

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

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

	Malaysia	Johor	Kedah	Kelantan	Melaka	N.Sembilan	Pahang	P.Pinang	Perak
Alcohol Use									
Percentage of students who currently drank alcohol (at least one drink containing alcohol on one or more days during the past 30 days before the survey)	10.2 (9.0, 11.6)	7.2 (4.9, 10.3)	7.6 (5.2, 11.0)	6.5 (4.3, 9.6)	6.7 (3.9, 11.5)	8.0 (4.2, 14.9)	9.9 (5.6, 17.0)	11.5 (7.1, 18.3)	12.6 (8.0, 19.3)
Percentage of students who ever drank so much alcohol that they were really drunk one or more times during their life	6.1 (5.3, 7.1)	2.9 (1.8, 4.6)	4.4 (2.7, 7.2)	3.5 (1.8, 6.9)	3.5 (1.9, 6.4)	4.1 (2.1, 8.0)	6.5 (3.3, 12.5)	6.8 (4.2, 10.9)	7.5 (4.8, 11.5)
Percentage who had their first drink of alcohol before age 14 years among students who ever had a drink of alcohol other than a few sips	76.4 (74.3, 78.3)	76.0 (71.6, 79.8)	80.4 (76.2, 84.1)	88.6 (76.1, 95.1)	76.1 (70.5, 81.0)	77.2 (67.7, 84.6)	78.4 (70.6, 84.6)	74.3 (67.2, 80.3)	83.2 (76.2, 88.5)
Dietary Behaviours									
* Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	6.5 (6.1, 7.0)	6.0 (4.7, 7.8)	6.5 (5.4, 7.8)	7.3 (5.8, 9.1)	5.4 (4.4, 6.5)	7.0 (5.1, 9.6)	6.3 (5.0, 7.8)	8.2 (6.5, 10.2)	6.2 (5.0, 7.6)
* Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	15.2 (14.6, 15.9)	13.9 (12.6, 15.4)	15.4 (13.8, 17.1)	12.4 (11.2, 13.6)	16.9 (15.0, 19.0)	14.3 (12.1, 16.9)	16.1 (15.1, 17.1)	17.0 (15.4, 18.7)	17.7 (15.7, 19.8)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

	Malaysia	Johor	Kedah	Kelantan	Melaka	N.Sembilan	Pahang	P.Pinang	Perak
Dietary Behaviours									
*Percentage of students who were obese (>+2SD from median for BMI by age and sex)	13.3 (12.6, 14.0)	13.8 (12.4, 15.3)	13.9 (12.2, 15.8)	11.3 (10.3, 12.4)	14.9 (12.0, 18.3)	14.3 (12.5, 16.3)	14.2 (11.7, 17.1)	13.2 (11.6, 15.1)	13.5 (11.8, 15.4)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	36.9 (35.0, 38.8)	23.4 (18.5, 29.2)	36.2 (31.6, 41.0)	35.4 (28.9, 42.5)	27.2 (22.7, 32.2)	30.1 (24.8, 36.0)	35.9 (30.5, 41.7)	22.8 (16.5, 30.7)	38.7 (34.1, 43.5)
Drug Use									
Percentage of students who used marijuana one or more times during their life	2.8 (2.3, 3.4)	1.3 (0.8, 2.4)	1.9 (1.1, 3.5)	2.6 (1.4, 5.0)	0.8 (0.4, 1.8)	2.4 (1.1, 5.1)	4.4 (2.2, 8.8)	0.8 (0.3, 2.0)	4.5 (2.9, 6.8)
Among students who ever used drugs, the percentage who first used drugs before age 14 years	72.7 (65.8, 78.6)	-	-	76.2 (63.5, 85.5)	-	-	78.4 (65.4, 87.5)	-	77.5 (62.2, 87.9)
Ever Used Drugs	4.3 (3.6, 5.1)	2.6 (1.7, 4.0)	3.6 (2.4, 5.3)	3.9 (2.1, 7.0)	1.2 (0.7, 2.3)	3.5 (1.9, 6.6)	6.7 (3.6, 12.1)	1.8 (0.8, 4.2)	6.2 (4.3, 9.0)
Hygiene									
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	3.7 (3.2, 4.2)	1.9 (1.2, 2.8)	4.0 (2.7, 5.9)	3.9 (2.5, 5.9)	1.3 (0.8, 2.2)	2.3 (1.4, 3.8)	4.5 (2.3, 8.5)	3.1 (1.7, 5.4)	5.7 (3.7, 8.5)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	4.8 (4.4, 5.3)	2.8 (2.1, 3.7)	5.4 (4.2, 7.1)	10.1 (7.9, 12.7)	2.9 (2.1, 4.0)	3.7 (2.6, 5.4)	5.8 (4.1, 8.1)	3.8 (2.6, 5.7)	6.3 (5.0, 8.1)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

