



KEMENTERIAN KESIHATAN MALAYSIA



KEMENTERIAN PENDIDIKAN MALAYSIA

NATIONAL HEALTH & MORBIDITY SURVEY 2022

ADOLESCENT HEALTH SURVEY 2022



SARAWAK

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LIST OF ABBREVIATIONS

AHS	Adolescent Health Survey
BOD	Burden of Disease
CDC	Centers for Disease Control and Prevention
GSHS	Global School-based Student Health survey
IPH	Institute for Public Health
NMRR	National Medical Research Register
UNICEF	United Nations Children’s Fund
UNESCO	United Nations Educational, Scientific and Cultural Organization
UNODC	United Nation Office on Drug and Crime
WHO	World Health Organization

TABLE OF CONTENTS

1.0	INTRODUCTION	1
1.1	Objectives	1
1.1.1	General Objectives	1
1.1.2	Specific Objectives	1
2.0	METHODOLOGY	2
2.1	Study Design	2
2.2	Sampling Frame and Target Population	2
2.3	Sample Size Calculation	2
2.4	Sampling Design	2
2.5	Ethical Approval and Consent Forms	2
2.6	Study Instrument	3
2.7	Data Collection	3
2.8	Quality Control	3
2.9	Data Processing and Quality Centre	3
2.10	Data Analysis	3
2.11	References	3
3.0	FINDINGS	6
3.1	General Findings	6
3.2	Alcohol Consumption	8
3.2.1	Introduction	8
3.2.2	Objectives	8
3.2.3	Variable definitions	8
3.2.4	Findings	8
3.2.5	Discussion / Conclusion	8
3.2.6	Recommendations	8
3.2.7	References	8
3.3	Dietary Behaviours	11
3.3.1	Introduction	11
3.3.2	Objectives	11
3.3.3	Variable definitions	11
3.3.4	Findings	11
3.3.5	Discussions / Conclusion	12
3.3.6	Recommendations	12
3.3.7	References	12
3.4	Nutritional Status	18
3.4.1	Introduction	18
3.4.2	Objectives	18
3.4.3	Variable definitions	18
3.4.4	Findings	18
3.4.5	Discussion / Conclusion	18
3.4.6	Recommendations	18
3.4.7	References	18
3.5	Drug Use	21
3.5.1	Introduction	21
3.5.2	Objectives	21
3.5.3	Variable Definitions	21
3.5.4	Findings	21
3.5.5	Discussion / Conclusion	22
3.5.6	Recommendations	22
3.5.7	References	22

TABLE OF CONTENTS

3.6	Oral and Hand Hygiene	28
3.6.1	Introduction	28
3.6.2	Objectives	28
3.6.3	Variable definitions	28
3.6.4	Findings	28
3.6.5	Discussion / Conclusion	28
3.6.6	Recommendations	29
3.6.7	References	29
3.7	Mental Health Problems	36
3.7.1	Mental Health Problems	36
3.7.1.1	Introduction	36
3.7.1.2	Objectives	36
3.7.1.3	Variable definitions	36
3.7.1.4	Findings	36
3.7.1.5	Discussion / Conclusion	36
3.7.1.6	Recommendations	36
3.7.1.7	References	37
3.7.2	Depression	38
3.7.2.1	Introduction	38
3.7.2.2	Objectives	38
3.7.2.3	Variable definitions	38
3.7.2.4	Findings	38
3.7.2.5	Discussion / Conclusion	38
3.7.2.6	Recommendations	38
3.7.2.7	References	38
3.8	Physical Activity	43
3.8.1	Introduction	43
3.8.2	Objectives	43
3.8.3	Variable Definitions	43
3.8.4	Findings	43
3.8.5	Discussion / Conclusion	43
3.8.6	Recommendations	43
3.8.7	References	44
3.9	Protective Factors	47
3.9.1	Introduction	47
3.9.2	Objectives	47
3.9.3	Variable definitions	47
3.9.4	Findings	47
3.9.5	Discussion / Conclusion	48
3.9.6	Recommendations	48
3.9.7	References	48
3.10	Sexual Behaviours	52
3.10.1	Introduction	52
3.10.2	Objectives	52
3.10.3	Variable Definitions	52
3.10.4	Findings	52
3.10.5	Discussion / Conclusion	53
3.10.6	Recommendations	53
3.10.7	References	53

TABLE OF CONTENTS

3.11	Tobacco Use	56
	3.11.1 Introduction	56
	3.11.2 Objectives	56
	3.11.3 Variable Definitions	56
	3.11.4 Findings	56
	3.11.5 Discussion / Conclusion	56
	3.11.6 Recommendation	57
	3.11.7 References	57
3.12	Violence and Unintentional Injury	61
	3.12.1 Introduction	61
	3.12.2 Objectives	61
	3.12.3 Variable Definitions	61
	3.12.4 Findings	61
	3.12.5 Discussion / Conclusion	62
	3.12.6 Recommendations	62
	3.12.7 References	62
3.13	Adolescents' Perspectives on the Impact of COVID-19 on their families	68
	3.13.1 Introduction	68
	3.13.2 Objectives	68
	3.13.3 Variable definitions	68
	3.13.4 Findings	68
	3.13.5 Discussion / Conclusion	68
	3.13.6 Recommendations	68
	3.13.7 References	68
	APPENDICES	70

LIST OF TABLES

METHODOLOGY

Table 2.1 Distribution of secondary schools sampled, by State

GENERAL FINDINGS

Table 3.1.1 Response rate at student level, by state, 2022

ALCOHOL CONSUMPTION

Table 3.2.1 Prevalence of ever alcohol drinkers among adolescents in Sarawak, 2022

Table 3.2.2 Prevalence of current alcohol drinkers among adolescents in Sarawak, 2022

Table 3.2.3 Proportion of ever alcohol drinkers according to alcohol initiation age among adolescents in Sarawak, 2022

Table 3.2.4 Usual sources of obtaining alcohol in the past 30 days among current drinkers among adolescents in Sarawak, 2022

Table 3.2.5 Number of times (got into trouble with family or friends, missed school or got into a fight as a result of drinking alcohol) among ever alcohol drinkers (proportion) among adolescents in Sarawak, 2022

DIETARY BEHAVIOURS

Table 3.3.1 Prevalence of adolescents in Sarawak who most of the time or always went hungry in the past 30 days because there was not enough food in his/her home, 2022

Table 3.3.2 Prevalence of fruit intake of at least twice daily in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.3 Prevalence of vegetables intake of at least three times daily in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.4 Prevalence of fruits and vegetables intake of at least five times daily in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.5 Prevalence of adolescents who did not consume fruit, vegetable or both in the past 30 days in Sarawak, 2022

Table 3.3.6 Prevalence of carbonated soft drinks intake of at least once a day in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.7 Prevalence of plain water intake of less than 6 glasses daily in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.8 Prevalence of milk and milk products intake of at least twice daily in the past 30 days among adolescents in Sarawak, 2022

Table 3.3.9 Prevalence of fast-food intake of at least 3 days in the past 7 days among adolescents in Sarawak, 2022

NUTRITIONAL STATUS

Table 3.4.1 Prevalence of stunting (HAZ <-2SD) among adolescents in Sarawak, 2022

Table 3.4.2 Prevalence of thinness (BAZ <-2SD) among adolescents in Sarawak, 2022

Table 3.4.3 Prevalence of overweight (BAZ >+1SD to ≤+2SD) and obesity (BAZ >+2SD) among adolescents in Sarawak, 2022

DRUG USE

Table 3.5.1 Prevalence of ever drug use among adolescents in Sarawak, 2022

Table 3.5.2 Prevalence of current drug use among adolescents in Sarawak, 2022

Table 3.5.3 Prevalence of inhalant use among adolescents in Sarawak, 2022

Table 3.5.4 Prevalence of kratom use among adolescents in Sarawak, 2022

Table 3.5.5 Source of getting drugs in the past 30 days among current drug users among adolescents in Sarawak, 2022

Table 3.5.6 Prevalence of first use of drug before the age of 14 years among ever used drug, adolescents in Sarawak, 2022

ORAL AND HAND HYGIENE

Table 3.6.1 Prevalence of poor or very poor perception of oral health among adolescents in Sarawak, 2022

Table 3.6.2 Prevalence of teeth brushing 2 times a day in the past 30 days among adolescents in Sarawak, 2022

Table 3.6.3 Prevalence of never did tongue cleaning among adolescents in Sarawak, 2022

LIST OF TABLES

Table 3.6.4	Prevalence of did not know if their toothpaste is fluoridated among adolescents in Sarawak, 2022
Table 3.6.5	Prevalence of use of dental floss among adolescents in Sarawak, 2022
Table 3.6.6	Prevalence of last dental visit in the past 12 months among adolescents in Sarawak, 2022
Table 3.6.7	Prevalence of having missed classes or online learning among adolescents with toothache in Sarawak, 2022
Table 3.6.8	Prevalence of avoidance of smiling due to teeth appearance among adolescents in Sarawak, 2022
Table 3.6.9	Prevalence of using soap most of the time or always during handwashing in the past 30 days among adolescents in Sarawak, 2022
Table 3.6.10	Prevalence of handwashing most of the time or always before eating in the past 30 days among adolescents in Sarawak, 2022
Table 3.6.11	Prevalence of handwashing most of the time or always after using the toilet in the past 30 days among adolescents in Sarawak, 2022
Table 3.6.12	Prevalence of handwashing using running water before eating at school in the past 30 days among adolescents in Sarawak, 2022

MENTAL HEALTH PROBLEMS

Table 3.7.1	Prevalence of loneliness “most of the time or always” in the past 12 months among adolescents in Sarawak, 2022
Table 3.7.2	Prevalence of inability to sleep “most of the time or always” due to worry in the past 12 months among adolescents in Sarawak, 2022
Table 3.7.3	Prevalence of suicidal ideation in the past 12 months among adolescents in Sarawak, 2022
Table 3.7.4	Prevalence of suicidal plan in the past 12 months among adolescents in Sarawak, 2022
Table 3.7.5	Prevalence of suicidal attempt “at least once” in the past 12 months among adolescents in Sarawak, 2022
Table 3.7.6	Prevalence of not having any close friend among adolescents in Sarawak, 2022
Table 3.7.7	Prevalence of depression among adolescents in Sarawak, 2022

PHYSICAL ACTIVITY

Table 3.8.1	Prevalence of being physically active (at least 60 minutes daily) for a total of 5 days or more in the past 7 days among adolescents in Sarawak, 2022
Table 3.8.2	Prevalence of active commuting to school (walk or ride a bicycle to or from school for at least 3 days or more in the past 7 days) among adolescents in Sarawak, 2022
Table 3.8.3	Prevalence of spending at least 3 hours in sitting activities among adolescents in Sarawak, 2022

PROTECTIVE FACTORS

Table 3.9.1	Prevalence of truancy in the past 30 days among adolescents in Sarawak, 2022
Table 3.9.2	Prevalence of having peer support in the past 30 days among adolescents in Sarawak, 2022
Table 3.9.3	Prevalence of having parental or guardian supervision in the past 30 days among adolescents in Sarawak, 2022
Table 3.9.4	Prevalence of having parental or guardian connectedness in the past 30 days among adolescents in Sarawak, 2022
Table 3.9.5	Prevalence of having parental or guardian bonding in the past 30 days among adolescents in Sarawak, 2022
Table 3.9.6	Prevalence of having parental or guardian respect for privacy in the past 30 days among adolescents in Sarawak, 2022

SEXUAL BEHAVIOURS

Table 3.10.1	Prevalence of ever had sexual intercourse among adolescents in Sarawak, 2022
Table 3.10.2	Prevalence of current sexual intercourse in the past 30 days among adolescents in Sarawak, 2022
Table 3.10.3	Proportion of sexual practices among those who ever had sex among adolescents in Sarawak, 2022
Table 3.10.4	Percentage of correct responses by item of UNGASS indicator among adolescents in Sarawak, 2022

TOBACCO USE

Table 3.11.1	Prevalence of current any tobacco uses among adolescents in Sarawak, 2022
Table 3.11.2	Prevalence of current tobacco smoker among adolescents in Sarawak, 2022
Table 3.11.3	Prevalence of current cigarettes smoker among adolescents in Sarawak, 2022
Table 3.11.4	Prevalence of current e-cig/vape user among adolescents in Sarawak, 2022
Table 3.11.5	Proportion of sources of cigarettes obtaining during the last time smoking in the past 30 days among adolescents in Sarawak, 2022

LIST OF TABLES

Table 3.11.6	Proportion of source of e-cig/vape obtaining during the last time using e-cig/vape in the past 30 days among adolescents in Sarawak, 2022
Table 3.11.7	Prevalence of exposure to second-hand smoke among adolescents in Sarawak, 2022
Table 3.11.8	Prevalence of currently seeing or noticing any tobacco product advertising or promotion at the point of sale in the past 30 days among adolescents in Sarawak, 2022

VIOLENCE AND UNINTENTIONAL INJURY

Table 3.12.1	Prevalence of involvement in violence at least once in the past 12 months among adolescents in Sarawak, 2022
Table 3.12.2	Prevalence of had serious injury at least once in the past 12 months among adolescents in Sarawak, 2022
Table 3.12.3	Major cause of the most serious injury sustained in the past 12 months among those who were injured, adolescents in Sarawak, 2022
Table 3.12.4	Prevalence of being abused at least once in the past 30 days among adolescents in Sarawak, 2022
Table 3.12.5	Prevalence of experience in being bullied at least once in the past 30 days among adolescents in Sarawak, 2022
Table 3.12.6	Most common ways of being bullied at least once in the past 30 days among adolescents in Sarawak, 2022
Table 3.12.7	Prevalence of involvement in cyberbullying activities (perpetrator) a few times within a year or more among adolescents in Sarawak, 2022

IMPACT OF COVID-19

Table 3.13.1	Adolescents' perspectives on the impact of the COVID-19 pandemic on their family: Self-reported findings among adolescents in Sarawak, 2022
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LIST OF APPENDICES

Appendix 1	Members of Steering Committee NHMS 2019-2022
Appendix 2	Terms of Reference for NHMS 2022 Steering Committee
Appendix 3	List of members of Central Coordinating Committee, NHMS 2022
Appendix 4	Terms of Reference for NHMS 2022 Central Coordinating Team (CCT)
Appendix 5	List of Research Team Members, NHMS 2022
Appendix 6	List of Data Collection Teams, NHMS 2022

EXECUTIVE SUMMARY

The Adolescent Health Survey (AHS) 2022 was conducted from June to July 2022 with the aim of determining the prevalence of health risk behaviours and protective factors among adolescents in Malaysia. This nationwide cross-sectional survey used a two-stage stratified sampling design and a validated self-administered questionnaire. Out of 2798 secondary schools under the Ministry of Education (MOE) and the Ministry of Rural and Regional Development (MARA), 240 schools were randomly selected and a total of 37,479 students were eligible to participate in the survey. The findings showed that a total of 239 schools with 33,523 adolescents were involved in this study, resulting in an overall response rate of 89.0%. In Sarawak, 16 secondary schools were randomly selected, and out of 2442 eligible students, 2189 students completed the survey, yielding a response rate of 89.6%.

Sarawak Key Findings

The study revealed that the prevalence of current use of any tobacco products, current tobacco smokers, current cigarette smokers and current e-cig/vape users among adolescents in Sarawak was 24.3%, 14.6%, 11.8% and 20.3% respectively. The prevalence of current alcohol drinkers among adolescents was 23.8%. While the prevalence of ever-alcohol drinkers among adolescents in Sarawak was 44.9%, 52.3% of them had their first alcoholic beverage before the age of 14 years. The prevalence of ever having sex and had sex in the past 30 days among adolescents was 9.1% and 6.4%, respectively. Of those who ever had sex, 33.6% had their first sexual experience before age 14, and 12.6% had at least two sexual partners. Only 13.0% of respondents or their partners had used condoms, while 13.2% used other birth control methods. A total of 22.1% of adolescents had been seriously injured in the past 12 months, with the two most common causes of injury being falls and motor vehicle accidents. Among respondents, 14.2% claimed to have been physically attacked in the past 12 months, while 15.8% of adolescents claimed to have been involved in physical fights. With regards to bullying, 8.8% reported having been bullied in the past 30 days. A total of 17.3% of adolescents in Sarawak reported feeling lonely, and 14.0% reported being unable to sleep "most of the time or always" due to worry in the 12 months prior to the survey. Prevalence of suicidal ideation, plan and attempt were 13.4%, 10.2%, and 9.9%, respectively. Overall, 28.9% of adolescents reported being depressed. The prevalence of truancy among adolescents in the past 30 days was 23.1%, and only 46.4% claimed to have peer support. Adolescents who reported having parental or guardian supervision, parental or guardian connectedness and parental or guardian bonding were 11.5%, 21.8% and 30.8%, respectively. Overall, 84.0% of adolescents reported brushing their teeth twice a day in

the past 30 days. A total of 43.7% of adolescents reported not knowing whether their toothpaste contained fluoride while only 24.1% used dental floss. In the past 30 days, 67.4% always used soap when washing their hands, 81.4% always washed their hands before eating, and 87.7% reported that they always washed their hands after using the toilet. In relation to dietary behaviours, 3.3% reported being hungry most of the time or always in the past 30 days because there was not enough food at home. The consumption of fruits at least twice daily was 42.9% and vegetables at least thrice daily was 33.7% in the past 30 days. Consumption of carbonated drinks at least once daily in the past 30 days was reported at 50.6%, while 10.8% consumed food from fast food restaurants for at least three days in the past seven days. The prevalence of stunting and thinness among adolescents was 6.9% and 6.1%, respectively, while the prevalence of overweight was 17.8% and obesity was 17.4%. Prevalence of being physically active was 17.6% and 18.6% of adolescents reported active transportation to school. In addition, 63.4% of adolescents had spent at least three hours on a typical or usual day in sitting activities. Overall, 5.2% reported had ever used drug and the prevalence of current drug users was 3.2%. The prevalence of ever used marijuana was 1.3% and about 1.1% were current marijuana users. 1.5% reported had ever used kratom and the prevalence of current used kratom was 1.3%.

Malaysia Key Findings

The study revealed that the prevalence of current use of any tobacco products, current tobacco smokers, current cigarette smokers and current e-cig/vape users among adolescents in Malaysia was 18.5%, 9.0%, 6.2% and 14.9% respectively. Among those who smoked cigarettes and among those who used e-cig/vape, 65.7% had initiated cigarette smoking, and 48.5% had initiated e-cig/vape use, respectively, before the age of 14 years. The prevalence of current alcohol drinkers among adolescents was 7.4%. While the prevalence of ever-alcohol drinkers among adolescents in Malaysia was 18.6%, 64.6% of them had their first alcoholic beverage before the age of 14 years.

The prevalence of ever having sex and had sex in the past 30 days among adolescents was 7.6% and 5.7%, respectively. Of those who ever had sex, 32.8% had their first sexual experience before age 14, and 10.7% had at least two sexual partners. Only 11.8% of respondents or their partners had used condoms, while 11.9% used other birth control methods. A total of 20.4% of adolescents had been seriously injured in the past 12 months, with the two most common causes of injury being falls and motor vehicle accidents. Among respondents, 14.8% claimed to have been physically attacked in the past 12 months,

while 16.0% of adolescents claimed to have been involved in physical fights. With regards to bullying, 8.6% reported having been bullied in the past 30 days.

A total of 16.2% of adolescents in Malaysia reported feeling lonely, and 4.2% said that they had no close friends. A total of 12.9% reported being unable to sleep “most of the time or always” due to worry in the 12 months prior to the survey. Prevalence of suicidal ideation, plan and attempt were 13.1%, 10.0%, and 9.5%, respectively. Overall, 26.9% of adolescents reported being depressed. The prevalence of truancy among adolescents in the past 30 days was 25.6%, and only 46.0% claimed to have peer support. Adolescents who reported having parental or guardian supervision, parental or guardian connectedness and parental or guardian bonding were 9.9%, 24.2% and 33.4%, respectively. Overall, 82.2% of adolescents reported brushing their teeth twice a day in the past 30 days. A total of 43.3% of adolescents reported not knowing whether their toothpaste contained fluoride while only 21.4% used dental floss. In the past 30 days, 69.3% always used soap when washing their hands, 84.5% always washed their hands before eating, and 86.5% reported that they always washed their hands after using the toilet.

In relation to dietary behaviours, 2.5% reported being hungry most of the time or always in the past 30 days because there was not enough food at home. The consumption of fruits at least twice daily was 37.3% and vegetables at least thrice daily was 27.1% in the past 30 days. Consumption of carbonated drinks at least once daily in the past 30 days was reported at 32.4%, while 10.6% consumed food from fast food restaurants for at least three days in the past seven days. The prevalence of stunting and thinness among adolescents was 6.8% and 8.3%, respectively, while the prevalence of overweight was 16.2% and obesity was 14.3%. Prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days was 21.4% and 27.0% of adolescents reported active transportation to school. In addition, 66.7% of adolescents had spent at least three hours on a typical or usual day in sitting activities.

Recommendations:

In view of the above findings, the following recommendations are suggested:

- Strengthening the multi-approach school-based nutrition and physical activity intervention to motivate behaviour modification for improving healthy eating and lifestyle amongst adolescents.
- Improving the national school curriculum that teaches life skills such as effective coping strategies as part of “Program Minda Sihat”.
- A more comprehensive sexual and reproductive health education programmes should be planned and executed among adolescents.
- Strengthening the current law and taking legal action in controlling the accessibility of tobacco products.

1.0 INTRODUCTION

Adolescence is a life phase in which the opportunities for health are great and future patterns of adult health are established; it is a critical stage in life with significant physical, emotional, cognitive, and social development and other disruptions in their communities.¹ As much as one-third of the global Burden of Disease (BOD) is attributable to adolescent behavioural choices and events.² In order to improve adolescent health globally, the World Health Organization (WHO) has initiated the development of the health risk behaviours measurement tools known as the Global School-based Student Health Survey (GSHS).³ More than 140 countries have used the GSHS to periodically monitor the prevalence of important health risk behaviours and protective factors among adolescents.⁴ In Malaysia, adolescents comprise approximately 15.6% of the total Malaysian population, and the national data on health risks and behaviours are fundamental in developing policies and programmes for adolescents. Thus, the Ministry of Health, Malaysia took a step forward in collaborating with the WHO to conduct the first GSHS Malaysia in 2012 among adolescents aged 13 to 17 years, which aimed to determine the baseline of the health status of adolescents in Malaysia.⁵ In 2017, the second adolescent health study (AHS) using the GSHS methods and questionnaire was conducted in the country.⁶ These surveys revealed an increasing trend of health risk behaviours among adolescents in Malaysia.^{5,6} With the increasing trend of non-communicable disease risk factors and other behaviour-related risks, it is timely for the survey to be repeated in 2022 to further monitor the health status of adolescents in the country. The Ministry of Health conducted this third national survey on adolescents with the co-operation from the Ministry of Education to determine the prevalence of health risk behaviours and protective factors among adolescents in Malaysia.

1.1 Objectives

1.1.1 General Objectives

To determine the prevalence of health risk behaviours and protective factors among adolescents in Malaysia.

1.1.2 Specific Objectives

To determine the prevalence of:

- i. Alcohol use
- ii. Dietary behaviours
- iii. Drug use
- iv. Hygiene (including oral health)
- v. Mental health problems
- vi. Physical activity
- vii. Protective factors
- viii. Sexual behaviours
- ix. Tobacco use
- x. Violence and unintentional injury
- xi. Adolescents' perspectives on the impact of the COVID-19 pandemic on their families

2.0 METHODOLOGY

2.1 Study Design

The National School-Based Student Health Survey 2022 was a nationwide cross-sectional study of secondary school adolescents in Malaysia.

2.2 Sampling Frame and Target Population

The sampling frame comprised national secondary schools registered in 2021, which include government schools and private schools under the purview of the Ministry of Education (MOE) and the Ministry of Rural and Regional Development (MARA). According to the frame, there were 2798 secondary schools in Malaysia (**Table 2.1**). An equal proportion was sampled from 13 States and three Federal Territories to represent adolescents in each State / Federal Territories. The target population was secondary school adolescents aged between 13 to 17 years studying in form 1 until form 5 based on the local school categorization.

