



MOH/S/IKU/199.23(RH)-e

NHMS 2022

NMRR-21-157-58261

NATIONAL HEALTH & MORBIDITY SURVEY 2022
ADOLESCENT HEALTH SURVEY 2022

**KEY
FINDINGS**

National Health and Morbidity Survey (NHMS) 2022 (NMRR-21-157-58261)
Adolescent Health : Key Findings

MOH / S / IKU / 199.23 (RH) -e

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Suggested citation:

Institute for Public Health 2022. National Health and Morbidity Survey (NHMS) 2022: Adolescent Health Survey - Key Findings

Published and distributed by:

Institute for Public Health
National Institutes of Health (NIH)
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The authors wish to thank the Director General of Health Malaysia for permission to publish this document.

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01

OVERVIEW OF THE SURVEY

The National Health and Morbidity Survey (NHMS): Adolescent Health Survey (AHS) 2022 aimed to assess the health risk behaviors and protective factors among secondary students in Malaysia, as a proxy of health status among adolescents in Malaysia.

2022

3rd Adolescent Health Survey (AHS)

2017

2nd Adolescent Health Survey (AHS)

2012

1st Global School-based Student Health Survey (GSHS)

Methodology & Sampling Design:

NHMS
2022

Target population
Students aged 13-17y



Sampling frame
Secondary schools



Sample Size determination
Single proportion formula



Sampling design
Multistage stratified cluster sampling

Data Collection:



Data Collection
12 June to 8 July 2022



Survey instrument
Validated questionnaires

Modules included:

- Alcohol use
- Dietary behaviours & nutritional status
- Drug use
- Hygiene (including oral health)
- Mental health
- Physical activity
- Protective factors
- Sexual behaviours
- Tobacco use
- Violence and unintentional injury

Response Rate:

Schools Response Rate

239 schools out of 240 schools took part in the study.


99.6%

Students Response Rate

33,523 students out of 37,479 students took part in the study.


89.4%

Overall Response Rate
89.0%

02

ALCOHOL USE AMONG ADOLESCENTS

Current drinkers those who had at least a "drink" of alcohol in the past 30 days

7 %

are current drinkers



Among **current** drinkers
drinks were obtained from...



Family

55%



Store

19%



Friends

13%

73 %

have parents who drink



86 %

have peers who drink



Ever drinkers are those who had a history of alcohol consumption in their lifetime



1 in 5 were ever drinkers

Among **ever** drinkers



65%

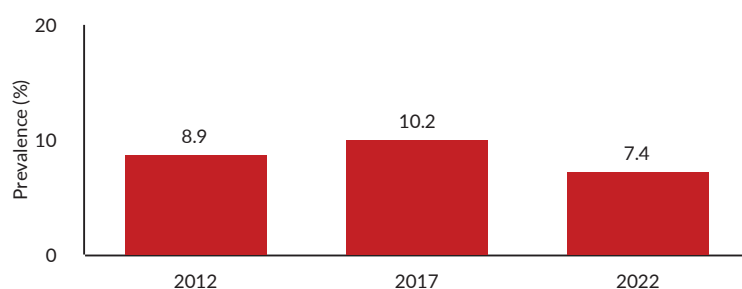
had their **FIRST** alcoholic drink
before the age of 14

25 %

reported **drunkenness**



Trend of current alcohol drinkers



**Sihat Tanpa
ALKOHOL**



AMARAN
MENJUAL MINUMAN
BERALKOHOL KEPADA
ORANG DI BAWAH UMUR DUA
PULUH SATU TAHUN ADALAH
DILARANG

03

OVERWEIGHT/OBESE, EATING HABITS & PHYSICAL ACTIVITY AMONG ADOLESCENTS

1 in 3
is *overweight/obese*



4 in 5
are *physically inactive*



2 in 3
are being
sedentary



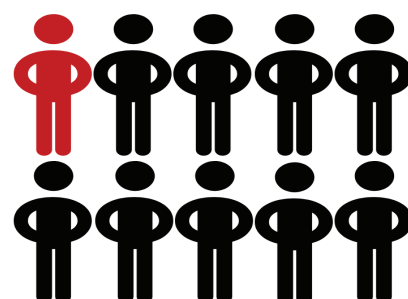
4 in 5
do not eat enough
fruits & vegetables



