.6	34.9	77.5
Private employee	215	797729	52.7	35.3	69.5	96	721121	52.4	33.4	70.7	119	76609	56.2	48.4	63.8
Self-employed	188	805948	39.9	32.6	47.7	115	767053	39.7	32.0	47.8	73	38895	45.5	31.5	60.3
Homemaker/Unemployed	268	1062864	43.8	37.5	50.3	176	1012808	43.7	37.2	50.5	92	50057	44.9	33.4	56.9
Student	23	-	-	-	-	13	-	-	-	-	10	-	-	-	-
Retiree	61	196835	46.5	22.3	72.5	28	181963	46.0	20.7	73.7	33	14872	53.1	31.4	73.7
<b>Household Income</b>															
Less than RM 1000	180	820144	39.8	34.9	44.9	136	795623	39.9	34.8	45.2	44	24521	36.3	20.5	55.8
RM 1000 - RM 1999	227	1048387	50.4	36.5	64.2	133	988662	50.2	35.6	64.7	94	59725	53.2	34.6	71.0
RM 2000 - RM 2999	163	550525	55.7	36.8	73.1	84	498042	57.0	36.2	75.7	79	52484	45.8	32.4	59.8
RM 3000 - RM 3999	118	312881	45.1	31.7	59.2	52	280231	43.8	29.6	59.2	66	32650	59.3	45.3	71.9
RM 4000 - RM 4999	68	150561	52.1	32.2	71.4	26	129116	50.6	28.9	72.0	42	21445	63.6	44.4	79.2
RM 5000 - RM 5999	58	205607	59.6	38.8	77.4	29	192211	59.5	37.4	78.2	29	13396	61.4	45.7	75.0
RM 6000 - RM 6999	19	48273	72.9	40.0	91.6	5	43871	72.0	36.6	92.0	14	4402	83.2	47.6	96.4
RM 7000 - RM 7999	14	21159	88.6	62.7	97.3	3	17374	93.2	56.7	99.3	11	3785	72.2	41.9	90.3
RM 8000 - RM 8999	15	26657	77.8	34.8	95.8	4	21178	78.2	25.4	97.4	11	5479	76.5	35.0	95.1
RM 9000 - RM 9999	6	-	-	-	-	-	-	-	-	-	6	-	-	-	-
RM 10000 & above	26	68712	87.7	60.8	97.0	9	63809	89.9	59.1	98.2	17	4903	66.2	21.7	93.3
<b>Household Income (Quintile)</b>															
Quintile 1	151	619298	36.8	28.8	45.6	117	602755	37.0	28.7	46.1	34	16543	30.3	15.7	50.4
Quintile 2	146	826364	56.3	42.8	68.9	93	793330	56.1	42.1	69.2	53	33034	60.7	42.5	76.4
Quintile 3	206	762936	46.4	30.0	63.6	110	694302	46.1	28.4	64.7	96	68634	50.2	33.1	67.3
Quintile 4	153	458561	50.3	37.5	63.1	70	413615	50.6	36.5	64.6	83	44947	47.9	28.5	68.0
Quintile 5	238	588273	61.4	54.0	68.3	91	526115	60.9	52.8	68.4	147	62159	66.6	56.5	75.3

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



**TABLE 3.1.17:** Prevalence of smokers in the KOSPEN communities (n=2156)

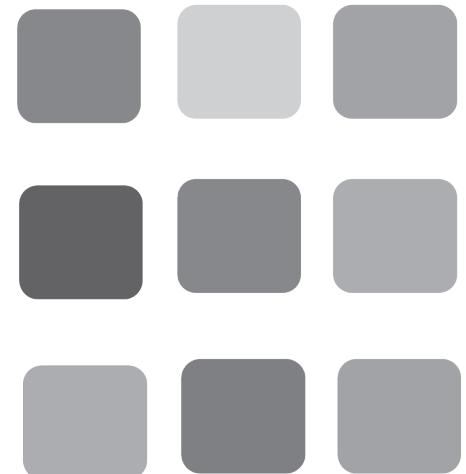
	Overall					KEMAS					KRT				
	Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI		Count	Estimated Population	Prevalence (%)	95% CI	
<b>MALAYSIA</b>	513	2265211	28.5	25.2	32.2	298	2105199	28.4	24.8	32.2	215	160012	31.0	23.0	40.2
<b>Gender</b>															
Male	476	2178491	53.3	48.0	58.5	279	2034718	53.2	47.6	58.7	197	143773	54.2	45.2	63.0
Female	37	-	-	-	-	19	-	-	-	-	18	-	-	-	-
<b>Age Group</b>															
18-29	110	613038	34.9	25.7	45.5	62	570610	34.7	24.9	46.0	48	42428	37.9	23.9	54.4
30-39	104	527971	37.1	29.8	45.1	57	495886	37.9	29.9	46.5	47	32084	28.2	22.2	35.1
40-49	118	461792	32.3	23.7	42.3	70	430465	32.5	23.2	43.3	48	31328	29.9	23.1	37.7
50-59	92	314350	23.1	15.6	32.8	50	272320	21.7	14.0	31.9	42	42029	39.5	21.1	61.5
60+	88	347004	17.7	12.0	25.3		334861	17.8	11.9	25.8	30	12143	15.4	8.9	25.1
<b>Ethnicity</b>															
Malay	404	1655785	28.7	24.5	33.3	228	1537994	28.4	24.0	33.3	176	117791	32.5	26.0	39.7
Non-Malay	106	609022	28.3	22.6	34.9	70	567205	28.4	22.3	35.3	36	41817	27.3	14.3	45.7
<b>Level of Education</b>															
No formal education	42	160023	17.9	10.8	28.2	26	145000	17.3	10.1	28.2	16	15023	26.2	14.0	43.5
Primary education	141	687137	31.1	24.5	38.5	102	663593	31.5	24.7	39.2	39	23544	22.6	13.9	34.6
Secondary education	256	1054986	35.5	29.2	42.4	135	954694	35.2	28.4	42.6	121	100293	38.7	26.4	52.5
Tertiary education	71	361129	19.9	12.9	29.4	34	340237	19.8	12.5	29.9	37	20892	22.3	13.8	34.0
<b>Marital status</b>															
Never married	110	645820	35.9	26.8	46.3	70	607836	35.8	26.1	46.7	40	37984	38.5	27.7	50.6
Married	366	1549308	28.1	23.9	32.7	207	1436181	27.9	23.5	32.9	159	113127	30.5	22.1	40.5
Divorcee/Widow/Widower	35	69824	11.4	6.8	18.6	21	61182	10.8	6.0	18.7	14	8642	19.2	10.4	32.6
<b>Occupation</b>															
Government/Semi government employee	63	267370	31.6	20.1	45.9	29	230068	30.9	18.5	46.9	34	37302	36.5	17.4	60.9
Private employee	151	722096	43.1	31.5	55.6	73	663510	43.4	30.8	56.9	78	58586	40.3	31.4	49.8
Self-employed	205	893895	41.1	31.2	51.8	145	851286	41.0	30.7	52.2	60	42610	43.0	32.0	54.9
Homemaker/Unemployed	53	225579	8.7	5.2	14.3	35	214108	8.7	5.0	14.6	18	11471	9.0	4.9	16.1
Student	5	-	-	-	-	3	-	-	-	-	2	-	-	-	-
Retiree	32	-	-	-	-	13	-	-	-	-	19	-	-	-	-
<b>Household Income</b>															
Less than RM 1000	120	561974	25.9	20.6	31.9	86	542817	25.9	20.5	32.1	34	19157	25.5	15.6	38.7
RM 1000 - RM 1999	157	686515	29.7	20.4	41.0	102	643575	29.5	19.7	41.6	55	42939	32.5	20.3	47.6
RM 2000 - RM 2999	80	332558	31.6	21.8	43.4	42	281919	30.4	19.7	43.7	38	50640	40.5	20.4	64.5
RM 3000 - RM 3999	62	226249	30.8	20.5	43.3	31	208298	30.7	19.7	44.3	31	17951	31.7	21.7	43.8
RM 4000 - RM 4999	25	-	-	-	-	6	-	-	-	-	19	-	-	-	-
RM 5000 - RM 5999	21	167199	43.3	26.4	62.0	11	161635	44.7	26.7	64.1	10	5564	23.0	11.1	41.8
RM 6000 & above	15	-	-	-	-	4	-	-	-	-	11	-	-	-	-
<b>Household Income (Quintile)</b>															
Quintile 1	98	367344	20.8	15.6	27.0	71	353241	20.7	15.4	27.2	27	14103	22.8	12.6	37.8
Quintile 2	90	465257	30.0	23.1	38.0	64	443912	30.0	22.8	38.3	26	21345	30.5	14.6	53.0
Quintile 3	139	665503	35.9	26.2	46.8	81	615540	36.0	25.7	47.8	58	49963	34.0	24.0	45.7
Quintile 4	77	262278	26.7	18.5	37.0	39	220293	25.0	16.4	36.1	38	41985	42.2	23.4	63.6
Quintile 5	76	281975	27.0	20.3	34.8	27	259630	27.5	20.3	36.1	49	22345	22.1	13.8	33.6

**TABLE 3.1.18:** Awareness on gazetted non-smoking areas among KOSPEN communities (n=2156)

	Overall			KEMAS			KRT								
	Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI		Count	Estimated Population	(%)	95% CI	
				Lower	Upper				Lower	Upper				Lower	Upper
Schools	2031	7562905	95.8	93.7	97.3	1150	7061556	95.8	93.5	97.3	881	501348	97.0	93.6	98.6
Indoor service counters	2033	7502423	95.0	92.6	96.7	1151	7002440	94.9	92.3	96.7	882	499983	97.0	93.5	98.7
Government premises	2031	7497955	94.9	92.2	96.7	1150	6996913	94.7	91.8	96.6	881	501042	96.8	92.9	98.6
Gas station	2029	7460547	94.7	90.6	97.1	1150	6965079	94.6	90.2	97.2	879	495468	95.8	90.5	98.2
Airport	2010	7357972	92.9	89.7	95.2	1134	6865474	92.8	89.3	95.2	876	492498	95.1	91.1	97.3
Public transport	1986	7353338	92.9	90.2	94.9	1127	6872106	92.9	90.0	95.0	859	481232	92.9	89.5	95.3
Air-conditioned eating outlets	2022	7334545	92.6	88.0	95.6	1140	6834257	92.4	87.5	95.5	882	500288	96.5	92.8	98.4
Elevator	1998	7300132	92.4	88.2	95.1	1122	6816294	92.3	87.8	95.2	876	483838	93.5	88.4	96.5
Buildings or public places used for religious purposes (Mosques, temples, churches)	1962	7224802	91.6	86.0	95.1	1117	6742326	91.5	85.5	95.2	845	482477	93.2	88.7	96.0
Shopping complex	1911	6862086	87.1	81.8	91.0	1071	6389718	86.8	81.1	90.9	840	472368	91.2	87.7	93.8
Internet cafe	1732	6239479	79.2	70.3	85.9	977	5816476	79.0	69.5	86.1	755	423003	81.7	73.9	87.6
Public toilet	1706	6070318	76.8	71.3	81.4	968	5680494	76.9	71.1	81.8	738	389825	75.3	65.2	83.3
Stadium, sports complex, fitness centre, gymnasium	1677	5935962	75.3	68.1	81.3	949	5521798	75.0	67.2	81.3	728	414164	80.1	74.0	85.1
Community hall	1560	5721095	72.6	62.7	80.7	879	5362329	72.8	62.2	81.4	681	358766	69.4	60.2	77.3
Night markets	1391	5525148	70.4	65.0	75.2	798	5148127	70.2	64.4	75.3	593	377021	73.5	64.8	80.8
Open-air food stalls	1238	4882364	61.8	56.2	67.1	708	4551589	61.6	55.6	67.3	530	330776	64.1	56.1	71.4
Pub, disco, night club or casino	1265	4772421	60.3	50.6	69.2	721	4430512	59.9	49.6	69.3	544	341909	66.2	59.4	72.4

## RESULTS

# SCREENING





### **3.2 Screening**

#### **3.2.1 Introduction**

Respondents who had undergone health screening were randomly selected from localities included within KOSPEN KEMAS and KOSPEN RT to have at least one of the criteria as stated below:

- i. Systolic Blood pressure (SBP)  $\geq 140\text{mmHg}$ , and/or
- ii. Diastolic Blood Pressure (DBP)  $\geq 90\text{mmHg}$ , or
- iii. Random Blood Sugar (RBS)  $\geq 5.6\text{mmol/L}$ , or
- iv. Body Mass Index (BMI)  $\geq 35.0 \text{ kg/m}^2$ .

#### **3.2.2 Specific Objectives**

- i. To measure the proportion of high risk respondents who were not referred for confirmatory tests.
- ii. To measure the proportion of respondents who went for confirmatory tests among those who were referred.
- iii. To identify reasons of not going for confirmatory tests among those who had been referred.
- iv. To determine the proportion of confirmed cases among those who went for confirmatory investigations.

#### **3.2.3 Key Findings**

- i. Among the screened respondents who had one or more risk factors, 60.2% (95% CI: 56.6, 63.7) were not referred for confirmatory test(s).
- ii. Among individuals who were referred for confirmatory tests at the nearby health facilities, 73.5% (95% CI: 68.1, 78.3) went for the confirmatory tests.
- iii. More than half of the individuals (52.7%, 95%CI: 41.3, 63.8) who did not go for further examination were due to time constraint.
- iv. Among those who went for confirmatory investigations, 64.6% (95%CI: 56.7, 71.8) were diagnosed with hypertension, 52.4% (95%CI: 42.7, 62.0) diagnosed with diabetes while 58.0% (95%CI: 43.8, 71.0) were diagnosed with both hypertension and diabetes.

### **3.2.4 Socio-Demographic Characteristics of the Respondents**

Overall, 1322 respondents were involved in this study; 37.7% were males and 62.3% were females. By age group, the highest proportion was 60 years and above (31.0%), followed by 50-59 years (28.7%) and 40-49 years (22.6%). Majority of the respondents were Malays (77.5%) followed by Other Bumiputeras (17.0%). Most of the respondents completed their secondary education (46.5%) and followed by primary education (30.3%). For marital status, the majority of them were married (82.7%), followed by divorcee/widow/widower (11.9%). Most of the respondents were homemakers/unemployed (40.8%) followed by self-employed (27.4%). By household income, 42.7% were earning less than RM1000, followed by RM1000 to RM1999 (26.4%)

Out of 1322 respondents, 928 were KOSPEN KEMAS respondents (70.2%). Among these respondents, 36.7% were males and 63.3% were females. By age group, the highest proportion was 60 years and above (32.9%), followed by 50-59 years (28.3%) and 40-49 years (21.8%). Majority of the respondents were Malays (75.6%) followed by Other Bumiputeras (20.8%). Most of the respondents completed their secondary education (42.5%) and followed by primary education (34.4%). For marital status, the majority of them were married (81.9%), followed by divorcee/widow/widower (12.1%). Most of the respondents were homemakers/unemployed (43.9%) followed by self-employed (30.0%). By household income, 48.4% were having less than RM1000, followed by RM1000 to RM1999 (27.3%)

Among 394 KOSPEN RT, 40.1% were males and 59.9% were females. By age group, the highest proportion were those from 50-59 years (29.7%), followed by 60 years and above (26.3%) and 40-49 years (24.6%). Majority of the respondents were Malays (81.9%) followed by Other Bumiputeras (8.1%). Most of the respondents completed their secondary education (56.0%) and followed by primary education (20.6%). For marital status, the majority of them were married (84.5%), followed by divorcee/widow/widower (11.4%). Most of the respondents were homemakers/unemployed (33.8%) followed by self-employed (21.3%). By household income, 29.3% were earning less than RM1000, followed by RM1000 to RM1999 (24.4%) (**Table 3.2.1**).

### **3.2.5 Prevalence of Known Hypertension or Diabetes**

Overall, approximately a third [32.9% (95% CI: 30.4, 35.4)] of the respondents reported to have hypertension while 19.1% (95% CI: 16.7, 21.7) reported to have diabetes. Among the KOSPEN KEMAS respondents, about 34.2% (95% CI: 31.2, 37.3) had hypertension and 19.8% (95% CI: 16.2, 24.0) had diabetes. Among the KOSPEN RT respondents, 29.7% (95% CI: 25.4, 34.3) had hypertension and 19.3% (95% CI: 17.3, 21.5) had diabetes (**Table 3.2.2**).

### **3.2.6 Percentage of High Risk Respondents Who Were Referred for Confirmatory Investigation**

Among the 714 high risk respondents, only 39.8% (95% CI: 36.3, 43.4) were referred by KOSPEN volunteers for confirmatory tests. The rate of referral of the high risk respondents were almost similar in both KOSPEN localities with 39.6% (95% CI: 35.5, 43.8) in KOSPEN KEMAS and 40.3% (95% CI: 33.8, 47.1) in KOSPEN RT. (**Table 3.2.3**)

### **3.2.7 Prevalence of Individuals Who Went to Confirmatory Investigation Among Those Who Were Referred**

Among the 284 respondents who were referred, nearly three quarter [73.5% (95% CI: 68.1, 78.3)] went for confirmation investigation tests. By gender, 65.2% (95% CI: 56.1, 73.3) of the male respondents and 79.2% (95% CI: 72.4, 84.7) of the female respondents went for confirmatory tests. By age group, 82.2% [(95% CI: 74.2, 88.1)] among the 60 years old and above age group and 74.2% (95% CI: 68.1, 79.5) from the Malay ethnic respondents went for the confirmation tests upon referral. Further noted that 93.3% (95% CI: 81.2, 97.8) from the respondents who had no formal education and 84.2% (95% CI: 69.0, 92.7 of the divorcee/widow/widower went for the confirmation test upon referral. Whereas by occupation, 81.4% (95% CI: 73.3, 87.4) of homemaker/unemployed respondents went for the confirmation tests upon referral. By household income, 80.6% (95% CI: 72.7, 86.7) of the respondents from the household income of less than RM1000 did so.

Among 152 KOSPEN KEMAS respondents who received referral letter for further investigations at health facilities, 75.2% (95% CI: 68.9, 80.7) went for confirmation investigation tests 65.0% (95% CI: 54.0, 74.6) and 82.0% (95% CI: 74.1, 87.8) of the

male and female respondents respectively. By sociodemographic characteristics, the highest prevalence of respondents who went for confirmatory tests upon referral were among the 60 years and above age group [89.2% (95% CI: 80.4, 94.3)], Malays [77.1% (95% CI: 69.9, 83.0)], individuals who had no formal education [94.4% (95% CI: 80.3, 98.6)], divorcee/widow/widower 86.2% (95% CI: 68.5, 94.7), the homemaker/unemployed [82.8% (95% CI: 73.8, 89.2)] and those with household income of less than RM1000 [80.4% (95% CI: 71.3, 87.1)].

Among 56 KOSPEN RT respondents who received referral letter for further investigation at health facilities, 69.1% (95% CI: 58.2, 78.3) went for confirmation investigation tests, with 65.7% (95% CI: 48.8, 79.4) and 71.7% (95% CI: 57.2, 82.8) male and female respondents respectively. By sociodemographic characteristics, the highest prevalence were among Malays 67.6% (95% CI: 55.7, 77.7) and those who had no formal education [88.9% (95% CI: 49.9, 98.5)]. In KOSPEN RT, 77.8% (95% CI: 42.1, 94.4) of the divorcee/widow/widower went for confirmatory tests upon referral. High prevalence were found among retirees at 80.0% (95% CI: 45.9, 95.0) and those with household income of less than RM1000, had 81.5% (95% CI: 62.5, 92.1) (**Table 3.2.4**).

### **3.2.8 Prevalence of Reason for Not Going for Confirmatory Investigation Among Individuals Who Were Referred**

The main reason for not going for further examination among those who were referred was due to time constraint [52.7%, (95% CI: 41.3, 63.8)]. Similar reason was reported among respondents from KOSPEN KEMAS [52.0% (95%CI: 38.2, 65.5) and KOSPEN RT [54.2% (95%CI: 34.4, 72.7) (**Table 3.2.5**).

### **3.2.9 Prevalence of time taken to Undergo Confirmatory Investigation from the Date of Referral**

Overall, 44.4% (95%, CI: 38.0, 51.0) among those who were referred for confirmatory investigation tests, went for further examination within a week after the health screening. Those who went for confirmation investigation tests within a month and after a month from health screening were 29.0% (95%, CI: 23.4, 35.4) and 26.6% (95%: 21.0, 33.0) respectively.

Among the KOSPEN KEMAS respondents who were referred for further examination, 47.7% (95% CI: 40.2, 55.3) went for the confirmatory tests within a week after the health screening, while 26.5% (95%, CI: 20.3, 33.8) within a month after health screening and 25.8% (95%, CI: 19.4, 33.4) went for the confirmatory investigation tests after a month of the health screening.

Similarly, among KOSPEN RT respondents who were referred for confirmatory investigation tests, 35.7%, CI: 24.2, 49.1] each went for further examinations within a week of health screening and within a month of the health screening. Less than a third (28.6%, CI: 18.1, 42.0) of the respondents who were referred went for further examinations after a month from the health screening (**Table 3.2.6**).

### **3.2.10 Types of Further Confirmatory Investigation Among Those Who Were Referred for Further Investigations**

Overall, 82.2% (76.4, 86.4) of the respondents underwent further confirmatory test for hypertension; KOSPEN KEMAS at 86.2% (79.7, 90.9) and KOSPEN RT at 71.4% (58.3, 81.7), For diabetes, 62.5% (55.9, 68.7) of the respondents underwent confirmation of diabetes; KOSPEN KEMAS at 59.9% (52.2, 67.1) and KOSPEN RT at 69.6% (56.4, 80.2) (**Table 3.2.7**).

### **3.2.11 Prevalence of Confirmed Cases Among Those Who Went for Confirmatory Investigation**

More than half of the respondents [64.6% (95%CI: 56.7, 71.8)] who went for confirmatory investigations were diagnosed with hypertension while 20.8% (95%CI: 15.1, 28.0) had borderline hypertension. About half of the respondents [52.4% (95%CI: 42.7, 62.0) who went for confirmatory investigation were diagnosed with diabetes while 23.3% (95%CI: 16.1, 32.5) had borderline diabetes. A total of 58.0% (95%CI: 43.8, 71.0) who went for confirmatory investigation were diagnosed to have both hypertension and diabetes. (**Table 3.2.8**)

**3.2.12 Percentage of Respondents Who Had Informed KOSPEN Volunteers Regarding the Results of Further Examinations**

Overall, among all respondents who went for further examinations, only 42.8% (95%CI: 36.3, 49.5) informed KOSPEN volunteers regarding their results. Among KOSPEN KEMAS respondents 39.5% (95%CI: 32.2, 47.2) informed KOSPEN volunteers the results compared to 51.8% (95%CI: 38.9, 64.4) among respondent from KOSPEN RT. More than half [54.7% (95%CI: 44.1, 64.8)] of the respondents who had informed the results to the volunteers contacted the volunteers themselves rather than being contacted by KOSPEN volunteers [45.3% (95%CI: 35.2, 55.9)]. Similar trend was seen among KOSPEN KEMAS and KOSPEN RT respondents.

A total of 57.2% (95%CI: 50.5, 63.7) of the respondents who went for confirmatory investigations did not inform KOSPEN volunteers regarding their results. The most common reason given for not informing their results was that the respondents were not aware that they needed to inform KOSPEN volunteers 78.2% (95%CI: 70.0, 84.6). Similar trend was seen among KOSPEN KEMAS and KOSPEN RT respondents (**Table 3.2.9**).

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TABLE 3.2.1: Socio-demographic characteristics of the respondents (n=1322)

<b>Socio-demography</b>	<b>Overall</b>		<b>KEMAS</b>		<b>KRT</b>	
	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>
<b>MALAYSIA</b>	1322	100.0	928	70.2	394	29.8
<b>Gender</b>						
Male	499	37.7	341	36.7	158	40.1
Female	823	62.3	587	63.3	236	59.9
<b>Age Group</b>						
18-29	73	5.6	57	6.2	16	4.1
30-39	160	12.2	100	10.8	60	15.3
40-49	297	22.6	201	21.8	96	24.6
50-59	377	28.7	261	28.3	116	29.7
60+	407	31.0	304	32.9	103	26.3
<b>Ethnicity</b>						
Malays	1024	77.5	702	75.6	322	81.9
Chinese	13	1.0	3	0.3	10	2.5
Indians	39	3.0	14	1.5	25	6.4
Other Bumiputeras	225	17.0	193	20.8	32	8.1
Others	20	1.5	16	1.7	4	1.0
<b>Level of Education</b>						
No formal education	178	13.5	144	15.6	34	8.7
Primary education	399	30.3	318	34.4	81	20.6
Secondary education	613	46.5	393	42.5	220	56.0
Higher education	128	9.7	70	7.6	58	14.8
<b>Status</b>						
Single	72	5.5	56	6.0	16	4.1
Married	1092	82.7	759	81.9	333	84.5
Divorcee/widow/widower	157	11.9	112	12.1	45	11.4
<b>Occupation</b>						
Government/Semi government employee	138	10.4	73	7.9	65	16.5
Private employee	164	12.4	98	10.6	66	16.8
Self employed	362	27.4	278	30.0	84	21.3
Homemaker/Unemployed	540	40.8	407	43.9	133	33.8
Student	11	0.8	6	0.6	5	1.3
Retiree	107	8.1	66	7.1	41	10.4
<b>Household Income Group</b>						
Less than RM 1000	554	42.7	441	48.4	113	29.3
RM 1000 - RM 1999	343	26.4	249	27.3	94	24.4
RM 2000 - RM 2999	171	13.2	103	11.3	68	17.6
RM 3000 - RM 3999	91	7.0	56	6.1	35	9.1
RM 4000 - RM 4999	51	3.9	25	2.7	26	6.7
RM 5000 - RM 5999	40	3.1	17	1.9	23	6.0
RM 6000 - RM 6999	18	1.4	9	1.0	9	2.3
RM 7000 - RM 7999	9	0.7	6	0.7	3	0.8
RM 8000 - RM 8999	8	0.6	3	0.3	5	1.3
RM 9000 - RM 9999	3	0.2	0	0.0	3	0.8
RM 10000 & above	10	0.8	3	0.3	7	1.8
<b>Household Income (Quintile)</b>						
Quintile 1	317	24.4	255	28.0	62	16.1
Quintile 2	232	17.9	183	20.1	49	12.7
Quintile 3	321	24.7	236	25.9	85	22.0
Quintile 4	189	14.6	116	12.7	73	18.9
Quintile 5	239	18.4	122	13.4	117	30.3

**TABLE 3.2.2:** Prevalence of known hypertension or diabetes

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
<b>Hypertension</b>												
Yes	434	32.9	30.4	35.4	317	34.2	31.2	37.3	117	29.7	25.4	34.3
No	880	66.6	64.0	69.1	607	65.5	62.4	68.5	273	69.3	64.6	73.6
Don't know	7	0.5	0.3	1.1	3	0.3	0.1	1.0	4	1.0	0.4	2.7
<b>Diabetes</b>												
Yes	177	19.1	16.7	21.7	78	19.8	16.2	24.0	255	19.3	17.3	21.5
No	1056	79.9	77.7	82.0	744	80.3	77.6	82.7	312	79.2	74.9	82.9
Don't know	10	0.8	0.4	1.4	6	0.6	0.3	1.4	4	1.0	0.4	2.7

**TABLE 3.2.3:** Percentage of high risk respondents who were referred for confirmatory investigation (n=714)

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
<b>Referred for confirmatory test(s)</b>												
284	39.8	36.3	36.3	43.4	203	39.6	35.5	43.8	81	40.3	33.8	47.1
<b>Not referred for confirmatory test(s)</b>												
430	60.2	56.6	56.6	63.7	310	60.4	56.2	64.5	120	59.7	52.9	66.2

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TABLE 3.2.4: Prevalence of individual who went for confirmatory investigation among those who were referred (n=284)