2.3 Sample Size Calculation

The sample size was calculated based on the objectives of each module using the sample size calculation formula for a single proportion. The sample size calculation was based on a few criteria, as stated below:

$$n_0 = \frac{z_{\alpha/2} p(1-p)}{e^2}$$

Where:

- Variance of proportion of the variable of interest (Based on AHS 2017 survey)
- Margin of error (e) (Between 0.01 to 0.05)
- Confidence interval of 95%

To ensure optimum sample size to estimate the prevalence of the health conditions specified in the survey with acceptable precision, a few adjustments were made to the sample size calculation as follows:

- design effect (deff) of 2,
- nonresponse rates of 20%, and
- The sample size was then adjusted according to the need of the analysis, whether the estimates were going to be done at the national or the state level.

Thus, the final sample sizes for adolescents at national and state levels were 36,000 and 2250, respectively (**Table 2.1**)

Table 2.1: Distribution of secondary schools sampled, by state

No.	State / Federal Territories	Total Number of Schools	Number of Schools Sampled	Number of adolescents sampled
1	Johor	328	16	2250
2	Kedah	219	16	2250
3	Kelantan	189	16	2250
4	Melaka	88	16	2250
5	N. Sembilan	142	16	2250
6	Pahang	211	16	2250
7	Pulau Pinang	148	16	2250
8	Perak	276	16	2250
9	Perlis	33	16	2250
10	Selangor	380	16	2250
11	Terengganu	166	16	2250
12	Sabah	245	16	2250
13	Sarawak	214	16	2250
14	WP Kuala Lumpur	135	16	2250
15	WP Labuan	12	8	2250
16	WP Putrajaya	12	8	2250
Total		2798	240	36000

2.4 Sampling Design

The country was stratified according to the 16 states, including federal territories, for the sampling. A multistage stratified cluster sampling method was used, and it involved two stages. The first stage was the selection of secondary schools from all eligible schools in Malaysia. Subsequently, the 240 schools were selected randomly with probability proportional to enrolment (PPS) in forms 1, 2, 3, 4, and 5. In each state, 16 secondary schools were selected, except for 2 smaller federal territories (Labuan, Putrajaya - 8 schools each) (**Table 2.1**). The second stage involved the selection of classes (secondary sampling units). All classes in forms 1, 2, 3, 4, and 5 were included in the sampling frame. Systematic probability sampling with a random start was used to select classes from each selected school. All adolescents in the selected classes were invited to involve in the survey.

2.5 Ethical Approval and Consent Forms

Ethical approval was obtained from the Medical and Research Ethics Committee (MREC), Ministry of Health, Malaysian (NMRR-21-157-58261). The permission to conduct the study was obtained from the Ministry of Education at the national, state and school levels. Only consented adolescents with consented parents were included in the study. Their participation in the study was voluntary.

2.6 Study Instrument

A validated self-administered questionnaire was used for data collection in NHMS 2022. The questionnaires were translated into the Malay, Chinese and Tamil languages and back-translated to English to ensure the quality of the translation. The questionnaires were then field-tested, revised, finalised, and approved by the NHMS 2022 Questionnaire Review Committee. The questionnaire consisted of 10 core modules and 1 additional module, which included the following topics:

- Alcohol use
- Dietary behaviours
- Drug use
- Hygiene (including oral health)
- Mental health problems
- Physical activity
- Protective factors
- Sexual behaviours
- Tobacco use
- Violence and unintentional injury
- Adolescents' perspectives on the impact of the COVID-19 pandemic on their families

2.7 Data Collection

This cross-sectional survey was conducted from June to July 2022 among adolescents in forms 1, 2, 3, 4, and 5 across Malaysia by 34 data collection teams: two teams for each state in Peninsular Malaysia, including Labuan and three teams for Sabah and Sarawak. Each state was assigned a field supervisor to oversee survey activities. A one-week training workshop was conducted for the field supervisor and 133 temporary data collectors before data collection. After completing the training, the assigned field supervisor and data collection teams travelled to their respective sites to conduct the survey at the selected schools. The adolescents answered the questionnaires on the optical mark recognition (OMR) answer sheet. The team leader verified the OMR sheets before posting them to Institute for Public Health (IPH).

2.8 Quality Control

Quality control of the whole survey was done at various stages. During the planning stage, quality was ensured through a robust survey design, validated questionnaires and tools, manuals, and standardised training. In the field, the team leader and field supervisor checked the quality of the data collected. At the same time, members of the Central Coordinating Team (CCT) at IPH monitored data collection progress and conducted data quality control on a weekly basis. Figure 1 detailed the organization chart at Institute for Public Health level.

2.9 Data Processing and Quality Centre

All data processing and quality activities were centralised at IPH, starting from receiving the OMR bundles from the field until the handover of the dataset to the data analysis team. Four stations were set up at this Centre to ensure the activity ran smoothly (Figure 2).

2.10 Data Analysis

SPSS version 26.0 was used for data analysis. The data was examined for quality control and cleaned for any inconsistencies. Analysis was done according to objectives, working definition and dummy tables prepared by each research team. A complex sample analysis procedure was performed with a 95% confidence interval. Prevalence and percentages were used to illustrate the findings of each scope.

2.11 References

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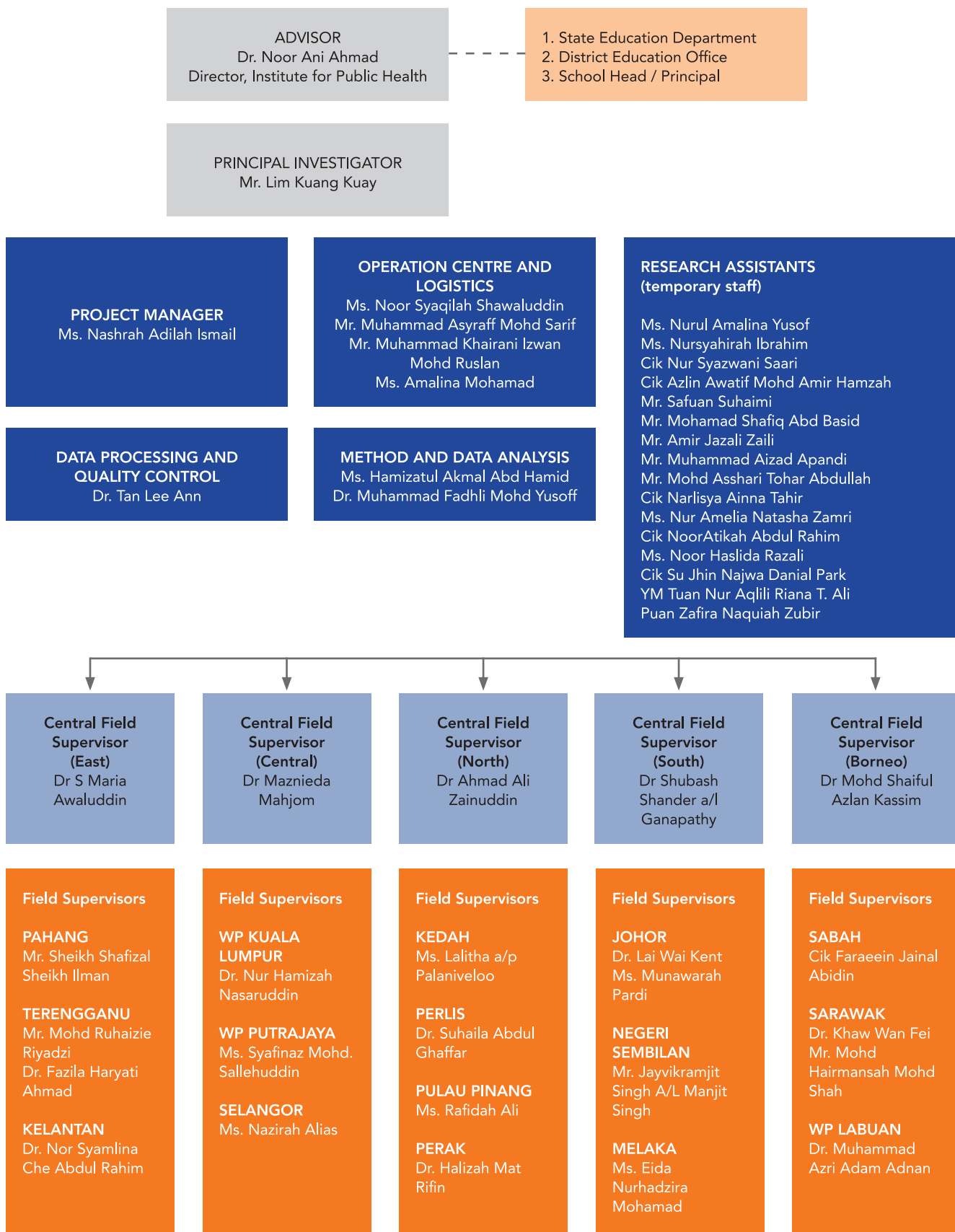


Figure 1: Organisation chart for data collection team NHMS 2022

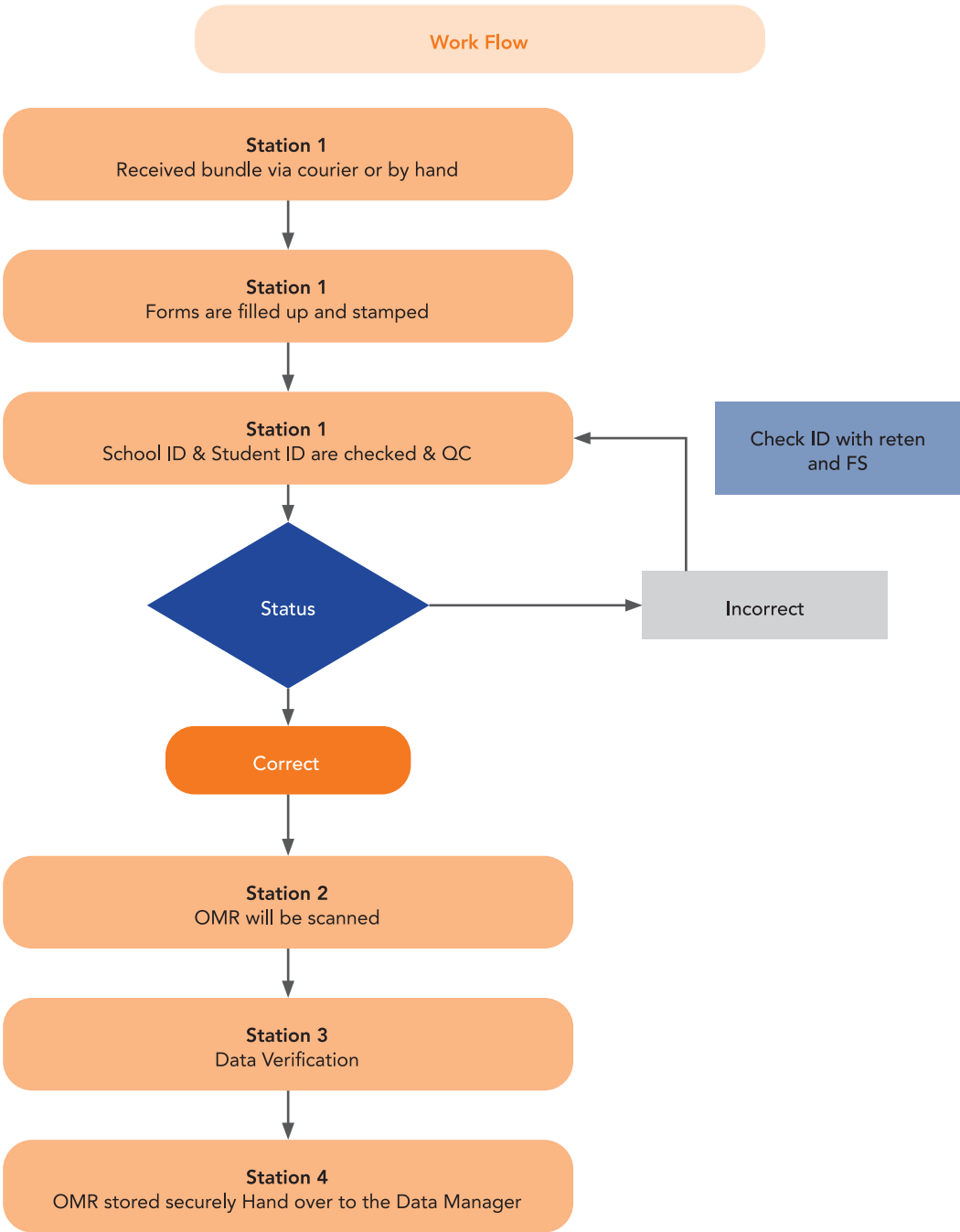


Figure 2: Workflow of Data Processing NHMS 2022

3.0 FINDINGS

3.1 General Findings

Overall, 239 out of 240 schools participated in the survey, resulting in a 99.6% school response rate. The response rate for classes was 100% and the student's response rate was 89.4% (n=33,523). Thus, the overall response rate was 89.0%. Based on the state, the highest number of adolescents who participated in the survey were from Sarawak (89.6%), and the lowest was WP Putrajaya (83.4%) (Table 3.1.1). The geographic information system (GIS) on the mapping of selected secondary schools is shown in Figure 3.

Table 3.1.1: Response rate at student level, by state, 2022

State	Selected Schools	Eligible Adolescents	Completed OMR forms	Response Rate (%)
Johor	16	2336	2005	85.83
Kedah	16	2312	2172	93.94
Kelantan	16	2368	2138	90.29
Melaka	16	2373	1986	83.69
N. Sembilan	16	2422	2210	91.25
Pahang	16	2382	2171	91.14
Pulau Pinang	16	2300	2044	88.87
Perak	16	2384	2126	89.18
Perlis	16	2160	2004	92.78
Selangor	16	2366	2048	86.56
Terengganu	16	2314	2219	95.89
Sabah	16	2342	2086	89.07
Sarawak	16	2442	2189	89.64
WP Kuala Lumpur	16	2338	2114	90.42
WP Labuan	8	2267	2033	89.68
WP Putrajaya	8	2373	1978	83.35
Total	240	37479	33523	89.44

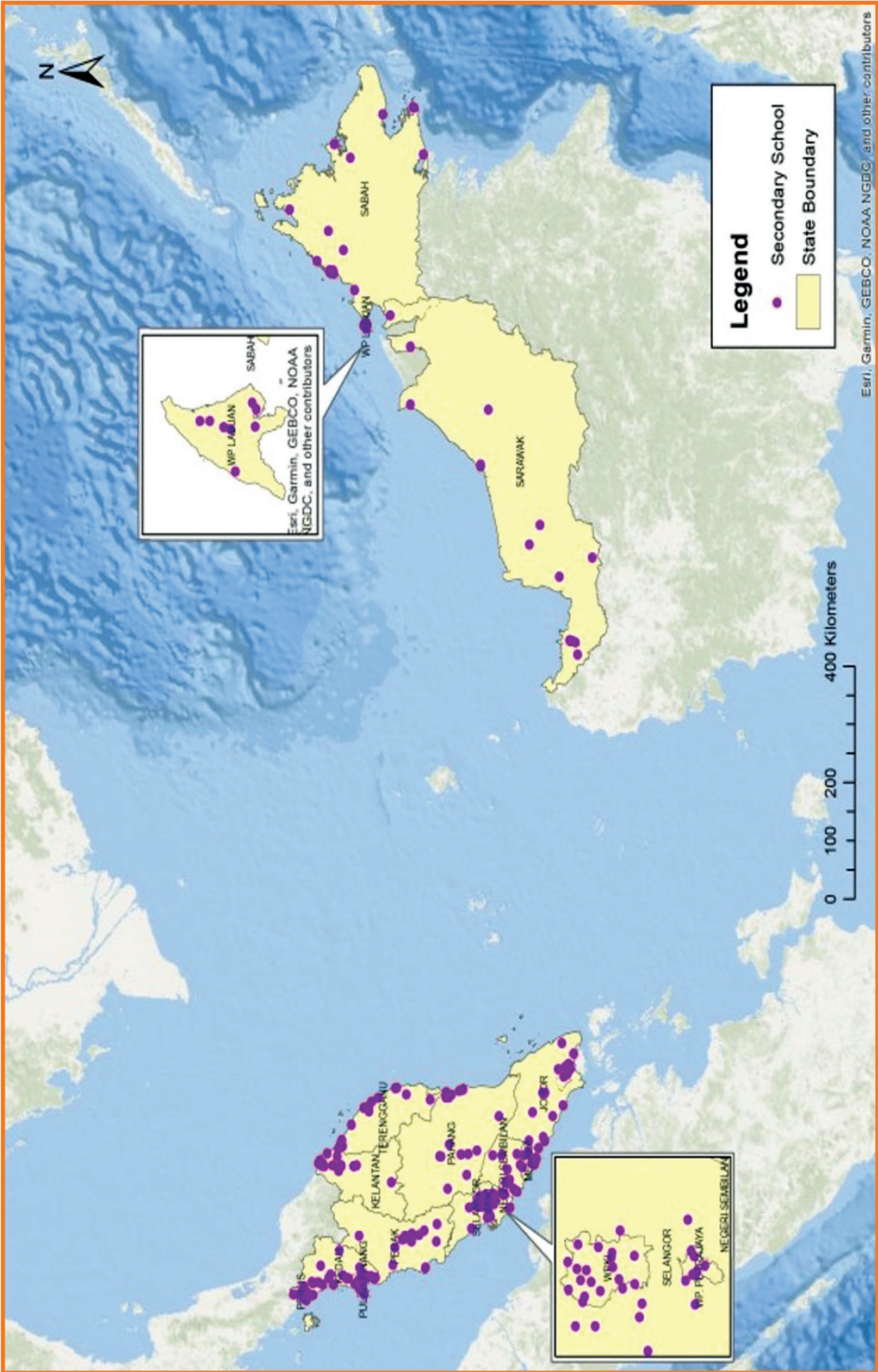


Figure 3: GIS mapping of the selected secondary schools

3.2 Alcohol Consumption

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3.2.1 Introduction

Annually, the harmful use of alcohol results in approximately 3 million deaths worldwide¹. Alcohol is responsible for 5.1% of the global burden of disease and injury, as measured by disability-adjusted life years (DALYs)¹. It is the main cause of premature death and disability in individuals aged 15 to 49, accounting for 10% of all deaths in this age group².

3.2.2 Objectives

- i. To determine the prevalence of ever and current drinkers among adolescents
- ii. To describe the socio-demographic characteristics of ever and current drinkers among adolescents
- iii. To identify the age of alcohol drinking initiation among adolescents
- iv. To identify the sources of obtaining alcoholic beverages among adolescents
- v. To identify the prevalence of drunkenness among adolescents who consume alcohol
- vi. To determine the frequency of social problems related to alcohol consumption among adolescents

3.2.3 Variable definitions

- **Drinking alcohol:** A “drink” is a glass of wine, tuak, lihing, bahar, ijuk or toddy; a can of beer, a small glass of liquor’ or mixed drink. Drinking alcohol does not include drinking a few sips of wine for religious purposes.
- **Ever drinkers:** Those who had a history of alcohol consumption in their lifetime.
- **Current drinkers:** Those who had at least a “drink” of alcohol in the past 30 days.
- **Drunkenness:** When someone demonstrates signs such as staggering when walking, not being able to speak right and throwing up after consuming alcohol in a lifetime.
- **Social problems:** Having trouble with family or friends, missed school or got into fights as a result of drinking alcohol in a lifetime.

3.2.4 Findings

Ever Alcohol Drinkers

The prevalence of ever alcohol drinkers among adolescents in Sarawak was 44.9% (95% CI: 39.92, 49.90). Males had a higher prevalence at 47.4% (95% CI: 41.93, 53.00) compared to females at 42.2% (95% CI: 36.39, 48.24). (Table 3.2.1)

Current Alcohol Drinkers

The prevalence of current alcohol drinkers among adolescents in Sarawak was 23.8% (95% CI: 20.34, 27.54) where males had a higher prevalence of 26.2% (95% CI: 22.50, 30.33) compared to females of 21.2% (95% CI: 16.78, 26.42). (Table 3.2.2)

Initiation of First Alcohol Use Before 14 years old

Among ever alcohol drinkers, 52.3% had their first alcoholic beverage before the age of 14 years whereas those who had it at 14 years or older was 47.7%. (Table 3.2.3)

Sources of Obtaining Alcoholic Beverages Among Current Alcohol Drinkers

Among current alcohol drinkers, 50.5% of adolescents obtained their alcoholic beverages from their family, followed by 18.3% of them got it from a friend. (Table 3.2.4)

Social Problems as a Result of Alcohol Drinking

Overall, the majority (88.9%) of the adolescents did not get into trouble with family or friends, missed school or got into a fight as a result of drinking alcohol among ever alcohol drinkers. (Table 3.2.5)

Parental and peer drinking

Parental drinking among current alcohol drinkers in Sarawak as 76.9%, while peer drinking was 90.1%.

Drunkenness

Among ever alcohol drinkers, only 35.8% reported drunkenness.

3.2.5 Discussion / Conclusion

According to this study, the prevalence of ever and current alcohol drinkers in Sarawak was high compared to other states. Similar to other states, family members remained the primary source of acquiring alcoholic beverages. The percentage of peer drinking among the current drinkers in Sarawak, which stood at 90.1% is considerably high.

3.2.6 Recommendations

Given that adolescence is the age when adult habits and social standards are formed, it is essential to look into the issue of adolescent drinking. The detrimental effects of alcohol drinking at a young age should be made clear to parents and other caregivers through mass media. Enhance school-based prevention programmes in school with high rates of alcohol consumption to enable teachers to assess pupils for alcohol consumption and launch early intervention for such adolescents.

3.2.7 References

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Table 3.2.1: Prevalence of ever alcohol drinkers among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	972	87496	44.9	39.92	49.90
Sex					
Male	467	46949	47.4	41.93	53.00
Female	505	40547	42.2	36.39	48.24
Form					
Form 1	161	15091	36.7	30.26	43.56
Form 2	210	17323	42.2	35.82	48.75
Form 3	168	17404	44.3	39.34	49.33
Form 4	182	16698	44.8	35.41	54.59
Form 5	251	20980	58.0	47.89	67.39
Ethnicity					
Malay	47	4102	10.6	7.04	15.60
Chinese	309	26188	59.1	50.02	67.60
Indian	5	-	-	-	-
Bumiputera Sabah	15	1425	46.4	26.44	67.53
Bumiputera Sarawak	541	50588	51.4	45.59	57.20
Others	55	4746	49.7	36.44	62.94

- Prevalence with high RSE, not reported

Table 3.2.2: Prevalence of current alcohol drinkers among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	510	46328	23.8	20.34	27.54
Sex					
Male	259	25957	26.2	22.50	30.33
Female	251	20372	21.2	16.78	26.42
Form					
Form 1	68	6619	16.1	11.64	21.79
Form 2	107	9061	22.0	17.42	27.50
Form 3	83	8594	21.9	15.98	29.16
Form 4	101	9103	24.4	18.69	31.25
Form 5	151	12951	35.8	27.46	45.04
Ethnicity					
Malay	16	1432	3.7	1.97	6.82
Chinese	126	10604	23.9	18.50	30.36
Indian	2	-	-	-	-
Bumiputera Sabah	10	-	-	-	-
Bumiputera Sarawak	327	30683	31.2	26.52	36.26
Others	29	2489	26.0	20.24	32.81

- Prevalence with high RSE, not reported

Table 3.2.3: Proportion of ever alcohol drinkers according to alcohol initiation age among adolescents in Sarawak, 2022

Initiation age of alcohol drinking	Unweighted count	Percentage (%)
Below 14 years old	472	52.3
14 years old and above	426	47.7

Table 3.2.4: Usual sources of obtaining alcohol in the past 30 days among current drinkers among adolescents in Sarawak, 2022

Sources of obtaining alcohol	Unweighted count	Percentage (%)
I bought from a store, shop or from a street vendor	62	-
I gave someone else money to buy it for me	15	-
I got it from my friend	84	18.3
I got it from my family	257	50.5
I stole it or got it without permission	8	-
I got it some other way	62	-

- Prevalence with high RSE, not reported

Table 3.2.5: Number of times (got into trouble with family or friends, missed school or got into a fight as a result of drinking alcohol) among ever alcohol drinkers (proportion) among adolescents in Sarawak, 2022

Number of times	Unweighted count	Percentage (%)
0 times	866	88.9
1 to 2 times	79	8.3
3 to 9 times	16	1.6
10 or more times	11	-

- Prevalence with high RSE, not reported

3.3 Dietary Behaviours

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3.3.1 Introduction

The changes in dietary practices are required across all age ranges, but adolescence should be a focus of particular attention because the changes in lifestyle and the development of dietary habits during that stage of life have striking effects¹. Poor dietary intake during this life stage is closely related to overweight and obesity, and unhealthy eating practices which lead to detrimental health effects later in life². Therefore, a study was conducted to examine dietary practices with regards to fruit and vegetable intakes, carbonated drinks, plain water, milk and milk products intake and fast-food consumption among adolescents in Sarawak. Establishing and consuming a nutrient-dense diet during the transition from adolescence into young adulthood may protect against future chronic diseases, promote optimal health outcomes and to prevent excess weight gain³.

