



KEMENTERIAN KESIHATAN MALAYSIA



KEMENTERIAN PENDIDIKAN MALAYSIA

NATIONAL HEALTH & MORBIDITY SURVEY 2022

ADOLESCENT HEALTH SURVEY 2022



PERLIS

Contributors

The following persons contributed to the interpretation of findings, discussions on implications, conclusions and/or drawing recommendations for this report.

(In alphabetical order)

Ahmad Ali Zainuddin, Ainan Nasrina Ismail, Anita Suleiman, Annapurny Venkiteswaran, Azli Baharudin@Shaharudin, Chan Yee Mang, Chong Chean Tat, Chong Zhuo Lin, Eida Nurhadzira Muhammad, Faizul Akmal Abdul Rahim, Fatin Athira Tahir, Fazila Haryati Ahmad, Filza Noor Asari, Halizah Mat Rifin, Hamizatul Akmal Abd Hamid, Hasimah Ismail, Hazizi Abu Saad, Khairul Hasnan Amali, Khaw Wan-Fei, Kishwen Kanna Yoga Ratnam, Lai Wai Kent, Lalitha Palaniveloo, Liew Siaw Hun, Lim Kuang Kuay, Maznieda Mahjom, Mohamad Aznuddin Abd Razak, Mohamad Salleh Abdul Ghani, Mohd Amierul Fikri Mahmud, Mohd Azahadi Omar, Mohd Farihan Md Yatim, Mohd Haniff Bistari, Mohd Hatta Abdul Mutalip, Mohd Hairmanshah Mohd Shah, Mohd Hazrin Hasim@Hashim, Mohd Ruhaizie Riyadzi, Mohd Shaiful Azlan Kassim, Muhamad Khairul Nazrin Khalil, Muhammad Azri Adam Adnan, Muhammad Fadhli Mohd Yusoff, Muhammad Faiz Mohd Hashim, Muhammad Hanafi Bakri, Muhammad Solihin Rezali, Munawara Pardi, Murnizar Mokhtar, Musalnizan Mustalkah, Nazirah Alias, Nik Adilah Shahein, Nik Daliana Nik Farid, Nik Rubiah Nik Abdul Rashid, Nik Ruzyanei Nik Jaafar, Nizam Baharom, Noor Aliza Lodz, Noor Raihan Khamal, Noor Suraya Muhamad, Noor Syaqlah Shawaluddin, Nor Rahidah Abd Rahim, Nor'Ain Ab Wahab, Noraryana Hassan, Norhafizah Sahril, Norhayati Nordin, Norlaila Hamid, Norli Abd Jabbar, Norliana Ismail, Norliza Shamsuddin, Norsyamlina Che Abdul Rahim, Norzawati Yoep, Nur Faraeein Zainal Abidin, Nur Hamizah Nasaruddin, Nur Hidayatun Fadhilah Mohd Nor, Nurashikin Ibrahim, Nurul Haniyah Rosslan, Nurul Huda Ibrahim, Nurulasmak Mohamed, Nurzaime Zulaily, Rafidah Ali, Rusdi Abd Rashid, S Maria Awaluddin, Saidatul Norbaya Buang, Sheikh Shafizal Sheikh Ilman, Sherina Mohd Sidek, Shubash Shander Ganapathy, Siti Balkhis Shafie, Siti Adibah Ab Halim, Suhaila Abd Ghaffar, Sulhariza Husni Zain, Syafinaz Mohd Sallehuddin, Tan Lee Ann, Tania Gayle Robert Lourdes, Teh Wai Siew, Thamil Arasu Saminathan, Tuan Amin Tuan Lah, Ummi Nadiyah Yusoff, Wan Kim Sui, Wan Sarifah Aini Wan Jusoh, Zamzaireen Zainal Abidin, Zulkarnain Ramli.

Editorial Reviewers

Khaw Wan-Fei, Mohd Hatta Abdul Mutalip, Muhammad Solihin Rezali, Tania Gayle Robert Lourdes, Thamil Arasu Saminathan

Editors

Lim Kuang Kuay, Noor Ani Ahmad

External Reviewer

Saidatul Norbaya Buang
Family Health Development Division, Ministry of Health Malaysia

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Blok B5 & B6, Kompleks NIH,
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Seksyen U13 Bandar Setia Alam,
40170 Shah Alam, Selangor.

Tel: +603-3362-7800 Fax: +603-3362-7801

Any inquiries or comments on this report should be directed to the following:

Principal Investigator
National Health and Morbidity Survey 2022: Adolescent Health Survey
Institute for Public Health
National Institutes of Health
Ministry of Health Malaysia
Blok B5 & B6, Kompleks NIH,
No1, Jalan Setia Murni U13/52,
Seksyen U13 Bandar Setia Alam,
40170 Shah Alam, Selangor.

Tel: +603-3362-7800 Fax: +603-3362-7801

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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

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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 Perlis, 16 secondary schools were randomly selected, and out of 2160 eligible students, 2004 students completed the survey, yielding a response rate of 92.8%.

Perlis 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 Perlis was 18.0%, 7.9%, and 11.6% respectively. The prevalence of current alcohol drinkers among adolescents was 1.6%. While the prevalence of ever-alcohol drinkers among adolescents in Perlis was 5.5%, 83.1% 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 7.9% and 5.7%, respectively. Of those who ever had sex, 30.7% had their first sexual experience before age 14, and 8.6% had at least two sexual partners. Only 8.2% of respondents or their partners had used condoms, while 8.1% used other birth control methods. A total of 19.8% 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, 12.3% claimed to have been physically attacked in the past 12 months, while 14.8% of adolescents claimed to have been involved in physical fights. With regards to bullying, 6.8% reported having been bullied in the past 30 days. A total of 14.9% of adolescents in Perlis reported feeling lonely, and 11.0% 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 8.6%, 6.8%, and 7.7%, respectively. Overall, 23.9% of adolescents reported being depressed. The prevalence of truancy among adolescents in the past 30 days was 25.5%, and only 49.7% claimed to have peer support. Adolescents who reported having parental or guardian supervision, parental or guardian connectedness and parental or guardian bonding were 10.6%, 28.6% and 38.8%, respectively. Overall, 84.0% of adolescents reported brushing their teeth twice a day in

the past 30 days. A total of 40.1% of adolescents reported not knowing whether their toothpaste contained fluoride while only 23.2% used dental floss. In the past 30 days, 73.3% always used soap when washing their hands, 91.5% always washed their hands before eating, and 86.4% reported that they always washed their hands after using the toilet. In relation to dietary behaviours, 1.9% 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 41.5% and vegetables at least thrice daily was 24.2% in the past 30 days. Consumption of carbonated drinks at least once daily in the past 30 days was reported at 28.5%, while 9.1% 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 7.5% and 8.8%, respectively, while the prevalence of overweight was 16.6% and obesity was 18.0%. Prevalence of being physically active was 20.1% and 21.2% of adolescents reported active transportation to school. In addition, 65.3% of adolescents had spent at least three hours on a typical or usual day in sitting activities. Overall, 3.1% reported had ever used drug and the prevalence of current drug users was 2.0%. The prevalence of had ever used kratom was 2.0% and of current used kratom was 1.2%.

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:

- i. Variance of proportion of the variable of interest (Based on AHS 2017 survey)
- ii. Margin of error (e) (Between 0.01 to 0.05)
- iii. 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:

- i. design effect (deff) of 2,
- ii. nonresponse rates of 20%, and
- iii. 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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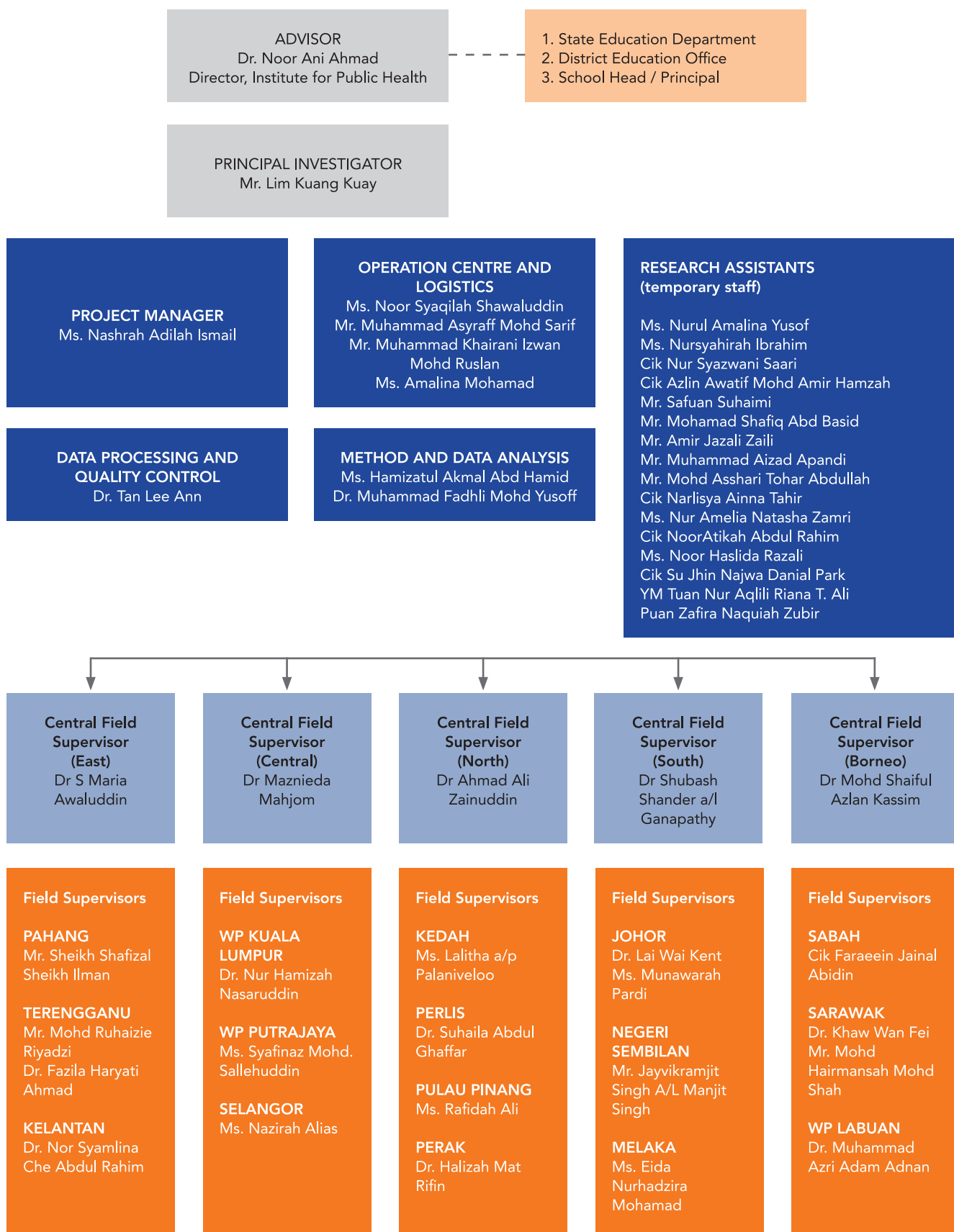