	Overall			KEMAS			KRT					
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
<b>MALAYSIA</b>	208	73.5	68.1	78.3	152	75.2	68.9	80.7	56	69.1	58.3	78.2
<b>Gender</b>												
Male	75	65.2	56.1	73.3	52	65.0	54.0	74.6	23	65.7	48.8	79.4
Female	133	79.2	72.4	84.7	100	82.0	74.1	87.8	33	71.7	57.2	82.8
<b>Age Group</b>												
18-29	6	-	-	-	5	-	-	-	1	-	-	-
30-39	9	-	-	-	6	-	-	-	3	-	-	-
40-49	40	65.6	52.9	76.4	28	70.0	54.3	82.1	12	57.1	36.0	76.0
50-59	55	73.3	62.2	82.1	38	67.9	54.6	78.8	17	89.5	66.2	97.4
60+	97	82.2	74.2	88.1	74	89.2	80.4	94.3	23	65.7	48.8	79.4
<b>Ethnicity</b>												
Malays	167	74.2	68.1	79.5	121	77.1	69.9	83.0	46	67.6	55.7	77.7
Non-Malay	14	-	-	-	6	-	-	-	8	-	-	-
Other Bumiputeras	27	64.3	48.9	77.2	25	64.1	48.1	77.5	2	66.7	15.2	95.7
<b>Level of Education</b>												
No formal education	42	93.3	81.2	97.8	34	94.4	80.3	98.6	8	88.9	49.9	98.5
Primary education	67	72.0	62.1	80.2	53	72.6	61.3	81.6	14	70.0	47.3	85.8
Secondary education	87	71.3	62.7	78.6	57	73.1	62.2	81.7	30	68.2	53.1	80.2
Higher education	11	50.0	30.2	69.8	7	50.0	25.9	74.1	4	50.0	20.0	80.0
<b>Marital status</b>												
Single	3	-	-	-	3	-	-	-				
Married	173	73.0	67.0	78.3	124	74.7	67.6	80.7	49	69.0	57.3	78.7
Divorcee/Widow/Widower	32	84.2	69.0	92.7	25	86.2	68.5	94.7	7	77.8	42.1	94.4
<b>Occupation</b>												
Government/Semi government employee	18	62.1	43.5	77.6	8	61.5	34.4	83.0	10	62.5	37.6	82.2
Private employee	19	61.3	43.4	76.6	12	60.0	38.0	78.6	7	63.6	33.7	85.7
Self-employed	54	69.2	58.2	78.4	42	71.2	58.5	81.3	12	63.2	40.3	81.3
Homemaker/Unemployed	96	81.4	73.3	87.4	77	82.8	73.8	89.2	19	76.0	55.8	88.8
Retiree	21	80.8	61.3	91.8	13	81.3	55.3	93.8	8	80.0	45.9	95.0
<b>Household Income</b>												
Less than RM 1000	100	80.6	72.7	86.7	78	80.4	71.3	87.1	22	81.5	62.5	92.1
RM 1000 - RM 1999	54	71.1	59.9	80.1	46	75.4	63.1	84.6	8	53.3	29.2	76.0
RM 2000 - RM 2999	23	67.6	50.5	81.1	8	53.3	29.3	75.9	15	78.9	55.4	91.9
RM 3000 - RM 3999	12	63.2	40.3	81.3	7	70.0	37.8	90.0	5	55.6	25.0	82.4
RM 4000 & above	17	65.4	45.7	80.9	12	66.7	42.9	84.2	5	62.5	28.4	87.5
<b>Household Income (Quintile)</b>												
Quintile 1	66	81.5	71.5	88.5	55	83.3	72.3	90.5	11	73.3	46.6	89.7
Quintile 2	33	78.6	63.7	88.5	23	74.2	56.2	86.5	10	90.9	56.1	98.7
Quintile 3	52	72.2	60.8	81.3	44	75.9	63.2	85.2	8	57.1	31.5	79.5
Quintile 4	26	66.7	50.7	79.6	10	55.6	33.0	76.0	16	76.2	53.9	89.8
Quintile 5	29	64.4	49.6	77.0	19	67.9	48.8	82.4	10	58.8	35.2	79.0

**TABLE 3.2.5:** Prevalence of reason for not going for confirmatory investigation tests among individuals who were referred (n=75)

	Overall				KEMAS				KRT			
	Count	(% )	95% CI		Count	(% )	95% CI		Count	(% )	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Logistics problem	5	6.8	2.8	15.4	5	10.0	4.2	22.1				
Forgot	11	14.9	8.6	24.4	7	14.0	6.8	26.5	4	16.7	6.5	36.4
Busy	39	52.7	41.3	63.8	26	52.0	38.2	65.5	13	54.2	34.4	72.7
Others	19	25.7	17.0	36.7	12	24.0	14.2	37.5	7	29.2	14.5	50.0

**TABLE 3.2.6:** Prevalence of time taken to undergo confirmatory investigation from the date of referral (n= 208)

	Overall				KEMAS				KRT			
	Count	(% )	95% CI		Count	(% )	95% CI		Count	(% )	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Within a week after the health screening	92	44.4	38.0	51.0	72	47.7	40.2	55.3	20	35.7	24.2	49.1
Within a month after the health screening	60	29.0	23.4	35.4	40	26.5	20.3	33.8	20	35.7	24.2	49.2
More than a month after the health screening	55	26.6	21.0	33.0	39	25.8	19.4	33.4	16	28.6	18.1	42.0

**TABLE 3.2.7:** Types of further confirmatory investigation among those who were referred for further investigations (n= 208)

	Overall				KEMAS				KRT			
	Count	(% )	95% CI		Count	(% )	95% CI		Count	(% )	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Confirmation of hypertension	171	82.2	76.4	86.8	131	86.2	79.7	90.9	40	71.4	58.3	81.7
Confirmation of diabetes	130	62.5	55.9	68.7	91	59.9	52.2	67.1	39	69.6	56.4	80.2
Not sure	5	2.4	1.0	5.5	5	3.3	1.4	7.5				
Others	22	10.6	15.6	20.4	15	9.9	15.8	24.5	7	12.5	24.3	36.0

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**TABLE 3.2.8:** Prevalence of confirmed cases among those who went for confirmatory investigations (n=208)

	Count	(%)	95% CI	
			Lower	Upper
No high blood pressure	12	8.3	4.9	13.9
Borderline high blood pressure	30	20.8	15.1	28.0
High blood pressure	93	64.6	56.7	71.8
Do not know	9	6.3	3.3	11.6
No diabetes	18	17.5	11.4	25.9
Borderline diabetes	24	23.3	16.1	32.5
Having diabetes	54	52.4	42.7	62.0
Do not know	7	6.8	3.3	13.5
Having blood pressure & diabetes mellitus	29	58.0	43.8	71.0

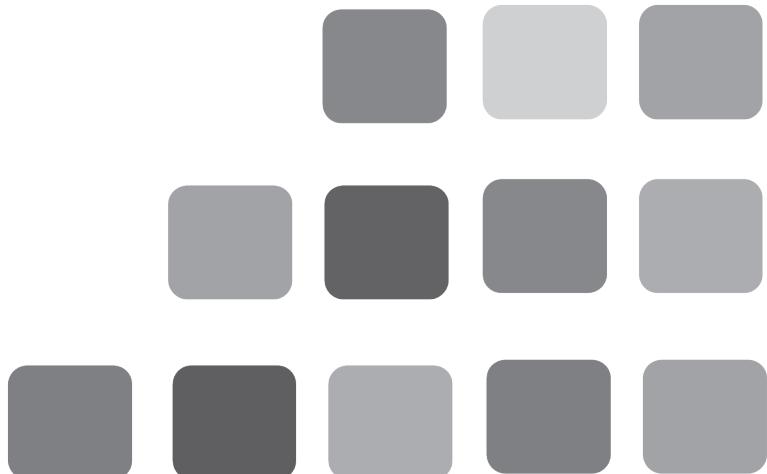
**TABLE 3.2.9:** Percentage of respondents who had informed KOSPEN volunteers regarding results of further examinations

	Overall			KEMAS			KRT					
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
<b>INFORM</b>	89	42.8	36.3	49.5	60	39.5	32.2	47.2	29	51.8	38.9	64.4
Contacted by the KOSPEN volunteer	39	45.3	35.2	55.9	28	47.5	35.4	59.8	11	40.7	24.1	59.8
Contacted KOSPEN volunteer	47	54.7	44.1	64.8	31	52.5	40.2	64.6	16	59.3	40.2	75.9
<b>NOT INFORM</b>	119	57.2	50.5	63.7	92	60.5	52.8	67.8	27	48.2	35.6	61.1
Not aware the need to inform KOSPEN volunteer	93	78.2	70.0	84.6	71	77.2	67.8	84.4	22	81.5	62.7	92.0
Forgot	9	7.6	4.0	13.9	6	6.5	3.0	13.6	3	-	-	-
Busy	7	5.9	2.8	11.8	6	6.5	3.0	13.7	1	-	-	-
Not feeling well	2	-	-	-	2	-	-	-				
Others	8	6.7	3.4	12.7	7	7.6	3.8	14.8	1	-	-	-



## RESULTS

# VOLUNTEER





### 3.3 Volunteers

#### 3.3.1 Introduction

The KOSPEN volunteers or better known as *Gerak Sihat Malaysia (GSiM)* are the core functioning unit for KOSPEN activities. They are trained community members that act as health agents of change to develop a healthy culture in the community. In addition, they also act as a functional unit for implementation of KOSPEN activities.

All volunteers have to be trained by the iNCD (Intervention for Non-Communicable Diseases) team based on the KOSPEN training module from the Ministry of Health. Those who have completed 2 days of training will be given a certificate of appointment, an identification card and a badge.

The criteria for volunteer selection are:

- i. Prepared to serve on a voluntary basis
- ii. Committed to become a volunteer
- iii. Aged 18 years old and above
- iv. Able to read and write
- v. Permanent resident of the community served
- vi. Independent of any political, religious or personal gains
- vii. Have an interest in health care

The roles and responsibilities of the volunteers are as follows:

- i. To conduct NCD risk factor screening for the community eg. Height and weight measurement, Body Mass Index (BMI), abdominal circumference, blood glucose levels and blood pressure.
- ii. To check the *Diari Kesihatan* of the community members from time to time
- iii. To help document the results of the screening in the *Diari Kesihatan*
- iv. To record the results of the screening and important data in the KOSPEN registration book
- v. To ensure those who had potential risk factors were referred to the nearest health clinics for further assessment.
- vi. To plan and implement KOSPEN intervention activities.
- vii. To encourage the community to participate in the interventional activities organized and to ensure continuous involvement.

- viii. To give basic medical advice to the community
- ix. To prepare reports on KOSPEN activities that were implemented.

### **3.3.2 Key Findings**

- i. A total of 700 people participated as volunteers, most of them (64.4%) were from KEMAS and 35.6% were from KRT.
- ii. Only 12.2% (95% CI: 10.0, 14.8) of the total respondents felt that being a volunteer was a burden.
- iii. 21.9% (95% CI: 19.0, 25.1) identified the functions and roles of a volunteer correctly.
- iv. 50.2% (CI: 46.5, 54.0) of the volunteers assumed that they were required to treat those found to have risks
- v. 74.3% (95% CI 70.7, 77.6) referred cases at risk or abnormal cases every time
- vi. 73.8% (95% CI: 70.6, 76.8) of the respondents attended training before being appointed as volunteers with 77.4% (95% CI: 71.8, 82.2) and 71.8% (95% CI: 67.8, 75.5) from KRT and KEMAS respectively
- vii. 73.2% (95% CI: 69.6, 76.5) of the health screening was done during carnivals or health promotion programmes
- viii. 88.6% (95% CI 85.9, 90.8) of respondents were satisfied with the contents of the volunteers' training module

### **3.3.3 Socio-demographic Characteristics of the Volunteers**

A total of 700 people participated as volunteers in the KOSPEN programme from which, most of them (64.4%) were from KEMAS and 35.6% were from KRT. Females made up a bigger proportion of the volunteers (65.7%). Majority of volunteers came from the 50-59 years age group (30.9%). It was noticed that the volunteers from KEMAS were younger compared to those in KRT. In the 18 to 39 age groups, KEMAS had 33.2% whereas KRT had only 19.2%. In line with this, it could be seen that there were more singles in the KEMAS (14.0%) compared to KRT (7.7%). More volunteers in the KRT were aged above 60 years (19.3%) and were retirees (15.3%) compared to KEMAS which only had 10.6% of those aged 60 years and 8.2% retirees. Overall, most of the volunteers were Malays (79.4%) with secondary education (65.3%) and were married (80.8%). One third (31.4%) of the volunteers were homemakers or those who were unemployed and 65.3% of them received secondary education (**Table 3.3.1**).

### 3.3.4 Awareness and Acceptance

Almost all the volunteers were aware that they had been appointed [96.7% (95% CI: 95.1, 97.8)] (**Table 3.3.2**) and they were happy as volunteers [98.7% (95% CI: 97.5, 99.3)] (**Table 3.3.3**). The socio-demographic differences among the volunteers did not influence the level of awareness and happiness among them.

Overall, more than half of volunteers 66.9% (95%CI: 63.2, 70.4) had a very good opinion of the KOSPEN programme, 29.0% (95%CI: 25.6, 32.6) said it was good while 3.9% (CI: 2.6, 5.6) said it was fair (**Table 3.3.13**).

More than half [54.3% (95% CI: 50.5, 58.1)] of the volunteers had good opinion on the education materials provided ; 53.7% (CI: 49.9, 57.5) of the volunteers felt that human resources was good. More than half [56.2% (CI: 52.3, 60.0)] of the volunteers said the training module for the screening component was good. Similarly, 56.0% (CI: 52.2, 59.8) of them felt the screening equipment provided was good. For risk factor intervention at the community level, the volunteers felt that the weight management component was good at 51.5% (CI: 47.7, 55.4). Almost half [42.9% (CI: 39.2, 46.8) of the volunteers found the smoke free activities to be good. However, in terms of funding, only 12.9% (CI: 10.6, 15.8) felt that it was very good, 39.9% (CI: 36.3, 43.7) felt it was good, 30.9% (CI: 27.4, 34.6) felt it was fair and 16.2% (CI: 13.6, 19.2) felt the funding was poor (**Table 3.3.14**).

Only 12.2% (95% CI: 10.0, 14.8) of the total respondents felt that being a volunteer was a burden. Those who felt that it was a burden were slightly more among KEMAS (13.0%, 95% CI: 10.3, 16.4) as compared to KRT volunteers (10.7%, 95% CI: 7.4, 15.1). It was clearly seen that the male volunteers felt more burdened as compared to their female counterparts. Overall, there were 14.5% (95% CI: 10.6, 19.6) of males who felt burdened compared to females 10.9% (95% CI: 8.4, 14.1) (**Table 3.3.4**).

### 3.3.5 Roles and Responsibilities of Volunteers

Among the volunteers, only 21.9% (95% CI: 19.0, 25.1) correctly identified the funtions and roles of a \ volunteer. The same trend was seen among KEMAS [21.8% (95% CI: 18.3, 25.9)] and KRT volunteers [22.1% (95% CI: 17.3, 27.7)]. Almost all volunteers 97.8% (95% CI: 96.4, 98.7) knew that they were required to conduct health screening for

those with NCD risk factors such as diabetes, high blood pressure, abnormal BMI and smokers. They also knew they were required to refer those with potential risk of disease to the nearest health clinics [96.1% (CI: 94.3, 97.4)]. Majority [79.3% (CI: 76.1, 82.3)] of volunteers knew that they were responsible to provide basic health information to the communities. Most of them were also aware that they should conduct promotion and advocacy activities and ensure that KOSPEN activities were carried out [95.3% (93.4, 96.7)]. They also knew that they were responsible to encourage participation in KOSPEN activities [97.0% (95.4, 98.1)] (**Table 3.3.5.1**).

Alarmingly, 50.2% (CI: 46.5, 54.0) of the volunteers assumed that they were required to treat those found to have risks and chaired KOSPEN meetings [40.4 % (95% CI: 36.7, 44.2)]. While 20.7 % (95% CI: 17.7, 23.9) did not know that they have to provide basic health information to the community (**Table 3.3.5.2**).

Three quarters of the volunteers (74.3%, 95% CI 70.7, 77.6) referred cases at risk or abnormal cases every time while 9.3% (95% CI 7.2, 11.8) said they did it sometimes. Unfortunately, 16.4% (95% CI 13.7, 19.6) said that they never referred these cases. Among the reasons for not referring were, 16.8% (95% CI 10.6, 25.7) claimed they did not know they were supposed to, 25.3% (95% CI 17.5, 34.9) did not know the procedure for referral, while 21.1% (95% CI 14.1, 30.3) said that some who were screened did not want to be referred. (**Table 3.3.10**)

Majority of the volunteers were able to correctly identify cases indicated for refferal, blood glucose level [71.9% (95% CI: 67.9, 75.5)] and blood pressure level [78.4% (95% CI: 74.2, 81.6)]. Alarmingly, only 16.8% (95% CI: 13.9, 20.1) correctly identified  $BMI \geq 35\text{kg}/\text{m}^2$  to be reffered (**Table 3.3.11**).

For cases that need to be referred, 67.7% (64.0, 71.2) always provided referral slip, 10.9% (95% CI 8.6, 13.6) provided the slip sometimes, and 21.4% (95% CI 18.4, 24.8) never provided any referral slip. A total of 61.6% (95% CI 57.1, 65.9) of the volunteers said referred cases never returned the confirmation slip. Less than a third of volunteers (29.6%, 95% CI 25.6, 33.9) said the cases they referred always returned the slips, while a minority 8.8% (95% CI 6.5, 11.7) said they were sometimes given the confirmation slips. Among those who tried to get the confirmation slips, 33.7% (28.5, 39.3) said they always attempted to do so, 28.3% (95% CI 23.3, 33.8) sometimes tried, and 38.0% (95% CI 32.6, 43.9) never tried. For those who tried to obtain the confirmation slip,

33.8%, (95% CI 26.8, 41.5) did by home visits, 29.2% (95% CI 22.7., 36.7) by telephone calls to the referred cases, 4.5% (95% CI 2.2, 9.3) by telephone calls to the iNCD officer, 8.4% (95% CI 5.0, 14.0) by visiting clinics and 24.0% (95% CI 18.0, 31.3) through other means (**Table 3.3.12**).

### 3.3.6 Training of Volunteers

Surprisingly, only three quarters (73.8%, 95% CI: 70.6, 76.8) of the volunteers attended training before being appointed as volunteers with 77.4% (95% CI: 71.8, 82.2) and 71.8% (95% CI: 67.8, 75.5) from KRT and KEMAS respectively. Most of them attended the training organised by the District Health Office (49.2%, 95% CI: 45.3, 53.2) followed by KEMAS (27.7%, 95% CI: 24.5, 31.2) and the State Health Department (18.6%, 95% CI: 15.5, 22.0). About half of them (52.5%, 95% CI: 48.2, 56.7) attended the course a year ago (**Table 3.3.6**).

In terms of training, 66.5% (95% CI: 62.3, 70.5) of the volunteers claimed that the training was sufficient. More than half of them were confident in measuring blood pressure (59.6%, 95% CI: 55.3, 63.7), blood glucose levels (55.8%, 95% CI: 51.5, 60.1) and measurement of weight and height (57.6%, 95% CI: 53.3, 61.8) (**Table 3.3.7**).

### 3.3.7 Implementation of Health Screening

Majority [85.2% (95% CI: 82.3, 87.8)] of the volunteers conducted health screening in their communities. Most of the health screenings were done during carnivals or health promotion programmes [73.2% (95% CI: 69.6, 76.5)]. About one third [34.4% (95% CI: 30.7, 38.3)] of them conducted regular health screenings at a community centre nearby and 30.5% (95% CI: 26.9, 34.4) during official functions. The same trend was seen both in KEMAS and KRT volunteers (**Table 3.3.9**)

Overall, only 14.8% (95% CI: 12.2, 17.7) of the volunteers had never conducted any health screening. It was found that the proportion of those not conducting health screening was higher in KEMAS [18.2% (95% CI: 14.7, 22.3)] as compared to KRT [9.2% (95% CI: 6.2, 13.4)]. The main reasons stated were no time [29.8% (95% CI: 21.4, 39.7)], no confidence [17.0% (95% CI: 10.7, 26.1)] and incomplete equipment [8.5% (95% CI: 4.3, 16.1)] clearly seen in KEMAS [9.7% (95% CI: 4.7, 19.0)]. (**Table 3.3.8**)

### **3.3.8 Problems and Issues**

Overall, the volunteers gave positive feedback regarding the training module and the health screening returns. Majority of the volunteers 88.6% (95% CI 85.9, 90.8) were satisfied with the contents of the volunteers' training module and 88.6% (95% CI 85.9, 90.9) said the training module was easy to understand. For health screening returns, 92.2% (95% CI 89.9, 94.1) agreed the returns were user-friendly and 83.0% (95% CI 79.9, 85.8) viewed the frequency of submitting the returns as not burdensome. Overall, there were no significant differences in the responses between KEMAS and KRT volunteers (**Table 3.3.15**).

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TABLE 3.3.1: Socio-demographic characteristics of the volunteers

<b>Socio-demography</b>	<b>Overall</b>		<b>KEMAS</b>		<b>KRT</b>	
	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>	<b>Count</b>	<b>(%)</b>
<b>MALAYSIA</b>	700	100.0	451	64.4	249	35.6
<b>Gender</b>						
Male	240	34.3	152	33.7	88	35.3
Female	460	65.7	299	66.3	161	64.7
<b>Age Group</b>						
18-29	93	13.3	75	16.6	18	7.2
30-39	105	15.0	75	16.6	30	12.0
40-49	190	27.1	119	26.4	71	28.5
50-59	216	30.9	134	29.7	82	32.9
60+	96	13.7	48	10.6	48	19.3
<b>Ethnicity</b>						
Malays	556	79.4	344	76.3	212	85.1
Chinese	11	1.6	3	0.7	8	3.2
Indians	16	2.3	3	0.7	13	5.2
Other Bumiputeras	98	14.0	84	18.6	14	5.6
Others	19	2.7	17	3.8	2	0.8
<b>Level of Education</b>						
No formal education	16	2.3	12	2.7	4	1.6
Primary education	87		67	14.9	20	8.0
Secondary education	457	65.3	291	64.5	166	66.7
Higher education	140	20.0	81	18.0	59	23.7
<b>Status</b>						
Single	82	11.8	63	14.0	19	7.7
Married	563	80.8	362	80.4	201	81.4
Divorcee/widow/widower	52	7.5	25	5.6	27	10.9
<b>Occupation</b>						
Government/Semi government employee	134	19.1	81	18.0	53	21.3
Private employee	109	15.6	73	16.2	36	14.5
Self employed	153	21.9	113	25.1	40	16.1
Homemaker/Unemployed	220	31.4	142	31.5	78	31.3
Student	9	1.3	5	1.1	4	1.6
Retiree	75	10.7	37	8.2	38	15.3

TABLE 3.3.2: Prevalence of awareness as KOSPEN volunteers

	Overall			KEMAS			KRT					
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
<b>MALAYSIA</b>	676	96.7	95.1	97.8	430	95.6	93.3	97.1	246	98.8	96.3	99.6
<b>Gender</b>												
Male	232	96.7	93.5	98.3	144	94.7	89.9	97.3	88	100.0	100.0	100.0
Female	444	96.7	94.7	98.0	286	96.0	93.2	97.7	158	98.1	94.3	99.4
<b>Age Group</b>												
18-29	84	90.3	82.7	94.8	66	88.0	78.8	93.5	18	100.0	100.0	100.0
30-39	105	100.0	100.0	100.0	75	100.0	100.0	100.0	30	100.0	100.0	100.0
40-49	183	96.8	93.1	98.6	112	94.9	89.2	97.7	71	100.0	100.0	100.0
50-59	213	98.6	95.8	99.6	132	98.5	94.2	99.6	81	98.8	91.8	99.8
60+	91	94.8	88.1	97.8	45	93.8	82.3	98.0	46	95.8	84.7	99.0
<b>Ethnicity</b>												
Malays	535	96.4	94.5	97.6	326	95.0	92.3	96.9	209	98.6	95.7	99.5
Chinese	11	100.0	100.0	100.0	3	-	-	-	8	-	-	-
Indians	16	100.0	100.0	100.0	3	-	-	-	13	100.0	100.0	100.0
Other Bumiputeras	95	96.9	90.8	99.0	81	96.4	89.4	98.9	14	100.0	100.0	100.0
Others	19	100.0	100.0	100.0	17	100.0	100.0	100.0	2	-	-	-
<b>Level of Education</b>												
No formal education	16	100.0	100.0	100.0	12	100.0	100.0	100.0	4	-	-	-
Primary education	85	97.7	91.2	99.4	65	97.0	88.8	99.3	20	100.0	100.0	100.0
Secondary education	443	97.1	95.2	98.3	278	95.9	92.9	97.6	165	99.4	95.8	99.9
Higher education	132	94.3	89.1	97.1	75	92.6	84.8	96.6	57	96.6	87.4	99.2
<b>Status</b>												
Single	74	90.2	81.8	95.0	56	88.9	78.7	94.6	18	94.7	70.5	99.3
Married	548	97.5	95.8	98.5	349	96.7	94.3	98.1	199	99.0	96.1	99.8
Divorcee/widow/widower	51	98.1	87.6	99.7	24	96.0	76.4	99.4	27	100.0	100.0	100.0
<b>Occupation</b>												
Government/Semi government employee	128	96.2	91.3	98.4	76	95.0	87.4	98.1	52	98.1	87.8	99.7
Private employee	107	98.2	92.9	99.5	71	97.3	89.6	99.3	36	100.0	100.0	100.0
Self employed	151	98.7	95.0	99.7	111	98.2	93.2	99.6	40	100.0	100.0	100.0
Homemaker/Unemployed	212	96.4	92.9	98.2	135	95.1	90.1	97.6	77	98.7	91.4	99.8
Student	6	66.7	34.3	88.4	2	-	-	-	4	-	-	-
Retiree	72	96.0	88.3	98.7	35	94.6	80.8	98.6	37	97.4	83.4	99.6

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**TABLE 3.3.3:** Prevalence of respondents happy as KOSPEN volunteer

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
<b>MALAYSIA</b>	680	98.7	97.5	99.3	434	98.2	96.5	99.1	246	99.6	97.2	99.9
<b>Gender</b>												
Male	232	98.3	95.6	99.4	145	97.3	93.1	99.0	87	100.0	100.0	100.0
Female	448	98.9	97.4	99.5	289	98.6	96.4	99.5	159	99.4	95.7	99.9
<b>Age Group</b>												
18-29	87	95.6	88.9	98.3	69	94.5	86.4	97.9	18	100.0	100.0	100.0
30-39	105	100.0	100.0	100.0	75	100.0	100.0	100.0	30	100.0	100.0	100.0
40-49	185	99.5	96.3	99.9	114	99.1	94.1	99.9	71	100.0	100.0	100.0
50-59	213	99.5	96.7	99.9	132	99.2	94.8	99.9	81	100.0	100.0	100.0
60+	90	96.8	90.4	99.0	44	95.7	84.2	98.9	47	97.9	86.4	99.7
<b>Ethnicity</b>												
Malays	541	99.3	98.1	99.7	332	99.1	97.2	99.7	209	99.5	96.7	99.9
Chinese	11	100.0	100.0	100.0	3	-	-	-	8	100.0	100.0	100.0
Indians	16	100.0	100.0	100.0	3	-	-	-	13	100.0	100.0	100.0
Other Bumiputeras	93	94.9	88.4	97.8	79	94.0	86.7	97.5	14	100.0	100.0	100.0
Others	19	100.0	100.0	100.0	17	100.0	100.0	100.0	2	-	-	-
<b>Level of Education</b>												
No formal education	15	93.8	66.4	99.1	11	91.7	58.6	98.8	4	-	-	-
Primary education	84	98.8	92.1	99.8	64	98.5	89.8	99.8	20	100.0	100.0	100.0
Secondary education	445	99.1	97.7	99.7	280	98.6	96.4	99.5	165	100.0	100.0	100.0
Higher education	136	97.8	93.5	99.3	79	97.5	90.6	99.4	57	98.3	88.7	99.8
<b>Status</b>												
Single	79	100.0	100.0	100.0	61	100.0	100.0	100.0	18	100.0	100.0	100.0
Married	547	98.6	97.1	99.3	348	98.0	95.9	99.1	199	99.5	96.5	99.9
Divorcee/widow/widower	51	98.1	87.5	99.7	24	96.0	76.3	99.4	27	100.0	100.0	100.0
<b>Occupation</b>												
Government/Semi government employee	131	99.2	94.8	99.9	79	98.8	91.6	99.8	52	100.0	100.0	100.0
Private employee	108	100.0	100.0	100.0	72	100.0	100.0	100.0	36	100.0	100.0	100.0
Self employed	148	96.7	92.4	98.6	108	95.6	89.8	98.1	40	100.0	100.0	100.0
Homemaker/Unemployed	212	98.6	95.8	99.5	135	98.5	94.4	99.6	77	98.7	91.4	99.8
Student	9	100.0	100.0	100.0	5	-	-	-	4	-	-	-
Retiree	72	100.0	100.0	100.0	35	100.0	100.0	100.0	37	100.0	100.0	100.0