3.3.2 Objectives

- i. To describe the prevalence of adolescents who had gone hungry in the past 30 days
- ii. To describe the prevalence of fruit intakes of at least twice daily in the past 30 days among adolescents
- iii. To identify the prevalence of vegetable consumption of at least three times daily in the past 30 days
- iv. To identify the prevalence of fruit and vegetables consumption of at least five times daily in the past 30 days
- v. To describe the prevalence of carbonated drink intake of at least once a day in the past 30 days
- vi. To describe the prevalence of plain water intake of less than 6 glasses per day in the past 30 days
- vii. To identify the prevalence of milk and milk product intakes of at least two times daily in the past 30 days
- viii. To identify the prevalence of fast-food consumption of at least three days in the past 7 days

3.3.3 Variable definitions

- **Gone Hungry:** Adolescents who had gone hungry most of the time or always because there was not enough food at home for the past 30 days, or living without financial means to access enough food for active and healthy living.
- **Fruit intakes:** Fruits intake of at least twice daily in the past 30 days, inclusive all types of fruits.
- **Vegetable intakes:** Vegetable intakes of at least three times daily in the past 30 days.
- **Plain water intake:** Includes mineral water, boiled water or tap water

- **Carbonated drinks intake:** carbonated drinks consumption of at least once daily in the past 30 days.
- **Dairy product intake:** milk and milk product intakes at least two times daily in the past 30 days.
- **Fast food intake:** Consuming food from fast food outlets at least three days in the past seven days.

3.3.4 Findings

Gone hungry

About 3.3% (95% CI: 2.65, 4.16) of adolescents reported being hungry most of the time or always because there was not enough food at home in the past 30 days (**Table 3.3.1**). Prevalence of being hungry was higher among females (3.9%, 95% CI: 2.68, 5.55) as compared to male counterparts (2.8%, 95% CI: 1.85, 4.22).

Fruit consumption

A total of 42.9% (95% CI: 39.04, 46.83) of adolescents consumed fruit at least twice daily in the past 30 days (**Table 3.3.2**). Males (46.7%, 95% CI: 42.49, 50.92) reported higher fruit intake than females (39.0%, 95% CI: 33.64, 44.61).

Vegetable consumption

About 33.7% (95% CI: 30.93, 36.67) of adolescents consumed vegetables at least three times daily in the past 30 days (**Table 3.3.3**). Males reported significantly higher vegetable intake (36.2%, 95% CI: 32.52, 40.10) compared to females (31.2%, 95% CI: 27.02, 35.67).

Fruits and vegetables intake

About 21.0% (95% CI: 18.29, 24.02) of adolescents consumed fruits and vegetables at least five times daily in the past 30 days (**Table 3.3.4**). Males (23.7%, 95% CI: 20.08, 27.68) reported significantly higher consumption of fruits and vegetables than females (18.3%, 95% CI: 14.92, 22.16).

Never consume fruit

About 8.8% (95% CI: 7.64, 10.22) of adolescents reported never consume fruit in the past 30 days (**Table 3.3.5**). Prevalence of never consume fruit was 9.1% (95% CI: 7.40, 11.09) among males and 8.6% (95% CI: 6.69, 11.01) among females.

Never Consume Vegetable

About 5.6% (95% CI: 4.29, 7.38) of adolescents never consume vegetable in the past 30 days (**Table 3.3.5**). Prevalence of never consume vegetable was 6.30% (95% CI: 4.76, 8.28) among males and 4.97% (95% CI: 3.58, 6.85) among females.

Never Consume Fruit and Vegetable

A total of 1.5% (95% CI: 1.07, 2.17) of adolescents never consume fruit and vegetable in the past 30 days (**Table 3.3.5**). Prevalence of never consume fruit and vegetable was 1.8% (95% CI: 1.41, 2.91) among males and 1.2% (95% CI: 0.69, 2.15) among females.

Carbonated soft drinks intake

Overall, 50.6% (95% CI: 45.44, 55.70) adolescents carbonated soft drinks consumption at least once daily in the past 30 days (Table 3.3.6). There were 51.9% (95% CI: 46.49, 57.29) of males and 49.2% (95% CI: 42.86, 55.56) of females who reported consuming carbonated soft drinks at least once daily.

Plain water intake

About 52.0% (95% CI: 48.48, 55.44) adolescents drank plain water less than six glasses per day in the past 30 days (Table 3.3.7). The prevalence of plain water intake of less than six glasses per day among males was 44.6% (95% CI: 40.90, 48.44) and females 59.5% (95% CI: 54.22, 64.63).

Milk and milk products intake

About 27.1% (95% CI: 25.25, 28.93) of adolescents consumed milk/milk products at least two times per day in the past 30 days (Table 3.3.8). Findings showed that the prevalence of milk/milk products consumption among males was 26.9% (95% CI: 23.48, 30.68) and females 27.2% (95% CI: 24.18, 30.40).

Fast food intake

About 10.8% (95% CI: 9.20, 12.62) adolescents consumed fast food at least three days in the past seven days (Table 3.3.9). The prevalence of fast-food intake was higher among female (11.4%, 95% CI: 8.97, 14.44) compared to male (10.2%, 95% CI: 7.79, 13.20).

3.3.5 Discussions / Conclusion

There were 3.3% of adolescents who reported being hungry due to lack of food at homes. Prevalence of adolescents reported consuming fruits at least twice daily and vegetables at least three times daily was 42.9% and 33.7%, respectively. However, only 21.0% of them consumed fruits and vegetables five times daily. About 52.0% of adolescents reported drinking plain water less than 6 glasses and 27.1% consumed milk/milk products at least two times daily. The consumption of carbonated soft drinks of at least once daily in the past 30 days was reported at 50.6% while 10.8% consumed food from fast food restaurants for at least three days in the past seven days.

3.3.6 Recommendations

The research finding shows that there is a crucial need to alter the behaviours of Sarawak adolescents in order to prepare them for healthier adulthood. Poor dietary behaviours developed during adolescence may lead to diet related diseases in later years. Behaviour modification is the key recommendation suggested for improving healthy eating and lifestyle. It is necessary to improve dietary behaviour by encouraging them to consume nutritious foods such as fruits, vegetables, milk and milk products. This may be achieved through strengthening school-based nutrition interventions, using social marketing approach and mobilising families and communities into support. It

is crucial to extend school-based nutrition intervention programmes, such as *Program Hidangan Berkhasiat di Sekolah* (HiTS) to all schools. Aggressive promotion of healthy foods and the benefits of eating it should be made in all platforms, including social media. Intersectoral collaboration through various sectors is essential for the implementation of these strategies, so that nutrition programmes could be incorporated into their policies and improve access and availability of healthy foods in schools, food premises and the community.

Table: Dietary Behaviour Trend among Adolescents in Sarawak, Malaysia

	NHMS 2012	NHMS 2017	NHMS 2022
Most of the time or always went hungry	4.7	2.4	3.3
Fruits intake of at least twice daily	54.4	50.0	42.9
Vegetables intake of at least three times daily	37.6	42.7	33.7
Fruits and vegetables intake of at least five times daily	35.9	28.1	21.0
Carbonated soft drinks consumption at least once daily	45.0	57.4	50.6
Milk/milk products intake of at least two times daily	Not reported	33.3	27.1
Fast food intake of at least three days in the past seven days	6.6	16.3	10.8

3.3.7 References

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Table 3.3.1: Prevalence of adolescents in Sarawak who most of the time or always went hungry in the past 30 days because there was not enough food in his/her home, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	74	6484	3.3	2.65	4.16
Sex					
Male	27	2769	2.8	1.85	4.22
Female	47	3715	3.9	2.68	5.55
Form					
Form 1	20	1782	4.3	3.02	6.17
Form 2	18	1370	3.3	2.09	5.27
Form 3	8	890	2.3	1.43	3.58
Form 4	11	-	-	-	-
Form 5	17	1415	3.9	2.63	5.76
Ethnicity					
Malay	17	1476	3.8	2.63	5.48
Chinese	13	-	-	-	-
Indian	0	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	38	-	-	-	-
Others	4	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.3.2: Prevalence of fruit intake of at least twice daily in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	928	83658	42.9	39.04	46.83
Sex					
Male	462	46201	46.7	42.49	50.92
Female	466	37456	39.0	33.64	44.61
Form					
Form 1	210	19700	47.8	41.74	54.02
Form 2	244	19921	48.5	42.17	54.82
Form 3	149	15629	39.8	31.85	48.25
Form 4	174	15702	42.1	37.90	46.49
Form 5	151	12705	35.1	29.49	41.14
Ethnicity					
Malay	212	18434	47.6	41.49	53.70
Chinese	130	11443	25.8	22.50	29.46
Indian	6	-	-	-	-
Bumiputera Sabah	11	1047	34.1	17.61	55.51
Bumiputera Sarawak	518	47755	48.5	45.62	51.46
Others	51	4468	46.7	32.64	61.40

- Prevalence with high RSE, not reported

Table 3.3.3: Prevalence of vegetables intake of at least three times daily in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	729	65811	33.7	30.93	36.67
Sex					
Male	357	35854	36.2	32.52	40.10
Female	372	29958	31.2	27.02	35.67
Form					
Form 1	161	15631	38.0	31.32	45.09
Form 2	185	14848	36.1	31.90	40.58
Form 3	119	12554	31.9	26.57	37.83
Form 4	128	11543	31.0	26.40	35.95
Form 5	136	11237	31.0	25.39	37.32
Ethnicity					
Malay	131	11445	29.5	25.24	34.20
Chinese	161	14207	32.1	27.16	37.39
Indian	5	-	-	-	-
Bumiputera Sabah	10	974	31.7	15.79	53.46
Bumiputera Sarawak	378	34836	35.4	31.28	39.76
Others	44	3926	41.1	30.35	52.74

- Prevalence with high RSE, not reported

Table 3.3.4: Prevalence of fruits and vegetables intake of at least five times daily in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	452	40979	21.0	18.29	24.02
Sex					
Male	233	23431	23.7	20.08	27.68
Female	219	17548	18.3	14.92	22.16
Form					
Form 1	99	9728	23.6	18.44	29.75
Form 2	124	9976	24.3	19.91	29.24
Form 3	72	7669	19.5	14.69	25.44
Form 4	84	7552	20.3	17.24	23.67
Form 5	73	6054	16.7	12.44	22.11
Ethnicity					
Malay	83	7120	18.4	14.53	22.95
Chinese	66	5924	13.4	10.25	17.25
Indian	3	-	-	-	-
Bumiputera Sabah	8	-	-	-	-
Bumiputera Sarawak	260	24073	24.5	21.04	28.25
Others	32	2814	29.5	20.00	41.08

- Prevalence with high RSE, not reported

Table 3.3.5: Prevalence of adolescents who did not consume fruit, vegetable or both in the past 30 days in Sarawak, 2022

Socio-demographic characteristics	Never consume fruit				Never consume vegetable				Never consume fruit and vegetable			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	189	17256	8.8	7.64 10.22	123	11003	5.64	4.29 7.38	32	2978	1.5	1.07 2.17
Sex												
Male	88	8984	9.1	7.40 11.09	62	6232	6.30	4.76 8.28	18	1806	1.8	1.14 2.91
Female	101	8272	8.6	6.69 11.01	61	4771	4.97	3.58 6.85	14	1172	1.2	0.69 2.15
Form												
Form 1	43	3841	9.3	7.25 11.92	34	3305	8.03	5.75 11.09	8	778	1.9	1.00 3.55
Form 2	40	3394	8.3	5.93 11.40	26	2069	5.03	3.47 7.26	5	-	-	-
Form 3	34	3470	8.8	5.79 13.24	12	-	-	- -	2	-	-	-
Form 4	38	3491	9.4	6.35 13.60	26	2377	6.38	4.36 9.23	10	-	-	-
Form 5	34	3060	8.5	5.78 12.20	25	2058	5.68	3.47 9.17	7	-	-	-
Ethnicity												
Malay	44	4000	10.3	7.83 13.48	52	4618	11.91	10.28 13.76	10	893	2.3	1.47 3.59
Chinese	38	3384	7.6	5.73 10.12	11	-	-	- -	4	-	-	-
Indian	0	-	-	- -	0	-	-	- -	0	-	-	-
Bumiputera Sabah	8	-	-	- -	7	-	-	- -	3	-	-	-
Bumiputera Sarawak	84	7863	8.0	6.17 10.28	47	4232	4.30	2.94 6.25	10	972	1.0	0.53 1.85
Others	15	-	-	- -	6	-	-	- -	5	-	-	-

- Prevalence with high RSE, not reported

Table 3.3.6: Prevalence of carbonated soft drinks intake of at least once a day in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1097	98522	50.58	45.44	55.70
Sex					
Male	510	51330	51.91	46.49	57.29
Female	587	47191	49.20	42.86	55.56
Form					
Form 1	224	20790	50.58	42.01	59.12
Form 2	271	22398	54.62	45.54	63.41
Form 3	193	19867	50.54	40.29	60.75
Form 4	207	18844	50.69	44.40	56.95
Form 5	202	16623	45.92	37.78	54.28
Ethnicity					
Malay	256	22267	57.44	50.56	64.05
Chinese	155	13173	29.73	25.30	34.58
Indian	3	-	-	-	-
Bumiputera Sabah	19	1677	54.58	33.67	74.00
Bumiputera Sarawak	607	56186	57.25	51.55	62.77
Others	57	4938	51.68	37.90	65.20

- Prevalence with high RSE, not reported

Table 3.3.7: Prevalence of plain water intake of less than 6 glasses per day in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1158	101371	52.0	48.48	55.44
Sex					
Male	442	44177	44.6	40.90	48.44
Female	716	57194	59.5	54.22	64.63
Form					
Form 1	234	21295	51.7	47.21	56.21
Form 2	270	21490	52.3	46.91	57.62
Form 3	210	21268	54.1	48.62	59.50
Form 4	226	19913	53.4	45.80	60.91
Form 5	218	17404	48.1	42.01	54.20
Ethnicity					
Malay	261	22344	57.6	52.07	63.03
Chinese	244	20684	46.7	40.28	53.20
Indian	6	532	55.7	27.65	80.56
Bumiputera Sabah	21	1852	60.3	44.38	74.26
Bumiputera Sarawak	567	50832	51.7	47.74	55.57
Others	59	5126	53.6	41.49	65.38

- Prevalence with high RSE, not reported

Table 3.3.8: Prevalence of milk and milk products intake of at least two servings per day in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	594	52733	27.1	25.25	28.93
Sex					
Male	267	26625	26.9	23.48	30.68
Female	327	26108	27.2	24.18	30.40
Form					
Form 1	134	12355	30.1	24.72	36.06
Form 2	146	11391	27.7	23.97	31.81
Form 3	93	9678	24.6	18.86	31.46
Form 4	106	9782	26.2	21.34	31.83
Form 5	115	9526	26.3	22.40	30.64
Ethnicity					
Malay	129	10707	27.7	22.27	33.86
Chinese	122	10580	23.9	18.78	29.85
Indian	3	-	-	-	-
Bumiputera Sabah	11	970	31.6	17.34	50.36
Bumiputera Sarawak	299	27656	28.1	25.09	31.34
Others	30	2558	26.8	15.91	41.38

- Prevalence with high RSE, not reported

Table 3.3.9: Prevalence of fast-food intake of at least three days in the past 7 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	239	21037	10.8	9.20	12.62
Sex					
Male	102	10064	10.2	7.79	13.20
Female	137	10973	11.4	8.97	14.44
Form					
Form 1	52	4875	11.8	8.69	15.93
Form 2	51	4089	9.9	7.86	12.52
Form 3	43	4284	10.9	8.19	14.37
Form 4	54	4751	12.8	8.56	18.65
Form 5	39	3038	8.4	4.80	14.26
Ethnicity					
Malay	87	7502	19.4	14.81	24.88
Chinese	37	3309	7.5	5.75	9.65
Indian	2	-	-	-	-
Bumiputera Sabah	4	-	-	-	-
Bumiputera Sarawak	96	8576	8.7	7.08	10.71
Others	13	-	-	-	-

- Prevalence with high RSE, not reported

3.4 Nutritional Status

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3.4.1 Introduction

Adolescence is a unique phase of human development for individuals between the ages of 10 and 19 years old, as it caters to rapid growth, as well as sexual and behavioural changes. Good nutrition during adolescence is critical to address current nutritional needs and to fill nutrient gaps that have occurred during childhood¹. The nutritional status of adolescents is assessed using anthropometric measurements (weight and height) and interpreted using WHO 2007 Growth Reference Data for 5-19 years². The indicators include stunting, thinness, overweight and obesity.

3.4.2 Objectives

- i. To determine the prevalence of stunting among adolescents
- ii. To determine the prevalence of thinness among adolescents
- iii. To determine the prevalence of overweight and obesity among adolescents

3.4.3 Variable definitions

- **Body mass index (BMI):** commonly used to determine weight status. BMI is calculated by dividing a person's weight in kilograms by the square of height in meters.
- **Height for age z-score (HAZ):** an index used to assess how a child's height compares to the expected height of a healthy child of the same age and sex based on the WHO 2007 Growth reference data for 5-19 years.
- **BMI for age z-score (BAZ):** an index used to assess BMI is age- and sex-specific compares to the BMI of a healthy child of the same age and sex based on the WHO 2007 Growth reference data for 5-19 years.
- **Stunting:** Those who have their HAZ more than two standard deviations below the WHO Child Growth Standards median (<-2SD).
- **Thinness:** Those who have their BAZ more than two standard deviations below the WHO Child Growth Standards median (<-2SD).
- **Overweight:** Those who have their BAZ is more than one standard deviations to two standard deviations above the WHO Child Growth Standards median (>+1SD to ≤+2SD).
- **Obesity:** Those who have their BAZ more than two standard deviations above the WHO Child Growth Standards median (>+2SD).

3.4.4 Findings

Height-for-Age z-score

The prevalence of stunting among adolescents was 6.9% (95% CI: 5.63, 8.37). Females [9.6%, (95% CI: 7.96, 11.58)] showed higher prevalence compared to males [4.2%, (95% CI: 2.70, 6.50)]. (Table 3.4.1).

BMI -for-Age z-score

According to the WHO 2007 Growth Reference Data for 5-19 years, the prevalence of thinness among adolescents was 6.1% (95% CI: 4.38, 7.70). The data showed that the prevalence of thinness was significantly higher among males [7.2%, (95% CI: 5.37, 9.70)] compared to females [4.9%, (95% CI: 3.55, 6.82)]. (Table 3.4.2).

Overweight and Obesity

The prevalence of overweight was 17.8% (95% CI: 16.18, 19.62). Comparing the sexes, males had a higher prevalence at 18.4% (95% CI: 15.87, 21.34)] compared to females [17.2% (95% CI: 14.87, 19.85)]. (Table 3.4.3). For obesity, the prevalence was 17.4% (95% CI: 15.16, 19.95). Between the sexes, males had a higher prevalence of obesity at 21.5% (95% CI: 18.85, 24.49) compared to females [13.2% (95% CI: 10.47, 16.52)]. (Table 3.4.3).

3.4.5 Discussion / Conclusion

Overall, the prevalence of overweight and obesity totalling 35.2% was higher than thinness (6.1%) and stunting (6.9%). It can be concluded that adolescents in Sarawak is facing a dual burden of malnutrition, with overnutrition appearing to be a larger problem than undernutrition.

3.4.6 Recommendations

Based on the findings, the integration of targeted interventions and policies is required to simultaneously address both undernutrition and the increasing rates of overweight and obesity among adolescents. Evidence-based nutrition-sensitive interventions, inclusive of diet counselling and nutrition education provided through school-based platforms, adolescent youth centres/ peer education and technology-based platforms should be strengthened. A comprehensive intervention such as MyBFF@school (an intervention consisting of nutrition education, physical activity and motivational component) could be implemented nationwide with the support of the Ministry of Education.

3.4.7 References

1. Das JK, Salam RA, Thornburg KL, et al. Nutrition in adolescents: physiology, metabolism, and nutritional needs. *Ann. N. Y. Acad. Sci.* 2017 Apr;1393(1):21-33
2. World Health Organization 2007. Growth reference data for 5-19 years. Geneva: WHO

Table 3.4.1: Prevalence of stunting (HAZ <-2SD) among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	156	13378	6.9	5.63	8.37
Sex					
Male	43	4159	4.2	2.70	6.50
Female	113	9219	9.6	7.96	11.58
Form					
Form 1	11	988	2.4	1.37	4.16
Form 2	35	2824	6.9	4.38	10.71
Form 3	31	2848	7.2	4.96	10.48
Form 4	34	3120	8.4	5.63	12.27
Form 5	45	3598	10.0	7.55	13.15
Ethnicity					
Malay	30	2531	6.5	4.09	10.26
Chinese	18	1493	3.4	1.93	5.85
Indian	0	-	-	-	-
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	93	8034	8.2	6.07	10.97
Others	12	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.4.2: Prevalence of thinness (BAZ <-2SD) among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	132	11857	6.1	4.83	7.70
Sex					
Male	70	7124	7.2	5.37	9.70
Female	62	4732	4.9	3.55	6.82
Form					
Form 1	28	2654	6.5	4.20	9.87
Form 2	30	2254	5.5	3.65	8.24
Form 3	20	2114	5.4	3.24	8.79
Form 4	32	3031	8.2	4.98	13.09
Form 5	22	1804	5.0	3.27	7.66
Ethnicity					
Malay	51	4632	11.9	9.60	14.78
Chinese	32	2775	6.3	4.12	9.52
Indian	0	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	47	4302	4.4	3.20	6.03
Others	2	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.4.3: Prevalence of overweight (BAZ >+1SD to ≤+2SD) and obesity (BAZ >+2SD) among adolescents in Sarawak, 2022

Socio-demographic characteristics	Overweight (>+1SD to ≤+2SD)					Obese (>+2SD)				
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower	Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower	Upper
SARAWAK	388	34640	17.8	16.18	19.62	372	33841	17.4	15.16	19.95
Sex										
Male	179	18143	18.4	15.87	21.34	215	21184	21.5	18.86	24.49
Female	209	16497	17.2	14.87	19.85	157	12657	13.2	10.47	16.52
Form										
Form 1	85	7704	18.8	14.46	24.14	84	7939	19.4	15.02	24.68
Form 2	96	7668	18.7	15.21	22.87	98	7910	19.3	15.33	24.08
Form 3	74	7748	19.7	15.91	24.16	56	5951	15.1	11.70	19.37
Form 4	65	5772	15.5	10.81	21.80	63	5770	15.5	11.20	21.13
Form 5	68	5748	16.0	12.52	20.27	71	6272	17.5	13.11	22.92
Ethnicity										
Malay	53	4642	12.0	9.98	14.30	68	5959	15.4	12.55	18.69
Chinese	95	7994	18.2	15.21	21.51	75	6899	15.7	10.13	23.42
Indian	3	-	-	-	-	0	-	-	-	-
Bumiputera Sabah	2	-	-	-	-	8	687	22.4	11.87	38.15
Bumiputera Sarawak	217	20043	20.5	18.09	23.13	204	18686	19.1	15.96	22.71
Others	18	1551	16.2	12.20	21.27	17	1611	16.9	9.33	28.56

- Prevalence with high RSE, not reported

3.5 Drug Use

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3.5.1 Introduction

According to the World Drug Report 2022 (WDR 2022) by the United Nations Office on Drugs and Crime (UNODC), an estimated 284 million people had used drugs within the previous year, which accounts for a 26% increase over the previous decade.¹ Drug use accounts for 5% of all substance related death and 9% of substance-use-related DALYs. Despite the report showing that young people continue to use more drugs than adults, it was found that drug use by adolescents decreased during the COVID-19 pandemic, which coincided with the lockdown periods.¹ Marijuana or cannabis remains the world's most widely used drug, with an annual prevalence of 4% of the adult population, or an estimated 209 million users in the past year.¹ Amphetamines remain the second most commonly used drug worldwide, with an estimated 34 million in 2020, representing 0.7% of the global population. NHMS 2019 showed that marijuana is the highest taken in Malaysia, followed by kratom.² Based on the statistics provided by the National Anti-Drug Agency in 2020 showed that ATS is the most commonly used drug among adolescents in Malaysia aged 13 to 18 years old, followed by marijuana and opiate.³ In this survey, we have added new questions, which include kratom and inhalant, to get baseline data on adolescent usage in Malaysia, as we don't have preliminary national data on these drugs.

