

**NATIONAL HEALTH
AND MORBIDITY
SURVEY 2014 :**
MALAYSIAN ADULT
NUTRITION SURVEY
(MANS)



iku
INSTITUTE FOR PUBLIC HEALTH

VOLUME I

METHODOLOGY AND GENERAL FINDINGS



NATIONAL HEALTH AND MORBIDITY SURVEY 2014 : MALAYSIAN ADULT NUTRITION SURVEY

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VOLUME I

METHODOLOGY AND GENERAL FINDINGS

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

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1.0. Introduction

The National Health and Morbidity Survey (NHMS) was first initiated in 1986. It was conducted as a ten-yearly survey, but since 2011 the approach was revised to be implemented every four years due to the concern of untimely planning of health programs. The fourth NHMS (2011) findings showed that the prevalence of overweight and obesity (29.4% and 15.1% respectively) did not show any improvement compared to the prevalence reported in NHMS III 2006 (28.6% and 14.0%, respectively) based on the WHO (1998) classification. Furthermore, based on the Malaysian Clinical Practice Guidelines on Management of Obesity (2004) Classification, it was estimated that more than 60% of Malaysian adults were pre-obese and obese. The increasing prevalence of obesity threatens public health and clinical care burden of this country, notably in light of the increasing prevalence of non-communicable diseases, including Type 2 diabetes mellitus, cardiovascular disease, metabolic syndrome and cancers.

Hence, recognizing the key roles of healthy diet, specifically adequate consumption of fruits and/or vegetables in the prevention of cardiovascular diseases, cancer and diabetes, it is therefore greatly necessary to have long-term solutions to the nutritional problems in Malaysia. Information on nutrition of the Malaysian population is needed to develop evidence-based food and nutrition policies, intervention and educational programs as well as to monitor the country's nutritional situation.

In Malaysia, the first Malaysian Adult Nutrition Survey (MANS) was conducted in 2003. It was conducted as a nationwide-survey, covering Peninsular Malaysia, Sabah and Sarawak. The survey used a sampling frame that had included populations in six zones of the country, namely Northern, Southern, Central, East Coast, Sabah and Sarawak. This survey was based on a nationally representative sample of 6,928 Malaysian adults in selected households aged between 18 and 59 years. The data collected included weight and height measurements, a 24 hour diet recall, meal pattern; frequency and amount of food intake over the past one year, a 24 hour physical activity recall, and intake of nutrient and food supplements during the past one year. There were a total of six modules with 126 itemized food questions.

A second survey was proposed as the dietary patterns of the population may differ from the MANS 2003 due to the urbanization in the recent years which resulted in rapid change of dietary intake among the Malaysian population. Updated information on the nutrient intake of the Malaysian population is urgently needed to develop food and nutrition policies. This would enable intervention and to monitor the country's nutritional situation from time to time as well as to compare the previous nutrition information. As highlighted in the National Plan of Action for Nutrition Malaysia, a concerted effort for more comprehensive policies and multi sectorial collaboration is needed to support the behavioral changes towards healthier eating practices among Malaysians.

In 2014, Institute for Public Health conducted second Malaysia Adult Nutrition Survey using the National Health Morbidity Survey as the platform. This survey also covered whole Malaysia, with the aim to describe detail findings in two zones, Peninsular Malaysia and East Malaysia comprising of Sabah and Sarawak. A total of 4,000 nationally representative samples of Malaysian adults in selected households aged between 18 and 59 years old were chosen randomly. The data collection was carried out between March and June 2014. The selected participants were interviewed in their homes, work places and any other vicinity that were comfortable and convenient to them. Similar modules as MANS 2003 were used with additional four modules; food security, food labeling, food intake by food group, and habits in relation to food consumption. There was also a total of 165 itemized food questions in comparison with the 126 in MANS 2003.

2.0. Objectives

2.1. General objective

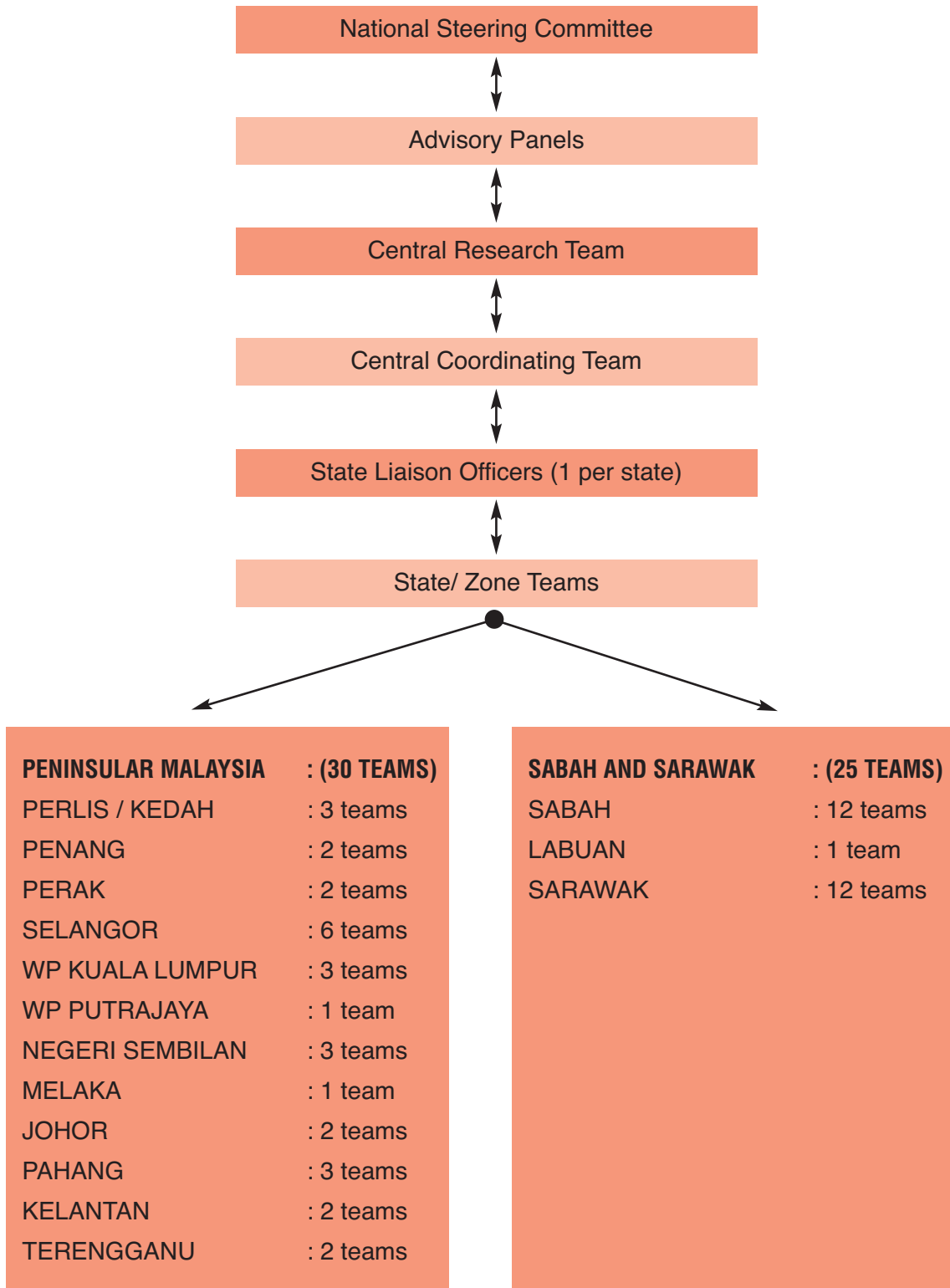
To determine the socio-demography, meal pattern, habitual food intake, dietary intake, vitamin, mineral and food supplement intakes, food security nutritional status and physical activity pattern among Malaysian adults aged 18-59 years old.

2.2. Specific objectives

- i. To assess meal patterns of Malaysian adults in terms of;
 - Intake of breakfast, lunch, dinner, and supper
 - Location of main meals consumption (24 hours restaurants, fast food outlets, non 24 hour-restaurants, hawkers and home)
 - The source of food and where meals were prepared
 - Meal time companion
 - Trends of the meal pattern between 2003 and 2013.
- ii. To assess the habitual food intake and pattern specifically on;
 - Consumption of oil and fat, trans-fatty acids, sugar and salt
 - Consumption pattern of top ten food items consumed per day
 - Consumption of beverages regularly per day
 - The adequacy of food intakes according to the food groups
 - The trends of food intakes between 2003 and 2013.
- iii. To determine the dietary intake and patterns in terms of;
 - Daily intake of energy, macro and micronutrients
 - Percentage contribution of macronutrients to total energy intake
 - Percentage achievement of recommended nutrient intake (RNI) for energy, macro and micronutrients
 - Distribution of respondents by energy consumption from macronutrients
 - Percentage of energy and macronutrient intakes by meal patterns
 - Intake of heavy meals after dinner
 - Percentage of energy and macronutrient intakes during weekdays and weekend
 - The trends of dietary intake between 2003 and 2013.
- iv. To determine vitamin, mineral and food supplement intakes and patterns in terms of;
 - Types, frequencies and reasons of vitamin, mineral and food supplement intakes
 - The trends of supplements intake between 2003 and 2013.
- v. To assess the household food security in terms of affordability of food.
- vi. To determine the association between nutritional status and dietary intakes, physical activity as well as habitual food intakes of Malaysian adults.

3.0. Organisational set-up of NHMS 2014: Malaysia Adult Nutrition Survey

The organisational and functional committees were set up at various levels to ensure optimum coordination of this national survey. Assistance was obtained from various categories of staff within the Ministry of Health at national, state and district levels during the field implementation of the survey. In addition, temporary data collectors were recruited. The organisational set-up for the survey is summarized in the diagram below.



3.1. The NHMS Steering Committee

The NHMS Steering Committee, chaired by the Director-General of Health, was set up at the national level to ascertain the coordination of publicity and inter-agency cooperation in obtaining community participation in this household survey.

3.2. The NHMS Advisory Committee

An Advisory Committee consisting of the technical managers of health programmes, senior nutritionist/ dieticians and researchers from the Ministry of Health, public and private universities was also formed.

As this survey is part of the 2011-2014 cycles, similar composition of steering and advisory committee members as NHMS 2011 was applied.

3.3. The NHMS Central Coordinating Team (CCT)

A working committee within the Institute for Public Health was also established and mobilised to ensure the implementation of the survey according to the scheduled gantt chart. The Operation Room was fully used by the Central Coordinating Team with regular weekly meeting to monitor progress and problems faced by the data collection teams.

3.4. The research team members

There were research team members for each sub-topic under the NHMS 2014: MANS, with identified key-persons. The research teams were responsible for the technical inputs for the development of the survey questionnaire and development of the manual to assist during the data collection.

The members of the research teams are shown in **Appendix 1**.

4.0 Identification of the areas for NHMS 2014: MANS

Suggestions and feedback were obtained from the stakeholders and policy-makers at the central level on the areas to be covered by the Malaysia Adult Nutrition Survey based on the needs of the policy-makers. The stakeholders were required to justify for the areas suggested. These suggestions were then compiled and discussed at the institutional level and selection was done based on the specific criteria formulated and used in NHMS, as below;

- a. Relatively high prevalence, currently or in future.
- b. Focusing on diseases/disorders associated with affluence, lifestyle, environment and demographic changes.
- c. Causing significant physical, mental or social disability.
- d. Have important economic implications.
- e. Information not available through routine monitoring system or other sources.
- f. Feasibility of implementing intervention.
- g. Information more appropriately obtained through a nation-wide community survey.
- h. Feasibility of obtaining information through a nation-wide community survey.

Several discussions and presentations were also held with the stakeholders to discuss on some scopes that were not clearly explained and justified. Research groups were formed based on the shortlisted scopes. The groups studied the suggested scopes and prepare detail proposal. The proposal was then refined based on the technical inputs from the Advisory Committee.

The final scopes were:

- i. Meal pattern
- ii. Habitual food intake
- iii. Dietary intake
- iv. Vitamin, mineral and food supplement intakes
- v. Food security
- vi. Nutritional status
- vii. Physical activity pattern

5.0 Methodology and Sampling Design

5.1. Sample size

The sample size was calculated using an appropriate formula for a survey and it was determined on the basis of the ability to estimate prevalence of the health conditions specified in this study with adequate or acceptable precision. The sample size was then inflated to cater for estimated design effect and non-response.

5.2. Sampling frame and study design

The sampling frame was provided by the Department of Statistics (DOS), Malaysia. The sampling frame for this survey was updated in 2010 based on the National Population and Housing Census 2010. Geographically, the survey covered all 13 states and 3 federal territories in Malaysia. Based on the frame, Malaysia was geographically divided into several enumeration blocks (EBs). An EB is a geographically continuous area with identified boundaries. There were about 75,000 EBs in Malaysia in the year 2010, with about 49,000 and 26,000 urban and rural EBs respectively. On average, each EB contained between 80 to 120 living quarters (LQs) with an average population of 500 to 600 people. The EBs in the sampling frame was classified into either urban or rural EB. The classification was given by the Department of Statistics Malaysia based on the population size of the gazetted and built-up areas. The definition of an urban area is a gazetted area, with their adjoining built-up areas, which has a combined population of 10,000 or more at the time of census 2010. Meanwhile, a gazetted area with a combined population of less than 10,000 is classified as rural area. The study design was a cross sectional study which allow national, west Malaysia urban-rural and East Malaysia urban-rural analyses.

5.3. Sampling design

The general structure of the MANS 2014 sampling design did not differ from previous MANS. The survey had been designed so that precise statistics could be produced for nationwide, two broad geographic regions of Malaysia (East and West Malaysia) and for total population by locality (urban-rural). The two geographical regions boundaries are between West Malaysia (consist of 11 states and 2 territories) and East Malaysia (consist of 2 states and 1 territory). Therefore, the samples for East Malaysia had been oversampled to improve the reliability of the statistics for the subgroups.

The design is a multi-stage stratified cluster sampling sample of LQs throughout Malaysia. The process of selecting persons to be interviewed was a cascading from primary sampling unit (PSU) which was the cluster of EBs to living quarter, eligible persons and finally sample person. The major difference between MANS 2014 and MANS 2003 is the use of different type of stratification for PSU's.

The first-stage sampling units (PSU) were selected among EBs. Based on the 2010 census in Malaysia, there were 74,756 EBs in Malaysia, of which 48,574 were in urban areas and 26,182 in rural areas. The selection of EBs was proportionate to the population size of each state (**Table 1**). The selection was done by the Department of Statistics, Malaysia. A total of 337 EBs were selected as the frame of EBs in Malaysia (187 urban EBs and 150 rural EBs).

The second stage was the selection of living quarters (Secondary sampling unit - SSU) from all LQs in selected EBs. Random probability sampling was used to select LQs from each selected EBs. Twelve LQs were selected from each selected EB in considering the optimal cluster size with respect to cost, response rate and level of precision (**Table 1**). The selection of LQs was also done by the Department of Statistics, Malaysia.

Final stage was the selection of eligible LQ members (Final sampling unit-FSU). A random selection method from a roster of eligible LQ members was used to select the respondent. Where there was more than one eligible adults between the ages of 18 and 59 years living in the same LQ, only one was selected at random using Kish table to take part in the survey.

The eligibility of the respondent was defined as being :

- Aged between 18 and 59 years
- Not pregnant or breastfeeding at the time of the interview
- Not on specific diet due to illness

Table 1: Distribution of sample for NHMS 2014: MANS by states

No	State	Urban		Rural		Total EBs sampled by state	Total LQs by states
		Number of EB	Number of LQs	Number of EB	Number of LQs		
01	Johor	16	192	16	192	32	384
02	Kedah	8	96	11	132	19	228
03	Kelantan	4	48	13	156	17	204
04	Melaka	5	60	2	24	7	84
05	Negeri Sembilan	5	60	6	72	11	132
06	Pahang	5	60	12	144	17	204
07	Pulau Pinang	10	120	3	36	13	156
08	Perak	11	132	12	144	23	276
09	Perlis	1	12	2	24	3	36
10	Selangor	33	396	8	96	41	492
11	Terengganu	4	48	7	84	11	132
12	Sabah	38	456	30	360	68	816
13	Sarawak	32	384	27	324	59	708
14	WP Kuala Lumpur	12	144	0	0	12	144
15	WP Labuan	2	24	1	12	3	36
16	WP Putrajaya	1	12	0	0	1	12
		187	2244	150	1800	337	4044

6.0. Field preparation and logistic support

In each state, a Liaison Officer was identified to assist the central team in the logistic preparation of the survey. These Liaison Officers assisted in the delivery of information regarding the survey relevant to district health offices and local authorities for logistic arrangement, such as transport and accommodation.

Before the implementation of data collection, Field Supervisor (FS) and Research Assistant (RA) were identified and they tagged the listed LQs given by the Department of Statistics. They also informed the members in the selected LQs, community and related government agencies (police department) information related to the survey including the scheduled plan for data collection. One FS took care of one to two teams to assist in the arrangement of transportation, accommodation, appointment with respondents and other related logistic issues

Fifty five teams were established throughout Malaysia (**Appendix 2**). Each team comprised of one FS, Nutritionist, RA and driver. There were also FSs recruited from selected districts; to helped out in the arrangement of transportation, accommodation, appointment with respondents and other related logistic issues. The distribution of teams was based on regions; 30 teams were divided throughout Peninsular Malaysia, and the remaining 13 teams were divided in Sabah, and 12 teams in Sarawak.

The teams visited the listed LQs sampled by the Department of Statistics Malaysia and proceed with the household listing. After the respondents had been identified, the teams conducted the interviews and performed anthropometry measurements.

7.0. The questionnaire and other survey materials

Structured questionnaires were used to collect data on the scopes of the survey using face-to-face interview. The pre-tested questionnaire was bi-lingual (Bahasa Malaysia and English), with instructions as a guide for the data collectors. There were two types of questionnaires, namely; household and individual questionnaire and 24-hour dietary recall. Household and individual questionnaire consist of 8 modules as illustrated below;

Household and individual questionnaire :

Module A1	: Household Roster	Module D	: Food Labelling
Module A2	: Food Security	Module E1	: Vitamin/ Mineral Supplement Intake
Module B	: Socio-demography	Module E2	: Food Supplement Intake
Module C1	: Meal Pattern	Module F	: Physical Activity
Module C2	: Food Intake by Food Group	Module G	: Food Habit
Module C3	: Habits in Relation to Food Consumption	Module H	: Anthropometry assessment

24-hours dietary recall

Module J : Dietary intake

Questionnaires used were as shown in **Appendix 3**.

7.1. The Conduct of the Survey

Interviews were conducted for selected respondents aged 18 to 59 years. Interview sessions were conducted by Nutritionists, while anthropometry measurements were performed by the Research Assistants. The interactive 24-hour dietary recall was conducted to assess all foods and drinks consumed (including cooking methods, brand names and portion sizes) by the respondent during the preceding 24-hour period. Food album and a standard local household utensils consisting of a set of glasses, cups, bowls, plates and spoons were used to assist Nutritionists for the interview session.

For assessment of weight, Tanita Personal Scale HD 319 was used, while SECA Stadiometer 217 was used for measurement of height. Both tools had been validated and calibrated before data collection. A standard weight of 5 kg was supplied for each team for calibration during field data collection. For waist circumference measurement, measuring tape SECA 201 was used. Arrangement for visits was made by the team leader/ field supervisor before the actual visits based on the convenience of the household. The teams had made several attempts to ensure completeness of the questionnaires and coverage of all households within the selected LQs. A household was classified as non-respondent if not successful after at least three visits at different days and times were attempted.

Information sheet and consent forms were made available for every respondent. For minor or disabled, a signed consent was taken from guardian with a witness in attendance.

8.0. Training for Field Survey Teams

Training courses for field survey teams (supervisors, team leaders and interviewers) were conducted separately for Peninsular and East Malaysia (Sabah, Sarawak and Labuan); six and five days in Peninsular and East Malaysia respectively. In Peninsular Malaysia, the training course was conducted from 9 to 14 March 2014. While in East Malaysia, the training course was conducted from 2 to 6 March 2014.

The main objectives of the training courses were to familiarize the data collection teams with the questionnaires, developed their interpersonal communication skills and appreciation for the needs for good teamwork. Briefing on the questionnaires, mock interviews in the classroom and individual interviewing practices under supervision and pilot study were conducted during the training.

Training was organized by the Training Sections; coordinated by Central Coordinating Team. An extensive fieldwork manual was produced for the survey as a practical guide and reference.

A pilot study was conducted on the MANS 2014 samples of EBs in the areas of Port Dickson and Seremban; namely Lukut, Taman Green View, Nilai, Taman Desa Rhu, Taman Seremban Jaya, Taman Seremban Jaya Fasa 3, and Kampung Ngoi-Ngoi.

The pilot study focused on the testing of the skills of field interviewers as well as field logistic preparation; testing of the scouting activities and testing of the central monitoring and logistic support.

9.0. Publicity for NHMS 2014: MANS

The launching of publicity campaign for the national-level household survey was targeted to raise awareness among the public by disseminating information about the planned survey activities. Furthermore, campaigning encouraged the chosen households to cooperate in giving the highest possible participation during interviews from the household members of the 4000 randomly selected living quarters nationwide.

The publicity team was led by the principal investigator from the Institute for Public Health to coordinate all the activities related to publicity as approved by the Central Coordinating Team of the MANS 2014. The team was responsible for designing templates and drafting the contents of publicity materials such as pamphlet, poster, bunting, banner, car sticker and respondent information sheet. In addition, the Ministry of Health's website was used to publicise the survey. To ensure the message reached to various ethnic groups of the community, most of the printed publicity materials such as pamphlets and respondent information sheets were produced and delivered in four main languages; i.e. Malay, English, Mandarin, and Tamil.

Official letters to the various regional police stations were given out to facilitate the survey activities. The activities were further reinforced by the support from the State Health Departments through the State Liaison Officers who functioned as mediators between data collectors and community advisory panels. Banners and posters were then placed at the healthcare facilities and on the housing notice boards upon consent from the respective residential committee chairmen. Car stickers were placed in the vehicles that were used during data collection. As data collection commenced, pamphlets were given out to the households during scouting and listing.

Samples of publicity materials are attached in **Appendix 4**.

10.0. Field Data Collection Phase

10.1. Data collection and progress monitoring

The data collection process commenced on 14 March 2014 and concluded on 16 May 2014 in Peninsular Malaysia. In Sabah, Sarawak and Labuan, data collection started earlier on 7 March 2014 but only completed on 5 June 2014 due to logistical and geographical characteristics in Sabah and Sarawak. Each data collection team consisted of a Field Supervisor (FS), 1-2 Nutritionists, 1-2 Research Assistants (RAs) and a driver.

To ensure data collection carried out smoothly and efficiently, several measures were undertaken. Five Central Field Supervisors (CFS) were appointed by zone, namely Northern Zone (Perlis, Kedah, Pulau Pinang and Perak), Central Zone (Selangor, Wilayah Persekutuan Kuala Lumpur and Wilayah Persekutuan Putrajaya), Southern Zone (Negeri Sembilan, Melaka and Johor), East Coast Zone (Kelantan, Terengganu and Pahang), and Sabah and Sarawak Zone. The responsibilities of each CFS were to monitor the progress, conduct quality control checks, and solved logistic issues for each team under their purview. The list of the CFSs are as shown below:

Table 2: Lists of Central Field Supervisor by zones

Zone	State	Central Field Supervisor
Northern	Perlis	Dr. Fauziah Nordin
	Kedah	
	Pulau Pinang	
	Perak	
East Coast	Kelantan	Dr. Siti Fatimah
	Terengganu	
	Pahang	
Southern	Melaka	Ms Teh Chien Huey, Ms Tee Guat Hiong
	Negeri Sembilan	
	Johor	
Central	Selangor	Mr Ahmad Ali Zainuddin
	WP Kuala Lumpur	
	WP Putrajaya	
Sabah	Sabah	Dr. Noor Ani Ahmad
	WP Labuan	
Sarawak	Sarawak	Ms Hamizatul Akmar, Dr. Azahadi Omar

A total of 55 teams were assembled to collect data simultaneously throughout the country. The number of team(s) was allocated based on the number of targeted respondents from each state. Prior to data collection, logistic arrangements and movement schedules of each team were planned by FSs. During data collection, the progress of each team was monitored closely by CFSs of each respective zone through weekly progress reports (NHMS/DCM/Q-2 Form) sent by the FS to the Operation Room via e-mail/ facsimile. The data collection progress and any logistic issues were discussed during weekly meetings which were chaired by the Director of IPH as the Advisor of the survey, together with the Principal Investigator, Coordinator and CFSs

10.2. Transportation of completed questionnaires from field to operation centre

With the exception of the Central Zone whereby completed questionnaires were transported back to IPH by respective teams, completed questionnaires from the other zones in Peninsular Malaysia were collected by IPH transports. As for Sabah and Sarawak, completed questionnaires were sent to IPH via courier services. To ascertain the receipt of the completed questionnaires by IPH, FS filled up a Questionnaire Bundles Transfer Form (NHMS/DCM/Q-3 Form) which was certified by staff at IPH upon receiving the questionnaire bundles. The logistic officer from CCT was given the task to make arrangements for the trips to each Zone; identifying the meeting place and arranging supplies to the field as requested by the teams. RAs in the Operation Room who received the filled questionnaires were given the task to check questionnaire bundles, by verifying the information as stated in the NHMS/DCM/Q-1 Form, and through physical counting of the questionnaire booklets. The research assistant then, handed over the bundles with the format to the officer-in-charge of Station 1.

10.3. Productivity

The productivity of each team was monitored by comparing the cumulative targeted LQs with the reported LQs covered through weekly information given by the teams. This information was updated regularly on the monitoring board at the Operation Room together with details of received filled questionnaires (from Station 1).