**TABLE 3.3.4:** Prevalence of thinking being a KOSPEN volunteer was a burden

	Overall				KEMAS				KRT			
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
<b>MALAYSIA</b>	83	12.2	10.0	14.8	57	13.0	10.3	16.4	26	10.7	7.4	15.1
<b>Gender</b>												
Male	34	14.5	10.6	19.6	22	15.0	10.1	21.7	12	13.8	8.0	22.8
Female	49	10.9	8.4	14.1	35	12.0	8.8	16.2	14	8.9	5.4	14.5
<b>Age Group</b>												
18-29	4	-	-	-	4	-	-	-				
30-39	15	14.6	9.0	22.6	11	14.9	8.5	24.7	4	13.8	5.3	31.4
40-49	17	9.2	5.8	14.4	13	11.5	6.8	18.8	4	5.6	2.1	14.1
50-59	30	14.1	10.1	19.4	22	16.7	11.3	23.9	8	9.9	5.0	18.4
60+	17	18.5	11.8	27.8	7	15.2	7.4	28.7	10	21.7	12.1	36.0
<b>Ethnicity</b>												
Malays	71	13.1	10.6	16.1	48	14.4	11.1	18.4	23	11.1	7.5	16.1
Chinese	2	-	-	-	1	-	-	-	1	-	-	-
Indians	2	-	-	-	1	-	-	-	1	-	-	-
Other Bumiputeras	7	7.4	3.5	14.8	6	7.3	3.3	15.4	1	-	-	-
Others	1	-	-	-	1	-	-	-				
<b>Level of Education</b>												
No formal education	1	-	-	-					1	-	-	-
Primary education	10	11.9	6.5	20.8	9	14.1	7.4	25.0	1	-	-	-
Secondary education	53	11.9	9.3	15.2	35	12.4	9.1	16.6	18	11.1	7.1	17.0
Higher education	19	13.8	9.0	20.6	13	16.3	9.7	26.0	6	10.3	4.7	21.1
<b>Status</b>												
Single	7	9.1	4.4	17.7	5	-	-	-	2	-	-	-
Married	72	13.1	10.5	16.1	50	14.2	11.0	18.2	22	11.1	7.4	16.3
Divorcee/widow/widower	4	-	-	-	2	-	-	-	2	-	-	-
<b>Occupation</b>												
Government/Semi government employee	9	6.9	3.6	12.8	5	-	-	-	4	-	-	-
Private employee	11	10.4	5.9	17.7	8	11.3	5.7	20.9	3	-	-	-
Self employed	23	15.0	10.2	21.5	18	15.9	10.3	23.8	5	-	-	-
Homemaker/Unemployed	23	10.8	7.3	15.7	17	12.5	8.0	19.1	6	7.8	3.6	16.2
Student												
Retiree	17	23.9	15.4	35.2	9	25.7	13.9	42.6	8	22.2	11.5	38.6

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**TABLE 3.3.5.1:** Prevalence of KOSPEN volunteers who knew and correctly identified the functions and roles as a volunteer

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
<b>Correctly identify all the functions and roles</b>	150	21.9	19.0	25.1	95	21.8	18.3	25.9	55	22.1	17.3	27.7
<b>Correctly identify a few of the functions and roles</b>												
Conducting screening examinations for NCD risk factors such as diabetes/high blood pressure/BMI/smoking in the community	631	97.8	96.4	98.7	388	97.0	94.8	98.3	243	99.2	96.8	99.8
Act to treat community members found to have risks	321	49.8	46.0	53.5	202	50.5	45.7	55.3	119	48.6	42.4	54.8
Ensure that members of the community with potential risk of disease are referred to a nearby health clinic	619	96.1	94.3	97.4	389	97.5	95.4	98.6	230	93.9	90.1	96.3
Chair KOSPEN meetings	378	59.6	55.8	63.3	232	59.3	54.5	64.0	146	60.1	53.8	66.0
Encourage community participation in KOSPEN activities	623	97.0	95.4	98.1	381	96.0	93.5	97.5	242	98.8	96.2	99.6
Conduct promotion and advocacy activities and ensuring that KOSPEN activities are carried out	614	95.3	93.4	96.7	377	94.5	91.8	96.3	237	96.7	93.6	98.4
No need to provide basic health information to the community	511	79.3	76.1	82.3	313	78.4	74.2	82.2	198	80.8	75.4	85.3

**TABLE 3.3.5.2:** Prevalence of KOSPEN volunteer who did not know and incorrectly identified the functions and roles as a volunteer

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Act to treat community members found to have risk	324	50.2	46.5	54.0	198	49.5	44.7	54.3	126	51.4	45.2	57.6
Chair KOSPEN meetings	256	40.4	36.7	44.2	159	40.7	36.0	45.5	97	39.9	34.0	46.2
No need to provide basic health information to the community	133	20.7	17.7	23.9	86	21.6	17.8	25.8	47	19.2	14.7	24.6

**TABLE 3.3.6:** Prevalence of volunteers attending training before appointment as KOSPEN volunteers and training organisers

	Overall			KEMAS			KRT					
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
<b>Attending training</b>	513	73.8	70.6	76.8	321	71.8	67.8	75.5	192	77.4	71.8	82.2
<b>Training organiser</b>												
State Health Department	95	18.6	15.5	22.0	32	10.0	7.2	13.7	63	33.0	26.9	39.6
KEMAS	142	27.7	24.5	31.2	140	43.6	38.6	48.8	2	1.0	0.3	4.1
District Health Office	252	49.2	45.2	53.2	147	45.8	40.7	50.9	105	55.0	48.2	61.6
Department of National Unity and Integration (JPNIN)	23	4.5	3.0	6.6	2	-	-	-	21	11.0	7.3	16.3
<b>Course was held</b>												
<3 months ago	57	11.2	8.8	14.1	30	9.4	6.8	12.9	27	14.2	10.0	19.8
4-6 months ago	58	11.4	8.9	14.4	32	10.0	7.2	13.8	26	13.7	9.5	19.3
7-12 months ago	127	25.0	21.5	28.8	81	25.4	21.1	30.3	46	24.2	18.7	30.7
>12 months ago	267	52.5	48.2	56.7	176	55.2	49.8	60.4	91	47.9	41.0	54.9

**TABLE 3.3.7:** Prevalence of sufficient content of the training to perform as KOSPEN volunteer

	Overall			KEMAS			KRT					
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
<b>Sufficient content of the training</b>	334	66.5	62.3	70.5	198	62.5	57.1	67.6	136	73.5	66.7	79.4
<b>Confidence to conduct the following screening activities:</b>												
<b>Measure blood pressure</b>												
Very low confidence	35	6.9	5.0	9.4	22	6.9	4.6	10.2	13	6.8	4.0	11.4
Low confidence	70	13.8	11.1	17.1	55	17.4	13.6	21.9	15	7.9	4.8	12.6
Confident	302	59.6	55.3	63.7	178	56.2	50.7	61.5	124	65.3	58.2	71.7
Very confident	100	19.7	16.5	23.4	62	19.6	15.6	24.2	38	20.0	14.9	26.3
<b>Confidence to conduct the following screening activities:</b>												
<b>Measure blood glucose level</b>												
Very low confidence	32	6.3	4.5	8.8	21	6.6	4.4	9.9	11	5.8	3.2	10.2
Low confidence	93	18.3	15.2	22.0	66	20.8	16.7	25.7	27	14.2	9.9	19.9
Confident	283	55.8	51.5	60.1	171	53.9	48.4	59.4	112	58.9	51.8	65.7
Very confident	99	19.5	16.3	23.2	59	18.6	14.7	23.2	40	21.1	15.8	27.5
<b>Confidence to conduct the following screening activities:</b>												
<b>Measure weight and height</b>												
Very low confidence	35	6.9	5.0	9.4	22	6.9	4.6	10.3	13	6.8	4.0	11.4
Low confidence	58	11.4	8.9	14.5	40	12.6	9.4	16.8	18	9.5	6.1	14.5
Confident	292	57.6	53.3	61.8	183	57.7	52.2	63.0	109	57.4	50.2	64.2
Very confident	122	24.1	20.6	27.9	72	22.7	18.5	27.6	50	26.3	20.5	33.0

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**TABLE 3.3.8:** Prevalence of never conducted health screenings and reasons

	Overall				KEMAS				KRT			
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
Never conduct health screening	94	14.8	12.2	17.7	72	18.2	14.7	22.3	22	9.2	6.2	13.4
<b>Reason</b>												
No time	28	29.8	21.4	39.7	21	29.2	19.9	40.5	7	31.8	15.9	53.5
Not confident	16	17.0	10.7	26.1	13	18.1	10.8	28.7	3	-	-	-
Not interested	1	-	-	-	1	-	-	-				
Embarrassed	4	-	-	-	4	-	-	-				
Scared	3	-	-	-	2	-	-	-	1	-	-	-
No mode of transportation	1	-	-	-					1	-	-	-
Equipment not complete	8	8.5	4.3	16.1	7	9.7	4.7	19.0	1	-	-	-
Politics	1	-	-	-					1	-	-	-
Others	39	41.5	32.0	51.7	26	36.1	25.9	47.8	13	59.1	38.1	77.2

**TABLE 3.3.9:** Prevalence of ever conducted health screenings and methods

	Overall				KEMAS				KRT			
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
Ever conducted health screening	542	85.2	82.3	87.8	324	81.8	77.7	85.3	218	90.8	86.6	93.8
<b>Method</b>												
Carnival/Health programme	396	73.2	69.6	76.5	217	67.2	62.2	71.8	179	82.1	76.5	86.6
Regularly conducted at a specific locality such as KOSPEN community centre	186	34.4	30.7	38.3	93	28.8	24.4	33.6	93	42.7	36.4	49.2
House-to-house	121	22.4	19.2	25.9	89	27.6	23.2	32.4	32	14.7	10.7	19.9
At social gatherings	88	16.3	13.4	19.6	57	17.6	14.0	22.1	31	14.2	10.2	19.5
During official functions	165	30.5	26.9	34.4	107	33.1	28.3	38.3	58	26.6	21.2	32.8
Others	42	7.8	5.8	10.2	34	10.5	7.7	14.2	8	3.7	1.8	7.2

**TABLE 3.3.10:** Prevalence of referring risk or abnormal cases found during health screenings and reasons for not referring

	Overall				KEMAS				KRT			
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper	
Yes, every time	448	74.3	70.7	77.6	276	74.4	69.7	78.5	172	74.1	68.1	79.4
Yes, sometimes	56	9.3	7.2	11.8	35	9.4	6.9	12.8	21	9.1	6.0	13.5
No	99	16.4	13.7	19.6	60	16.2	12.8	20.3	39	16.8	12.5	22.2
Did not know the cases should be referred	16	16.8	10.6	25.7	11	18.6	10.7	30.5	5	13.9	5.9	29.4
Did not know procedure for referral	24	25.3	17.5	34.9	19	32.2	21.6	45.0	5	13.9	5.9	29.5
The case did not want to be referred	20	21.1	14.1	30.3	10	16.9	9.4	28.7	10	27.8	15.9	43.9
Others	35	36.8	27.8	46.9	19	32.2	21.7	44.9	16	44.4	29.4	60.5

**TABLE 3.3.11:** Prevalence of volunteers who correctly identified cases to be referred during health screenings

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
BMI	89	16.8	13.9	20.1	53	16.5	12.9	20.9	36	17.1	12.7	22.7
Blood glucose level	383	71.9	67.9	75.5	229	71.1	66.0	75.8	154	73.0	66.6	78.5
Systolic blood pressure and/or diastolic blood pressure	417	78.4	74.7	81.6	248	77.3	72.4	81.5	169	80.1	74.2	84.9

**TABLE 3.3.12:** Prevalence of volunteers who tried obtaining information on the referred cases (n=154)

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Home visit	52	33.8	26.8	41.5	33	35.5	26.6	45.5	19	31.1	20.9	43.7
Through telephone call to the referred case	45	29.2	22.7	36.7	28	30.1	21.9	39.8	17	27.9	18.1	40.4
Through telephone call to the iNCD officer	7	4.5	2.2	9.3	5	5.4	2.2	12.4	2	3.3	0.8	12.2
By visiting the clinic	13	8.4	5.0	14.0	8	8.6	4.4	16.2	5	8.2	3.4	18.4
Others	37	24.0	18.0	31.3	19	20.4	13.5	29.6	18	29.5	19.5	42.0

**TABLE 3.3.13:** Prevalence of general opinion of the KOSPEN programme

	Overall				KEMAS				KRT			
	Count	(%)	95% CI		Count	(%)	95% CI		Count	(%)	95% CI	
			Lower	Upper			Lower	Upper			Lower	Upper
Very good	434	66.9	63.2	70.4	259	64.1	59.4	68.6	175	71.4	65.4	76.8
Good	188	29.0	25.6	32.6	127	31.4	27.1	36.1	61	24.9	19.9	30.7
Fair	25	3.9	2.6	5.6	16	4.0	2.5	6.3	9	3.7	1.9	6.9
Poor	1	-	-	-	1	-	-	-				
Very poor	1	-	-	-	1	-	-	-				

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TABLE 3.3.14: Prevalence of opinion following KOSPEN programmes in achieving KOSPEN objectives

	Count	(%)	<b>95% CI</b>	
			<b>Lower</b>	<b>Upper</b>
<b>Management component</b>				
<b>Educational materials</b>				
Very good	221	34.3	30.8	38.0
Good	350	54.3	50.5	58.1
Fair	64	9.9	7.8	12.5
Poor/ Very Poor	9	1.4	0.7	2.7
<b>Funding</b>				
Very good	83	12.9	10.6	15.8
Good	256	39.9	36.3	43.7
Fair	198	30.9	27.4	34.6
Poor/ Very Poor	104	16.2	13.6	19.2
<b>Human resource (GSiM volunteers)</b>				
Very good	161	25.0	21.8	28.4
Good	346	53.7	49.9	57.5
Fair	110	17.1	14.3	20.2
Poor/ Very Poor	27	4.2	2.9	6.0
<b>Screening component</b>				
<b>Training module</b>				
Very good	165	25.8	22.6	29.4
Good	359	56.2	52.3	60.0
Fair	101	15.8	13.2	18.8
Poor/ Very Poor	14	2.2	1.3	3.7
<b>Screening equipment</b>				
Very good	179	27.9	24.6	31.5
Good	359	56.0	52.2	59.8
Fair	86	13.4	11.0	16.2
Poor/ Very Poor	17	2.7	1.7	4.2
<b>Risk factor intervention at the community level</b>				
<b>Weight management (e.g healthy eating, physical activity)</b>				
Very good	175	27.1	23.8	30.6
Good	333	51.5	47.7	55.4
Fair	114	17.6	14.9	20.8
Poor/ Very Poor	24	3.7	2.5	5.5
<b>Smoking (Smoking cessation services, smoke-free homes, signboards)</b>				
Very good	149	23.1	20.0	26.5
Good	277	42.9	39.2	46.8
Fair	169	26.2	23.0	29.7
Poor/ Very Poor	50	7.8	5.9	10.1

**TABLE 3.3.15:** Prevalence of problems/issues regarding following components of KOSPEN

	Overall				KEMAS				KRT									
	Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper		Count	(%)	95% CI Lower Upper							
<b>Training component</b>																		
<b>Contents of training module</b>																		
Adequate of training module	560	88.6	85.9	90.8	348	87.9	84.4	90.7	212	89.8	85.3	93.1						
Not adequate	72	11.4	9.2	14.1	48	12.1	9.3	15.6	24	10.2	6.9	14.7						
<b>Comprehensibility of training manual</b>																		
Easy to understand	560	88.6	85.9	90.9	343	86.4	82.7	89.4	217	92.3	88.2	95.1						
Not easy to understand	72	11.4	9.1	14.1	54	13.6	10.6	17.3	18	7.7	4.9	11.8						
<b>Contents of training module</b>																		
<b>Health screening returns</b>																		
User-friendly	582	92.2	89.9	94.1	365	91.7	88.6	94.0	217	93.1	89.1	95.7						
No	49	7.8	5.9	10.1	33	8.3	6.0	11.4	16	6.9	4.3	10.9						
<b>Frequency of submitting returns</b>																		
Burdensome	107	17.0	14.2	20.1	49	12.3	9.4	15.9	58	24.9	19.8	30.8						
Not burdensome	524	83.0	79.9	85.8	349	87.7	84.1	90.6	175	75.1	69.2	80.2						

## 4. CONCLUSION AND RECOMMENDATIONS

### 4.1 CONCLUSION

KOSPEN has been implemented by the MOH since 2013 with the aim to develop healthy community that practices five basic healthy lifestyles; i.e. healthy eating, active life style, no smoking, weight management and have regular NCD risk factors screenings. Having Community Health Volunteers as its main functioning units, MOH collaborates with Ministry Of Rural and Regional Development under the KEMAS Program and Department of National Unity and National Integrity under the Rukun Tetangga Program (RT). KOSPEN KEMAS covers for rural areas and KOSPEN RT is for urban and suburban settings.

Amongst the core activities of KOSPEN are promotion of 10,000 steps, awareness on daily calorie requirement and obligation to comply with the Regulation 11 of the 2004 Tobacco Control Regulation. Trained volunteers will act as local health advocate to educate and promote the five scopes of KOSPEN, facilitating establishment of environments that promote healthy behaviour and conduct community random blood sugar, blood pressure, body mass index and smoking status screening. KOSPEN aims to benefit all residents of both KOSPEN KEMAS and KOSPEN RT.

To ensure good perception and participation, the existence of KOSPEN programmes should be made aware to the community. This study revealed that more than half of the communities were still unaware of KOSPEN and only one in five of them ever involved in any KOSPEN activities. One of the objectives of healthy eating component of KOSPEN is to develop calorie conscious community. This study showed an encouraging finding whereby almost half of the communities had knowledge on food calories.

To encourage the communities to practice 10,000 steps activity, 10,000 steps track are made available in all KOSPEN localities. Unfortunately, only a small proportion of the residents had ever use the track. Nevertheless, almost half of the communities were active physically.

Community screening is conducted by trained health volunteers and the target is to have 70% of all adults at the respective participating localities screened by fourth year of its implementation. The main reason for non-participation in community screening was not knowing of the availability of such screening in the locality.

This study found that the coverage of screening was 20.6%. However, the percentage of non-referral of at risk cases was almost two third of those screened. Our study also found that majority of the referred cases had their confirmatory check-ups done. and this study had successfully revealed that the confirmatory rate of those referred was excellent.

The key factor for the success in the implementation of KOSPEN is the volunteers. They are the functioning unit of KOSPEN. Each localities will have at least five volunteers that will facilitate the implementation of all five scopes of KOSPEN. This study revealed that majority of these volunteers were comfortable with and had good perception of KOSPEN. However, their functions need to be reiterated as there were still wrong perceptions of their true roles.

#### **4.2 RECOMMENDATIONS**

1. KOSPEN needs to be promoted more aggressively. Promotion should be done at health clinics and as well as KEMAS and Perpaduan District Offices. Activities of KOSPEN should also be made known to the community. This can be done by promoting it through various platforms such as during programs run by both KEMAS and Perpaduan, health talks conducted by the health team.
2. Trained volunteers should be able to give simple health talks or advices to their family members, neighbours and communities at their localities. They should disseminate information on NCD and its prevention and the importance of NCD risk factor screening.
3. In view of the high percentage of confirmatory among those referred cases, the community screening should be enhanced. Efforts should be made to attract the community to undergo screening. Availability of the service should be made known and promoted during community programs conducted at the localities.
4. Criteria of referrals should also be highlighted and given emphasis during trainings and volunteers should be reminded to refer all cases comply with the referrals criteria.
5. The success in the implementation of KOSPEN depends very much on the collaboration between all stakeholders. Even though the volunteers are the functioning units of KOSPEN, the responsibility to carry out activities related to the 5 scopes of

KOSPEN should also be carried out by the health sector, KEMAS and Perpaduan. KOSPEN activities should be integrated into the existing programmes of KEMAS and Perpaduan. The health team should also carry out health activities at all KOSPEN localities with the involvement of the volunteers.

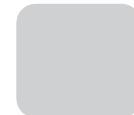
6. Training of volunteers should be done yearly as these volunteers need to be updated with new knowledge in NCD. All volunteers should receive training prior to their certification as KOSPEN Volunteers.

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## APPENDIX I :

# MANUAL





**MANUAL  
KAJIAN PENILAIAN  
KEBERKESANAN PROGRAM  
“KOMUNITI  
SIHAT PEMBINA NEGARA”  
(KOSPEN) 2016**



**MODUL A : MAKLUMAT ISI RUMAH**

**PENGENALAN**

Responden yang dipilih untuk **SOAL SELIDIK ISI RUMAH** hendaklah berumur  $\geq 18$  **TAHUN** dan penemuramah mestilah berkeyakinan bahawa responden yang dipilih itu mampu memberikan maklumat yang tepat bagi setiap ahli isirumah.

Jika perlu, sila pastikan umur responden bagi memastikan beliau berumur  $\geq 18$  **TAHUN**.

1.	<p>Berapakah bilangan ahli isi rumah anda yang berusia 18 tahun dan ke atas</p> <p><input type="checkbox"/> Penemuramah akan bertanya kepada responden untuk mengetahui bilangan individu yang berusia 18 tahun dan ke atas yang tinggal dalam isirumah.</p> <p><input type="checkbox"/> Seseorang dianggap ahli isirumah sekiranya:</p> <ul style="list-style-type: none"><li><input type="radio"/> Seseorang yang biasa tinggal di dalam isirumah itu. Contohnya, pelajar yang tinggal di asrama, ahli keluarga yang pergi bercuti dan pekerja-pekerja yang tinggal sementara di tempat kerja.</li><li><input type="radio"/> Seseorang yang tidak ada rumah lain melainkan rumah tersebut.</li><li><input type="radio"/> Seseorang yang baru berpindah ke rumah tersebut dan tidak merancang untuk pulang ke rumah lama.</li><li><input type="radio"/> Seseorang yang berada di tempat tinggal itu sekurang-kurangnya separuh masa dalam 12 bulan yang lepas sekiranya ahli isirumah yang mempunyai lebih daripada satu tempat tinggal.</li></ul> <p><input type="checkbox"/> Penemuramah perlu bertanya bilangan ahli isirumah dalam julat <b>0 – 20</b>.</p> <p><input type="checkbox"/> Responden yang <b>Enggan Jawab</b> catatkan <b>EJ</b></p>
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2.	<p>Siapakah nama ketua isi rumah ini?</p> <p><input type="checkbox"/> Penemuramah akan bertanya kepada responden untuk mengetahui siapa ketua isi rumah. <u>Ketua isi rumah</u> ialah orang yang paling berpengaruh atau paling banyak membuat keputusan (main decision maker) mengenai hal-hal dalam sesebuah rumah.</p>
3.	<p>Saya perlukan maklumat mengenai hubungan setiap ahli isi rumah dengan...[bacakan nama ketua isi rumah].</p> <p><input type="checkbox"/> Jadual isi rumah hanya perlu dijawab oleh ketua isi rumah</p> <p><input type="checkbox"/> Penemuramah perlu merujuk Kod A untuk status hubungan setiap ahli isi rumah dengan ketua isi rumah dan tuliskan pada kolumn. Kod ini juga terdapat dibawah Jadual Isi Rumah.</p>

**MODUL B: SOSIO - DEMOGRAFI**

1. Jantina

- Soalan ini digunakan untuk menentukan jantina responden.
- Jantina boleh diketahui melalui kad pengenalan responden atau pemerhatian penemuramah.
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

2. Apakah nombor kad pengenalan anda?

- Soalan ini digunakan untuk mengetahui no kad pengenalan responden merujuk kepada kad pengenalan

3. Berapakah umur anda berdasarkan harijadi yang lepas?

- Umur responden dikira secara automatik daripada nombor kad pengenalan.
- Umur dihitung dari tarikh lahir yang lepas/ Umur dihitung dari tarikh lahir hingga tarikh soal selidik dijawab..
- Umur hendaklah dibundarkan kepada bentuk intejer.
- Jika tarikh lahir tidak diketahui, catatkan umur yang dilaporkan oleh responden.
- Jika responden tidak tahu dengan tepat umurnya dan hanya tahu secara kasar bundarkan umurnya seperti 30-an, 40-an, 50-an; catatkan sebagai 35, 45, 55 dan sebagainya.
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

4. Apakah bangsa anda?

- Menentukan bangsa responden
- Bagi responden yang mempunyai ibubapa yang berkahwin campur, Tandakan (\) bangsa yang diberitahu. JANGAN ikut kad pengenalan.

- Persepsi responden tentang bangsa mereka mungkin berbeza dari kad pengenalan.
- Jika ibu adalah orang asli, mengikut undang-undang, anaknya adalah orang asli tanpa mengira bangsa bapa.
  1. Melayu
  2. Cina
  3. India
  4. Bumiputra Sabah
  5. Bumiputra Sarawak
  6. Lain –lain, Nyatakan\_\_\_\_\_
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

5. Apakah tahap pendidikan **tertinggi** anda?

- Menentukan taraf pendidikan paling tinggi yang diterima oleh responden semasa temubual dijalankan.
- i. Tidak habis sekolah rendah
- ii. Tamat sekolah rendah
- iii. Tamat sekolah menengah
- iv. Sijil / Diploma
- v. Ijazah/ Ijazah Lanjutan

6. Apakah **taraf perkahwinan** anda?

- Mengetahui taraf perkahwinan responden yang terkini semasa temubual dijalankan.
- 1. Tidak pernah berkahwin
- 2. Berkahwin
- 3. Janda / Duda
- 4. Balu
- 5. Lain-lain. Nyatakan.....