1 in 3 drinks
carbonated soft drink
everyday



1 in 10
eats *fast food*
at least 3 days
in a week



"Eat healthily and exercise regularly to prevent overweight/obesity"

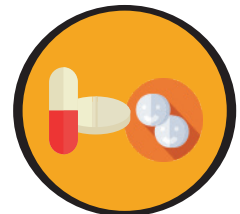
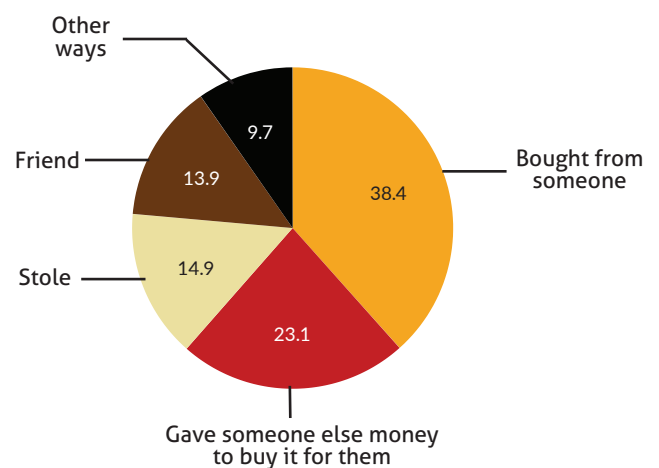
04

STILL HIGH ON DRUG USE!**106,000**adolescents in Malaysia
used drugs at least
once in their lifetime**60,000**adolescents in Malaysia
currently use drugs**2.8%**ever used inhalant*
(*such as glue, paint, etc.)**1.1%**

ever used marijuana

**2.3%**

ever used kratom

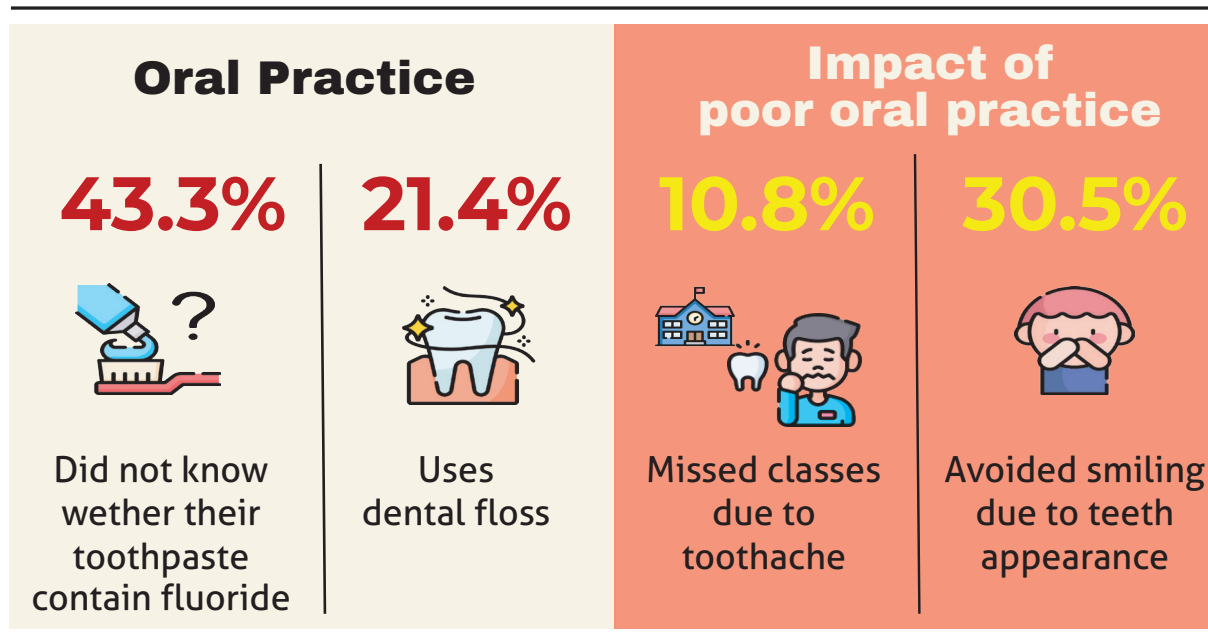
**1.0%**ever used amphetamine
or methamphetamines**3 in 4**of ever drug users initiated drug
use before the age of 14**Sources to get drug**