3.5.2 Objectives

- i. To determine the prevalence and sociodemographic characteristics of ever and current drug use among adolescents
- ii. To determine the prevalence and sociodemographic characteristics of ever and current marijuana use among adolescents in Malaysia
- iii. To determine the prevalence and sociodemographic characteristics of ever and current amphetamines or methamphetamines use among adolescents in Malaysia
- iv. To determine the prevalence and sociodemographic characteristics of ever and current inhalant use among adolescents in Malaysia
- v. To determine the prevalence and sociodemographic characteristics of ever and current kratom use among adolescents in Malaysia
- vi. To identify the age of initiation and the sources of obtaining drugs among adolescents in Malaysia

3.5.3 Variable Definitions

- **Drug use:**
 - i. **2017** definition: taking heroin, morphine, glue, amphetamine, or methamphetamines (ecstasy, syabu, ice), marijuana (except prescribed medicine).
 - ii. **2022** definition: taking opiates, amphetamine-type stimulants, marijuana, psychotropic pill, cocaine, inhalant and others (depressants, hallucinogens).
- **Ever drug use:** adolescents who had a history of drug use in their lifetime
- **Current drug use:** adolescents who used drugs in the past 30 days
- **Ever marijuana use:** adolescents who had a history of marijuana use in their lifetime
- **Current marijuana use:** adolescents who used marijuana in the past 30 days
- **Ever amphetamine or methamphetamine use:** adolescents with a history of amphetamine or methamphetamines use in their lifetime
- **Ever inhalant use:** adolescents who had a history of inhalant use in their lifetime
- **Current inhalant use:** adolescents who used an inhalant in the past 30 days
- **Ever kratom use:** adolescents who had a history of kratom use in their lifetime
- **Current kratom use:** adolescents who used kratom in the past 30 days

3.5.4 Findings

Overall, 5.2% (95% CI: 3.63, 7.52) of adolescents reported that they had ever used drug during their lifetime and it was significantly higher among males [7.0% (95%CI: 4.97, 9.83)] as compared to females [3.4% (95%CI: 1.80, 6.36)] (Table 3.5.1). The prevalence of current drug users was 3.2% (95%CI: 2.39, 4.36); males [4.2% (95%CI: 3.06, 5.75)] were significantly higher than females [2.2% (95%CI: 1.21, 4.05)] (Table 3.5.2). Overall, 3.0% (95% CI: 2.24, 4.12) of adolescents reported had ever used inhalant during their lifetime; males was at 4.0% (95% CI: 2.81, 5.61)] (Table 3.5.3). Overall, 3.2% (95% CI: 2.39, 4.36) of adolescents reported had current used inhalant in the past 30 days; males at 4.2% (95% CI: 3.06, 5.75) (Table 3.5.3). Overall, 1.5% (95% CI: 1.03, 2.06) of adolescents reported had ever used kratom during their lifetime; males at 2.3% (95% CI: 1.47, 3.54) (Table 3.5.4). Overall, 1.3% (95% CI: 0.91, 1.94) of adolescents reported had current used kratom in the past 30 days; males at 2.0% (95% CI: 1.19, 3.22) (Table 3.5.4). Among current users, about 28.7% had bought drugs from someone else (Table 3.5.5). Among the ever drug user, the majority [81.1% (95% CI: 63.19, 91.51)] had initiated at the age before the age of 14 years old (Table 3.5.6).

3.5.5 Discussion / Conclusion

Unlike other drugs, this survey found that inhalant use was most common among male adolescents, which tended to decline as they grew older.

3.5.6 Recommendations

The effectiveness of drug education at primary schools plays a vital role in reducing current drug use prevalence in 2022 compared to 2017. Drug prevention among adolescents should be improved and regularly reviewed to meet the ever-changing trend of drug use locally and globally. New strategies and approaches can be developed to address issues of inhalant and kratom use among adolescents by focusing more on the danger of inhalant and kratom use. An adolescent who has been exposed to and involved in drug abuse must be given access to treatment and provided educational opportunities, vocational skills training and other socioeconomic support needed. School drug prevention programs developed for adolescents can be integrated with technology, such as web-based intervention, to make it more interesting in increasing awareness and help build self-resilience among adolescents through:

- Conducting early detection of an adolescent with problems or who are at risk of drug abuse
- Increasing the knowledge, understanding and awareness of the dangers of drug abuse
- Increasing life skills such as assertiveness, coping skills and stress management
- Reinforcing positive attitudes and healthy lifestyles among school children

3.5.7 References

1. United Nations Office on Drugs and Crime (UNODC), World Drug Report 2022; Booklet 1; Executive Summary and Policy Implication (ISBN: 9789211483758) <https://www.unodc.org/unodc/en/data-and-analysis/world-drug-report-2022.html>
2. Institute for Public Health (IPH) 2020. The National Health and Morbidity Survey 2019: NCD. Kuala Lumpur: Ministry of Health Malaysia
3. Bahagian Dasar, Perancangan dan Penyelidikan, Agensi Antidadah Kebangsaan, Kementerian Dalam Negeri; Info Dadah Siri 1/2020; Penyalahgunaan Dadah Dalam Kalangan Remaja; 4 JUN 2020

Table 3.5.1: Prevalence of ever drug use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Ever used drug* based on 2017				Ever used drug**			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	101	9080	4.7	3.14 6.91	114	10221	5.2	3.63 7.52
Sex								
Male	65	6286	6.4	4.37 9.21	72	6947	7.0	4.97 9.83
Female	36	-	-	- -	42	3274	3.4	1.80 6.36
Form								
Form 1	31	2842	6.9	4.00 11.00	32	2928	7.1	4.54 10.97
Form 2	28	2278	5.6	3.39 9.07	32	2614	6.4	4.15 9.63
Form 3	11	-	-	- -	13	-	-	- -
Form 4	16	-	-	- -	18	-	-	- -
Form 5	15	-	-	- -	19	-	-	- -
Ethnicity								
Malay	20	1736	4.5	2.77 7.19	25	2165	5.6	3.52 8.75
Chinese	39	3408	7.7	4.31 13.44	41	3558	8.0	4.33 14.42
Indian	1	-	-	- -	1	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	34	3298	3.4	2.08 5.39	39	3785	3.8	2.50 5.88
Others	6	-	-	- -	7	-	-	- -

- Prevalence with high RSE, not reported

*Drug includes heroin, morphine, glue, amphetamine, ecstasy, methamphetamine, ice and marijuana.

**Drug includes opiate, amphetamine, marijuana, psychotropic pill, cocaine, inhalant, kratom and others.

Table 3.5.2: Prevalence of current drug use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Current used drug* based on 2017				Current used drug** based on 2022			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	67	5938	3.0	2.24 4.12	71	6299	3.2	2.39 4.36
Sex								
Male	42	3937	4.0	2.81 5.61	44	4160	4.2	3.06 5.75
Female	25	2001	2.1	1.13 3.80	27	2140	2.2	1.21 4.05
Form								
Form 1	21	1864	4.5	3.00 8.00	22	1941	4.7	2.82 7.78
Form 2	21	1690	4.1	3.00 7.00	22	1805	4.4	2.80 6.82
Form 3	6	-	-	- -	7	-	-	- -
Form 4	10	-	-	- -	10	-	-	- -
Form 5	9	-	-	- -	10	-	-	- -
Ethnicity								
Malay	13	1100	2.8	1.54 5.18	15	-	-	- -
Chinese	23	-	-	- -	23	-	-	- -
Indian	0	-	-	- -	0	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	27	2577	3.0	2.00 4.00	29	2769	2.8	1.80 4.37
Others	3	-	-	- -	3	-	-	- -

- Prevalence with high RSE, not reported

*Drug includes heroin, morphine, glue, amphetamine, ecstasy, methamphetamine, ice and marijuana.

**Drug includes opiate, amphetamine, marijuana, psychotropic pill, cocaine, inhalant, kratom and others.

Table 3.5.3: Prevalence of inhalant use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Ever used inhalant in a lifetime				Current used inhalant in the past 30 days			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	67	5938	3.0	2.24 4.12	71	6299	3.2	2.39 4.36
Sex								
Male	42	3937	4.0	2.81 5.61	44	4160	4.2	3.06 5.75
Female	25	2001	2.1	1.13 3.80	27	2140	2.2	1.21 4.05
Form								
Form 1	21	1864	4.5	3.00 8.00	22	1941	4.7	2.82 7.78
Form 2	21	1690	4.1	3.00 7.00	22	1805	4.4	2.80 6.82
Form 3	6	-	-	- -	7	-	-	- -
Form 4	10	-	-	- -	10	-	-	- -
Form 5	9	-	-	- -	10	-	-	- -
Ethnicity								
Malay	13	1100	2.8	1.54 5.18	15	-	-	- -
Chinese	23	-	-	- -	23	-	-	- -
Indian	0	-	-	- -	0	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	27	2577	3.0	2.00 4.00	29	2769	2.8	1.80 4.37
Others	3	-	-	- -	3	-	-	- -

- Prevalence with high RSE, not reported

Table 3.5.4: Prevalence of kratom use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Ever used kratom in a lifetime				Current used kratom in the past 30 days			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	31	2838	1.5	1.03 2.06	29	2585	1.3	0.91 1.94
Sex								
Male	24	2262	2.3	1.47 3.54	21	1946	2.0	1.19 3.22
Female	7	-	-	- -	8	-	-	- -
Form								
Form 1	8	-	-	- -	10	-	-	- -
Form 2	11	-	-	- -	13	-	-	- -
Form 3	1	-	-	- -	1	-	-	- -
Form 4	6	-	-	- -	2	-	-	- -
Form 5	5	-	-	- -	3	-	-	- -
Ethnicity								
Malay	14	1246	3.2	2.00 5.13	11	973	2.5	1.36 4.59
Chinese	4	-	-	- -	5	-	-	- -
Indian	0	-	-	- -	0	-	-	- -
Bumiputera Sabah	0	-	-	- -	0	-	-	- -
Bumiputera Sarawak	12	1174	1.2	0.71 2.01	12	1119	1.1	0.70 1.84
Others	1	-	-	- -	1	-	-	- -

- Prevalence with high RSE, not reported

Table 3.5.5: Source of getting drugs in the past 30 days among current drug users among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Percentage (%)
I bought them form someone	8	28.7
I give someone else money to buy it for me	5	-
I stole it or got it without permission	4	-
I got it from my friend	6	-
I got it from my family	1	-
I got it some other ways	3	-

- Prevalence with high RSE, not reported

Table 3.5.6: Prevalence of first use of drug before the age of 14 years among ever used drug among adolescents in Sarawak, 2022

Prevalence	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Yes	19	1790	81.1	63.19	91.51
No	4	-	-	-	-

- Prevalence with high RSE, not reported

3.6 Oral and Hand Hygiene

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3.6.1 Introduction

Oral health is integral to general health as it promotes a positive quality of life and social self-confidence. Currently, oral diseases affect close to 3.5 billion people worldwide, and their prevalence is noted to be increasing globally. A resolution on oral health in 2021 by the WHO recommends a more preventive approach towards oral health, including oral health promotions at schools¹. Empowering good oral hygiene habits during adolescence is important in sustaining this behaviour into adulthood². Therefore, early and adequate plaque control is key in preventing oral health diseases such as dental caries and periodontal diseases, which may affect school performance and attendance, as well as permanent dental problems in adulthood. This can be achieved via regular tooth brushing with fluoridated toothpaste, dental flossing, tongue cleaning, and a minimum yearly dental check-up³. Appropriate hand hygiene practices using soap, especially before eating and after using the toilet, are protective against a multitude of infections. These practices will enable adolescents to thrive and contribute actively to learning and reduce the rate of absenteeism⁴. Assessing practices on good hand washing among adolescents will help detect at-risk groups among school attendees⁴.

3.6.2 Objectives

3.6.2.1 General objective

To determine the prevalence of oral and hand hygiene behaviour among adolescents in Malaysia.

3.6.2.2 Specific objectives for oral hygiene

To describe the prevalence of:

- i. Self-oral health perception
- ii. Tooth brushing frequency in the past 30 days
- iii. Tongue cleaning practice
- iv. Fluoridated toothpaste usage
- v. Dental floss usage
- vi. Timing of the last visit to a dentist or dental nurse
- vii. Having missed class or not participating in online learning due to toothache in the past 12 months
- viii. Avoidance of smile or laughing due to the appearance of their teeth

3.6.2.3 Specific objectives for hand washing

To describe the prevalence of:

- i. Hand washing with soap in the past 30 days
- ii. Hand washing before eating in the past 30 days
- iii. Hand washing after using the toilet in the past 30 days
- iv. Hand washing method before eating at school in the past 30 days

3.6.3 Variable definitions

- **Clean or brush teeth:** Regular tooth brushing using toothbrush and toothpaste to keep the mouth, teeth and gums clean and healthy
- **Last saw a dentist or dental nurse:** Seen a dentist or dental nurse for a check-up, scaling or other dental treatment

3.6.4 Findings

4.2% (95%CI: 2.81, 6.14) of adolescents in Sarawak perceived their oral health as poor or very poor (**Table 3.6.1**). 84.0% (95%CI: 81.61, 86.04) brushed their teeth twice daily which was significantly higher in females [88.8% (95%CI: 85.69, 91.34)] (**Table 3.6.2**), 4.8% (95% CI: 3.43, 6.62) never performed daily tongue cleaning (**Table 3.6.3**), 43.7% (95%CI: 38.54, 49.10) reported not knowing whether their toothpaste contained fluoride (**Table 3.6.4**) and only 24.1% (95%CI: 21.78, 26.55) used dental floss for cleaning their teeth (**Table 3.6.5**). Only 30.4% (95%CI: 25.13, 36.15) reported to have their last dental visit in the past 12 months (**Table 3.6.6**), 11.7% (95% CI: 8.91, 15.17) had toothache in the past 12 months and had missed class or not participated with online learning (PdPR) (**Table 3.6.7**). 30.3% (95%CI: 27.75, 32.88) reported that they had avoided smiling or laughing due to the appearance of their teeth which was significantly higher among females [36.6% (95%CI: 32.08, 41.45)] (**Table 3.6.8**). The prevalence of Sarawak adolescents who used soap most of the time or always was 67.4% (95%CI: 63.18, 71.27) which was significantly higher among females [72.6% (95%CI: 68.13, 76.62)] (**Table 3.6.9**). About 81.4% (95%CI: 78.01, 84.40) and 87.7% (95%CI: 85.16, 89.81) of adolescents washed their hands most of the time or always before eating (**Table 3.6.10**) or after using toilet respectively (**Table 3.6.11**). Only 42.8% (95%CI: 37.45, 48.25) washed hands with running water before eating at school (**Table 3.6.12**).

3.6.5 Discussion / Conclusion

In general, oral hygiene behaviour among adolescents may be related to the COVID-19 pandemic that reduces school dental programs and attendance for dental checkups, which in turn may cause inadequate knowledge regarding best oral health practice among adolescents. Ironically, hand hygiene practice appear to be good which may also reflect the effect of COVID-19 pandemic that promotes frequent handwashing practice in general.

3.6.6 Recommendations

Taking cognizance of these findings, there is a need for continuous emphasis on promoting good personal oral and hand hygiene among adolescents through knowledge, attitude and behavioural improvements with these following recommendations:

- Oral health education at schools need to deliver captivating methods that can be easily assimilated into the adolescents' daily school and home routines which will enhance their retention of oral health care knowledge. Effective oral health education should be regularly revised, updated and tailored specifically for young adults to improve and empower their decision making in maintaining good oral health. Adolescents at high risk of developing oral diseases should be identified early and oral health intervention delivered and tailored to these targeted groups to enhance engagement and personalisation of oral care needs.
- Interventions to promote hand washing need to be tailored to the adolescent's understanding and relevant social norms to trigger and reinforce good and ideal handwashing practice and habit formation according to their environment and social situations. Schools should have policies that inculcate good handwashing behavior including adequate infrastructures to support regular and ideal handwashing practices, and readily available information visual aids about the correct hand washing technique at key times and places in schools. School health education unit with regular hygiene education programs should be included in the formal and non-formal curricular, preferably starting from pre and primary schools. Further studies are needed to develop an understanding and knowledge gap of the cultural context of handwashing habits in various ethnic and cultural groups.

3.6.7 References

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Table 3.6.1: Prevalence of poor or very poor perception of oral health among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	94	8126	4.2	2.81	6.14
Sex					
Male	40	3881	3.9	2.27	6.68
Female	54	4245	4.4	2.82	6.86
Form					
Form 1	21	-	-	-	-
Form 2	17	1287	3.1	1.72	5.64
Form 3	18	1803	4.6	2.51	8.23
Form 4	26	-	-	-	-
Form 5	12	932	2.6	1.51	4.35
Ethnicity					
Malay	13	-	-	-	-
Chinese	53	4558	10.3	7.15	14.58
Indian	0	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	25	2186	2.2	1.20	4.07
Others	2	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.6.2: Prevalence of teeth brushing 2 times a day in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1846	163745	84.0	81.61	86.04
Sex					
Male	780	78406	79.2	75.35	82.63
Female	1066	85340	88.8	85.69	91.34
Form					
Form 1	363	33749	82.0	75.57	86.98
Form 2	421	33577	81.7	77.61	85.19
Form 3	323	32915	83.7	79.27	87.40
Form 4	353	31774	85.3	79.53	89.59
Form 5	386	31729	87.6	82.96	91.18
Ethnicity					
Malay	378	32658	84.3	77.94	89.01
Chinese	391	33459	75.5	71.84	78.85
Indian	9	762	79.8	40.04	95.90
Bumiputera Sabah	29	2666	86.8	72.22	94.29
Bumiputera Sarawak	950	86433	87.8	85.27	90.02
Others	89	7766	81.3	72.00	87.98

Table 3.6.3: Prevalence of never did tongue cleaning among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	105	9320	4.8	3.43	6.62
Sex					
Male	56	5543	5.6	3.98	7.82
Female	49	3778	3.9	2.35	6.50
Form					
Form 1	28	2454	6.0	3.41	10.23
Form 2	35	2785	6.8	4.65	9.77
Form 3	15	1762	4.5	2.51	7.86
Form 4	18	-	-	-	-
Form 5	9	-	-	-	-
Ethnicity					
Malay	16	1401	3.6	2.17	5.96
Chinese	55	4566	10.3	7.13	14.67
Indian	1	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	29	2939	3.0	2.04	4.35
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.6.4: Prevalence of did not know if their toothpaste is fluoridated among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	963	85289	43.7	38.54	49.10
Sex					
Male	435	43508	44.0	38.44	49.71
Female	528	41781	43.5	36.58	50.66
Form					
Form 1	180	16152	39.3	32.47	46.61
Form 2	216	17091	41.6	32.18	51.65
Form 3	196	20170	51.3	41.16	61.36
Form 4	186	16688	44.8	37.37	52.42
Form 5	185	15187	42.0	34.65	49.62
Ethnicity					
Malay	202	17889	46.1	40.35	52.06
Chinese	290	25087	56.7	49.92	63.30
Indian	4	-	-	-	-
Bumiputera Sabah	13	1185	38.6	24.49	54.84
Bumiputera Sarawak	412	37228	37.8	31.15	45.02
Others	42	3553	37.2	27.85	47.58

- Prevalence with high RSE, not reported

Table 3.6.5: Prevalence of use of dental floss among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	528	46961	24.1	21.78	26.55
Sex					
Male	208	21292	21.5	18.27	25.15
Female	320	25668	26.7	23.90	29.78
Form					
Form 1	131	12371	30.0	24.30	36.49
Form 2	143	11508	28.0	23.99	32.39
Form 3	70	7478	19.0	14.47	24.60
Form 4	88	7922	21.3	17.75	25.34
Form 5	96	7682	21.2	15.99	27.59
Ethnicity					
Malay	102	9078	23.4	18.72	28.88
Chinese	130	10826	24.4	18.57	31.43
Indian	2	-	-	-	-
Bumiputera Sabah	12	-	-	-	-
Bumiputera Sarawak	252	23170	23.6	20.43	27.02
Others	30	2648	27.7	20.87	35.78

- Prevalence with high RSE, not reported

Table 3.6.6: Prevalence of last dental visit in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	644	59208	30.4	25.13	36.15
Sex					
Male	304	31216	31.5	25.66	38.08
Female	340	27992	29.1	23.14	35.95
Form					
Form 1	165	15832	38.5	32.64	44.61
Form 2	146	11912	29.0	22.43	36.55
Form 3	91	9899	25.2	15.06	38.98
Form 4	118	11191	30.0	20.27	42.01
Form 5	124	10374	28.7	19.90	39.38
Ethnicity					
Malay	138	12116	31.3	23.69	39.97
Chinese	179	15896	35.9	28.39	44.12
Indian	2	-	-	-	-
Bumiputera Sabah	11	1023	33.3	20.03	49.83
Bumiputera Sarawak	279	26988	27.4	20.84	35.18
Others	35	3030	31.7	19.03	47.84

- Prevalence with high RSE, not reported

Table 3.6.7: Prevalence of having missed classes or online learning among adolescents with toothache in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	141	12362	11.7	8.91	15.17
Sex					
Male	77	7474	13.2	9.94	17.34
Female	64	4888	9.9	6.72	14.42
Form					
Form 1	30	2829	12.8	7.43	21.19
Form 2	32	2588	11.5	7.78	16.65
Form 3	16	-	-	-	-
Form 4	27	2331	11.5	7.90	16.49
Form 5	36	2920	14.3	8.08	24.09
Ethnicity					
Malay	33	2883	13.5	8.45	20.77
Chinese	25	2084	8.4	4.89	13.94
Indian	1	-	-	-	-
Bumiputera Sabah	4	-	-	-	-
Bumiputera Sarawak	68	6046	11.6	8.38	15.88
Others	10	876	16.8	8.82	29.51