7. Adakah anda.....

- Mengetahui sektor pekerjaan responden yang paling terkini semasa temubual di jalankan.
  - 1. Pekerja Kerajaan
  - 2. Bekerja Badan Berkanun
  - 3. Pekerja Swasta
  - 4. Pekerja sendiri
  - 5. Surirumah
  - 6. Pelajar
  - 7. Pesara
  - 8. Tidak Bekerja
  - 9. Lain-lain, nyatakan.....
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

8. Berapakah pendapatan purata isi rumah anda?

- Mengetahui anggaran pendapatan purata yang diterima daripada ahli isi rumah yang tinggal bersama
- Wang dari sumber lain (contoh : kutipan sewa aset, wang daripada ahli keluarga yang **tidak tinggal bersama**, biasiswa, kebajikan masyarakat, Baitulmal dll)
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

9. Adakah anda pernah diberitahu oleh mana-mana pengamal perubatan yang anda menghidap penyakit berikut?

- Untuk mengetahui sama ada responden pernah diberitahu oleh mana-mana pengamal perubatan sekiranya menghidap penyakit.
- Senarai jenis penyakit :
  - i. Sakit Jantung
  - ii. Darah Tinggi / Hypertension
  - iii. Kencing Manis/ Diabetis

- Pilihan jawapan yang telah disediakan : Ya, Tidak, Tidak Tahu dan Enggan Jawab

### **MODUL C: KESEDARAN**

1. Adakah anda pernah mendengar tentang program KOSPEN?
  - Penemuramah akan bertanya kepada responden sama ada beliau pernah mendengar tentang program KOSPEN.
  - Jika responden menjawab Tidak, terus ke modul seterusnya
  
2. Dari sumber manakah anda mendapatkan **maklumat** berkenaan KOSPEN?  
Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu (1).  
**Bacakan pilihan jawapan kepada responden.**
  - Penemuramah akan bertanya dari sumber manakah responden mendapatkan maklumat mengenai KOSPEN.
  - Jawapan responden boleh lebih dari 1. Tandakan pada ruangan yang disediakan.
  - Penemuramah perlu membaca semua sumber maklumat KOSPEN yang telah disenaraikan.
  - Senarai sumber maklumat :
    - i. Rakan
    - ii. Agensi Kesihatan
    - iii. Agensi KEMAS
    - iv. FELCRA
    - v. Rukun Tetangga
    - vi. Papan Tanda
    - vii. Media massa (tv, radio, surat khabar, dll)
    - viii. Jawatan Kuasa Keselamatan dan Kemajuan Kampung (JKKK)
    - ix. Jawatan Kuasa Rukun Tetangga (JKRTT)
    - x. Sukarelawan
    - xi. Lain-lain, nyatakan.....

**MODUL D : PENGLIBATAN**

1. Adakah anda terlibat didalam aktiviti-aktiviti KOSPEN?
  - Penemuramah akan bertanya kepada responden, adakah beliau terlibat di dalam aktiviti-aktiviti KOSPEN.
  - Jika responden menjawab Ya, teruskan temubual ke soalan yang seterusnya.
  - Jika responden menjawab Tidak, Tamat ke Modul seterusnya.
  
2. Jika Ya, tandakan aktiviti yang anda telah sertai. Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1).
  - Penemuramah akan bertanya kepada responden, apakah aktiviti- aktiviti KOSPEN yang telah beliau sertai.
  - Penemuramah perlu membaca semua amalan yang telah disenaraikan.
  - Tandakan pada ruangan yang disediakan. Jawapan boleh lebih dari satu(1).
  - Senarai aktiviti:
    - i. Pemeriksaan saringan kesihatan
    - ii. Ceramah kesihatan
    - iii. Demonstrasi masakan
    - iv. Program rumah bebas asap rokok
    - v. Menghadiri majlis rasmi yang mengasingkan gula dari minuman panas
    - vi. Menghadiri majlis rasmi yang menyediakan air kosong
    - vii. Aktiviti fizikal / sukan / riadah / rekreasi yang dianjurkan
    - viii. Program berjalan 10 000 langkah

3. Setelah mengikuti program KOSPEN adakah anda mengamalkan....
- Penemuramah akan bertanya kepada responden, adakah beliau mengamalkan amalan –amalan di dalam KOSPEN
  - Penemuramah perlu membaca semua amalan yang telah disenaraikan.
  - Pilihan jawapan yang telah disediakan : **Ya** atau **Tidak**
  - Senarai amalan:
    - i. Mengasingkan gula dalam minuman panas
    - ii. Menghidangkan sayur-sayuran dalam setiap hidangan utama
    - iii. Mengamalkan minum air kosong lapan(8) gelas sehari
    - iv. Tidak merokok di kawasan-kawasan yang diisyiharkan kawasan bebas asap rokok.
    - v. Menggunakan trek 10,000 langkah sekurang-kurangnya sekali dalam seminggu

#### **MODUL E : PENGLIBATAN DALAM SARINGAN KESIHATAN**

1. Adakah anda pernah menjalani pemeriksaan saringan kesihatan di bawah program KOSPEN?

- Penemuramah akan bertanya kepada responden, sekiranya beliau pernah menjalani pemeriksaan saringan kesihatan di bawah program KOSPEN. Tandakan (✓) jawapan.

2. Apakah halangan atau cabaran yang anda hadapi untuk menjalani pemeriksaan saringan kesihatan di bawah program KOSPEN? Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1).

- Penemuramah akan bertanya kepada responden, apakah halangan atau cabaran yang dihadapi oleh beliau untuk menjalani pemeriksaan saringan kesihatan.
- Penemuramah perlu membaca senarai halangan/ cabaran yang telah disenaraikan.
- Penemuramah perlu menandakan pilihan jawapan respondan.

Senarai halangan/ cabaran :

- i. Tiada masa
- ii. Tiada kawan
- iii. Tiada kemudahan pengangkutan
- iv. Tidak berminat
- v. Malu
- vi. Takut
- vii. Sudah mendapat pemeriksaan saringan kesihatan
- viii. Tidak tahu adanya pemeriksaan saringan kesihatan
- ix. Politik
- x. Tidak berkenaan

3. Jika Ya, apakah keputusan pemeriksaan saringan kesihatan terkini? Tandakan (✓) di ruangan yang disediakan

- Penemuramah akan bertanya kepada respondan, keputusan pemeriksaan saringan kesihatan terkini beliau
- Penemuramah perlu membaca senarai pengetahuan yang telah disenaraikan
- Jawapan respondan hendaklah mengikut *likert scale* yang telah diberikan
- Pilihan jawapan yang telah disediakan : **Normal, Tidak normal/ Berisiko, Tidak Tahu dan Enggan Menjawab**
- Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang disediakan.
- Senarai pengetahuan :
  - i. Paras tahap tekanan darah
  - ii. Paras gula dalam darah
  - iii. Indeks jisim badan (BMI)

4. Adakah anda dirujuk kepada mana-mana Klinik Kesihatan/ hospital berdekatan kerana keputusan pemeriksaan saringan kesihatan tersebut?

- Penemuramah akan bertanya kepada respondan sama ada beliau pernah dirujuk kepada mana-mana Klinik Kesihatan/ hospital berdekatan kerana keputusan pemeriksaan saringan kesihatan. Tandakan (✓) jawapan.

5. Dimanakah anda menjalani pemeriksaan saringan kesihatan tersebut?

- Penemuramah akan bertanya kepada respondan, dimanakah beliau menjalani pemeriksaan saringan kesihatan
- Penemuramah perlu membaca senarai tempat menjalani pemeriksaan saringan kesihatan yang telah disenaraikan
- Tandakan jawapan yang berkenaan :
  - i. Karnival/ program Kesihatan
  - ii. Pusat Komuniti KOSPEN
  - iii. Di rumah
  - iv. Semasa majlis rasmi
  - v. Majlis keramaian (contoh: Kenduri kahwin/majlis pertunungan/berkhutan)
  - vi. Lain-lain. Nyatakan.....

6.1 Sekiranya anda menjalani aktiviti pemeriksaan saringan kesihatan, adakah anda menerima diari kesihatan?

- Penemuramah akan bertanya kepada respondan adakah beliau menerima diari kesihatan selepas menjalani aktiviti pemeriksaan saringan kesihatan. Tandakan (✓) jawapan

6.2 Jika Ya, adakah anda menggunakan diari kesihatan untuk memantau tahap kesihatan diri.

- Penemuramah akan bertanya kepada respondan adakah beliau menggunakan diari kesihatan untuk memantau tahap kesihatan diri. Tandakan (✓) jawapan

**MODUL F : AKTIVITI FIZIKAL**

- F1. Dalam tempoh 7 hari yang lepas ini, berapa harikah anda telah melakukan aktiviti fizikal lasak, (contohnya mengangkat barang berat, mencangkul, senaman aerobik atau berbasikal laju dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa?
- Penemuramah akan bertanya kepada respondan berapa harikah beliau telah melakukan aktiviti fizikal lasak, (contohnya mengangkat barang berat, mencangkul, senaman aerobik atau berbasikal laju dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa.
  - Penemuramah perlu mencatatkan jumlah hari dalam seminggu yang dimaklumkan oleh respondan di ruangan yang disediakan
  - Responden yang **Tidak Tahu** catatkan TT
  - Responden yang **Enggan Jawab** catatkan EJ
- F1.1 Pada hari anda yang melakukan aktiviti fizikal lasak, berapa lamakah anda melakukannya?.
- Penemuramah akan bertanya kepada respondan, pada hari beliau melakukan aktiviti lasak berapa lamakah beliau melakukannya.
  - Penemuramah perlu mencatatkan jumlah jam dan minit sehari yang telah dimaklumkan oleh respondan di ruangan yang disediakan
  - Responden yang **Tidak Tahu** catatkan TT
  - Responden yang **Enggan Jawab** catatkan EJ
- F2. Dalam tempoh 7 hari yang lepas ini, berapa harikah anda telah melakukan aktiviti fizikal sederhana, (contohnya mengangkat muatan ringan, mengelap lantai, berbasikal pada kelajuan biasa dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa tidak termasuk berjalan kaki?
- Penemuramah akan bertanya kepada respondan berapa harikah beliau telah melakukan aktiviti fizikal sederhana, (contohnya mengangkat barang ringan, mengelap lantai, berbasikal pada kelajuan biasa dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa tidak termasuk berjalan kaki.

- Penemuramah perlu mencatatkan jumlah jam dan minit sehari yang telah dimaklumkan oleh respondan di ruangan yang disediakan
- Responden yang **Tidak Tahu** catatkan TT
- Responden yang **Enggan Jawab** catatkan EJ

F2.1 Pada hari anda melakukan aktiviti fizikal sederhana, berapa lamakah anda melakukannya?

- Penemuramah akan bertanya kepada respondan, pada hari beliau melakukan aktiviti fizikal sederhana, berapa lamakah beliau melakukannya.
- Penemuramah perlu mencatatkan jumlah jam dan minit sehari yang telah dimaklumkan oleh respondan di ruangan yang disediakan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

F3. Dalam tempoh 7 hari yang lepas, berapa harikah anda telah berjalan kaki selama sekurang-kurangnya 10 minit pada sesuatu masa?

- Penemuramah akan bertanya kepada respondan berapa harikah beliau telah berjalan kaki sekurang-kurangnya 10 minit pada suatu masa
- Penemuramah perlu mencatatkan jumlah hari dalam seminggu yang dimaklumkan oleh respondan di ruangan yang disediakan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

F3.1 Pada salah satu daripada hari berkenaan, berapakah masa yang anda gunakan untuk berjalan kaki?

- Penemuramah akan bertanya kepada respondan, pada salah satu daripada hari berkenaan, berapakah masa yang beliau gunakan untuk berjalan kaki?
- Penemuramah perlu mencatatkan jumlah jam dan minit sehari yang telah dimaklumkan oleh respondan di ruangan yang disediakan
- Responden yang **Enggan Jawab** catatkan EJ

- Responden yang **Tidak Tahu** catatkan TT

F4. Biasanya dalam sehari, berapa jamkah yang anda gunakan untuk duduk atau berbaring termasuk di tempat kerja, di rumah, di waktu lapang dan semasa perjalanan, TETAPI TIDAK TERMASUK waktu tidur?

- Penemuramah akan bertanya kepada responden, biasanya dalam sehari, berapa jamkah yang beliau gunakan untuk duduk atau berbaring termasuk di tempat kerja, di rumah, di waktu lapang dan semasa perjalanan, TETAPI TIDAK TERMASUK waktu tidur?
- Penemuramah perlu mencatatkan jumlah jam dan minit sehari yang telah dimaklumkan oleh responden di ruangan yang disediakan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

F5. Adakah anda menghadapi sebarang halangan untuk melakukan aktiviti fizikal?

- Penemuramah akan bertanya kepada responden, adakah beliau menghadapi sebarang halangan untuk melakukan aktiviti fizikal.
- Jika responden menjawab Tidak, Terus ke soalan F5.2

F5.1 Jika **Ya**, apakah halangan atau cabaran yang anda hadapi untuk melakukan aktiviti fizikal?. Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu (1).

- Penemuramah akan bertanya kepada responden, apakah halangan atau cabaran yang beliau hadapi untuk melakukan aktiviti fizikal?
- Penemuramah perlu membaca senarai halangan/ cabaran yang telah disenaraikan
- Penemuramah perlu menandakan jawapan di ruangan yang disediakan.
- Jawapan boleh lebih daripada satu(1)
- Senarai halangan/ cabaran :
- i. Tiada masa
  - ii. Tiada kawan
  - iii. Sakit
  - iv. Tidak berminat

- v. Malu
- vi. Takut
- vii. Penat

F5.2 Adakah kemudahan trek 10,000 langkah disediakan di lokaliti anda?

- Penemuramah akan bertanya kepada respondan, adakah kemudahan trek 10,000 langkah disediakan di lokaliti beliau?
- Jika respondan menjawab Tiada, ke modul seterusnya
- Jika respondan menjawab Tidak tahu, ke modul seterusnya

F5.3 Adakah anda menggunakan trek 10,000 langkah?

- Penemuramah akan bertanya kepada respondan, adakah beliau menggunakan trek 10,000 langkah?
- Jika respondan menjawab Tidak, Terus ke soalan F5.5

F5.4 Jika **Ya**, berapa kerap anda menggunakan trek 10,000 langkah?

- Penemuramah akan bertanya kepada respondan, berapa kerap beliau menggunakan trek 10,000 langkah
- Penemuramah perlu membaca senarai minggu, bulan dan tahun yang telah disediakan
- Penemuramah perlu mencatatkan jumlah kekerapan respondan menggunakan trek 10,000 langkah

F5.5 Jika **Tidak**, apakah halangan atau cabaran yang anda hadapi untuk menggunakan trek 10,000 langkah? Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu (1).

- Penemuramah akan bertanya kepada respondan, apakah halangan atau cabaran yang beliau hadapi untuk menggunakan trek 10,000 langkah?
- Penemuramah perlu membaca senarai halangan/ cabaran yang telah disenaraikan
- Penemuramah perlu menandakan jawapan di ruangan yang disediakan.
- Jawapan boleh lebih daripada satu(1)

Senarai halangan/ cabaran :

- i. Tiada masa
- ii. Tiada kawan
- iii. Sakit
- iv. Tidak berminat
- v. Malu
- vi. Takut
- vii. Penat

**MODUL G : KALORI MAKANAN**

1. Adakah anda tahu apa itu kalori?

- Penemuramah akan bertanya kepada respondan, adakah beliau tahu apa itu kalori?
- Jika jawapan respondan Tidak, ke modul seterusnya

2. Adakah anda tahu berapa jumlah kalori yang anda perlukan dalam sehari?

- Penemuramah akan bertanya kepada respondan, adakah beliau tahu berapa jumlah kalori yang beliau perlukan dalam sehari?. Tandakan (✓) jawapan

3. Secara purata, berapakah jumlah kalori yang diperlukan oleh anda dalam sehari?

- Penemuramah akan bertanya kepada respondan, secara purata, berapakah jumlah kalori yang diperlukan oleh beliau dalam sehari?
- Responden yang **Tidak Tahu** catatkan TT

4. Adakah jumlah pengambilan kalori seharian akan mempengaruhi berat badan anda?

- Pengambilan kalori seharian akan mempengaruhi berat badan beliau?. Tandakan (✓) jawapan
- Responden yang **Tidak Tahu** catatkan TT

5. Tandakan (✓) pilihan makanan yang mengandungi kalori tinggi.

- Penemuramah akan bertanya kepada respondan, pilihan makanan yang mengandungi kalori tinggi
- Penemuramah perlu membaca senarai jenis makanan yang disediakan
- Penemuramah perlu menandakan pilihan jawapan yang telah disediakan : **Ya** atau **Tidak**
- Senarai jenis makanan :
  - i. Nasi Goreng
  - ii. Nasi Putih
  - iii. Mee kari
  - iv. Mee sup
  - v. Telur goreng
  - vi. Telur rebus
  - vii. Sup Sayur
  - viii. Sayur lemak
  - ix. Ikan masak asam pedas
  - x. Ikan masak lemak

6. Tandakan (✓) minuman yang kurang kalori

- Penemuramah akan bertanya kepada respondan, pilihan minuman yang mengandungi kurang kalori
- Penemuramah perlu membaca senarai jenis minuman yang kurang kalori
- Penemuramah perlu menandakan pilihan jawapan yang telah disediakan : **Ya** atau **Tidak**
- Senarai jenis minuman :
  - i. Jus buah-buahan
  - ii. Air kosong
  - iii. Teh tarik
  - iv. Minuman bikarbonat

**MODUL H : PENGUKURAN BERAT BADAN**

1. Adakah anda menimbang berat badan anda secara berkala/ tetap?
  - Penemuramah akan bertanya kepada respondan, adakah beliau menimbang berat badan secara berkala/ tetap?. Tandakan (✓) jawapan
  - Responden yang **Enggan Jawab** catatkan **EJ**
  - Responden yang **Tidak Tahu** catatkan **TT**
  
2. Adakah anda tahu jisim berat badan(BMI) anda?
  - Penemuramah akan bertanya kepada respondan, adakah beliau tahu jisim berat badan(BMI) beliau?
  - Responden yang **Enggan Jawab** catatkan **EJ**
  - Responden yang **Tidak Tahu** catatkan **TT**

**MODUL I : KAWASAN LARANGAN MEROKOK**

1. Adakah anda seorang perokok?
  - Penemuramah akan bertanya kepada respondan, adakah beliau seorang perokok?. Tandakan (✓) jawapan
  - Responden yang **Enggan Jawab** catatkan **EJ**
  - Responden yang **Tidak Tahu** catatkan **TT**
  
2. Pada pengetahuan anda, adakah tempat-tempat berikut merupakan kawasan larangan merokok?  
*( Sila tandakan (✓) pada ruang yang disediakan)*
  - Penemuramah akan bertanya kepada respondan, adakah tempat-tempat berikut merupakan kawasan larangan merokok?
  - Penemuramah akan membaca senarai tempat-tempat kawasan larangan merokok

- Penemuramah perlu menandakan pilihan jawapan respondan di ruangan yang telah disediakan : **Ya** atau **Tidak**
- Senarai tempat-tempat kawasan larangan merokok :
  - i. Pub, diskو, kelab malam atau kasino
  - ii. Lif
  - iii. Tandas Awam
  - iv. Tempat makan berhawa dingin
  - v. Pengangkutan awam
  - vi. Lapangan terbang
  - vii. Premis kerajaan
  - viii. Sekolah
  - ix. Gerai makan terbuka
  - x. Pasar Malam
  - xi. Kaunter perkhidmatan di dalam bangunan seperti:
    - a. Bank atau institusi kewangan
    - b. Telekom Malaysia Berhad
    - c. Pos Malaysia Berhad
  - xii. Kompleks membeli belah
  - xiii. Stesyen minyak
  - xiv. Stadium, kompleks sukan, pusat kecergasan atau gimnasium
  - xv. Bangunan dan tempat awam yang digunakan untuk tujuan keagamaan (masjid, kuil, gereja)
  - xvi. Kafe internet
  - xvii. Balairaya

## SARINGAN

### PENGENALAN

Responden yang dipilih untuk **SARINGAN** hendaklah berumur  $\geq 18$  TAHUN dan penemuramah mestilah berkeyakinan bahawa responden yang dipilih itu mampu memberikan maklumat yang tepat bagi setiap ahli isirumah.

Jika perlu, sila pastikan umur responden bagi memastikan beliau berumur  $\geq 18$  TAHUN.

#### MODUL A :SOSIO-DEMOGRAFI RESPONDAN SARINGAN POSITIF

##### 1. Jantina

- Soalan ini digunakan untuk menentukan jantina responden.
- Jantina boleh diketahui melalui kad pengenalan responden atau pemerhatian penemuramah.
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

##### 2. Apakah nombor kad pengenalan anda?

Soalan ini digunakan untuk mengetahui no kad pengenalan responden merujuk kepada kad pengenalan

##### 3. Berapakah umur anda berdasarkan harijadi yang lepas?

- Umur responden dikira secara automatik daripada nombor kad pengenalan.
- Umur dihitung dari tarikh lahir hingga tarikh soal selidik dijawab.
- Umur hendaklah dibundarkan kepada bentuk intejer.

- Jika responden tidak tahu dengan tepat umurnya dan hanya tahu secara kasar bundarkan umurnya seperti 30-an, 40-an, 50-an; catatkan sebagai 35, 45, 55 dan sebagainya.
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

4. Apakah bangsa anda?

- Menentukan bangsa responden
- Bagi responden yang mempunyai ibubapa yang berkahwin campur, Tandakan (✓) bangsa yang diberitahu. JANGAN ikut kad pengenalan.
- Persepsi responden tentang bangsa mereka mungkin berbeza dari kad pengenalan.
- Jika ibu adalah orang asli, mengikut undang-undang, anaknya adalah orang asli tanpa mengira bangsa bapa.
  1. Melayu
  2. Cina
  3. India
  4. Bumiputra Sabah
  5. Bumiputra Sarawak
  6. Lain –lain, Nyatakan \_\_\_\_\_

- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

5. Apakah tahap pendidikan **tertinggi** anda?

- Menentukan taraf pendidikan paling tinggi yang diterima oleh responden semasa temubual dijalankan.
  - vi. Tidak habis sekolah rendah
  - vii. Tamat sekolah rendah
  - viii. Tamat sekolah menengah
  - ix. Sijil / Diploma
  - x. Ijazah/ Ijazah Lanjutan

6. Apakah **taraf perkahwinan** anda?

- Mengetahui taraf perkahwinan responden yang terkini semasa temubual dijalankan.
- Tidak pernah berkahwin
- Berkahwin
- Janda / Duda
- Balu
- Lain-lain. Nyatakan.....

7. Adakah anda.....

- Mengetahui sektor pekerjaan responden yang paling terkini semasa temubual di jalankan.
  - i. Pekerja Kerajaan
  - ii. Bekerja Badan Berkanun
  - iii. Pekerja Swasta
  - iv. Pekerja sendiri
  - v. Surirumah
  - vi. Pelajar
  - vii. Pesara
  - viii. Tidak Bekerja
  - ix. Lain-lain, nyatakan.....
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

8. Berapakah pendapatan purata isi rumah anda?

- Mengetahui anggaran pendapatan purata yang diterima daripada ahli isi rumah yang tinggal bersama
- Wang dari sumber lain (contoh : kutipan sewa aset, wang daripada ahli keluarga yang **tidak tinggal bersama**, biasiswa, kebajikan masyarakat, Baitulmal dll)
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

### **MODUL B : PEMERIKSAAN LANJUTAN**

1. Semasa pemeriksaan saringan kesihatan oleh sukarelawan KOSPEN, adakah anda diberitahu tentang keputusan pemeriksaan saringan kesihatan tersebut?
  - Penemuramah akan bertanya kepada responden, adakah beliau diberitahu tentang keputusan pemeriksaan saringan kesihatan tersebut?
  - Jika jawapan responden Tidak, Jawab soalan 3
2. Jika **Ya**, nyatakan keputusan yang diberitahu.
  - Penemuramah akan bertanya kepada responden, keputusan yang diberitahu
  - Penemuramah perlu membaca senarai keputusan yang telah diberitahu
  - Penemuramah perlu menandakan senarai keputusan di ruangan yang disediakan
  - Senarai keputusan :
    - i. Tekanan darah tidak normal
    - ii. Paras gula tidak normal
    - iii. Jisim berat badan (BMI) tidak normal
    - iv. Lain-lain, nyatakan.....
3. Adakah anda mendapat surat rujukan daripada sukarelawan KOSPEN untuk mendapatkan pemeriksaan saringan kesihatan lanjutan di klinik kesihatan/hospital berdekatan?
  - Penemuramah akan bertanya kepada responden, adakah beliau mendapat surat rujukan daripada sukarelawan KOSPEN untuk mendapatkan pemeriksaan saringan kesihatan lanjutan di klinik kesihatan/ hospital berdekatan?. Tandakan (✓) jawapan
4. Adakah anda pergi mendapatkan pemeriksaan saringan kesihatan lanjutan di fasiliti kesihatan?
  - Penemuramah akan bertanya kepada responden, adakah beliau pergi mendapatkan pemeriksaan saringan kesihatan lanjutan?. Tandakan jawapan
  - Jika jawapan responden Ya, Jawab soalan 6
  - Jika jawapan responden Tidak, Jawab soalan 5

5. Jika **Tidak**, kenapa anda tidak pergi menjalani pemeriksaan saringan kesihatan lanjutan?
  - Penemuramah akan bertanya kepada responden, kenapa beliau tidak pergi menjalani pemeriksaan saringan kesihatan lanjutan?
  - Penemuramah perlu membaca senarai sebab/ alasan yang telah disenaraikan
  - Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
  - Senarai sebab/ alasan :
    - i. Tidak dimaklumkan oleh sukarelawan
    - ii. Masalah logistic
    - iii. Terlupa
    - iv. Sibuk
    - v. Lain-lain,nyatakan.....
6. Jika **Ya**, bilakah anda pergi menjalani pemeriksaan saringan kesihatan tersebut?
  - Penemuramah akan bertanya kepada responden, bilakah beliau pergi menjalani pemeriksaan saringan kesihatan tersebut?
  - Penemuramah perlu membaca senarai tempoh menjalani pemeriksaan saringan kesihatan
  - Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
  - Senarai tempoh :
    - i. Dalam tempoh 1 minggu selepas pemeriksaan saringan kesihatan
    - ii. Dalam tempoh 1 bulan selepas pemeriksaan saringan kesihatan
    - iii. Lebih dari 1 bulan selepas pemeriksaan saringan kesihatan
7. Apakah pemeriksaan saringan kesihatan lanjutan yang telah anda jalani?  
*(Boleh jawab lebih dari satu(1))*
  - Penemuramah akan bertanya kepada responden, apakah pemeriksaan saringan kesihatan lanjutan yang telah beliau jalani?
  - Penemuramah perlu membaca senarai pemeriksaan saringan kesihatan lanjutan yang telah disediakan

- Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
- Pilihan jawapan boleh lebih daripada satu(1)
- Senarai pemeriksaan saringan kesihatan lanjutan :
  - i. Ujian pengesahan darah tinggi
  - ii. Ujian pengesahan kencing manis
  - iii. Tidak pasti
  - iv. Lain-lain, nyatakan.....

8. Apakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut?

*Sila (Tandakan (✓) satu jawapan sahaja untuk setiap komponen darah tinggi dan kencing manis)*

- Penemuramah akan bertanya kepada respondan, apakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut?
- Penemuramah perlu membaca senarai keputusan pemeriksaan saringan kesihatan lanjutan yang telah disediakan
- Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
- Hanya satu(1) pilihan jawapan yang perlu ditandakan
- Senarai keputusan :
  - i. Tiada Darah Tinggi
  - ii. Tekanan darah berisiko
  - iii. Menghidap Darah Tinggi
  - iv. Tiada Kencing Manis
  - v. Paras gula berisiko
  - vi. Menghidap Kencing Manis
  - vii. Tidak tahu

9. Adakah anda memaklumkan keputusan pemeriksaan saringan kesihatan lanjutan tersebut kepada sukarelawan KOSPEN?

- Penemuramah akan bertanya kepada respondan, apakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut?