Problems detected through this monitoring process were discussed during the weekly meeting and appropriate actions were taken. Based on this monitoring, the overall response rate was satisfactory. However, several teams in major cities such as Johor Baharu, WP Kuala Lumpur, WP Putrajaya and Petaling District had faced difficulties in getting full cooperation from respondents. In response to this, immediate actions were taken, which included discussions with the local Liaison Officer and health districts to strategize on ways to improve response rates. The CCT prepared appeal letters and sent to the identified LQs or Management Office (for gated and guarded facilities) who refused to cooperate, and early mopping-up activities with the involvement of local health staff and staff who spoke the dialect of the respondents were arranged.

10.4. Supervisory visits

Supervisory visits were made by the CCT members at least once a month. During these visits, the teams' performances were discussed together with other matters including technical and logistic issues. Quality control checks were also carried out during these visits. Some of these visits also coincided with the finance team visits who settled the advance funds and salaries of the data collectors.

10.5. Quality control checks

Quality control of the entire survey was done at various stages. During the planning stage, quality was ensured through correct survey design, pretested questionnaires, validated tools, manuals and standardised training. On the field, quality checks started with the identification of the correct Identification Number (ID) of the selected LQs based on the maps given by the DOS. As for the data itself, each Field Supervisor was given the responsibility to supervise the interviews and the data collection process as well as to review all filled questionnaires at the end of each day.

At the central level, the filled questionnaires underwent various checks at several stations (details as below). Problems identified with the teams by Field Supervisors, or by CCT members during the supervisory visits or by the Data Processing Teams, were discussed during the weekly meetings at the Operation Room and appropriate actions were taken.

In addition, staff at operation room also make random calls to selected respondents and proceed with phone interview. Part of the original questionnaire used in the survey was used for this purpose. The selected questions include socio-demographic and some questions with constant responses.

11.0. Operation Centre

The operation centre was set up to monitor the continuous updates of progress and stability checks throughout the period of data collection for the survey. With the available data, CFSs at the operations centre were able to detect early warning signs of problems and acts accordingly.

Operation centre actively involved in the monitoring of field performance on data collection, team movement and locations. This centre also responsible in supplying of questionnaires, equipment and consumables, provided backup manpower, maintaining hotline for enquiries, conducting weekly meetings. Weekly meetings were scheduled to disseminate weekly reports, discussed progress and challenges. Minutes of the meetings were recorded for deliberations and follow up actions.

Progress at the field was monitored by cumulative figures of successful interview at both urban/rural and also Peninsular Malaysia/East Malaysia to ensure adequate samples for analysis. Weekly status of each team was monitored based on the weekly feedback from FS using NHMS/DCM/Q-2 Form. The form captured information on various modules in the survey and also reasons for the non-respondents. Information was then transferred to the monitoring board. Various reasons were noted for the unsuccessful living quarters; refused, locked, unoccupied, unable to locate, not living quarters, dangerous area, language problem and others. Appropriate actions were taken to rectify and improved the response rate when poor coverage was noted.

Formats used in the monitoring of the data collection process are attached in **Appendix 5**.

12.0. Data Management Centre

12.1. Workflow for data processing

All major data processing activities were centralized at the Institute for Public Health which started from receiving questionnaire bundles from the field until hand over of the clean dataset to data analysis team. The data processing activity were carried out based on the types of questionnaire (i.e : Individual questionnaire and 24 Hour diet recall booklet)

12.1.1. Individual questionnaire

1. Station 1 : Checking on Respondent ID and Selection of Respondent based on KISH Table
2. Station 2A : Quality Control
3. Station 3A : Manual Data Entry using web
4. Station 4 : Storage of questionnaire

12.1.2. 24 Hours diet recall booklet

1. Station 1 : Checking on Respondent ID & Selection of Respondent based on KISH Table
2. Station 2B : Quality Control
3. Station 3B : Data entry using NutritionistPro
4. Station 4 : Storage of questionnaire

5.1.1. Workflow of Individual Questionnaire

Station 1:

1. Received questionnaire bundles from field (by post or handed over by the data collection teams) and recorded in BUKU DAFTAR PERGERAKAN BORANG NHMS 2014 (Station 1)
2. Number of questionnaires from each EB were calculated and compared with information on the EB cover. Any discrepancies were referred to the data collection teams.
3. IDs of the LQ and respondent were checked based on the EB master list. Any mistake was corrected accordingly and informed the data collection team
4. Individual selection using KISH table was checked using the household roster. Any mistake was referred back to the respective data collection team
5. Individual booklet with no problem was stamped "QUESTIONNAIRE CHECKED"
6. Questionnaire bundle was then passed over to Station 2A or 2B and recorded in the BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 1)

Station 2A:

1. Received questionnaire bundles from Station 1 and recorded in the BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 2)
2. Every module and questions were checked according to quality check needed. This is to ensure consistent changes / corrections were made for every error occurred.
3. 'Skip questions' were checked if they are answered correctly. If a respondent does not need to answer certain question(s), the skip question(s) were struck through
4. If a respondent had answered the skip question(s) which was /re not supposed to be answered, the answer(s) were validated
5. For question(s) that was/re not applicable to the respondent, it was struck through
6. If an answer was not relevant to a questions, the answer was changed to relevant answer after consulting the officer-in-charge of the quality control of questionnaires.
7. For the Food Frequency Questionnaire (FFQ), the answer was changed to relevant answer after consulting the officer in-charge of the quality control of questionnaires.
8. For the FFQ, any conversion of food partition size was referred to the food conversion table and/ or food album, or after consulting a dietician.
9. After completion of the QC, each questionnaire was then signed and dated by the staff who did the QC.
10. The questionnaire bundle was then sent to Station 3A and recorded in BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 2A)

Station 2B:

1. Received questionnaire bundle from Station 1 and recorded in the BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 2B)
2. Thorough checking of individual booklet
3. Quality control process:
 - i. The 24 hour diet record was checked on every meal taken (breakfast, lunch, dinner, tea time, others)
 - ii. Total consumption and meal weight for every meal were correct according to Food Album. If incorrect, the right measurement was calculated based on the reported total consumption.
 - iii. A cross was put on any meal time that was left empty .
4. After QC process was completed, the booklet covers was signed and proceed to station 3B.
5. QC supervisor double checked the booklets regularly to ensure that every data was correct before being keyed in.

Station 3A

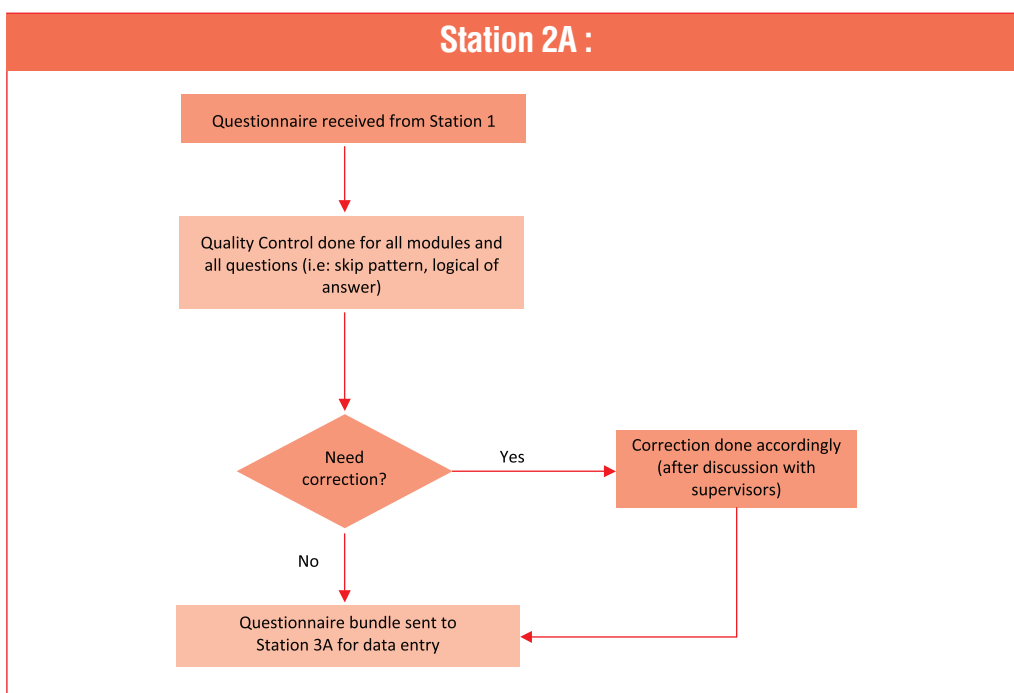
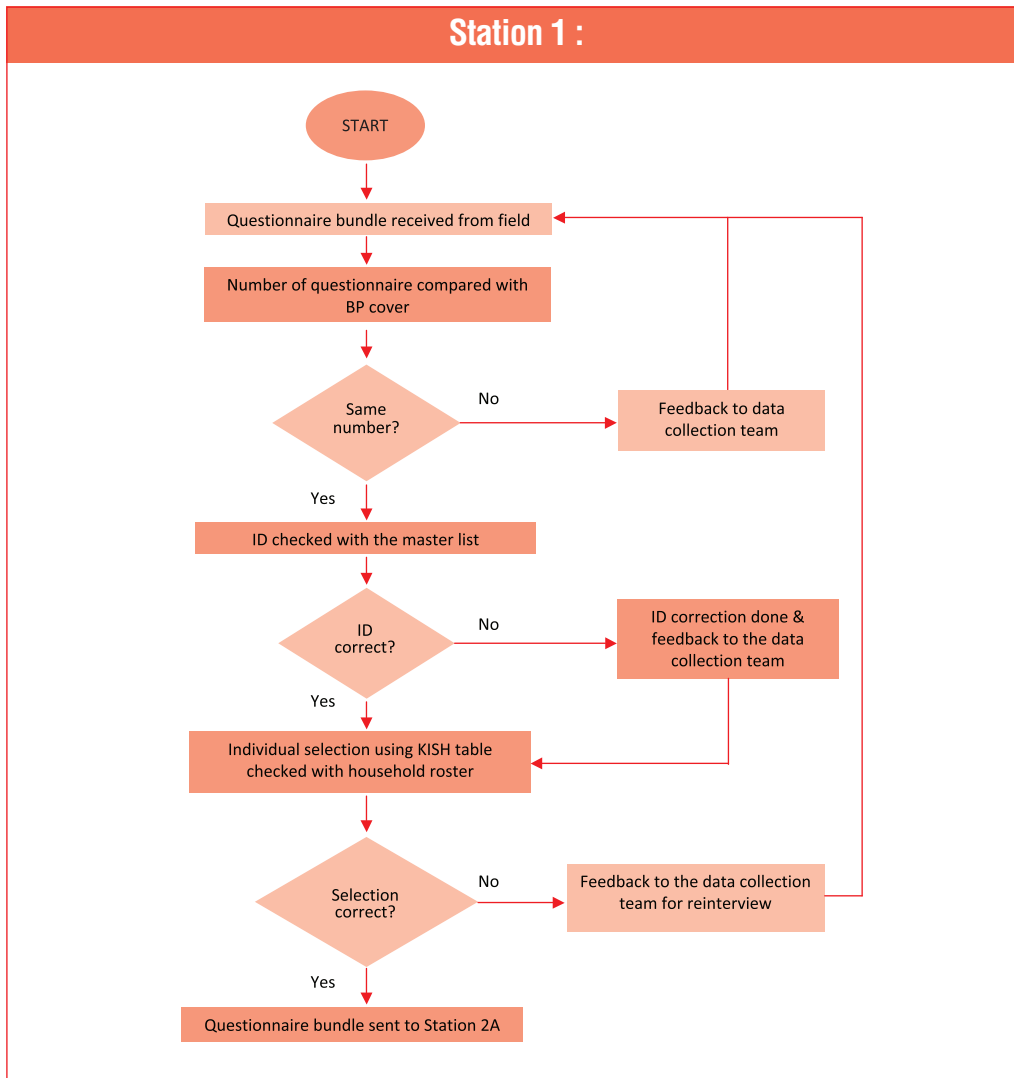
1. Questionnaire bundle received from Station 2A and recorded in BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 3A)
2. First and second data key-in on the same individual questionnaire were done by different data punchers using web-based data entry system.
3. Verification was done by the supervisor. Any discrepancies between first and second data puncher were verified.
4. Regular Quality Control checked were done by the supervisor.
5. Completed questionnaire bundle were sent to Station 4 for storage and recorded in BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (STATION 3A)

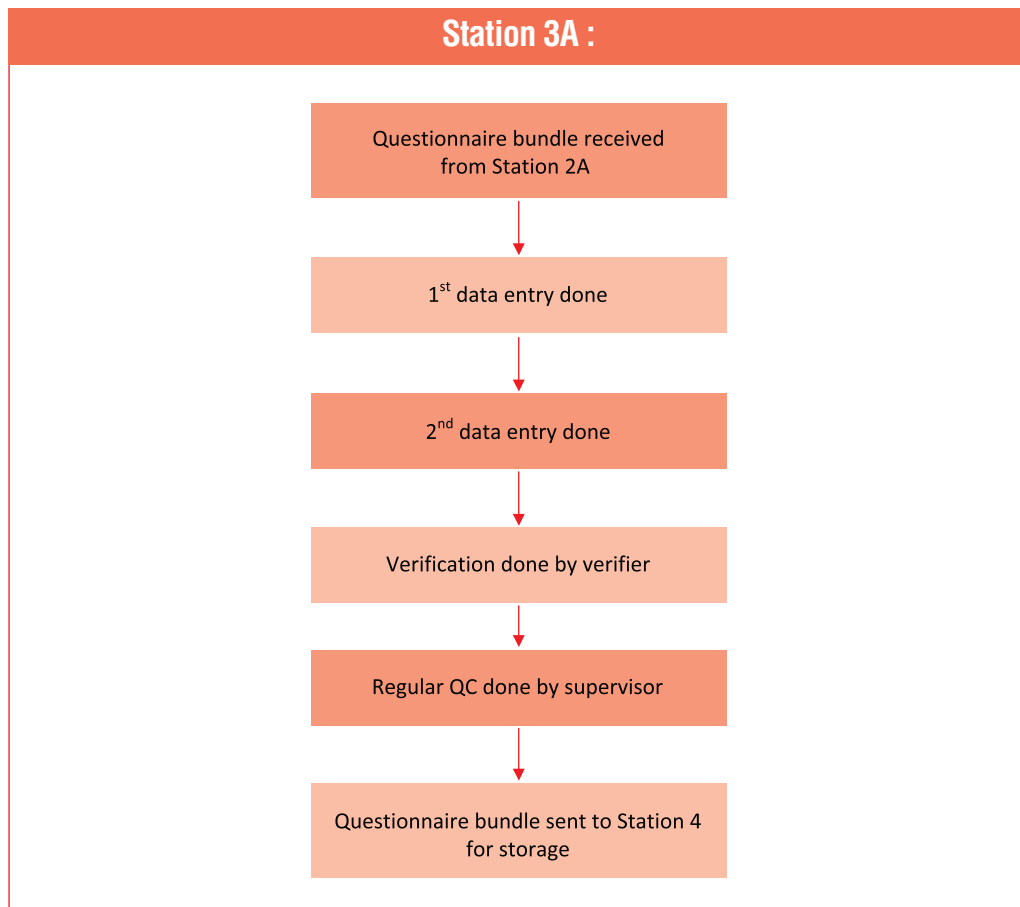
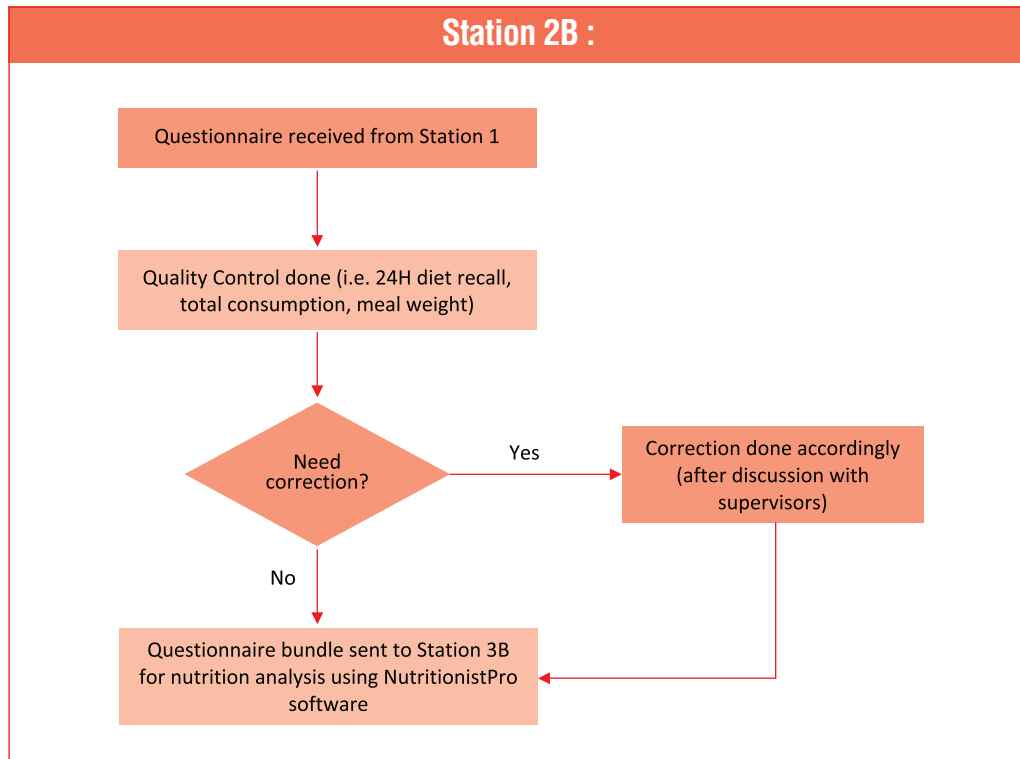
Station 3B

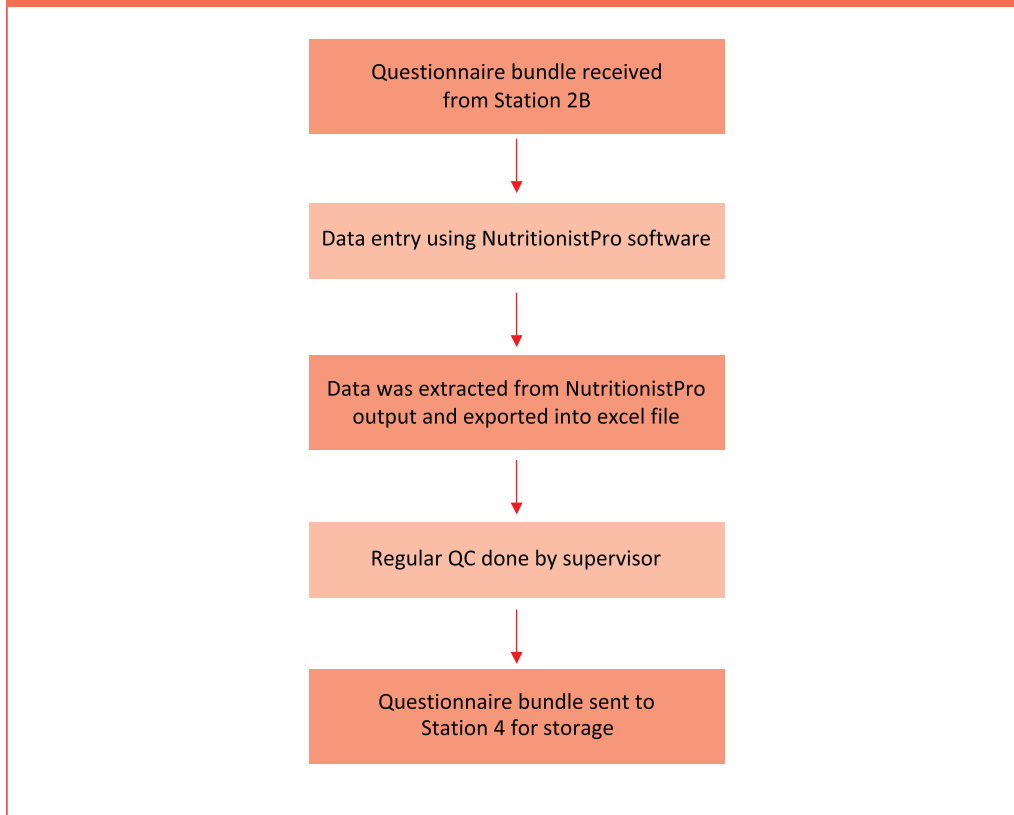
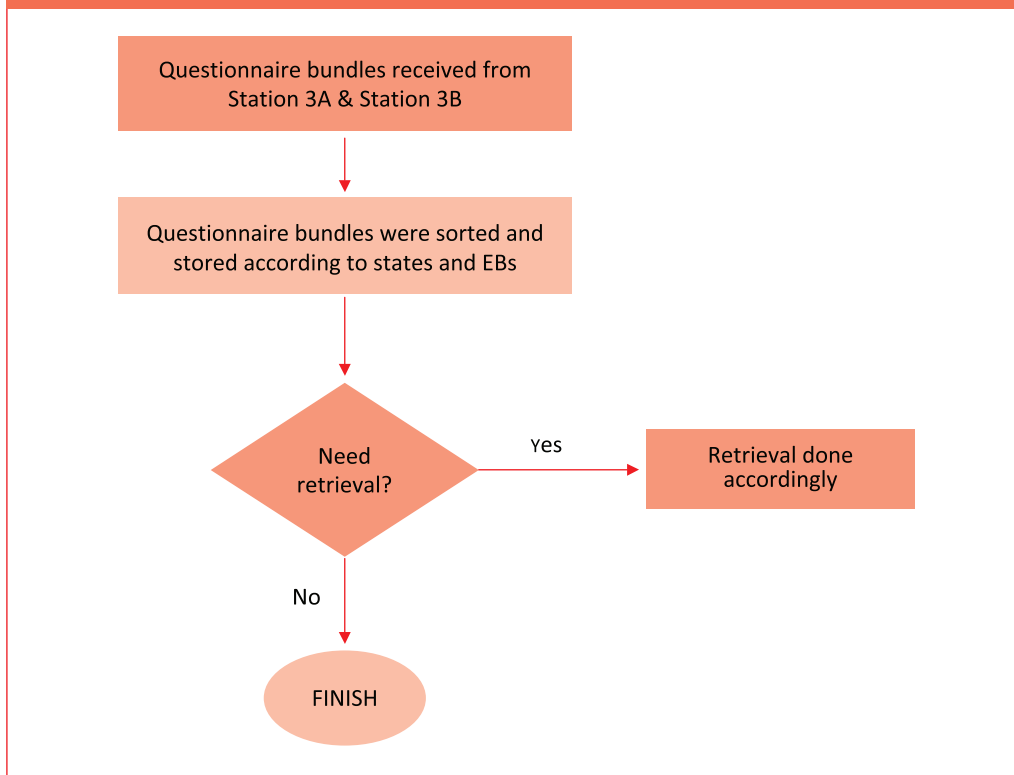
1. Data entry was done using Nutritionist Pro software version 5.3.
2. The name, ID and date were keyed in followed by every meal recorded in the 24 Hour Diet Recall booklet.
3. If a food item could not be found in the software database but was recorded in the booklet, the food item was entered according to food recipe found from a reliable source.
4. If a food item could not be found in the software database but there was a similar food item with different name (e.g. ikan basong and ikan selar), the food was keyed in using the name found in the database.
5. When data entry was completed, the data was extracted into Microsoft Excel databases with every nutrient available reported.
6. Data from booklets that had been keyed in were handed over to Station 4 for storage and recorded in the BUKU DAFTAR PERGERAKAN BORANG SOAL SELIDIK MANS 2014 (Station 3B).

Station 4

1. Received questionnaire bundles from Station 3A and recorded in the BUKU DAFTAR PENYIMPANAN BORANG SOAL SELIDIK MANS 2014 (STATION 4)
2. Questionnaire bundles were sorted and stored according to the states and EBs for easy retrieval.





Station 3B :**Station 4 :**

13.0. Data cleaning and analysis

Data was exported to statistical software such as SPSS and STATA for analysis. The data was checked and cleaned. The distributions and frequencies were examined. Categories with small sample size, and skewed distribution were noted. Meaningful combination of categories was done when it was indicated. Outliers were identified from the distribution and based on acceptable value of the variables. Analysis was performed according to the terms, working definitions and dummy tables prepared by each research group. Complex samples analysis procedures were used in the analysis.

14.0 General findings

14.1. Sampling distribution

Figure 1 shows the sampling distribution of 4044 living quarters selected for the survey.