	Malaysia	Johor	Kedah	Kelantan	Melaka	N.Sembilan	Pahang	P.Pinang	Perak
Mental Health									
Percentage of students who ever seriously considered attempting suicide during the past 12 months	10.0 (9.2, 10.8)	7.5 (6.0, 9.4)	10.3 (7.8, 13.4)	6.4 (4.8, 8.5)	6.4 (5.4, 7.6)	9.5 (7.0, 12.8)	9.1 (6.7, 12.2)	9.5 (6.2, 14.3)	11.1 (9.0, 13.7)
Percentage of students who attempted suicide one or more times during the past 12 months	6.9 (6.2, 7.7)	4.6 (3.1, 6.8)	6.4 (4.9, 8.4)	5.0 (3.1, 8.0)	3.7 (2.8, 5.0)	7.2 (3.9, 12.9)	8.9 (5.6, 13.8)	6.0 (3.5, 10.0)	9.3 (6.8, 12.5)
Percentage of students who had no close friends	3.6 (3.2, 4.1)	3.1 (2.3, 4.3)	3.1 (2.1, 4.5)	2.8 (2.0, 4.0)	2.2 (1.6, 3.1)	2.9 (2.3, 3.6)	5.2 (4.2, 6.6)	3.3 (2.4, 4.4)	4.7 (3.5, 6.2)
Physical Activity									
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	19.8 (19.2, 20.4)	25.3 (23.3, 27.5)	18.6 (16.8, 20.5)	17.4 (15.6, 19.3)	22.9 (21.1, 24.8)	25.6 (23.5, 27.8)	21.3 (19.4, 23.3)	21.5 (19.6, 23.5)	17.4 (15.7, 19.3)
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, or talking with friends when not in school or doing homework during a typical or usual day	50.1 (49.4, 50.9)	60.7 (58.4, 62.9)	46.8 (44.4, 49.2)	39.8 (37.4, 42.2)	54.0 (51.8, 56.3)	51.7 (49.3, 54.1)	48.7 (46.4, 51.0)	56.8 (54.4, 59.2)	47.0 (44.7, 49.3)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

	Malaysia	Johor	Kedah	Kelantan	Melaka	N.Sembilan	Pahang	P.Pinang	Perak
Protective Factors									
Percentage of students who missed classes or school without permission on one or more of the past 30 days	29.4 (27.8, 31.1)	24.2 (18.9, 30.5)	29.4 (24.3, 35.1)	30.8 (25.2, 37.0)	24.7 (20.1, 29.9)	31.3 (26.3, 36.7)	30.9 (24.4, 38.3)	24.2 (17.1, 33.1)	32.6 (28.1, 37.4)
Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries during the past 30 days	32.0 (30.7, 33.3)	34.9 (31.4, 38.5)	32.4 (29.5, 35.5)	33.5 (31.4, 35.7)	36.4 (33.1, 39.9)	35.6 (31.2, 40.3)	34.2 (28.3, 40.7)	33.8 (27.1, 41.2)	25.9 (21.8, 30.5)
Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time during the past 30 days	42.6 (41.4, 43.7)	51.0 (47.2, 54.8)	44.6 (40.9, 48.5)	40.4 (36.1, 44.9)	51.5 (47.1, 55.8)	46.8 (42.1, 51.6)	41.0 (35.1, 47.1)	46.1 (41.2, 51.0)	37.0 (32.7, 41.4)
Sexual Behaviors									
Percentage of students who ever had sexual intercourse	7.3 (6.7, 8.0)	5.7 (4.7, 7.1)	7.0 (5.2, 9.3)	7.0 (5.0, 9.9)	5.0 (4.2, 6.0)	5.5 (3.9, 7.6)	9.5 (7.3, 12.2)	6.9 (5.2, 9.2)	8.9 (6.8, 11.5)
Among students who ever had sexual intercourse, the percentage who had sexual intercourse for the first time before age 14 years	31.9 (28.6, 35.4)	27.9 (21.1, 35.8)	29.8 (20.9, 40.6)	36.7 (26.9, 47.8)	22.0 (15.6, 30.2)	26.1 (11.1, 49.9)	36.8 (25.8, 49.3)	22.8 (15.2, 32.8)	38.8 (26.7, 52.5)
Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse	12.7 (10.6, 15.2)	5.4 (2.8, 10.1)	9.0 (5.5, 14.5)	22.2 (13.7, 33.8)	5.6 (2.4, 12.8)	11.6 (7.2, 18.2)	17.6 (10.3, 28.4)	7.8 (4.0, 14.9)	17.2 (10.6, 26.8)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