- Jika jawapan respondan Ya, Jawab soalan 10
- Jika jawapan respondan Tidak, Jawan soalan 11

10. Jika **Ya**, bagaimanakah anda memaklumkan kepada sukarelawan KOSPEN?

- Penemuramah akan bertanya kepada respondan, bagaimanakah beliau memaklumkan kepada sukarelawan KOSPEN?
- Penemuramah perlu membaca senarai makluman kepada sukarelawan KOSPEN
- Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
- Senarai makluman :
  - i. Saya dihubungi oleh sukarelawan KOSPEN
  - ii. Saya menghubungi sukarelawan KOSPEN

11. Jika **Tidak**, mengapa anda tidak memaklumkan kepada sukarelawan KOSPEN?

- Penemuramah akan bertanya kepada respondan, mengapa beliau tidak memaklumkan kepada sukarelawan KOSPEN?
- Penemuramah perlu membaca senarai tidak memaklumkan kepada sukarelawan KOSPEN
- Penemuramah perlu menandakan pilihan jawapan respondan diruangan yang telah disediakan
- Senarai tidak memaklumankan :
  - i. Tidak tahu perlu memaklumkan kepada sukarelawan KOSPEN
  - ii. Tidak ingat
  - iii. Sibuk
  - iv. Tidak sihat

## SUKARELAWAN

### PENGENALAN

Responden yang terpilih untuk **SUKARELAWAN GISM** hendaklah berumur  $\geq 18$  TAHUN dan penemuramah mestilah berkeyakinan bahawa responden yang dipilih itu mampu memberikan maklumat yang tepat.

Jika perlu, sila pastikan umur responden bagi memastikan beliau berumur  $\geq 18$  TAHUN.

Responden yang dipilih adalah individu yang terlibat dalam aktiviti sukarelawan.

### MODUL A: SOSIO - DEMOGRAFI

#### 1. Jantina

- Soalan ini digunakan untuk menentukan jantina responden.
- Jantina boleh diketahui melalui kad pengenalan responden atau pemerhatian penemuramah

#### 2. Apakah nombor kad pengenalan anda?

Soalan ini digunakan untuk mengetahui no kad pengenalan responden merujuk kepada kad pengenalan

#### 3. Berapakah umur anda?

- Umur responden dikira secara automatik daripada nombor kad pengenalan.
- Umur dihitung dari tarikh lahir yang lepas.
- Umur hendaklah dibundarkan kepada bentuk intejer.
- Jika tarikh lahir tidak diketahui, catatkan umur yang dilaporkan oleh responden.
- Jika responden tidak tahu dengan tepat umurnya dan hanya tahu secara kasar bundarkan umurnya seperti 30-an, 40-an, 50-an; catatkan sebagai 35, 45, 55 dan sebagainya.
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

4. Apakah bangsa anda?

- Menentukan bangsa respondan
- Bagi responden yang mempunyai ibubapa yang berkahwin campur, Tandakan (\/) bangsa yang diberitahu. JANGAN ikut kad pengenalan.
- Persepsi responden tentang bangsa mereka mungkin berbeza dari kad pengenalan.
- Jika ibu adalah orang asli, mengikut undang-undang, anaknya adalah orang asli tanpa mengira bangsa bapa.
  - 1. Melayu
  - 2. Cina
  - 3. India
  - 4. Bumiputra Sabah
  - 5. Bumiputra Sarawak
  - 6. Lain –lain, Nyatakan\_\_\_\_\_

5. Apakah tahap pendidikan **tertinggi** anda?

- Menentukan taraf pendidikan paling tinggi yang diterima oleh responden semasa temubual dijalankan.
  - 1. Tidak habis sekolah rendah
  - 2. Tamat sekolah rendah
  - 3. Tamat sekolah menengah
  - 4. Sijil / Diploma
  - 5. Ijazah/Ijazah Lanjutan

6. Apakah **taraf perkahwinan** anda?

- Mengetahui taraf perkahwinan responden yang terkini semasa temubual dijalankan.
  - 1. Tidak pernah berkahwin
  - 2. Berkahwin
  - 3. Janda/Duda
  - 4. Balu
  - 5. Lain – lain, nyatakan.....
- Responden yang **Enggan Jawab** catatkan EJ

7. Apakah anda..

- Mengetahui sektor pekerjaan responden yang paling terkini semasa temubual di jalankan.
  1. Pekerja Kerajaan
  2. Pekerja Badan Berkanun
  3. Pekerja Swasta
  4. Pekerja sendiri
  5. Suri Rumah
  6. Pelajar
  7. Pesara
  8. Lain-lain, nyatakan....
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

8. Pentadbiran

- Menentukan nama agensi pentadbiran responden yang terkini semasa temubual dijalankan
  1. KEMAS
  2. FELCRA
  3. Rukun Tetangga

**MODUL B: KESEDARAN TENTANG PERANAN DALAM KOSPEN**

1. Adakah anda maklum bahawa anda telah dilantik sebagai Sukarelawan KOSPEN?

- Menentukan bahawa responden mengetahui beliau telah dilantik sebagai sukarelawan KOSPEN peringkat daerah. Tandakan (✓) jawapan
- Responden yang **Enggan Jawab** catatkan **EJ**
- Responden yang **Tidak Tahu** catatkan **TT**

2. Adakah anda gembira menjadi sukarelawan KOSPEN?

- Menentukan perasaan respondan sekiranya menjadi sukarelawan KOSPEN. Tandakan (✓) jawapan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

2.2 Jika **tidak**, adakah anda dipaksa menjadi sukarelawan KOSPEN?

- Menentukan samada respondan telah dipaksa untuk menjadi Sukarelawan KOSPEN. Tandakan (✓) jawapan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

3. Adakah menjadi sukarelawan KOSPEN membebankan anda?

- Menentukan bahawa menjadi sukarelawan KOSPEN membebangkan respondan atau tidak. Tandakan (✓) jawapan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

4. Adakah anda mengetahui fungsi dan peranan anda sebagai Sukarelawan KOSPEN?

- Menilai bahawa responden mengetahui fungsi beliau sebagai sukarelawan KOSPEN Daerah atau tidak. Tandakan (✓) jawapan
- Responden yang **Enggan Jawab** catatkan EJ
- Responden yang **Tidak Tahu** catatkan TT

5. Jika Ya, berikut adalah peranan dan fungsi Sukarelawan KOSPEN. Tandakan (✓)

- Responden diminta untuk memilih jawapan Ya atau Tidak berkaitan peranan dan fungsi Sukarelawan KOSPEN Daerah seperti yang dinyatakan seperti diberikut:
  - i. Melakukan saringan faktor risiko penyakit tidak berjangkit (NCD) di kalangan komuniti. . (Ya/ Tidak)
  - ii. Bertindak untuk merawat penduduk yang berisiko. . (Ya/ Tidak)

- iii. Memastikan penduduk komuniti yang mempunyai bacaan berpotensi berpenyakit dirujuk ke klinik kesihatan berhampiran.  
. (Ya/ Tidak)
- iv. Mempengerusikan mesyuarat jawatankuasa KOSPEN komuniti.  
. (Ya/ Tidak)
- v. Mengalakkan peserta menyertai aktiviti –aktiviti KOSPEN. . (Ya/ Tidak)
- vi. Menjalankan aktiviti promosi, advokasi serta memastikan aktiviti-aktiviti KOSPEN dilaksanakan. (Ya/ Tidak)
- vii. Tidak perlu memberi nasihat asas kesihatan kepada penduduk komuniti (Ya/ Tidak)

### **MODUL C: LATIHAN KOSPEN**

- 1. Adakah anda telah menghadiri latihan KOSPEN sebelum dilantik menjadi sukarelawan KOSPEN?
  - Menentukan bahawa responden telah menghadiri latihan KOSPEN sebelum dilantik menjadi sukarelawan.
  - Jika jawapan responden TIDAK , Tamat dan sila ke Modul D
- 2. Jika Ya, anjuran siapa? Pilih antara yang berikut.
  - Menentukan agensi yang bertanggungjawab menganjurkan latihan KOSPEN bagi sukarelawan
  - Tandakan pilihan jawapan :
    - 1) Kementerian Kesihatan Malaysia
    - 2) Jabatan Kesihatan Negeri
    - 3) KEMAS
    - 4) Pejabat Kesihatan Daerah
    - 5) Jabatan Perpaduan Negara dan Intergerasi Nasional (JPNIN)

3. Jika Ya, Bilakah latihan tersebut diadakan?

- Untuk mengetahui bilakah responden menghadiri latihan berkaitan KOSPEN tersebut.
- Untuk menentukan anggaran tempoh latihan KOSPEN yang pernah dihadiri oleh responden :
  - i. < 3 bulan
  - ii. 4 - 6 bulan lepas
  - iii. 7 -12 bulan lepas
  - iv. > 12 bulan lepas

4.1 Adakah anda mendapat sijil selepas tamat latihan?

- Menentukan samada responden telah mendapat sijil tamat latihan selepas menghadiri latihan KOSPEN atau tidak. Tandakan (✓) jawapan

4.2 Bilakah tarikh anda dilantik sebagai sukarelawan KOSPEN?

- Menentukan tarikh pelantikan responden menjadi sukarelawan KOSPEN
- Catatkan bulan dan tahun diruangan disediakan

4.3 Jika tiada, Adakah ianya .....

- Menentukan sebab responden tidak menerima sijil tamat latihan KOSPEN
  - i. Hilang
  - ii. Tidak terima
  - iii. Lain-lain, nyatakan.....

5. Adakah kandungan latihan tersebut mencukupi untuk anda menjadi sukarelawan KOSPEN?

- Untuk mengetahui sama ada kandungan latihan yang telah dihadiri responden mencukupi untuk menjadi sukarelawan KOSPEN atau tidak. Tandakan (✓) jawapan

6. Adakah anda mempunyai **keyakinan** untuk membuat pemeriksaan saringan kesihatan seperti berikut; Tandakan (✓)

- Untuk menilai tahap keyakinan respondan dalam menjalankan pemeriksaan saringan kesihatan di dalam program KOSPEN. Pilih jawapan yang telah disediakan : **Sangat kurang yakin, Kurang yakin, Yakin dan Sangat Yakin**
- Latihan komponen
    - i. Pengukuran paras tekanan
    - ii. Pengukuran paras gula dalam darah
    - iii. Pengukuran berat dan tinggi

#### **MODUL D: CARA PERLAKSANAAN SARINGAN KESIHATAN**

1. Adakah peralatan pemeriksaan saringan kesihatan dibekalkan dikawasan lokaliti anda?

- Untuk mengetahui sama ada peralatan pemeriksaan saringan kesihatan ada dibekalkan di lokaliti respondan atau tidak
- Jika jawapan respondan Tidak, Tamat
- Jika jawapan respondan Tidak tahu, Tamat

2. Pernahkan anda menjalankan pemeriksaan saringan kesihatan dikalangan penduduk?

- Untuk mengetahui sama ada respondan pernah menjalankan pemeriksaan saringan kesihatan dikalangan penduduk atau tidak
- Jika Ya, jawab soalan 4
- Jika tidak, jawab soalan 3

3. Jika **Tidak**, kenapa anda tidak melaksanakan pemeriksaan saringan kesihatan? (*boleh tanda (✓) lebih daripada satu(1) pilihan*).

- Untuk mengetahui sebab/ alasan respondan tidak melaksanakan pemeriksaan saringan kesihatan dikalangan penduduk.

- Tandakan pilihan jawapan diruangan disediakan
  - Respondan boleh menjawab lebih daripada satu(1) pilihan jawapan
    - i. Tiada masa
    - ii. Tidak yakin
    - iii. Tidak berminat
    - iv. Malu
    - v. Takut
    - vi. Tiada kenderaan
    - vii. Peralatan tidak lengkap
    - viii. Politik
    - ix. Lain-lain, nyatakan.....
4. Jika **Ya**, bagaimakah anda melaksanakan program pemeriksaan saringan kesihatan? (*boleh tanda(✓) lebih dari satu(1) pilihan*)
- Untuk megetahui tempat pemeriksaan saringan kesihatan yang telah dijalankan oleh respondan kepada penduduk
  - Tandakan pilihan jawapan diruangan disediakan
  - Respondan boleh menjawab lebih daripada satu(1) pilihan jawapan
    - i. Karnival/ program Kesihatan
    - ii. Secara Berjadual di lokaliti dikenal pasti seperti Pusat Komuniti KOSPEN
    - iii. Pusat Komuniti KOSPEN
    - iv. Rumah ke rumah
    - v. Semasa majlis rasmi
    - vi. Majlis keramaian (contoh : Kenduri kahwin/ majlis pertunangan/ berkhatan)
    - vii. Lain-lain, nyatakan.....

5. Berapakah kekerapan anda melaksanakan pemeriksaan saringan kesihatan?

- Menentukan kekerapan respondan melaksanakan pemeriksaan saringan kesihatan terhadap penduduk program KOSPEN
- i. Secara mingguan, nyatakan .....x / Minggu
  - ii. Secara bulanan. Nyatakan ..... x / Bulan
  - iii. Sekali sekala (>1x sebulan)
  - iv. Lain-lain, nyatakan.....

#### **MODUL E : PERLAKSANAAN KOSPEN**

1. Adakah anda mencatatkan hasil pemeriksaan saringan kesihatan penduduk didalam buku daftar.

- Untuk mengetahui sama ada respondan mencatatkan hasil pemeriksaan saringan kesihatan penduduk didalam buku daftar atau tidak. Tandakan (✓) jawapan

2.1 Bagi kes yang berisiko atau tidak normal, semasa pemeriksaan saringan kesihatan adakah anda membuat rujukan ke klinik kesihatan?

- Untuk mengetahui sama ada respondan pernah membuat rujukan kes ke klinik kesihatan bagi peserta yang berisiko atau tidak.
- Jika anda menjawab tidak, jawab soalan 2.2

2.2 Jika tidak dirujuk, berikan sebab tidak dirujuk

- Untuk mengetahui sebab kes tidak dirujuk ke klinik kesihatan
- Tandakan pilihan jawapan :
- i. Tidak tahu perlu dirujuk
  - ii. Tidak tahu prosedur rujukan
  - iii. Penduduk tidak mahu dirujuk
  - iv. Lain-lain, nyatakan.....

3. Adakah anda mengetahui sistem rujukan KOSPEN ke klinik kesihatan untuk penduduk yang berisiko semasa saringan kesihatan dijalankan?
- Menilai pengetahuan responden mengenai pelaksanaan sistem rujukan KOSPEN ke klinik kesihatan untuk penduduk yang berisiko semasa saringan kesihatan. Tandakan (✓) jawapan
  - Jika respondan menjawab Ya, berikut senarai pilihan jawapan yang disediakan : **Ya, Tidak dan Tidak Pasti**
  - Senarai sistem rujukan :
    - i. Indek jisim tubuh (BMI) $\geq 25\text{kg}/\text{m}^2$ . (Tidak)
    - ii. Paras gula dalam darah  $\geq 5.6 \text{ mmol/L}$ . (Ya)
    - iii. Paras tekanan darah systolic  $\geq 140$  dan/atau diastolic  $\geq 90 \text{ mmHg}$ . (Ya)
4. Bagi kes yang perlu di rujuk, adakah anda memberi slip rujukan kepada peserta berisiko untuk mendapatkan pemeriksaan saringan kesihatan lanjutan di klinik kesihatan/ hospital berdekatan?
- Soalan ini bertujuan untuk mengetahui sama ada responden memberi slip rujukan diari pemeriksaan saringan kesihatan peserta berisiko ke klinik/ hospital atau tidak.
5. Adakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut dimaklumkan (diberikan slip pengesahan faktor risiko) semula kepada anda oleh peserta yang dirujuk
- Untuk mengetahui sama ada responden dimaklumkan semula oleh peserta yang dirujuk tentang keputusan pemeriksaan saringan kesihatan yang telah dilakukan
6. 1 Jika tidak, adakah anda berusaha untuk mendapatkan semula slip pengesahan faktor risiko atau penyakit yang dikesan?
- Untuk menilai usaha responden untuk mendapatkan semula slip pengesahan faktor risiko atau penyakit peserta.

6.2 Jika ya, bagaimakah anda mendapatkan maklumat pengesahan kes yang dirujuk?

- Menentukan cara responden mendapatkan semula maklumat pengesahan kes yang dirujuk oleh peserta
  - i. Lawatan ke rumah
  - ii. Melalui telefon kepada peserta yang dirujuk
  - iii. Melalui telefon kepada pengawai iNCD
  - iv. Lawatan ke klinik
  - v. Lain- lain. Sila nyatakan .....

#### **MODUL F : PENERIMAAN PROGRAM KOSPEN**

1. Apakah pandangan umum anda mengenai Program KOSPEN.

- Untuk mengetahui pandangan umum responden tentang Program KOSPEN
  - 1.Sangat baik
  - 2.Baik
  - 3.Sederhana
  - 4.Tidak baik
  - 5.Sangat Tidak Baik

2. Apakah pandangan anda mengenai **komponen** KOSPEN (seperti dibawah) dalam menjayakan objektif KOSPEN? Tandakan (✓)

- Mendapatkan pandangan responden mengenai komponen KOSPEN dalam mencapai objektif KOSPEN. Pilih jawapan yang telah disediakan :  
**Sangat baik, Baik, Sederhana, Tidak Baik dan Sangat Tidak Baik**
  - Komponen Pengurusan
    - i. Bahan Pendidikan
    - ii. Peruntukan Kewangan
    - iii. Sumber Manusia (Sukarelawan)

- Komponen Saringan
  - i. Modul Latihan
  - ii. Peralatan Saringan
- Komponen Intervensi Faktor Risiko Peringkat Komuniti
  - i. Pengurusan berat badan (Contoh: pemakanan sihat dan aktiviti fizikal)
  - ii. Merokok (Contoh: perkhidmatan berhenti merokok, Rumah bebas asap rokok, papan tanda)

#### **MODUL G : MASALAH/ ISU**

1) Adakah terdapat sebarang masalah/ isu mengenai komponen berikut didalam KOSPEN?

- Untuk mengenalpasti masalah/ isu mengenai komponen KOSPEN.
- Pilihan jawapan bagi Komponen Latihan yang telah disediakan :  
**Memuaskan, Mudah dan Tidak**
  - Komponen Latihan
    - i. Kandungan modul latihan
    - ii. Memahami manual latihan KOSPEN
- Pilihan jawapan bagi komponen Pemantauan yang telah disediakan :  
**Mesra Pelanggan, Membebankan, Tidak dan Tidak membebangkan**
  - Komponen Pemantauan
    - i. Reten saringan kesihatan
    - ii. Kekerapan penghantaran reten



KOMUNITI SIHAT  
PEMBINA NEGARA

INSTITUT KESIHATAN UMUM  
KEMENTERIAN KESIHATAN MALAYSIA  
Tel : 03 - 2297 9400 / Faks : 603 - 2282 3114

## APPENDIX II :

# QUESTIONNAIRE





KOMUNITI

# BORANG

**SOAL SELIDIK KOMUNITI  
KAJIAN PENILAIAN KEBERKESANAN  
PROGRAM “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) 2016**



DISEDIAKAN OLEH:

PASUKAN PENYELIDIK, INSTITUT KESIHATAN UMUM, KEMENTERIAN KESIHATAN MALAYSIA



**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



ID : 

--	--

 NEGERI

LOKALITI 

--	--

STRATA 

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TK 

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INDIVIDU 

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**RISALAH MAKLUMAT RESPONDEN / INFORMATION SHEET**

**1. Tajuk Kajian/ Title of Study:**

Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

**2. Nama Penyelidik Utama dan Institusi/ Name of principal investigator and institution:**

Hasimah binti Ismail, Institut Kesihatan Umum  
*Hasimah binti Ismail, Institute for Public Health, Ministry of Health Malaysia*

**3. Nama Penaja/ Name of sponsor:**

Kementerian Kesihatan Malaysia  
*Ministry of Health Malaysia*

**4. Pengenalan/ Introduction:**

Kementerian Kesihatan Malaysia sedang menjalankan kajian berkaitan Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) pada tahun ini. Maklumat di bawah akan menjelaskan hal-hal berkenaan tinjauan tersebut dengan lebih mendalam.

Adalah penting untuk anda memahami mengapa kajian ini dilakukan dan apa yang perlu anda lakukan. Sila ambil masa yang secukupnya untuk membaca dengan teliti penerangan yang diberi sebelum anda bersetuju untuk menyertai kajian ini. Jika ada mempunyai sebarang kemosyikilan ataupun memerlukan maklumat lanjut, anda boleh bertanya dengan mana-mana ahli kumpulan kajian ini.

Setelah anda memahami maklumat kajian ini dan berhasrat untuk mengambil bahagian, anda perlu menandatangani Borang Persetujuan Responden yang disertakan. Anda diberi masa untuk membuat keputusan bagi menyertai kajian ini. Pengumpulan data akan dijalankan ke atas mereka yang telah menandatangani borang kebenaran. Penyertaan anda dalam kajian ini adalah secara sukarela dan anda boleh menarik diri pada bila-bila masa. Tuan/Puan boleh tidak menjawab mana-mana soalan atau menarik diri dari kajian ini sekiranya tidak mahu. Keengganahan anda untuk mengambil bahagian, atau penarikan diri anda tidak akan menjelaskan sebarang manfaat perubatan atau kesihatan yang sememangnya hak anda.

Kajian ini ditaja sepenuhnya oleh Kementerian Kesihatan Malaysia dan telah mendapat kelulusan Jawatankuasa Etika dan Penyelidikan Perubatan, Kementerian Kesihatan Malaysia./

*Ministry of Health is conducting the study on Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016 this year. This brochure will explain the details of this survey.*

*It is important for you to understand why the survey is being done and what it will involve. Please take your time to read through and consider this information carefully before you decide if you are willing to participate. If you have any questions or need more information, you may ask any team members of this survey*

*Once you understand the survey information and you wish to participate, you must sign a consent form which is included. You are given time to make decision for the participation in this study. Data collection will be carried out on those who have signed the consent form. Your participation is voluntary and you may withdraw at any time. You have option not to answer any of the questions or withdraw from the examination if you choose to do so. Your refusal to participate or withdrawal will not affect any medical or health benefit that is certainly your right.*

*This survey is fully sponsored by Ministry of Health and has been approved by the Medical Research and Ethics Committee, Ministry of Health Malaysia.*

**5. Apakah tujuan kajian ini dilakukan? / What is the purpose of the study?**

Tujuan kajian ini adalah untuk memperolehi maklumat mengenai keberkesanan perlaksanaan Program Komuniti Sihat Pembina Negara kepada komuniti.

*The purpose of this study is to obtain the information on Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) among community.*

**6. Apakah yang perlu saya lalui/lakukan sekiranya bersetuju untuk menyertai kajian ini? / What will happen if I decide to take part?**

Memberi respon terhadap soalan-soalan kaji selidik yang perlu dijawab oleh anda.

*Respond to the survey questions that have to be answered by you.*

**7. Apakah tanggungjawab saya sewaktu menyertai kajian ini? / What are my responsibilities when taking part in this study?**

Adalah penting untuk anda menjawab kesemua soalan yang ditanya oleh ahli penyelidik dengan lengkap. Menyertai kajian ini tidak memerlukan anda mengeluarkan sebarang perbelanjaan.

*It is important that you answer all the questions asked by the researcher as complete as possible. Participation in this study will not incur any cost to you.*

**8. Apakah risiko dan kesan-kesan sampingan menyertai kajian ini? / What are the potential risks and side effects of being in this study?**

Tiada / None.

**9. Apakah manfaatnya saya menyertai kajian ini? / What are the benefits of being in this study?**

Kajian ini tidak mempunyai sebarang manfaat kesihatan dan kewangan secara langsung apabila anda menyertainya. Walaubagaimanapun, segala maklumat yang diperolehi daripada kajian ini akan dapat membantu dalam merancang pembuat polisi kesihatan untuk menambahbaik Program Komuniti Sihat Pembina Negara (KOSPEN) yang sedia ada di Malaysia.

*This study does not have any health benefits when you agreed to join this survey. However, the information obtained from this survey may be helpful in improving the current KOSPEN programme in our country.*

**10. Adakah maklumat saya akan dirahsiakan? / Will my medical information be kept private?**

Segala maklumat anda yang diperolehi dalam kajian ini akan disimpan dan dikendalikan secara sulit, bersesuaian dengan peraturan-peraturan dan/ atau undang-undang yang berkenaan. Hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang anda berikan. Sekiranya hasil kajian ini diterbitkan atau dibentangkan kepada orang ramai, identiti anda tidak akan didekah tanpa kebenaran anda terlebih dahulu.

*All your information obtained in this study will be kept and handled in a confidential manner, in accordance with applicable laws and/or regulations Only investigators and those who are directly involved in this study will have the access to the information provided by you. When publishing or presenting the study results, your identity will not be revealed without your consent.*

**11. Siapakah yang perlu saya hubungi sekiranya saya mempunyai sebarang pertanyaan? / Who should I call if I have questions?**

Sekiranya anda mempunyai sebarang soalan mengenai kajian ini atau memerlukan keterangan lanjut, Tuan/ Puan boleh hubungi ketua penyelidik, **Cik Hasimah binti Ismail** di alamat Institut Kesihatan Umum, Jalan Bangsar, Kuala Lumpur di talian 03-22979400 atau mana-mana pegawai di bilik operasi kami di alamat yang sama, atau di talian 03-22979530.

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



Jika anda mempunyai sebarang pertanyaan berkaitan dengan hak-hak anda sebagai responden dalam kajian ini, sila hubungi Setiausaha, Jawatankuasa Etika & Penyelidikan Perubatan (MREC), Kementerian Kesihatan Malaysia di talian 03-22874032

*If you have any enquiries about this study or if you require further information about the study, you may contact the Principal Investigator, Miss Hasimah binti Ismail, at the Institute for Public Health, Jalan Bangsar, Kuala Lumpur, telephone number 03-22979400 or any officer in our operation room of same address or telephone number 03-22979530.*

*If you have any questions regarding your rights as a respondent in this study please contact: Secretary of the Medical Research and Ethic Committee, Ministry of Health Malaysia, by telephone number 03-22874032.*

**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Penyelidik*)**  
**CONSENT FORM (*Copy for Data Collector*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/

*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

Dengan menandatangani di bawah (**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/ *By signing below, I certify that:*

Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box	
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

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**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Responden*) /  
CONSENT FORM (*Copy for Respondent*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara (KOSPEN) 2016*

Dengan menandatangani di bawah(**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/*By signing below, I certify that:*

	<i>Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box</i>
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
 Nama/  
*Name* : .....  
 Nombor KP/  
*I/C no.* : .....  
 Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
 Nama/  
*Name* : .....  
 Nombor KP/  
*I/C no.* : .....  
 Tarikh/  
*Date* : .....

**MODUL A: MAKLUMAT ISI RUMAH**  
**MODULE A: HOUSEHOLD PARTICULARS**

<p>1. Berapakah bilangan ahli isirumah anda yang berusia 18 tahun dan ke atas? / <i>How many persons are there in your household aged 18 and above?</i></p> <p style="text-align: center;"><input type="text"/> Orang/ Persons</p>	<p>2. Apakah nama ketua isirumah ini? / <i>What is the name of the head of this household?</i></p> <p>Nama/ Name : _____</p>			
<p>3. Saya perlukan maklumat mengenai hubungan setiap ahli isirumah yang berumur 18 tahun ke atas dengan ..... [bacakan nama ketua isirumah]. / <i>I would like to know the relationship of each household member aged 18 and above to..... [bacakan nama ketua isirumah]</i></p>				
<b>Jadual Isi Rumah/ Household Roster</b>				
<b>Maklumat sosio-demografi/ Sociodemography Information</b>				
No	Nama ahli isi rumah/ Name of household	Jantina/ Gender	Umur (Tahun genap pada hari lahir terakhir)/ Age (Years even on the last day of birth)	Individu terpilih/ Selected Person
			Umur / Age	
<b>Tua</b>  <b>Muda</b>				

**Arahan/ Instruction :**

1. Senaraikan semua respondan yang layak dan berusia 18 tahun ke atas mengikut susunan dari **Tua** ke **Muda**
2. Untuk perwakilan individu, sila rujuk digit terakhir nombor Tempat Kediaman (TK) (**Contoh : digit 3 TK 003**)
3. Rujuk Jadual KISH untuk mendapatkan individu terpilih.

\* Layak bermaksud : Bermastautin di rumah tersebut dan berusia 18 tahun ke atas.