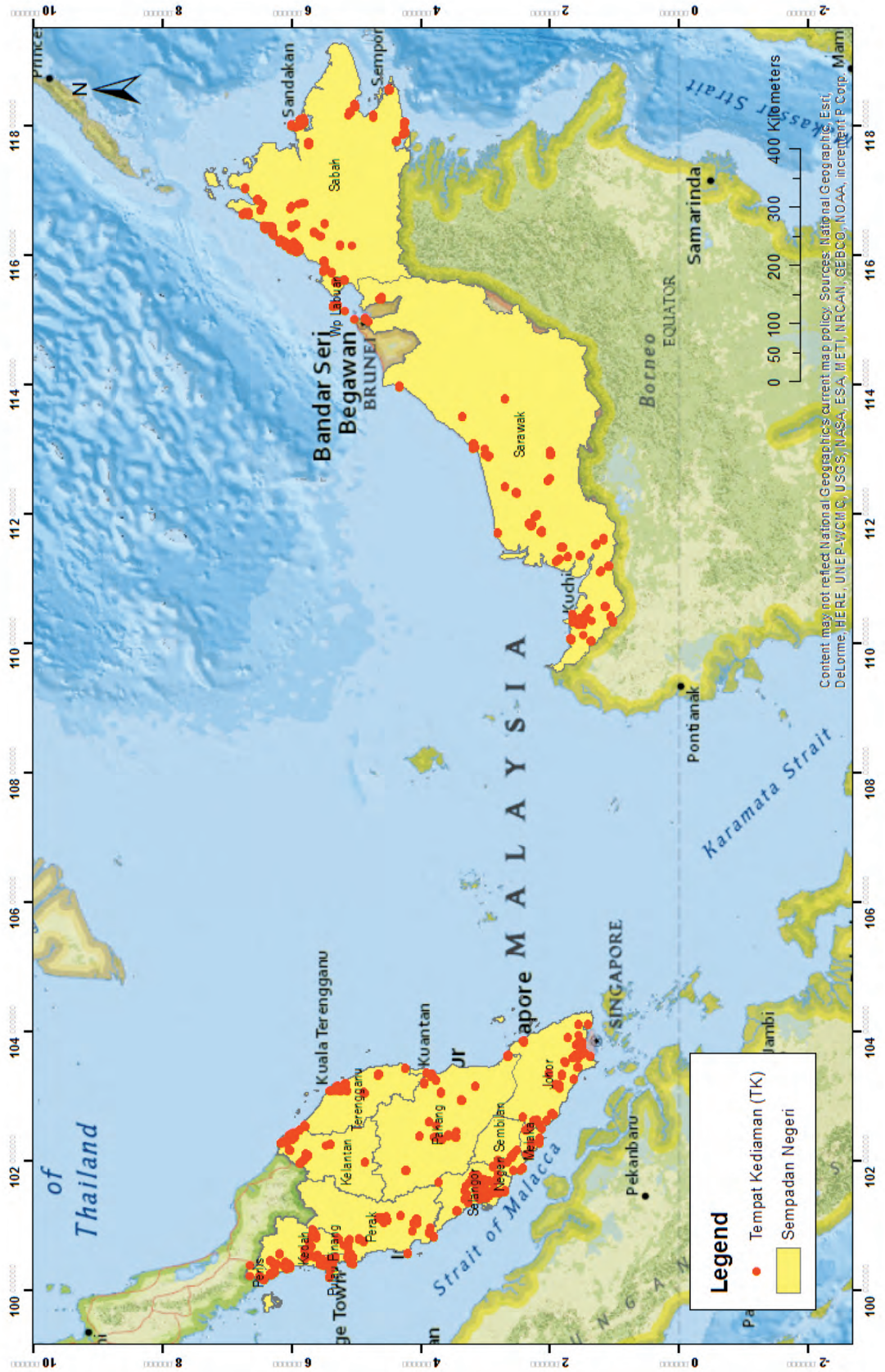
14.2. Response rate

Total response rate by strata; i.e. urban and rural were 76.8% and 84.4% respectively. By zone, the total response rate at Peninsular Malaysia was 80.2%, as compared to 79.7% at East Malaysia. Overall response rate at the national level was 80.0%. Detailed response rates are shown in **Table 3** and **4**.

14.3. Characteristics of the samples

Average numbers of adults per household are shown in **Table 5**. **Table 6** showed the characteristics of MANS sample population. **Table 7** and **8** showed characteristics of the sample population by strata and zones.

Figure 1: Distribution of living quarters selected for NHMS 2014: MANS



Content may not reflect National Geographics current map policy. Sources: National Geographic, Esri, DeLorme, HERE, UNEP-WCMC, USGS, NASA, ESA, METI, NRCAN, GEBCO, NOAA, increment P Corp, Mam

Table 3: Response rates by selected households at strata, zone and national levels, NHMS 2014: MANS.

	Strata						Zone						Malaysia	
	Urban		Rural		Peninsular Malaysia		East Malaysia(Sabah & Sarawak)							
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Completed(HC)	2011	86.4%	1563	91.1%	2209	89.1%	1365	87.2%	3574					
Completed-No one eligible(HCNE)	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0					
Incomplete(HINC)	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0					
No screening respondent(HNS)	0	0.0%		0.0%	0	0.0%	0	0.0%	0					
Nobody home(HNH)	67	2.9%	12	0.7%	39	1.6%	40	2.6%	79					
Refused(HR)	67	2.9%	11	0.6%	50	2.0%	28	1.8%	78					
Unoccupied(HUO)	129	5.5%	95	5.5%	131	5.3%	93	5.9%	224					
Address not a dwelling(HAND)	33	1.4%	17	1.0%	33	1.3%	17	1.1%	50					
Dwelling destroy(HDD)	9	0.4%	12	0.7%	8	0.3%	13	0.8%	21					
Others(HO)	12	0.5%	6	0.3%	8	0.3%	10	0.6%	18					
Total household selected	2328	100%	1716	100.0%	2478	100.0%	1566	100.0%	4044					
Household Response Rate(HRR)(%)		93.2%		98.2%		95.8%		94.6%						95.3%

Table 4: Response rates by selected persons at strata, zone and national levels, NHMS 2014: MANS.

	Strata				Zone				Malaysia	
	Urban		Rural		Peninsular Malaysia		East Malaysia(Sabah & Sarawak)		n	%
	n	%	n	%	n	%	n	%		
Completed(PC)	1657	82.4%	1343	86%	1850	83.7%	1150	84.2%	3000	83.9%
Incomplete(PINC)	0	0.0%	0	0%	0	0.0%	0	0.0%	0	0.0%
Not Eligible(PNE)	171	8.5%	179	11%	240	10.9%	110	8.1%	350	9.8%
Not at home(PNH)	0	0.0%	0	0%	0	0.0%	0	0.0%	0	0.0%
Refused(PR)	155	7.7%	24	2%	97	4.4%	82	6.0%	179	5.0%
Incapacitated(PI)	0	0.0%	0	0%	0	0.0%	0	0.0%	0	0.0%
Other(PO)	28	1.4%	17	1%	22	1.0%	23	1.7%	45	1.3%
Total number of sampled persons	2011	100.0%	1563	100%	2209	100.0%	1365	100.0%	3574	100.0%
Person Response Rate(PRR)%		82.4%		86%		84%		84%		84%
Total Response Rate (%)	76.82%		84.36%		80.2%		79.7%		80.0%	

Table 5: Average number of adults (18-59 years) per household by strata, zones and national levels.

	Mean
Strata	
Urban	2.40
Rural	2.38
Zone	
Peninsular	2.28
East Malaysia	2.88
Malaysia	2.39

Table 6: Socio-demographic profile of the Malaysian population from NHMS 2014: MANS

	Unweighted count	Estimated population	%	95% Confidence Interval	
				Lower	Upper
MALAYSIA	3000	19672095	100.00		
Zone					
Peninsular	1850	15482767	78.70	77.34	80.01
East Malaysia	1150	4189328	21.30	19.99	22.66
Locality					
Urban	1591	13652301	69.40	67.76	70.99
Rural	1409	6019794	30.60	29.01	32.24
sex					
Male	1388	10277382	52.24	49.60	54.88
Female	1612	9394713	47.76	45.12	50.40
Age groups					
18-19	132	1144557	5.82	4.66	7.25
20-29	689	5375151	27.32	25.23	29.52
30-39	832	4872808	24.77	22.75	26.91
40-49	757	4623949	23.51	21.46	25.69
50-59	590	3655630	18.58	16.89	20.40
Ethnicity					
Malay	1477	10607479	53.92	49.46	58.32
Chinese	519	3834013	19.49	16.30	23.14
Indian	133	1361965	6.92	5.26	9.06
Bumiputera Sarawak	295	1062929	5.40	4.09	7.10
Bumiputera Sabah	377	1511058	7.68	6.22	9.44
Others	182	1194482	6.07	4.74	7.75
Other Bumiputras	17	100170	0.51	0.21	1.22
Marital status					
Never been married/single	742	5543133	28.20	25.93	30.58
Married	2063	13234120	67.32	65.00	69.56
Separated/Divorcee	130	638800	3.25	2.62	4.02
Widow/widower	61	233105	1.19	0.81	1.73

	Unweighted count	Estimated population	%	95% Confidence Interval	
				Lower	Upper
Education levels					
No formal education	135	508167	2.59	2.02	3.31
Primary	623	3624693	18.47	16.43	20.71
Secondary	1462	9796240	49.93	47.35	52.50
Tertiary	751	5604630	28.56	25.88	31.41
Others	18	88065	0.45	0.25	0.79
Employment status					
Government/Semi government	374	2255054	11.58	9.83	13.58
Private employee	1081	8190550	42.04	39.36	44.78
Self-employed	837	4955178	25.44	23.13	27.88
Unpaid worker	8	50222	0.26	0.11	0.62
Unemployed/Not working	578	3194643	16.40	14.62	18.35
Retiree	29	209271	1.07	0.64	1.80
Still studying	62	626569	3.22	2.35	4.39
Income level (MANS)					
RM1500 or less	1408	8034615	41.34	38.47	44.26
RM1500-RM3500	891	6254829	32.18	29.68	34.79
RM3500 or more	671	5147137	26.48	23.32	29.91
Income level (EPU)					
RM2299.99 or less	1836	10993391	56.56	53.30	59.77
RM2300.00 - 5999.99	801	5760561	29.64	27.23	32.16
RM6000.00 or more	333	2682628	13.80	11.45	16.55

Table 7 : Socio-demographic profile of the Malaysian population by strata (urban/ rural), NHMS 2014 : MANS

	Urban					Rural				
	Unweighted count	Population estimate	%	95% Confidence Interval		unweighted count	Population estimate	%	95% Confidence Interval	
				Lower	Upper				Lower	Upper
MALAYSIA	1591	13652301	100.00			1409	6019794	100.00		
Zone										
	996	11460101	83.94	82.40	85.37	854	4022667	66.82	64.44	69.12
East Malaysia	595	2192200	16.06	14.63	17.60	555	1997128	33.18	30.88	35.56
Sex										
	719	7006601	51.32	47.75	54.88	669	3270781	54.33	51.37	57.27
Female	872	6645700	48.68	45.12	52.25	740	2749013	45.67	42.73	48.63
age group										
	55	716901	5.25	3.80	7.21	77	427656	7.10	5.52	9.10
	374	3777142	27.67	24.96	30.55	315	1598009	26.55	23.68	29.62
	461	3447154	25.25	22.56	28.15	371	1425654	23.68	21.34	26.20
	405	3217036	23.56	20.86	26.50	352	1406913	23.37	20.86	26.08
	296	2494067	18.27	16.09	20.67	294	1161563	19.30	17.00	21.82
Ethnicity										
	667	6880704	50.40	44.38	56.41	810	3726775	61.91	56.70	66.86
	431	3475165	25.45	20.98	30.51	88	358848	5.96	3.38	10.30
	109	1230082	9.01	6.77	11.89	24	131882	2.19	0.80	5.84
	111	454504	3.33	2.22	4.96	184	608425	10.11	6.90	14.58
	144	611311	4.48	3.31	6.03	233	899748	14.95	11.23	19.62
	120	941636	6.90	5.17	9.14	62	252846	4.20	2.63	6.63
	9	58899	0.43	0.17	1.08	8	41271	0.69	0.13	3.63
	406	3875210	28.41	25.46	31.56	336	1667923	27.71	24.70	
Marital										
	1079	9155935	67.13	64.11	70.02	984	4078186	67.75	64.42	70.90
	74	448424	3.29	2.50	4.31	56	190376	3.16	2.27	4.40
	29	158987	1.17	0.69	1.96	32	74118	1.23	0.82	1.85

	Urban					Rural								
	Unweighted count	Population estimate	%	95% Confidence Interval		unweighted count	Population estimate	%	95% Confidence Interval					
				Lower	Upper				Lower	Upper				
Education levels														
No formal education	39	183853	1.35	0.88	2.06	96	324314	5.39	3.98	7.27				
Primary	252	2137597	15.71	13.16	18.65	371	1487095	24.73	21.70	28.04				
Secondary	758	6632068	48.73	45.30	52.18	704	3164173	52.62	49.42	55.80				
Tertiary	525	4605197	33.84	30.11	37.78	226	999433	16.62	14.21	19.36				
Others	8	50045	0.37	0.16	0.86	10	38020	0.63	0.32	1.24				
Employment status														
Government/Semi government	203	1554578	11.50	9.27	14.17	171	700476	11.76	9.39	14.62				
Private employee	716	6473527	47.87	44.38	51.39	365	1717023	28.81	25.32	32.57				
Self-employed	335	2844084	21.03	18.23	24.13	502	2111094	35.43	31.64	39.41				
Unpaid worker	2	23171	0.17	0.04	0.71	6	27051	0.45	0.15	1.33				
Not working	252	1932982	14.29	12.07	16.85	326	1261661	21.17	18.57	24.03				
Retiree	22	179393	1.33	0.74	2.36	7	29878	0.50	0.19	1.33				
Still studying	42	514807	3.81	2.64	5.47	20	111762	1.88	1.12	3.13				
Income (MANS)														
less than RM1500	546	4540385	33.79	30.20	37.57	862	3494229	58.24	53.85	62.51				
RM1500-RM3500	531	4601783	34.25	30.94	37.72	360	1653046	27.55	24.42	30.93				
More than RM3500	489	4294958	31.96	27.52	36.76	182	852179	14.20	11.79	17.02				
Income (EPU)														
RM2299.99 or less	784	6635711	49.38	45.03	53.74	1052	4357680	72.63	68.76	76.19				
RM2300.00 - 5999.99	512	4386292	32.64	29.49	35.96	289	1374269	22.91	19.73	26.43				
RM6000.00 and more	270	2415123	17.97	14.63	21.89	63	267504	4.46	3.34	5.93				

Table 8: Socio-demographic profile of the Malaysian population by zone (Peninsular/East Malaysia), NHMS 2014: MANS.

	Peninsular Malaysia						Sabah, Sarawak and Labuan					
	Unweighted count	Population estimate	%	95% Confidence Interval		Unweighted Count	Population estimate	%	95% Confidence Interval			
				Lower	Upper				Lower	Upper		
MALAYSIA	1850	15482767	100.00			1150	4189328	100.00				
Zone												
		Urban	74.02	72.22	75.74	595	2192200	52.33	49.28	55.36		
		Rural	25.98	24.26	27.78	555	1997128	47.67	44.64	50.72		
Sex		Male	52.11	48.88	55.32	529	2209212	52.73	49.26	56.18		
		Female	47.89	44.68	51.12	621	1980116	47.27	43.82	50.74		
Age-group		18-19	5.91	4.52	7.68	51	229692	5.48	4.00	7.48		
		20-29	26.85	24.35	29.51	270	1217707	29.07	25.93	32.41		
		30-39	24.84	22.41	27.44	316	1026882	24.51	21.70	27.56		
		40-49	23.63	21.13	26.33	293	964753	23.03	20.62	25.63		
		50-59	18.76	16.75	20.96	220	750294	17.91	15.40	20.73		
Ethnicity		Malay	63.19	57.72	68.33	207	824534	19.68	14.44	26.23		
		Chinese	21.43	17.48	25.99	167	516574	12.33	9.27	16.22		
		Indian	8.71	6.60	11.41	4	13918	0.33	0.11	1.01		
		Bumiputera Sarawak	0.00	0.00	0.00	288	980800	23.41	17.49	30.60		
		Bumiputera Sabah	0.00	0.00	0.00	372	1462334	34.91	28.20	42.26		
		Others	5.38	3.88	7.42	106	361748	8.63	6.25	11.82		
		Other Bumis	1.30	0.67	2.52	6	29420	0.70	0.24	2.06		
Marital status		Never been married/single	27.94	25.22	30.83	293	1219028	29.16	25.92	32.64		
		Married	67.54	64.74	70.22	790	2780171	66.51	62.99	69.85		
		Separated/Divorcee	3.40	2.67	4.34	36	111900	2.68	1.73	4.13		
		Widow/widower	1.12	0.68	1.83	28	59925	1.43	0.99	2.07		

	Peninsular Malaysia					Sabah, Sarawak and Labuan				
	Unweighted count	Population estimate	%	95% Confidence Interval		Unweighted Count	Population estimate	%	95% Confidence Interval	
				Lower	Upper				Lower	Upper
Education levels										
No formal education	27	165112	1.07	0.66	1.74	108	343055	8.22	6.21	10.80
Primary	310	2491362	16.13	13.75	18.82	313	1133331	27.14	23.65	30.95
Secondary	985	8012944	51.88	48.76	54.98	477	1783297	42.71	39.02	46.48
Tertiary	514	4735768	30.66	27.38	34.15	237	868862	20.81	17.56	24.49
Others	7	41343	0.27	0.12	0.59	11	46722	1.12	0.50	2.47
Employment status										
Government/Semi government	233	1773100	11.56	9.48	14.02	141	481954	11.64	9.23	14.58
Private employee	707	6753397	44.02	40.81	47.28	374	1437153	34.72	30.75	38.92
Self-employed	504	3762476	24.52	21.84	27.42	333	1192701	28.82	24.78	33.21
Unpaid worker	4	31839	0.21	0.07	0.63	4	18384	0.44	0.11	1.78
Not working	325	2327920	15.17	13.08	17.53	253	866722	20.94	18.16	24.02
Retiree	18	173205	1.13	0.61	2.06	11	36066	0.87	0.43	1.75
Still studying	42	520542	3.39	2.38	4.81	20	106027	2.56	1.33	4.88
Income (MANS)										
Less than RM1500	796	5871282	38.42	35.02	41.95	612	2163333	52.06	47.52	56.56
RM1500-RM3500	606	5163475	33.79	30.73	36.99	285	1091354	26.26	23.10	29.69
More than RM3500	428	4246034	27.79	23.91	32.03	243	901103	21.68	18.10	25.75
Income (EPU)										
RM2299.99 and less	1093	8330814	54.52	50.55	58.43	743	2662578	64.07	59.65	68.27
RM2300.00 - 5999.99	529	4702465	30.77	27.86	33.85	272	1058096	25.46	22.18	29.05
RM6000.00 and more	208	2247512	14.71	11.82	18.15	125	435116	10.47	8.15	13.35

Appendix : 1

Research Team Members - NHMS 2014 : MANS

A. Methodology

1. Mr Ahmad Ali Zainuddin (Institute for Public Health)
2. Ms Riyanti Saari (Institute for Public Health)
3. Ms Balkish Mahadir Naidu (Institute for Public Health)
4. Dr. Noor Ani Ahmad (Institute for Public Health)
5. Dr. Muhammad Fadhi Mohd Yusoff (Institute for Public Health)
6. Dr. Mohd Azahadi Omar (Institute for Public Health)

B. Food Security

1. Mr Ahmad Ali Zainuddin (Institute for Public Health)
2. Dr. Wan Azdie B. Mohd Abu Bakar (International Islamic University)
3. Prof. Dr. Zalilah Mohd Shariff (Universiti Putra Malaysia)
4. Ms Rusidah Selamat (Nutrition Division)
5. Mr Chong Zhuo Lin (Institute for Public Health)

C. Meal Pattern

1. Ms Yeo Pei Sien (Institute for Public Health)
2. Ms Norhafizah Shahril (Institute for Public Health)
3. Mr Ahmad Nadzri Jai (Institute for Public Health)
4. Mr Nazli Suhardi Ibrahim (Nutrition Division)
5. Prof. Madya Dr. Hamid Jan Bin Jan Mohamed (University of Science Malaysia)
6. Mr Aznuddin bin Abd Razak (Institute for Public Health)

D. Food Intake by Food Group

1. Ms Nur Shahida Abdul Aziz (Institute for Public Health)
2. Ms Norzawati Yoep (Institute for Public Health)
3. Ms Faizah Pawai (Institute for Public Health)
4. Prof. Madya Datin Dr. Safiah Bt. Mohd Yusof (Mara University of Technology)
5. Ms Riyanti Saari (Institute for Public Health)

E. Habits in Relation to Food Consumption

1. Mr Lim Kuang Hock (Institute for Public Health)
2. Ms Hamizatul Akmal Abdul Hamid (Institute for Public Health)
3. Dr. Khairiyah Abdul Mutalib (Dental Division)
4. Dr. Yaw Siew Lian (Dental Division)
5. Dr. Nurrul Ashikin Abdullah (Dental Division)
6. Mr Muhamad Fuad bin Muhamad Anuar (Institute for Public Health)
7. Ms Hasmila Mat Hassan (Institute for Public Health)

F. Food Label Reading and Understanding

1. Ms Rashidah bt Dato' Ambak (Institute for Public Health)
2. Ms Leni Tupang Thomas (Institute for Public Health)
3. Mr Mohd. Hazrin bin Hasim@Hashim (Institute for Public Health)
4. Ms Norlida Zulkafly (Nutrition Division)
5. Dr. Natifah bt Che Salleh (Dental Division)

G. Vitamin/ Mineral and Food Supplement Intakes

1. Ms Nor Azian Mohd Zaki (Institute for Public Health)
2. Mr Mohamad Naim Mohamad Rasidi (Institute for Public Health)
3. Ms Rahama Samad (Institute for Public Health)
4. Tee Guat Hiong (Institute for Public Health)
5. Dr. S. Maria Awaluddin (Institute for Public Health)
6. Ms Hasimah Ismail (Institute for Public Health)
7. Dr. Noor Safiza Mohd Nor (Institute for Public Health)
8. Prof. Madya Dr. Mirnalini Kandiah (UCSI University)

H. Physical Activity

1. Mr Lim Kuang Kuay (Institute for Public Health)
2. Dr Mohd Azahadi Omar (Institute for Public Health)
3. Dr. Siti Fatimah Mat Hussin (Institute for Public Health)
4. Prof. Madya Dr. Hazizi Abu Saad (University Putra Malaysia)
5. Ms Joanita Sulaiman (Tengku Ampuan Rahimah, Klang Hospital)

I. Food Consumption Pattern

1. Mr Ahmad Ali Zainuddin (Institute for Public Health)
2. Dr. Khoo Yi Yi (Institute for Public Health)
3. Mr Yussof Sabtu (Institute for Public Health)
4. Prof. Dr.Norimah A. Karim (National University Malaysia, Kuala Lumpur)
5. Ms Anida @ Azhana Husna Zainudeen (Nutrition Division)
6. Mr Mohd Hasnan Ahmad (Institute for Public Health)
7. Prof. Madya Dr. Foo Leng Huat (Malaysia University Science, Kelantan)
8. Ms Nur Hidayah Jamaluddin (Nutrition Division)

J. Nutritional Status

1. Mr Azli Baharudin @ Shahaudin (Institute for Public Health)
2. Ms Chan Ying Ying (Institute for Public Health)
3. Dr Fauziah Nordin (Institute for Public Health)
4. Mr Kee Chee Cheong (Institute of Medical Research)
5. Prof. Dr.Mohamed Ismail bin Mohamed Noor (Mara University of Technology)
6. Mr Ahmad Ali Zainuddin (Institute for Public Health)

K. Nutrient Intake

1. Ms Cheong Siew Man (Institute for Public Health)
2. Mr Hatta Mutalip (Institute for Public Health)
3. Prof. Dr.Poh Bee Koon (National University Malaysia, Kuala Lumpur)
4. Mr Ahmad Ali Zainuddin (Institute for Public Health)
5. Prof. Emiritus Ismail Noor (Taylor College)
6. Prof. Norimah A.Karim (National University Malaysia, Kuala Lumpur)
7. Ms Khairul Zarina bt Yusof (Nutrition Division)

L. Food Consumption Statistics

1. Mr Ahmad Ali Zainuddin (Institute for Public Health)
2. Ms Riyanti Saari (Institute for Public Health)
3. Ms Balkish Mahadir Naidu (Institute for Public Health)
4. Ms Laila Rabaah Ahmad Suhaimi (Nutrition Division)
5. Ms Nur Hidayah Jamaludin (Nutrition Division)

Appendix : 2

Data Collection Teams - NHMS 2014 : MANS

Perlis

1. Mr Mohamad Naim Mohamad Rasidi - Field Supervisor
2. Ms Noor Mastura binti Mohd Zakaria - Science Officer (Nutrition)
3. Mr Asrom Esam bin Mohamad - Research Assistant
4. Mr Assamarulzaman bin Muhamad Rasidi - Driver
5. Mr Hairul bin Abd Rashid - Driver

Kedah

1. Ms Zubaidah binti Shariff - Field Supervisor
2. Ms Nuradila binti Abdul Rahim - Field Supervisor
3. Mr Khairul Azhar bin Abdullah - Science Officer (Nutrition)
4. Ms Afrida binti Anuar - Science Officer (Nutrition)
5. Ms Tan Yen Nee - Science Officer (Nutrition)
6. Ms Noorkartini binti Ahmad - Research Assistant
7. Ms Nor Zuriati binti Mahamud - Research Assistant
8. Mr Muhammad Ezuan bin Razali@Ghazali - Driver

Perak A

1. Ms Norzawati binti Yoep - Field Supervisor
2. Ms Noor Hidayah binti Zakaria - Science Officer (Nutrition)
3. Ms Argeela a/p Subramaniam - Science Officer (Nutrition)
4. Ms Syakirah binti Abu Bakar - Science Officer (Nutrition)
5. Ms Aniza binti Omar - Science Officer (Nutrition)
6. Mr Firdaus bin Alias - Research Assistant
7. Mr Mohammad Hakimi bin Hussain - Research Assistant
8. Mr Surbani bin Zainal Abidin - Driver
9. Mr Zulkifli bin Abdullah - Driver

Perak B

1. Mr Azli bin Baharudin@Shaharudin - Field Supervisor
2. Mr Asrul Effendy bin Rashid - Science Officer (Nutrition)
3. Ms Ng Wei Wei - Science Officer (Nutrition)
4. Mr Suraya binti Ibrahim - Science Officer (Nutrition)
5. Ms Siti Nurhuda Maisa - Science Officer (Nutrition)
6. Mr Mohd Hairuddin bin Hamdan - Research Assistant
7. Ms Nursyuhada binti Sadrani - Research Assistant
8. Ms Norshafawati binti Abd. Azimi - Research Assistant
9. Mr Shashi a/l Sundaram - Driver