Figure 1: Organisation chart for data collection team NHMS 2022

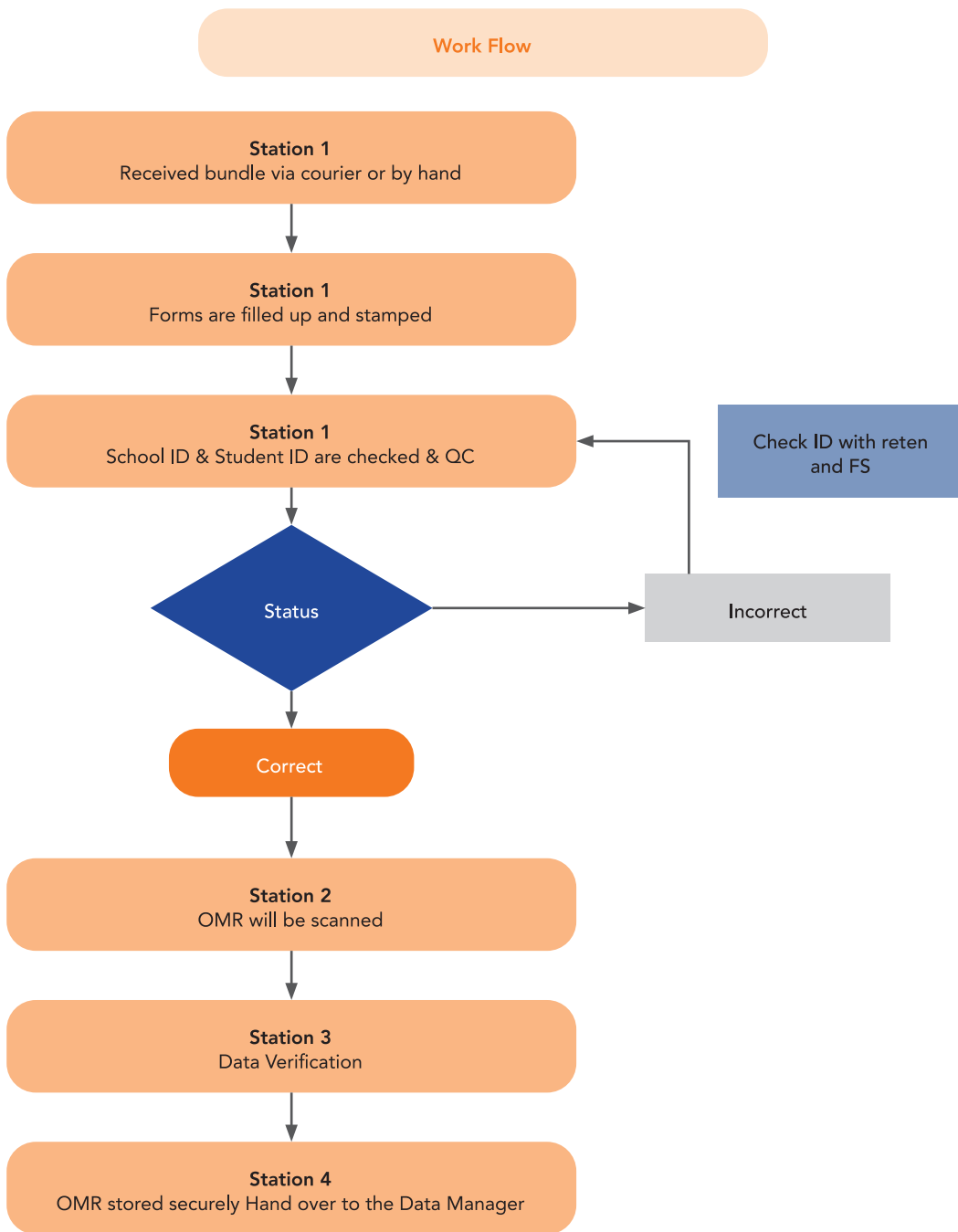


Figure 2: Workflow of Data Processing NHMS 2022

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 Terengganu (95.9%), 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

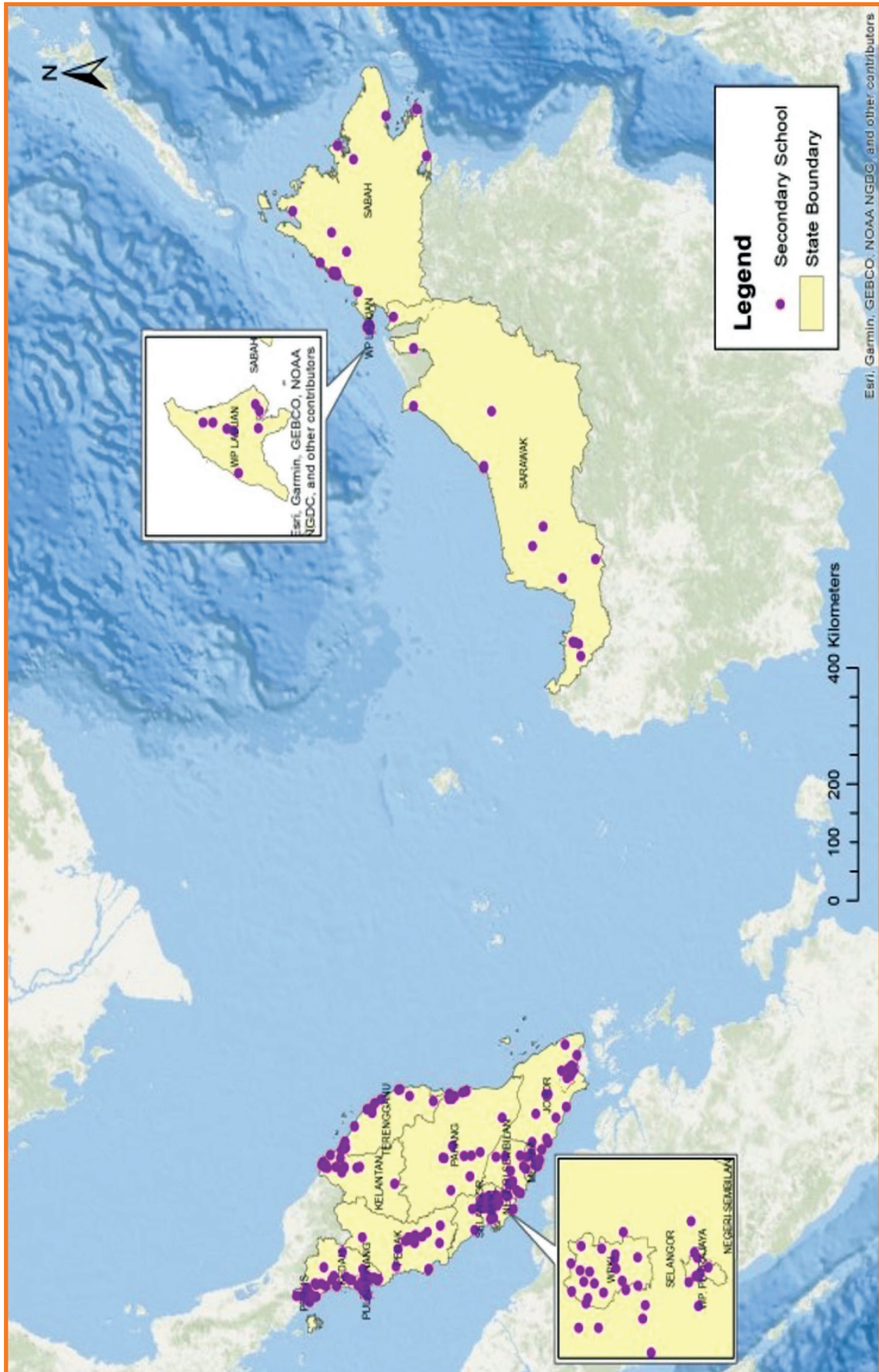


Figure 3: GIS mapping of the selected secondary schools

3.2 Alcohol Consumption

Contributors: Tania Gayle Robert, Hamizatul Akmal Abd Hamid, Mohd Hatta Abdul Mutalip, Chong Zhuo Lin, Halizah Mat Rifin, Norli Abdul Jabbar, Rusdi Abd Rashid, Thamil Arasu Saminathan, Muhammad Fadhli Mohd Yusoff, Faizul Akmal Abdul Rahim, Mohd Ruhaizie Riyadzi

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 Perlis was 5.5% (95% CI: 3.69, 8.24). (Table 3.2.1)

Current Alcohol Drinkers

The prevalence of current alcohol drinkers among adolescents in Perlis was 1.6% (95% CI: 0.88, 2.91). (Table 3.2.2)

Initiation of First Alcohol Use Before 14 years old

Among ever alcohol drinkers, 83.1% had their first alcoholic beverage before the age of 14 years. (Table 3.2.3)

Sources of Obtaining Alcoholic Beverages Among Current Alcohol Drinkers

Among current alcohol drinkers, 47.2% of adolescents obtained their alcoholic beverages by bought it from a store, shop or from a street vendor. (Table 3.2.4)

Social Problems as a Result of Alcohol Drinking

Overall, the majority (72.8%) 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 Perlis was reported as 53.4%, while peer drinking was 84%.