**Jadual KISH**

Number Eligible person in Household	Last Digit Of Household (TK) ID NUMBER										
	0	1	2	3	4	5	6	7	8	9	
0	END INTERVIEW										
1	1	1	1	1	1	1	1	1	1	1	
2	1	2	1	2	1	2	1	2	1	2	
3	3	1	2	3	1	2	3	1	2	3	
4	1	2	3	4	1	2	3	4	1	2	
5	1	2	3	4	5	1	2	3	4	5	

Number Eligible person in Household	Last Digit Of Household (TK) ID NUMBER										
	0	1	2	3	4	5	6	7	8	9	
6	6	1	2	3	4	5	6	1	2	3	
7	5	6	7	1	2	3	4	5	6	7	
8	1	2	3	4	5	6	7	8	1	2	
9	8	9	1	2	3	4	5	6	7	8	
10	9	10	1	2	3	4	5	6	7	8	

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**MODUL B: SOSIO – DEMOGRAFI**  
**MODULE B: SOCIODEMOGRAPHY**

1. Jantina ...?-( Melalui pemerhatian)/ Gender...?-(Through observation)

a  Lelaki/ Male      b  Perempuan/ Female

2. Apakah nombor kad pengenalan anda?/ What is your identify card number?

No. KP Baru : / New NRIC

--	--	--	--	--	--	--	--	--	--

3. Berapakah umur anda berdasarkan harijadi yang lepas?/ What is your age as of your last birthday?

--	--

a  -7 TT      b  -9 EJ

4. Apakah bangsa anda?/ What is your ethnicity?

a  Melayu/ Malay

d  Bumiputra Sabah/ Sabah Bumiputra

b  Cina/ Chinese

e  Bumiputra Sarawak/ Sarawak Bumiputra

c  India/ Indian

f  Lain-lain, nyatakan.... / Others, specify....

5. Apakah tahap pendidikan **tertinggi** anda?/ What is your **highest** level of education?

a  Tidak habis sekolah rendah/ Did not finish primary

d  Sijil / Diploma/

b  Tamat sekolah rendah/ Finished primary school

Certificate / Diploma

c  Tamat sekolah menengah/ Finished secondary

e  Ijazah/ Ijazah lanjutan/ Degree/Postgraduate degree school

6. Apakah taraf perkahwinan anda?/ What is your marital status?

a  Tidak pernah berkahwin/ Never

d  Balu/ Widow/ Widower

b  Berkahwin/ Married

e  Lain-lain, nyatakan/ Others, specify.....

7. Apakah anda..? Are you a...

a  Pekerja Kerajaan/ Civil servant

f  Pelajar/ Student

b  Pekerja Swasta/ Private sector employee

g  Pesara/ Retiree

c  Pekerja sendiri/ Self-employed

h  Tidak Bekerja/ Unemployed school

d  Bekerja Badan Berkanun/ Statutory body school

i  Lain-lain, nyatakan/ Others,

e  Surirumah/ Housewife

a  -7 TT      b  -9 EJ

8. Berapakah pendapatan purata isi rumah anda?/ How much is your average household income?

RM

[ ] Sebulan/ A month

a  -7 TT      b  -9 EJ

9. Adakah anda pernah diberitahu oleh mana-mana pengamal perubatan yang anda menghidap penyakit berikut? Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1)/ *Have you ever been told by any medical practitioner that you have any of the following diseases? Tick (✓) in the space provided. More than 1 answer allowed.*

Jenis penyakit/ Type of diseases	Ya/ Yes	Tidak/ No	Tidak Tahu/ Don't know	Enggan Jawab/ Refuse to answer
i. Sakit Jantung/ Heart disease	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
ii. Darah Tinggi/ High Blood Pressure (Hypertension)	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
iii. Kencing Manis/ Diabetis	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d

### MODUL C: KESEDARAN

#### MODULE C: AWARENESS

1. Adakah anda pernah mendengar tentang program KOSPEN?/ *Have you ever heard of the KOSPEN program?*

a  Ya/ Yes      b  Tidak (Tamat, ke modul seterusnya)/ *No (End, go to next module)*

2. Dari sumber manakah anda mendapatkan **maklumat** berkenaan KOSPEN? . Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1). **Bacakan pilihan jawapan kepada responden.**/ *From which source did you get information on KOSPEN?. Tick (✓) in the space provided. More than 1 answer allowed. Read out answer options to the respondent.*

- a  Rakan/ Friends  
 b  Agensi kesihatan/ Health agency  
 c  Agensi KEMAS/ KEMAS agency  
 d  FELCRA  
 e  Rukun Tetangga/ “Rukun Tetangga” neighbourhood watch  
 f  Papan tanda/ Signboards  
 g  Media massa (TV, Radio, surat khabar dll)/ Mass media (television, radio, newspapers, etc)  
 h  Jawatan Kuasa Keselamatan dan Kemajuan Kampung (JKKK)/ Village Development and Security Committee  
 i  Jawatan Kuasa Rukun Tetangga (JKRTT)/ Rukun Tetangga Neighbourhood watch committee  
 j  Sukarelawan/ Volunteers  
 k  Lain-lain nyatakan/ Others, specify....

**MODUL D: PENGLIBATAN**  
**MODULE D: INVOLVEMENT**

1. Adakah anda terlibat didalam aktiviti-aktiviti KOSPEN?/ Are you involved in KOSPEN activities?

a  Ya/ Yes      b  Tidak (Tamat, ke modul seterusnya)/ No (End, go to next module)

2. Jika Ya, tandakan aktiviti yang anda telah sertai. Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1)/ If Yes, indicate the activities you have participated in. Tick (✓) in the space provided.

- a  Pemeriksaan saringan kesihatan/ Health screening
- b  Ceramah kesihatan/ Health talk
- c  Demonstrasi masakan/ Cooking demonstration
- d  Program rumah bebas asap rokok/ “Smoke-free home” program
- e  Menghadiri majlis rasmi yang mengasingkan gula dari minuman panas/ Attended official functions in which sugar was served separately from hot drinks
- f  Menghadiri majlis rasmi yang menyediakan air kosong/ Attended official functions in which plain water was served
- g  Aktiviti fizikal / sukan / riadah / rekreasi yang dianjurkan/ Physical activity / sports / exercise / recreational activities
- h  Program berjalan 10,000 langkah/ 10,000 steps program

3. Setelah mengikuti program KOSPEN adakah anda mengamalkan..../ After participating in the KOSPEN program, did you practise....

<b>Amalan/ Practice</b>	<b>Ya/ Yes</b>	<b>Tidak/ No</b>
i. Mengasingkan gula dalam minuman panas/ Serve hot drinks with sugar separately	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Menghidangkan sayur-sayuran dalam setiap hidangan utama/ Serve vegetables at every main meal	<input type="checkbox"/> a	<input type="checkbox"/> b
iii. Mengamalkan minum air kosong lapan(8) gelas sehari/ Drink at least 8 glasses of plain water a day	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Tidak merokok di kawasan-kawasan yang diisyiharkan kawasan bebas asap rokok./ Not smoking in no-smoking areas	<input type="checkbox"/> a	<input type="checkbox"/> b
v. Menggunakan trek 10,000 langkah sekurang-kurangnya sekali dalam seminggu/ Used the 10,000 steps track at least once a week	<input type="checkbox"/> a	<input type="checkbox"/> b

**MODUL E: PENGLIBATAN DALAM SARINGAN KESIHATAN/  
MODULE E: PARTICIPATION IN HEALTH SCREENING**

1. Adakah anda pernah menjalani pemeriksaan saringan kesihatan di bawah program KOSPEN? / Have you ever undergone the a health screening under the KOSPEN program?

a  Ya/ Yes    b  Tidak / No

2. Adakah sebarang halangan atau cabaran bagi anda untuk menjalani pemeriksaan saringan kesihatan di bawah program KOSPEN? Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu (1). / Do you face any barriers or challenges to undergo health screening under KOSPEN. Tick in the space provided. Multiple answers accepted.

a  Tiada masa/ No time  
 b  Tiada kawan/ No companion  
 c  Tiada kemudahan pengangkutan/ No mode of transportation  
 d  Tidak berminat/ Not interested  
 e  Malu/ Embarrassed

f  Takut/ Scared  
 g  Sudah mendapat pemeriksaan saringan kesihatan/ Have already undergone health screening  
 h  Tidak tahu adanya pemeriksaan saringan kesihatan/ Did not know health screening is conducted  
 i  Politik/ Politic  
 j  Tidak berkenaan/ Not applicable

**Peringatan:** Jika jawab **TIDAK** pada **Soalan 1**, terus ke **modul seterusnya**. Jika jawab **YA** pada **Soalan 1**, sambung ke Soalan 3.

*Attention: If answered **NO** to Question 1, skip to the next module. If answered **YES** to Question 1, continue to Question 3.*

3. Jika Ya, apakah keputusan pemeriksaan saringan kesihatan terkini? Tandakan (✓) di ruangan yang disediakan. / If Yes, what was the results from your latest health screening? Tick (✓) in the space provided.

Pengetahuan/ Knowledge	Normal/ Normal	Tidak Normal/ Berisiko/ Abnormal / At risk	Tidak Tahu/ Don't know	Enggan Jawab/ Refuse to answer
i. Paras tahap tekanan/ Blood pressure level	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
ii. Paras gula dalam darah/ Blood glucose level	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
iii. Indeks jisim badan (BMI)/ Body Mass Index (BMI)	<input type="checkbox"/> a	<input type="checkbox"/> a	<input type="checkbox"/> c	<input type="checkbox"/> c

4. Adakah anda dirujuk kepada mana-mana Klinik Kesihatan/ hospital berdekatan kerana keputusan pemeriksaan saringan kesihatan tersebut? / Were you referred to any health clinic/ hospital due to the results of your health screening?

a  Ya/ Yes    b  Tidak / No

5.	Dimanakah anda menjalani pemeriksaan saringan kesihatan tersebut? / <i>Where did you undergo the health screening?</i>
a	<input type="checkbox"/> Karnival/ program Kesihatan/ <i>Health carnival/ program</i>
b	<input type="checkbox"/> Pusat Komuniti KOSPEN/ <i>KOSPEN Community Centre</i>
c	<input type="checkbox"/> Di rumah/ <i>At home</i>
d	<input type="checkbox"/> Semasa majlis rasmi/ <i>During an official function</i>
e	<input type="checkbox"/> Majlis keramaian (contoh : Kenduri kahwin/ majlis pertunangan/ berkhatan/ <i>At a social function (Example: Wedding feast/engagement/circumcision)</i> )
f	<input type="checkbox"/> Lain-lain, nyatakan.... / <i>Others, specify....</i> <input type="text"/>
6.1	Sekiranya anda menjalani aktiviti pemeriksaan saringan kesihatan, adakah anda menerima diari kesihatan? / <i>When you went for the health screening, did you receive a health diary?</i>
a	<input type="checkbox"/> Ya/ Yes
b	<input type="checkbox"/> Tidak (Ke modul seterusnya)/ <i>No (Go to next module)</i>
6.2	Jika Ya, adakah anda menggunakan diari kesihatan untuk memantau tahap kesihatan diri? / <i>If Yes, do you use the health diary to monitor your own health?</i>
a	<input type="checkbox"/> Ya/ Yes
b	<input type="checkbox"/> Tidak/ No

**MODUL F: FIZIKAL AKTIVITI**  
**MODULE F: PHYSICAL ACTIVITY**

**F1 : FIKIRKAN TENTANG AKTIVITI FIZIKAL LASAK YANG ANDA LAKUKAN.**

**F1 : THINK ABOUT THE VIGOROUS PHYSICAL ACTIVITY YOU HAVE DONE.**

F1 Dalam tempoh 7 hari yang lepas ini, berapa harikah anda telah melakukan aktiviti fizikal lasak, (contohnya mengangkat barang berat, mencangkul, senaman aerobik atau berbasikal laju dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa? / *In the past 7 days, on how many days did you do any vigorous physical activities (for example: lifting heavy weights, shoveling, aerobics exercising, vigorous cycling, etc.) for at least 10 minutes at a time?*

<input type="checkbox"/>	Hari seminggu/ Days a week	a <input type="checkbox"/> Tiada aktiviti fizikal berat/ No vigorous physical activity	b <input type="checkbox"/> -7 TT	c <input type="checkbox"/> -9 EJ
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F1.1 Pada hari yang anda melakukan aktiviti fizikal lasak, berapa lamakah anda melakukannya? / *On the days that you did vigorous physical activities, how much time did you spend doing it?*

<input type="checkbox"/>	Jam/ Hours	<input type="checkbox"/>	Minit sehari/ Minutes per day	a <input type="checkbox"/> -7 TT	b <input type="checkbox"/> -9 EJ
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**F2 : FIKIRKAN TENTANG AKTIVITI FIZIKAL SEDERHANA YANG ANDA LAKUKAN.**

**F2 : THINK ABOUT THE MODERATE-INTENSITY PHYSICAL ACTIVITIES THAT YOU DO.**

F2 Dalam tempoh 7 hari yang lepas ini, berapa harikah anda telah melakukan aktiviti fizikal sederhana, (contohnya mengangkat muatan ringan, mengelap lantai, berbasikal pada kelajuan biasa dan lain-lain?) sekurang-kurangnya 10 minit pada suatu masa tidak termasuk berjalan kaki? / *In the past 7 days, on how many days did you do moderate physical activities (example: lifting light weights, mopping the floor, cycling at normal speed, etc.) for at least 10 minutes at a time, not including walking?*

<input type="checkbox"/>	Hari seminggu/ Days a week	a <input type="checkbox"/> Tiada aktiviti fizikal berat/ No vigorous physical activity	b <input type="checkbox"/> -7 TT	c <input type="checkbox"/> -9 EJ
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F2.1 Pada hari anda melakukan aktiviti fizikal sederhana, berapa lamakah anda melakukannya? / *On the days that you did moderate-intensity physical activities, how much time did spend doing it?*

<input type="checkbox"/>	Jam/ Hours	<input type="checkbox"/>	Minit sehari/ Minutes per	a <input type="checkbox"/> Tidak tahu/ Tidak pasti/ Don't know / Not sure
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**F3 : FIKIRKAN TENTANG AKTIVITI BERJALAN KAKI YANG ANDA LAKUKAN.**

**F3 : THINK ABOUT THE WALKING THAT YOU DID**

F3. Dalam tempoh 7 hari yang lepas, berapa harikah anda telah berjalan kaki selama sekurang-kurangnya 10 minit pada sesuatu masa? / *In the past 7 days, on how many days did you walk for at least 10 minutes at a time?*

<input type="checkbox"/>	Hari seminggu/ Days a week	a <input type="checkbox"/> Tiada aktiviti berjalan kaki/ No walking activities	b <input type="checkbox"/> -7 TT	c <input type="checkbox"/> -9 EJ
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F3. 1 Pada salah satu daripada hari berkenaan, berapakah masa yang anda gunakan untuk berjalan kaki?/ *On one of those days, how much time did you spend walking?*

Jam/ Hours

Minit sehari/  
Minutes per day

Tidak tahu/ Tidak pasti/  
Don't know / Not sure

**F4 : FIKIRKAN TENTANG AKTIVITI BARING DAN DUDUK YANG ANDA LAKUKAN.**

**F4 : THINK ABOUT THE SEDENTARY ACTIVITY THAT YOU DO**

F4. Biasanya dalam sehari, berapa jamkah yang anda gunakan untuk duduk atau berbaring termasuk di tempat kerja, di rumah, di waktu luang dan semasa perjalanan, **TETAPI TIDAK TERMASUK** waktu tidur?/ *Usually, in a day, how many hours do you spend sitting or lying down, including at work, at home, in your leisure time and travelling, BUT NOT INCLUDING sleeping?*

Jam/ Hours

Minit sehari/  
Minutes per day

Tidak tahu/ Tidak pasti/  
Don't know / Not sure

F5. Adakah anda menghadapi sebarang halangan untuk melakukan aktiviti fizikal?/ *Do you face any barriers that prevents you from performing physical activities?*

Ya/ Yes

Tidak (Terus ke soalan F5.2)/ No (Go to question F5.2)

F5.1 Jika **Ya**, apakah halangan atau cabaran yang anda hadapi untuk melakukan aktiviti fizikal?.

Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1)./ *If Yes, what barriers or challenges do you face in order to perform physical activity? Tick (✓) in the space provided. You may choose more than 1 answer.*

a  Tiada masa/ No

e  Malu/ Embarrassed

b  Tiada kawan/ No

f  Takut/ Scared

c  Sakit/ Sick

g  Penat/ Tired

d  Tidak berminat/ Not interested

F5.2 Adakah kemudahan trek 10,000 langkah disediakan di lokaliti anda?/ *Is there a 10,000 steps track facility in your locality?*

Ada/ Yes

Tiada (Ke modul seterusnya)/ No (Go to next module)

Tiada tahu (Ke modul seterusnya)/ Do not know (Go to next module)

F5.3 Adakah anda menggunakan trek 10,000 langkah?/ *Do you use the 10,000 steps track?*

Ya/ Yes

Tidak (Terus ke soalan F5.5)/ No (Go to question E5.5)

F5.4 Jika **Ya**, berapa kerap anda menggunakan trek 10,000 langkah?/ *If Yes, how often do you use the 10,000 steps track?*

Kali seminggu/  
Times a week

Atau/ Or

Kali sebulan/  
Times a month

Kali setahun/  
Times a year

F5.5 Jika **Tidak**, apakah halangan atau cabaran yang anda hadapi untuk menggunakan trek 10,000 langkah? Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1). / If No, what are the barriers and challenges you face to use the 10,000 steps track? Tick (✓) in the space provided. Multiple answers are allowed.

- a  Tiada masa/ No
- b  Tiada kawan/ No
- c  Sakit/ Sick
- d  Tidak berminat/ Not interested
- e  Malu/ Embarrassed
- f  Takut/ Scared
- g  Penat/ Tired

**MODUL G: KALORI MAKANAN/**

**MODULE G: FOOD CALORIES**

1. Adakah anda tahu apa itu kalori?/ Do you know what calorie means?

- a  Ya/ Yes
- b  Tidak (Ke modul seterusnya)/ No (Go to next module)

2. Adakah anda tahu berapa jumlah kalori yang anda perlukan dalam sehari?/ Do you know how many calories you need in a day?

- a  Ya/ Yes
- b  Tidak/ No

3. Secara purata, berapakah jumlah kalori yang diperlukan oleh anda dalam sehari?/ On average, how many calories do you need in a day?

Lelaki dewasa/ Adult male  / kcal  
atau/ or

Perempuan dewasa/ Adult Female  / kcal

- a  -7 Tidak Tahu / Don't know

4. Adakah jumlah pengambilan kalori seharian akan mempengaruhi berat badan anda?/ Does the total daily calorie intake affect your body weight?

- a  Ya/ Yes
- b  Tidak/ No
- c  -7 Tidak Tahu / Don't know

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5. Tandakan (✓) pilihan makanan yang mengandungi kalori tinggi./ Please tick (✓) the food items that are high in calorie

Jenis makanan/ Type of food	Ya/ Yes	Tidak/ No
i. Nasi goreng/ Fried rice	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Nasi putih/ White rice	<input type="checkbox"/> a	<input type="checkbox"/> b
iii. Mee kari/ Curry noodles	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Mee sup/ Noodles in broth	<input type="checkbox"/> a	<input type="checkbox"/> b
v. Telur goreng/ Fried egg	<input type="checkbox"/> a	<input type="checkbox"/> b
vi. Telur rebus/ Boiled egg	<input type="checkbox"/> a	<input type="checkbox"/> b
vii. Sup sayur/ Vegetable soup	<input type="checkbox"/> a	<input type="checkbox"/> b
viii. Sayur lemak/ Vegetables cooked in coconut milk	<input type="checkbox"/> a	<input type="checkbox"/> b
ix. Ikan masak asam pedas/ Fish in hot and sour gravy	<input type="checkbox"/> a	<input type="checkbox"/> b
x. Ikan masak lemak/ Fish cooked in coconut milk	<input type="checkbox"/> a	<input type="checkbox"/> b

6. Tandakan (✓) minuman yang kurang kalori/ Tick (✓) drinks that are low in calorie

Jenis minuman/ Type of drink	Ya/ Yes	Tidak/ No
i. Jus buah-buahan/ Fruit juice	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Air kosong/ Plain water	<input type="checkbox"/> a	<input type="checkbox"/> b
iii. Teh tarik/ Milk tea	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Minuman berkarbonat/ Carbonated drink	<input type="checkbox"/> a	<input type="checkbox"/> b

**MODUL H : PENGUKURAN BERAT BADAN**

**MODULE H: WEIGHT MEASUARING**

1. Adakah anda menimbang berat badan anda secara berkala/ tetap?/ Do you weigh yourself on a regular basis?

a  Ya/ Yes    b  Tidak/ No    c  -7 TT    d  -9 EJ

2. Adakah anda tahu jisim berat badan(BMI) anda?/ Do you know your body mass index (BMI)?

a  Ya/ Yes    b  Tidak/ No    c  -7 TT    d  -9 EJ

**MODUL I : KAWASAN LARANGAN MEROKOK**

**MODULE I: NO-SMOKING AREA**

1. Adakah anda seorang perokok?/ Are you a smoker?

a  Ya/ Yes    b  Tidak/ No

2. Pada pengetahuan anda, adakah tempat-tempat berikut merupakan kawasan larangan merokok?/ To your knowledge, are the following places no-smoking areas? (Sila tandakan (✓) pada ruang yang disediakan)

Jenis minuman/ Type of drink	Ya/ Yes	Tidak/ No
i. Pub, diskò, kelab malam atau kasino/ Pub, disco, night club or casino	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Lif/ Elevator	<input type="checkbox"/> a	<input type="checkbox"/> b
iii. Tandas Awam/ Public toilet	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Tempat makan berhawa dingin / Air-conditioned eating outlets	<input type="checkbox"/> a	<input type="checkbox"/> b
v. Pengangkutan awam/ Public transport	<input type="checkbox"/> a	<input type="checkbox"/> b
vi. Lapangan terbang/ Airport	<input type="checkbox"/> a	<input type="checkbox"/> b
vii. Premis kerajaan/ Government premises	<input type="checkbox"/> a	<input type="checkbox"/> b
viii. Sekolah/ Schools	<input type="checkbox"/> a	<input type="checkbox"/> b
ix. Gerai makan terbuka/ Open-air food stalls	<input type="checkbox"/> a	<input type="checkbox"/> b
x. Pasar Malam/ Night markets	<input type="checkbox"/> a	<input type="checkbox"/> b
xii. Kaunter perkhidmatan di dalam bangunan seperti :/ Indoor service counters such as:		
<input type="checkbox"/> Bank atau institusi kewangan/ Bank or financial institutions	<input type="checkbox"/> a	<input type="checkbox"/> b
<input type="checkbox"/> Telekom Malaysia Berhad		
<input type="checkbox"/> Pos Malaysia Berhad		
xii. Kompleks membeli belah/ Shopping complex	<input type="checkbox"/> a	<input type="checkbox"/> b
xiii. Stesyen minyak/ Gas station	<input type="checkbox"/> a	<input type="checkbox"/> b
xiv. Stadium, kompleks sukan, pusat kecergasan atau gimnasium/ Stadium, sports complexes, fitness centres or gyms	<input type="checkbox"/> a	<input type="checkbox"/> b
xv. Bangunan dan tempat awam yang digunakan untuk tujuan keagamaan (masjid, kuil, gereja)/ Buildings and public places use for religious purposes (mosques, temple, churches)	<input type="checkbox"/> a	<input type="checkbox"/> b
xvi. Kafe internet/ Internet cafe	<input type="checkbox"/> a	<input type="checkbox"/> b
xvii. Balairaya/ Community hall	<input type="checkbox"/> a	<input type="checkbox"/> b



KOMUNITI SIHAT  
PEMBINA NEGARA

## KOSPEN 2016

INSTITUT KESIHATAN UMUM  
KEMENTERIAN KESIHATAN MALAYSIA

Tel : 03 - 2297 9400 Faks : 603 - 2282 3114

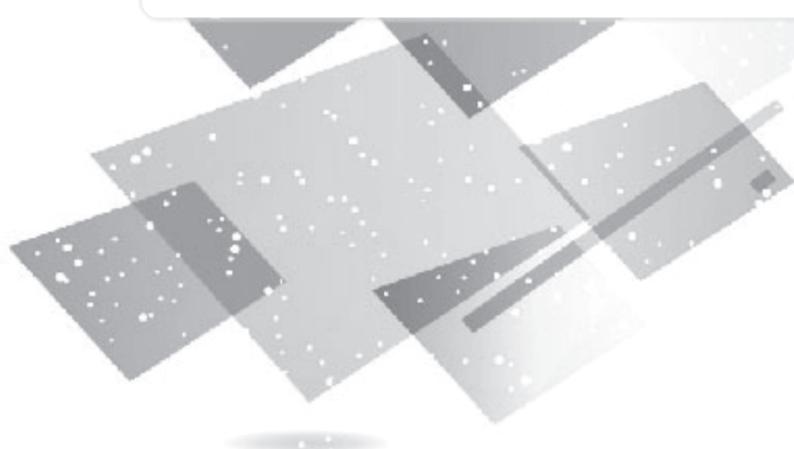




## SARINGAN

# BORANG

**SOAL SELIDIK SARINGAN  
KAJIAN PENILAIAN KEBERKESANAN  
PROGRAM “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) 2016**



DISEDIAKAN OLEH:  
PASUKAN PENYELIDIK, INSTITUT KESIHATAN UMUM, KEMENTERIAN KESIHATAN MALAYSIA



**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



ID : 

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 NEGERI

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 INDIVIDU

**RISALAH MAKLUMAT RESPONDEN / INFORMATION SHEET**

**1. Tajuk Kajian/ Title of Study:**

Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

**2. Nama Penyelidik Utama dan Institusi/ Name of principal investigator and institution:**

Hasimah binti Ismail, Institut Kesihatan Umum  
*Hasimah binti Ismail, Institute for Public Health, Ministry of Health Malaysia*

**3. Nama Penaja/ Name of sponsor:**

Kementerian Kesihatan Malaysia  
*Ministry of Health Malaysia*

**4. Pengenalan/ Introduction:**

Kementerian Kesihatan Malaysia sedang menjalankan kajian berkaitan Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) pada tahun ini. Maklumat di bawah akan menjelaskan hal-hal berkenaan tinjauan tersebut dengan lebih mendalam.

Adalah penting untuk anda memahami mengapa kajian ini dilakukan dan apa yang perlu anda lakukan. Sila ambil masa yang secukupnya untuk membaca dengan teliti penerangan yang diberi sebelum anda bersetuju untuk menyertai kajian ini. Jika ada mempunyai sebarang kemosyikilan ataupun memerlukan maklumat lanjut, anda boleh bertanya dengan mana-mana ahli kumpulan kajian ini.

Setelah anda memahami maklumat kajian ini dan berhasrat untuk mengambil bahagian, anda perlu menandatangani Borang Persetujuan Responden yang disertakan. Anda diberi masa untuk membuat keputusan bagi menyertai kajian ini. Pengumpulan data akan dijalankan ke atas mereka yang telah menandatangani borang kebenaran. Penyertaan anda dalam kajian ini adalah secara sukarela dan anda boleh menarik diri pada bila-bila masa. Tuan/Puan boleh tidak menjawab mana-mana soalan atau menarik diri dari kajian ini sekiranya tidak mahu. Keengganahan anda untuk mengambil bahagian, atau penarikan diri anda tidak akan menjelaskan sebarang manfaat perubatan atau kesihatan yang sememangnya hak anda.