05

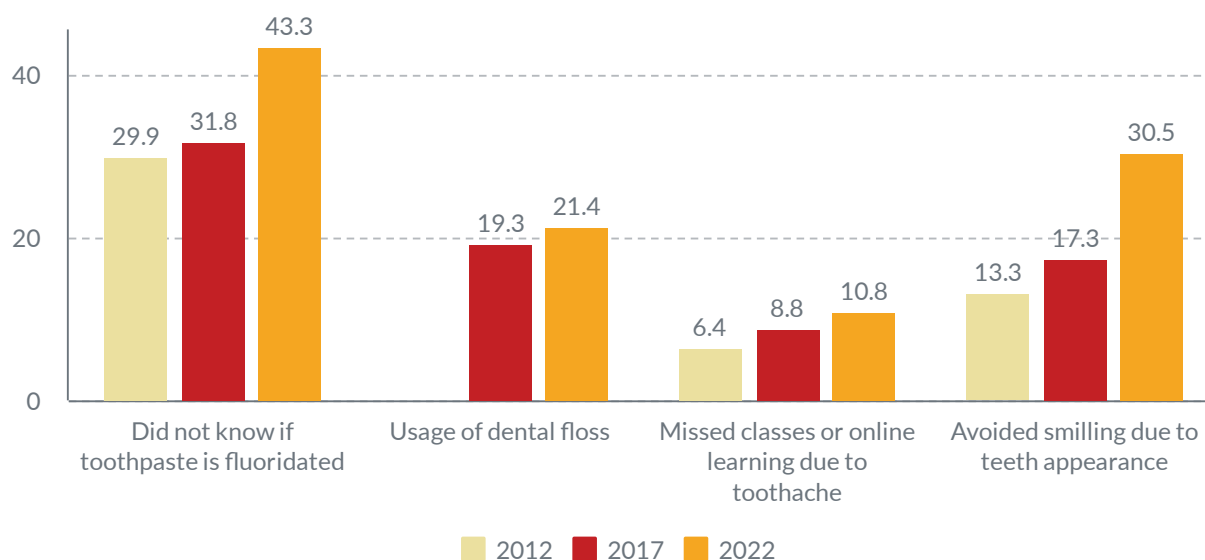
ORAL HYGIENE BEHAVIOURS AMONG ADOLESCENTS


3 in 5

perceive their oral health as good



NHMS trend of oral hygiene behaviour



"Good health depends on good teeth"