Drunkenness

Among ever alcohol drinkers, only 25.9% reported drunkenness.

3.2.5 Discussion / Conclusion

From this survey, the prevalence of ever drinkers among adolescents in Perlis dropped; 5.5%, as compared to 12.2% in 2017. The prevalence of current drinkers reported in this survey was 1.6% in Perlis, which was lower compared to AHS 2017: 7.7%⁴ and GSHS 2012 (4.7%)⁵. However, majority students (83.1%) who ever had an alcoholic drink had their first drink before the age of 14 years old, which was higher than the national average of 64.6%.

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

1. World Health Organization, Key Fact: Alcohol. <https://www.who.int/news-room/fact-sheets/detail/alcohol>
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Table 3.2.1: Prevalence of ever alcohol drinkers among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	110	1026	5.5	3.69	8.24
Sex					
Male	48	504	5.5	3.42	8.85
Female	62	522	5.5	3.31	9.16
Form					
Form 1	22	265	6.9	3.62	12.60
Form 2	24	220	5.4	3.11	9.31
Form 3	26	-	-	-	-
Form 4	32	222	6.4	4.02	10.10
Form 5	6	-	-	-	-
Ethnicity					
Malay	57	571	3.3	2.16	4.93
Chinese	43	359	49.8	42.56	56.96
Indian	4	34	22.1	11.16	39.00
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	4	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	32	297	1.6	0.88	2.91
Sex					
Male	9	-	-	-	-
Female	23	199	2.1	1.13	3.94
Form					
Form 1	8	-	-	-	-
Form 2	9	-	-	-	-
Form 3	7	-	-	-	-
Form 4	6	-	-	-	-
Form 5	2	-	-	-	-
Ethnicity					
Malay	18	175	1.0	0.55	1.81
Chinese	10	84	11.6	6.55	19.74
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

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

Initiation age of alcohol drinking	Unweighted count	Percentage (%)
Below 14 years old	65	83.1
14 years old and above	16	16.9

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

Sources of obtaining alcohol	Unweighted count	Percentage (%)
I bought from a store, shop or from a street vendor	13	47.2
I gave someone else money to buy it for me	3	-
I got it from my friend	3	-
I got it from my family	8	-
I stole it or got it without permission	0	-
I got it some other way	1	-

- 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 Perlis, 2022

Number of times	Unweighted count	Percentage (%)
0 times	82	72.8
1 to 2 times	16	16.1
3 to 9 times	8	-
10 or more times	3	-

- Prevalence with high RSE, not reported

3.3 Dietary Behaviours

Contributors: Lai Wai Kent, Suhaila Abdul Ghaffar, Chong Chean Tat, Munawara Pardi, Nurul Huda Ibrahim, Syafinaz Mohd Sallehuddin, Siti Adibah Ab. Halim, Ainan Nasrina Ismail, Teh Wai Siew

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 Perlis. 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 1.9% (95% CI: 1.26, 2.85) 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 (2.2%, 95% CI: 1.42, 3.31) as compared to male counterparts (1.6%, 95% CI: 0.96, 2.74).

Fruit consumption

A total of 41.5% (95% CI: 38.54, 44.56) of adolescents consumed fruit at least twice daily in the past 30 days (**Table 3.3.2**). There were 39.9% (95% CI: 35.56, 44.38) of males and (43.1%, 95% CI: 39.14, 47.18) of females who reported consuming fruit at least twice daily.

Vegetable consumption

About 24.2% (95% CI: 21.94, 26.64) of adolescents consumed vegetables at least three times daily in the past 30 days (**Table 3.3.3**). There were 25.7% (95% CI: 22.69, 29.06) of males and 22.7% (95% CI: 19.79, 25.92) of females who reported consuming vegetables at least three times daily.

Fruits and vegetables intake

About 16.5% (95% CI: 14.65, 18.57) of adolescents consumed fruits and vegetables at least five times daily in the past 30 days (**Table 3.3.4**). There were 17.1% (95% CI: 14.30, 20.43) of males and 15.9% (95% CI: 13.71, 18.37) of females who reported consuming fruits and vegetables of at least five times daily.

Never Consume Fruit

About 8.8% (95% CI: 7.36, 10.43) of adolescents reported never consume fruit in the past 30 days (**Table 3.3.5**). Prevalence of never consume fruit was 9.9% (95% CI: 7.52, 12.88) among males and 7.7% (95% CI: 6.45, 9.15) among females.

Never Consume Vegetable

About 9.6% (95% CI: 8.33, 10.95) of adolescents never consume vegetable in the past 30 days (**Table 3.3.5**). Prevalence of never consume vegetable was 7.7% (95% CI: 6.03, 9.84) among males and 11.4% (95% CI: 9.55, 13.47) among females.

Never Consume Fruit and Vegetable

A total of 2.4% (95% CI: 1.71, 3.43) of adolescents never consume fruit and vegetable in the past 30 days (**Table 3.3.5**). Prevalence of never consume fruit and vegetable was 2.7% (95% CI: 1.60, 4.66) among males and 2.1% (95% CI: 1.45, 3.05) among females.

Carbonated soft drinks intake

Overall, 28.5% (95% CI: 24.98, 32.23) of adolescents consumed carbonated soft drinks at least once daily in the past 30 days (Table 3.3.6). There were 29.8% (95% CI: 25.44, 34.58) of males and 27.2% (95% CI: 22.55, 32.31) of females who reported consuming carbonated soft drinks of at least once daily.

Plain water intake

About 45.8% (95% CI: 42.90, 48.64) 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 females (50.7%, 95% CI: 46.88, 54.57) was significantly higher than males (40.7%, 95% CI: 36.64, 44.84).

Milk and milk products intake

About 25.3% (95% CI: 22.86, 27.91) of adolescents consumed milk/milk products at least two times per day in the past 30 days (Table 3.3.8). There were 25.0% (95% CI: 21.34, 29.16) of males and 25.5% (95% CI: 23.06, 28.21) of females who reported consuming milk/milk products at least two times daily.

Fast food intake

About 9.1% (95% CI: 7.82, 10.67) of adolescents consumed fast food at least three days in the past seven days (Table 3.3.9). The prevalence of fast-food intake was 8.0% (95% CI: 6.11, 10.44) among male and 10.3% (95% CI: 7.70, 13.54) among females.

3.3.5 Discussions / Conclusion

There were 1.9% 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 41.5% and 24.2%, respectively. However, only 16.5% of them consumed fruits and vegetables five times daily. About 45.8% of adolescents reported drinking plain water less than 6 glasses and 25.3% 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 28.5% while 9.1% 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 Perlis 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 Perlis

	NHMS 2012	NHMS 2017	NHMS 2022
Most of the time or always went hungry	4.1	4.5	1.9
Fruits intake of at least twice daily	47.3	57.8	41.5
Vegetables intake of at least three times daily	29.5	38.8	24.2
Fruits and vegetables intake of at least five times daily	29.9	29.0	16.5
Carbonated soft drinks consumption at least once daily	31.1	41.8	28.5
Milk/milk products intake of at least two times daily	Not reported	37.0	25.3
Fast food intake of at least three days in the past seven days	5.3	15.3	9.1

3.3.7 References

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Table 3.3.1: Prevalence of adolescents in Perlis 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
PERLIS	36	369	1.9	1.26	2.85
Sex					
Male	14	156	1.6	0.96	2.74
Female	22	213	2.2	1.42	3.31
Form					
Form 1	10	-	-	-	-
Form 2	10	-	-	-	-
Form 3	7	-	-	-	-
Form 4	2	-	-	-	-
Form 5	7	-	-	-	-
Ethnicity					
Malay	31	322	1.8	1.27	2.47
Chinese	4	-	-	-	-
Indian	0	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	831	8044	41.5	38.54	44.56
Sex					
Male	363	3824	39.9	35.56	44.38
Female	468	4220	43.1	39.14	47.18
Form					
Form 1	159	1797	42.5	39.40	45.71
Form 2	196	1867	44.2	37.98	50.54
Form 3	169	1631	41.4	36.45	46.62
Form 4	199	1424	40.3	33.29	47.74
Form 5	108	1324	38.4	32.06	45.06
Ethnicity					
Malay	777	7534	41.6	38.24	44.96
Chinese	31	277	33.9	23.92	45.63
Indian	8	70	40.8	28.51	54.31
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	5	-	-	-	-
Others	9	105	57.0	32.72	78.39

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	481	4697	24.2	21.94	26.64
Sex					
Male	235	2472	25.7	22.69	29.06
Female	246	2225	22.7	19.79	25.92
Form					
Form 1	94	1059	25.0	20.51	30.06
Form 2	108	1033	24.4	20.92	28.24
Form 3	97	961	24.4	20.09	29.36
Form 4	118	848	24.0	20.26	28.19
Form 5	64	795	23.0	18.43	28.34
Ethnicity					
Malay	440	4309	23.8	21.60	26.04
Chinese	27	233	28.3	18.05	41.50
Indian	3	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	3	34	67.9	41.03	86.51
Others	6	70	38.0	18.45	62.36