Pulau Pinang

1. Ms Norhafizah binti Sahril - Field Supervisor
2. Ms Umi Kalsom binti Abd Majid - Science Officer (Nutrition)
3. Mr Foo Ming Ming - Science Officer (Nutrition)
4. Mr Mohamad Faizal bin Ibrahim - Science Officer (Nutrition)
5. Ms Norazira binti Nordin - Research Assistant
6. Ms Norafisiah binti Yusof - Research Assistant
7. Mr Ananbabu a/l Devadoo - Driver
8. Mr Mohd Sufian bin Yusoff - Driver

WP Kuala Lumpur

1. Ms Norazian Md. Zaki - Field Supervisor
2. Ms Nor Shahida binti Abd Aziz - Field Supervisor
3. Ms Yeo Pei Sien - Field Supervisor
4. Ms Chan Yin Yin - Field Supervisor
5. Ms Norazah binti Ahmad - Science Officer (Nutrition)
6. Ms Nur Dayana binti Shaari - Science Officer (Nutrition)
7. Ms Noorzatul Shuhada binti Md Zaini - Science Officer (Nutrition)
8. Ms Nooraidaliana binti Abas - Science Officer (Nutrition)
9. Ms Sharidatul Akmar binti Ismail - Science Officer (Nutrition)
10. Ms Nadrah binti Mohamad Hafizoo - Science Officer (Nutrition)
11. Mr Muhammad Asyraf bin Ismail - Science Officer (Nutrition)
12. Ms Nurul Zaiza binti Zainuddin - Science Officer (Nutrition)
13. Ms Asmaa' binti Mohd Parid - Science Officer (Nutrition)
14. Ms Azlinda binti Hamid - Science Officer (Nutrition)
15. Ms Ellin Kiung - Science Officer (Nutrition)
16. Mr Adzhar bin Isahal - Research Assistant
17. Mr Muhammad Zulfadhli bin Zainol - Research Assistant
18. Mr Mohd Khairul Naim bin Mohd Zulkifli - Research Assistant
19. Mr Abdul Halim Hafiz bin Md Zin - Research Assistant
20. Mr Ahmad Kamaluzaman bin Isa - Research Assistant
21. Mr Azhar bin Abdul Aziz - Driver
22. Mr Mohd Bukhari bin Repin - Driver

Selangor

1. Mr Ahmad Nazri bin Jai - Field Supervisor
2. Dr. Mala a/p Manickam - Field Supervisor
3. Mr Hazrin bin Hasim - Field Supervisor
4. Mr Zulkifli bin Jamil - Science Officer (Nutrition)
5. Mr Zanafiza binti Abu Bakar - Science Officer (Nutrition)
6. Mr Vinodhini Cha Chu - Science Officer (Nutrition)
7. Ms Fadwa binti Ali - Science Officer (Nutrition)
8. Ms Aina Mardiah binti Basri - Science Officer (Nutrition)
9. Ms Fitri Nurdiana binti Mahmud - Science Officer (Nutrition)
10. Mr Wong Hui Juan - Science Officer (Nutrition)
11. Ms Acmarina Nur Salwani binti Muhammad Dalib - Science Officer (Nutrition)
12. Ms Ajlaa binti A. Rasid - Science Officer (Nutrition)
13. Ms Ms Umi Zarifah binti Mohd Khairi
14. Ms Nor Hasyimah binti Khalid - Science Officer (Nutrition)

15. Ms Hanis Bazila binti Abu Hasan - Science Officer (Nutrition)
16. Ms Malisa binti Mat Noor - Research Assistant
17. Ms Nur Hazwani binti Mohd Hasri - Research Assistant
18. Ms Shandra Devi a/p Balasubramaniam - Research Assistant
19. Ms Armiza binti Shuib - Research Assistant
20. Mr Ganeswaran a/l Gunasekaran - Research Assistant
21. Ms Sharifah Nurul Azirah binti Mohd Asri - Research Assistant
22. Ms Halimatul Saadiah binti Yahyav - Research Assistant
23. Ms Ameerah binti Jaafar - Research Assistant
24. Mr Alif Aiman bin Zakaria - Research Assistant
25. Mr Prashan a/l Prapakaran - Research Assistant
26. Ms Nurnazihah binti Safi'n - Research Assistant
27. Ms Mas Idayu binti Mahamud - Research Assistant
28. Mr Sham bin Kamsah - Driver

Johor

1. Dr. Khoo Yi Yi - Field Supervisor
2. Mr Lim Kuang Hock - Field Supervisor
3. Mr Mohamad Fuad bin Mohamad Anuar
4. Ms Maslina binti Othman - Science Officer (Nutrition)
5. Ms Choo Seen Yin - Science Officer (Nutrition)
6. Ms Teo Choon Huey - Science Officer (Nutrition)
7. Ms Quek Sue Lyn - Science Officer (Nutrition)
8. Mr Mohd Zaid bin Ramlan - Science Officer (Nutrition)
9. Mr Koo Shi Jia - Science Officer (Nutrition)
10. Ms Ng Shirley - Science Officer (Nutrition)
11. Mr Mohd Hafizan bin Johar - Science Officer (Nutrition)
12. Ms Noor Amirah binti Abd Malek - Science Officer (Nutrition)
13. Ms Amirah binti Mohamed Jalal - Science Officer (Nutrition)
14. Ms Siti Fatimah binti Kamisan - Science Officer (Nutrition)
15. Ms Raja Nuraizum binti Raja Razalli - Science Officer (Nutrition)
16. Ms Ain hanani binti Budiono - Science Officer (Nutrition)
17. Ms Noraini binti Jamaludin - Science Officer (Nutrition)
18. Mr Goh Hwee Teng - Science Officer (Nutrition)
19. Ms Chin Poh Ling - Science Officer (Nutrition)
20. Ms Mazliyana binti Mahamud - Science Officer (Nutrition)
21. Ms Noraini binti Kosnon - Science Officer (Nutrition)
22. Mr Wong Seng Eng - Research Assistant
23. Ms Nurul Nadia binti Mohd - Research Assistant
24. Ms Suhana binti Mansor Shah - Research Assistant
25. Ms Fatin Hazlin binti Che Yahaya - Research Assistant
26. Mr Mohd Fazli bin Esa - Driver
27. Mr Faizullahusin bin Lockmalkim - Driver

Melaka

1. Ms Rahama Samad - Field Supervisor
2. Ms Hannan binti Ismail - Science Officer (Nutrition)
3. Ms Nurul Diana binti Aminudin - Science Officer (Nutrition)
4. Mr Asvini a/p Vasthavan - Science Officer (Nutrition)
5. Mr Hariss Fazilah binti Abd Wahab - Science Officer (Nutrition)

6. Ms Norazimah binti Zainal - Science Officer (Nutrition)
7. Ms Norzain bin Musa - Science Officer (Nutrition)
8. Ms Anafarhana binti Mohd Yusof - Research Assistant
9. Mr Mohamad Nasir bin Darsam - Driver
10. Mr Jakaria bin Aini - Driver
11. Mr Fadzil bin Akbar - Driver

Negeri Sembilan

1. Ms Hasimah binti Ismail - Field Supervisor
2. Ms Nor Idayu binti Idris - Science Officer (Nutrition)
3. Ms Norliza binti Zainal Abidin - Science Officer (Nutrition)
4. Ms Suzy Edawaty binti Ahmad Nordin - Science Officer (Nutrition)
5. Mr Mohd Ihsan bin Tahir - Science Officer (Nutrition)
6. Ms Suriati binti Abd Rahman - Science Officer (Nutrition)
7. Ms Maizatul Azlina binti Chee Din - Science Officer (Nutrition)
8. Ms Nor Fariza binti Jaafar - Science Officer (Nutrition)
9. Ms Siti Sa'ra binti Yaacob - Science Officer (Nutrition)
10. Mr Suhaidi bin Sudin - Science Officer (Nutrition)
11. Mr Mohd Nizam bin Ahmad Tajudin - Research Assistant
12. Mr Mohammad Idlan bin Noramilin - Research Assistant
13. Mr Mohammad Hanif bin Napi - Research Assistant
14. Ms Nur Syazwani binti Manan - Research Assistant
15. Mr Rizal bin Mohd Rais - Driver
16. Mr Muhammad Nur Efenddy bin Abd Rahim - Driver

Terengganu

1. Dr. S. Maria binti Awaluddin - Field Supervisor
2. Ms Sam Azura binti Ahmad - Science Officer (Nutrition)
3. Ms Nurul Fatihah Hanim binti Ghani - Science Officer (Nutrition)
4. Ms Nurul Aida binti Embong - Science Officer (Nutrition)
5. Ms Siti Noor Syarma binti Mohd Sharif - Science Officer (Nutrition)
6. Ms Solihah binti Kamaruddin - Research Assistant
7. Mr Nur Fakhruddin bin Hassan - Research Assistant
8. Mr Ahmad Nazman bin Mohamed@Md Noor - Driver
9. Mr Azuan Sham bin Wahab - Driver

Kelantan

1. Mr Lim Kuang Kuay - Field Supervisor
2. Ms Nur Dalila binti Mohd Rudin - Science Officer (Nutrition)
3. Ms Nur Huda binti Abdul Rahim - Science Officer (Nutrition)
4. Ms Farah Dahlia binti Ahmad Ghazali - Science Officer (Nutrition)
5. Ms Wan Roswani binti Wan Ibrahim - Science Officer (Nutrition)
6. Mr Isa bin Idris - Research Assistant
7. Mr Mohd Firdaus bin Daud - Research Assistant
8. Mr Zabri bin Nik Haron - Driver
9. Mr Mohd Fairul Nizam bin Hassan - Driver

Pahang

1. Mr Yussof bin Sabtu - Field Supervisor
2. Ms Aznita Izma binti Mohd Arif - Science Officer (Nutrition)
3. Ms Adibah binti Zakaria - Science Officer (Nutrition)
4. Ms Fazlyla Nadya binti Mohd Fadzlan - Science Officer (Nutrition)
5. Ms Nuraini binti Paiman - Science Officer (Nutrition)
6. Mr Mohd Khairulnizam bin Baharum - Science Officer (Nutrition)
7. Ms Siti Aisyah binti Ibrahim - Research Assistant
8. Ms Sharifah Solihah binti Syed Hasyim - Research Assistant
9. Ms Salmiah Jaffar - Research Assistant
10. Mr Mohd Zuraini bin Md Yunan - Driver
11. Mr Zawawi bin Mamat - Driver
12. Mr Mohd Ramli bin Md. Noor - Driver

Sarawak

1. Mr Mohd Hatta bin Abd Mutalip - Field Supervisor
2. Dr. Chong Zhuo Lin - Field Supervisor
3. Mr Mohd Hasnan bin Ahmad - Field Supervisor
4. Mr Billy Sujang - Field Supervisor
5. Mr Tan Beng Chin - Field Supervisor
6. Mr Razali bin Makhtar - Field Supervisor
7. Mr Jimbai a/k Endu - Science Officer (Nutrition)
8. Mr Bong Hui Lee - Science Officer (Nutrition)
9. Ms Fatin Amirah binti Jamaluddin - Science Officer (Nutrition)
10. Mr Mohd Shah bin Kamarudin - Science Officer (Nutrition)
11. Ms Nur Izzati binti Ibrahim - Science Officer (Nutrition)
12. Ms Naazira Iman Song binti Abdullah - Science Officer (Nutrition)
13. Ms Gloria Karen a/p David Emmanuel - Science Officer (Nutrition)
14. Ms Faezah binti Azmi - Science Officer (Nutrition)
15. Ms Nurul Shaidatul Nadia binti Mohad Saifullah - Science Officer (Nutrition)
16. Ms Lai Sher Fang - Science Officer (Nutrition)
17. Mr Azwal bin Idrus - Science Officer (Nutrition)
18. Ms Atonia binti Dedo - Science Officer (Nutrition)
19. Ms Huang Suong Yii - Science Officer (Nutrition)
20. Mr Ridzuan bin Rosli - Science Officer (Nutrition)
21. Ms Maria Amella Anak Wiling - Research Assistant
22. Ms Rosemaryon anak Idon - Research Assistant
23. Ms Noris Pantar - Research Assistant
24. Ms Noraziana binti Dorani - Research Assistant
25. Mr Bernard Maoh a/k Peter Datu - Research Assistant
26. Ms Constance Brenda Anak Stanly - Research Assistant
27. Ms Phillomina Jawai AK Bajang - Research Assistant
28. Mr Abdul Fauzan bin Rosli - Research Assistant
29. Mr Nicholas Shandy Banta - Research Assistant
30. Ms Zanariah binti Junaidi - Research Assistant
31. Mr Mohd Ikhwan bin Said - Research Assistant
32. Mr Abdul Hazize bin Abdul Talip - Research Assistant
33. Mr Shafiq Fadzil bin Sirat - Research Assistant
34. Mr Shamsudin bin Taha - Driver
35. Mr Sahabt bin Bujang - Driver
36. Mr Alfred Jau Anak Julian - Driver

37. Mr Maharun bin Amjarun - Driver
38. Mr Abdul Mutlib bin Mahrup - Driver
39. Mr Bakeri bin Laili - Driver
40. Mr Haddy bin Ahmad - Driver

Sabah

1. Ms Leni Tupang - Field Supervisor
2. Ms Faizah bt Paiwai - Field Supervisor
3. Ms Saimah Evelyn Ngangie - Field Supervisor
4. Ms Aliffah binti Norman - Field Supervisor
5. Ms Sunita Samin - Field Supervisor
6. Ms Sathanah Daris - Field Supervisor
7. Ms Norhidayah Zailani@Hj Ahmad - Science Officer (Nutrition)
8. Ms Nurul Hidayah binti Aminudin - Science Officer (Nutrition)
9. Ms Christine Loo Tshui Wei - Science Officer (Nutrition)
10. Ms Nurul Ashiella binti Hassan - Science Officer (Nutrition)
11. Ms Azimah binti Rabu - Science Officer (Nutrition)
12. Mr Khairul Hasnan bin Amali - Science Officer (Nutrition)
13. Mr Muhamad Asyraf Abdul Majid - Science Officer (Nutrition)
14. Ms Hasnani binti Ismail - Science Officer (Nutrition)
15. Ms Ling Swee Nian - Science Officer (Nutrition)
16. Ms Elsner James - Science Officer (Nutrition)
17. Ms Ayu Tri Hapsari - Science Officer (Nutrition)
18. Mr Mohd Shazuan Irwan bin Mohd Shuhaimi - Science Officer (Nutrition)
19. Ms Christine Woritus - Science Officer (Nutrition)
20. Ms Nur Shazwani binti Abdul Rahim Marahi - Science Officer (Nutrition)
21. Ms Nurul Azyana Juanis@Azlan - Research Assistant
22. Ms Audrey Marcia David - Research Assistant
23. Ms Ruzanly binti Ulah - Research Assistant
24. Mr Mohd Iskandar Shah bin Maitin - Research Assistant
25. Mr Reza Azrie bin Sah - Research Assistant
26. Mr Jeldy bin Galoh - Research Assistant
27. Mr Fardaus bin Said - Research Assistant
28. Mr Joan Sonny Limbowoi Saimin - Research Assistant
29. Mr Paul Beatrix Fernando Oppei - Research Assistant
30. Mr Al bin Sabdani - Research Assistant
31. Mr Rohaisham Sukiman - Research Assistant
32. Mr Maxwell Guriana - Research Assistant
33. Mr Awangku Mohd Shahfarol bin Pangeran Kamal - Research Assistant
34. Mr Mohd Safuan Fauzi - Research Assistant
35. Mr Azril Hamizzi bin Shahari - Research Assistant
36. Mr Ho Nyuk Fah - Driver
37. Mr Nurman Rahman - Driver
38. Mr Mohd Bomba bin Budlama - Driver
39. Mr Maharun bin Amjarun - Driver
40. Mr Nasib bin Hamzah - Driver

Appendix : 3

NEGERI	DP	DB	BP				STRATA	TK	ISIRUMAH	INDIVIDU								

MODUL J : PENGAMBILAN MAKANAN <i>MODULE J : DIETARY INTAKE</i>	
BORANG INGATAN DIET 24 JAM <i>24-HOUR DIETARY RECALL</i>	
<h1 style="color: purple;">Hari Pertama</h1>	
<ol style="list-style-type: none"> 1. Bahagian ini dijawab mengikut pengambilan makanan pada masa pagi, tengahari dan malam dalam tempoh 24 jam sebelum temu ramah dijalankan. Ia bertujuan untuk menentukan pengambilan makanan seharian, jumlah pengambilan kalori dan nutrien dalam sehari, makanan yang menjadi sumber tenaga dan nutrien serta corak pengambilan makanan dan minuman. 2. Ingatan Diet 24 Jam ini dijalankan secara temu ramah interaktif, dimana ianya melibatkan empat peringkat, iaitu: Peringkat 1: Mengingat masa makan dan minum, serta makanan dan minuman yang diambil Peringkat 2: (i) Menerangkan semua makanan dan minuman yang diambil secara terperinci (ii) Menganggarkan berapa banyak makanan dan minuman yang dimakan dan diminum Peringkat 3: Mengkaji semula maklumat ingatan pengambilan makanan tersebut Peringkat 4: Menukar anggaran berapa banyak makanan dan minuman yang dimakan dan diminum kepada berat yang setara. 3. Untuk bahagian minuman alkohol, penemu ramah perlu bertanya samada responden ada mengambil minuman beralkohol atau tuak sehari sebelum temu ramah. Penemu ramah perlu mendapatkan penjelasan terperinci tentang jenis minuman beralkohol dan kuantiti yang diambil. Sekiranya responden telah menyebut minuman alkohol dalam ruangan minuman/makanan, penemu ramah tidak perlu bertanyakan sekali lagi di dalam ruangan minuman beralkohol. 	<ol style="list-style-type: none"> 1. <i>This section is answered according to food intake during breakfast, lunch and dinner within past 24 hours before the interview, to determine daily food intake, calorie and nutrient intakes in a day, food sources of energy and dietary food patterns.</i> 2. <i>The past 24 hour diet recall is conducted interactively, which involves four stages namely,</i> 1st stage: <i>Recalls the time of eating and drinking, as well as food and drinks taken.</i> 2nd stage: (i) <i>Explains all of the foods and drinks that was taken as detailed as possible.</i> (ii) <i>Estimate the quantity of foods and drinks that was taken.</i> 3rd stage: <i>Re-evaluate information of all foods taken.</i> 4th stage: <i>Convert the estimation of how much food and drink had been taken to the equivalent weight.</i> 3. <i>For alcoholic beverage, the interviewer need to ask whether the respondent has taken alcoholic beverages in a day before the interview. The interviewer also need to obtain details of the type and quantity of alcoholic beverages taken. If the respondent has mentioned alcoholic beverages in the meal & beverage section, the interviewer need not ask about it again in the alcoholic beverage section.</i>

1. Makanan dan minuman / *Meal and beverage*

Tarikh temu ramah : <i>Date of interview</i>		Nama responden : <i>Name of respondent</i>							
Hari ingatan/ <i>Recall day</i>	a. Masa/ Time Pagi/ <i>Morning</i>	1. Isnin <i>Monday</i>	2. Selasa <i>Tuesday</i>	3. Rabu <i>Wednesday</i>	4. Khamis <i>Thursday</i>	5. Jumaat <i>Friday</i>	6. Sabtu <i>Saturday</i>	7. Ahad <i>Sunday</i>	Bulatkan hari ingatan/ <i>Circle recall day</i>
		b. Makanan dan minuman <i>Meal and beverage</i>		c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>			d. Jumlah pengambilan <i>Total consumption</i>		e. Berat makanan (gram/ml) <i>Meal weight (gram/ml)</i>

1. Makanan dan minuman / Meal and beverage					
a. Masa/ Time Tengah hari/ Afternoon	b. Makanan dan minuman <i>Meal and beverage</i>	c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat makanan (gram/ml) <i>Meal weight (gram/ml)</i>	

1. Makanan dan minuman / Meal and beverage					
a. Masa/ Time Petang/ Tea-time	b. Makanan dan minuman Meal and beverage	c. Penjelasan terperinci bahan makanan dan minuman Meal and beverage description	d. Jumlah pengambilan Total consumption	e. Berat makanan (gram/ml) Meals weight (gram/ml)	

1.Makanan dan minuman / <i>Meal and beverage</i>				
a. Masa/ <i>Time</i> Malam/ <i>Evening</i>	b. Makanan dan minuman <i>Meal and beverage</i>	c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat makanan (gram/ml) <i>Meals weight (gram/ml)</i>

1. Makanan dan minuman / Meal and beverage					
a. Masa/ Time Tambahan/ Additional	b. Makanan dan minuman Meal and beverage	c. Penjelasan terperinci bahan makanan dan minuman Meal and beverage description	d. Jumlah pengambilan Total consumption	e. Berat makanan (gram/ml) Meals weight (gram/ml)	

2.Minuman beralkohol / Alcoholic beverages				
a. Masa/ <i>Time</i>	b. Minuman <i>Beverage</i>	c. Penjelasan terperinci bahan minuman <i>Beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat minuman (gram/ml) <i>Weight of beverage (gram/ml)</i>

MODUL J : PENGAMBILAN MAKANAN
MODULE J : DIETARY INTAKE

BORANG INGATAN DIET 24 JAM
24-HOUR DIETARY RECALL

Hari Kedua

1. Bahagian ini dijawab mengikut pengambilan makanan pada masa pagi, tengahari dan malam dalam tempoh 24 jam sebelum temu ramah dijalankan. Ia bertujuan untuk menentukan pengambilan makanan seharian, jumlah pengambilan kalori dan nutrien dalam sehari, makanan yang menjadi sumber tenaga dan nutrien serta corak pengambilan makanan dan minuman.
 2. Ingatan Diet 24 Jam ini dijalankan secara temu ramah interaktif, dimana ianya melibatkan empat peringkat, iaitu:
 - Peringkat 1: Mengingat masa makan dan minum, serta makanan dan minuman yang diambil
 - Peringkat 2: (i) Menerangkan semua makanan dan minuman yang diambil secara terperinci
(ii) Menganggarkan berapa banyak makanan dan minuman yang dimakan dan diminum
 - Peringkat 3: Mengkaji semula maklumat ingatan pengambilan makanan tersebut
 - Peringkat 4: Menukar anggaran berapa banyak makanan dan minuman yang dimakan dan diminum kepada berat yang setara.
 3. Untuk bahagian minuman alkohol, penemu ramah perlu bertanya samada responden ada mengambil minuman beralkohol atau tuak sehari sebelum temu ramah. Penemu ramah perlu mendapatkan penjelasan terperinci tentang jenis minuman beralkohol dan kuantiti yang diambil. Sekiranya responden telah menyebut minuman alkohol dalam ruangan minuman/makanan, penemu ramah tidak perlu bertanyakan sekali lagi di dalam ruangan minuman beralkohol.
1. *This section is answered according to food intake during breakfast, lunch and dinner within past 24 hours before the interview, to determine daily food intake, calorie and nutrient intakes in a day, food sources of energy and dietary food patterns.*
 2. *The past 24 hour diet recall is conducted interactively, which involves four stages namely,*
 - 1st stage: Recalls the time of eating and drinking, as well as food and drinks taken.*
 - 2nd stage: (i) Explains all of the foods and drinks that was taken as detailed as possible.
(ii) Estimate the quantity of foods and drinks that was taken.*
 - 3rd stage: Re-evaluate information of all foods taken.*
 - 4th stage: Convert the estimation of how much food and drink had been taken to the equivalent weight.*
 3. *For alcoholic beverage, the interviewer need to ask whether the respondent has taken alcoholic beverages in a day before the interview. The interviewer also need to obtain details of the type and quantity of alcoholic beverages taken. If the respondent has mentioned alcoholic beverages in the meal & beverage section, the interviewer need not ask about it again in the alcoholic beverage section.*

1. Makanan dan minuman / Meal and beverage

Tarikh temu ramah : Date of interview		Nama responden : Name of respondent						
Hari ingatan/ Recall day :	1. Isnin Monday	2. Selasa Tuesday	3. Rabu Wednesday	4. Khamis Thursday	5. Jumaat Friday	6. Sabtu Saturday	7. Ahad Sunday	Bulatkan hari ingatan/ Circle recall day
	a. Masa/ Time Pagi/ Morning	b. Makanan dan minuman Meal and beverage	c. Penjelasan terperinci bahan makanan dan minuman Meal and beverage description	d. Jumlah pengambilan Total consumption	e. Berat makanan (gram/ml) Meal weight (gram/ml)			

1. Makanan dan minuman / <i>Meal and beverage</i>					
a. Masa/ Time Tengah hari/ <i>Afternoon</i>	b. Makanan dan minuman <i>Meal and beverage</i>	c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat makanan (gram/ml) <i>Meal weight (gram/ml)</i>	

1. Makanan dan minuman / Meal and beverage					
a. Masa/ Time Petang/ Tea-time	b. Makanan dan minuman <i>Meal and beverage</i>	c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat makanan (gram/ml) <i>Meals weight (gram/ml)</i>	

1. Makanan dan minuman / Meal and beverage				
a. Masa/ Time Malam/ Evening	b. Makanan dan minuman Meal and beverage	c. Penjelasan terperinci bahan makanan dan minuman Meal and beverage description	d. Jumlah pengambilan Total consumption	e. Berat makanan (gram/ml) Meals weight (gram/ml)

1. Makanan dan minuman / <i>Meal and beverage</i>				
a. Masa/ Time Tambahan/ Additional	b. Makanan dan minuman <i>Meal and beverage</i>	c. Penjelasan terperinci bahan makanan dan minuman <i>Meal and beverage description</i>	d. Jumlah pengambilan <i>Total consumption</i>	e. Berat makanan (gram/ml) <i>Meals weight (gram/ml)</i>

2. Minuman beralkohol / Alcoholic beverages				
a. Masa/ Time	b. Minuman Beverage	c. Penjelasan terperinci bahan minuman Beverage description	d. Jumlah pengambilan Total consumption	e. Berat minuman (gram/ml) Weight of beverage (gram/ml)

BORANG PERSETUJUAN

Tuan/ Puan yang dihormati,

Adalah dimaklumkan bahawa Kementerian Kesihatan Malaysia sedang menjalankan Tinjauan Pemakanan Orang Dewasa Malaysia 2014 sebagai sebahagian dari siri Tinjauan Kebangsaan Kesihatan dan Morbiditi 2011-2014.