Kajian ini ditaja sepenuhnya oleh Kementerian Kesihatan Malaysia dan telah mendapat kelulusan Jawatankuasa Etika dan Penyelidikan Perubatan, Kementerian Kesihatan Malaysia./

*Ministry of Health is conducting the study on Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016 this year. This brochure will explain the details of this survey.*

*It is important for you to understand why the survey is being done and what it will involve. Please take your time to read through and consider this information carefully before you decide if you are willing to participate. If you have any questions or need more information, you may ask any team members of this survey*

*Once you understand the survey information and you wish to participate, you must sign a consent form which is included. You are given time to make decision for the participation in this study. Data collection will be carried out on those who have signed the consent form. Your participation is voluntary and you may withdraw at any time. You have option not to answer any of the questions or withdraw from the examination if you choose to do so. Your refusal to participate or withdrawal will not affect any medical or health benefit that is certainly your right.*

*This survey is fully sponsored by Ministry of Health and has been approved by the Medical Research and Ethics Committee, Ministry of Health Malaysia.*

**5. Apakah tujuan kajian ini dilakukan? / What is the purpose of the study?**

Tujuan kajian ini adalah untuk memperolehi maklumat mengenai keberkesanan perlaksanaan Program Komuniti Sihat Pembina Negara kepada komuniti.

*The purpose of this study is to obtain the information on Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) among community.*

**6. Apakah yang perlu saya lalui/lakukan sekiranya bersetuju untuk menyertai kajian ini? / What will happen if I decide to take part?**

Memberi respon terhadap soalan-soalan kaji selidik yang perlu dijawab oleh anda.

*Respond to the survey questions that have to be answered by you.*

**7. Apakah tanggungjawab saya sewaktu menyertai kajian ini? / What are my responsibilities when taking part in this study?**

Adalah penting untuk anda menjawab kesemua soalan yang ditanya oleh ahli penyelidik dengan lengkap. Menyertai kajian ini tidak memerlukan anda mengeluarkan sebarang perbelanjaan.

*It is important that you answer all the questions asked by the researcher as complete as possible. Participation in this study will not incur any cost to you.*

**8. Apakah risiko dan kesan-sesan sampingan menyertai kajian ini? / What are the potential risks and side effects of being in this study?**

Tiada / None.

**9. Apakah manfaatnya saya menyertai kajian ini? / What are the benefits of being in this study?**

Kajian ini tidak mempunyai sebarang manfaat kesihatan dan kewangan secara langsung apabila anda menyertainya. Walaubagaimanapun, segala maklumat yang diperolehi daripada kajian ini akan dapat membantu dalam merancang pembuat polisi kesihatan untuk menambahbaik Program Komuniti Sihat Pembina Negara (KOSPEN) yang sedia ada di Malaysia.

*This study does not have any health benefits when you agreed to join this survey. However, the information obtained from this survey may be helpful in improving the current KOSPEN programme in our country.*

**10. Adakah maklumat saya akan dirahsiakan? / Will my medical information be kept private?**

Segala maklumat anda yang diperolehi dalam kajian ini akan disimpan dan dikendalikan secara sulit, bersesuaian dengan peraturan-peraturan dan/ atau undang-undang yang berkenaan. Hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang anda berikan. Sekiranya hasil kajian ini diterbitkan atau dibentangkan kepada orang ramai, identiti anda tidak akan didekah tanpa kebenaran anda terlebih dahulu.

*All your information obtained in this study will be kept and handled in a confidential manner, in accordance with applicable laws and/or regulations. Only investigators and those who are directly involved in this study will have the access to the information provided by you. When publishing or presenting the study results, your identity will not be revealed without your consent.*

**11. Siapakah yang perlu saya hubungi sekiranya saya mempunyai sebarang pertanyaan? / Who should I call if I have questions?**

Sekiranya anda mempunyai sebarang soalan mengenai kajian ini atau memerlukan keterangan lanjut, Tuan/ Puan boleh hubungi ketua penyelidik, **Cik Hasimah binti Ismail** di alamat Institut Kesihatan Umum, Jalan Bangsar, Kuala Lumpur di talian 03-22979400 atau mana-mana pegawai di bilik operasi kami di alamat yang sama, atau di talian 03-22979530.

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



Jika anda mempunyai sebarang pertanyaan berkaitan dengan hak-hak anda sebagai responden dalam kajian ini, sila hubungi Setiausaha, Jawatankuasa Etika & Penyelidikan Perubatan (MREC), Kementerian Kesihatan Malaysia di talian 03-22874032

*If you have any enquiries about this study or if you require further information about the study, you may contact the Principal Investigator, Miss Hasimah binti Ismail, at the Institute for Public Health, Jalan Bangsar, Kuala Lumpur, telephone number 03-22979400 or any officer in our operation room of same address or telephone number 03-22979530.*

*If you have any questions regarding your rights as a respondent in this study please contact: Secretary of the Medical Research and Ethic Committee, Ministry of Health Malaysia, by telephone number 03-22874032.*

**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Penyelidik*)**  
**CONSENT FORM (*Copy for Data Collector*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/

*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

Dengan menandatangani di bawah (**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/ *By signing below, I certify that:*

Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box	
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**TECHNICAL REPORT**  
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**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Responden*) /  
CONSENT FORM (*Copy for Respondent*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara (KOSPEN) 2016*

Dengan menandatangani di bawah(**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/*By signing below, I certify that:*

	Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**MODUL A:SOSIO-DEMOGRAFI RESPONDAN SARINGAN POSITIF**

**MODULE A: SOCIODEMOGRAPHY OF RESPONDENTS POSITIVE SCREENING**

1. Jantina ...? - ( Melalui pemerhatian)/ Gender.....? (Through observation)

a  Lelaki/ Male      b  Perempuan/ Female

2. Apakah nombor kad pengenalan anda?/ What is your identify card number?

No. KP Baru :/ New NRIC

<input type="text"/>								
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3. Berapakah umur anda berdasarkan harijadi yang lepas?/ What is your age as of your last birthday?

<input type="text"/>	<input type="text"/>
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a  -      b  -9EJ

4. Apakah bangsa anda?/ What is your ethnicity?

a <input type="checkbox"/> Melayu/	d <input type="checkbox"/> Bumiputra Sabah/ Sabah Bumiputra
b <input type="checkbox"/> Cina/	e <input type="checkbox"/> Bumiputra Sarawak/ Sarawak Bumiputra
c <input type="checkbox"/> India/ Indian	f <input type="checkbox"/> Lain-lain, nyatakan.... / Others, specify....

<input type="text"/>
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5. Apakah tahap pendidikan tertinggi anda?/ What is your highest level of education?

a <input type="checkbox"/> Tidak habis sekolah rendah/ Did not finish primary school	d <input type="checkbox"/> Sijil / Diploma/ Certificate /
b <input type="checkbox"/> Tamat sekolah rendah/ Finished primary school	e <input type="checkbox"/> Ijazah/ Ijazah lanjutan/ Degree / Postgraduate degree
c <input type="checkbox"/> Tamat sekolah menengah/ Finished secondary school	

6. Apakah taraf perkahwinan anda?/ What is your marital status?

a <input type="checkbox"/> Tidak pernah berkahwin/ Never married	d <input type="checkbox"/> Balu/ Widow/ Widower
b <input type="checkbox"/> Berkahwin/ Married	e <input type="checkbox"/> Lain-lain, nyatakan..../Others, specify....
c <input type="checkbox"/> Janda / Duda/ Divorcee	

<input type="text"/>
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7. Apakah anda../ Are you a...

a <input type="checkbox"/> Pekerja Kerajaan/ Civil	f <input type="checkbox"/> Pelajar/ Student
b <input type="checkbox"/> Bekerja Badan Berkanun/ Statutory body employee	g <input type="checkbox"/> Pesara/ Retiree
c <input type="checkbox"/> Pekerja Swasta/ Private sector	h <input type="checkbox"/> TidakBekerja/ Unemployed
d <input type="checkbox"/> Pekerja sendiri/ Self-employed	i <input type="checkbox"/> Lain-lain, nyatakan/ Others,
e <input type="checkbox"/> Surirumah/	j <input type="checkbox"/> -7TT      k <input type="checkbox"/> -9EJ

<input type="text"/>
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8. Berapakah pendapatan purata isi rumah anda?/ How much is your average household income?

RM  Sebulan/ A month      a  -7TT      b  -9EJ

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9. Adakah anda pernah diberitahu oleh mana-mana pengamal perubatan yang anda menghidap penyakit berikut?. Tandakan (✓) di ruangan yang disediakan. Jawapan boleh lebih dari satu(1). / Have you ever been told by any medical practitioner that you have any of the following diseases? . Tick (✓) in the space provided. More than 1 answer allowed.

Jenis penyakit/ Type of diseases	Ya/ Yes	Tidak/ No	Tidak Tahu/ Don't know	Enggan Jawab/ Refuse to answer
i. Sakit Jantung/ Heart disease	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
ii. Darah Tinggi/ High Blood Pressure (Hypertension)	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
iii. Kencing Manis/ Diabetis	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d

**MODUL B: PEMERIKSAAN LANJUTAN**

**MODULE B: FURTHER INVESTIGATION**

1. Semasa pemeriksaan saringan kesihatan oleh sukarelawan KOSPEN, adakah anda diberitahu tentang keputusan pemeriksaan saringan kesihatan tersebut? / During the health screening conducted by the KOSPEN volunteer, were you informed of the results of the screening?.

a  Ya/ Yes      b  Tidak (Jawab soalan 3)/ No (Answer question no.3)

2. Jika **Ya**, nyatakan keputusan yang diberitahu./ If, **Yes**, what were you told the results were?.

a <input type="checkbox"/> Tekanan darah tidak normal/ Abnormal blood	c <input type="checkbox"/> Jisim berat badan (BMI) tidak normal/ Abnormal body mass
b <input type="checkbox"/> Paras gula tidak normal/ Abnormal sugar level	d <input type="checkbox"/> Lain-lain, nyatakan...../ Others, specify ..  <input type="text"/>

3. Adakah anda mendapat surat rujukan daripada sukarelawan KOSPEN untuk mendapatkan pemeriksaan saringan kesihatan lanjutan di klinik kesihatan/ hospital berdekatan? / Did you receive a referral letter from the KOSPEN volunteer to undergo further examination at a nearby health clinic/ hospital?.

a  Ya/ Yes      b  Tidak/ No

4. Adakah anda pergi mendapatkan pemeriksaan saringan kesihatan lanjutan di fasiliti kesihatan? / Did you go for further examination at a health facility?.

a <input type="checkbox"/> Ya (Jawab soalan 6)/ Yes (Answer question no.6)	b <input type="checkbox"/> Tidak (Jawab soalan 5 dan TAMAT)/ No (Answer question no.5 and END)
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5. Jika **Tidak**, kenapa anda tidak pergi menjalani pemeriksaan saringan kesihatan lanjutan?./ If **No**, why didn't you go for further examination?.

a <input type="checkbox"/> Tidak dirujuk oleh sukarelawan/	d <input type="checkbox"/> Sibuk/ Busy
b <input type="checkbox"/> Masalah logistik/	e <input type="checkbox"/> Lain-lain, nyatakan...../ Others, specify.....  <input type="text"/>
c <input type="checkbox"/> Terlupa/ Forgot	

<p>6. Jika <b>Ya</b>, bilakah anda pergi menjalani pemeriksaan saringan kesihatan tersebut? / If Yes, when did you go for further examination?</p> <p>a <input type="checkbox"/> Dalam tempoh 1 minggu selepas pemeriksaan saringan kesihatan/ Within a week after the health screening</p> <p>b <input type="checkbox"/> Dalam tempoh 1 bulan selepas pemeriksaan saringan kesihatan/ Within a month after the health screening</p> <p>c <input type="checkbox"/> Lebih dari 1 bulan selepas pemeriksaan saringan kesihatan/ More than a month after the health screening</p>												
<p>7. Apakah pemeriksaan saringan kesihatan lanjutan yang telah anda jalani? (Boleh jawab lebih dari satu(1).) / What further examination did you undergo? (You may tick (✓) more than 1 option).</p> <p>a <input type="checkbox"/> Ujian pengesahan darah tinggi/ Confirmation of hypertension</p> <p>b <input type="checkbox"/> Ujian pengesahan kencing manis/ Confirmation of diabetes</p> <p>c <input type="checkbox"/> Tidak pasti/ Not sure</p> <p>d <input type="checkbox"/> Lain-lain, nyatakan..... / Others, specify ..... <input type="text"/></p>												
<p>8. Apakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut? / What were the result of the further examinations? Sila (Tandakan ✓) satu jawapan sahaja untuk setiap komponen darah tinggi dan kencing manis/ Please tick (✓) only one answer for each component</p> <table border="0"> <tr> <td>i. a <input type="checkbox"/> Tiada darah tinggi/ No high blood pressure</td> <td>ii. a <input type="checkbox"/> Tiada kencing manis/ No diabetes</td> <td>iii. a <input type="checkbox"/> Tidak tahu/ Do not know</td> </tr> <tr> <td>b <input type="checkbox"/> Tekanan darah berisiko/ Borderline high blood</td> <td>b <input type="checkbox"/> Paras gula berisiko/ Borderline diabetes</td> <td></td> </tr> <tr> <td>c <input type="checkbox"/> Menghidap Darah Tinggi/ Having high blood pressure</td> <td>c <input type="checkbox"/> Menghidap kencing manis/ Having Diabetes</td> <td></td> </tr> </table>				i. a <input type="checkbox"/> Tiada darah tinggi/ No high blood pressure	ii. a <input type="checkbox"/> Tiada kencing manis/ No diabetes	iii. a <input type="checkbox"/> Tidak tahu/ Do not know	b <input type="checkbox"/> Tekanan darah berisiko/ Borderline high blood	b <input type="checkbox"/> Paras gula berisiko/ Borderline diabetes		c <input type="checkbox"/> Menghidap Darah Tinggi/ Having high blood pressure	c <input type="checkbox"/> Menghidap kencing manis/ Having Diabetes	
i. a <input type="checkbox"/> Tiada darah tinggi/ No high blood pressure	ii. a <input type="checkbox"/> Tiada kencing manis/ No diabetes	iii. a <input type="checkbox"/> Tidak tahu/ Do not know										
b <input type="checkbox"/> Tekanan darah berisiko/ Borderline high blood	b <input type="checkbox"/> Paras gula berisiko/ Borderline diabetes											
c <input type="checkbox"/> Menghidap Darah Tinggi/ Having high blood pressure	c <input type="checkbox"/> Menghidap kencing manis/ Having Diabetes											
<p>9. Adakah anda memaklumkan keputusan pemeriksaan saringan kesihatan lanjutan tersebut kepada sukarelawan KOSPEN? / Did you inform the results of the further examination to the KOSPEN volunteer?</p> <p>a <input type="checkbox"/> Ya (Jawab soalan 10)/ No (Answer question no. 10)</p> <p>b <input type="checkbox"/> Tidak (Jawab soalan 11)/ No (Answer question no. 11)</p>												
<p>10. Jika <b>Ya</b>, bagaimanakah anda memaklumkan kepada sukarelawan KOSPEN? / If Yes, how did you inform the KOSPEN volunteer?</p> <p>a <input type="checkbox"/> Saya dihubungi oleh sukarelawan KOSPEN/ I was contacted by the KOSPEN volunteer</p> <p>b <input type="checkbox"/> Saya menghubungi sukarelawan KOSPEN/ I contacted the KOSPEN volunteer</p>												
<p>11. Jika <b>Tidak</b>, mengapa anda tidak memaklumkan kepada sukarelawan KOSPEN? / If No, why didn't you inform the KOSPEN volunteer?</p> <p>a <input type="checkbox"/> Tidak tahu perlu memaklumkan kepada sukarelawan KOSPEN/ Was not aware of the need to inform KOSPEN volunteer</p> <p>b <input type="checkbox"/> Tidak ingat/ Forgot</p> <p>c <input type="checkbox"/> Sibuk/ Busy</p> <p>d <input type="checkbox"/> Tidak sihat/ Not feeling well</p> <p>e <input type="checkbox"/> Lain-lain, nyatakan..... <input type="text"/></p>												



KOMUNITI SIHAT  
PEMBINA NEGARA

## **KOSPEN 2016**

INSTITUT KESIHATAN UMUM  
KEMENTERIAN KESIHATAN MALAYSIA

Tel : 03 - 2297 9400 Faks : 603 - 2282 3114





## SUKARELAWAN (GSiM)

# BORANG

**SOAL SELIDIK SUKARELAWAN (GSiM)  
KAJIAN PENILAIAN KEBERKESANAN  
PROGRAM “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) 2016**



DISEDIAKAN OLEH:  
PASUKAN PENYELIDIK, INSTITUT KESIHATAN UMUM, KEMENTERIAN KESIHATAN MALAYSIA



**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



ID : 

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 NEGERI

LOKALITI 

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STRATA 

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TK 

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INDIVIDU 

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**RISALAH MAKLUMAT RESPONDEN / INFORMATION SHEET**

**1. Tajuk Kajian/ Title of Study:**

Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

**2. Nama Penyelidik Utama dan Institusi/ Name of principal investigator and institution:**

Hasimah binti Ismail, Institut Kesihatan Umum  
*Hasimah binti Ismail, Institute for Public Health, Ministry of Health Malaysia*

**3. Nama Penaja/ Name of sponsor:**

Kementerian Kesihatan Malaysia  
*Ministry of Health Malaysia*

**4. Pengenalan/ Introduction:**

Kementerian Kesihatan Malaysia sedang menjalankan kajian berkaitan Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) pada tahun ini. Maklumat di bawah akan menjelaskan hal-hal berkenaan tinjauan tersebut dengan lebih mendalam.

Adalah penting untuk anda memahami mengapa kajian ini dilakukan dan apa yang perlu anda lakukan. Sila ambil masa yang secukupnya untuk membaca dengan teliti penerangan yang diberi sebelum anda bersetuju untuk menyertai kajian ini. Jika ada mempunyai sebarang kemosyikilan ataupun memerlukan maklumat lanjut, anda boleh bertanya dengan mana-mana ahli kumpulan kajian ini.

Setelah anda memahami maklumat kajian ini dan berhasrat untuk mengambil bahagian, anda perlu menandatangani Borang Persetujuan Responden yang disertakan. Anda diberi masa untuk membuat keputusan bagi menyertai kajian ini. Pengumpulan data akan dijalankan ke atas mereka yang telah menandatangani borang kebenaran. Penyertaan anda dalam kajian ini adalah secara sukarela dan anda boleh menarik diri pada bila-bila masa. Tuan/Puan boleh tidak menjawab mana-mana soalan atau menarik diri dari kajian ini sekiranya tidak mahu. Keengganahan anda untuk mengambil bahagian, atau penarikan diri anda tidak akan menjelaskan sebarang manfaat perubatan atau kesihatan yang sememangnya hak anda.

Kajian ini ditaja sepenuhnya oleh Kementerian Kesihatan Malaysia dan telah mendapat kelulusan Jawatankuasa Etika dan Penyelidikan Perubatan, Kementerian Kesihatan Malaysia./

*Ministry of Health is conducting the study on Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016 this year. This brochure will explain the details of this survey.*

*It is important for you to understand why the survey is being done and what it will involve. Please take your time to read through and consider this information carefully before you decide if you are willing to participate. If you have any questions or need more information, you may ask any team members of this survey*

*Once you understand the survey information and you wish to participate, you must sign a consent form which is included. You are given time to make decision for the participation in this study. Data collection will be carried out on those who have signed the consent form. Your participation is voluntary and you may withdraw at any time. You have option not to answer any of the questions or withdraw from the examination if you choose to do so. Your refusal to participate or withdrawal will not affect any medical or health benefit that is certainly your right.*

*This survey is fully sponsored by Ministry of Health and has been approved by the Medical Research and Ethics Committee, Ministry of Health Malaysia.*

**5. Apakah tujuan kajian ini dilakukan? / What is the purpose of the study?**

Tujuan kajian ini adalah untuk memperolehi maklumat mengenai keberkesanan perlaksanaan Program Komuniti Sihat Pembina Negara kepada komuniti.

*The purpose of this study is to obtain the information on Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) among community.*

**6. Apakah yang perlu saya lalui/lakukan sekiranya bersetuju untuk menyertai kajian ini? / What will happen if I decide to take part?**

Memberi respon terhadap soalan-soalan kaji selidik yang perlu dijawab oleh anda.

*Respond to the survey questions that have to be answered by you.*

**7. Apakah tanggungjawab saya sewaktu menyertai kajian ini? / What are my responsibilities when taking part in this study?**

Adalah penting untuk anda menjawab kesemua soalan yang ditanya oleh ahli penyelidik dengan lengkap. Menyertai kajian ini tidak memerlukan anda mengeluarkan sebarang perbelanjaan.

*It is important that you answer all the questions asked by the researcher as complete as possible. Participation in this study will not incur any cost to you.*

**8. Apakah risiko dan kesan-kesan sampingan menyertai kajian ini? / What are the potential risks and side effects of being in this study?**

Tiada / None.

**9. Apakah manfaatnya saya menyertai kajian ini? / What are the benefits of being in this study?**

Kajian ini tidak mempunyai sebarang manfaat kesihatan dan kewangan secara langsung apabila anda menyertainya. Walaubagaimanapun, segala maklumat yang diperolehi daripada kajian ini akan dapat membantu dalam merancang pembuat polisi kesihatan untuk menambahbaik Program Komuniti Sihat Pembina Negara (KOSPEN) yang sedia ada di Malaysia.

*This study does not have any health benefits when you agreed to join this survey. However, the information obtained from this survey may be helpful in improving the current KOSPEN programme in our country.*

**10. Adakah maklumat saya akan dirahsiakan? / Will my medical information be kept private?**

Segala maklumat anda yang diperolehi dalam kajian ini akan disimpan dan dikendalikan secara sulit, bersesuaian dengan peraturan-peraturan dan/ atau undang-undang yang berkenaan. Hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang anda berikan. Sekiranya hasil kajian ini diterbitkan atau dibentangkan kepada orang ramai, identiti anda tidak akan didekah tanpa kebenaran anda terlebih dahulu.

*All your information obtained in this study will be kept and handled in a confidential manner, in accordance with applicable laws and/or regulations. Only investigators and those who are directly involved in this study will have the access to the information provided by you. When publishing or presenting the study results, your identity will not be revealed without your consent.*

**11. Siapakah yang perlu saya hubungi sekiranya saya mempunyai sebarang pertanyaan? / Who should I call if I have questions?**

Sekiranya anda mempunyai sebarang soalan mengenai kajian ini atau memerlukan keterangan lanjut, Tuan/ Puan boleh hubungi ketua penyelidik, **Cik Hasimah binti Ismail** di alamat Institut Kesihatan Umum, Jalan Bangsar, Kuala Lumpur di talian 03-22979400 atau mana-mana pegawai di bilik operasi kami di alamat yang sama, atau di talian 03-22979530.

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT  
PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



Jika anda mempunyai sebarang pertanyaan berkaitan dengan hak-hak anda sebagai responden dalam kajian ini, sila hubungi Setiausaha, Jawatankuasa Etika & Penyelidikan Perubatan (MREC), Kementerian Kesihatan Malaysia di talian 03-22874032

*If you have any enquiries about this study or if you require further information about the study, you may contact the Principal Investigator, Miss Hasimah binti Ismail, at the Institute for Public Health, Jalan Bangsar, Kuala Lumpur, telephone number 03-22979400 or any officer in our operation room of same address or telephone number 03-22979530.*

*If you have any questions regarding your rights as a respondent in this study please contact: Secretary of the Medical Research and Ethic Committee, Ministry of Health Malaysia, by telephone number 03-22874032.*

**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Penyelidik*)**  
**CONSENT FORM (*Copy for Data Collector*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/

*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara” (KOSPEN) 2016*

Dengan menandatangani di bawah (**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/ *By signing below, I certify that:*

Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box	
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
Nama/  
*Name* : .....  
Nombor KP/  
*I/C no.* : .....  
Tarikh/  
*Date* : .....

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



**BORANG PERSETUJUAN RESPONDEN (*Untuk Salinan Responden*) /  
CONSENT FORM (*Copy for Respondent*)**

**Tajuk kajian/ Title of survey :** Penilaian Keberkesanan Program Komuniti Sihat Pembina Negara (KOSPEN) 2016/  
*Evaluating Effectiveness of the Program “Komuniti Sihat Pembina Negara (KOSPEN) 2016*

Dengan menandatangani di bawah(**salinan responden dan salinan penyelidik**), saya mengesahkan bahawa/*By signing below, I certify that:*

	Sila tandakan ✓ di dalam kotak/ Please tick ✓ each box
1. Saya telah diberi maklumat tentang kajian di atas secara lisan dan bertulis dan saya telah membaca dan memahami segala maklumat yang diberikan di dalam risalah ini. <i>I have been given information about the study on oral and written, and I have Read and understand the information provided in this brochure.</i>	<input type="checkbox"/>
2. Saya mempunyai masa yang secukupnya untuk mempertimbangkan penyertaan saya dalam kajian ini dan telah diberi peluang untuk bertanyakan soalan dan semua soalan saya telah dijawab dengan memuaskan. <i>I have had sufficient time to consider my participation in this study and was given the opportunity to ask questions and all my questions have been answered satisfactorily.</i>	<input type="checkbox"/>
3. Saya faham bahawa penyertaan saya adalah secara sukarela dan boleh menarik diri daripada kajian ini pada bila-bila masa tanpa memberi sebarang sebab. <i>I understand that my participation is voluntary and may withdraw from this study at any time without giving any reason.</i>	<input type="checkbox"/>
4. Saya memahami risiko dan manfaat dari kajian ini dan saya memberi keizinan secara sukarela untuk mengambil bahagian dalam kajian. Saya faham bahawa saya mesti mengikuti arahan yang berkaitan dengan penyertaan saya dalam kajian ini. <i>I understand the possible risks and benefit of this study and I freely give my informed consent to participate. I understand that I must follow the data collector's instructions associated with my participation in this survey.</i>	<input type="checkbox"/>
5. Saya faham bahawa hanya penyelidik dan mereka yang terlibat secara langsung dalam kajian ini akan mempunyai akses kepada maklumat yang diberikan oleh saya, untuk memastikan maklumat kajian dicatat dengan betul. Saya faham segala maklumat peribadi dan data kajian ini akan dirahsiakan. <i>I understand only investigators and those who are directly involved in this study will have the access to the information provided by me, to make sure the study is properly and correctly recorded. All personal information and data will be confidential.</i>	<input type="checkbox"/>
6. Saya akan menerima satu salinan maklumat kajian /borang persetujuan ini yang telah ditandatangani dan bertarikh. <i>I will receive a copy of the subject information/informed consent form that was signed and dated.</i>	<input type="checkbox"/>

**Subjek/ Subject:**

Tandatangan/  
*Signature* : .....  
 Nama/  
*Name* : .....  
 Nombor KP/  
*I/C no.* : .....  
 Tarikh/  
*Date* : .....

**Penyelidik/ Data Collector :**

Tandatangan/  
*Signature* : .....  
 Nama/  
*Name* : .....  
 Nombor KP/  
*I/C no.* : .....  
 Tarikh/  
*Date* : .....