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	327	3204	16.5	14.65	18.57
Sex					
Male	156	1646	17.1	14.30	20.43
Female	171	1557	15.9	13.71	18.37
Form					
Form 1	68	769	18.1	14.42	22.55
Form 2	76	726	17.1	13.46	21.57
Form 3	62	612	15.6	12.22	19.60
Form 4	77	549	15.6	12.62	19.01
Form 5	44	547	15.9	12.00	20.66
Ethnicity					
Malay	302	2953	16.3	14.62	18.08
Chinese	14	127	15.4	8.52	26.21
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	3	34	67.9	41.03	86.51
Others	5	-	-	-	-

- 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 Perlis, 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
PERLIS	168	1700	8.8	7.36 10.43	196	1855	9.6	8.33 10.95	47	470	2.4	1.71 3.43
Sex												
Male	85	947	9.9	7.52 12.88	70	742	7.7	6.03 9.84	24	263	2.7	1.60 4.66
Female	83	753	7.7	6.45 9.15	126	1113	11.4	9.55 13.47	23	206	2.1	1.45 3.05
Form												
Form 1	51	597	14.1	11.07 17.87	50	570	13.4	9.91 17.98	14	-	-	-
Form 2	39	386	9.1	6.63 12.44	49	445	10.5	7.93 13.78	13	123	2.9	1.65 5.09
Form 3	22	213	5.4	3.46 8.35	27	246	6.2	4.39 8.82	5	-	-	-
Form 4	37	268	7.6	5.63 10.12	50	350	9.9	6.98 13.86	11	-	-	-
Form 5	19	236	6.8	4.06 11.32	20	245	7.1	4.33 11.38	4	-	-	-
Ethnicity												
Malay	163	1654	9.1	7.52 11.03	189	1786	9.8	8.48 11.40	46	459	2.5	1.69 3.77
Chinese	3	-	-	- -	5	-	-	- -	1	-	-	-
Indian	1	-	-	- -	1	-	-	- -	0	-	-	-
Bumiputera Sabah	0	-	-	- -	0	-	-	- -	0	-	-	-
Bumiputera Sarawak	0	-	-	- -	0	-	-	- -	0	-	-	-
Others	1	-	-	- -	1	-	-	- -	0	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	564	5522	28.5	24.98	32.23
Sex					
Male	270	2862	29.8	25.44	34.58
Female	294	2660	27.2	22.55	32.31
Form					
Form 1	113	1293	30.5	24.14	37.69
Form 2	155	1505	35.5	29.30	42.30
Form 3	102	1016	25.8	19.20	33.75
Form 4	132	948	26.8	22.10	32.12
Form 5	62	761	22.0	18.39	26.17
Ethnicity					
Malay	529	5183	28.6	24.82	32.63
Chinese	20	188	22.8	11.94	39.13
Indian	3	-	-	-	-
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	8	81	43.8	24.91	64.74

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	929	8856	45.8	42.90	48.64
Sex					
Male	373	3897	40.7	36.64	44.84
Female	556	4959	50.7	46.88	54.57
Form					
Form 1	175	1950	46.1	40.09	52.23
Form 2	215	2012	47.5	42.13	52.97
Form 3	178	1693	43.1	37.98	48.37
Form 4	234	1660	47.1	42.52	51.68
Form 5	127	1542	44.8	38.58	51.26
Ethnicity					
Malay	865	8283	45.8	42.57	48.98
Chinese	42	363	44.1	32.48	56.46
Indian	10	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	3	-	-	-	-
Others	7	79	42.5	28.60	57.70

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	501	4902	25.3	22.86	27.91
Sex					
Male	225	2399	25.0	21.34	29.16
Female	276	2503	25.5	23.06	28.21
Form					
Form 1	106	1191	28.1	24.48	32.00
Form 2	121	1173	27.8	23.15	32.90
Form 3	102	993	25.2	19.74	31.64
Form 4	110	794	22.5	16.23	30.26
Form 5	62	750	21.8	18.16	25.96
Ethnicity					
Malay	462	4528	25.0	22.58	27.57
Chinese	21	197	24.0	13.23	39.48
Indian	7	60	35.4	18.50	56.95
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	3	34	67.9	41.03	86.51
Others	8	82	44.3	25.27	65.10

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	184	1772	9.1	7.82	10.67
Sex					
Male	75	768	8.0	6.11	10.44
Female	109	1004	10.3	7.70	13.54
Form					
Form 1	36	417	9.8	6.40	14.83
Form 2	44	403	9.5	7.52	12.04
Form 3	35	338	8.6	6.20	11.78
Form 4	43	305	8.6	6.61	11.20
Form 5	26	308	9.0	5.95	13.30
Ethnicity					
Malay	170	1644	9.1	7.54	10.88
Chinese	10	92	11.2	6.91	17.59
Indian	1	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	3	-	-	-	-

- Prevalence with high RSE, not reported

3.4 Nutritional Status

Contributors: Ahmad Ali Zainuddin, Lalitha Palaniveloo, Khairul Hasnan Amali, Siti Adibah Ab. Halim, Ainan Nasrina Ismail

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 7.5% (95% CI: 6.51, 8.59). Females [9.0%, (95% CI: 7.48, 10.81)] showed higher prevalence compared to males [5.9%, (95% CI: 4.47, 7.80)]. (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 8.8% (95% CI: 7.58, 10.29). The data showed that the prevalence of thinness was significantly higher among males [11.2%, (95% CI: 8.69, 14.30)] compared to females [6.6%, (95% CI: 4.92, 8.67)]. (Table 3.4.2).

Overweight and Obesity

The prevalence of overweight was 16.6% (95% CI: 15.47, 17.84). Comparing the sexes, females had a higher prevalence at 16.7% (95% CI: 14.43, 19.27)] compared to males [16.5% (95% CI: 14.54, 18.75)], (Table 3.4.3). For obesity, the prevalence was 18.0% (95% CI: 16.28, 19.85). Between the sexes, males had a higher prevalence of obesity at 20.7% (95% CI: 17.81, 23.86) compared to females [15.4% (95% CI: 13.17, 17.89)]. (Table 3.4.3).

3.4.5 Discussion / Conclusion

Overall, the prevalence of overweight and obesity totalling 30.5% was higher than thinness (8.8%) and stunting (7.5%). It can be concluded that adolescents in Perlis is facing a dual burden of malnutrition among its adolescents aged 13 – 17 years, 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	154	1451	7.5	6.51	8.59
Sex					
Male	54	569	5.9	4.47	7.80
Female	100	883	9.0	7.48	10.81
Form					
Form 1	18	202	4.8	2.78	8.03
Form 2	23	222	5.2	3.59	7.57
Form 3	22	205	5.2	3.24	8.25
Form 4	54	384	10.9	7.99	14.64
Form 5	37	439	12.7	8.82	17.97
Ethnicity					
Malay	148	1397	7.7	6.52	9.07
Chinese	5	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	174	1710	8.8	7.58	10.29
Sex					
Male	105	1069	11.2	8.69	14.30
Female	69	641	6.6	4.92	8.67
Form					
Form 1	24	269	6.4	3.44	11.43
Form 2	31	322	7.6	5.57	10.33
Form 3	43	432	11.0	8.72	13.77
Form 4	47	330	9.4	6.73	12.86
Form 5	29	358	10.4	8.06	13.44
Ethnicity					
Malay	167	1637	9.1	7.55	10.82
Chinese	5	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.4.3: Prevalence of overweight (BAZ >+1SD to ≤+2SD) and obesity (BAZ >+2SD) among adolescents in Perlis, 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
PERLIS	333	3214	16.6	15.47 17.84	350	3480	18.0	16.28 19.85
Sex								
Male	147	1580	16.5	14.54 18.75	182	1975	20.7	17.81 23.86
Female	186	1634	16.7	14.43 19.27	168	1504	15.4	13.17 17.89
Form								
Form 1	60	684	16.2	13.71 18.97	74	875	20.7	15.00 27.85
Form 2	79	767	18.2	14.74 22.15	82	824	19.5	15.37 24.41
Form 3	72	694	17.7	14.71 21.06	66	647	16.5	13.27 20.28
Form 4	81	573	16.3	12.78 20.45	83	589	16.7	13.95 19.87
Form 5	41	497	14.5	10.13 20.31	45	544	15.9	11.03 22.35
Ethnicity								
Malay	307	2981	16.5	15.04 18.04	330	3284	18.2	16.24 20.27
Chinese	17	144	17.5	11.63 25.45	13	126	15.3	11.37 20.39
Indian	3	-	-	- -	2	-	-	- -
Bumiputera Sabah	0	-	-	- -	0	-	-	- -
Bumiputera Sarawak	1	-	-	- -	1	-	-	- -
Others	5	-	-	- -	4	-	-	- -

- Prevalence with high RSE, not reported

3.5 Drug Use

Contributors: Thamil Arasu Saminathan, Hamizatul Akmal Abd Hamid, Muhammad Fadhli Mohd Yusoff, Tania Gayle Robert, Maznieda Mahjom, Hasimah Ismail, Mohd Haniff Bin Bistari, Halizah Mat Rifin, Mohamad Salleh Abdul Ghani, Norli Abdul Jabbar, Rushidi Abd Rashid

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, 3.1% (95% CI: 2.06, 4.70) of adolescents reported had ever used drug during their lifetime, females [2.3% (95%CI: 1.46, 3.56)] (**Table 3.5.1**). The prevalence of current drug users was 2.0% (95%CI: 1.18, 3.24) on 2022 increase from year 2017 [1.4% (95% CI: 0.82, 2.36)] (**Table 3.5.2**). Overall, 1.1% (95% CI: 0.68, 1.69) of adolescents reported had ever used inhalant during their lifetime. From the survey, about 0.7% (95% CI: 0.42, 1.15) of adolescents reported had current used inhalant in the past 30 days (**Table 3.5.3**). Overall, 2.0% (95% CI: 1.17, 3.24) of adolescents reported had ever used kratom during their lifetime. From the data, about 1.2% [(95% CI: 0.66, 2.15)] of adolescents reported had current used kratom in the past 30 days (**Table 3.5.4**). Among ever drug users, 56.3% (95% CI: 26.81, 81.95) of them had initiated after the age of 14 years old (**Table 3.5.5**).