Tujuan tinjauan ini dijalankan adalah untuk memperolehi maklumat berkaitan dengan status pemakanan dan kesihatan masyarakat di Malaysia. Maklumat yang diperolehi ini akan dikaji dan dinilai bagi meningkatkan lagi taraf pemakanan dan kesihatan di negara kita ini.

Kediaman Tuan/ Puan telah terpilih untuk mengambil bahagian di dalam tinjauan ini. Tinjauan ini akan meliputi:

- a) Sesi temuramah seorang ahli keluarga yang dipilih oleh ahli kumpulan pengumpulan data. Soalan yang akan ditanya adalah berkaitan dengan rekod pengambilan makanan.
- b) Pengukuran tinggi, berat badan dan ukur lilit pinggang.

Maklumat yang Tuan/ Puan berikan akan **dirahsiakan** dan akan hanya digunakan untuk tujuan penyelidikan. Kumpulan tinjauan ini mungkin akan menghubungi Tuan/Puan semula jika perlu untuk melengkapkan maklumat tinjauan ini.

Penglibatan Tuan/ Puan adalah secara sukarela. Tuan/ Puan boleh menarik diri sekiranya enggan mengambil bahagian. Tuan/ Puan juga boleh tidak menjawab mana-mana soalan atau menarik diri dari pemeriksaan yang disebutkan di atas sekiranya tidak mahu. Jika ada sebarang pertanyaan mengenai tinjauan ini, Tuan/ Puan boleh menghubungi En. Ahmad Ali B Zainuddin selaku Ketua Penyelidik tinjauan ini di Institut Kesihatan Umum, Jalan Bangsar, 50590, Kuala Lumpur, di talian 03-22979583 atau mana-mana pegawai di bilik operasi kami di alamat yang sama, atau di talian 03-22979595.

Dengan menandatangani borang ini, bermakna Tuan/ Puan faham apa yang dikehendaki daripada Tuan/ Puan dan Tuan/ Puan bersetuju untuk melibatkan diri sendiri serta ahli keluarga di bawah jagaan (jika berkenaan) Tuan/ Puan seperti di Lampiran dalam tinjauan ini.

CONSENT FORM

To whom it may concern,

It is our pleasure to inform you that the Ministry of Health is conducting the Malaysian Adults Nutrition Survey 2014 (MANS 2014) as part of the National Health and Morbidity Survey 2011-2014.

The purpose of the study is to obtain the information on the current nutritional and health status of Malaysians. This information will be reviewed and evaluated in order to improve the nutritional and health status of people in our country.

Your household has been randomly chosen to participate in this survey. This survey will include:

- a) *Interviewing the selected adult household member by the relevant team members on dietary intake record.*
- b) *Assessment of body weight, height and waist circumference of selected adult household member.*

*The information obtained from the interview will be kept **confidential** and will be used for the purpose of the survey only. The data collection team members will probably contact you again at a later time, if necessary.*

Your participation in this survey is on a voluntary basis. You may withdraw from the survey if you do not wish to participate. You may also refuse to answer any of the questions or not consent to the clinical examination. If you have any enquiries regarding this survey, you can contact the Principal Investigator, Mr. Ahmad Ali B Zainuddin at the Institute for Public Health, Jalan Bangsar, 50590, Kuala Lumpur, at 03-22979583 or any officers at our operational room at the same address, or by telephone at 03-22979595.

By signing this form, you understand what is needed from you and your family members under your care (if applicable) as attached and agree to participate in this survey.

PERSETUJUAN KETUA ISIRUMAH/ HEAD OF HOUSEHOLD'S CONSENT

Saya, _____ memberi keizinan serta bersetuju memberi maklumat yang diperlukan oleh kumpulan pengumpulan data Kajian Pengambilan Makanan Dewasa Malaysia 2014.

I, _____ hereby consent to participate and agree to provide information for the Malaysian Adult Nutrition Survey 2014 as informed above.

(Tandatangan Ketua Isirumah)
(Head of Household's Signature)

(Tandatangan Penemu ramah)
(Interviewer's Signature)

No K/P (NRIC No):

No K/P (NRIC No):

No Telefon (Phone No):

Tarikh (Date):

Untuk kegunaan pejabat/ For office use

Dibaca oleh/ Read by : Responden/ respondent

Penemu ramah/ Interviewers

Persetujuan/ Consent : Setuju/ Consented

Tidak setuju/ No Consent given

PERSETUJUAN RESPONDEN/ RESPONDENT'S CONSENT

Saya, _____ memberi keizinan serta bersetuju memberi maklumat yang diperlukan oleh kumpulan pengumpulan data Kajian Pengambilan Makanan Dewasa Malaysia 2014.

I, _____ hereby consent to participate and agree to provide information for the Malaysian Adult Nutrition Survey 2014 as informed above.

(Tandatangan Responden Terpilih)
(Selected Respondent's Signature)

(Tandatangan Penemu ramah)
(Interviewer's Signature)

No K/P (NRIC No):

No K/P (NRIC No):

No Telefon (Phone No):

Tarikh (Date):

Untuk kegunaan pejabat/ For office use

Dibaca oleh/ Read by : Responden/ respondent

Penemu ramah/ Interviewers

Persetujuan/ Consent : Setuju/ Consented

Tidak setuju/ No Consent given

NEGERI	DP	DB	BP	STRATA	TK	ISIRUMAH
MODUL A1 : JADUAL ISIRUMAH MODULE A1 : HOUSEHOLD ROSTER						
A110. Maklumat sosiodemografi						
No. ID	A. Nama ahli isi rumah			C. Kategori umur (Tanda ✓ dipetik yang berkenaan)		E. Individu yang terpilih
	B. Jantina L/ P	Umur (tahun genap)	L/ P	<18	18-59	
01						
02						
03						
04						
05						
06						
07						
08						
09						
10						
11						
12						
Bilangan						

Untuk diisi oleh penemu rumah menggunakan pembaca GPS /
To be filled by interviewer using GPS Reader

Koordinat lokasi geografi

A140	Latitude	•	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A150	Longitude	•	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A160	Waypoint	•	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Hubungan dengan Ketua Isirumah

1. Ketua isirumah/ Head of household
2. Suami atau isteri/ Spouse
3. Ibubapa/ Parents
4. Anak/ Child
5. Datuk/ nenek atau moyang/
Grandparent or great grandparent
6. Cucu atau cicit/ Grandchild or great grandchild
7. Adik-beradik/ Siblings
8. Mertua/ Parent-in-law
9. Menantu/ Son- or daughter-in-law
10. Ipar dua/ Brother- or sister-in-law
11. Saudara-mara lain/ Other relatives
12. Kawan/ Friend
13. Pekerja seperti pembantu rumah, tukang kebun, pemandu dll
Workers such as live-in housemaid, gardener, driver etc
14. Lain-lain/ Others

MODUL A2 : KEJAMINDAPATAN MAKANAN MODULE A2 : FOOD SECURITY		
<p>Soalan seterusnya merujuk kepada pengalaman dan kekerapan responden berkaitan kejamindapatan makanan dalam tempoh dua belas bulan yang lepas. Sila bulatkan jawapan yang berkenaan.</p> <p><i>The following questions refer to the experience and frequency of the respondent related to food security within the past twelve months. Please circle the appropriate answer.</i></p>		
A201	<p>"Makanan yang saya beli tidak mencukupi dan saya tidak mempunyai wang untuk membeli makanan lagi"</p> <p><i>"The food purchased was insufficient as I did not have money to buy more"</i></p>	<p>Berapa kerapkah pernyataan tersebut benar bagi anda/keluarga anda?</p> <p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>
A202	<p>"Saya tidak mampu untuk membeli pelbagai jenis makanan yang sepatutnya dibeli"</p> <p><i>"I could not afford to buy types of food which were necessary"</i></p>	<p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>
A203	<p>Sepanjang dua belas bulan lepas, berapa kerapkah anda atau ahli keluarga yang dewasa MENGURANGKAN saiz hidangan makanan kerana kekurangan wang untuk beli makanan?</p> <p><i>In the past twelve months, how often did you or other adult family members REDUCE the size of meals because there was not enough money to buy food?</i></p>	<p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>
A204	<p>Sepanjang dua belas bulan lepas, berapa kerapkah anda atau ahli keluarga yang dewasa MELANGKAU hidangan utama disebabkan kekurangan wang untuk beli makanan?</p> <p><i>In the past twelve months, how often did you or other adult family members SKIP the main meals because there was not enough money to buy food?</i></p>	<p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>
<p>Sekiranya tidak mempunyai anak, sila teruskan ke Modul Borang Soal Selidik Individu</p> <p><i>If you do not have children, please proceed to Individual Questionnaire Modul</i></p>		

A205	<p>"Saya hanya bergantung kepada beberapa jenis makanan yang murah untuk memberi anak-anak makan sebab kekurangan wang"</p> <p><i>"I only rely on cheap and affordable foods to feed the children"</i></p>	<p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>
A206	<p>" Saya tidak mampu menyediakan pelbagai makanan kepada anak-anak kerana kekurangan wang"</p> <p><i>" I could not afford to feed the children with various foods as I did not have enough money"</i></p>	<p>1 Hampir setiap bulan/ <i>Almost every month</i></p> <p>2 Beberapa bulan, tapi bukan setiap bulan/ <i>Several months, but not every month</i></p> <p>3 Satu atau dua bulan sahaja/ <i>Only one or two months</i></p> <p>4 Tidak pernah/ <i>Never</i></p> <p>-7 Tidak Tahu/ <i>Don't know</i></p> <p>-9 Enggan Jawab/ <i>Refuse to answer</i></p>

Borang Soal Selidik Individu Individual Questionnaire Form

ID RESPONDEN :
RESPONDENT'S ID:

NEGERI	DP	DB	BP			STRATA	TK	ISIRUMAH	INDIVIDU										

MODUL B : SOSIODEMOGRAFI MODULE B : SOCIODEMOGRAPHY		
MAKLUMAT PERIBADI INDIVIDU/ PERSONAL BACKGROUND INFORMATION Sila bulatkan jawapan berkenaan/ Please circle the appropriate answer.		
B100	Nama responden? <i>Name of respondent?</i>	<input type="text"/>
B111	Apakah hubungan anda dengan? [Sebutkan nama ketua isirumah] <i>What is your relationship to?</i> [say the name of the head of household]	1 Ketua isirumah/ <i>Head of Household</i> 2 Suami atau isteri/ <i>Spouse</i> 3 Ibubapa/ <i>Parents</i> 4 Anak/ <i>Child</i> 5 Datuk/ Nenek atau moyang/ <i>Grandparent or great-grandparent</i> 6 Cucu atau cicit/ <i>Grandchild or great-grandchild</i> 7 Adik-beradik/ <i>Siblings</i> 8 Mertua/ <i>Parent-in-law</i> 9 Menantu/ <i>Son- or daughter-in-law</i> 10 Ipar Duai/ <i>Brother- or sister-in-law</i> 11 Saudara-mara lain/ <i>Other relatives</i> 12 Kawan/ <i>Friend</i> 13 Pekerja seperti pembantu rumah, tukang kebun, pemandu, dll <i>Workers such as live-in housemaid/ gardener/ driver etc</i> 14 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>
B112	Bila tarikh lahir anda? <i>When is your date of birth?</i>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Hari/ <i>Day</i> Bulan/ <i>Month</i> Tahun/ <i>Year</i>
B113a	a. Apakah nombor kad pengenalan anda? <i>What is your identification card number?</i>	a. No KP Baru/ <i>New IC</i> <input type="text"/>
B113b	b. Apakah nombor passport? <i>What is your passport number?</i>	b. Nombor passport?/ <i>Passport number?</i> <input type="text"/>
B113c	c. Apakah nombor kad pengenalan yang lain, contohnya tentera/ polis/ sijil lahir/ lain-lain? <i>What other identification card number do you have, for example army/ police/ birth certificate/ others?</i>	c. Nombor kad pengenalan yang lain (tentera/ polis/ sijil lahir/ lain-lain)/ <i>Other identification card number (Army/ police/ birth certificate/ others)</i> <input type="text"/> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>

B114	Berapa umur anda? <i>How old are you?</i>	<input type="text"/> <input type="text"/> Tahun genap/ <i>Completed years</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>
B115	Nombor telefon rumah atau mudah alih yang boleh dihubungi <i>Landline telephone or mobile number which can be contacted</i>	<input type="text"/> 1 Tidak ada/ <i>Don't have</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>
B116a	Apakah bangsa anda? <i>What is your ethnicity?</i>	1 Melayu 2 Cina 3 India 4 Iban 5 Kadazan 6 Dusun 7 Bidayah 8 Melanau 9 Bajau 10 Murut 11 Bumiputera Sabah (lain) 12 Bumiputera Sarawak (lain) 13 Orang Asli Semenanjung 14 Lain-lain -7 Tidak tahu -9 Enggan jawab
B116b		Sekiranya bangsa lain-lain, * Sila nyatakan:
B117	Apakah taraf perkahwinan anda? <i>What is your marital status?</i>	1 Tidak pernah berkahwin/ <i>Never married</i> 2 Berkahwin/ <i>Married</i> 3 Berpisah/ <i>Separated</i> 4 Janda/ Duda/ <i>Divorcee</i> 5 Balu/ <i>Widow/er</i> 6 Tinggal bersama pasangan/ <i>Cohabiting</i> 7 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>
B118	Apakah tahap pendidikan tertinggi anda? <i>What is your highest educational level?</i>	1 Tidak pernah bersekolah/ <i>No schooling</i> 2 Tidak habis sekolah rendah/ <i>Did not complete primary school</i> 3 Tamat darjah 6/ <i>Completed standard 6</i> 4 Tamat tingkatan 3/ <i>Completed form 3</i> 5 Tamat tingkatan 5/ <i>Completed form 5</i> 6 Tamat tingkatan 6/ sijil/ diploma/ <i>Completed form 6/ certificate/ diploma</i> 7 Tamat pengajian peringkat sarjana muda/ <i>Completed a bachelors degree</i> 8 Tamat pengajian peringkat sarjana/ <i>Completed a masters degree</i> 9 Tamat pengajian peringkat kedoktoran (PhD)/ <i>Completed a doctoral qualification</i> 10 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>

B119	Adakah anda... / <i>Are you...</i>	<p>[PENEMU RAMAH: Bacakan pilihan jawapan]</p> <p>1 Pekerja kerajaan/ <i>Government employee</i></p> <p>2 Bekerja dengan badan berkanun/ <i>Semi government employee</i></p> <p>3 Pekerja swasta/ <i>Private employee</i></p> <p>4 Bekerja sendiri/ <i>Self-employed</i></p> <p>5 Pekerja tidak dibayar upah/ <i>Unpaid worker</i></p> <p>6 Tidak bekerja/ <i>Not working</i></p> <p>7 Pesara/ <i>Retiree</i></p> <p>8 Masih belajar/ <i>Still studying</i></p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p>
	<p>Berapakah purata pendapatan kasar anda sebulan, dari segi</p> <p><i>What is your average personal gross monthly income, in terms of ...</i></p>	<p>[PENEMU RAMAH: Genapkan kepada jumlah ringgit yang terhampir. Sekiranya TIADA PENDAPATAN tuliskan "0"]</p>
B120	<p>Pendapatan dari bekerja/ gaji / upah /pencen</p> <p><i>Income from work/ salary / pension</i></p>	<p>RM <input type="text"/></p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p>
B121	<p>Pendapatan dari ahli isirumah lain</p> <p><i>Income from other household members</i></p>	<p>RM <input type="text"/></p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p>
B122	<p>Pendapatan dari sumber lain, contoh dari ahli keluarga di luar isi rumah, biasiswa, Baitulmal dll</p> <p><i>Income from other sources e.g from family member outside the household, scholarship, welfare, Baitulmal etc</i></p>	<p>RM <input type="text"/></p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p>

MODUL C1 : POLA PENGAMBILAN MAKANAN MODULE C1 : MEAL PATTERN			
<p>1. Bahagian ini dijawab berdasarkan pengambilan makanan mengikut kebiasaan setiap hari. Makanan untuk sarapan, makan tengah hari dan makan malam adalah terdiri daripada makanan utama. Contohnya : nasi,roti, mee, mihun, roti canai, nasi lemak, nasi goreng, dan lain-lain. Ini tidak termasuk makanan ringan dan snek.</p> <p>2. Sekiranya peserta ada menanyakan minum sahaja tanpa mengambil apa-apa makanan, ia dikira sebagai tidak makan. Penemuramah perlu bertanya pada peserta di mana peserta makan dan juga dari mana beliau mendapat makanan tersebut.</p> <p>3. Untuk soalan makan bersama siapa, sekiranya responden ada menyatakan :</p> <p>a) Makan bersama keluarga dan rakan, sila bulatkan sebagai "makan bersama keluarga"</p> <p>b) Makan bersama rakan dan orang lain, sila bulatkan dan isikan kod "makan bersama rakan"</p> <p>1. <i>This section is answered based on the usual daily food intakes. The main meals composed of breakfast, lunch and dinner. Example: rice, bread, noodles, roti canai, nasi lemak, fried rice and others. This doesn't include junk foods and snacks.</i></p> <p>2. <i>If respondents state that they only take drinks without any foods, it is counted as not eating. The interviewer is required to ask the respondents where they bought and ate their foods.</i></p> <p>3. <i>For the question with whom the respondent is eating with, the respondents should state either:</i></p> <p>a) <i>If eating with family and friends, to circle it as "eating with family".</i></p> <p>b) <i>If eating with friends and other people, to circle it as "eating with friends".</i></p>			
C101	<p>Kebiasaannya, apakah waktu kerja anda? <i>What is your usual working hour?</i></p> <p>1 Waktu pejabat (pagi sampai petang)/ <i>Office hour (morning to evening)</i></p> <p>2 Mengikut syif/ <i>By shift</i></p> <p>3 Tidak tetap/ <i>Not flexible</i></p> <p>4 Pelajar/ <i>Student</i></p> <p>5 Tidak bekerja/ <i>Unemployed</i></p>		
C102	<p>Kebiasaannya, dalam seminggu berapa hari anda mengambil sarapan (7.00 pagi hingga 10.30 pagi)? <i>In a typical week, how many days do you take breakfast (7.00 am to 10.30 am)?</i></p> <p><input type="text" value="0"/> <input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> hari/ day</p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN C102 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C106</p>	C103	<p>Kebiasaannya, di mana makanan tersebut diperolehi? <i>Where do you normally get the food from?</i></p> <p>1 Disediakan dari rumah/ <i>Home prepared</i></p> <p>2 Beli dari kafeteria/ <i>Buy from cafeteria</i></p> <p>3 Beli dari restoran/ <i>Buy from restaurant</i></p> <p>4 Beli dari warung/ <i>Buy from stall</i></p> <p>5 Beli dari kedai makanan segera/ <i>Buy from fast food outlet</i></p> <p>6 Lain-lain/ <i>Others</i></p> <p>-7 Tidak tahu/ <i>Don't know</i></p> <p>-8 Tidak berkaitan/ <i>Not applicable</i></p> <p>-9 Enggan jawab/ <i>Refuse to answer</i></p>

C104	<p>Kebiasaannya, di mana anda makan? <i>Where do you usually eat?</i></p> <ol style="list-style-type: none"> 1 Di rumah/ <i>At home</i> 2 Di pejabat/ <i>At office</i> 3 Di kafeteria/ <i>At cafeteria</i> 4 Di restoran/ <i>At restaurant</i> 5 Di hotel/ <i>At hotel</i> 6 Di warung/ <i>At stall</i> 7 Di kedai makanan segera/ <i>At fast food outlet</i> 8 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i> 	C105	<p>Kebiasaannya anda makan sarapan bersama siapa? <i>With whom do you normally take breakfast?</i></p> <ol style="list-style-type: none"> 1 Sendiri/ <i>Alone</i> 2 Bersama keluarga/ <i>With family</i> 3 Bersama rakan/ <i>With friend</i> 4 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>
C106	<p>Kebiasaannya, dalam seminggu berapa hari anda makan tengah hari (12.00 tengahari hingga 2.30 petang)? <i>In a typical week, how many days do you eat lunch (12.00 pm to 2.30 pm)?</i></p> <p><input type="text" value="0"/> <input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> bil hari</p> <ol style="list-style-type: none"> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i> <p>JIKA JAWAPAN C106 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C110</p>	C107	<p>Kebiasaannya, di mana makanan tersebut diperolehi? <i>Where do you normally get the food from?</i></p> <ol style="list-style-type: none"> 1 Disediakan dari rumah/ <i>Home prepared</i> 2 Beli dari kafeteria/ <i>Buy from cafeteria</i> 3 Beli dari restoran/ <i>Buy from restaurant</i> 4 Beli dari warung/ <i>Buy from stall</i> 5 Beli dari kedai makanan segera/ <i>Buy from fast food outlet</i> 6 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>
C108	<p>Kebiasaannya, di mana anda makan? <i>Where do you usually eat?</i></p> <ol style="list-style-type: none"> 1 Di rumah/ <i>At home</i> 2 Di pejabat/ <i>At office</i> 3 Di kafeteria/ <i>At cafeteria</i> 4 Di restoran/ <i>At restaurant</i> 5 Di hotel/ <i>At hotel</i> 6 Di warung/ <i>At stall</i> 7 Di kedai makanan segera/ <i>At fast food outlet</i> 8 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i> 	C109	<p>Kebiasaannya anda makan tengah hari bersama siapa? <i>With whom do you normally take lunch?</i></p> <ol style="list-style-type: none"> 1 Sendiri/ <i>Alone</i> 2 Bersama keluarga/ <i>With family</i> 3 Bersama rakan/ <i>With friend</i> 4 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i>

C110	<p>Kebiasaannya, dalam seminggu berapa hari anda makan malam (6.00 petang hingga 9.00 malam)?</p> <p><i>In a typical week, how many days do you eat dinner (6.00 pm to 9.00 pm)?</i></p> <p><input type="text" value="0"/> <input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> bil hari</p> <p>-7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN C110 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C114</p>	C111	<p>Kebiasaannya, di mana makanan tersebut diperolehi?</p> <p><i>Where do you normally get the food from?</i></p> <p>1 Disediakan dari rumah/ <i>Home prepared</i> 2 Beli dari kafeteria/ <i>Buy from cafeteria</i> 3 Beli dari restoran/ <i>Buy from restaurant</i> 4 Beli dari warung/ <i>Buy from stall</i> 5 Beli dari kedai makanan segera/ <i>Buy from fast food outlet</i> 6 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
C112	<p>Kebiasaannya, di mana anda makan?</p> <p><i>Where do you usually eat?</i></p> <p>1 Di rumah/ <i>At home</i> 2 Di pejabat/ <i>At office</i> 3 Di kafeteria/ <i>At cafeteria</i> 4 Di restoran/ <i>At restaurant</i> 5 Di hotel/ <i>At hotel</i> 6 Di warung/ <i>At stall</i> 7 Di kedai makanan segera/ <i>At fast food outlet</i> 8 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	C113	<p>Kebiasaannya anda makan malam bersama siapa?</p> <p><i>With whom do you normally take dinner?</i></p> <p>1 Sendiri/ <i>Alone</i> 2 Bersama keluarga/ <i>With family</i> 3 Bersama rakan/ <i>With friend</i> 4 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
C114	<p>Dalam 7 hari yang lepas, berapa kerap anda makan hidangan berat selepas makan malam? (seperti nasi lemak, roti canai, mee goreng, burger, ayam goreng, dsb, tidak termasuk snek ringan seperti 2 keping biskuit dan satu gelas susu)</p> <p><i>In the past 7 days, how often do you have heavy meal after dinner? (such as nasi lemak, roti canai, fried noodle, burger, fried chicken, etc which does not include light snack such as 2 pieces of biscuits and 1 glass of milk)</i></p> <p><input type="text" value="0"/> <input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> bil hari</p> <p>-7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN C114 ADALAH "0" HARI ATAU "-7" ATAU "-9", TERUS KE SOALAN C201</p>		
C115	<p>Kebiasaannya, di mana makanan tersebut diperolehi?</p> <p><i>Where did you normally get the food from?</i></p> <p>1 Disediakan dari rumah/ <i>Home prepared</i> 2 Beli dari kafeteria/ <i>Buy from cafeteria</i> 3 Beli dari restoran/ <i>Buy from restaurant</i> 4 Beli dari warung/ <i>Buy from stall</i> 5 Beli dari kedai makanan segera/ <i>Buy from fast food outlet</i> 6 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>		