	Malaysia	Johor	Kedah	Kelantan	Melaka	N.Sembilan	Pahang	P.Pinang	Perak
Tobacco Use									
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	68.4 (65.1, 71.5)	73.6 (59.9, 83.9)	71.4 (65.5, 76.6)	67.6 (54.6, 78.3)	73.6 (71.8, 80.3)	65.0 (56.4, 71.6)	70.7 (59.6, 79.8)	72.8 (55.4, 85.3)	68.1 (57.9, 76.9)
Percentage of students who smoked cigarettes on one or more days during the past 30 days (current cigarettes smokers)	13.8 (12.7, 15.0)	9.2 (6.3, 13.3)	12.2 (9.1, 16.3)	16.5 (12.4, 21.6)	8.8 (5.3, 14.4)	12.8 (8.7, 18.5)	16.9 (11.5, 24.2)	8.6 (5.0, 14.5)	14.8 (10.6, 20.2)
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	42.0 (40.5, 43.5)	46.5 (40.8, 52.4)	38.0 (34.4, 41.6)	46.6 (41.9, 51.4)	45.7 (39.1, 52.5)	42.4 (34.3, 50.8)	45.9 (38.6, 53.4)	35.4 (30.1, 41.0)	38.1 (32.0, 44.6)
Violence and Unintentional Injury									
Percentage of students who were in a physical fight one or more times during the past 12 months	24.9 (23.5, 26.3)	21.3 (17.9, 25.2)	21.0 (18.4, 23.9)	21.2 (16.1, 27.4)	22.4 (18.7, 26.7)	24.6 (19.5, 30.6)	27.9 (21.3, 35.7)	22.7 (18.5, 27.6)	26.7 (22.1, 31.8)
Percentage of students who were seriously injured one or more times during the past 12 months	29.9 (28.8, 31.1)	26.2 (22.5, 30.3)	25.7 (23.6, 27.9)	30.9 (25.1, 37.3)	28.3 (24.1, 32.9)	30.4 (26.6, 34.6)	34.1 (28.9, 39.7)	25.2 (22.2, 28.4)	30.6 (26.0, 35.6)
Percentage of students who were bullied on one or more days during the past 30 days	16.2 (15.3, 17.1)	13.9 (11.1, 17.2)	13.4 (11.2, 16.0)	12.5 (10.0, 15.4)	15.5 (13.2, 18.2)	17.2 (14.3, 20.5)	22.0 (16.6, 28.6)	13.8 (11.0, 17.3)	16.7 (13.9, 19.9)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(JOHOR, KEDAH, KELANTAN, MELAKA, NEGERI SEMBILAN, PAHANG, PULAU PINANG, PERAK)

2017 Fact Sheet

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

Dr S Maria Awaluddin

Email: smaria@moh.gov.my

Principal Investigator

Adolescent Health Survey: National Health and Morbidity Survey (NHMS) 2017

Institute for Public Health, Ministry of Health Malaysia

Suggested citation: Institute for Public Health (IPH) 2017. National Health and Morbidity Survey (NHMS) 2017: Adolescent Health Survey 2017, Malaysia.