3.5.5 Discussion / Conclusion

From this survey found that the prevalence of the ever used of kratom among adolescents was higher than other drugs. There was a increase in the trend of drug use (ever and current) over the five years (2017 - 2022). Among the ever drug user, the majority [56.3% (95% CI: 26.81, 81.95)] had initiated at the age after the age of 14 years old (**Table 3.5.5**).

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>
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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 Perlis, 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
PERLIS	32	327	1.8	1.11 2.90	56	567	3.1	2.06 4.70
Sex								
Male	17	-	-	- -	32	-	-	- -
Female	15	-	-	- -	24	209	2.3	1.46 3.56
Form								
Form 1	9	-	-	- -	10	-	-	- -
Form 2	9	-	-	- -	15	-	-	- -
Form 3	4	-	-	- -	12	-	-	- -
Form 4	6	-	-	- -	11	81	2.4	1.28 4.43
Form 5	4	-	-	- -	8	-	-	- -
Ethnicity								
Malay	24	255	1.5	0.88 2.52	45	462	2.7	1.82 4.00
Chinese	4	-	-	- -	6	-	-	- -
Indian	2	-	-	- -	3	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	0	-	-	- -	0	-	-	- -
Others	1	-	-	- -	1	-	-	- -

- 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 Perlis, 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
PERLIS	24	254	1.4	0.82 2.36	34	356	2.0	1.18 3.24
Sex								
Male	14	-	-	- -	21	-	-	- -
Female	10	-	-	- -	13	-	-	- -
Form								
Form 1	7	-	-	- -	8	-	-	- -
Form 2	7	-	-	- -	12	-	-	- -
Form 3	2	-	-	- -	4	-	-	- -
Form 4	4	-	-	- -	5	-	-	- -
Form 5	4	-	-	- -	5	-	-	- -
Ethnicity								
Malay	16	177	1.0	0.56 1.92	24	261	1.5	0.95 2.47
Chinese	3	-	-	- -	5	-	-	- -
Indian	3	-	-	- -	3	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	0	-	-	- -	0	-	-	- -
Others	1	-	-	- -	1	-	-	- -

- 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 Perlis, 2022

Socio-demographic characteristics	Ever used inhalant in a lifetime			Current used inhalant in the past 30 days		
	Unweighted count	Estimated population	Prevalence (%)	Unweighted count	Estimated population	Prevalence (%)
PERLIS	20	196	1.1	12	126	0.7
Sex						
Male	8	-	-	6	-	-
Female	12	-	-	6	-	-
Form						
Form 1	6	-	-	5	-	-
Form 2	5	-	-	4	-	-
Form 3	4	-	-	2	-	-
Form 4	5	-	-	1	-	-
Form 5	0	-	-	0	-	-
Ethnicity						
Malay	16	159	0.9	9	-	-
Chinese	1	-	-	1	-	-
Indian	2	-	-	1	-	-
Bumiputera Sabah	1	-	-	1	-	-
Bumiputera Sarawak	0	-	-	0	-	-
Others	0	-	-	0	-	-

- Prevalence with high RSE, not reported

Table 3.5.4: Prevalence of kratom use among adolescents in Perlis, 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		Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper				Lower	Upper
PERLIS	35	355	2.0	1.17	3.24	21	218	1.2	0.66	2.15
Sex										
Male	22	-	-	-	-	14	-	-	-	-
Female	13	-	-	-	-	7	-	-	-	-
Form										
Form 1	6	-	-	-	-	6	-	-	-	-
Form 2	11	-	-	-	-	8	-	-	-	-
Form 3	8	-	-	-	-	3	-	-	-	-
Form 4	6	-	-	-	-	3	-	-	-	-
Form 5	4	-	-	-	-	1	-	-	-	-
Ethnicity										
Malay	28	292	1.7	0.99	2.94	15	165	1.0	0.54	1.72
Chinese	6	-	-	-	-	4	-	-	-	-
Indian	1	-	-	-	-	1	-	-	-	-
Bumiputera Sabah	0	-	-	-	-	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-	0	-	-	-	-
Others	0	-	-	-	-	0	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.5.5: Prevalence of first use of drug before the age of 14 years among ever used drug among adolescents in Perlis, 2022

Prevalence	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Yes	5	-	-	-	-
No	7	79	56.3	26.81	81.95

- Prevalence with high RSE, not reported

3.6 Oral and Hand Hygiene

Contributors: Fazila Haryati Ahmad, Rafidah Ali, Chan Yee Mang, Mohd Hatta Abdul Mutalip, Nik Adilah Shahein, Norzawati Yoep, Nurulasmak Mohamed, Saidatul Norbaya Buang, Nik Daliana Nik Farid, Annapurny Venkiteswaran

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

2.3% (95%CI: 1.76, 3.09) of adolescents in Perlis perceived their oral health as poor or very poor (**Table 3.6.1**). 84.0% (95%CI: 81.29, 86.39) brushed their teeth twice daily which was significantly higher in females [90.8% (95%CI: 88.46, 92.74)] (**Table 3.6.2**), 6.1% (95% CI: 4.94, 7.54) never performed daily tongue cleaning (**Table 3.6.3**), 40.1% (95%CI: 34.77, 45.61) reported not knowing whether their toothpaste contained fluoride (**Table 3.6.4**) and only 23.2% (95%CI: 21.07, 25.49) used dental floss for cleaning their teeth (**Table 3.6.5**). Only 44.5% (95%CI: 38.28, 50.94) reported to have their last dental visit in the past 12 months (**Table 3.6.6**), 7.8% (95% CI: 6.15, 9.88) had toothache in the past 12 months and had missed class or not participated with online learning (PdPR) (**Table 3.6.7**). 30.8% (95%CI: 27.12, 34.74) reported that they had avoided smiling or laughing due to the appearance of their teeth which was significantly higher among females [37.3% (95%CI: 33.06, 41.68)] (**Table 3.6.8**). The prevalence of Perlis adolescents who used soap most of the time or always was 73.3% (95%CI: 67.60, 78.37) which was significantly higher among females [81.4% (95%CI: 77.66, 84.65)] (**Table 3.6.9**). About 91.5% (95%CI: 89.25, 93.29) and 86.4% (95%CI: 84.73, 87.89) 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 60.4% (95%CI: 54.40, 66.01) washed hands with running water before eating at school 1.

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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4. Habib R. Effect of Hand Washing Practices and Prevalence of Related Diseases among Primary School Children in Tehsil Lalian, District Chiniot, Pakistan. *PriMera Scientific Medicine and Public Health.* 2022;1:15-26

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	46	447	2.3	1.76	3.09
Sex					
Male	28	289	3.0	2.13	4.30
Female	18	158	1.6	1.10	2.44
Form					
Form 1	8	91	2.2	1.17	4.13
Form 2	10	-	-	-	-
Form 3	7	-	-	-	-
Form 4	15	109	3.1	1.78	5.34
Form 5	6	76	2.3	1.26	4.06
Ethnicity					
Malay	42	406	2.3	1.66	3.06
Chinese	2	-	-	-	-
Indian	0	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1676	16081	84.0	81.29	86.39
Sex					
Male	699	7344	77.1	71.64	81.82
Female	977	8737	90.8	88.46	92.74
Form					
Form 1	293	3270	79.2	74.82	83.01
Form 2	369	3481	82.2	77.52	86.05
Form 3	340	3261	83.0	79.32	86.21
Form 4	422	2998	85.4	81.49	88.59
Form 5	252	3071	91.9	86.38	95.32
Ethnicity					
Malay	1566	15081	84.0	80.77	86.75
Chinese	78	688	84.4	72.41	91.82
Indian	16	153	89.8	57.94	98.25
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	4	43	86.9	26.84	99.18
Others	10	99	80.4	59.38	92.00

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	112	1169	6.1	4.94	7.54
Sex					
Male	82	887	9.3	7.31	11.80
Female	30	282	2.9	2.11	4.07
Form					
Form 1	22	265	6.4	4.24	9.61
Form 2	22	225	5.3	2.84	9.72
Form 3	25	254	6.5	3.74	10.97
Form 4	22	156	4.5	2.85	6.90
Form 5	21	269	8.0	5.21	12.21
Ethnicity					
Malay	100	1052	5.9	4.60	7.44
Chinese	11	106	13.0	8.04	20.45
Indian	0	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	788	7657	40.1	34.77	45.61
Sex					
Male	380	4051	42.7	37.51	47.96
Female	408	3605	37.5	30.32	45.31
Form					
Form 1	163	1831	44.6	36.77	52.75
Form 2	201	1935	45.8	34.81	57.22
Form 3	140	1337	34.0	28.37	40.22
Form 4	188	1354	38.6	31.11	46.64
Form 5	96	1198	35.9	25.77	47.39
Ethnicity					
Malay	734	7151	39.9	34.06	46.03
Chinese	36	334	41.0	33.90	48.46
Indian	8	80	47.1	23.53	72.07
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	3	-	-	-	-
Others	6	60	48.6	22.61	75.35