C116	<p>Di manakah biasanya anda makan hidangan berat selepas makan malam? <i>Where did you normally have your heavy meal after dinner?</i></p> <p>1 Di rumah/ <i>At home</i> 2 Di pejabat/ <i>At office</i> 3 Di kafeteria/ <i>At cafeteria</i> 4 Di restoran/ <i>At restaurant</i> 5 Di hotel/ <i>At hotel</i> 6 Di warung/ <i>At stall</i> 7 Di kedai makanan segera/ <i>At fast food outlet</i> 8 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	C117	<p>Kebiasaannya anda makan hidangan berat selepas makan malam bersama siapa? <i>With whom do you normally have your heavy meal after dinner?</i></p> <p>1 Sendiri/ <i>Alone</i> 2 Bersama keluarga/ <i>With family</i> 3 Bersama rakan/ <i>With friend</i> 4 Lain-lain/ <i>Others</i> -7 Tidak tahu/ <i>Don't know</i> -8 Tidak berkaitan/ <i>Not applicable</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
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MODUL C2 : PENGAMBILAN MAKANAN MENGIKUT KUMPULAN MAKANAN MODULE C2 : FOOD INTAKE BY FOOD GROUP			
Bahagian ini dijawab berdasarkan pengambilan makanan untuk setiap kumpulan makanan dalam tempoh seminggu. <i>This section need to be answered based on food intake for each food group within the past one week.</i>			
Untuk penemu ramah : sila rujuk album makanan.			
C201 Kebiasaannya dalam tempoh seminggu berapa hari anda makan konfeksi (kuih tempatan, kek, aiskrim, ABC, agar-agar, dsb)? <i>Normally, how many days in a week do you take confectionery (local cakes, cakes, ice-cream, ABC, jelly, snacks, etc.)?</i>	C202 Biasanya pada hari anda makan konfeksi, berapa banyak hidangan yang diambil? <i>Usually on the day you eat confectionery, how many serving of confectionery do you take?</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>
JIKA JAWAPAN C201 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C203			
C203 Kebiasaannya dalam seminggu berapa hari anda makan buah-buahan (pisang, jambu, betik, oren, epal, buah-buahan dalam tin, buah-buahan kering, dsb)? <i>Normally, how many days in a week do you eat fruits (banana, guava, papaya, oranges, apples, canned fruits, dried fruits, etc.)?</i>	C204 Biasanya pada hari anda makan buah-buahan, berapa banyak hidangan yang diambil? <i>Usually on the days you eat fruits, how many serving of fruits do you take?</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>
JIKA JAWAPAN C203 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C205			
C205 Kebiasaannya dalam seminggu berapa hari anda makan sayur-sayuran/ ulam-ulaman? <i>Normally, how many days in a week do you eat vegetables/ salads?</i>	C206 Biasanya pada hari anda makan sayur-sayuran, berapa banyak hidangan yang diambil? <i>Usually on the day you eat vegetables/ salads, how many serving of vegetables/ salads do you take?</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>	<input type="text"/> <input type="text"/> Bil hidangan - 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i>
JIKA JAWAPAN C205 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE SOALAN C207			

C207	<p>Kebiasaannya dalam seminggu berapa hari anda minum air kosong? <i>Normally, how many days in a week do you drink plain water?</i></p> <p><input type="text" value="0"/> <input type="text" value="1"/> <input type="text" value="2"/> <input type="text" value="3"/> <input type="text" value="4"/> <input type="text" value="5"/> <input type="text" value="6"/> <input type="text" value="7"/> hari/ day</p> <p>- 7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN C207 ADALAH "0" ATAU "-7" ATAU "-9", TERUS KE MODUL C3</p>	C208	<p>Biasanya pada hari anda minum air kosong, berapa banyak hidangan yang diambil? <i>Usually on the days you drink plain water, how many glasses of plain water do you drink?</i></p> <p><input type="text" value=""/> <input type="text" value=""/> Bil gelas</p> <p>- 7 Tidak tahu/ <i>Don't know</i> - 8 Tidak berkaitan/ <i>Not applicable</i> - 9 Enggan jawab/ <i>Refuse to answer</i></p>
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MODUL C3 : TABIAT BERKAITAN PENGAMBILAN MAKANAN MODULE C3 : HABITS IN RELATION TO FOOD CONSUMPTION	
Bahagian ini dijawab berdasarkan tabiat yang berkaitan dengan pengambilan makanan mengikut kebiasaan peserta. <i>This section to be answered based on habits related to usual food intake of the respondents.</i>	
C301 Adakah anda minum air kosong sebelum, semasa atau selepas makan sajian utama? <i>Do you drink plain water before, during or after the main meals?</i> 1 Sebelum (dalam tempoh 30 minit sebelum makan)/ <i>Before (within 30 minutes before meal)</i> 2 Semasa/ <i>During</i> 3 Selepas/ <i>After</i> -8 Tidak minum/ <i>Not drinking</i> -9 Enggan jawab/ <i>Refuse to answer</i>	C302 Adakah anda makan buah-buahan sebelum, semasa atau selepas makan sajian utama? <i>Do you eat fruits before, during or after main meals?</i> 1 Sebelum (dalam tempoh 30 minit sebelum makan)/ <i>Before (within 30 minutes before meal)</i> 2 Semasa/ <i>During</i> 3 Selepas/ <i>After</i> -8 Tidak makan buah/ <i>Did not eat fruits</i> -9 Enggan jawab/ <i>Refuse to answer</i>
C303 Berapa lamakah anda mengunyah makanan di dalam mulut sebelum ditelan? <i>How long do you chew the food before swallowing?</i> 1 Kurang dari 20 kali/ <i>Less than 20 times</i> 2 20 – 40 kali/ <i>20 - 40 times</i> 3 Lebih dari 40 kali/ <i>More than 40 times</i> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>	C304 Adakah anda menggunakan penyedut minuman semasa minum minuman berkarbonat? <i>Do you use a straw when you drink carbonated beverages?</i> 1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -8 Tidak mengambil minuman berkarbonat/ <i>Did not take carbonated beverages</i> -9 Enggan jawab/ <i>Refuse to answer</i>
C305 Adakah anda berkumur-kumur selepas makan makanan manis? <i>Do you rinse your mouth after taking sugary food?</i> 1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i>	C306 Adakah anda memberus gigi sebelum makan pagi? <i>Do you brush your teeth before breakfast?</i> 1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i>
C307 Adakah anda memberus gigi selepas makan sajian utama? <i>Do you brush your teeth after main meals?</i> 1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i>	

MODUL D : LABEL MAKANAN MODULE D : FOOD LABELLING	
<p>Bahagian ini dijawab berdasarkan amalan dan pemahaman peserta berkaitan dengan label yang terdapat pada produk makanan yang dibeli atau diterima dari pihak lain. Label pada produk makanan termasuklah maklumat khasiat makanan, tarikh luput dan tanda peringatan atau amaran untuk produk tersebut.</p> <p><i>This section to be answered based on practices and understanding of the respondents on food labels or foods received from others. Labels on food products include nutritional information, expiry date and warning signs for the product.</i></p>	
<p>D101</p> <p>Adakah anda membaca label pemakanan/ maklumat khasiat makanan ketika membeli atau menerima makanan (yang berkenaan)? <i>Do you read the nutrition labelling when you buy or receive food (where applicable)?</i></p> <p>1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN “3” ATAU “-9”, TERUS KE D104</p>	<p>D102</p> <p>Apakah jenis label pemakanan / maklumat khasiat makanan yang anda baca? (Lebih dari satu jawapan diterima) <i>What kind of information in the nutrition label do you read?</i> <i>(More than one answer is accepted)</i></p> <p>1 Jumlah tenaga makanan/ <i>Total energy</i> 2 Kandungan karbohidrat termasuk gula/ <i>Carbohydrate content including sugar</i> 3 Kandungan lemak/ <i>Fat content</i> 4 Kandungan garam/ sodium/ <i>Salt / sodium content</i> 5 Kandungan vitamin/ <i>Vitamin content</i> 6 Kandungan mineral/ <i>Mineral content</i> 8 Bahan tambah/ <i>Food additives</i> 9 Serat/ <i>Fibre</i> 10 Lain-lain, nyatakan/ <i>Others, specify.....</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
<p>D103</p> <p>Adakah anda memahami kandungan label pemakanan / maklumat khasiat makanan ketika anda membeli atau menerima makanan? <i>Do you understand the information in the nutrition label when you buy or receive food?</i></p> <p>1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	<p>D104</p> <p>Adakah anda membaca tarikh luput pada label ketika anda membeli atau menerima makanan (yang berkenaan)? <i>Do you read the expiry date on the label when you buy or receive food (where applicable)?</i></p> <p>1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
<p>D105</p> <p>Adakah anda membaca label peringatan seperti arahan penyimpanan dan penggunaan ketika anda membeli atau menerima makanan (yang berkenaan)? [Contoh : Sesudah dibuka, simpan di dalam peti sejuk dan habiskan dalam tempoh 3 hari] / <i>Do you read the precautionary food label when you buy or receive food (where applicable)?</i> <i>[Example : Once opened, keep in refrigerator and consume within 3 days]</i></p> <p>1 Ya, kerapkali/ <i>Yes, always</i> 2 Ya, kadangkala/ <i>Yes, sometimes</i> 3 Tidak/ <i>No</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	

MODUL E1 : PENGAMBILAN SUPLEMEN VITAMIN / MINERAL MODULE E1 : VITAMIN / MINERAL SUPPLEMENT INTAKE			
<p>1. Bahagian ini dijawab berdasarkan pengambilan suplemen vitamin dan mineral peserta dalam tempoh satu tahun yang lepas. Bagi responden yang kurang taraf pendidikan dan berumur, penemu bual boleh bertanya samada peserta berkenaan ada mengambil apa-apa jenis ubat.</p> <p>2. Sila minta bekas/ botol/ sampul/ kotak ubat-ubat untuk mengesahkan samada ada diantara ubat berkenaan adalah suplemen vitamin/ mineral. Tanyakan sebab pengambilan bagi setiap suplemen vitamin / mineral yang diambil.</p> <p>3. Sila rujuk kod di bawah soalan untuk mengisi kod sebab pengambilan, jawapan boleh lebih daripada satu tetapi maksimum hingga 4 sebab. Untuk mengisi kekerapan pengambilan suplemen, terdapat 5 kategori untuk menggambarkan kekerapan pengambilan suplemen seseorang seperti tertera di bawah soalan.</p> <p>4. Jelaskan apa yang dimaksudkan hanya untuk jangkamasa pendek kepada peserta: contohnya wanita yang mengandung mengambil vitamin B12 selama 9 bulan atau mengambil suplemen selepas pembedahan perubatan.</p> <p>1. <i>This section to be answered based on vitamin and mineral supplement intake of the respondents within the past one year. For respondents that has low educational level or too old, interviewer can ask them whether they take any medications.</i></p> <p>2. <i>Please ask for the container/ bottle/ envelope/ box of the medications to verify whether the medications that they take are vitamin/ mineral supplements. Please ask for the reason of intake.</i></p> <p>3. <i>Please refer to the code below the questions to answer the reason of intake. More than one answer can be accepted, with a maximum of up to four reasons. To fill up the frequency of supplement intake, there are 5 categories to describe the frequency of supplement intake as indicated below the questions.</i></p> <p>4. <i>Describe what it means by short period to the respondents: for example, pregnant women who had taken vitamin B12 for up to 9 months or any supplement taken after medical operation.</i></p>			
No.Soalan Quest No.	Soalan Tapisan / Questions & Filters		
E1100	<p>Dalam tempoh 12 bulan yang lepas, adakah anda mengambil sebarang suplemen vitamin/ mineral?</p> <p><i>Did you take any vitamin/ mineral supplement within the last 12 months?</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -7 Tidak tahu/ <i>Dont know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN “1”, KE SOALAN E1200 JIKA JAWAPAN “2” ATAU “-7” ATAU “-9”, TERUSKAN KE MODUL E2</p>	E1200	<p>Apakah jenis suplemen vitamin/mineral yang diambil?</p> <p>(Tidak perlu bacakan senarai) Minta bekas /botol daripada responden untuk mengesahkan jenis vitamin / mineral)(Boleh terima jawapan lebih daripada satu)</p> <p><i>What type of vitamin/ mineral supplements do you take? (Do not need to read the type of vitamin / mineral list) Ask respondent for the bottles / container to confirm type of vitamin / mineral taken)(More than one answer can be accepted)</i></p>
E1300	<p>Apakah sebab anda mengambil suplemen vitamin/ mineral?</p> <p><i>What was your reason for taking vitamin/ mineral supplement?</i></p>	E1400	<p>Berapa kerapkah anda mengambil suplemen vitamin/ mineral?</p> <p><i>How often did you take vitamin/ mineral supplement?</i></p>

E1200	Jenis (bulatkan pada kod jenis vitamin/ mineral yang diambil) <i>Type (Circle the code of vitamin/ mineral taken)</i>	E1300	(Rujuk kod di bawah bagi sebab pengambilan. Bulatkan kod. Sehingga empat sebab boleh diterima) <i>Reason (Refer code below for the reason(s) you take it. Circle the code(s). Up to four reasons can be accepted)</i>	E1400	Kekerapan (Rujuk kod di bawah) <i>Frequency (Refer code below)</i>
E1201	Multivitamin dan Multimineral/ <i>Multivitamin and Multimineral</i>	E1301	1	E1401	1 2 3 4 5
E1202	Vitamin A/ Karotenoid/ <i>Vitamin A/ Carotenoids</i>	E1302	1	E1402	1 2 3 4 5
E1203	Vitamin B kompleks/ <i>B complex vitamin</i>	E1303	1	E1403	1 2 3 4 5
E1204	Vitamin B12/ <i>Vitamin B12</i>	E1304	1	E1404	1 2 3 4 5
E1205	Vitamin C/ <i>Vitamin C</i>	E1305	1	E1405	1 2 3 4 5
E1206	Asid folik/ B6/ <i>Folic acid/ B6</i>	E1306	1	E1406	1 2 3 4 5
E1207	Zat Besi/ <i>Iron</i>	E1307	1	E1407	1 2 3 4 5
E1208	Kalsium/ <i>Calcium</i>	E1308	1	E1408	1 2 3 4 5
E1209	Vitamin E/ <i>Vitamin E</i>	E1309	1	E1409	1 2 3 4 5
E1210	Zink/ <i>Zinc</i>	E1310	1	E1410	1 2 3 4 5
E1210	Lain-lain, sila nyatakan/ <i>Others, please specify :</i>	E1310	1	E1410	1 2 3 4 5

Kod sebab pengambilan:
Code for reason of intake:

- 1-Atas arahan doktor/ *Doctor's prescription*
- 2-Kesihatan/ *Health*
- 3-Tambah tenaga/ *For increased energy*
- 4-Kecantikan/ *Beauty*
- 5-Tambah ingatan/ *Improves memory*
- 6-Tidak pasti/ *Not sure/ No answer*

Kod kekerapan:
Frequency code:

- 1-Setiap hari/ *Everyday*
- 2-Lebih dari sekali seminggu/ *More than once a week*
- 3-Seminggu sekali/ *Once a week*
- 4-1 hingga 3 kali sebulan/ *1 to 3 times per month*
- 5-Sekali sekala (jangkamas pendek)/ *Occasionally (Short term)*

MODUL E2 : PENGAMBILAN SUPLEMEN MAKANAN MODULE E2 : FOOD SUPPLEMENT INTAKE			
<p>1. Bahagian ini dijawab berdasarkan pengambilan suplemen vitamin dan mineral peserta dalam tempoh satu tahun yang lepas. Bagi responden yang kurang taraf pendidikan dan berumur, penemu bual boleh bertanya samada peserta berkenaan ada mengambil apa-apa jenis ubat.</p> <p>2. Sila minta bekas/ botol/ sampul/ kotak ubat-ubat untuk mengesahkan samada ada diantara ubat berkenaan adalah suplemen vitamin/ mineral. Tanyakan sebab pengambilan bagi setiap suplemen vitamin / mineral yang diambil.</p> <p>3. Sila rujuk kod di bawah soalan untuk mengisi kod sebab pengambilan, jawapan boleh lebih daripada satu tetapi maksimum hingga 4 sebab. Untuk mengisi kekerapan pengambilan suplemen, terdapat 5 kategori untuk menggambarkan kekerapan pengambilan suplemen seseorang seperti tertera di bawah soalan.</p> <p>4. Jelaskan apa yang dimaksudkan hanya untuk jangkamasa pendek kepada peserta: contohnya wanita yang mengandung mengambil pati ikan haruan selama 9 bulan atau mengambil suplemen selepas pembedahan perubatan.</p> <p><i>1. This section to be answered based on vitamin and mineral supplement intake of the respondents within the past one year. For respondents that has low educational level or too old, interviewer can ask them whether they take any medications.</i></p> <p><i>2. Please ask for the container/ bottle/ envelope/ box of the medications to verify whether the medications that they take are vitamin/ mineral supplements. Please ask for the reason of intake.</i></p> <p><i>3. Please refer to the code below the questions to answer the reason of intake. More than one answer can be accepted, with a maximum of up to four reasons. To fill up the frequency of supplement intake, there are 5 categories to describe the frequency of supplement intake as indicated below the questions.</i></p> <p><i>4. Describe what it means by short period to the respondents: for example, pregnant women who had taken "haruan" fish stock for up to 9 months or any supplement taken after medical operation.</i></p>			
No. Soalan Quest No.	Soalan Tapisan / Questions & Filters		
E2100	<p>Dalam tempoh 12 bulan yang lepas, adakah anda mengambil apa-apa suplemen makanan? (Seperti minyak ikan, evening primrose oil, pati sarang burung dan lain-lain)</p> <p><i>In the last 12 months, have you ever taken any food supplements? (For example fish oil, evening primrose oil, bird's nest stock etc)</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -7 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p> <p>JIKA JAWAPAN "1", KE SOALAN E1200 JIKA JAWAPAN "2" ATAU "-7" ATAU "-9", TERUSKAN KE MODUL E2</p>	E2200	<p>Apakah anda mengambil bahan berikut: (Bacakan senarai suplemen makanan di bawah. Minta bekas /botol daripada responden untuk mengesahkan jenis suplemen)</p> <p><i>What type of food supplement do you take? (Read the food supplement list. Ask respondent for the bottles / container to confirm the type of food supplements taken)</i></p>
E2300	<p>Apakah sebab anda mengambil suplemen makanan?</p> <p><i>What was your reason for taking food supplement?</i></p>	E2400	<p>Berapa kerapkah anda mengambil suplemen makanan?</p> <p><i>How often did you take food supplement?</i></p>

E2200	Jenis (bulatkan pada kod jenis suplemen makanan yang diambil) Type (Circle the code of food supplement taken)	E2300	Sebab pengambilan (Rujuk kod di bawah bagi sebab pengambilan. Bulatkan kod. Sehingga empat sebab boleh diterima) Reason (Refer code below for the reason(s) you take it. Circle the code(s). Up to four reasons can be accepted)				E2400	Kekerapan (Rujuk kod di bawah) Frequency (Refer code below)								
			1	2	3	4		5	6	7	8	1	2	3	4	5
E2201	Minyak ikan/ Fish oil	E2301	1	2	3	4	5	6	7	8	E2401	1	2	3	4	5
E2202	Pati ayam/ Essence of chicken	E2302	1	2	3	4	5	6	7	8	E2402	1	2	3	4	5
E2203	Pati ikan haruan/ Haruan fish stock	E2303	1	2	3	4	5	6	7	8	E2403	1	2	3	4	5
E2204	Pil bawang putih/ Garlic pil	E2304	1	2	3	4	5	6	7	8	E2404	1	2	3	4	5
E2205	Pati "Sarang Burung"/ Bird's nest stock	E2305	1	2	3	4	5	6	7	8	E2405	1	2	3	4	5
E2206	Hasil madu lebah/ Royal Jelly	E2306	1	2	3	4	5	6	7	8	E2406	1	2	3	4	5
E2207	Evening Primrose Oil	E2307	1	2	3	4	5	6	7	8	E2407	1	2	3	4	5
E2208	Kolagen/ Collagen	E2308	1	2	3	4	5	6	7	8	E2408	1	2	3	4	5
E2209	Spirulina	E2309	1	2	3	4	5	6	7	8	E2409	1	2	3	4	5
E2210	Gingko Biloba	E2310	1	2	3	4	5	6	7	8	E2410	1	2	3	4	5
E2211	Ekstrak manggis/ Mangosteen Extract	E2311	1	2	3	4	5	6	7	8	E2411	1	2	3	4	5
E2212	Produk Gamat/ Sea Cucumber Products	E2312	1	2	3	4	5	6	7	8	E2412	1	2	3	4	5
E2213	Produk Penurunan Berat Badan/ Slimming Products	E2313	1	2	3	4	5	6	7	8	E2413	1	2	3	4	5
E2214	Pati Prun/ Prune Essence	E2314	1	2	3	4	5	6	7	8	E2414	1	2	3	4	5
E2215	Pati Beri/ Berry Essence	E2315	1	2	3	4	5	6	7	8	E2415	1	2	3	4	5
E2216	Serbuk kesihatan (tidak termasuk produk pelangsing)/ Health powder (exclude slimming product)	E2316	1	2	3	4	5	6	7	8	E2416	1	2	3	4	5
E2217	Lain-lain, sila nyatakan/ Others, please specify :	E2317	1	2	3	4	5	6	7	8	E2417	1	2	3	4	5

Kod sebab pengambilan:
Code for reason of intake:

- 1-Atas arahan doktor/ Doctor's prescription
- 2-Kesihatan/ Health
- 3-Tambah tenaga/ For increased energy
- 4-Kecantikan/ Beauty
- 5-Penurunan berat badan/ Weight reduction
- 6-Tambah ingatan/ Improves memory
- 7-Penurunan kolesterol/ Cholesterol reduction
- 8-Tidak pasti/ Tiada jawapan-Not sure/ No answer

Kod kekerapan:
Frequency code:

- 1-Setiap hari/ Everyday
- 2-Lebih dari sekali seminggu/ More than once a week
- 3-Seminggu sekali/ Once a week
- 4-1 hingga 3 kali sebulan/ 1 to 3 times per month
- 5-Sekali sekala (jangkama pendek)/ Occasionally (Short term)

MODUL F : AKTIVITI FIZIKAL MODULE F : PHYSICAL ACTIVITY			
Bahagian ini perlu dijawab mengikut aktiviti-aktiviti fizikal harian peserta dalam tempoh 7 hari yang lepas (seminggu). Sila jawab berdasarkan soalan-soalan berikut: <i>This section needs to be answered based on daily physical activities of the respondents in the past 7 days (a week). Please answer according to the questions.</i>			
BAHAGIAN 1 : AKTIVITI FIZIKAL BERKAITAN KERJA PART 1 : JOB-RELATED PHYSICAL ACTIVITY			
F101	Biasanya berapa lama anda bekerja dalam sehari? <i>How long do you work in a day?</i> 1 _____ jam/ hours -7 Tidak berkaitan/ <i>Not applicable</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>	F102	Adakah pekerjaan anda melibatkan banyak duduk atau berdiri serta berjalan kurang dari 10 minit dalam satu masa? <i>Does your work involve mostly sitting, standing, or walking for less than 10 minutes at one time?</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>
F103	Adakah pekerjaan anda melibatkan kerja berat seperti mengangkat benda berat atau melakukan kerja buruh untuk sekurang-kurangnya 10 minit dalam satu masa? <i>Does your work involve vigorous activities, such as lifting heavy objects or manual labour for at least 10 minutes at one time?</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>	F104	Biasanya dalam satu minggu, berapa hariakah anda melakukan kerja-kerja berat dalam pekerjaan anda? <i>In a typical week, how many days do you have vigorous activities as part of your work?</i> 1 _____hari seminggu/ <i>days per week</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>
F105	Pada hari yang anda melakukan kerja berat, berapa lamakah anda melakukannya? <i>During a day of your vigorous activity, how long do you spend on such work?</i> 1 _____ jam/hours, _____minit/minutes -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>	F106	Adakah pekerjaan anda melibatkan aktiviti kerja sederhana seperti berjalan laju atau dengan membawa beban ringan untuk sekurang-kurangnya 10 minit dalam satu masa? <i>Does your work involve moderate-intensity activity such as brisk walking or carrying light loads for at least 10 minutes at one time?</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i>

F107	<p>Biasanya dalam satu minggu, berapa hariakah anda melakukan kerja / aktiviti sederhana dalam pekerjaan anda?</p> <p><i>In a typical week, how many days do you have moderate-intensity activity as part of your work?</i></p> <p>1 _____hari seminggu/ <i>days per week</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	F108	<p>Pada hari yang anda melakukan kerja / aktiviti sederhana, berapa lamakah anda melakukannya?</p> <p><i>On a day which you do moderate-intensity activities, how much time do you spend doing such work?</i></p> <p>1 _____jam/<i>hours</i>, _____minit/<i>minutes</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
BAHAGIAN 2 : AKTIVITI FIZIKAL BERKAITAN PENGANGKUTAN PART 2 : TRANSPORT-RELATED PHYSICAL ACTIVITY			
F109	<p>Untuk bergerak ke sesuatu tempat, adakah anda berjalan atau berbasikal secara berterusan selama 10 minit atau lebih?</p> <p><i>Do you walk or cycle for 10 minutes or more continuously?</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	F110	<p>Biasanya dalam seminggu, berapa hariakah anda berjalan atau berbasikal secara berterusan selama sekurang-kurangnya 10 minit?</p> <p><i>In a typical week, how many days do you walk or cycle for 10 minutes or more?</i></p> <p>1 _____hari seminggu/ <i>days per week</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
F111	<p>Biasanya dalam sehari, berapa lamakah anda berjalan atau berbasikal?</p> <p><i>How long do you spend on walking or cycling in a typical day?</i></p> <p>1 _____jam/<i>hours</i>, _____minit/<i>minutes</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>		
BAHAGIAN 3 : AKTIVITI FIZIKAL SEMASA REKREASI, SUKAN DAN MASA LAPANG PART 3 : RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY			
F112	<p>Adakah aktiviti dimasa lapang anda melibatkan banyak duduk atau berbaring tanpa melakukan aktiviti fizikal untuk lebih dari 10 minit dalam satu masa?</p> <p><i>Does your leisure time involve mostly sitting or reclining without physical activity lasting for more than 10 minutes at one time?</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	F113	<p>Pada masa lapang, adakah anda melakukan aktiviti lasak seperti bersukan, berlari atau angkat berat untuk sekurang-kurangnya 10 minit dalam satu masa?</p> <p><i>During leisure time, do you practise any vigorous activity such as sports, running or weight lifting for at least 10 minutes at one time?</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>