- Prevalence with high RSE, not reported

Table 3.6.8: Prevalence of avoidance of smiling due to teeth appearance among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	681	58927	30.3	27.75	32.88
Sex					
Male	240	23789	24.1	20.71	27.77
Female	441	35138	36.6	32.08	41.45
Form					
Form 1	134	11729	28.5	24.39	32.98
Form 2	168	13216	32.2	26.57	38.44
Form 3	112	11418	29.0	24.11	34.53
Form 4	129	11411	30.8	26.29	35.67
Form 5	138	11154	30.8	24.17	38.36
Ethnicity					
Malay	152	12733	32.8	28.79	37.18
Chinese	158	13317	30.1	24.91	35.91
Indian	4	-	-	-	-
Bumiputera Sabah	15	1282	41.7	24.07	61.80
Bumiputera Sarawak	326	29024	29.5	25.21	34.24
Others	26	2237	23.4	17.19	31.04

- Prevalence with high RSE, not reported

Table 3.6.9: Prevalence of using soap most of the time or always during handwashing in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
SARAWAK	1490	131212	67.4	63.18	71.27
Sex					
Male	613	61482	62.3	56.99	67.29
Female	877	69729	72.6	68.13	76.62
Form					
Form 1	285	26072	63.5	58.95	67.77
Form 2	334	26236	64.1	57.58	70.09
Form 3	259	26559	67.6	60.55	73.88
Form 4	284	25484	68.4	61.09	74.87
Form 5	328	26861	74.2	66.72	80.48
Ethnicity					
Malay	308	26542	68.6	60.41	75.79
Chinese	363	30859	69.8	60.82	77.47
Indian	8	666	69.7	37.73	89.75
Bumiputera Sabah	22	1957	63.7	40.36	81.98
Bumiputera Sarawak	724	65644	66.8	61.55	71.60
Others	65	5544	58.0	47.93	67.47

Table 3.6.10: Prevalence of handwashing most of the time or always before eating in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1780	158657	81.4	78.01	84.40
Sex					
Male	795	80004	81.0	77.56	83.99
Female	985	78653	81.9	76.08	86.50
Form					
Form 1	346	32117	78.2	73.58	82.18
Form 2	397	31667	77.2	72.37	81.42
Form 3	313	32237	82.0	76.51	86.46
Form 4	347	31367	84.2	76.66	89.59
Form 5	377	31269	86.4	80.12	90.88
Ethnicity					
Malay	404	35207	90.8	86.29	93.96
Chinese	383	33304	75.3	69.36	80.46
Indian	9	751	78.7	43.96	94.54
Bumiputera Sabah	25	2218	72.2	46.23	88.67
Bumiputera Sarawak	875	79912	81.3	77.58	84.50
Others	84	7265	76.0	61.74	86.17

- Prevalence with high RSE, not reported

Table 3.6.11: Prevalence of handwashing most of the time or always after using the toilet in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1917	170922	87.7	85.16	89.81
Sex					
Male	848	85612	86.6	83.05	89.48
Female	1069	85309	88.8	86.18	90.96
Form					
Form 1	386	35622	86.7	82.67	89.94
Form 2	437	34963	85.1	81.05	88.36
Form 3	328	34020	86.5	81.82	90.19
Form 4	369	33425	89.7	84.05	93.49
Form 5	397	32893	90.9	86.29	94.01
Ethnicity					
Malay	392	34190	88.2	81.51	92.69
Chinese	469	40260	91.1	87.23	93.82
Indian	11	-	-	-	-
Bumiputera Sabah	24	2120	69.0	51.67	82.22
Bumiputera Sarawak	930	85395	86.8	84.93	88.46
Others	91	8002	83.7	74.05	90.28

- Prevalence with high RSE, not reported

Table 3.6.12: Prevalence of handwashing using running water before eating at school in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	950	83368	42.8	37.45	48.25
Sex					
Male	398	39327	39.8	33.61	46.28
Female	552	44040	45.8	39.32	52.51
Form					
Form 1	153	13972	34.0	25.85	43.26
Form 2	205	15933	38.8	31.87	46.15
Form 3	152	15458	39.3	32.29	46.84
Form 4	197	18127	48.6	40.83	56.52
Form 5	243	19877	54.9	44.47	64.93
Ethnicity					
Malay	211	18206	47.0	38.46	55.65
Chinese	221	18362	41.5	27.73	56.80
Indian	3	-	-	-	-
Bumiputera Sabah	15	1252	40.7	23.67	60.37
Bumiputera Sarawak	453	41223	41.9	35.66	48.41
Others	47	4094	42.8	28.66	58.31

- Prevalence with high RSE, not reported

3.7 Mental Health Problems

3.7.1 Mental Health Problems

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3.7.1.1 Introduction

According to the World Health Organization (WHO), one in every seven children and adolescents suffers from mental health problems, accounting for 13.0% of the global disease burden in this age group.¹ In Malaysia, the National Health and Morbidity Survey (NHMS) 2015 found that the prevalence of mental health problems was 34.7% among those aged 16 to 19, and 11.4% among those aged 10 to 15.² However, findings from the NHMS 2019 revealed that the prevalence of mental health problems had decreased to 9.5% among those aged 10 to 15 years old.³ In particular, WHO reported that suicide is the fourth leading cause of death among 15-19 year-olds.¹ In 2017, 10.0% of secondary school adolescents reported suicidal ideation, according to the NHMS.⁴

3.7.1.2 Objectives

- i. To identify the prevalence of loneliness in the past 12 months
- ii. To identify the prevalence of inability to sleep due to worry in the past 12 months
- iii. To identify the prevalence of suicidal ideation in the past 12 months
- iv. To identify the prevalence of suicidal plan in the past 12 months
- v. To identify the prevalence of suicidal attempt in the past 12 months
- vi. To identify the prevalence of not having close friends

3.7.1.3 Variable definitions

- **Lonely "most of the time or always"**: Responded either "most of the time" or "always" for felt lonely during the past 12 months prior to the survey.
- **Unable to sleep "most of the time or always" due to worry**: Responded either "most of the time" or "always" for being worried about something that he/she could not sleep at night during the past 12 months prior to the survey.
- **Suicidal ideation**: ever seriously considered attempting suicide in the past 12 months prior to the survey.
- **Suicidal plan**: made a plan of attempted suicide in the past 12 months prior to the survey.
- **Suicidal attempt**: attempted suicide at least once in the past 12 months prior to the survey.
- **No close friend**: Do not have any close friend.

3.7.1.4 Findings

Overall, 17.3% (95%CI: 15.10, 19.78) of adolescents in Sarawak reported feeling lonely "most of the time or always". (Table 3.7.1). A total of 14.0% (95% CI: 11.90, 16.45) of adolescents reported being unable to sleep "most of the time or always" due to worry (Table 3.7.2). In the past 12 months prior to the survey, suicidal ideation, suicidal plan, and suicidal attempt, were reported 13.4% (95% CI: 10.85, 16.33), 10.2% (95% CI: 8.44, 12.30), and 9.9% (95% CI: 8.15, 12.04), respectively. (Table 3.7.3), (Table 3.7.4), (Table 3.7.5). The survey also observed that 4.0% (95% CI: 3.52, 4.56) of the adolescents had no close friends (Table 3.7.6).

3.7.1.5 Discussion / Conclusion

The trend of suicidal ideation among secondary school students in Sarawak (13.4%) was higher than GSHS 2012 (7.5%) and GSHS 2017 (10.9%). This figure was also higher in comparison to national prevalence of 13.1%. Prevalence of suicidal plan in this survey (10.2%) was also higher compared to the prevalence in GSHS 2012 (6.0%) and GSHS 2017 (7.9%). This prevalence was slightly higher compared to the national prevalence of 10.0%. Prevalence of suicidal attempts in this survey (9.9%) was reported higher compared to the prevalence in GSHS 2012 (7.2%) and GSHS 2017 (8.8%). This prevalence was also slightly higher compared to national prevalence (9.5%). In addition to these, less students (4.0%) in Sarawak reported having no close friends as compared to previous GSHS 2017 (4.3%). This figure also was lower compared to national prevalence (4.2%).

3.7.1.6 Recommendations

1. Enhanced the screening of at-risk adolescents by School Health Teams and referral for further management.
2. Intensify efforts to prevent suicide among student especially among high-risk group (attempt suicide).
3. Strengthen adolescents coping skills and resilience through interactive health promotion activities.
4. To introduce culturally competent programmes in school that upskill teachers and educate parents about risk of suicide among adolescents.
5. To improve the National school curriculum that teaches life skills such as effective coping strategies and develops mental resilience.
6. To review workplace policies with the aim of strengthening family ties such as the introduction of flexible working hours or the provision of options to work from home to increase quality time among parents and children.
7. To review school curriculum and teaching hours to optimize more time for physical activity and quality time for social and professional interaction among adolescents to improve adolescents' life skills.

Table: Mental Health Problems Trend in Sarawak

	NHMS 2012	NHMS 2017	NHMS 2022
Loneliness	7.3	10.1	17.3
Inability to sleep due to worry	5.2	7.7	14.0
Suicidal ideation	7.5	10.9	13.4
Suicidal plan	6.0	7.9	10.2
Suicidal attempt	7.2	8.8	9.9
Not having any close friend	-	4.3	4.0

3.7.1.7 References

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3.7.2 Depression

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3.7.2.1 Introduction

Depression is a common mental health problem among adolescents worldwide. Depression can manifest as symptoms such as sadness, guilt, low self-esteem, a lack of happiness, and dissatisfaction with their surroundings.¹ Furthermore, depression can cause individual problems such as difficulty sleeping, loss of appetite, lack of energy, and easy despair, leading to suicidal ideation.² According to the World Health Organization (WHO), depression affects 1.1% of adolescents aged 10-14 years and 2.8% of those aged 15-19 years.³ In Malaysia, the National Health and Morbidity Survey (NHMS) 2019 found that the prevalence of depression was 2.1% among those aged 15 to 19 years old.⁴

3.7.2.2 Objectives

To determine the prevalence of depression among Malaysian adolescents.

3.7.2.3 Variable definitions

Depression: A positive score was defined as a score of 10 and above for Patient Health Questionnaire (PHQ-9), and participants with these scores were categorized as having depression.

3.7.2.4 Findings

Overall, 28.9% (95% CI: 24.96, 33.15) of Sarawak adolescents reported depression. The prevalence of depression was significantly higher in female students 35.7% (95% CI: 30.89, 40.71) compared to males 22.3% (95% CI: 17.66, 27.74) (**Table 3.7.7**).

3.7.2.5 Discussion / Conclusion

This survey indicated a lower prevalence of depression than research done by Normala et al. among 1800 Malaysian secondary school students aged 13 to 17 years old, which reported a 32.7% prevalence of depression among adolescents. Normala's study employed the same depression-measuring tool, the PHQ-9, but it was limited to 10 of 37 randomly chosen secondary schools in the Hulu Langat district area in the state of Selangor. However, the prevalence of depression in Sarawak was higher compared to the national figure 26.9%.

3.7.2.6 Recommendations

1. Enhanced the screening of at-risk adolescents by School Health Teams and referral for further management.
2. Holistic intervention programmes targeted to adolescents at risk of depression.
3. Strengthen adolescents coping skills and resilience through interactive health promotion activities.
4. To introduce culturally competent programmes in school that upskill teachers and educate parents about discipline style and pro social parenting techniques.
5. To improve the National school curriculum that teaches life skills such as effective coping strategies and develops mental resilience.
6. To review workplace policies with the aim of strengthening family ties, such as the introduction of flexible working hours or the provision of options to work from home to increase quality time among parents and children.
7. To review school curriculum and teaching hours to optimize more time for physical activity and quality time for social and professional interaction among adolescents to improve adolescents' life skills.

3.7.2.7 References

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Table 3.7.1: Prevalence of loneliness “most of the time or always” in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	385	33772	17.3	15.10	19.78
Sex					
Male	140	14133	14.3	11.39	17.76
Female	245	19639	20.4	17.62	23.58
Form					
Form 1	74	6453	15.7	11.36	21.23
Form 2	92	7281	17.7	14.02	22.14
Form 3	71	7618	19.4	13.14	27.65
Form 4	75	6495	17.4	13.55	22.14
Form 5	73	5925	16.4	11.78	22.29
Ethnicity					
Malay	89	7591	19.6	15.18	24.89
Chinese	77	6572	14.8	11.53	18.88
Indian	4	-	-	-	-
Bumiputera Sabah	10	810	26.4	15.17	41.77
Bumiputera Sarawak	192	17271	17.6	14.57	21.00
Others	13	1201	12.6	6.62	22.58

- Prevalence with high RSE, not reported

Table 3.7.2: Prevalence of inability to sleep “most of the time or always” due to worry in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	313	27352	14.0	11.90	16.45
Sex					
Male	107	10929	11.0	8.68	13.95
Female	206	16424	17.1	14.24	20.38
Form					
Form 1	50	4414	10.7	6.86	16.37
Form 2	61	4831	11.8	9.10	15.05
Form 3	48	4930	12.5	9.50	16.39
Form 4	70	6364	17.1	13.52	21.35
Form 5	84	6813	18.8	14.27	24.40
Ethnicity					
Malay	69	5810	15.0	10.99	20.11
Chinese	64	5501	12.4	9.64	15.85
Indian	1	-	-	-	-
Bumiputera Sabah	9	824	26.8	14.62	43.97
Bumiputera Sarawak	160	14275	14.5	11.38	18.32
Others	10	854	8.9	4.82	15.97

- Prevalence with high RSE, not reported

Table 3.7.3: Prevalence of suicidal ideation in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	301	26053	13.4	10.85	16.33
Sex					
Male	80	8301	8.4	5.90	11.80
Female	221	17752	18.5	14.93	22.64
Form					
Form 1	60	5198	12.6	9.97	15.86
Form 2	71	5532	13.5	9.41	18.90
Form 3	54	5563	14.2	9.18	21.19
Form 4	59	5313	14.3	10.70	18.74
Form 5	57	4447	12.3	9.27	16.09
Ethnicity					
Malay	72	6010	15.5	13.37	17.91
Chinese	82	6989	15.8	12.81	19.28
Indian	2	-	-	-	-
Bumiputera Sabah	4	-	-	-	-
Bumiputera Sarawak	128	11508	11.7	8.40	16.07
Others	13	1060	11.1	6.86	17.44

- Prevalence with high RSE, not reported

Table 3.7.4: Prevalence of suicidal plan in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	229	19911	10.2	8.44	12.30
Sex					
Male	62	6386	6.5	4.24	9.69
Female	167	13525	14.1	11.35	17.33
Form					
Form 1	46	4170	10.1	7.31	13.87
Form 2	56	4306	10.5	7.42	14.59
Form 3	43	4481	11.4	7.46	17.05
Form 4	43	3806	10.2	7.18	14.33
Form 5	41	3147	8.7	5.84	12.75
Ethnicity					
Malay	53	4359	11.2	9.19	13.69
Chinese	54	4762	10.7	8.45	13.58
Indian	3	-	-	-	-
Bumiputera Sabah	5	-	-	-	-
Bumiputera Sarawak	104	9293	9.4	7.06	12.53
Others	10	836	8.7	4.81	15.38

- Prevalence with high RSE, not reported

Table 3.7.5: Prevalence of suicidal attempt “at least once” in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	221	19363	9.9	8.15	12.04
Sex					
Male	62	6483	6.5	4.47	9.51
Female	159	12880	13.4	10.74	16.61
Form					
Form 1	51	4655	11.3	8.04	15.67
Form 2	64	5038	12.3	8.98	16.51
Form 3	40	4058	10.3	6.87	15.23
Form 4	36	3180	8.5	6.14	11.73
Form 5	30	2433	6.7	5.02	8.94
Ethnicity					
Malay	50	4199	10.8	8.39	13.87
Chinese	40	3424	7.7	4.57	12.78
Indian	2	-	-	-	-
Bumiputera Sabah	5	-	-	-	-
Bumiputera Sarawak	114	10375	10.5	7.85	14.02
Others	10	759	7.9	4.99	12.40

- Prevalence with high RSE, not reported

Table 3.7.6: Prevalence of not having any close friends among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	88	7824	4.0	3.52	4.56
Sex					
Male	40	3869	3.9	3.07	4.96
Female	48	3955	4.1	3.33	5.08
Form					
Form 1	18	1613	3.9	2.73	5.59
Form 2	23	1906	4.6	2.71	7.82
Form 3	15	1468	3.7	2.34	5.92
Form 4	21	1886	5.1	3.30	7.68
Form 5	11	-	-	-	-
Ethnicity					
Malay	21	1828	4.7	2.99	7.36
Chinese	18	1488	3.4	1.86	6.00
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	43	3946	4.0	3.30	4.87
Others	4	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.7.7: Prevalence of depression among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	647	56078	28.9	24.96	33.15
Sex					
Male	217	21938	22.3	17.66	27.74
Female	430	34140	35.7	30.89	40.71
Form					
Form 1	125	11168	27.4	21.87	33.63
Form 2	130	10076	24.6	20.13	29.61
Form 3	113	11612	29.7	23.00	37.31
Form 4	135	11827	31.8	26.00	38.28
Form 5	144	11396	31.7	26.51	37.29
Ethnicity					
Malay	157	13180	34.2	28.94	39.93
Chinese	145	12420	28.2	22.88	34.22
Indian	5	-	-	-	-
Bumiputera Sabah	11	959	32.3	17.28	52.16
Bumiputera Sarawak	307	27169	27.7	22.28	33.77
Others	22	1927	20.3	13.67	29.15

- Prevalence with high RSE, not reported

3.8 Physical Activity

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3.8.1 Introduction

World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that require energy expenditure.¹ Based on WHO, at least 60 minutes per day of moderate-to-vigorous intensity physical activity were recommended for children and adolescents aged 5–17 years.¹ Sufficient physical activity has substantial health benefits for children and adolescents in terms of improving cardio-metabolic health, better musculoskeletal health, increased psychosocial well-being and academic performance.² Despite these established benefits, a substantial proportion of young people fail to meet physical activity guidelines. In addition, adolescents are also exposed to sedentary behaviours, as most of them spend greater time engaged in recreational activities, such as screen-based entertainment and digital communications.³ Agenda National Malaysia Sihat (ANMS) and National Strategic Plan for Active Living (NASPAL) targeted to increase the adoption of healthy lifestyles among Malaysians which includes reducing the prevalence of physical inactivity among the general population, including adolescents by 10% within 10 years of implementation.⁴ Thus, this study will provide more information regarding physical activity among adolescents in Sarawak.

3.8.2 Objectives

- i. To identify the prevalence of being physically active for a total of at least 60 minutes daily for five days or more in the past seven days among adolescents in Sarawak
- ii. To identify the prevalence of active transportation or commuting among adolescents in Sarawak
- iii. To identify the prevalence of sitting behavior among adolescents in Sarawak

3.8.3 Variable Definitions

- **Physically active:** physically active for at least 60 minutes per day, for a minimum of five days per week (sum of all the time spent in any kind of physical activity each day).
- **Active transportation/ commuting:** walking or riding a bicycle for at least three days a week to or from school.

- **Sitting behaviour:** Spending time sitting for 3 hours or more in a typical or usual day for leisure activities such as watching television, playing computer games, talking with friends, or surfing the internet.

3.8.4 Findings

Physically active

The prevalence of being physically active was 17.6% (95% CI: 14.90, 20.75) among adolescents in Sarawak. The prevalence was significantly higher in males [23.6% (95% CI: 19.83, 27.75)] than in females [11.5% (95% CI: 9.35, 14.17)] (**Table 3.8.1**).

Active Transportation / Commuting

Overall, 18.6% (95% CI: 14.65, 23.43) adolescents reported active transportation to school. The prevalence was higher in males [18.8% (95% CI: 14.50, 24.03)] compared to females (**Table 3.8.2**).

Sitting behaviour

A total of 63.4% (95% CI: 57.62, 68.73) had spent at least three hours in a typical or usual day engaging in sitting activities. The higher prevalence was observed in males [63.4% (95% CI: 57.29, 69.06)] compared to females (**Table 3.8.3**).

3.8.5 Discussion / Conclusion

The prevalence of being physically active and active commuting among school adolescents in Sabah was lower than national findings (17.6% vs. 21.4%, 18.6% vs. 27.0%, respectively). In addition, the prevalence of sitting behaviour was lower than the national finding (63.4% vs. 66.7%). Compared to previous NHMS findings, the prevalence of being physically active in the current study was higher than in the previous Sarawak AHS 2017 (17.6% vs. 16.1%). The prevalence of sitting behaviour increased from 2012 to the current survey (39.8% in 2012, 44.5% in 2017, and 63.4% in 2022).

3.8.6 Recommendations

A comprehensive, integrated, intersectoral approach is required to increase the prevalence of physical activity among secondary school adolescents. Those initiatives and collaborative efforts jointly implemented across diverse ministries, agencies, private sectors, and civil service societies seem very effective, realizing that the social determinants of active living are beyond the health sectors. The recommendations are as below:

1. To explore more behavioral science and behavioral insights into physical inactivity and sedentary behavior among adolescents in Sarawak to help us to design evidence-based health promotion and education initiatives with underlying effective 'nudging' techniques.
2. To examine the association between the frequency of use of online-related behaviors (time spent on

social media, online communication, and e-games) with a sufficient level of physical activity and sedentary behavior in a more specific manner.

3. To include parents in the interventions and health promotion programs on physical activity among adolescents to encourage and support their children's participation in physical activity.

Table: Physical Activity trend in Sarawak

	NHMS 2012	NHMS 2017	NHMS 2022
Physical activity	*20.5%	16.1%	17.6%
Active commuting	-	-	18.6%
Sitting behavior	*39.8%	44.5%	63.4%

* Included WP Labuan

3.8.7 References

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Table 3.8.1: Prevalence of being physically active (at least 60 minutes daily) for a total of 5 days or more in the past 7 days in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	376	34386	17.6	14.90	20.75
Sex					
Male	237	23295	23.6	19.83	27.75
Female	139	11091	11.5	9.35	14.17
Form					
Form 1	76	7098	17.2	12.72	22.95
Form 2	97	7835	19.1	14.31	24.94
Form 3	71	7570	19.3	13.49	26.73
Form 4	68	6197	16.6	11.83	22.86
Form 5	64	5687	15.7	12.71	19.34
Ethnicity					
Malay	83	7492	19.4	14.76	25.00
Chinese	95	8088	18.3	10.51	29.79
Indian	1	-	-	-	-
Bumiputera Sabah	8	723	23.5	13.74	37.31
Bumiputera Sarawak	164	15785	16.0	13.52	18.93
Others	25	2211	23.1	14.55	34.71

- Prevalence with high RSE, not reported

Table 3.8.2: Prevalence of active commuting to school (walk or ride a bicycle to or from school for at least 3 days or more in the past 7 days) in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	406	36348	18.6	14.65	23.43
Sex					
Male	185	18595	18.8	14.50	24.03
Female	221	17753	18.5	13.71	24.44
Form					
Form 1	78	7421	18.0	12.72	24.91
Form 2	101	8013	19.5	13.89	26.67
Form 3	84	8433	21.5	15.15	29.47
Form 4	76	6764	18.1	11.76	26.94
Form 5	67	5717	15.8	10.14	23.86
Ethnicity					
Malay	101	8584	22.2	14.73	32.02
Chinese	30	2812	6.3	3.74	10.58
Indian	1	-	-	-	-
Bumiputera Sabah	9	826	26.9	15.57	42.26
Bumiputera Sarawak	242	22125	22.5	18.55	26.99
Others	23	1893	19.8	13.22	28.60

- Prevalence with high RSE, not reported

Table 3.8.3: Prevalence of spending at least 3 hours in sitting activities in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1391	123466	63.4	57.62	68.73
Sex					
Male	629	62620	63.4	57.29	69.06
Female	762	60846	63.3	56.26	69.87
Form					
Form 1	241	21838	53.0	46.67	59.31
Form 2	297	23656	57.7	50.23	64.77
Form 3	256	26255	66.8	56.50	75.70
Form 4	297	26810	71.9	63.64	78.97
Form 5	300	24908	69.0	59.03	77.42
Ethnicity					
Malay	284	24789	64.1	58.64	69.21
Chinese	386	33052	74.6	68.50	79.85
Indian	6	541	56.7	28.53	81.07
Bumiputera Sabah	21	1847	60.1	36.72	79.65
Bumiputera Sarawak	627	57499	58.5	51.24	65.38
Others	67	5739	60.1	46.45	72.26

- Prevalence with high RSE, not reported

3.9 Protective Factors

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3.9.1 Introduction

Protective factors are individual or environmental characteristics or conditions that promote adolescent health and well-being¹. The role of protective factors in adolescents is to improve the likelihood of positive health behaviours or outcomes (such as healthy diet, exercise, hygiene practices) and to reduce the negative impacts of risk factors (for example tobacco, alcohol and drug use, violence). Multiple protective factors at the school, peer and family levels can foster healthy behaviours and promote mental health². At the school level, truancy is seen as an indicator that is monitored by lower prevalence, as truancy often acts as a precursor of many harmful behaviours. During adolescence, peer support and parental factors can be fundamental aspects of establishing positive health behaviours to prevent chronic diseases. In line with the strategies stated in the National Adolescent Health Policy, this study focuses on identifying protective factors at family, school, and peer levels that influence adolescent health and integrating these protective factors into health promotion among adolescents in Sarawak.