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

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

	Malaysia	Perlis	Selangor	Terengganu	Sabah	Sarawak	K. Lumpur	Labuan	Putrajaya
Alcohol Use									
Percentage of students who currently drank alcohol (at least one drink containing alcohol on one or more days during the past 30 days before the survey)	10.2 (9.0, 11.6)	7.7 (5.1, 11.5)	9.8 (6.6, 14.2)	4.7 (2.9, 7.5)	13.1 (9.4, 18.0)	19.4 (14.4, 25.5)	10.9 (6.7, 17.3)	11.9 (7.4, 18.5)	1.0 (0.5, 2.1)
Percentage of students who ever drank so much alcohol that they were really drunk one or more times during their life	6.1 (5.3, 7.1)	5.4 (3.3, 8.7)	6.1 (3.6, 10.3)	2.9 (1.6, 5.2)	9.2 (6.6, 12.6)	12.9 (9.7, 16.9)	5.4 (3.5, 8.4)	7.8 (5.5, 11.0)	0.5 (0.2, 1.2)
Percentage who had their first drink of alcohol before age 14 years among students who ever had a drink of alcohol other than a few sips	76.4 (74.3, 78.3)	81.9 (74.2, 87.6)	76.8 (70.7, 82.0)	95.6 (86.7, 98.6)	71.2 (62.8, 78.3)	72.1 (67.0, 76.7)	78.1 (71.2, 83.7)	69.8 (62.7, 76.0)	77.1 (57.3, 89.5)
Dietary Behaviours									
* Percentage of students who were underweight (<-2SD from median for BMI by age and sex)	6.5 (6.1, 7.0)	4.6 (3.4, 6.3)	7.1 (6.2, 8.2)	5.9 (4.4, 7.9)	5.2 (3.9, 7.0)	7.0 (5.7, 8.7)	6.7 (5.5, 8.2)	4.7 (3.3, 6.7)	5.5 (4.1, 7.4)
* Percentage of students who were overweight (>+1SD from median for BMI by age and sex)	15.2 (14.6, 15.9)	15.0 (12.9, 17.5)	15.0 (12.8, 17.5)	14.6 (12.7, 16.8)	14.7 (13.0, 16.7)	15.4 (13.0, 18.2)	16.1 (13.6, 19.0)	16.9 (15.3, 18.7)	16.2 (14.3, 18.3)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

	Malaysia	Perlis	Selangor	Terengganu	Sabah	Sarawak	K. Lumpur	Labuan	Putrajaya
Dietary Behaviours									
* Percentage of students who were obese (>+2SD from median for BMI by age and sex)	13.3 (12.6, 14.0)	16.3 (14.9, 17.8)	14.5 (12.0, 17.5)	11.5 (9.9, 13.4)	8.6 (6.8, 10.6)	12.9 (10.6, 15.6)	15.2 (13.1, 17.7)	13.2 (11.7, 14.8)	14.4 (13.1, 15.7)
Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days	36.9 (35.0, 38.8)	41.8 (37.4, 46.2)	39.1 (32.4, 46.2)	38.9 (33.6, 44.4)	46.9 (41.3, 52.6)	57.4 (51.0, 63.6)	31.9 (27.0, 37.3)	52.4 (45.6, 59.2)	22.4 (17.5, 28.2)
Drug Use									
Percentage of students who used marijuana one or more times during their life	2.8 (2.3, 3.4)	3.9 (2.4, 6.3)	4.5 (2.6, 7.6)	2.7 (1.6, 4.4)	2.1 (1.4, 3.1)	3.2 (1.8, 5.6)	1.3 (0.6, 2.9)	2.7 (1.6, 4.5)	0.9 (0.4, 2.0)
Among students who ever used drugs, the percentage who first used drugs before age 14 years	72.7 (65.8, 78.6)	71.5 (54.1, 84.2)	63.9 (43.2, 80.5)	86.2 (67.2, 95.0)	-	71.2 (55.2, 83.2)	-	73.0 (53.0, 86.7)	-
Ever Used Drugs	4.3 (3.6, 5.1)	5.8 (3.8, 8.8)	6.3 (3.9, 10.2)	4.1 (2.7, 6.4)	3.8 (2.5, 5.8)	5.1 (3.4, 7.5)	2.1 (1.2, 3.4)	4.5 (2.7, 7.5)	1.5 (0.9, 2.6)
Hygiene									
Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days	3.7 (3.2, 4.2)	4.6 (3.0, 6.8)	4.7 (3.2, 6.8)	4.5 (3.0, 6.6)	3.0 (1.9, 4.8)	4.0 (2.8, 5.7)	2.9 (1.8, 4.5)	3.6 (2.3, 5.6)	2.5 (1.7, 3.6)
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	4.8 (4.4, 5.3)	6.2 (4.3, 9.0)	4.5 (3.4, 6.0)	7.5 (5.5, 10.3)	4.6 (3.4, 6.3)	4.1 (3.2, 5.2)	3.4 (2.6, 4.5)	4.6 (3.1, 6.7)	4.2 (2.9, 6.0)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