F114	<p>Biasanya dalam seminggu pada waktu lapang, berapa hariakah anda melakukan aktiviti lasak? <i>In a typical week, how many days do you practise vigorous activities during leisure time?</i></p> <p>1 _____hari seminggu/ <i>days per week</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	F115	<p>Biasanya dalam sehari pada waktu lapang, berapa lamakah anda melakukan aktiviti lasak? <i>How long do you spend on vigorous activities during the typical day?</i></p> <p>1 _____jam/<i>hours</i>, _____minit/<i>minutes</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
F116	<p>Pada masa lapang, adakah anda melakukan aktiviti sederhana seperti berjalan laju, berbasikal atau berenang untuk sekurang-kurangnya 10 minit dalam satu masa? <i>During leisure time, do you practise moderate-intensity activity such as brisk walking, cycling or swimming for at least 10 minutes at one time?</i></p> <p>1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>	F117	<p>Biasanya dalam seminggu pada waktu lapang, berapa hariakah anda melakukan aktiviti sederhana? <i>In a typical week, how many days do you do moderate-intensity activities during your leisure time?</i></p> <p>1 _____hari seminggu/ <i>days per week</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>
F118	<p>Biasanya dalam sehari pada waktu lapang, berapa lamakah anda melakukan aktiviti sederhana? <i>How long do you spend on the moderate-intensity activities on a typical day?</i></p> <p>1 _____jam/<i>hours</i>, _____minit/<i>minutes</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>		
BAHAGIAN 4 : PENGGUNAAN MASA UNTUK DUDUK/ PART 4 : TIME SPENT SITTING			
F119	<p>Biasanya dalam sehari, berapa jamkah masa yang anda gunakan untuk duduk atau berbaring termasuk di tempat kerja, di rumah, di waktu lapang dan semasa perjalanan, TETAPI TIDAK TERMASUK waktu tidur? <i>How much time do you usually spend sitting or reclining including time spent at work, at home, in leisure time and during travel BUT NOT INCLUDING time spent sleeping?</i></p> <p>1 _____jam/<i>hours</i>, _____minit/<i>minutes</i> -8 Tidak tahu/ <i>Don't know</i> -9 Enggan jawab/ <i>Refuse to answer</i></p>		

MODUL G : AMALAN PEMAKANAN
MODULE G : FOOD HABIT

- Dalam bahagian ini responden akan ditanya soalan terbuka samada pernah atau tidak makan makanan yang telah disenaraikan. Tuliskan angka dalam kolom bilangan kali diambil samada dalam **Per Hari** atau **Per Minggu** atau **Per Bulan**. (Pastikan hanya satu kolom sahaja yang diisi). Jika makanan yang tersenarai tidak diambil, isikan "0" pada kolom **Per Bulan**.
 - Berapa banyak sajian setiap kali makan merujuk kepada bilangan hidangan yang diambil setiap kali dimakan. Contohnya, jika responden makan buah betik, tanyakan berapa potong buah betik biasanya dimakan setiap kali. Jika responden menjawab makan dua potong buah betik, isikan "2" dalam ruangan jawapan. Ini kerana satu sajian ialah satu potong buah betik.
 - Setiap jenis makanan telah diberikan ukuran hidangan tertentu berpandukan "Album Saiz Sajian Makanan Malaysia" dan juga senarai berat makanan dalam ukuran isirumah. Ukuran hidangan ini adalah berdasarkan saiz sederhana. Penemu ramah hendaklah menunjukkan gambar makanan atau alat sukatan makanan (yang dibekalkan) kepada responden bagi setiap hidangan.
- In this section, respondents will be asked questions on whether they have eaten or not the type of foods listed. Write down numbers in the column how many times were consumed whether **Daily, Weekly, or Monthly**.*
 - How many times each serving were taken refers to how many of those foods were eaten by the respondents for each time. For example, if respondents eat papaya, ask them how many slices of papaya were taken each time. If the respondents answered two slices, fill in "2" in the answer space. This is because each serving equals to one slice of papaya.*
 - Every type of food has been given their appropriate meal measurement according to "Malaysian Food Serving Size Album" and also a list of weight of these food in household measurement. These meal measurements were based on regular size. Interviewer need to show the food photos or standard food measurement tools (provided) to the respondents for each meal.*

CONTOH CARA MENGISI BORANG

Jika responden mengambil roti putih 3 kali dalam seminggu, dan setiap kali makan, responden mengambil sebanyak 2 keping roti. Tuliskan "3" pada kolom **Per Minggu** dan tuliskan "2" pada kolom **Jumlah sajian setiap kali makan**. Dalam tempoh sebulan yang lepas, jika responden tidak mengambil roti bijirin penuh, tuliskan "0" pada kolom **Per Bulan**.

*If the respondent took white bread 3 times a week, two slices each time, write down "3" in the **Weekly** column and write "2" in **servings each time eaten**. Within the past month, if respondent did not take wholemeal bread, write down "0" in **Monthly** column.*

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1000 Bijirin dan hasil bijirin/ <i>Cereals and cereals product</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1001	Nasi putih/ <i>White rice</i>	3			cawan/ <i>cup</i>	2
G1002	Nasi beras perang/ <i>Brown rice</i>			0	cawan/ <i>cup</i>	
G1003	Nasi berperisa (Nasi briyani, nasi goreng dsb.)/ <i>Flavoured rice</i>		2		cawan/ <i>cup</i>	1
G1004	Bubur nasi/ <i>Rice porridge</i>			2	cawan/ <i>cup</i>	1
G1005	Pulut/ <i>Glutinous rice</i>		1		cawan/ <i>cup</i>	1
G1006	Mee kuning/ Mee siput/ Mee segera/ <i>Noodles</i>		2		cawan/ <i>cup</i>	1
G1007	Mihun/ Kueh teow/ laksam/ laksam/ loh shi fun		3		cawan/ <i>cup</i>	1
G1008	Pasta			2	cawan/ <i>cup</i>	1

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1000 Bijirin dan hasil bijirin/ <i>Cereals and cereals product</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1001	Nasi putih/ <i>White rice</i>				cawan/ <i>cup</i>	
G1002	Nasi beras perang/ <i>Brown rice</i>				cawan/ <i>cup</i>	
G1003	Nasi berperisa (Nasi briyani, nasi goreng dsb.)/ <i>Flavoured rice</i>				cawan/ <i>cup</i>	
G1004	Bubur nasi/ <i>Rice porridge</i>				cawan/ <i>cup</i>	
G1005	Pulut/ <i>Glutinous rice</i>				cawan/ <i>cup</i>	
G1006	Mee kuning/ Mee siput/ Mee segera/ <i>Noodles</i>				cawan/ <i>cup</i>	
G1007	Mihun/ Kueh teow/ laksa/ laksam/ <i>loh shi fun</i>				cawan/ <i>cup</i>	
G1008	Pasta				cawan/ <i>cup</i>	
G1009	Sagu/ ambuyat/ linut				cawan/ <i>cup</i>	
G1010	Roti/ <i>Bread</i>				keping/ <i>slices</i>	
G1011	Roti bijirin penuh/ <i>Wholemeal bread</i>				keping/ <i>slices</i>	
G1012	Roti bun/ <i>Bread bun</i>				biji/ <i>pieces</i>	
G1013	Roti Canai (termasuk roti telur, roti sardin, roti bawang, roti pisang, murtabak)				keping/ <i>slices</i>	
G1014	Capati				keping/ <i>slices</i>	
G1015	Tosai				keping/ <i>slices</i>	
G1016	Bijirin sarapan pagi (Cornflakes, koko crunch, honeystar dsb.)/ <i>Breakfast cereals</i>				cawan/ <i>cup</i>	
G1017	Bijirin tersedia perlu dibancuh (Nestum, quaker oats dsb.)/ <i>Cereal grains prepared with water</i>				cawan/ <i>cup</i>	
G1018	Jagung/ <i>Corn</i>				tongkol	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1000 Makanan segera/ <i>Fast food</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1019	Burger				biji/ <i>pieces</i>	
G1020	Ayam Goreng/ <i>Fried Chicken</i>				ketul/ <i>pieces</i>	
G1021	Pizza				keping/ <i>slices</i>	
G1022	Kentang Goreng/ <i>French Fries</i>				hidang medium/ <i>medium size</i>	
G1023	Kentang Lenyek/ <i>Mashed Potatoes</i>				bekas kecil/ <i>small container</i>	
G1024	Coleslaw				bekas kecil/ <i>small container</i>	
G1025	Sosej/ Hotdog/ Frankfurter				keping/ <i>slices</i>	
G1026	Nugget				ketul/ <i>pieces</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1100 Daging dan hasil daging/ <i>meat and meat product</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1101	Ayam/ <i>Chicken</i>				ketul/ <i>pieces</i>	
G1102	Burung puyuh/ <i>Quail</i>				ekor/ <i>whole</i>	
G1103	Itik/ <i>Duck</i>				ketul/ <i>pieces</i>	
G1104	Lembu/ Kerbau/ <i>Meat</i>				kotak mancis/ <i>matchbox size</i>	
G1105	Kambing/ <i>Mutton</i>				kotak mancis/ <i>matchbox size</i>	
G1106	Organ Dalaman (Hati, Limpa, paru)/ <i>Internal organs (liver, spleen, lungs)</i>				kotak mancis/ <i>matchbox size</i>	
G1107	Bebola ayam/ daging/ <i>Chicken / meat ball</i>				ketul/ <i>pieces</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1100 Daging dan hasil daging/ <i>meat and meat product</i> *Bagi peserta bukan islam	a.Sehari/ <i>Daily</i>	b.Seminggu/ <i>Weekly</i>	c.Sebulan/ <i>Monthly</i>		
G1108	* Ham				keping/ <i>slices</i>	
G1109	* Bacon				keping/ <i>slices</i>	
G1110	* Luncheon meat				keping/ <i>slices</i>	
G1111	* Babi				kotak mancis/ <i>matchbox size</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1200 Ikan dan makanan laut/ <i>Fish and seafoods</i>	a.Sehari/ <i>Daily</i>	b.Seminggu/ <i>Weekly</i>	c.Sebulan/ <i>Monthly</i>		
G1201	Ikan laut/ <i>Marine fish</i>				ekor/ <i>whole</i>	
G1202	Ikan air tawar/ <i>Freshwater fish</i>				ekor/ <i>whole</i>	
G1203	Udang basah/ <i>Prawn</i>				ekor/ <i>whole</i>	
G1204	Sotong basah/ <i>Squid</i>				ekor/ <i>whole</i>	
G1205	Ikan dalam tin/ <i>Canned fish</i>				ekor/ <i>whole</i>	
G1206	Ketam/ <i>Crab</i>				ekor/ <i>whole</i>	
G1207	Ikan bilis/ <i>Anchovy</i>				senduk makan/ <i>Tablespoon</i>	
G1208	Kekerang (kerang, lala, remis, kupang, mentarang dsb.)/ <i>Shellfish</i>				senduk makan/ <i>Tablespoon</i>	
G1209	Siput sedut (belitung, siput buluh dsb.)/ <i>Snail</i>				senduk makan/ <i>Tablespoon</i>	
G1210	Ikan jeruk/ Pekasam/ <i>Pickled fish</i>				keping/ <i>pieces</i>	
G1211	Sotong kering/ <i>Dried squid</i>				keping/ <i>pieces</i>	
G1212	Keropok ikan/udang/ sotong/ ketam/ <i>fish / prawn / squid / crab crackers</i>				keping/ <i>slices</i>	
G1213	Keropok lekor				keping/ <i>slices</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1200 Ikan dan makanan laut/ <i>Fish and seafoods</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1214	Bebola/ kek ikan/ udang/ sotong/ ketam/ <i>fish/prawn/squid/crab ball or cake</i>				ketul/ <i>pieces</i>	
G1215	Ikan kering/ <i>Dried fish</i>				ekor/ <i>whole</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1300 Telur/ <i>Eggs</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1301	Telur ayam(mata kerbau,telur dadar,telur rebus,telur masak sambal, telur pindang)/ <i>Hen eggs (bulls eye, omelette, boiled, with chillies or herbs)</i>				Biji/ <i>pieces</i>	
G1302	Telur itik(masak lemak/gulai,telur dadar)/ <i>Duck eggs (cooked with coconut milk gravy, omelette)</i>				Biji/ <i>whole</i>	
G1303	Telur puyuh(rebus, masak sambal)/ <i>Quail eggs (boiled, with chillies)</i>				Biji/ <i>pieces</i>	
G1304	Telur masin/ <i>Salted egg</i>				Biji / <i>pieces</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1400 Kecacang dan hasilnya/ <i>Legumes and legumes product</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1401	Kecacang (kacang hijau, kacang parang, kacang kuda, kacang merah dsb.)/ <i>Legumes</i>				sudu makan/ <i>tablespoon</i>	
G1402	Kacang tanah/ <i>Groundnuts</i>				sudu makan/ <i>tablespoon</i>	
G1403	Taufufa				sudu makan/ <i>tablespoon</i>	
G1404	Tauhu				keping/ <i>slices</i>	
G1405	Tempe/ <i>Fermented soy beans</i>				keping/ <i>slices</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	^{G1500} Susu dan hasil tenusu/ <i>Milk and milk products</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1501	Susu segar (yang tidak di proses)/ <i>Fresh milk</i>				cawan/ <i>cup</i>	
G1502	Susu komersial/ <i>Commercial milk</i>				cawan/ <i>cup</i>	
G1503	Yogurt/ lassi/ tairu				cawan/ <i>cup</i>	
G1504	Susu tepung/ <i>Powdered milk</i>				senduk makan/ <i>tablespoon</i>	
G1505	Susu sejat/ cair/ <i>Evaporated milk</i>				senduk makan/ <i>tablespoon</i>	
G1506	Keju/ <i>Cheese</i>				keping/ <i>slices</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	^{G1600} Sayur-sayuran/ <i>Vegetables</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1601	Sayuran berdaun hijau (bayam, kangkung, kailan dsb.)/ <i>Leaf green vegetables</i>				senduk makan/ <i>tablespoon</i>	
G1602	Bendi/ <i>Ladies finger</i>				senduk makan/ <i>tablespoon</i>	
G1603	Sayuran kekacang lain (kacang panjang, kacang buncis, kacang botol dsb.)/ <i>Other type of legumes</i>				senduk makan/ <i>tablespoon</i>	
G1604	Taugeh/ <i>Bean sprout</i>				senduk makan/ <i>tablespoon</i>	
G1605	Sayuran berubi (kentang, keladi, keledek)/ <i>Tubers (potatoes, sweet potatoes, yam)</i>				senduk makan/ <i>tablespoon</i>	
G1606	Sayuran kobis (kobis bulat, brokoli, kobis cina, bunga kobis)/ <i>Cabbages</i>				senduk makan/ <i>tablespoon</i>	
G1607	Cili/ <i>Chillies</i>				senduk makan/ <i>tablespoon</i>	
G1608	Tomato/ <i>Tomatoes</i>				senduk makan/ <i>tablespoon</i>	
G1609	Terung/ <i>Brinjal</i>				senduk makan/ <i>tablespoon</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1600 Sayur-sayuran/ <i>Vegetables</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1610	Sayuran berbuah Lain (Petola/ labu/ timun/ putik jagong)/ <i>Fruit vegetables (Luffa/ pumpkin/ cucumber/ baby corn)</i>				sudu makan/ <i>tablespoon</i>	
G1611	Sayuran asin/ kering (pucuk soo hon dsb.)/ <i>Salted or dried vegetables</i>				sudu makan/ <i>tablespoon</i>	
G1612	Ulam-ulaman/ <i>Local fresh salads</i>				sudu makan/ <i>tablespoon</i>	
G1613	Cendawan basah/ <i>Mushrooms</i>				sudu makan/ <i>tablespoon</i>	
G1614	Cendawan kering/ <i>Dried mushrooms</i>				sudu makan/ <i>tablespoon</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1700 Buah-buahan/ <i>Fruits</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1701	Betik/ <i>Papaya</i>				potong/ <i>slices</i>	
G1702	Mangga/ <i>Mango</i>				potong/ <i>slices</i>	
G1703	Nenas/ <i>Pineapple</i>				potong/ <i>slices</i>	
G1704	Tembikai/ <i>Watermelon</i>				potong/ <i>slices</i>	
G1705	Buah naga/ <i>Dragon fruit</i>				potong/ <i>slices</i>	
G1706	Tembikai susu/ <i>Honey dew</i>				potong/ <i>slices</i>	
G1707	Rock Melon				keping/ <i>slices</i>	
G1708	Jambu batu/ <i>Guava</i>				keping/ <i>slices</i>	
G1709	Jambu air/ <i>Water apple</i>				biji/ <i>piece</i>	
G1710	Limau/ <i>Lime</i>				biji/ <i>piece</i>	
G1711	Pisang (pisang segar, pisang goreng, pengat pisang, pisang salai dsb.)/ <i>Banana</i>				biji/ <i>piece</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1700 Buah-buahan/ <i>Fruits</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1712	Belimbing/ <i>Starfruit</i>				biji/ <i>piece</i>	
G1713	Epal/ <i>Apple</i>				biji/ <i>piece</i>	
G1714	Oren/ Mandarin/ <i>Orange</i>				biji/ <i>piece</i>	
G1715	Pir/ Lai/ <i>Pear</i>				biji/ <i>piece</i>	
G1716	Anggur/ <i>Grape</i>				biji/ <i>piece</i>	
G1717	Rambutan				biji/ <i>piece</i>	
G1718	Mata kucing segar/ <i>Longan</i>				biji/ <i>piece</i>	
G1719	Laici segar/ <i>Lychee</i>				biji/ <i>piece</i>	
G1720	Manggis/ <i>Mangosteen</i>				biji/ <i>piece</i>	
G1721	Durian				ulas/ <i>piece</i>	
G1722	Nangka/ Cempedak/ <i>Jackfruit</i>				ulas/ <i>piece</i>	
G1723	Buahan dalam tin (laici, longan dsb.)/ <i>Canned fruits</i>				sudu makan/ <i>tablespoon</i>	
G1724	Buahan kering (kurma, prun, kismis dsb.)/ <i>Dried fruits</i>				sudu makan/ <i>tablespoon</i>	
G1725	Buahan jeruk/ acar/ <i>Pickled fruits</i>				sudu makan/ <i>tablespoon</i>	
G1726	Kelapa muda/ <i>Young coconut</i>				sudu makan/ <i>tablespoon</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1800 Minuman/ <i>Drinks</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1801	Air kosong/ <i>Plain water</i>				cawan/ <i>cup</i>	
G1802	Teh/ <i>Tea</i>				cawan/ <i>cup</i>	
G1803	Kopi/ <i>Coffee</i>				cawan/ <i>cup</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1800 Minuman/ <i>Drinks</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G1804	Minuman bercoklat (van houten, cadbury dsb.)/ <i>Chocolate drink</i>				cawan/ <i>cup</i>	
G1805	Minuman bermalt (milo, horlick dsb.)/ <i>Malted drink</i>				cawan/ <i>cup</i>	
G1806	Minuman Pra Campuran 2 in 1/ 3 in 1 dsb. (kecuali botani/ herba)/ <i>Pre-mixed drinks</i>				cawan/ <i>cup</i>	
G1807	Minuman Ready-to-drink seperti air tin/ air kotak (kecuali botani/ herba)				cawan/ <i>cup</i>	
G1808	Sirap kordial/ <i>Cordial syrup</i>				cawan/ <i>cup</i>	
G1809	Jus buah-buahan/ <i>Fruit juice</i>				cawan/ <i>cup</i>	
G1810	Minuman bergas (termasuk isotonik)/ <i>Carbonated drinks (includes isotonic)</i>				cawan/ <i>cup</i>	
G1811	Air kacang soya / <i>Soy milk</i>				cawan/ <i>cup</i>	
G1812	Minuman botani/herba 2 in 1 / 3 in 1 dsb. (pra campuran)/ <i>Herbal/ botanical drinks (pre-mixed)</i>				cawan/ <i>cup</i>	
G1813	Minuman botani/herba seperti dalam tin/ kotak (ready-to-drink)/ <i>Herbal/botanical drinks (ready-to-drink)</i>				cawan/ <i>cup</i>	
G1814	Minuman air rebusan botani/herba/ <i>Herbal/ botanical brewed drinks</i>				cawan/ <i>cup</i>	
G1815	Minuman bertenaga, (Red Bull, Livita)/ <i>Energy drinks</i>				cawan/ <i>cup</i>	
G1816	Minuman yogurt/ <i>Yoghurt drinks</i>				cawan/ <i>cup</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G1900 Minuman beralkohol/ <i>Alcoholic drinks</i> *Bagi peserta bukan islam	a.Sehari/ <i>Daily</i>	b.Seminggu/ <i>Weekly</i>	c.Sebulan/ <i>Monthly</i>		
G1901	Syandi				gelas/ <i>glass</i>	
G1902	Bir / lager / ale / stout				gelas/ <i>glass</i>	
G1903	Todi (tuak kelapa/ bahar)				gelas/ <i>glass</i>	
G1904	Wain/ cider/ champagne/ peri				gelas/ <i>glass</i>	
G1905	Wain beras/ tuak beras/ lihing				gelas/ <i>glass</i>	
G1906	Brandi/ rum/ wiski/ vodka/ gin/ samsu/ sam cheng/ montoku/ langkau				gelas/ <i>glass</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G2000 Konfeksi/ <i>Confectionaries</i>	a.Sehari/ <i>Daily</i>	b.Seminggu/ <i>Weekly</i>	c.Sebulan/ <i>Monthly</i>		
G2001	Kuih-muih/ <i>Local kuih</i>				ketul/ <i>pieces</i>	
G2002	Gula-gula/ <i>Sweets</i>				ketul/ <i>pieces</i>	
G2003	Coklat bar/ <i>Chocolate bar</i>				bar kecil 40g/ <i>small size 40g</i>	
G2004	Kek/ <i>Cake</i>				potong/ <i>slices</i>	
G2005	Agar-agar/ kastard/ <i>Jelly/ custard</i>				potong/ <i>slices</i>	
G2006	Aiskrim (tanpa susu)/ <i>Lolly ice</i>				potong/ <i>slices</i>	
G2007	Aiskrim (susu)/ <i>Ice cream</i>				potong/ <i>slices</i>	
G2008	ABC (Air batu campur)/ ais/ <i>Ice blended</i>				cawan/ <i>cup</i>	
G2009	Biskut tawar/ krim kraker/ <i>Cream crackers</i>				keping/ <i>pieces</i>	
G2010	Biskut berperisa/ berkrim/ berinti <i>Flavoured/ cream/ filled cookies</i>				keping/ <i>pieces</i>	

Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G2000 Konfeksi/ <i>Confectionaries</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G2011	Pastrri (Pai, croissant)/ <i>Pastry (Pie, croissant)</i>				keping/ <i>pieces</i>	
G2012	Snek /kerepek/ <i>Snacks/ Crackers</i>				keping/ <i>pieces</i>	
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G2100 Sapuan Roti/ <i>Bread Spread</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G2101	Jem/ <i>Jam</i>				sudu teh/ <i>teaspoon</i>	
G2102	Seri kaya/ <i>Coconut jam</i>				sudu teh/ <i>teaspoon</i>	
G2103	Mentega/ <i>Butter</i>				sudu teh/ <i>teaspoon</i>	
G2104	Marjerin/ <i>Margerine</i>				sudu teh/ <i>teaspoon</i>	
G2105	Mentega kacang/ <i>Peanut butter</i>				sudu teh/ <i>teaspoon</i>	
G2106	Krim keju/ <i>Cream cheese</i>				sudu teh/ <i>teaspoon</i>	
G2107	Sapuan coklat/ <i>Chocolate spread</i>				sudu teh/ <i>teaspoon</i>	
G2108	Sapuan bawang putih/ <i>Garlic spread</i>				sudu teh/ <i>teaspoon</i>	