06

A GROWING CONCERN ON SUICIDAL AMONG ADOLESCENTS

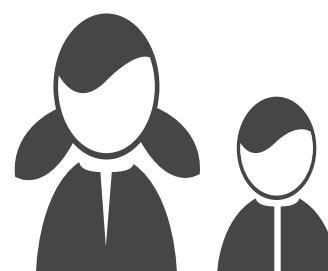
1 in 8 had suicidal thought



1 in 10 had attempted suicide

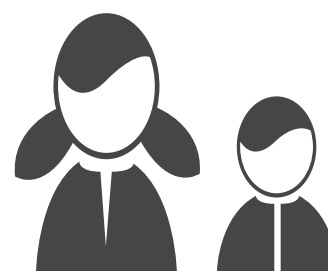
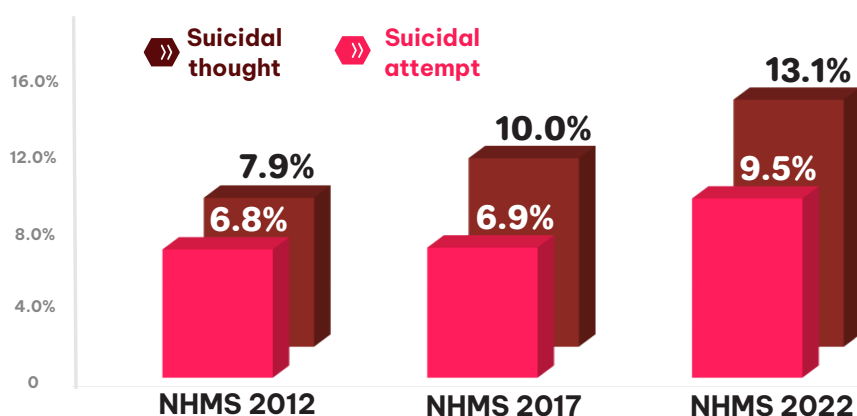


More **girls** than boys



18.5% **7.6%**
Had suicidal thought

A decade trend in Malaysia

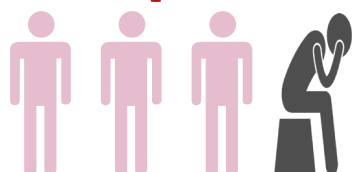


13.4% **5.7%**
Had suicidal attempt

Are they okay?

(Based on PHQ-9 Scoring)

1 in 4 felt **depressed**



Twice as many girls as boys felt depressed



36.1%



17.7%

07

PEER & PARENTAL SUPPORT : ADOLESCENTS' PERSPECTIVE

**46.0%**have kind and helpful
friends**81.7%**parents have respect for
their privacy**24.2%**parents understand their
problems and worries**33.4%**parents aware of their
activities during free time**9.9%**parents check their
homeworks

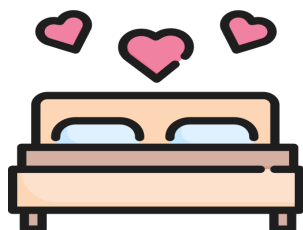
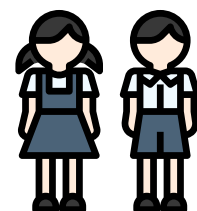
"Be kind, support
each other!"

"Love and support
unconditionally"



08

LETS TALK ABOUT SEX...

**75%** reported having sex recently**88%**
NOT using
any birth
control
method**33%**
had sex
before
age 14
years old

**154,646
(7.6%)
adolescents in
Malaysia
reported ever
had sex!**

88%
NOT using
condom**11%**
have more
than 1 sexual
partner

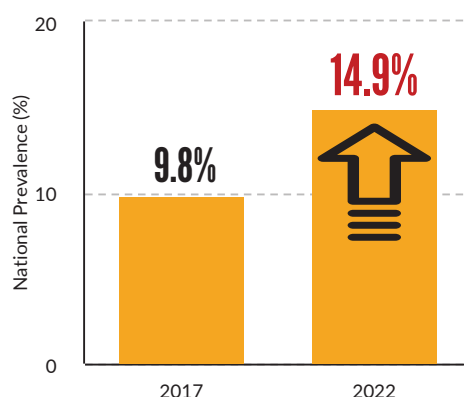


MALAYSIAN ADOLESCENTS TOBACCO USE: The emergence of e-cigarette/vape as a public health threat