3.9.2 Objectives

- i. To determine the prevalence of truancy in the past 30 days among adolescents
- ii. To determine the prevalence of peer support in the past 30 days among adolescents
- iii. To determine the prevalence of parental or guardian supervision in the past 30 days among adolescents
- iv. To determine the prevalence of parental or guardian connectedness in the past 30 days among adolescents
- v. To determine the prevalence of parental or guardian bonding in the past 30 days among adolescents
- vi. To determine the prevalence of parental or guardian respect for privacy in the past 30 days among adolescents

3.9.3 Variable definitions

- **Truancy:** Missed class or school without permission for at least one day in the past 30 days. (This variable is monitored with lower prevalence to define as protective factors).
- **Peer support:** Adolescents in their school were kind and helpful most of the time or always during the past 30 days.

- **Parental or guardian supervision:** Parents or guardians had always or most of the time, checked to see if their homework was done in the past 30 days.
- **Parental or guardian connectedness:** Parents or guardians had always or most of the time, understood their problems and worries in the past 30 days.
- **Parental or guardian bonding:** Parents or guardians had always or most of the time, really knew what they were doing with their free time in the past 30 days.
- **Parental or guardian respect for privacy:** Parents or guardians had never or rarely gone through their things without their approval in the past 30 days.

3.9.4 Findings

Truancy

The prevalence of truancy in the past 30 days among adolescents was 23.1% (95% CI: 19.60, 27.01). It was higher in males (27.0%, 95% CI: 22.35, 32.12) compared to females (19.1%, 95% CI: 15.10, 23.90). Truancy was highest among Form 5 students with 28.4% (95% CI: 20.36, 38.17) (**Table 3.9.1**).

Having Peer Support

The prevalence of having peer support in the past 30 days among adolescents was 46.4% (95% CI: 42.94, 49.96). It was higher in females (51.7%, 95% CI: 48.55, 54.76) compared to males (41.4%, 95% CI: 36.59, 46.28). Having peer support was highest among Form 5 students with 54.3% (95% CI: 45.25, 63.06) (**Table 3.9.2**).

Having Parental or Guardian Supervision

The prevalence of having parental or guardian supervision in the past 30 days among adolescents was 11.5% (95% CI: 9.91, 13.32). It was higher in males (12.1%, 95% CI: 9.99, 14.60) compared to females (10.9%, 95% CI: 8.78, 13.42). Having parental or guardian supervision was highest among Form 1 students with 18.3% (95% CI: 14.68, 22.59) (**Table 3.9.3**).

Having Parental or Guardian Connectedness

The prevalence of having parental or guardian connectedness in the past 30 days among adolescents was 21.8% (95% CI: 19.60, 24.10). It was higher in males (22.9%, 95% CI: 20.14, 26.01) compared to females (20.6%, 95% CI: 17.18, 24.39). Having parental or guardian connectedness was highest among Form 1 students with 24.7% (95% CI: 20.96, 28.79). (**Table 3.9.4**).

Having Parental or Guardian Bonding

The prevalence of having parental or guardian bonding in the past 30 days among adolescents was 30.8% (95% CI: 28.37, 33.37). It was higher in males (34.1%, 95% CI: 30.49, 37.80) compared to females (27.5%, 95% CI: 24.03, 31.23). Having parental or guardian bonding was highest among Form 5 students with 32.6% (95% CI: 27.27, 38.38) (**Table 3.9.5**).

Having Parental or Guardian Respect for Privacy

The prevalence of having parental or guardian respect for privacy in the past 30 days among adolescents was 79.2% (95% CI: 76.97, 81.19). It was higher in females (81.4%, 95% CI: 78.08, 84.37) compared to males (77.0%, 95% CI: 72.75, 80.69). Having parental or guardian respect for privacy was highest among Form 5 students with 85.5% (95% CI: 79.82, 89.74) (Table 3.9.6).

3.9.5 Discussion / Conclusion

Parental protective factors which were parent or guardian supervision, connectedness and bonding showed a decreasing trend. This is quite worrisome because parent/guardian-adolescent relation is a strong protective factor by providing a secure base for them especially in social support and might determine their children's lives and behaviour during adolescence. Therefore, a comprehensive intervention policies or programmes must be further designed to address and to tackle this issue.

3.9.6 Recommendations

Development of interventions that strengthen the protective factors among school adolescents is important and more effective in reducing risk in order to improve the outcomes experienced by the adolescents. Among the interventions that can be implemented are:

1. Monitoring attendance closely by participation of schools, parent and local organizations through enforcement of mandatory attendance law allows identification of at risk and truancy behaviour among school adolescents.
2. Establishment of school programs that need parent's supervision will help in improving the parenting skills especially in parental attachment.

3.9.7 References

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Table: Protective Factors Trend in Sarawak

	NHMS 2012	NHMS 2017	NHMS 2022
Truancy	30.0	25.1	23.1
Having peer support	44.7	44.6	46.4
Having parental or guardian supervision	19.0	15.2	11.5
Having parental or guardian connectedness	31.9	27.6	21.8
Having parental or guardian bonding	36.5	39.2	30.8
Having parental or guardian respect for privacy	66.1	70.1	79.2

Table 3.9.1: Prevalence of truancy in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	492	45030	23.1	19.60	27.01
Sex					
Male	262	26679	27.0	22.35	32.12
Female	230	18351	19.1	15.10	23.90
Form					
Form 1	74	7229	17.6	12.18	24.65
Form 2	120	10086	24.5	19.38	30.55
Form 3	81	8745	22.2	16.96	28.61
Form 4	95	8675	23.3	18.18	29.40
Form 5	122	10294	28.4	20.36	38.17
Ethnicity					
Malay	129	11307	29.2	24.44	34.40
Chinese	61	5342	12.1	8.65	16.55
Indian	1	-	-	-	-
Bumiputera Sabah	10	916	29.8	17.83	45.37
Bumiputera Sarawak	267	25234	25.7	20.84	31.17
Others	24	2135	22.3	13.57	34.51

- Prevalence with high RSE, not reported

Table 3.9.2: Prevalence of having peer support in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1028	90529	46.4	42.94	49.96
Sex					
Male	408	40892	41.4	36.59	46.28
Female	620	49638	51.7	48.55	54.76
Form					
Form 1	191	17553	42.6	36.93	48.54
Form 2	215	16833	41.0	36.47	45.60
Form 3	162	16688	42.5	34.14	51.22
Form 4	216	19846	53.3	45.32	61.02
Form 5	244	19610	54.3	45.25	63.06
Ethnicity					
Malay	216	18645	48.2	42.34	54.12
Chinese	235	20023	45.2	34.74	56.08
Indian	6	482	50.4	23.69	76.95
Bumiputera Sabah	12	1043	33.9	19.43	52.23
Bumiputera Sarawak	518	46727	47.5	43.33	51.69
Others	41	3610	37.8	29.90	46.36

- Prevalence with high RSE, not reported

Table 3.9.3: Prevalence of having parental or guardian supervision in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	253	22430	11.5	9.91	13.32
Sex					
Male	121	11979	12.1	9.99	14.60
Female	132	10451	10.9	8.78	13.42
Form					
Form 1	80	7525	18.3	14.68	22.59
Form 2	75	5927	14.4	11.37	18.12
Form 3	37	3695	9.4	6.29	13.83
Form 4	33	2847	7.6	5.15	11.18
Form 5	28	2436	6.7	3.67	12.03
Ethnicity					
Malay	51	4484	11.6	9.43	14.12
Chinese	57	4952	11.2	8.52	14.58
Indian	1	-	-	-	-
Bumiputera Sabah	6	-	-	-	-
Bumiputera Sarawak	123	11090	11.3	8.79	14.35
Others	15	1328	13.9	7.42	24.51

- Prevalence with high RSE, not reported

Table 3.9.4: Prevalence of having parental or guardian connectedness in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	476	42397	21.8	19.60	24.10
Sex					
Male	225	22669	22.9	20.14	26.01
Female	251	19728	20.6	17.18	24.39
Form					
Form 1	108	10156	24.7	20.96	28.79
Form 2	111	8652	21.1	17.61	25.16
Form 3	83	8665	22.0	17.91	26.82
Form 4	89	8073	21.7	16.69	27.75
Form 5	85	6851	18.9	13.73	25.50
Ethnicity					
Malay	92	8116	20.9	17.49	24.86
Chinese	102	8485	19.1	13.97	25.67
Indian	3	-	-	-	-
Bumiputera Sabah	9	781	25.4	14.46	40.74
Bumiputera Sarawak	243	22371	22.8	19.92	25.96
Others	27	2373	24.8	17.61	33.78

- Prevalence with high RSE, not reported

Table 3.9.5: Prevalence of having parental or guardian bonding in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	664	60025	30.8	28.37	33.37
Sex					
Male	335	33643	34.1	30.49	37.80
Female	329	26382	27.5	24.03	31.23
Form					
Form 1	139	13229	32.2	27.01	37.88
Form 2	142	11361	27.7	24.22	31.46
Form 3	112	11721	29.8	24.62	35.60
Form 4	130	11944	32.1	27.07	37.48
Form 5	141	11769	32.6	27.27	38.38
Ethnicity					
Malay	126	11038	28.5	24.58	32.72
Chinese	166	14304	32.3	27.88	37.03
Indian	3	-	-	-	-
Bumiputera Sabah	9	788	25.6	13.68	42.89
Bumiputera Sarawak	321	30182	30.8	27.14	34.62
Others	39	3453	36.1	25.68	48.08

- Prevalence with high RSE, not reported

Table 3.9.6: Prevalence of having parental or guardian respect for privacy in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	1735	154196	79.2	76.97	81.19
Sex					
Male	758	76027	77.0	72.75	80.69
Female	977	78169	81.4	78.08	84.37
Form					
Form 1	330	30338	73.7	67.36	79.16
Form 2	392	31519	76.8	72.64	80.56
Form 3	293	30001	76.3	68.96	82.39
Form 4	349	31548	84.7	79.95	88.41
Form 5	371	30790	85.5	79.82	89.74
Ethnicity					
Malay	356	30859	79.6	76.65	82.28
Chinese	412	35449	80.2	75.13	84.43
Indian	8	666	69.7	37.73	89.75
Bumiputera Sabah	27	2438	79.3	63.66	89.36
Bumiputera Sarawak	842	76891	78.3	74.80	81.38
Others	90	7894	82.6	74.29	88.64

3.10 Sexual Behaviours

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3.10.1 Introduction

Adolescent sexual behaviour contributes to various sexual and reproductive health issues. The Global Summary HIV Epidemic Report, there were 150,000 adolescents aged 10-19 that were newly infected with HIV while 1,750,000 adolescents were already living with HIV¹. It was also reported that the highest rate of sexual transmitted illness (STI) worldwide is among young people aged 15 to 24 years². In Malaysia, the incidence of HIV reported among adolescents aged 13 to 19 was 2.4 per 100,000 population in 2021 and this trend has been steadily increasing in the past 10 years². The WHO reported that 50% of young unmarried girls aged 15 to 19 years in low- and middle-income countries had an unintended pregnancy in 2019³. Globally, there were 41 births per 1000 girls aged 15-19 years in 2020 and 14% of maternal deaths. Good knowledge of HIV would help in reducing the transmission as shown in a study that a person with inadequate knowledge of HIV is more vulnerable to acquire the infection and may spread the disease throughout the population⁴. Good knowledge on HIV transmission was also associated with intention to engage in low-risk sexual behaviour⁵. Therefore, this study also aims to assess the knowledge of HIV transmission based on United Nation General Assembly Special Session (UNGASS) indicators among the school adolescents to determine the prevalence of HIV knowledge among them.

3.10.2 Objectives

To determine:

- i. the prevalence of ever having sexual intercourse among adolescents in Malaysia
- ii. the prevalence of current sexual intercourse in the past 30 days among adolescents in Malaysia
- iii. the percentage of first sexual experience before the age 14 years among those who ever had sex
- iv. the percentage of having at least two sexual partners among those who ever had sex
- v. the percentage of condom usage during the last sexual intercourse among those who ever had sex
- vi. the percentage of "other birth control methods" usage during the last sexual intercourse among those who ever had sex
- vii. the prevalence of adequate HIV knowledge among adolescents in Malaysia
- viii. the percentage of correct responses in each of UNGASS indicators among adolescents in Malaysia

3.10.3 Variable Definitions

- **Sexual intercourse:** sexual acts of penile penetration into the vagina or anus.
- **Risky sexual behaviour:** behaviours such as early sex debut, multiple sex partners and unprotected sex that could lead to health problems.
- **Other birth control methods:** pregnancy prevention methods other than barrier methods (condom usage) including withdrawal, birth control pills or any other non-barrier methods.
- **Ever had sex:** any positive answer for first sexual intercourse.
- **Current sexual intercourse:** sexual intercourse in the past 30 days.
- **Adequate HIV Knowledge:** provided correct responses to all five items of UNGASS indicators/questions.

3.10.4 Findings

Prevalence of ever had sex among adolescents in Sarawak was 9.1% (95% CI: 7.10, 11.56), male adolescents showed significantly higher prevalence 11.7% (95% CI: 8.47, 16.01) compared to females, 6.4% (95% CI: 4.61, 8.74) (**Table 3.10.1**). Prevalence of current sexual intercourse among adolescents in Sarawak was 6.4% (95% CI: 5.01, 8.13), male adolescents had higher prevalence of currently having sexual intercourse which was 7.9% (95% CI: 5.59, 11.14) compared to female; 4.8% (95% CI: 3.40, 6.75) (**Table 3.10.2**). Of those who ever had sex, 33.6% had sex before the age of 14. It was noted that 13.2% of them used other birth control methods and 13.0% used condom during their last sexual intercourse. While 12.6% those who had at least two sexual partners (**Table 3.10.3**).

The percentage of correct responses by each item was highest for question "Can a person get HIV from mosquito bites?" with 22.4%. "Can a healthy-looking person have HIV?" with percentage 21.0%. Followed by question "Can a person get HIV by sharing food with someone who is infected?" the percentage was 18.0%. "Can a person reduce the risk of getting HIV using a condom every time they have sex?" the percentage was 16.5%. While the least 12.5% for "Can the risk of HIV transmission be reduced by having sex with only one uninfected partner who has no other partner?". (**Table 3.10.4**)

3.10.5 Discussion / Conclusion

This study found that majority of sexually active adolescents are engaging in risky sexual behaviour, i.e., sex debut before age 14 years, having multiple sexual partners and unprotected sex. While from the UNGASS indicators, adequate knowledge on HIV transmission among adolescents are still low.

3.10.6 Recommendations

1. To strengthen sexual and reproductive health education to be more effective and comprehensive in empowering adolescents with appropriate knowledge, attitude, and skills.
2. To enhance the promotion of various existing sexual and reproductive health modules designed to guide and assist parents / guardians / caregivers to talk about sexuality at home and institutions.
3. To improve on parenting skills and effective communication in sexual and reproductive health related matters.
4. To conduct more studies especially qualitative studies in exploring the determinants of risky sexual behaviours among adolescents.
5. To reactivate the Healthy Programme Without AIDS for Adolescents (PROSTAR) to increase HIV/STI awareness and knowledge.
6. To utilise creative and innovative approaches through social media, peer educator programmes, public-private-NGO (triparty) partnerships and etc.
7. To utilise creative and innovative approaches through social media, peer educator programmes, public-private-NGO (triparty) partnerships and etc.

3.10.7 References

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Table 3.10.1: Prevalence of ever had sexual intercourse among adolescents in Sarawak ,2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	196	17718	9.1	7.10	11.56
Sex					
Male	117	11602	11.7	8.47	16.01
Female	79	6117	6.4	4.61	8.74
Form					
Form 1	48	4716	11.5	7.63	16.84
Form 2	53	4174	10.2	6.51	15.56
Form 3	19	2048	5.2	3.09	8.65
Form 4	35	3361	9.0	6.43	12.52
Form 5	41	3419	9.4	6.66	13.23
Ethnicity					
Malay	47	3988	10.3	7.47	14.02
Chinese	33	2845	6.4	4.55	9.00
Indian	0	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	99	9404	9.6	6.36	14.13
Others	15	1288	13.5	7.79	22.31

- Prevalence with high RSE, not reported

Table 3.10.2: Prevalence of current sexual intercourse in the past 30 days among adolescents in Sarawak ,2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	140	12466	6.4	5.01	8.13
Sex					
Male	80	7854	7.9	5.59	11.14
Female	60	4612	4.8	3.40	6.75
Form					
Form 1	35	3459	8.4	5.76	12.10
Form 2	39	3026	7.4	4.66	11.48
Form 3	13	1500	3.8	2.01	7.14
Form 4	21	1853	5.0	3.04	8.03
Form 5	32	2627	7.3	5.10	10.22
Ethnicity					
Malay	34	2846	7.3	5.37	9.97
Chinese	24	2108	4.8	3.43	6.56
Indian	0	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	67	6218	6.3	3.83	10.27
Others	13	1100	11.5	6.31	20.08

- Prevalence with high RSE, not reported

Table 3.10.3: Proportion of sexual practices among those who ever had sex among adolescents in Sarawak, 2022

Sexual Practices	Unweighted count	Percentage (%)
Percentage of first sex before the age 14 years	64	33.6
Percentage of having at least two sexual partners	26	12.6
Percentage of reported condom use during last sexual intercourse	25	13.0
Percentage of reported using other birth control method during last sexual intercourse	24	13.2

Table 3.10.4: Percentage of Correct Responses by item of UNGASS Indicator among adolescents in Sarawak, 2022

Sexual Practices	Unweighted count	Percentage (%)
Can the risk of HIV transmission be reduced by having sex with only one uninfected partner who has no other partners?	279	12.5
Can a person reduce the risk of getting HIV using a condom every time they have sex?	363	16.5
Can a healthy-looking person have HIV?	468	21.0
Can a person get HIV from mosquito bites?	485	22.4
Can a person get HIV by sharing food with someone who is infected?	392	18.0

3.11 Tobacco Use

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3.11.1 Introduction

Tobacco use including cigarette and e-cig/vape is predominantly an issue for male adolescents. Malaysia is committed to achieve smoke free generation by 2040¹. Various anti-tobacco programs for youths have been established especially at school level. Continuous surveillance of tobacco use among adolescents is essential in monitoring the progress of tobacco control programs in Malaysia generally and at state level of Sarawak, specifically.

3.11.2 Objectives

General objective:

To determine the use of tobacco among adolescents in Sarawak.

Specific objectives:

- i. To identify the prevalence of the current use of any tobacco product adolescents in Sarawak
- ii. To identify the prevalence of the current tobacco smoking (current smoking) among adolescent in Sarawak
- iii. To identify the prevalence of the current cigarette smoking among adolescent in Sarawak
- iv. To identify the prevalence of the current e-cig/vape use among adolescent in Sarawak
- v. To determine the latest source of cigarette obtained among adolescent cigarette smokers in Sarawak
- vi. To determine the latest source of e-cig/vape obtained among adolescent e-cig/vape users in Sarawak
- vii. To determine the prevalence of exposure to second-hand smoke among adolescent in Sarawak
- viii. To determine the prevalence of exposure to tobacco products advertisement or promotion in the point of sales among adolescents in Sarawak

3.11.3 Variable Definitions

- **Current any tobacco use** - the use any of the following tobacco product during the last 30 days: manufactured cigarette, traditional hand rolled cigarettes, roll-your-own cigarettes with cigarette papers, cigar/cigarillos, tobacco pipe (pipe smoking), shisha/hookah, electronic cigarette/vape, heated tobacco product, snuff or chewed tobacco

- **Current tobacco smoker or current smoker** - the use of any of the following tobacco products during the last 30 days: manufactured cigarette, traditional hand rolled cigarettes, roll-your-own cigarettes with cigarette papers, cigar/cigarillos, tobacco pipe (pipe smoking) or shisha/hookah
- **Current cigarette smoker** - the use of any of the following tobacco products during the last 30 days: manufactured cigarettes, traditional hand rolled cigarettes, roll-your-own cigarettes with cigarette papers or cigar/cigarillos
- **Current e-cig/vape user** - the use of e-cig/vape during the last 30 days

3.11.4 Findings

In Sarawak, the prevalence of current use of any tobacco products was 24.3% (95%CI: 19.29, 30.19), which was above the national prevalence [18.5% (95%CI: 17.09, 19.92)]. The prevalence of males was more than two times higher [34.3% (95%CI: 26.37, 43.18)] as compared to females [14.1% (95%CI: 10.71, 18.28)] (**Table 3.11.1**). The prevalence of current smokers in Sarawak was 14.6% (95%CI: 10.67, 19.77) with males dominating the prevalence for nearly four times higher as compared to females [22.8% (95%CI: 16.23, 31.06) vs. 6.2% (95%CI: 4.07, 9.43)] (**Table 3.11.2**), while the current cigarette smoker prevalence was 11.8% (95%CI: 8.47, 16.33) (**Table 3.11.3**). The prevalence of the e-cig/vape user among adolescents in Sarawak was 20.3 (95%CI: 16.09, 25.30) with the prevalence of males was two and half times higher compared to females [28.8% (95%CI: 22.19, 36.52) vs. 11.5% (95%CI: 8.80, 14.96)] (**Table 3.11.4**).

Most of the cigarettes obtained by getting them from friends (37.0%) and by buying them from static premises (35.7%) as well as from non-static premises (10.7%) (**Table 3.11.5**). Most of the e-cig/vape were obtained by buying them from specific e-cig/vape shops (40.5%) and by getting them from friends (35.0%) (**Table 3.11.6**). Nearly half of the adolescents [45.4% (95%CI: 41.15, 49.72)] reported they have parent or guardian who smoked or used any type of tobacco products, with nearly two-fifths [19.9% (95%CI: 17.11, 23.08)] reported they have e-cig/vape used parent or guardians, while half of these adolescents [49.1% (95%CI: 45.79, 52.49)] reported they were exposed to second-hand smoke when someone else smoking nearby in their presence within the past 7 days (**Table 3.11.7**). More than one-fifth of the adolescents claimed they were exposed to the tobacco products point-of-sale advertising and promotion for the past 30 days [17.3% (95%CI: 15.72, 19.03)] (**Table 3.11.8**).

3.11.5 Discussion / Conclusion

The prevalence of tobacco use among adolescents in Sarawak just has some narrow difference as compared with the prevalence in Malaysia. There was a significant increase in the prevalence of e-cig/vape use among adolescents, as compared with findings in 2017². This indicates a switch in

the preference of nicotine delivery among adolescents in Malaysia, as well as in Sarawak within the past five years. Various factors could have contributed to these recent findings. Special concern should also be given to female adolescents as the prevalence of e-cig/vape users has doubled since 2017².

3.11.6 Recommendation

Tobacco use, which includes vaping, is a major harmful determinant for human health. It is worrying that the current anti-tobacco programs seem to have not diminished Malaysian adolescents' interest in vaping. A smokefree generation requires participation and dedication from all sectors, including family institutions, education sector, politicians, government and non-governmental organizations. Moving forward, it is high time for all sectors to come together and agree on banning tobacco use among future Malaysian generations. Strengthening the current law and taking legal action are vital in controlling the accessibility of tobacco products, especially e-cig/vape by adolescents. For those who have developed a nicotine addiction, the visibility of quit smoking services should be increased more aggressively to attract more adolescents to seek help. All screening, prevention, and intervention programs among adolescents must be strengthened and delivered in synergy by all governmental and nongovernmental agencies.