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	467	4444	23.2	21.07	25.49
Sex					
Male	172	1800	18.9	16.33	21.78
Female	295	2644	27.5	25.00	30.07
Form					
Form 1	87	974	23.6	19.32	28.51
Form 2	104	972	23.0	19.71	26.57
Form 3	100	935	23.8	19.24	28.94
Form 4	113	803	22.9	19.68	26.39
Form 5	63	760	22.7	17.87	28.48
Ethnicity					
Malay	432	4139	23.0	20.80	25.44
Chinese	25	211	25.9	13.58	43.75
Indian	3	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	2	21	41.8	20.38	66.90
Others	3	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	892	8526	44.5	38.28	50.94
Sex					
Male	396	4097	43.0	34.56	51.91
Female	496	4429	46.0	38.94	53.22
Form					
Form 1	137	1521	36.8	28.53	46.01
Form 2	182	1713	40.5	32.58	48.86
Form 3	203	1965	49.9	41.48	58.37
Form 4	226	1587	45.2	33.99	56.96
Form 5	144	1740	52.1	38.24	65.57
Ethnicity					
Malay	830	7958	44.3	37.50	51.30
Chinese	44	387	47.5	34.34	60.96
Indian	9	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	3	-	-	-	-
Others	5	49	39.8	20.15	63.45

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	83	858	7.8	6.15	9.88
Sex					
Male	40	441	8.1	5.08	12.81
Female	43	417	7.5	5.10	10.88
Form					
Form 1	29	338	13.3	8.89	19.35
Form 2	19	178	7.1	4.48	11.17
Form 3	5	-	-	-	-
Form 4	15	108	5.2	3.05	8.59
Form 5	15	184	10.9	5.86	19.23
Ethnicity					
Malay	79	815	8.0	6.10	10.41
Chinese	2	-	-	-	-
Indian	2	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	620	5883	30.8	27.12	34.74
Sex					
Male	221	2304	24.3	20.25	28.76
Female	399	3579	37.3	33.06	41.68
Form					
Form 1	120	1318	32.1	24.86	40.30
Form 2	133	1214	28.7	23.46	34.64
Form 3	124	1168	29.8	23.53	36.86
Form 4	150	1062	30.3	25.55	35.53
Form 5	93	1121	33.5	27.82	39.81
Ethnicity					
Malay	584	5550	31.0	26.84	35.42
Chinese	29	266	32.9	22.60	45.26
Indian	1	-	-	-	-
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	2	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95% CI	
				Lower	Upper
PERLIS	1466	14028	73.3	67.60	78.37
Sex					
Male	592	6196	65.2	57.64	71.99
Female	874	7832	81.4	77.66	84.65
Form					
Form 1	250	2796	67.7	59.08	75.34
Form 2	301	2819	66.9	59.40	73.64
Form 3	318	3044	77.3	66.24	85.58
Form 4	374	2655	75.6	68.85	81.33
Form 5	223	2714	81.2	72.78	87.47
Ethnicity					
Malay	1377	13233	73.7	67.09	79.37
Chinese	62	541	66.5	57.58	74.33
Indian	14	128	74.8	40.88	92.72
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	2	21	56.6	27.47	81.73
Others	9	89	72.5	48.01	88.22

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1819	17510	91.5	89.25	93.29
Sex					
Male	817	8558	89.9	86.15	92.68
Female	1002	8952	93.1	90.84	94.81
Form					
Form 1	321	3605	87.6	81.15	92.01
Form 2	405	3857	91.1	87.45	93.72
Form 3	384	3711	94.3	90.74	96.51
Form 4	453	3219	91.7	88.48	94.07
Form 5	256	3119	93.3	89.64	95.79
Ethnicity					
Malay	1715	16571	92.3	90.20	93.97
Chinese	71	627	76.9	60.88	87.74
Indian	16	150	87.8	61.11	97.07
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	4	37	74.0	49.53	89.16
Others	10	99	80.4	59.38	92.00

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1723	16522	86.4	84.73	87.89
Sex					
Male	765	7960	83.6	81.33	85.63
Female	958	8562	89.2	87.28	90.79
Form					
Form 1	296	3321	80.7	77.94	83.12
Form 2	371	3499	82.6	78.74	85.93
Form 3	370	3574	91.0	87.45	93.64
Form 4	441	3135	89.5	86.32	91.95
Form 5	245	2993	89.5	82.45	93.99
Ethnicity					
Malay	1612	15520	86.5	84.91	87.97
Chinese	80	698	85.7	68.60	94.23
Indian	15	143	83.6	63.33	93.74
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	3	34	67.9	41.03	86.51
Others	10	100	81.2	57.13	93.36

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1193	11522	60.4	54.40	66.01
Sex					
Male	529	5506	58.0	47.76	67.63
Female	664	6016	62.7	55.98	68.88
Form					
Form 1	190	2123	51.7	41.88	61.46
Form 2	229	2188	51.7	43.45	59.77
Form 3	266	2575	65.6	56.19	73.88
Form 4	304	2161	61.8	54.70	68.41
Form 5	204	2476	74.4	63.46	82.88
Ethnicity					
Malay	1136	10987	61.4	54.78	67.54
Chinese	38	345	42.4	28.56	57.48
Indian	8	79	46.3	31.41	61.81
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	4	42	84.2	22.21	99.00
Others	5	-	-	-	-

- Prevalence with high RSE, not reported

3.7 Mental Health Problems

3.7.1 Mental Health Problems

Contributors: Norhafizah Sahril, Muhammad Azri Adam Adnan, Kishwen Kanna Yoga Ratnam, Muhamad Khairul Nazrin Khalil, Mohamad Aznuddin Abd Razak, Sheikh Shafizal Sheikh Ilman, Chan Yee Mang, Mohd Shaiful Azlan Kassim, Sherina Mohd Sidik, Nurashikin Ibrahim, Raihan Khamal, Nor Rahidah Abdul Rahim, Noor Ani Ahmad.

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, 14.9% (95%CI: 12.88, 17.22) of adolescents in Perlis reported feeling lonely “most of the time or always” (**Table 3.7.1**). A total of 11.0% (95% CI: 9.15, 13.06) 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 8.6% (95% CI: 7.20, 10.31), 6.8% (95% CI: 6.10, 7.65), and 7.7% (95% CI: 6.15, 9.52), respectively. (**Table 3.7.3**), (**Table 3.7.4**), (**Table 3.7.5**). The survey also observed that 3.7% (95% CI: 2.90, 4.81) 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 Perlis (8.6%) was higher than GSHS 2012 (5.8%) but slightly lower than GSHS 2017 (8.8%). However, this figure was lower in comparison to national prevalence of 13.1%. Prevalence of suicidal plan in this survey (6.8%) was also higher compared to the prevalence in GSHS 2012 (4.9%) and GSHS 2017 (5.2%). Nonetheless, this prevalence was lower compared to the national prevalence of 10.0%. Prevalence of suicidal attempts in this survey (7.7%) was reported higher compared to the prevalence in GSHS 2012 (4.9%) and GSHS 2017 (6.2%). Nonetheless, this prevalence was lower compared to national prevalence (9.5%). In addition to these, more students (3.7%) in Perlis reported having no close friends as compared to previous GSHS 2012 (2.9%), but slightly lower than GSHS 2017(3.8%). This figure was also 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 Perlis

	NHMS 2012	NHMS 2017	NHMS 2022
Loneliness	7.0	7.7	14.9
Inability to sleep due to worry	5.0	6.3	11.0
Suicidal ideation	5.8	8.8	8.6
Suicidal plan	4.9	5.2	6.8
Suicidal attempt	4.9	6.2	7.7
Not having any close friend	2.9	3.8	3.7

3.7.1.7 References

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3.7.2 Depression

Contributors: Norhafizah Sahril, Muhamad Khairul Nazrin Khalil, Kishwen Kanna Yoga Ratnam, Muhammad Azri Adam Adnan, Mohamad Aznuddin Abd Razak, Sheikh Shafizal Sheikh Ilman, Chan Yee Mang, Mohd Shaiful Azlan Kassim, Sherina Mohd Sidik, Nurashikin Ibrahim, Raihan Khamal, Nor Rahidah Abdul Rahim, Noor Ani Ahmad.