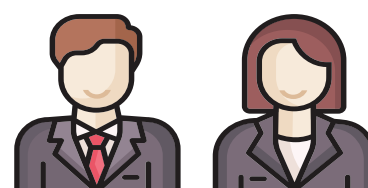
Changes in the pattern of tobacco products used
(from conventional cigarette smoking to e-cig/vape use)



E-cig/vape



Current e-cig/vape users

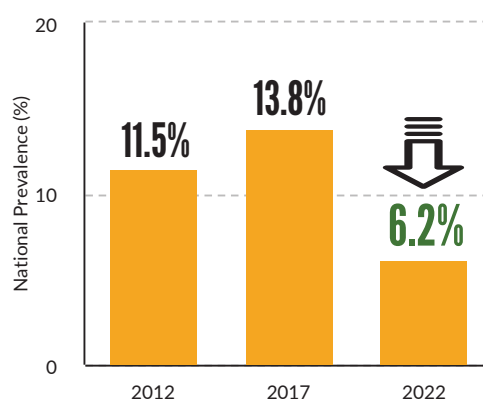


23.3%
male

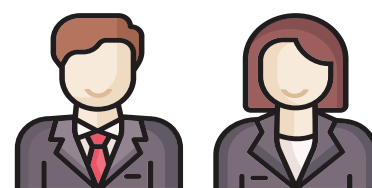
6.2%
female



Cigarettes



Current cigarette smokers



10.8%
male

1.7%
female

Sources of obtaining tobacco products



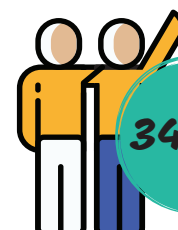
Shops

35.7%



Specific vape shops

34.6%



Friends

34.8%

**IT'S TIME FOR A TOBACCO ENDGAME.
ACT NOW. DENORMALISE TOBACCO.
SAVE OUR FUTURE GENERATION.**



10

VIOLENCE AMONG ADOLESCENTS



14.8%
had been
physically attacked

This was found to be
higher among:



Males
16.1%

16.0%
had been involved
in physical fight



This was found to be
higher among:



Males
18.9%



7.5%
had been
physical abuse
at home

This was found to be
higher among:



Females
8.1%

41.0%
had been
verbally abused
at home



This was found to be
higher among:



Females
51.8%

"Let's promote a psychologically-safe environment among our adolescents"

11

BULLYING AMONG ADOLESCENTS



8.6%

of adolescents
reported having
been bullied



9.1%
Boys



8.0%
Girls

- Highest among **form 1** students
- Higher among **young** adolescents

Most common ways of being bullied



Made fun of how body or face looks

26.7%



Made fun with sexual jokes, comments
of gestures

16.0%



Left out activities on purpose of
completely ignored

13.0%



Made fun of race, nationality or color

11.7%

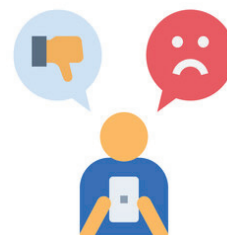


I was bullied in some other way

20.2%

12

CYBERBULLYING PERPETRATOR AMONG MALAYSIAN ADOLESCENTS



1 in 5 adolescents bullied and harassed somebody through the Internet, cell phones, or other electronic devices



22.7%
of the male
population



13.9%
of the female
population

Most Common Ways of Involvement in Cyberbullying Activities



Made rude comments to anyone online **11.3%**

6.9% Spread rumours about someone online



Sent or posted others' embarrassing photos online **4.8%**

2.0%

Made threatening comments to hurt someone online



Asked someone to talk about sex online **1.8%**

1.0%

Asked someone to do something sexual online



"Spread awareness on cyberbullying perpetration among school-going adolescents and stop cyberbullying"



KEMENTERIAN KESIHATAN MALAYSIA



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