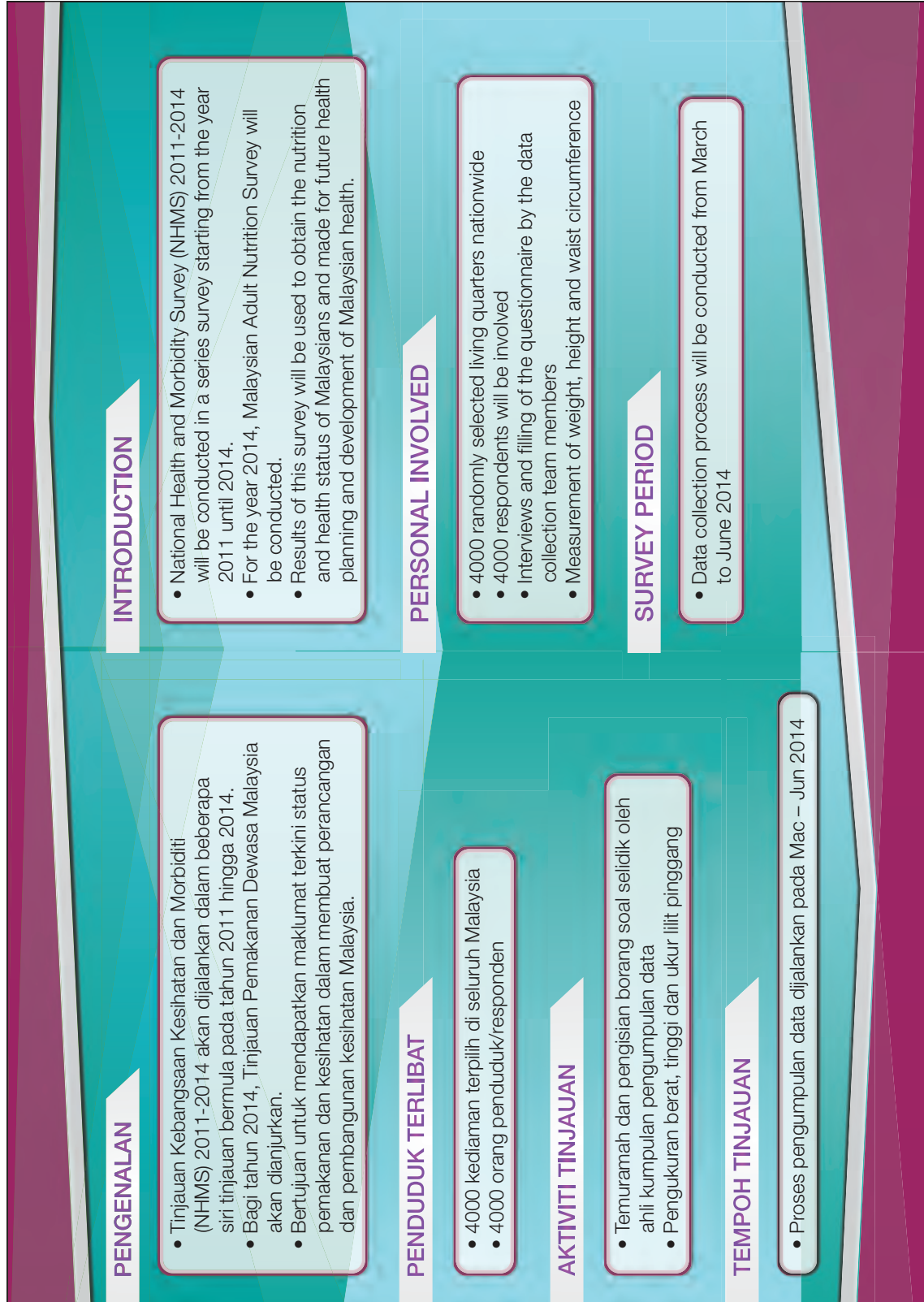
Bil.	Jenis Makanan <i>Type of food</i>	Berapa kali kekerapan pengambilan dalam (Isikan dalam salah satu kolom sahaja) <i>How frequent each food was taken (Fill in one of the columns only)</i>			d. Rujukan saiz hidangan/ <i>Reference of meal size</i>	e. Jumlah Sajian (setiap kali makan) <i>Total servings (each time eaten)</i>
	G2200 Perencah/ Perasa/ <i>Flavours</i>	a. Sehari/ <i>Daily</i>	b. Seminggu/ <i>Weekly</i>	c. Sebulan/ <i>Monthly</i>		
G2201	Gula (putih, perang, Melaka)/ <i>Sugar (white, brown, Melaka)</i>				sudu teh/ <i>teaspoon</i>	
G2202	Madu/ <i>Honey</i>				sudu teh/ <i>teaspoon</i>	
G2203	Susu Pekat Manis (Susu isian pekat manis/ Krimer pekat manis)/ <i>Condensed milk (creamer)</i>				sudu makan/ <i>tablespoon</i>	
G2204	Sambal (lada, belacan, tempoyak, bambangan)/ <i>Condiment</i>				sudu teh/ <i>teaspoon</i>	
G2205	Jeruk (bawang, tuhau)/ <i>Pickles</i>				sudu teh/ <i>teaspoon</i>	
G2206	Belacan/ <i>Shrimp paste</i>				sudu teh/ <i>teaspoon</i>	
G2207	Budu				sudu teh/ <i>teaspoon</i>	
G2208	Cencalok				sudu teh/ <i>teaspoon</i>	
G2209	Kicap/ <i>Soy sauce</i>				sudu teh/ <i>teaspoon</i>	
G2210	Sos cili/ <i>Chilli sauce</i>				sudu teh/ <i>teaspoon</i>	
G2211	Sos tomato/ <i>Tomato ketchup</i>				sudu teh/ <i>teaspoon</i>	
G2212	Sos tiram/ <i>Oyster sauce</i>				sudu teh/ <i>teaspoon</i>	
G2213	Sos ikan/ <i>Fish sauce</i>				sudu teh/ <i>teaspoon</i>	
G2214	Petis/ heko/ otak udang				sudu teh/ <i>teaspoon</i>	
G2215	Cili kering/ <i>Chilli flakes</i>				sudu teh/ <i>teaspoon</i>	
G2216	Salad Dressing				sudu teh/ <i>teaspoon</i>	

PENGGUNAAN GULA, MINYAK, SANTAN DAN GARAM OLEH ISIRUMAH			
<p>Dalam bahagian ini, responden akan menjawab jumlah penggunaan gula, minyak, santan dan garam bagi keseluruhan isi rumah yang biasa digunakan, terdapat tiga (3) soalan bagi setiap jenis penggunaan.</p> <p><i>In this section, respondents will answer the amount of sugar, oil, coconut milk and salt that usually used by household.</i></p>			
G2300. Penggunaan gula oleh ahli isirumah/ <i>Sugar usage by household</i>		G2400. Penggunaan minyak oleh ahli isirumah/ <i>Oil usage by household</i>	
G2301	Setiap kali membeli gula, berapa banyak kuantiti yang dibeli? <i>How much sugar do you buy each time?</i> kg	G2401	Setiap kali membeli minyak, berapa banyak kuantiti yang dibeli? <i>How much oil do you buy each time?</i> kg
G2302	Dengan kuantiti tersebut, berapa lama ia boleh digunakan? <i>With that amount, how long does the sugar last?</i> hari	G2402	Dengan kuantiti tersebut, berapa lama ia boleh digunakan? <i>With that amount, how long does the oil last?</i> hari
G2303	Biasanya gula sebanyak itu digunakan untuk berapa orang? <i>Usually, how many people can consume that amount of sugar?</i> orang	G2403	Biasanya minyak sebanyak itu digunakan untuk berapa orang? <i>Usually, how many people can consume that amount of oil?</i> orang
G2500. Penggunaan santan oleh ahli isirumah/ <i>Coconut milk usage by household</i>		G2600. Penggunaan garam oleh ahli isirumah/ <i>Salt usage by household</i>	
G2501	Setiap kali membeli santan, berapa banyak kuantiti yang dibeli? <i>How much coconut milk do you buy each time?</i> g	G2601	Setiap kali membeli garam, berapa banyak kuantiti yang dibeli? <i>How much salt do you buy each time?</i> g
G2502	Dengan kuantiti tersebut, berapa lama ia boleh digunakan? <i>With that amount, how long does the coconut milk last?</i> hari	G2602	Dengan kuantiti tersebut, berapa lama ia boleh digunakan? <i>With that amount, how long does the salt last?</i> hari
G2503	Biasanya santan sebanyak itu digunakan untuk berapa orang? <i>Usually, how many people can consume that amount of coconut milk?</i> orang	G2603	Biasanya garam sebanyak itu digunakan untuk berapa orang? <i>Usually, how many people can consume that amount of salt?</i> orang

MODUL H : PENGUKURAN ANTROPOMETRI MODULE H : ANTHROPOMETRY ASSESSMENT													
Keseluruhan modul ini perlu dijalankan dan diisi oleh penemu ramah <i>This module is to be conducted and completed by interviewer</i>													
KRITERIA KELAYAKAN ELIGIBILITY CRITERIA													
No. Soalan <i>Quest No.</i>	Soalan Tapisan <i>Question & Filters</i>												
	Kriteria pengecualian <i>Exclusion criteria</i>												
	Adakah penghuni mempunyai "kriteria pengecualian"? <i>Does respondent have "exclusion criteria"?</i>												
1.	Adakah anda mengandung? (Responden wanita sahaja) <i>Are you pregnant? (Female respondent only)</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
2.	Adakah anda baru melahirkan anak dalam 60 hari sebelum tarikh lawatan. <i>Did you give birth in 60 days prior to the visit?</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
3.	Terlantar-akibat sakit teruk/ berpanjangan, kecederaan/ kemalangan <i>Bedridden due to chronic/ prolonged illness, injury/ accident.</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
4.	Mengalami ketidakupayaan fizikal yang menghadkan kebolehan untuk berdiri dengan tegak termasuk yang memakai kerusi roda. <i>Having physical disabilities which can affect normal standing including on wheel chair.</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
5.	Cacat anggota badan seperti tiada tangan atau tiada kaki, spondylosis (bengkok tulang belakang) kecuali buta, bisu dan pekak. <i>Body deformities such as no hand/leg, spondylosis except blind, mute and deaf.</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
H101	Dalam 1 tahun lepas adakah anda pernah menjalani pemeriksaan berat badan, tinggi atau ukur lilit pinggang? <i>In the past 1 year, was your body weight, height or waist circumference ever measured?</i> 1 Ya/ <i>Yes</i> 2 Tidak/ <i>No</i>												
H102	Tarikh Pengukuran Antropometri/ <i>Anthropometric Measurement Date :</i> <table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;"><i>Hari/ Day</i></td> <td></td> <td style="text-align: center;"><i>Bulan/ Month</i></td> <td></td> <td style="text-align: center;"><i>Tahun/ Year</i></td> <td></td> </tr> </table>							<i>Hari/ Day</i>		<i>Bulan/ Month</i>		<i>Tahun/ Year</i>	
<i>Hari/ Day</i>		<i>Bulan/ Month</i>		<i>Tahun/ Year</i>									

Berat Badan Body Weight			
H103	Ukuran 1/ <i>1st Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> kg	H104	Ukuran 2/ <i>2nd Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> kg -9 Enggan diukur/ <i>Refuse to be measured</i>
Tinggi Height			
H105	Ukuran 1/ <i>1st Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> cm	H106	Ukuran 2/ <i>2nd Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> cm -9 Enggan diukur/ <i>Refuse to be measured</i>
Ukur Lilit Pinggang Waist circumference			
H107	Ukuran 1/ <i>1st Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> cm	H108	Ukuran 2/ <i>2nd Measurement</i> <input type="text"/> <input type="text"/> <input type="text"/> • <input type="text"/> cm -9 Enggan diukur/ <i>Refuse to be measured</i>

Appendix : 4



👍👍 Kerjasama Anda Amat Dihargai 👍👍

👍👍 Your Cooperation Is Appreciated 👍👍

Tinjauan Kebangsaan Kesihatan Dan Morbiditi 2011-2014

Siri Tinjauan 2014 : Kajian Pemakanan Malaysia 2014



Untuk maklumat lanjut, sila hubungi:

Institut Kesihatan Umum,
Kementerian Kesihatan Malaysia
Jalan Bangsar, 50590 Kuala Lumpur
Tel : 03-22979540 (Bilik Operasi NHMS)
Emel : nhms.iku@moh.gov.my
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“Kerjasama Anda Amat Dihargai”

“Your Cooperation Is Appreciated”

“谢谢您的合作”

**“தங்களின் ஒத்துழைப்பு பெரிதும்
எதிர்பார்க்கப்படுகிறது”**

அறிமுகம்

- 2011 -ஆம் ஆண்டு முதற்கொண்டு 2014 -ஆம் ஆண்டு வரையிலான தேசிய நலம், நலமற்றத் தொடர் ஆய்வு மேற்கொள்ளப்படும்.
- 2014 -ஆம் ஆண்டிற்கான மலேசியப் பேரிடோர் உணவுப்பழக்கம் பற்றிய ஆய்வு மேற்கொள்ளப்படும்.
- மலேசியர்களின் உடல்நலத்தையும் உணவுப்பழக்கத்தையும் அறிவதற்கு இந்த ஆய்வின் முடிவு இதன்வாயிலாக பயன்படுத்தப்படும். இதன்வாயிலாக எதிர்காலத்திற்கான உடல்நலக்கூறுகளையும் மலேசியர்களின் உடல்நல மேம்பாட்டு நடவடிக்கைகளையும் திட்டமிட இயலும்.

தனியாள் ஈடுபாடு

- தேசிய அளவில் நடைமுறைக்கு வரக்கூடியவைகளை இயல்பாகத் தெரிவிக்கவும்.
- நடைமுறைப் பங்கேற்பாளர்கள் ஈடுபடுவர்.

ஆய்வு நடவடிக்கைகள்

- நேர்காணல், வினாக்களுக்கு விடையற்றதல் முதலிய நடவடிக்கைகளை ஆய்வுப்
- பொறுப்பாளர்கள் மேற்கொள்வர்.

ஆய்வுக்காலம்

- மார்ச்சு முதல் ஜூன் 2014 வரையிலாகக் குறிப்புகளைத் திரட்டும் நடவடிக்கை மேற்கொள்ளப்படும்.

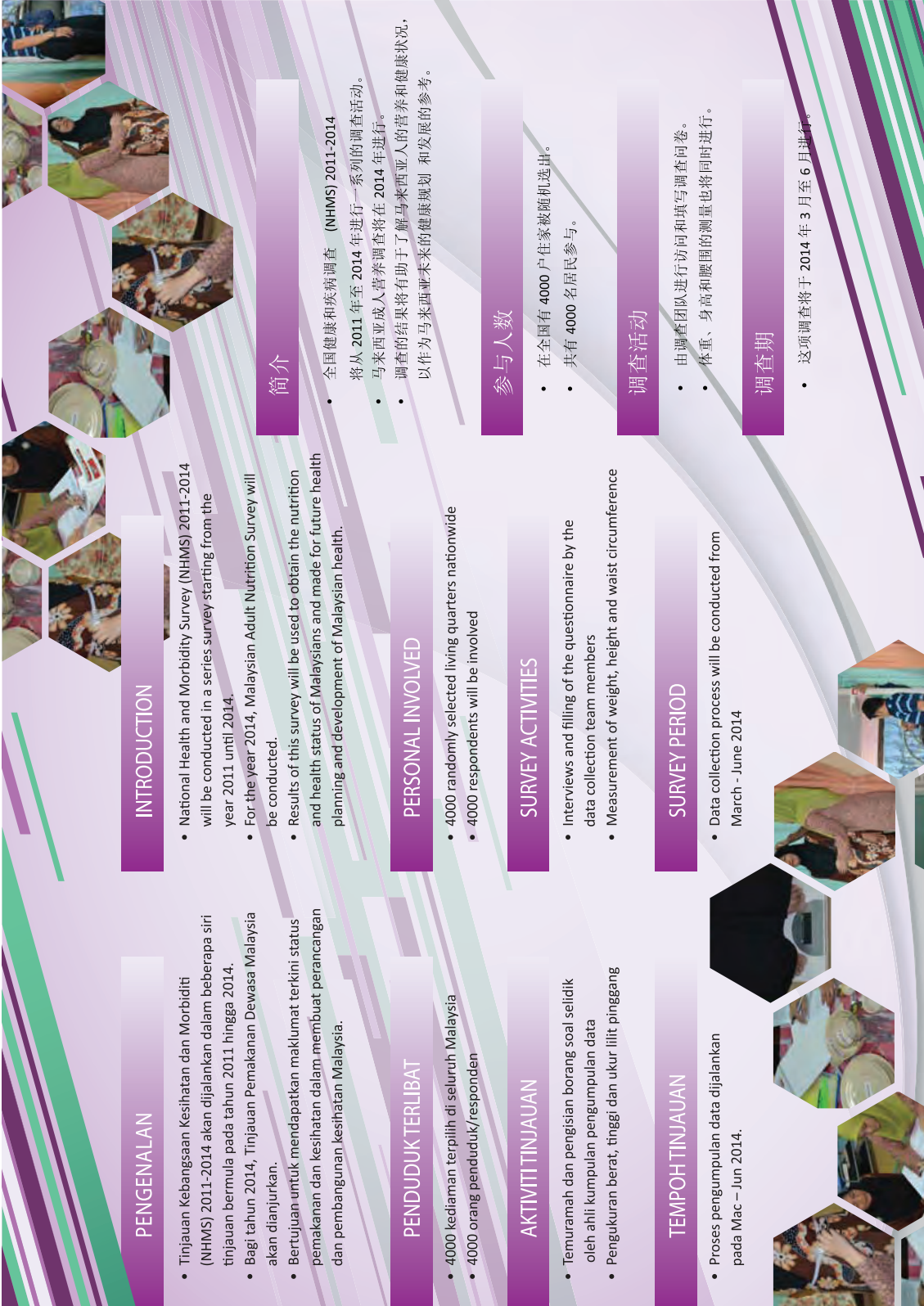
**Tinjauan Kebiasaan
Kesihatan Dan Morbiditi
2011-2014**

**SIRI TINJAUAN 2014 :
KAJIAN PEMAKANAN MALAYSIA 2014**

**National Health and Morbidity
Survey 2011-2014**

Untuk Maklumat Lanjut, Sila Hubungi:

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Kementerian Kesihatan Malaysia**
Jalan Bangsar, 50590 Kuala Lumpur
Tel : 03-22979595 (Bilik Operasi NHMS)
Emel : mans2014nhms@gmail.com
Website : www.iku.gov.my



PENGENALAN

- Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2011-2014 akan dijalankan dalam beberapa siri tinjauan bermula pada tahun 2011 hingga 2014.
- Bagi tahun 2014, Tinjauan Pemakanan Dewasa Malaysia akan dianjurkan.
- Bertujuan untuk mendapatkan maklumat terkini status pemakanan dan kesihatan dalam membuat perancangan dan pembangunan kesihatan Malaysia.

INTRODUCTION

- National Health and Morbidity Survey (NHMS) 2011-2014 will be conducted in a series survey starting from the year 2011 until 2014.
- For the year 2014, Malaysian Adult Nutrition Survey will be conducted.
- Results of this survey will be used to obtain the nutrition and health status of Malaysians and made for future health planning and development of Malaysian health.

PENDUDUK TERLIBAT

- 4000 kediaman terpilih di seluruh Malaysia
- 4000 orang penduduk/responden

PERSONAL INVOLVED

- 4000 randomly selected living quarters nationwide
- 4000 respondents will be involved

AKTIVITI TINJAUAN

- Temuramah dan pengisian borang soal selidik oleh ahli kumpulan pengumpulan data
- Pengukuran berat, tinggi dan ukur liit pinggang

TEMPOH TINJAUAN

- Proses pengumpulan data dijalankan pada Mac – Jun 2014.

简介

- 全国健康和疾病调查 (NHMS) 2011-2014 将从 2011 年至 2014 年进行一系列的调查活动。
- 马来西亚成人营养调查将在 2014 年进行。
- 调查的结果将有助于了解马来西亚人的营养和健康状况，以作为马来西亚未来的健康规划 和发展的参考。

参与人数

- 在全国有 4000 户住家被随机选出。
- 共有 4000 名居民参与。

调查活动

- 由调查团队进行访问和填写调查问卷。
- 体重、身高和腰围的测量也将同时进行。

调查期

- 这项调查将于 2014 年 3 月至 6 月进行。

DATA COLLECTION PROCESS

- Data collection process will be conducted from March - June 2014

PENGENALAN

- Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2011-2014 akan dijalankan dalam beberapa siri tinjauan bermula pada tahun 2011 hingga 2014.
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- National Health and Morbidity Survey (NHMS) 2011-2014 will be conducted in a series survey starting from the year 2011 until 2014.
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PERSONAL INVOLVED

- 4000 randomly selected living quarters nationwide
- 4000 respondents will be involved

SURVEY ACTIVITIES

- Interviews and filling of the questionnaire by the data collection team members
- Measurement of weight, height and waist circumference

SURVEY PERIOD

- Data collection process will be conducted from March - June 2014

“Kerjasama Anda Amat Dihargai”
“Your Cooperation Is Appreciated”



Tinjauan Kebangsaan Dan Morbiditi 2011-2014

**SIRI TINJAUAN 2014 :
KAJIAN PEMAKANAN MALAYSIA 2014**



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 Website : www.iku.gov.my

Appendix : 5

BP COVER : “QUESTIONNAIRE BUNDLE”

Nombor BP

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 (1)

(Borang ini perlu diikat pada muka pertama setiap “BP bundle”)
(Sila pastikan satu “bundle” mempunyai hanya satu BP sahaja)
(Sila pastikan borang soalselidik disusun mengikut **turutan TK yang betul**)

Negeri:(2) Daerah.....(3) Nama Pasukan:(4)

Negeri	DP	DB	BP	St

 (5)

Bil (6)	TK (7)				Status Buku Soal-Selidik (√) (8)						Status Buku Ingatan 24h (√) (9)			Status Soalan HCD (√) (10)			Catatan (11)
					Food Security (8.1)			Individu (8.2)			L	EJ	LL	L	EJ	LL	
					L	EJ	LL	L	EJ	LL							
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
Jumlah																	

Nota: L=Lengkap, EJ=Enggan Jawab, LL=lain-lain(Nyatakan...eg: outstation, masuk wad, tidak habis jawab)

Nota: Jika TK Kunci/Enggan/kosong/Bukan TK/Roboh dll (Lorekkan satu garisan memanjang dan tulis status di bahagian catatan)

Nota: Jika TK Kunci: 3 Lawatan perlu dilakukan untuk pengesahan (Hari dan waktu berlainan)

Disediakan oleh:

Disemak oleh:

Tandatangan:

Tandatangan:

Nama Pelapor :

Nama Penyelia Lapangan:

STATUS MINGGUAN TEMURAMAH

(Satu Borang hanya untuk **satu BP** sahaja)

(Borang ini perlu difakskan setiap hari **Selasa** ke bilik Operasi: 03-22979555 Atau email mans2014nhms@gmail.com dan cc kepada CFS masing-masing)

Tarikh Laporan: (bulaikan)

4/3	11/3	18/3	25/3	1/4	8/4	15/4	22/4	29/4	6/5	13/5	20/5	27/5	3/6	10/6	17/6
-----	------	------	------	-----	-----	------	------	------	-----	------	------	------	-----	------	------

(1)

NEGERI

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

(2) Negeri:(3) Daerah:(4) Nama Pasukan:(5)

DP DB BP STRATA

Tarikh Laporan* (6)	Butiran TK (7)		Status Buku Soal-Selidik (√) (8)				Status Buku Ingatan 24h (√) (9)			Status Soalan HCD (√) (10)			Catatan 1 (11)	Catatan 2** (12)			
	Bil. (7.1)	No. TK (7.2)	Food Security(8.1)		Individu(8.2)		L	EJ	LL	L	EJ	LL			L	EJ	LL
			L	EJ	L	EJ											
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
Jumlah																	

Nota: * Masukkan tarikh laporan dibuat (Sehingga semua TK diselesaikan)

Nota: L=Lengkap, EJ=Enggan Jawab, LL=Lain-lain(Nyatakan...eg: outstation, masuk wad, tidak habis jawab)

Nota: ** Catatan 2 dikhaskan untuk membuat catatan minggu berikutnya jika masih terdapat TK tidak dapat disiapkan)

Nama Pegawai Pelapor: T/Tangan Pegawai Pelapor: Tarikh:

BORANG SERAHAN BUNDLE DI LAPANGAN

(Borang ini disediakan dalam 2 salinan)

Negeri:(1)

Nama Pasukan:(2)

Tarikh Serahan/Pos (3)	Jumlah Bundle (ikat) (4)	Kod BP (5)					Nama/Tandatangan Pemandu* (6)

Nota: * Salinan borang Pemandu diserahkan kepada Bilik Operasi MANS bersama ikatan Bundle

Nota: Untuk Pasukan yang menghantar sendiri ke Bilik Operasi MANS_Ruangan Pemandu tidak perlu diisi

Nota: Untuk Sabah/Sarawak yang menggunakan Khidmat Pos_Borang ini perlu disertakan bersama bundle.

Diserahkan oleh:

Disediakan oleh:

Disemak oleh:

Tandatangan:

Tandatangan:

Nama Pelapor :

Nama Penyelia Lapangan:

Tarikh:

Tarikh:

Kegunaan Bilik Operasi MANS:

Disahkan bahawa sejumlah _____ bundle (ikat) diterima daripada negeri _____ dalam keadaan memuaskan.

Tandatangan Penyerah:

Tandatangan Penerima:

Nama:

Nama:

Tarikh:.....

Tarikh:.....

NEGERI	JUALAH SAMPEL TERBUAH						TARIKH JANGKAAN SELESAI			BRG FLD-2 (MINGGU 1) TARIKH: 11/3-17/3				STATUS LIPUTAN MINGGUAN DI LAPANGAN (MINGGU 1) KUMULATIF (SEHINGGA 17 MAC 2014)											
			INDIVIDU TERBUAH (Isteng)							PENCAPAIAN (BERJAYA)				TK GAGAL DITEMURAMAH											
			TK		BP		TK	BP	TK	BP	TK	BP	TK		tiada orang		kosong		roboh		bukn TK				
	BP	TK	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	NO	%	
Perlis	3	#####																							
Kedah	19	#####																							
P.Pinang	13	#####																							
Perak	23	#####																							
Selangor	41	#####																							
WP KL	12	#####																							
WP Putrajaya	1	#####																							
N. Sembilan	11	#####																							
Melaka	7	#####																							
Johor	32	#####																							
Pahang	17	#####																							
Terengganu	11	#####																							
Kelantan	17	#####																							
Sabah	68	#####																							
Labuan	3	#####																							
Sarawak	59	#####																							
JUMLAH	337	#####	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

Note:
BP: Blok Penghasilan; TK: Tempat Kediaman
Kadar Respons TK diliputi - Jumlah TK diliputi / Jumlah Sasaran TK * 100

TK berjaya - Jumlah TK Berjaya / Jumlah TK yang diliputi * 100

Bil. Individu (optimum): TK Terpilih x Purata Saiz Isi Rumah Mengikut Negeri*

*Sumber: Jabatan Perangkaan Malaysia. 2010. Laporan Kiraan Permulaan 2010. ms. 31

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