	Malaysia	Perlis	Selangor	Terengganu	Sabah	Sarawak	K. Lumpur	Labuan	Putrajaya
Mental Health									
Percentage of students who ever seriously considered attempting suicide during the past 12 months	10.0 (9.2, 10.8)	8.8 (7.1, 11.0)	12.8 (10.0, 16.2)	7.1 (5.6, 9.0)	9.8 (8.7, 11.1)	10.9 (9.3, 12.7)	13.2 (11.3, 15.3)	12.3 (10.1, 15.1)	9.8 (8.1, 11.9)
Percentage of students who attempted suicide one or more times during the past 12 months	6.9 (6.2, 7.7)	6.2 (4.2, 9.1)	8.4 (6.2, 11.3)	5.6 (4.1, 7.6)	6.3 (4.6, 8.5)	8.8 (6.9, 11.2)	6.9 (5.4, 8.8)	6.9 (5.5, 8.7)	4.1 (3.1, 5.3)
Percentage of students who had no close friends	3.6 (3.2, 4.1)	3.8 (2.8, 5.3)	4.2 (2.7, 6.5)	3.4 (2.4, 4.8)	2.4 (1.5, 4.1)	4.3 (3.3, 5.6)	4.1 (3.3, 5.0)	3.7 (2.6, 5.1)	2.3 (1.4, 4.0)
Physical Activity									
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days	19.8 (19.2, 20.4)	21.2 (19.3, 23.3)	16.5 (14.7, 18.5)	19.9 (18.0, 21.9)	18.4 (16.7, 20.4)	16.1 (14.5, 17.9)	23.9 (21.8, 26.1)	24.0 (22.0, 26.2)	30.0 (27.9, 32.3)
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, or talking with friends when not in school or doing homework during a typical or usual day	50.1 (49.4, 50.9)	44.9 (42.5, 47.3)	51.8 (49.4, 54.3)	39.7 (37.4, 42.1)	43.1 (40.8, 45.4)	44.5 (42.2, 46.8)	62.1 (59.7, 64.5)	46.9 (44.6, 49.3)	59.7 (57.3, 62.1)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

	Malaysia	Perlis	Selangor	Terengganu	Sabah	Sarawak	K. Lumpur	Labuan	Putrajaya
Protective Factors									
Percentage of students who missed classes or school without permission on one or more of the past 30 days	29.4 (27.8, 31.1)	35.1 (28.1, 42.9)	29.7 (25.7, 34.1)	35.9 (29.6, 42.7)	35.6 (28.8, 43.2)	25.1 (21.1, 29.5)	29.1 (25.2, 33.3)	32.2 (25.5, 39.7)	24.2 (16.5, 33.9)
Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries during the past 30 days	32.0 (30.7, 33.3)	36.7 (31.4, 42.2)	31.0 (26.4, 36.0)	34.2 (29.8, 39.0)	32.4 (29.4, 35.6)	27.6 (24.4, 31.1)	30.8 (28.6, 33.1)	31.5 (25.3, 38.6)	33.8 (28.6, 39.5)
Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time during the past 30 days	42.6 (41.4, 43.7)	41.3 (37.1, 45.7)	40.8 (37.5, 44.2)	38.5 (34.9, 42.4)	37.3 (34.2, 40.5)	39.2 (35.7, 42.8)	44.9 (41.8, 48.0)	38.0 (35.3, 40.9)	45.1 (41.8, 48.4)
Sexual Behaviors									
Percentage of students who ever had sexual intercourse	7.3 (6.7, 8.0)	8.4 (6.7, 10.6)	8.9 (6.5, 12.0)	7.4 (5.6, 9.8)	7.5 (6.2, 9.0)	7.6 (5.5, 10.4)	4.3 (2.7, 6.8)	8.4 (7.0, 10.1)	5.6 (3.9, 8.0)
Among students who ever had sexual intercourse, the percentage who had sexual intercourse for the first time before age 14 years	31.9 (28.6, 35.4)	45.7 (35.3, 56.5)	31.3 (22.6, 41.7)	38.6 (29.3, 49.0)	33.4 (22.8, 45.9)	31.1 (22.3, 41.6)	23.4 (10.9, 43.4)	23.0 (13.4, 36.6)	13.3 (8.2, 20.8)
Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse	12.7 (10.6, 15.2)	13.7 (8.9, 20.4)	11.6 (6.3, 20.6)	17.3 (12.6, 23.3)	15.9 (9.8, 24.5)	13.8 (7.5, 24.2)	5.4 (1.9, 14.4)	10.8 (7.4, 15.5)	3.2 (0.6, 16.1)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

