



**NATIONAL HEALTH AND MORBIDITY SURVEY(NHMS) 2022:  
ADOLESCENT HEALTH SURVEY  
2022 Fact Sheet**

## INTRODUCTION

The National Health & Morbidity Survey (NHMS): Adolescent Health Survey (AHS) was conducted every five years by the Institute for Public Health, Ministry of Health Malaysia. The first round was in 2012, the second round was in 2017, and the recently conducted survey in 2022 was the third round of AHS. The NHMS 2022: AHS aims to provide up-to-date data on the prevalence of health risk behaviours and protective factors among adolescents in Malaysia.

## METHODOLOGY

The NHMS 2022: AHS was a nationwide school-based survey using a validated structured questionnaire to obtain health information among school-going adolescents (Form 1 to Form 5) in Malaysia. This was a cross-sectional study involving self-administered questionnaire (SAQ) and anthropometric measurements by trained research assistants. Data collection was conducted from June to July 2022 at 239 randomly selected schools throughout Malaysia. A total of 33,523 adolescents participated in this study, giving an overall response rate of 89.0%.

SCOPE	Adolescents		
	2012	2017	2022
<b>TOBACCOL USE</b>			
Prevalence current cigarette smokers	11.5%	13.8%	6.2%
Prevalence current electronic cigarette/vape	-	9.8%	14.9%
<b>ALCOHOL CONSUMPTION</b>			
Prevalence of current alcohol drinkers	8.9%	10.2%	7.4%.
Prevalence of ever-alcohol drinkers	20.0%	19.3%	18.6%.
<b>SEXUAL BEHAVIOURS</b>			
Prevalence of current sexual intercourse	-	5.4%	5.7%
Prevalence of ever having sex	8.3%	7.3%	7.6%
<b>VIOLENCE AND UNINTENTIONAL INJURY</b>			
Prevalence of physically attacked	27.8%	25.3%	14.8%
Prevalence of physical fights	27.4%	24.9%	16.0%
Prevalence of bullying	17.9%	16.2%	8.6%

SCOPE	Adolescents		
	2012	2017	2022
<b>MENTAL HEALTH</b>			
Prevalence of feeling lonely	8.1%	9.3%	16.2%
Prevalence of suicidal ideation	7.9%	10.0%	13.1%
Prevalence of suicidal plan	6.4%	7.3%	10.0%
Prevalence of suicidal attempt	6.8%	6.9%	9.5%
Prevalence of being depressed	17.7%	18.3%	26.9%
<b>PROTECTIVE FACTORS</b>			
Prevalence of peer support	44.3%	44.2%	46.0%
Prevalence of having parental connectedness	31.5%	32.0%	24.2%
Prevalence of having parental bonding	43.1%	42.6%	33.4%
<b>HYGIENE</b>			
Prevalence of brushing teeth twice a day	84.3%	87.1%	82.2%
Prevalence of never or rarely used soap during handwashing	11.6%	11.6%	8.8%
Prevalence of never or rarely washed hands after using the toilet	5.4%	4.8%	5.1%
<b>DIETARY BEHAVIOUR</b>			
Prevalence of fruits intake at least twice daily	44.0%	46.8%	37.3%
Prevalence of vegetables intake at least thrice daily	29.8%	36.0%	27.1%
Prevalence of fruits and vegetables at least five times daily	28.7%	23.5%	16.1%
Prevalence of carbonated consumption at least once daily	29.4%	36.9%	32.4%
Prevalence of fast food intake of at least 3 days in the past 7 days	6.0%	11.1%	10.6%
<b>NUTRITIONAL STATUS</b>			
Prevalence of stunting	10.4%	8.5%	6.8%
Prevalence of thinness	7.0%	6.5%	8.3%
Prevalence of overweight	14.0%	15.2%	16.2%
Prevalence of obesity	10.6%	13.3%	14.3%
<b>PHYSICAL ACTIVITY</b>			
Prevalence of physically active	22.7%	19.8%	21.4%
Prevalence of sedentary	43.7%	50.1%	66.7%