**SUKARELAWAN KOSPEN**

**MODUL A: SOSIO - DEMOGRAFI**

**MODULE B: SOCIODEMOGRAPHY**

1. Jantina ...? - ( <i>Melalui pemerhatian</i> )/ Gender.....? (Through observation)			
a <input type="checkbox"/>	Lelaki/ Male	b <input type="checkbox"/>	Perempuan/ Female
2. Apakah nombor kad pengenalan anda?/ What is your identify card number?			
No. KP Baru :/ New NRIC		<input type="text"/>	<input type="text"/>
3. Berapakah umur anda berdasarkan harijadi yang lepas?/ What is your age as of your last birthday?			
<input type="text"/> <input type="text"/>	a <input type="checkbox"/> -	b <input type="checkbox"/> -9EJ	
4. Apakah bangsa anda?/ What is your ethnicity?			
a <input type="checkbox"/>	Melayu/	d <input type="checkbox"/>	Bumiputra Sabah/ Sabah Bumiputra
b <input type="checkbox"/>	Cina/	e <input type="checkbox"/>	Bumiputra Sarawak/ Sarawak Bumiputra
c <input type="checkbox"/>	India/ Indian	f <input type="checkbox"/>	Lain-lain, nyatakan.... / Others, specify....
5. Apakah tahap pendidikan <b>tertinggi</b> anda?/ What is your <b>highest</b> level of education?			
a <input type="checkbox"/>	Tidak habis sekolah rendah/ Did not finish primary school	d <input type="checkbox"/>	Sijil / Diploma/ Certificate /
b <input type="checkbox"/>	Tamat sekolah rendah/ Finished primary school	e <input type="checkbox"/>	Ijazah/ Ijazah lanjutan/ Degree / Postgraduate degree
c <input type="checkbox"/>	Tamat sekolah menengah/ Finished secondary school		
6. Apakah taraf perkahwinan anda?/ What is your marital status?			
a <input type="checkbox"/>	Tidak pernah berkahwin/ Never married	d <input type="checkbox"/>	Balu/ Widow/ Widower
b <input type="checkbox"/>	Berkahwin/ Married	e <input type="checkbox"/>	Lain-lain, nyatakan..../Others, specify....
c <input type="checkbox"/>	Janda / Duda/ Divorcee		
7. Apakah anda../ Are you a...			
a <input type="checkbox"/>	Pekerja Kerajaan/ Civil	f <input type="checkbox"/>	Pelajar/ Student
b <input type="checkbox"/>	Bekerja Badan Berkanun/ Statutory body employee	g <input type="checkbox"/>	Pesara/ Retiree
c <input type="checkbox"/>	Pekerja Swasta/ Private sector	h <input type="checkbox"/>	TidakBekerja/ Unemployed
d <input type="checkbox"/>	Pekerja sendiri/ Self-employed	i <input type="checkbox"/>	Lain-lain, nyatakan/ Others,
e <input type="checkbox"/>	Surirumah/	j <input type="checkbox"/> -7TT	k <input type="checkbox"/> -9EJ
8. Berapakah pendapatan purata isi rumah anda?/ How much is your average household income?			
RM <input type="text"/>	Sebulan/ A month	a <input type="checkbox"/> -7TT	b <input type="checkbox"/> -9EJ

**MODUL B: KESEDARAN TENTANG PERANAN DALAM KOSPEN**

**MODULE B: AWARENESS FUNCTION OF KOSPEN**

1. Adakah anda maklum bahawa anda telah dilantik sebagai Sukarelawan KOSPEN?/ Are you aware that you have been appointed as a KOSPEN/GS1M volunteer?

a  Ya/ Yes      b  Tidak/ No      c  -7TT      d  -9EJ

- 2.1 Adakah anda gembira menjadi Sukarelawan KOSPEN?/ Are you happy to be a KOSPEN/GS1M volunteer?

a  Ya/ Yes      b  Tidak/ No      c  -7TT      d  -9EJ

- 2.2 Jika **Tidak**, adakah anda dipaksa menjadi sukarelawan KOSPEN?/ If **No**, were you forced to become a KOSPEN/ GS1M volunteer?

a  Ya/ Yes      b  Tidak/ No      c  -7TT      d  -9EJ

3. Adakah menjadi Sukarelawan KOSPEN membebankan anda?/ Is being a KOSPEN/ GS1M volunteer a burden to you?

a  Ya/ Yes      b  Tidak/ No      c  -7TT      d  -9EJ

4. Adakah anda mengetahui fungsi dan peranan anda sebagai Sukarelawan KOSPEN?/ Do you know your function and role as a KOSPEN/ GS1M volunteer?

a  Ya/ Yes      b  Tidak/ No      c  -7TT      d  -9EJ

5. Jika **Ya**, berikut yang manakah **peranan dan fungsi** sukarelawan KOSPEN. Tandakan (✓)/ If Yes, indicate which of the following are functions and roles of a KOSPEN volunteer. Please tick (✓) where appropriate.

<b>Peranan dan Fungsi/ Role and function</b>	<b>Ya/ Yes</b>	<b>Tidak/ No</b>
i. Melakukan pemeriksaan saringan kesihatan faktor risiko NCD di kalangan komuniti seperti Kencing Manis/ Darah Tinggi / BMI/ Merokok/ Conducting screening examinations for NCD risk factors such as Diabetes /High blood pressure / BMI / Smoking in the community	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Bertindak untuk merawat penduduk yang berisiko/ Act to treat community members found to have risk	<input type="checkbox"/> a	<input type="checkbox"/> b
iii. Memastikan penduduk komuniti yang mempunyai bacaan berpotensi berpenyakit dirujuk ke klinik kesihatan berhampiran/ Ensure that members of the community with potential risk of disease are referred to a nearby health clinic	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Mempengerusi mesyuarat Jawatankuasa KOSPEN/ Chair KOSPEN committee meetings	<input type="checkbox"/> a	<input type="checkbox"/> b
v. Menggalakkan peserta menyertai aktiviti-aktiviti KOSPEN/ Encourage community participation in KOSPEN activities	<input type="checkbox"/> a	<input type="checkbox"/> b
vi. Menjalankan aktiviti promosi, advokasi serta memastikan aktiviti-aktiviti KOSPEN dilaksanakan./ Conduct promotion, advocacy activities and ensuring that KOSPEN activities are carried out	<input type="checkbox"/> a	<input type="checkbox"/> b
vii. Tidak perlu memberi nasihat asas kesihatan kepada penduduk komuniti./ No need to provide basic health information to the community	<input type="checkbox"/> a	<input type="checkbox"/> b

**MODUL C: LATIHAN KOSPEN**

**MODULE C: KOSPEN TRAINING**

1. Adakah anda telah menghadiri latihan KOSPEN sebelum dilantik menjadi sukarelawan KOSPEN?/ Did you attend training on KOSPEN before you were appointed as a KOSPEN volunteer?

a  Ya / Yes

b  Tidak (ke Modul D)/ No (Go to Module D)

2. Jika Ya, anjuran siapa? Pilih antara yang berikut./ If Yes, who conducted the training?  
Choose one of the following

a  Jabatan Kesihatan Negeri/  
State Health Department

c  Pejabat Kesihatan Daerah/  
District Health Office

b  KEMAS/  
KEMAS

d  Jabatan Perpaduan Negara dan Intergerasi  
Nasional (JPNIN)/  
Department of National Unity and Integration

3. Jika Ya, Bilakah latihan tersebut diadakan?/ If Yes, when was the course held?

a  < 3 bulan/ <3 months ago

c  7 -12 bulan lepas/ 7-12 months ago

b  4 - 6 bulan lepas/ 4-6 months ago

d  > 12 bulan lepas/ >12 months ago

- 4.1 Adakah anda mendapat sijil selepas tamat latihan?/ Did you receive a certificate after completing the course?

a  Ya/ Yes

b  Tidak( Jawab soalan 4.3) / No (Go to question 4.3)

- 4.2 Bilakah tarikh anda dilantik sebagai sukarelawan KOSPEN?/ When were you appointed a KOSPEN volunteer?

/  [Bulan]/ [Month]          [Tahun]/ [Year]

- 4.3 Jika Tidak, Adakah ianya ...../ If not, was it .....

a  Hilang/ Lost

b  Tidak terima/ Not received

c  Lain-lain, nyatakan /  
Others, specify...

5. Adakah kandungan latihan tersebut mencukupi untuk anda menjadi sukarelawan KOSPEN?/ Was the content of the training sufficient for you to perform your role as a KOSPEN volunteer?

a  Ya/ Yes

b  Tidak/ No

6. Adakah anda mempunyai **keyakinan** untuk membuat pemeriksaan saringan kesihatan seperti berikut; Tandakan (✓)/ Do you have the confidence to conduct the following screening activities. Tick (✓) where appropriate.

Latihan Komponen/ Component training	Sangat kurang Yakin/ Very low confidence	Kurang Yakin/ Low confidence	Yakin/ Confident	Sangat Yakin/ Very confident
i. Pengukuran paras tekanan darah/ Measuring blood pressure	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
ii. Pengukuran paras gula dalam darah/ Measuring blood glucose level	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d
iii. Pengukuran berat dan tinggi/ Measuring weight and height	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d

**MODUL D: CARA PERLAKSANAAN SARINGAN KESIHATAN**  
**MODULE D: HEALTH SCREENING METHOD IMPLEMENTATION**

1.	Adakah peralatan pemeriksaan saringan kesihatan dibekalkan di kawasan lokality anda? / Is your locality supplied with health screening equipment?		
a <input type="checkbox"/>	Ya/ Yes	b <input type="checkbox"/>	Tidak (Tamat)/ No (End of Module)
c <input type="checkbox"/>	Tidak tahu (Tamat)/ No (End of Module)		
2.	Pernahkan anda menjalankan pemeriksaan saringan kesihatan di kalangan penduduk? / Have you ever conducted health screening in the community?		
a <input type="checkbox"/>	Ya (Jawab soalan 4)/ Yes (Go to question 4)	b <input type="checkbox"/>	Tidak (Jawab soalan 3)/ No (Go to question 3)
3.	Jika <b>Tidak</b> , kenapa anda tidak melaksanakan pemeriksaan saringan kesihatan? If <b>No</b> , why did you not conduct health screening? (boleh tanda (✓) lebih daripada satu(1) pilihan)./ (You may tick (✓) more than 1 option)		
a <input type="checkbox"/>	Tiada masa/ No time	f <input type="checkbox"/>	Tiada kenderaan/ No mode of
b <input type="checkbox"/>	Tidak yakin/ Not confident	g <input type="checkbox"/>	Peralatan tidak lengkap/ Equipment not complete
c <input type="checkbox"/>	Tidak berminat/ Not interested	h <input type="checkbox"/>	Politik/ Politics
d <input type="checkbox"/>	Malu/ Embarrassed	i <input type="checkbox"/>	Lain-lain, nyatakan...../ Others, specify
4.	Jika <b>Ya</b> , bagaimanakah anda melaksanakan program pemeriksaan saringan kesihatan? / If <b>Yes</b> , how did you conduct the health screening? (boleh tanda(✓) lebih dari satu(1) pilihan)/ (You may tick (✓) more than 1 option)		
a <input type="checkbox"/>	Karnival/ program Kesihatan / Carnival / health program		
b <input type="checkbox"/>	Secara Berjadual di lokality dikenal pasti seperti Pusat Komuniti KOSPEN/ Regularly conducted at a specific locality such as KOSPEN community centre		
c <input type="checkbox"/>	Rumah ke rumah/ House-to-house		
d <input type="checkbox"/>	Semasa majlis rasmi/ During official functions		
e <input type="checkbox"/>	Majlis keramaian (contoh : Kenduri kahwin/ majlis pertunangan/ berkhatan)/ At social gatherings (Example: Wedding feasts / engagements / circumcisions ceremonies)		
f <input type="checkbox"/>	Lain-lain, nyatakan..... / Others, specify		
5.	Berapakah kekerapan anda melaksanakan pemeriksaan saringan kesihatan? / How often do you conduct health screening?		
Secara mingguan. Nyatakan/ Specify number of times per			
<input type="checkbox"/> ...x / Minggu/ times per week		a <input type="checkbox"/>	Sekali sekala (>1x sebulan)/ Occasionally (> once a month)
Secara bulanan. Nyatakan/ Specify number of times per month		b <input type="checkbox"/>	Lain-lain, nyatakan...../ Other, specify .....
<input type="checkbox"/> ...x / Bulan/ times per month			

**MODUL E: PERLAKSANAAN KOSPEN**  
**MODULE E: KOSPEN IMPLEMENTATION**

1. Adakah anda mencatatkan hasil pemeriksaan saringan kesihatan penduduk didalam buku daftar./ *Do you record the results of the screening examinations in the register?*

a  Ya, setiap kali/  
*Yes, every time*      b  Ya, kadang-kadang/  
*Yes, sometimes*      c  Tidak/ No

- 2.1 Bagi kes yang berisiko atau tidak normal, semasa pemeriksaan saringan kesihatan adakah anda membuat rujukan ke klinik kesihatan?/ *Do you refer at risk or abnormal cases found during health screening to a health clinic?*

a  Ya, setiap kali/  
*Yes, every time*      b  Ya, kadang-kadang/  
*Yes, sometimes*      c  Tidak ( Jawab soalan  
 2.2)/ *No (Go to question  
 2.2)*

- 2.2 Jika tidak dirujuk, berikan sebab tidak dirujuk/ *If not referred, give reasons for not referring*

a <input type="checkbox"/> Tidak tahu perlu dirujuk/ <i>Did not know the cases should be    referred</i>	c <input type="checkbox"/> Penduduk tidak mahu di rujuk/ <i>The case did not want to be    referred</i>
b <input type="checkbox"/> Tidak tahu prosedur rujukan/ <i>Do not know procedure for referral</i>	d <input type="checkbox"/> Lain-lain, nyatakan...../ <i>Others, specify .....</i>

3. Adakah anda mengetahui sistem rujukan KOSPEN ke klinik kesihatan untuk penduduk yang berisiko semasa pemeriksaan saringan kesihatan dijalankan?/ *Do you know the KOSPEN system for referral of community members with risk factors during health screening to the health clinics?*

a  Ya/ Yes      b  Tidak/ No

Jika **Ya**, adakah nilai bacaan berikut perlu dirujuk? Tandakan (✓)/ *If Yes, should those with the following measurements be referred? Tick (✓) where appropriate*

Sistem Rujukan/ Reference system	Ya/ Yes	Tidak/ No	Tidak pasti/ <i>Not sure</i>
i. Indek jisim tubuh $\geq 25\text{kg}/\text{m}^2$ / <i>Body Mass Index <math>\geq 25\text{kg}/\text{m}^2</math></i>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c
ii. Paras gula dalam $\geq$ darah $5.6 \text{ mmol/L}$ / <i>Blood glucose level <math>\geq 5.6 \text{ mmol/L}</math></i>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c
iii. Paras tekanan darah sistolik $\geq 140$ dan/ atau diastolik $\geq 90\text{mmHg}$ / <i>Systolic blood pressure <math>\geq 140</math> and/ or diastolic blood    pressure <math>\geq 90\text{mmHg}</math></i>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c

4. Bagi kes yang perlu di rujuk, adakah anda memberi slip rujukan kepada peserta berisiko untuk mendapatkan pemeriksaan saringan kesihatan lanjutan di klinik kesihatan/ hospital berdekatan?/ *For cases that should be referred, do you provide referral slips for them to undergo further health screening at a nearby health clinic / hospital?*

a  Ya (Sentiasa)/ Yes, Always      b  Ya (Kadang-kadang)/ Yes (Sometimes)      c  Tidak/  
 No

5. Adakah keputusan pemeriksaan saringan kesihatan lanjutan tersebut dimaklumkan (diberikan slip pengesahan faktor risiko) semula kepada anda oleh peserta yang dirujuk? *Were the results of the further health screening informed to you by the cases you referred?*

a  Ya (Sentiasa)/ Yes, Always      b  Ya (Kadang-kadang)/ Yes (Sometimes)      c  Tidak/  
 No

**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



6. Jika tidak, adakah anda berusaha untuk mendapatkan semula slip pengesahan faktor risiko atau penyakit yang dikesan? / If not, did you try to obtain the risk factor or disease confirmation slip?

a  Ya (Sentiasa)/ Yes, Always      b  Ya (Kadang-kadang)/ Yes (Sometimes)      c  Tidak/ No

- 6.2 Jika ya, bagaimanakah anda mendapatkan maklumat pengesahan kes yang dirujuk? / If Yes, how did you obtain the information for the referred cases?

a <input type="checkbox"/> Lawatan ke rumah/ Home visits	d <input type="checkbox"/> Lawatan ke klinik/ By visiting the clinic
b <input type="checkbox"/> Melalui telefon kepada peserta yang dirujuk/ Through telephone call to the referred case	e <input type="checkbox"/> Lain-lain, nyatakan...../ Others, specify .....
c <input type="checkbox"/> Melalui telefon kepada pengawai iNCD/ Through telephone call to the iNCD officer	

#### MODUL F: PENERIMAAN PROGRAM KOSPEN

#### MODULE F: ACCEPTANCE OF THE KOSPEN PROGRAM

1. Apakah pandangan umum anda mengenai Program KOSPEN? / What is your general opinion of the KOSPEN program?.

a <input type="checkbox"/> Sangat baik/ Very good	d <input type="checkbox"/> Tidak baik/ Poor
b <input type="checkbox"/> Baik/ Good	e <input type="checkbox"/> Sangat tidak baik/ Very poor
c <input type="checkbox"/> Sederhana/ Fair	

2. Apakah pandangan anda mengenai komponen KOSPEN (seperti dibawah) dalam menjayakan objektif KOSPEN? / What is your opinion of the following KOSPEN programs in achieving the objectives of KOSPEN? Tandakan (✓)/Tick (✓) where appropriate.

Komponen Pengurusan/ Management component	Sangat baik/ Very good	Baik/ Gooa	Sederhana/ Fair	Tidak baik/ Poor	Sangat tidak baik/ Very poor
i. Bahan pendidikan/ Educational materials	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
ii. Peruntukan Kewangan / Funding	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
iii. Sumber manusia(Sukarelawan)/ Human resource ( volunteers)	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e

#### Komponen Saringan/ Screening component

iv. Modul latihan Training module	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
v. Peralatan saringan/ Screening equipment	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e

<b>Komponen Intervensi Faktor Risiko Peringkat Komuniti/ Risk factor intervention at the community level</b>	Sangat baik/ <i>Very good</i>	Baik/ <i>Good</i>	Sederhana/ <i>Fair</i>	Tidak baik/ <i>Poor</i>	Sangat tidak baik/ <i>Very poor</i>
vi. Pengurusan berat badan (Contoh: pemakanan sihat dan aktiviti fizikal)/ <i>Weight management (Example: healthy eating, physical activity)</i>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e
vii. Merokok (Contoh: perkhidmatan berhenti merokok, rumah bebas asap rokok, papan tanda)/ <i>Smoking (Example: smoking cessation services, smoke-free home, signboards)</i>	<input type="checkbox"/> a	<input type="checkbox"/> b	<input type="checkbox"/> c	<input type="checkbox"/> d	<input type="checkbox"/> e

**MODUL G: MASALAH/ ISU**  
**MODULE G: PROBLEMS / ISSUES**

1. Adakah terdapat sebarang masalah/ isu mengenai komponen berikut didalam KOSPEN?./  
*Were there any problems/ issues regarding the following components in KOSPEN?.*

<b>Komponen Latihan/ Training Component</b>	Memuaskan/ <i>Adequate</i>	Tidak/ <i>No</i>
i. Kandungan modul latihan/ <i>Contents of training module</i>	<input type="checkbox"/> a	<input type="checkbox"/> b
ii. Memahami manual latihan KOSPEN/ <i>Comprehensibility of training manual</i>	Mudah/ <i>Easy to understand</i>	Tidak/ <i>No</i>
	<input type="checkbox"/> a	<input type="checkbox"/> b
<b>Komponen Pemantauan/ Monitoring Component</b>	Mesra Pelanggan/ <i>User-friendly</i>	Tidak/ <i>No</i>
iii. Reten saringan kesihatan/ <i>Health screening returns</i>	<input type="checkbox"/> a	<input type="checkbox"/> b
iv. Kekerapan penghantaran reten/ <i>Frequency of submitting returns</i>	Membebankan/ <i>Burdensome</i>	Tidak Membebankan/ <i>Not burdensome</i>
	<input type="checkbox"/> a	<input type="checkbox"/> b



KOMUNITI SIHAT  
PEMBINA NEGARA

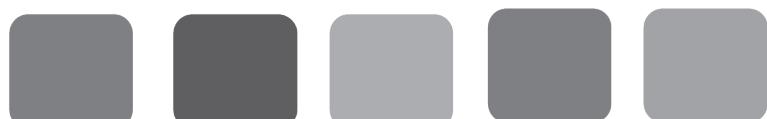
**KOSPEN 2016**  
INSTITUT KESIHATAN UMUM  
KEMENTERIAN KESIHATAN MALAYSIA  
Tel : 03 - 2297 9400 Faks : 603 - 2282 3114





## APPENDIX III :

# OMR





**TECHNICAL REPORT**  
**EVALUATION OF THE IMPLEMENTATION OF “KOMUNITI SIHAT PEMBINA NEGARA” (KOSPEN) PROGRAMME IN MALAYSIA 2016**



**Komuniti Sihat Pembina Negara (KOSPEN) 2016  
(KOMUNITI)**

ID:	NEGERI	LOKALITI	STRATA	TK	INDIVIDU
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	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9

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**MODUL A: MAKLUMAT ISI RUMAH**

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8 RM 

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<input type="text"/>	<input type="text"/>
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a b

9i a b c d

9ii a b c d

9iii a b c d

**MODUL B: SOSIO-DEMOGRAFI**

1  a  b

2 No. K/P:

3 

<input type="text"/>									
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 a b

4  a  b  c  
 d  e  f

5  a  b  c  d  
 e

6  a  b  c  d  
 e

7  a  b  c  d  
 e  f  g  h  
 i  j k

**MODUL C: KESEDARAN**

1  a  b

2  a  b  c  d  
 e  f  g  h  
 i  j  k

**MODUL D : PENGLIBATAN**

1  a  b

2  a  b  c  d  
 e  f  g  h

3i  a  b

3ii  a  b

3iii  a  b

3iv  a  b

3v  a  b

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(KOMUNITI)**

<p><b>MODUL E : PENGLIBATAN DALAM SARINGAN KESIHATAN</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b</p> <p>2 <input type="radio"/> a <input 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  <input type="radio"/> i <input type="radio"/> j</p> <p>3i <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>3ii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>3iii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>4 <input type="radio"/> a <input type="radio"/> b</p> <p>5 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e <input type="radio"/> f <input type="checkbox"/></p> <p>6.1 <input type="radio"/> a <input type="radio"/> b</p> <p>6.2 <input type="radio"/> a <input type="radio"/> b</p>	<p>F5.4 <input type="checkbox"/> / Minggu <input type="checkbox"/> / Bulan <input type="checkbox"/> / Tahun</p> <p>F5.5 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e <input type="radio"/> f <input type="radio"/> g</p> <p><b>MODUL G : KALORI MAKANAN</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b</p> <p>2 <input type="radio"/> a <input type="radio"/> b</p> <p>3 Lelaki Dewasa <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> /kcal</p> <p>Perempuan Dewasa <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> /kcal <input type="radio"/> a</p> <p>4 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5i <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5ii. <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5iii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5iv <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5v <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5vi <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  5vii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p>
<p><b>MODUL F : FIZIKAL AKTIVITI</b></p> <p>F1 <input type="checkbox"/> hari seminggu <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p> <p>F1.1 <input type="checkbox"/> Jam <input type="checkbox"/> Minit <input type="radio"/> a <input type="radio"/> b</p> <p>F2 <input type="checkbox"/> hari seminggu <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p> <p>F2.1 <input type="checkbox"/> Jam <input type="checkbox"/> Minit <input type="radio"/> a</p> <p>F3 <input type="checkbox"/> hari seminggu <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p> <p>F3.1 <input type="checkbox"/> Jam <input type="checkbox"/> Minit <input type="radio"/> a</p> <p>F4 <input type="checkbox"/> Jam <input type="checkbox"/> Minit <input type="radio"/> a</p> <p>F5 <input type="radio"/> a <input type="radio"/> b</p> <p>F5.1 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e <input type="radio"/> f <input type="radio"/> g</p> <p>F5.2 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p> <p>F5.3 <input type="radio"/> a <input type="radio"/> b</p>	
<p><b>MODUL H : PENGUKURAN BERAT BADAN</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>2 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p>	
<p><b>MODUL I : KAWASAN LARANGAN MEROKOK</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2i <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2ii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2iii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2iv <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2v <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2vi <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2vii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2viii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2ix <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  2x <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p>	
 0 1 8 5 4 2 2 3 6 1 4 4 8	

ID:

**Komuniti Sihat Pembina Negara (KOSPEN) 2016**  
**(SARINGAN)**

<p>ID: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p style="text-align: center;">NEGERI            LOKALITI            STRATA            INDIVIDU</p>	<p><b>MODUL A : SOSIO-DEMOGRAFI</b>  <b>RESPONDAN SARINGAN POSITIF</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b</p> <p>2 No. K/P:  <input type="text"/> <input type="text"/> <input type="text"/></p> <p>3 <input type="text"/> <input type="text"/> <input type="radio"/> a <input type="radio"/> b</p> <p>4 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e <input type="radio"/> f <input type="radio"/> g</p> <p>5 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e</p> <p>6 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d  <input type="radio"/> e <input type="text"/></p> <p>7 <input type="radio"/> a <input 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  <input type="text"/> <input type="radio"/> j <input type="radio"/> k</p> <p>8 RM <input type="text"/> . <input type="text"/> <input type="radio"/> a <input type="radio"/> b</p> <p>9i <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>9ii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p>9iii <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d</p> <p><b>MODUL B : PEMERIKSAAN LANJUTAN</b></p> <p>1 <input type="radio"/> a <input type="radio"/> b</p> <p>2 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c  <input type="radio"/> d <input type="text"/></p> <p>3 <input type="radio"/> a <input type="radio"/> b</p> <p>4 <input type="radio"/> a <input type="radio"/> b</p> <p>5 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p> <p><input type="radio"/> d <input type="radio"/> e <input type="text"/></p> <p>6 <input type="radio"/> a <input type="radio"/> b <input type="radio"/> c</p>
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8 185420 388739

**Komuniti Sihat Pembina Negara (KOSPEN) 2016  
(SUKARELAWAN)**

ID:	NEGERI	LOKALITI	STRATA	INDIVIDU
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	(1)    (1)	(1)    (1)	(1)	(1)    (1)
	(2)    (2)	(2)    (2)	(2)	(2)    (2)
	(3)    (3)	(3)    (3)	(3)	(3)    (3)
	(4)    (4)	(4)    (4)	(4)	(4)    (4)
	(5)    (5)	(5)    (5)	(5)	(5)    (5)
	(6)    (6)	(6)    (6)	(6)	(6)    (6)
	(7)    (7)	(7)    (7)	(7)	(7)    (7)
	(8)    (8)	(8)    (8)	(8)	(8)    (8)
	(9)    (9)	(9)    (9)	(9)	(9)    (9)

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**MODUL A: SOSIO-DEMOGRAFI**

1  (a)  (b)

2 No. K/P:

3    (a)  (b)

4  (a)  (b)  (c)  (d)  
 (e)  (f)

5  (a)  (b)  (c)  (d)  
 (e)

6  (a)  (b)  (c)  (d)  
 (e)

7  (a)  (b)  (c)  (d)  
 (e)  (f)  (g)  (h)  
 (i)   (j)  (k)

8  (a)  (b)  (c)

2.2  (a)  (b)  (c)  (d)

3  (a)  (b)  (c)  (d)

4  (a)  (b)  (c)  (d)

5i  (a)  (b)

5ii  (a)  (b)

5iii  (a)  (b)

5iv  (a)  (b)

5v  (a)  (b)

5vi  (a)  (b)

5vii  (a)  (b)

**MODUL C : LATIHAN KOSPEN**

1  (a)  (b)

2  (a)  (b)  (c)  (d)

3  (a)  (b)  (c)  (d)

4.1  (a)  (b)

4.2   /   /

  
 1 185422361447

**Komuniti Sihat Pembina Negara (KOSPEN) 2016  
(SUKARELAWAN)**

4.3  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

5  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6i  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6ii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6iii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

**MODUL D : CARA PERLAKSANAAN**

**SARINGAN KESIHATAN**

1  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

3  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

4  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

5  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

**MODUL E : PERLAKSANAAN KOSPEN**

1  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2.1  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2.2  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

3  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

3i  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

3ii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

3iii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

4  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

5  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6.1  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6.2  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

6.3  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

**MODUL F : PENERIMAAN PROGRAM KOSPEN**

1  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2i  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2ii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2iii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2iv  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2v  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2vi  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

2vii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

**MODUL G : MASALAH / ISU**

1i  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

1ii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

1iii  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z

1iv  a  b  c  d  e  f  g  h  i  j  k  l  m  n  o  p  q  r  s  t  u  v  w  x  y  z



1 8 5 4 2 2 3 | 6 1 4 4 8 8

ID:  NEGERI  LOKALITI  STRATA  INDIVIDU



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