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, 23.9% (95% CI: 21.30, 26.74) of Perlis adolescents reported depression. The prevalence of depression was significantly higher in female students 33.3% (95% CI: 30.06, 36.79) compared to males 14.3% (95% CI: 12.56, 16.32) (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. Furthermore, the prevalence of depression in Perlis was lower 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	303	2893	14.9	12.88	17.22
Sex					
Male	100	1058	11.0	8.83	13.68
Female	203	1835	18.7	16.55	21.16
Form					
Form 1	53	579	13.7	9.84	18.67
Form 2	73	657	15.5	12.63	18.98
Form 3	58	572	14.5	10.17	20.32
Form 4	72	517	14.6	10.36	20.25
Form 5	47	568	16.5	12.09	22.01
Ethnicity					
Malay	297	2842	15.7	13.17	18.53
Chinese	3	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	1	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	225	2123	11.0	9.15	13.06
Sex					
Male	62	657	6.8	5.13	9.09
Female	163	1466	15.0	12.09	18.41
Form					
Form 1	40	433	10.2	7.17	14.43
Form 2	48	413	9.8	7.49	12.61
Form 3	47	464	11.8	7.69	17.69
Form 4	54	384	10.9	8.16	14.31
Form 5	36	429	12.4	7.24	20.49
Ethnicity					
Malay	212	2010	11.1	9.06	13.50
Chinese	9	78	9.4	4.99	17.09
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	2	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	179	1674	8.6	7.20	10.31
Sex					
Male	46	486	5.1	3.71	6.87
Female	133	1188	12.1	9.44	15.45
Form					
Form 1	32	348	8.2	5.20	12.80
Form 2	43	370	8.7	6.30	11.90
Form 3	33	318	8.1	5.70	11.30
Form 4	45	328	9.3	5.90	14.40
Form 5	26	309	9.0	5.70	13.90
Ethnicity					
Malay	163	1535	8.5	6.93	10.29
Chinese	11	97	11.7	6.70	19.80
Indian	3	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	143	1325	6.8	6.10	7.65
Sex					
Male	35	381	4.0	2.72	5.76
Female	108	944	9.6	7.88	11.74
Form					
Form 1	24	260	6.1	3.92	9.44
Form 2	34	299	7.0	4.80	10.25
Form 3	26	252	6.4	3.80	10.62
Form 4	39	277	7.9	6.08	10.09
Form 5	20	238	6.9	4.85	9.68
Ethnicity					
Malay	131	1216	6.7	5.84	7.69
Chinese	7	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	2	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	154	1486	7.7	6.15	9.52
Sex					
Male	51	556	5.8	3.93	8.47
Female	103	930	9.5	7.02	12.73
Form					
Form 1	40	460	10.8	7.14	16.14
Form 2	37	314	7.4	4.26	12.62
Form 3	28	271	6.9	4.12	11.28
Form 4	30	212	6.0	4.68	7.73
Form 5	19	228	6.6	3.90	10.99
Ethnicity					
Malay	131	1276	7.0	5.60	8.80
Chinese	16	-	-	-	-
Indian	2	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	3	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	76	725	3.7	2.90	4.81
Sex					
Male	29	295	3.1	2.08	4.53
Female	47	430	4.4	3.13	6.11
Form					
Form 1	12	130	3.1	1.72	5.40
Form 2	24	223	5.3	3.13	8.70
Form 3	9	-	-	-	-
Form 4	16	-	-	-	-
Form 5	15	178	5.2	2.70	9.61
Ethnicity					
Malay	71	681	3.8	2.81	5.01
Chinese	3	-	-	-	-
Indian	0	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	485	4623	23.9	21.30	26.74
Sex					
Male	129	1375	14.3	12.56	16.32
Female	356	3248	33.3	30.06	36.79
Form					
Form 1	88	960	22.7	17.14	29.40
Form 2	114	1002	23.8	19.67	28.51
Form 3	90	853	21.8	16.41	28.29
Form 4	105	752	21.3	16.52	26.97
Form 5	88	1057	30.7	24.13	38.14
Ethnicity					
Malay	458	4386	24.2	21.11	27.67
Chinese	17	147	18.2	10.16	30.50
Indian	3	-	-	-	-
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	3	-	-	-	-

- Prevalence with high RSE, not reported

3.8 Physical Activity

Contributors: Muhammad Solihin Rezali, Affendi Isa, Siti Balkhis Shafie, Lim Kuang Kuay, Mohamad Aznuddin Abd Razak, Mohd Shaiful Azlan Kassim, Azli Baharudin@Shaharudin, Mohd Hairmansah Mohd Shah, Nor'Ain Ab Wahab, Norliza Shamsuddin, Nazirah Alias, Nurul Haniyah Roslan, Hazizi Abu Saad, Mohd Azahadi Omar, Nur Hidayatun Fadhliah Mohd Nor

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 Perlis.

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 Perlis
- ii. To identify the prevalence of active transportation or commuting among adolescents in Perlis
- iii. To identify the prevalence of sitting behavior among adolescents in Perlis

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 20.1% (95% CI: 15.79, 25.14) among adolescents in Perlis. The prevalence was significantly higher in males [29.1% (95% CI: 24.03 34.77)] than in females [11.2% (95% CI: 7.29, 16.78)]. (Table 3.8.1).

Active Transportation / Commuting

Overall, 21.2% (95% CI: 12.37, 34.01) adolescents reported active transportation to school which the prevalence of females is 13% (95% CI: 10.30, 16.38). (Table 3.8.2).

Sitting behaviour

A total of 65.3% (95% CI: 61.32, 69.10) had spent at least three hours in a typical or usual day engaging in sitting activities. The higher prevalence was observed in females [65.4% (95% CI: 60.73, 69.76)] compared to males (Table 3.8.3).

3.8.5 Discussion / Conclusion

The prevalence of being physically active and active commuting among school adolescents in Perlis was lower than national findings (20.1% vs. 21.4%, 21.2% vs. 27.0%, respectively). In addition, the prevalence of sitting behaviour was lower than the national finding (65.3% vs. 66.7%). Compared to previous NHMS findings, the prevalence of being physically active in the current study was lower than in the previous Perlis AHS 2017 (20.1% vs. 21.2%). The prevalence of sitting behaviour increased from 2012 to the current survey (44.7% in 2012, 44.9% in 2017, and 65.3% 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 Perlis 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 Perlis

	NHMS 2012	NHMS 2017	NHMS 2022
Physical activity	22.4%	21.2%	20.1%
Active commuting	-	-	21.2%
Sitting behavior	44.7%	44.9%	65.3%

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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	390	3884	20.1	15.79	25.14
Sex					
Male	263	2792	29.1	24.03	34.77
Female	127	1092	11.2	7.29	16.78
Form					
Form 1	68	809	19.1	14.17	25.30
Form 2	74	754	17.8	13.51	23.11
Form 3	94	949	24.1	17.39	32.41
Form 4	104	745	21.1	14.31	29.91
Form 5	50	627	18.3	13.10	24.96
Ethnicity					
Malay	357	3561	19.7	15.11	25.19
Chinese	20	185	22.5	13.33	35.29
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	2	21	41.8	20.38	66.90
Others	8	92	49.7	23.62	76.00

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	414	4116	21.2	12.37	34.01
Sex					
Male	275	-	-	-	-
Female	139	1276	13.0	10.30	16.38
Form					
Form 1	67	-	-	-	-
Form 2	74	739	17.5	9.12	30.82
Form 3	77	795	20.2	11.02	34.12
Form 4	120	852	24.1	15.33	35.81
Form 5	76	-	-	-	-
Ethnicity					
Malay	386	3849	21.2	11.38	36.17
Chinese	16	-	-	-	-
Indian	6	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	4	44	24.0	12.92	40.33

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1317	12635	65.3	61.32	69.10
Sex					
Male	602	6237	65.2	59.41	70.62
Female	715	6398	65.4	60.73	69.76
Form					
Form 1	202	2279	54.1	47.82	60.20
Form 2	266	2536	59.9	53.98	65.51
Form 3	294	2840	72.2	63.54	79.40
Form 4	351	2491	70.5	65.04	75.41
Form 5	204	2489	72.6	65.81	78.52
Ethnicity					
Malay	1223	11773	65.1	60.43	69.45
Chinese	68	599	72.9	60.37	82.54
Indian	9	91	53.6	24.20	80.70
Bumiputera Sabah	3	-	-	-	-
Bumiputera Sarawak	4	37	74.0	49.53	89.16
Others	10	107	58.0	32.22	80.02

- Prevalence with high RSE, not reported

3.9 Protective Factors

Contributors: Nazirah Alias, LeeAnn Tan, Khaw Wan-Fei, S Maria Awaluddin, Eida Nurhadzira Muhammad, Filza Noor Asari, Mohd Amierul Fikri Mahmud, Faizul Akmal Abdul Rahim, Nur Hamizah Nasaruddin, Noor Syaqlah Shawaluddin, Mohd Farihan Md Yatim, Nik Rubiah Nik Abdul Rashid, Nik Daliana Nik Farid, Zamzaireen Zainal Abidin

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 Perlis.

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 25.5% (95% CI: 22.04, 29.38). It was higher in females (25.7%, 95% CI: 21.10, 30.90) compared to males (25.4%, 95% CI: 20.55, 30.89). Truancy was highest among Form 5 students with 35.1% (95% CI: 24.39, 47.46) (Table 3.9.1).

Having Peer Support

The prevalence of having peer support in the past 30 days among adolescents was 49.7% (95% CI: 44.11, 55.25). It was higher in females (58.0%, 95% CI: 51.00, 64.64) compared to males (41.2%, 95% CI: 35.60, 47.03). Having peer support was highest among Form 3 students with 62.2% (95% CI: 54.09, 69.68) (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 10.6% (95% CI: 9.10, 12.39). It was higher in males (12.3%, 95% CI: 9.74, 15.37) compared to females (9.0%, 95% CI: 6.41, 12.56). Having parental or guardian supervision was highest among Form 2 students with 12.7% (95% CI: 9.09, 17.46) (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 28.6% (95% CI: 24.79, 32.64). It was higher in males (30.1%, 95% CI: 23.05, 38.33) compared to females (27.0%, 95% CI: 23.98, 30.23). Having parental or guardian connectedness was highest among Form 5 students with 31.7% (95% CI: 27.07, 36.72). (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 38.8% (95% CI: 35.89, 41.78). It was higher in males (39.0%, 95% CI: 35.05, 43.18) compared to females (38.6%, 95% CI: 34.43, 42.85). Having parental or guardian bonding was highest among Form 3 students with 43.7% (95% CI: 37.79, 49.75) (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 80.5% (95% CI: 77.97, 82.85). It was higher in females (84.6%, 95% CI: 82.10, 86.87) compared to males (76.3%, 95% CI: 72.47, 79.81). Having parental or guardian respect for privacy was highest among Form 5 students with 86.1% (95% CI: 79.98, 90.56) (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 Perlis