3.11.7 References

1. Tobacco Control Sector and FCTC Secretariat, 2021. National Strategic Plan for The Control of Tobacco & Smoking Products 2021-2030. Ministry of Health Malaysia
2. Institute for Public Health (IPH). 2017. National Health and Morbidity Survey, NHMS 2017. Ministry of Health Malaysia

Table 3.11.1: Prevalence of current tobacco use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	509	47450	24.3	19.29	30.19
Sex					
Male	340	33932	34.3	26.37	43.18
Female	169	13519	14.1	10.71	18.28
Form					
Form 1	75	7376	17.9	12.70	24.67
Form 2	102	8577	20.9	14.41	29.24
Form 3	85	9246	23.5	18.30	29.69
Form 4	114	10652	28.6	19.23	40.22
Form 5	133	11599	32.0	23.09	42.54
Ethnicity					
Malay	142	12745	32.9	25.56	41.14
Chinese	35	3167	7.1	4.16	12.01
Indian	1	-	-	-	-
Bumiputera Sabah	6	-	-	-	-
Bumiputera Sarawak	290	27843	28.3	23.88	33.17
Others	35	3057	32.0	19.59	47.60

- Prevalence with high RSE, not reported

Table 3.11.2: Prevalence of current tobacco smoker among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	300	28564	14.6	10.67	19.77
Sex					
Male	227	22576	22.8	16.23	31.06
Female	73	5988	6.2	4.07	9.43
Form					
Form 1	46	4678	11.4	7.12	17.65
Form 2	59	4974	12.1	8.56	16.84
Form 3	47	5353	13.6	9.06	19.97
Form 4	69	6522	17.5	11.02	26.66
Form 5	79	7037	19.4	11.14	31.71
Ethnicity					
Malay	73	6798	17.5	12.79	23.58
Chinese	19	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	4	-	-	-	-
Bumiputera Sarawak	180	17550	17.8	13.33	23.46
Others	23	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.11.3: Prevalence of current cigarette smoker among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	237	23101	11.8	8.47	16.33
Sex					
Male	192	19308	19.5	13.74	27.00
Female	45	3793	3.9	2.44	6.33
Form					
Form 1	32	3398	8.3	4.82	13.78
Form 2	40	3449	8.4	6.07	11.49
Form 3	41	4788	12.2	7.88	18.36
Form 4	62	5862	15.7	9.80	24.29
Form 5	62	5605	15.5	8.34	27.05
Ethnicity					
Malay	59	5648	14.6	9.79	21.13
Chinese	10	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	148	14691	14.9	11.05	19.90
Others	16	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.11.4: Prevalence of current e-cigarette/vape use among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	425	39608	20.3	16.09	25.30
Sex					
Male	287	28532	28.8	22.19	36.52
Female	138	11076	11.5	8.80	14.96
Form					
Form 1	56	5716	13.9	9.17	20.48
Form 2	88	7409	18.0	13.12	24.25
Form 3	75	8045	20.5	15.38	26.70
Form 4	97	9016	24.2	15.52	35.66
Form 5	109	9423	26.0	18.56	35.20
Ethnicity					
Malay	124	11258	29.0	22.49	36.60
Chinese	28	2534	5.7	3.17	10.12
Indian	1	-	-	-	-
Bumiputera Sabah	6	-	-	-	-
Bumiputera Sarawak	237	22670	23.0	19.08	27.54
Others	29	2508	26.2	17.42	37.50

- Prevalence with high RSE, not reported

Table 3.11.5: Proportion of source of cigarette obtaining during the last time smoking in the past 30 among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Percentage (%)
Bought from static premises	83	35.7
Bought from non-static premises	24	10.7
Food establishment	6	-
Bought online	10	-
Get from friends	89	37.0
Get from family members	6	-
Got some other ways	17	7.5

- Prevalence with high RSE, not reported

Table 3.11.6: Proportion of source of e-cigarette/vape obtaining during the last time using e-cig/vape in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Percentage (%)
Bought from static premises	149	40.5
Bought from non-static premises	7	-
Food establishment	18	4.9
Bought online	20	-
Get from friends	126	35.0
Get from family members	22	6.2
Got some other ways	19	5.5

- Prevalence with high RSE, not reported

Table 3.11.7: Prevalence of exposure to second hand smoke among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Having parent or guardian who smoked or used any tobacco products	925	81793	45.4	41.15	49.72
Having e-cigarette/vape use parent or guardian	416	36428	19.9	17.11	23.08
Exposure to second hand smoke in the past 7 days	1064	95802	49.1	45.79	52.49

Table 3.11.8: Prevalence of currently see or notice any tobacco products advertising or promotion in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Currently see or notice any tobacco product advertising or promotion in the point of sales in the past 30 days	380	33747	17.3	15.72	19.03

3.12 Violence and Unintentional Injury

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3.12.1 Introduction

Malaysia supports the mandate under resolutions WHA67.15 (2014) and WHA69.5 (2016) on implementing the WHO global plan of action to strengthen the role of the health system within a national multisectoral response to address interpersonal violence in particular against women and girls, and against children. Global school-based health surveys have shown that up to 42% of adolescent boys and 37% of adolescent girls were exposed to bullying¹. Due to lockdowns caused by the ongoing COVID-19 pandemic, adolescents may be subjected to mistreatment and violence when they are forced to remain at home with their aggressors². In addition, cyberbullying is another issue of concern that is closely related to adolescents' mental health and development³.

3.12.2 Objectives

To describe the prevalence of:

- i. Having been physically attacked at least once in the past 12 months
- ii. Involvement in a physical fight at least once in the past 12 months
- iii. Having had a serious injury at least once in the past 12 months
- iv. Physical abuse at home at least once in the past 30 days
- v. Verbal abuse at home at least once in the past 30 days
- vi. Having been bullied at least once in the past 30 days
- vii. Involvement in the perpetration of cyberbullying a few times within a year or more

3.12.3 Variable Definitions

- **Physical attack:** when one or more persons hurt another person with or without a weapon such as sticks or knives in the past 12 months. It is NOT a physical attack when two individuals or adolescents of about the same strength or power choose to fight each other.
- **Physical fight:** when two individuals or adolescents of about the same strength or power choose to fight each other in the past 12 months.
- **Unintentional injury:** a serious injury which makes the student miss at least one full day of usual activity (such as school, sports or a job) OR requires treatment by doctor or medical personnel in the past 12 months.

- **Physical abuse at home:** when someone is hit so hard that it left a mark OR caused an injury in the past 30 days.
- **Verbal abuse at home:** when someone has had hurtful or insulting things said to them in the past 30 days.
- **Bullying:** when a student or group of adolescents say or do bad and unpleasant things to another student, such as teasing a lot in an unpleasant way or leaving out things on purpose in the past 30 days. It is NOT bullying when two adolescents of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.
- **Cyberbullying (perpetrator):** bullying or harassment through the internet, cell phones, or other electronic devices (ie, sending insulting messages, posting digitally altered photos, engaging in online fighting, making aggressive comments, sharing someone's embarrassing information, or sending messages that include threats of harm through e-mail, instant messaging, in a chat room, on a website, or sent to a cell phone).

3.12.4 Findings

The prevalence of adolescents who had been physically attacked in the past 12 months was 14.2% (95% CI: 12.44, 16.10) and this was higher in male [14.9% (95% CI: 12.25, 18.05)] compared to female [13.4% (95% CI: 11.60, 15.43)]. (Table 3.12.1). Overall, 15.8% (95% CI: 14.61, 17.16) adolescents claimed to have been involved in a physical fight, which was significantly higher in male [17.7% (95% CI: 16.05, 19.55)] compared to female [13.9% (95% CI: 12.10, 15.93)]. (Table 3.12.1).

The prevalence of adolescents who had a serious injury in the past 12 months was 22.1% (95% CI: 19.79, 24.53). Male adolescents showed a higher prevalence [25.1% (95% CI: 22.03, 28.35)] compared to female [19% (95% CI: 16.05, 22.33)]. (Table 3.12.2). However, among those who had been seriously injured, the two most common causes of serious injury were falls [8.4% (95% CI: 7.07, 9.98)] and motor vehicle accidents [4.1% (95% CI: 2.98, 5.49)]. (Table 3.12.3).

The prevalence of adolescents reported had experienced physical abuse at home was 8.9% (95% CI: 7.78, 10.07) which was higher among male at 8.9% (95% CI: 7.28, 10.91) compared to female at 8.8% (95% CI: 7.09, 10.85)]. (Table 3.12.4). Overall, 42.7% (95% CI: 40.60, 44.92) adolescents reported being abused verbally at home and it was significantly higher among female [52% (95% CI: 48.28, 55.78)] compared to male [33.7% (95% CI: 30.59, 36.98)]. (Table 3.12.4).

In terms of bullying, 8.8% (95% CI: 7.28, 10.54) adolescents reported having been bullied. This was higher among male [9.7% (95% CI: 7.41, 12.49)] compared to female [7.9% (95% CI: 6.33, 9.74)]. (Table 3.12.5). The most common

form of bullying was, 'Making fun of how my body or face looks' [1.8% (95% CI: 1.33, 2.40)]. (Table 3.12.6).

With regards to involvement in cyberbullying activities from the perspective of the perpetrator, 19.4% (95% CI: 16.34, 22.80) of adolescents reported that they had been involved in cyberbullying activities a few times within the past year or more. Male adolescents showed a significantly higher prevalence [23.7% (95% CI: 19.63, 28.27)] compared to female [14.9% (95% CI: 12.07, 18.31)]. (Table 3.12.7).

3.12.5 Discussion / Conclusion

Pandemic situations reduced the prevalence of violence significantly through restricted movement, reduced social exposure, and reduced exposure to physical violence. The prevalence of perpetration of cyberbullying found in this survey is consistent with only a few countries in the world. Despite the reduction in all domains, further strategic steps should be taken to improve the outcome of the survey.

3.12.6 Recommendations

In the previous two surveys, recommendations touched on identifying the risk factors that contributed to the problems. The recommendations in this survey are more focused on dealing with abuse, bullying, cyberbullying, and falling. Approaches should be comprehensive with the involvement of relevant agencies.

- i. Promotion of "Bystander Revolution" as part of a bully cessation program, where adolescents are empowered to stop and report a bullying event.
- ii. Awareness programmes for cyberbullying should now focus on the perpetrator, as there are already approaches to manage victims of cyberbully.
- iii. In schools, life skills education and the implementation of programmes to strengthen the communication between adolescents and teachers.
- iv. The overall approach to cyber safety emphasises media watch, written policies and laws to control media contents (violence acts and pornography) and enhancing tele-health and digitalization for accessibility to get help.

3.12.7 References

1. WHO. (2022) Fact sheet: Adolescent and young adult health
2. Garstang, J. et al. (2020) Effect of COVID-19 lockdown on child protection medical assessments: A retrospective observational study in Birmingham, UK. *BMJ Open* 10, 1–6
3. Vaillancourt, T. et al. (2021) School bullying before and during COVID-19: Results from a population based randomized design. *Aggress. Behav.* 47, 557–569

Table 3.12.1: Prevalence of involvement in violence at least once in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Having been physically attacked at least once				Involvement in physical fight at least once			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	315	27627	14.2	12.44 16.10	346	30890	15.8	14.61 17.16
Sex								
Male	151	14752	14.9	12.25 18.05	179	17532	17.7	16.05 19.55
Female	164	12875	13.4	11.60 15.43	167	13357	13.9	12.10 15.93
Form								
Form 1	92	8352	20.3	17.04 24.08	88	8205	20.0	16.03 24.60
Form 2	93	7350	17.9	14.25 22.20	115	9416	22.9	18.91 27.47
Form 3	39	3991	10.2	6.31 15.94	51	5133	13.1	9.35 17.96
Form 4	38	3452	9.3	6.79 12.52	46	4144	11.1	7.50 16.17
Form 5	53	4482	12.4	9.32 16.26	46	3992	11.0	7.36 16.21
Ethnicity								
Malay	74	6540	16.9	14.39 19.68	79	6945	17.9	14.88 21.41
Chinese	81	6613	14.9	10.13 21.44	73	6086	13.7	11.07 16.93
Indian	1	-	-	- -	0	-	-	- -
Bumiputera Sabah	3	-	-	- -	4	-	-	- -
Bumiputera Sarawak	142	12936	13.2	11.32 15.25	171	15804	16.1	14.29 18.04
Others	14	1199	12.5	7.53 20.19	19	1655	17.3	11.17 25.87

- Prevalence with high RSE, not reported

Table 3.12.2: Prevalence of had serious injury at least once in the past 12 months among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	475	43003	22.1	19.79	24.53
Sex					
Male	248	24755	25.1	22.03	28.35
Female	227	18249	19.0	16.05	22.33
Form					
Form 1	109	10194	24.8	19.43	31.12
Form 2	129	10560	25.8	22.22	29.64
Form 3	79	8294	21.1	16.43	26.68
Form 4	74	6602	17.7	13.43	23.01
Form 5	84	7353	20.3	15.96	25.48
Ethnicity					
Malay	104	9347	24.1	19.70	29.16
Chinese	99	8290	18.7	12.86	26.51
Indian	3	-	-	-	-
Bumiputera Sabah	6	534	17.4	9.17	30.44
Bumiputera Sarawak	233	22055	22.4	18.82	26.53
Others	30	2548	26.7	16.73	39.67

- Prevalence with high RSE, not reported

Table 3.12.3: Major cause of the most serious injury sustained in the past 12 months among adolescents who were injured in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	75	7033	4.1	2.98	5.49
Fell	159	14589	8.4	7.07	9.98
Something fell or hit him/her	27	2287	1.3	0.83	2.08
Attacked of abused or fighting with someone	16	1481	0.9	0.55	1.33
In a fire or too near a flame or something hot	2	-	-	-	-
Inhaled or swallowed something bad	3	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.12.4: Prevalence of being abused at least once in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Physical abuse at home at least once				Verbal abuse at home at least once			
	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper	Unweighted count	Estimated population	Prevalence (%)	95 % CI Lower Upper
SARAWAK	193	17274	8.9	7.78 10.07	961	83336	42.7	40.60 44.92
Sex								
Male	88	8827	8.9	7.28 10.91	335	33334	33.7	30.59 36.98
Female	105	8447	8.8	7.09 10.85	626	50002	52.0	48.28 55.78
Form								
Form 1	56	5121	12.5	9.09 16.86	172	15512	37.8	32.10 43.79
Form 2	55	4622	11.2	8.44 14.83	238	18867	45.9	39.21 52.76
Form 3	31	2901	7.4	4.44 12.02	173	17217	43.8	38.04 49.73
Form 4	27	2630	7.1	4.19 11.66	168	14779	39.7	34.36 45.21
Form 5	24	2000	5.5	3.16 9.49	210	16961	46.8	41.44 52.34
Ethnicity								
Malay	45	3896	10.0	8.19 12.27	205	17342	44.7	39.83 49.75
Chinese	35	2946	6.6	4.57 9.57	188	15448	34.9	25.20 45.96
Indian	2	-	-	- -	2	-	-	- -
Bumiputera Sabah	2	-	-	- -	13	1135	36.9	21.56 55.52
Bumiputera Sarawak	97	9008	9.2	7.48 11.19	519	46356	47.2	43.94 50.40
Others	12	1065	11.1	7.16 16.93	34	2892	30.3	23.11 38.51

- Prevalence with high RSE, not reported

Table 3.12.5: Prevalence of experience in being bullied at least once in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	195	17096	8.8	7.28	10.54
Sex					
Male	99	9538	9.7	7.41	12.49
Female	96	7558	7.9	6.33	9.74
Form					
Form 1	59	5457	13.3	9.01	19.17
Form 2	55	4263	10.4	7.30	14.62
Form 3	24	2400	6.1	4.04	9.12
Form 4	31	2687	7.2	4.66	10.99
Form 5	26	2289	6.3	4.10	9.64
Ethnicity					
Malay	47	4147	10.7	8.30	13.69
Chinese	44	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	95	8697	8.9	7.16	10.91
Others	7	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.12.6: Most common ways of being bullied at least once in the past 30 days among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Hit, kicked, pushed, shoved around or locked indoor	10	-	-	-	-
Made fun of race, nationality or color	23	2140	1.1	0.80	1.64
Made fun because of religion	7	-	-	-	-
Made fun with sexual jokes, comments or gestures	22	1895	1.0	0.66	1.56
Left out activities on purpose or completely ignored	23	1998	1.1	0.62	1.85
Made fun of how body or face looks	41	3334	1.8	1.33	2.40

- Prevalence with high RSE, not reported

Table 3.12.7: Prevalence of involvement in cyberbullying activities (perpetrator) a few times within a year or more among adolescents in Sarawak, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
SARAWAK	421	37770	19.4	16.34	22.80
Sex					
Male	239	23435	23.7	19.63	28.27
Female	182	14335	14.9	12.07	18.31
Form					
Form 1	82	7745	18.8	12.94	26.54
Form 2	108	8551	20.8	17.26	24.86
Form 3	80	8369	21.3	16.16	27.51
Form 4	72	6336	17.0	11.93	23.65
Form 5	79	6768	18.7	14.94	23.14
Ethnicity					
Malay	79	6932	17.9	13.94	22.65
Chinese	105	9056	20.4	11.26	34.22
Indian	3	-	-	-	-
Bumiputera Sabah	6	-	-	-	-
Bumiputera Sarawak	209	19378	19.7	16.69	23.09
Others	19	1527	16.0	8.64	27.66

- Prevalence with high RSE, not reported

3.13 Adolescents' Perspectives on the Impact of COVID-19 on their families

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3.13.1 Introduction

The COVID-19 pandemic has impacted adolescents in many aspects, such as their developmental milestones and well-being, even though they are less affected by the COVID-19 disease¹. Adolescents may have many positive and negative perspectives towards the government restrictions on gathering and outdoor activities, which will affect their mental health status².

3.13.2 Objectives

To determine the prevalence of adolescents, reported that:

- i. Parents lost their jobs due to the COVID-19 pandemic.
- ii. Their family has to cut their expenses due to the COVID-19 pandemic.
- iii. Their family needs to move to a less expensive rental house due to the COVID-19 pandemic
- iv. Their family had to sell properties due to the COVID-19 pandemic
- v. Family relationships became strained due to the COVID-19 pandemic
- vi. Family had no changes due to the COVID-19 pandemic
- vii. Their family ever been infected with COVID-19

3.13.3 Variable definitions

- **Parents lost job:** the adolescent answered option "Yes" to the statement My parent/s lost his/her/their job.
- **Family has to cut their expenses:** the adolescent answered option "Yes" to the statement "Our family has to cut our expenses".
- **Family has moved to a less expensive rental house:** the adolescent answered option "Yes" to the statement My parent(s) lost his/her/their job.
- **Family had to sell properties:** the adolescent answered option "Yes" to the statement "Our family has to sell properties".
- **Family relationships became strain:** the adolescent answered option "Yes" to the statement family relationships became strained/not close.
- **Family had no changes:** adolescent who answered "No" for each subquestion of 6(a), 6(b), 6(c), 6(d), 6(e) and 6(f).
- **Family ever been infected with COVID-19:** the adolescent answered option "Yes" to the question "Has your family ever been infected with COVID-19?".

3.13.4 Findings

The prevalence of adolescents in Sarawak reported that parents lost their job due to the COVID-19 pandemic was 12.0% (95% CI: 8.47, 16.70). Adolescents also reported that their family had to cut their expenses, needed to move to a less expensive rental house and had to sell properties, 45.6% (95% CI: 38.53, 52.80), 5.0% (95% CI: 3.51, 7.16) and 2.6% (95% CI: 1.81, 3.63), respectively. The prevalence of adolescents reported that family relationships became strained was 9.4% (95% CI: 8.14, 10.93). About 48.9% (95% CI: 41.75, 56.17) of adolescents reported that their family had no negative impact during the pandemic COVID-19. In terms of adolescents reporting family members ever been infected with COVID-19, the prevalence was 47.7% (95% CI: 40.62, 54.86). (Table 3.13.1).

3.13.5 Discussion / Conclusion

About half of the adolescents reported that their family had experienced negative consequences following the pandemic COVID-19 including family members ever been infected with COVID-19. Identification of the family who experienced a negative impact due to the COVID-19 pandemic can prevent further mental health problems among the affected population.

3.13.6 Recommendations

Pandemic COVID-19 caused a serious impact on the marginal of the family unit in terms of economic sustainability and parent-adolescent relationships. Therefore, the recommendations are:

- i. To work up on the emergency financial support system in reaching the affected family
- ii. To strengthen community support such as fundraising, food donation and emergency shelter
- iii. To spread awareness on Covid-19 prevention at home to prevent further disease spread
- iv. To encourage adolescents to reach out for help in any difficult situation.