	Malaysia	Perlis	Selangor	Terengganu	Sabah	Sarawak	K. Lumpur	Labuan	Putrajaya
Tobacco Use									
Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years	68.4 (65.1, 71.5)	74.7 (65.0, 82.4)	61.6 (49.6, 72.3)	79.2 (69.4, 86.5)	65.1 (56.9, 72.5)	69.7 (61.6, 76.7)	66.5 (57.1, 74.7)	78.9 (70.4, 85.5)	78.0 (69.1, 84.9)
Percentage of students who smoked cigarettes on one or more days during the past 30 days (current cigarettes smokers)	13.8 (12.7, 15.0)	16.0 (12.2, 20.7)	14.5 (11.1, 18.6)	15.0 (11.7, 19.0)	18.8 (15.0, 23.2)	17.7 (13.3, 23.3)	9.0 (5.5, 14.3)	19.2 (14.3, 25.2)	7.8 (4.7, 12.9)
Percentage of students who reported people smoked in their presence on one or more days during the past seven days	42.0 (40.5, 43.5)	45.1 (38.3, 52.0)	39.3 (34.9, 43.9)	39.9 (34.3, 45.7)	48.1 (42.4, 53.7)	38.9 (33.6, 44.4)	44.5 (40.0, 49.1)	44.0 (34.6, 53.8)	33.2 (24.0, 44.0)
Violence and Unintentional Injury									
Percentage of students who were in a physical fight one or more times during the past 12 months	24.9 (23.5, 26.3)	23.5 (19.7, 27.8)	28.1 (23.4, 33.3)	21.2 (18.3, 24.3)	27.2 (22.6, 32.3)	25.5 (22.1, 29.2)	28.2 (23.3, 33.7)	26.0 (21.4, 31.2)	24.7 (21.4, 28.4)
Percentage of students who were seriously injured one or more times during the past 12 months	29.9 (28.8, 31.1)	34.1 (29.4, 39.3)	32.7 (29.4, 36.1)	30.2 (27.4, 33.2)	32.6 (28.1, 37.5)	28.3 (25.2, 31.6)	31.6 (28.0, 35.4)	29.0 (26.4, 31.8)	29.1 (25.5, 33.1)
Percentage of students who were bullied on one or more days during the past 30 days	16.2 (15.3, 17.1)	15.8 (13.0, 19.1)	18.6 (15.7, 21.8)	14.7 (12.2, 17.5)	18.3 (15.6, 21.4)	15.5 (13.2, 18.1)	16.0 (12.8, 19.7)	18.2 (15.2, 21.7)	19.7 (16.0, 24.0)

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia

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

MALAYSIA AND 13 STATES & 3 FEDERAL TERRITORIES

(PERLIS, SELANGOR, TERENGGANU, SABAH, SARAWAK, WP KUALA LUMPUR, WP LABUAN, WP PUTRAJAYA)

2017 Fact Sheet

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

Dr S Maria Awaluddin

Email: smaria@moh.gov.my

Principal Investigator

Adolescent Health Survey: National Health and Morbidity Survey (NHMS) 2017

Institute for Public Health, Ministry of Health Malaysia

Suggested citation: Institute for Public Health (IPH) 2017. National Health and Morbidity Survey (NHMS) 2017: Adolescent Health Survey 2017, Malaysia.

The author would like to thank the Director General of Health Malaysia for his permission to publish this fact sheet.

NMRR-16-698-30042

Institute for Public Health, Ministry of Health Malaysia