3.13.7 References

1. Rao N, Fisher PA. The impact of the COVID-19 pandemic on child and adolescent development around the world. *Child Dev.* 2021;92(5): e738–48
2. Panchal U, Salazar de Pablo G, Franco M, Moreno C, Parellada M, Arango C, et al. The impact of COVID-19 lockdown on child and adolescent mental health: systematic review. *Eur Child Adolesc Psychiatry* [Internet]. 2021;(0123456789). Available from: <https://doi.org/10.1007/s00787-021-01856-w>

Table 3.13.1: Adolescents’ perspectives on the impact of COVID-19 pandemic to their family: Self-reported findings from the adolescents in Sarawak, 2022

Categories of COVID-19 impact	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Parents lost job	249	23324	12.0	8.47	16.70
Family had to cut their expenses	978	88698	45.6	38.53	52.80
Family needed to move to less expensive rental house	107	9785	5.0	3.51	7.16
Family had to sell properties	54	5004	2.6	1.81	3.63
Family relationships became strain	203	18372	9.4	8.14	10.93
Family had no changes	1085	95380	48.9	41.75	56.17

APPENDICIES

Appendix 1: Members of Steering Committee NHMS 2019-2022

1. Director General of Health
2. Deputy Director General of Health (Research & Technical Support)
3. Deputy Director General of Health (Public Health)
4. Deputy Director General of Health (Medical)
5. Principal Director, Oral Health Programme
6. Principal Director, Pharmaceutical Services
7. Principal Director, Food Safety and Quality Division
8. Director, Medical Development Division
9. Director, Planning Division
10. Director, Health Education Division
11. Director, Disease Control Division
12. Director, Family Health Development Division
13. Director, Nutrition Division
14. Representative of State Directors
15. Director, Institute for Public Health
16. Dean Faculty of Medicine, University of Malaya
17. Dean Faculty of Medicine, National University of Malaysia
18. Principal Investigator, NHMS

Appendix 2: Terms of reference for NHMS 2022 Steering Committee

1. To approve the objectives and scopes of NHMS 2019 - 2022
2. To facilitate inter and intra sectorial collaboration
3. To monitor the implementation of NHMS 2019 - 2022
4. To facilitate the utilization of the NHMS 2019 - 2022 findings

Appendix 3: List of members of Central Coordinating Committee, NHMS 2022

1. Dr. Noor Ani Ahmad, Director of Institute for Public Health
2. Mr. Lim Kuang Kuay, Principal Investigator of Adolescent Health Survey
3. Dr. Muhammad Fadhli Mohd Yusoff, Method And Statistic
4. Ms. Hamizatul Akmal Abd Hamid, Data Manager
5. Dr. Shubash Shander Ganapathy, Central Field Supervisor of Negeri Sembilan, Melaka & Johor
6. Dr. Ahmad Ali Hj Zainuddin, Central Field Supervisor of Kedah, Perlis, Pulau Pinang & Perak
7. Dr. S Maria Awaluddin, Central Field Supervisor of Kelantan, Terengganu & Pahang
8. Dr. Maznieda Mahjom, Central Field Supervisor of Selangor, Kuala Lumpur & Wilayah Putrajaya
9. Dr. Mohd Shaiful Azlan Kassim, Central Field Supervisor of Sabah, Labuan & Sarawak
10. Dr. Tan Lee Ann, Data Processing & Quality
11. Ms Noor Syaqilah Shawaluddin, Logistic Support
12. Ms. Nashrah Adilah Ismail, Project Manager

Appendix 4: Terms of Reference for NHMS 2022 Central Coordinating Team (CCT)

No	Team	Duties	Officers
1	Project Management and Finance	<ul style="list-style-type: none"> • Work closely with recruitment group for employment of temporary Research Assistant • Prepare Questionnaires manual, Data collection manual • Meeting with research team members, and stakeholders • Planning for data collection training • Prepare security cards/name tags for research team Arrangement for advanced payment for survey research teams • Process claims of Field Supervisors • Monitor the expenditure/budget 	Mr. Lim Kuang Kuay Dr. S. Maria Awaluddin Ms. Nashrah Adilah Ismail Ms. Nurul Amalina Yusof Mr. Muhammad Safuan Suhaimi Mr. Mohamad Shafiq Abd Basid
2	Method and Data Analysis	<p>Before Data Collection</p> <ul style="list-style-type: none"> • Calculate the sample size • Determine the sample distribution by state • Selection of schools samples for each state • Selection of class samples from the selected school • Prepare unique ID for the selected schools and classes • Check module cover and dummy table prepared by key module <p>During Data Collection</p> <ul style="list-style-type: none"> • Monitoring the quality of data received from data processing team • Conducting daily data cleaning • Merge the clean dataset • Updating the monitoring board for data processing and data quality during CCT meeting • Analyst the estimate prevalence for each module during data collection <p>After Data Collection</p> <ul style="list-style-type: none"> • Check syntax analysis to ensure the analysis meet the module objectives • Prepare sampling weight for complex sample analysis • Check the table analysis for technical report • Prepare final database • Prepare data dictionary for reference 	Ms. Hamizatul Akmal Abd Hamid Dr. Muhammad Fadhli Mohd Yusoff Ms. Nur Syahirah Ibrahim
3	Data Processing and Quality	<ul style="list-style-type: none"> • Setting up data processing facility Development of directory of variables database • Development of quality control (QC) manual for data processing Specify data structure for data processing and data output requirement • Responsible for data entry and data cleaning • Monitoring and evaluation of QC performance for data processing Maintenance of the scanning machine • Daily back up for databases 	Dr. Tan Lee Ann Ms. Nurul Haniyah Roslan Ms. Nur Faraeein Zainal Abidin Ms. Azlin Awatif Mohd Amir Hamzah

No	Team	Duties	Officers
4	Central Field Supervisors	<p>Before Data Collection</p> <ul style="list-style-type: none"> Central Field Supervisors are expected to prepare for the initiation of data collection. The preparation tasks include: <ul style="list-style-type: none"> Conduct meeting with State Education Office, School Principals, Teacher in-charged for the selected schools. To ensure adequate logistic support for the data collection and liaise with the District Education Office, District Health Office and other relevant departments to ensure that: <ul style="list-style-type: none"> Human resources are available: Field Supervisors, Team leaders, Research Assistants and drivers. Manage transport: Vehicles Manage survey instruments and relevant form Manage lodging for data collectors <p>During Data Collection</p> <ul style="list-style-type: none"> Gather feedback from the field on the data collection status and problems related to logistics. Visit the field to help data collectors solve the problem if necessary. To ensure all data collection monitoring forms have been received on time. To ensure bundle from field received by the Operation Centre by hand and by post. Updating the monitoring board for state achievement and attending CCT meeting. 	<p>Dr. Ahmad Ali Zainuddin Dr. Maznieda Mahjom Dr. Mohd Shaiful Azlan Kassim Dr. S Maria Awaluddin Dr. Shubash Shander Ganapathy</p>
5	Operation Centre	<ul style="list-style-type: none"> Arrange date and place of meeting Prepare and circulate briefing materials Prepare and circulate minutes of CCT meeting Prepare letters of appointment for Central Field Supervisors, Field Supervisors and data collectors Prepare advertisement material for recruitment of data collectors Prepare letters of notifications for data collections Prepare manuals for field Supervisors and data collectors Develop a system/format and monitor the distribution of materials/ equipment for field work 	<p>Mr. Lim Kuang Kuay Ms. Nashrah Adilah Ismail</p>

Appendix 5: List of Research Team Members, NHMS 2022

Alcohol Use

1. Dr. Rusdi Abd Rashid
2. Dr. Norli Abdul Jabbar
3. Mr. Faizul Akmal Abdul Rahim
4. Ms. Hamizatul Akmal Abd Hamid
5. Ms. Halizah Mat Rifin
6. Ms. Hasimah Ismail
7. Mr. Mohd Hatta Abdul Mutalip
8. Dr. Muhammad Fadhli Mohd Yusoff
9. Dr. Thamil Arasu Saminathan
10. Dr. Tania Gayle Robert
11. Dr. Chong Zhuo Lin

Dietary Behaviours

1. Dr. Ahmad Ali Zainuddin
2. Ms. Ainan Nasrina Ismail
3. Ms. Teh Wai Siew
4. Dr. Lai Wai Kent
5. Dr. Suhaila Abdul Ghaffar
6. Mr. Azli Bin Baharudin@ Shahrudin
7. Mr. Chong Chean Tat
8. Ms. Lalitha Palaniveloo
9. Mr. Muhammad Faiz Mohd Hisham
10. Ms. Munawara Pardi
11. Dr. Norsyamlina Che Abdul Rahim
12. Ms. Nurul Huda Ibrahim
13. Ms. Siti Adibah Ab. Halim
14. Ms. Syafinaz Mohd Sallehuddin

Nutritional Status

1. Ms. Ainan Nasrina Ismail
2. Dr. Ahmad Ali Zainuddin
3. Ms. Lalitha Palaniveloo
4. Mr. Khairul Hasnan Amali
5. Ms. Siti Adibah Ab. Halim

Drug Use

1. Dr. Mohamad Salleh Abdul Ghani
2. Dr. Norli Abdul Jabbar
3. Dr. Rushidi Abd Rashid
4. Dr. Thamil Arasu Saminathan
5. Dr. Maznieda Mahjom
6. Ms. Hasimah Ismail
7. Ms. Hamizatul Akmal Abd Hamid
8. Dr. Muhammad Fadhli Mohd Yusoff
9. Mr. Mohd Haniff Bistari
10. Dr. Halizah Mat Rifin
11. Dr. Tania Gayle Rober

Hygiene (Including Oral Health)

1. Dr. Fazila Haryati
2. Ms. Rafidah Ali
3. Dr. Chan Yee Mang
4. Mr. Mohd Hatta Abdul Mutalip
5. Dr. Nik Adilah Shahein
6. Ms. Norzawati Yoep
7. Dr. Annapurny Venkiteswaran
8. Dr. Nurulasmak Mohamed
9. Dr. Nik Daliana Nik Farid
10. Dr. Saidatul Norbaya Buang

Mental Health Problems

1. Dr. Nurashikin Ibrahim
2. Dr. Nor Rahidah Abdul Rahim
3. Dr. Noor Raihan Khamal
4. Dr. Noor Ani Ahmad,
5. Dr. Sherina Mohd Sidek
6. Ms. Norhafizah Sahril
7. Dr. Chan Yee Mang
8. Dr. Kishwen Kanna Yoga Ratnam
9. Mr. Mohd Ruhaizie Riyadzi
10. Mr. Mohd Haniff Bistari
11. Dr. Muhammad Azri Adam Adnan
12. Dr. Muhamad Khairul Nazrin Khalil
13. Dr. Mohd Shaiful Azlan Kassim
14. Mr. Mohamad Aznuddin Abd Razak
15. Ms. Nur Hidayatun Fadhilah Mohd Nor
16. Mr. Sheikh Shafizal Sheikh Ilman

Physical Activity

1. Dr. Hazizi Abu Saad
2. Dr. Mohd Azahadi Omar
3. Ms. Nur Hidayatun Fadhilah Mohd Nor
4. Dr. Muhammad Solihin Rezali
5. Dr. Affendi Isa
6. Ms. Siti Balkhis Shafie
7. Mr. Lim Kuang Kuay
8. Mr. Mohamad Aznuddin Abd Razak
9. Dr. Mohd Shaiful Azlan Kassim
10. Mr. Azli Baharudin@ Shahrudin
11. Mr. Mohd Hairmansah Mohd Shah
12. Ms. Nor'Ain Ab Wahab
13. Ms. Norliza Shamsuddin
14. Ms. Nazirah Alias
15. Ms. Nurul Haniyah Roslan

Protective Factors

1. Dr. Nik Rubiah Nik Abdul Rashid
2. Dr. Nik Daliana Nik Farid
3. Dr. Zamzaireen Zainal Abidin
4. Ms. Nazirah Alias
5. Ms. Eida Nurhadzira Muhammad
6. Ms. Filza Noor Asari
7. Mr. Faizul Akmal Abdul Rahim
8. Dr. Tan Lee Ann
9. Dr. S Maria Awaluddin
10. Dr. Khaw Wan-Fei
11. Mr. Mohd Amierul Fikri Mahmud
12. Mr. Mohd Farihan Md Yatim
13. Dr. Nur Hamizah Nasaruddin

Sexual Behaviour that contribute to HIV infection, other STI and unintended pregnancy

1. Dr. Anita Suleiman
2. Dr. Nik Rubiah Nik Abdul Rashid
3. Dr. Chong Zhuo Lin
4. Dr. Fatin Athira Tahir
5. Dr. Mazliza Ramly
6. Dr. Maznieda Mahjom
7. Dr. Nik Adilah Shahein
8. Dr. S Maria Awaluddin
9. Dr. Noor Aliza Lodz
10. Dr. Amal Shamsudin

Tobacco Use

1. Dr. Noraryana Hassan
2. Dr. Norliana Ismail
3. Dr. Muhammad Hairul Nizam Abd Hamid
4. Ms. Ummi Nadiah Yusoff
5. Dr. Nizam Baharom
6. Mr. Lim Kuang Hock
7. Mr. Mohd Ruhaizie Riyadzi
8. Dr. Muhammad Fadhli Mohd Yusoff
9. Dr. Thamil Arasu Saminathan
10. Dr. Tania Galye Robert Lourdes
11. Dr. Halizah Mat Rifin
12. Ms. Hamizatul Akmal Abd Hamid
13. Ms. Hasimah Ismail
14. Dr. Wan Kim Sui
15. Dr. Kishwen Kanna Yoga Ratnam

Violence and Unintentional Injury

1. Ms. Hamizatul Akmal Abd Hamid
2. Dr. Tan Lee Ann
3. Dr. Nor Rahidah Abd Rahim
4. Dr. Noor Raihan Khamal
5. Mr. Mohd Hazrin Hasim@Hashim
6. Ms. Nur Faraeein Zainal Abidin
7. Dr. Noor Suraya Muhamad
8. Dr. Shubash Shander Ganapathy
9. Mr. Muhammad Hanafi Bakri

Adolescents' Perspective on the Impact of COVID-19 to their family

1. Dr. S Maria Awaluddin
2. Mr. Lim Kuang Kuay
3. Ms. Noor Syaqlah Shawaluddin
4. Mr. Tuan Mohd Amin Tuan Lah
5. Dr. Maznieda Mahjom
6. Dr. Noor Ani Ahmad
7. Dr. Saidatul Norbaya Buang
8. Dr. Nik Rubiah Nik Abdul Rashid

Appendix 6: List of Data Collection Teams, NHMS 2022

JOHOR

Field Supervisor

Dr. Lai Wai Kent

Drivers

1. Mr. Muhammad Azraei Alias
2. Mr. Mohammad Nazrin Nazmuding

Research Assistants

1. Ms. Salsabeela Mohd Ariff
2. Ms. Nurfatin Syazwana Ayob
3. Ms. Raja Nur Fatin Ainsyah Raja Omar
4. Ms. Nor Diana Zulkefli
5. Mr. Mohammad Luqman Abdul Aziz
6. Ms. Siti Noorul Nadhirah Zamrus

KEDAH

Field Supervisor

Mrs. Lalitha Palaniveloo

Drivers

1. Mr. Muhammad Shahrul Arieff Shahrudin
2. Mr. Mohamad Najmi Shahrin

Research Assistants

1. Ms. Nur Liyana Rosle
2. Mr. Muhammad Iqbal Mat Rosdi
3. Ms. Siti Nur Adibah Zainudin
4. Ms. Nur Hawanis Hashim
5. Mr. Muhammad Zaquan Mohamad Zamri
6. Ms. Noor Fazira Mhd Sofbri

KELANTAN

Field Supervisor

Dr. Norsyamalina Che Abdul Rahim

Drivers

1. Mr. Muhamad Sahasrizan Samat
2. Mr. Muhamad Izzat Amir Mohd Nasir

Research Assistants

1. Mr. Muhammad 'Izzuddin Che Ismail
2. Mr. Mohamad Azli Che Daud
3. Ms. Wan Anisa Rodzlan Hasani
4. Mr. Muhammad 'Izzuddin Che Ismail
5. Ms. Nurul Farhani Faizol
6. Ms. Siti Hajar Ishak

MELAKA

Field Supervisor

Ms. Eida Nurhadzira Muhammad

Drivers

1. Ms. Siti Zulaikha Yahya
2. Ms. Puteri Nurdhiyana Othman

Research Assistants

1. Ms. Erma Safwan Erison
2. Ms. Nur Aishah Solihin Mohmad Nezan
3. Ms. Siti Normah Abdul Manan
4. Ms. Najihah Md Din
5. Ms. Nur Anis Syafiqqa Zulkefli
6. Ms. Fairuz Mohd Hashim

NEGERI SEMBILAN

Field Supervisor

Mr. Jayvikramjit Singh Manjit Singh

Drivers

1. Mr. Zakaria Mohammad
2. Mr. Gabriel Jatun

Research Assistants

1. Ms. Norsahira Kamarudin
2. Mr. Mohamad Pauzan Razali
3. Ms. Norhayati Kamarudin
4. Ms. Nurul Syuhada Samsuddin
5. Ms. Siti Aisyah Ibrahim
6. Ms. Izzati Wan Azelee

PAHANG

Field Supervisor

Mr. Sheikh Shafizal Sheikh Ilman

Drivers

1. Mr. Muhammad Ruzaini Ahmad Amri
2. Mr. Ihsan Hashim

Research Assistants

1. Ms. Norhakimah Md Din
2. Mr. Harizamharizal Syafrizal
3. Ms. Norhidayah Abdul Majid
4. Ms. Nur Aina Amira Zailani
5. Ms. Geerthana A/P R. Ravichandiran
6. Mr. Muhamad Firdaus Paizol

PULAU PINANG**Field Supervisor**

Ms. Rafidah Ali

Drivers

1. Mr. Muhammad Arif Misra
2. Mr. Muhammad Syauqi Adrus

Research Assistants

1. Mrs. Eng Gaik Sim
2. Mr. Neoh Choo Loa
3. Mr. Mohammad Hasrizal Hassan
4. Mr. Tan Jun Xian
5. Mr. Muhammad Amin Sabri
6. Ms. Nurnabilah Afrina Azami

PERAK**Field Supervisor**

Dr. Halizah Mat Riffin

Drivers

1. Mr. Muhammad Raidillah Che Ab. Rahim
2. Mr. Muhamad Syawal Azim Mohd Hisham

Research Assistants

1. Ms. Azieda Abu Bakar
2. Ms. Zawahir Ngah Said
3. Ms. Erma Natasa Norhan
4. Ms. Amni Zulaika Ahmad Azmi
5. Ms. Hasziefatul Affidah Hasnan
6. Mr. Amirul Amin Mohamed Tarmizi

PERLIS**Field Supervisor**

Dr. Suhaila Abdul Ghaffar

Drivers

1. Mr. Mohammad Amiruddin Kamarunzaman
2. Mr. Mohd Aizam Zahid

Research Assistants

1. Ms. Ainul Mardhiah Pakhrrurrazi
2. Ms. Nur Syuhada Zahid
3. Ms. Fairuz Tasnim Shaffie
4. Ms. Nor Najihah Muslim
5. Ms. Jaizah Jamil
6. Ms. Noor Faralina Izzati Kamarunzaman

SELANGOR**Field Supervisor**

Ms. Nazirah Alias

Drivers

1. Mr. Hezri Izuan Ahmad Termizi
2. Mr. Muhammad Izzat Mat Yusoff

Research Assistants

1. Ms. Nurul Atiqah Mat Yusoff
2. Ms. Rabi'ahatul Assuhadah Mohd Rafa'ai
3. Ms. Fatini Abd Rahman
4. Mr. Muhammad Azrol Mohd Rozi
5. Ms. Noor Aiman Afaf Afiffudden
6. Ms. Nurul Ashikin Nosarodin

TERENGGANU**Field Supervisor**

Dr. Fazila Haryati Ahmad
Mr. Mohd Ruhaizie Riyadzi

Drivers

1. Mr. Muhammad Afif Bani Yami
2. Mr. Muhammad Najmi Alif Muda

Research Assistants

1. Mr. Alif Amirul Ikhwan Hussin
2. Ms. Nur Alis Nadia Azman
3. Ms. Nurul Shafiqah Kusno
4. Ms. Siti Nur Sharmiela Ayob
5. Ms. Madhiah Che Man
6. Ms. Nur Atiqah Hazwani Mohammed

SABAH**Field Supervisor**

Ms. Nur Faraeein Zainal Abidin

Drivers

1. Mr. Steve Glantdenventur E Benjamin
2. Mr. Javixsen James
3. Mr. Mohd Jazlan Harith Abdul Razak

Research Assistants

1. Mr. Joel Sonny Saimin
2. Ms. Haslinda Hasan
3. Mr. Wan Misly Kindon
4. Ms. Nur Maisarah Maksud
5. Mr. Mohd Hafizan Sani
6. Mr. Mohd Aldy Abdul Razak
7. Ms. Marini Juanah Mantigang
8. Ms. Fyrah James
9. Ms. Lovera Karera Kalaka

SARAWAK**Field Supervisor**

Dr. Khaw Wan Hei
Mr. Mohd Hairmanshah Mohd Shah

Drivers

1. Mr. Mohammed Hefalani Mohd Azman
2. Mr. Wilkinson Anak Welling
3. Mr. Afiq Fakrul Ismail

Research Assistants

1. Mr. Daniel Sia Pong Chai
2. Ms. Nurul Afifah Nasir
3. Mr. Mugang Anak Japar
4. Mr. Fabian Anak Mathew
5. Ms. Aelsa Anak Anthony
6. Ms. Christina Sie Fang Yun
7. Ms. Happilyn Anak Li
8. Mr. Mohammad Hasnol Abd Halim
9. Mr. Nazran Bazlan Nawi

KUALA LUMPUR

Field Supervisor

Dr. Nur Hamizah Nasaruddin

Drivers

1. Mr. Muhammad Muazzam Abdul Rahman
2. Mr. Adib Iman Osman

Research Assistants

1. Mr. Amirah Ali
2. Mr. Muhammad Yusri Abdullah
3. Ms. Nur Amirah Alias
4. Mr. Nurulnatasha Jumali
5. Ms. Noor Hasnieza Ahmad
6. Mr. Muhammad Naim Ismail

WP LABUAN

Field Supervisor

Dr. Muhammad Azri Adam Adnan

Driver

1. Mr. Niveno Eldo Sonny Mat

Research Assistants

1. Ms. Mawarsari Said
2. Mr. Jeldy Galoh
3. Ms. Nor Syafina Gorganius
4. Mr. Ignasius Cartilo Taimin
5. Ms. Norfazirah Amlan
6. Ms. Noor Azni Adzmain

WP PUTRAJAYA

Field Supervisor

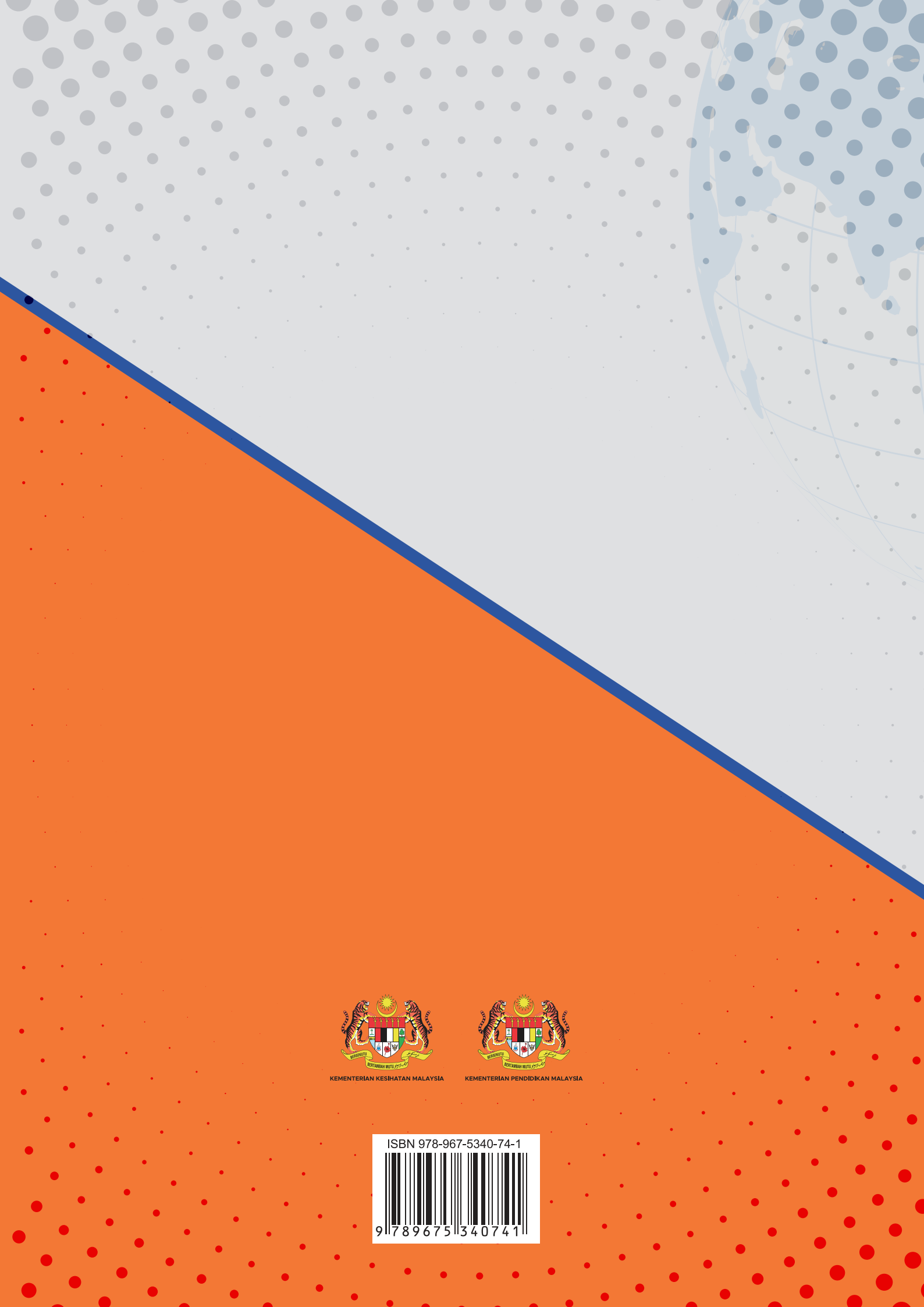
Ms. Syafinaz Mohd Sallehuddin

Drivers

1. Mr. Mohd Sanusi Aziz
2. Mr. Muhammad Asyraf Jasri

Research Assistants

1. Ms. Aini Farina Mohd Zamri
2. Ms. Nurul Atikah Mohd Rozi
3. Mr. Nurlis Yunarlis
4. Ms. Azizah Nurfauziah Jafri
5. Ms. Rohana Saharudin



KEMENTERIAN KESIHATAN MALAYSIA



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