	NHMS 2012	NHMS 2017	NHMS 2022
Truancy	35.6	35.1	25.5
Having peer support	46.2	40.5	49.7
Having parental or guardian supervision	15.7	16.9	10.6
Having parental or guardian connectedness	31.6	36.7	28.6
Having parental or guardian bonding	46.6	41.3	38.8
Having parental or guardian respect for privacy	72.6	70.3	80.5

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	462	4502	25.5	22.04	29.38
Sex					
Male	211	2212	25.4	20.55	30.89
Female	251	2289	25.7	21.10	30.90
Form					
Form 1	64	732	20.5	13.39	30.13
Form 2	95	896	24.4	18.61	31.30
Form 3	79	786	20.7	15.95	26.35
Form 4	133	952	28.4	24.21	33.07
Form 5	91	1136	35.1	24.39	47.46
Ethnicity					
Malay	446	4364	26.2	22.21	30.54
Chinese	11	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	2	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	921	8757	49.7	44.11	55.25
Sex					
Male	347	3592	41.2	35.60	47.03
Female	574	5165	58.0	51.00	64.64
Form					
Form 1	128	1396	39.1	32.18	46.55
Form 2	150	1403	38.2	29.81	47.39
Form 3	247	2364	62.2	54.09	69.68
Form 4	240	1707	51.0	41.05	60.83
Form 5	156	1887	58.3	46.44	69.19
Ethnicity					
Malay	885	8434	50.6	44.46	56.64
Chinese	26	243	36.8	25.94	49.27
Indian	5	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	2	-	-	-	-
Others	2	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	189	1873	10.6	9.10	12.39
Sex					
Male	101	1069	12.3	9.74	15.37
Female	88	804	9.0	6.41	12.56
Form					
Form 1	40	450	12.6	8.38	18.53
Form 2	45	466	12.7	9.09	17.46
Form 3	42	405	10.7	7.67	14.65
Form 4	40	284	8.5	6.15	11.55
Form 5	22	269	8.3	4.89	13.80
Ethnicity					
Malay	182	1799	10.8	9.14	12.69
Chinese	3	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	3	34	67.9	41.03	86.51
Others	0	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	513	5024	28.6	24.79	32.64
Sex					
Male	252	2624	30.1	23.05	38.33
Female	261	2400	27.0	23.98	30.23
Form					
Form 1	92	1026	28.9	23.48	34.95
Form 2	90	904	24.6	18.51	31.95
Form 3	123	1197	31.5	25.59	38.06
Form 4	124	874	26.1	20.52	32.68
Form 5	84	1023	31.7	27.07	36.72
Ethnicity					
Malay	488	4809	28.9	24.77	33.39
Chinese	16	138	20.9	11.37	35.22
Indian	4	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	3	-	-	-	-
Others	2	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	704	6832	38.8	35.89	41.78
Sex					
Male	323	3400	39.0	35.05	43.18
Female	381	3432	38.6	34.43	42.85
Form					
Form 1	112	1266	35.6	31.35	40.08
Form 2	138	1372	37.5	29.42	46.24
Form 3	172	1660	43.7	37.79	49.75
Form 4	178	1263	37.7	32.04	43.77
Form 5	104	1271	39.2	33.30	45.47
Ethnicity					
Malay	658	6426	38.6	35.71	41.50
Chinese	29	-	-	-	-
Indian	9	74	50.5	25.77	74.97
Bumiputera Sabah	2	-	-	-	-
Bumiputera Sarawak	2	21	41.8	20.38	66.90
Others	4	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	1480	14189	80.5	77.97	82.85
Sex					
Male	638	6655	76.3	72.47	79.81
Female	842	7534	84.6	82.10	86.87
Form					
Form 1	226	2548	71.4	65.16	76.94
Form 2	301	2892	78.8	73.74	83.05
Form 3	330	3169	83.4	77.85	87.77
Form 4	393	2791	83.5	79.43	86.97
Form 5	230	2789	86.1	79.98	90.56
Ethnicity					
Malay	1399	13456	80.7	77.70	83.39
Chinese	56	504	76.5	65.01	85.06
Indian	14	131	89.7	65.43	97.56
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	4	37	74.0	49.53	89.16
Others	6	53	82.7	35.28	97.68

- Prevalence with high RSE, not reported

3.10 Sexual Behaviours

Contributors: Noor Aliza Lodz, Amal Shamsudin, Chong Zhuo Lin, Fatin Athira Tahir, Mazliza Ramly, Maznieda Mahjom, Nik Adilah Shahein, S Maria Awaluddin, Anita Suleiman, Nik Rubiah Nik Abdul Rashid

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 Perlis was 7.9% (95% CI: 6.61, 9.47), male adolescents showed significantly higher prevalence 9.1% (95% CI: 7.06, 11.77) compared to females, 6.7% (95% CI: 4.88, 9.25) (**Table 3.10.1**). Prevalence of current sexual intercourse among adolescents in Perlis was 5.7% (95% CI: 4.83, 6.61), male adolescents had significantly higher prevalence of currently having sexual intercourse which was 6.5% (95% CI: 4.87, 8.63) compared to female; 4.8% (95% CI: 3.48, 6.68) (**Table 3.10.2**). Of those who ever had sex, 30.7% had sex before the age of 14. It was noted that 8.6% of those who ever had sex, had at least two sexual partners and only 8.2% of them used condom during their last sexual intercourse while 8.1% used other birth control methods. (**Table 3.10.3**)

The percentage of correct responses by each item was highest for question "Can a healthy-looking person have HIV?" with 24.5%. "Can a person get HIV from mosquito bites?" with percentage 24.1%. Followed by question "Can a person get HIV by sharing food with someone who is infected?" the percentage was only 16.5%. The question "Can a person reduce the risk of getting HIV using a condom every time they have sex?" with the percentage 13.2%. While the least was 11.8% 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

1. HIV and AIDS in adolescents. Unicef Data. 2021 <https://data.unicef.org/topic/hiv/aids/#:~:text=Globally%2C%20adolescents%2010%2D19%20years,of%20all%20AIDS%2Drelated%20deaths>
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Table 3.10.1: Prevalence of ever had sexual intercourse among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	139	1383	7.9	6.61	9.47
Sex					
Male	72	786	9.1	7.06	11.77
Female	67	597	6.7	4.88	9.25
Form					
Form 1	27	308	9.0	5.23	14.92
Form 2	38	374	10.3	7.14	14.64
Form 3	26	259	6.9	4.81	9.69
Form 4	30	215	6.3	4.64	8.63
Form 5	18	227	7.1	4.95	9.94
Ethnicity					
Malay	121	1208	7.3	6.11	8.80
Chinese	12	-	-	-	-
Indian	3	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	99	987	5.7	4.83	6.61
Sex					
Male	51	558	6.5	4.87	8.63
Female	48	429	4.8	3.48	6.68
Form					
Form 1	17	187	5.4	2.88	10.03
Form 2	27	273	7.5	5.26	10.64
Form 3	19	186	4.9	3.62	6.68
Form 4	21	152	4.5	2.86	6.99
Form 5	15	189	5.9	3.88	8.81
Ethnicity					
Malay	86	866	5.3	4.33	6.38
Chinese	10	93	13.3	6.97	23.81
Indian	2	-	-	-	-
Bumiputera Sabah	0	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

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

Sexual Practices	Unweighted count	Percentage (%)
Percentage of first sex before the age 14 years	43	30.7
Percentage of having at least two sexual partners	12	8.6
Percentage of reported condom use during last sexual intercourse	10	8.2
Percentage of reported using other birth control method during last sexual intercourse	11	8.1

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

Sexual Practices	Unweighted count	Percentage (%)	Coefficient of Variation
Can the risk of HIV transmission be reduced by having sex with only one uninfected partner who has no other partners?	242	11.8	0.076
Can a person reduce the risk of getting HIV using a condom every time they have sex?	270	13.2	0.093
Can a healthy-looking person have HIV?	506	24.5	0.078
Can a person get HIV from mosquito bites?	491	24.1	0.052
Can a person get HIV by sharing food with someone who is infected?	335	16.5	0.079

3.11 Tobacco Use

Contributors: Mohd Ruhaizie Riyadzi, Muhammad Fadhli Mohd Yusoff, Hamizatul Akmal Abd Hamid, Ummi Nadiah Yusoff, Nizam Baharom, Thamil Arasu Saminathan, Tania Galye Robert Lourdes, Halizah Mat Rifin, Lim Kuang Hock, Norliana Ismail, Muhammad Hairul Nizam Abd Hamid and Noraryana Hassan

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 Perlis, specifically.

3.11.2 Objectives

General objective:

To determine the use of tobacco among adolescents in Perlis.

Specific objectives:

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

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 Perlis, the prevalence of current use of any tobacco products was 18.0% (95%CI: 13.42, 23.71), which was lower as compared to the national level [18.5% (95%CI: 17.09, 19.92)]. Males have nearly three times higher prevalence [26.8% (95%CI: 19.11, 36.23)] as compared to females [9.4% (95%CI: 6.42, 13.55)] (**Table 3.11.1**). The prevalence of current smokers in Perlis was 7.9% (95%CI: 4.97, 12.47) with males have almost five times higher prevalence as compared to females [13.2% (95%CI: 7.97, 21.11) vs. 2.8% (95%CI: 1.51, 5.15)] (**Table 3.11.2**).

The prevalence of the e-cig/vape user among adolescents in Perlis was 11.6% (95%CI: 7.50, 17.57) with males have more than five times higher prevalence compared to females [19.8% (95%CI: 12.63, 29.60) vs. 3.7% (95%CI: 2.35, 5.65)] (**Table 3.11.3**). Most of the e-cig/vape were obtained by buying them from specific e-cig/vape shops (37.0%) and by getting them from friends (35.4%) (**Table 3.11.4**). Almost half of the adolescents [49.3% (95%CI: 43.81, 54.72)] reported they have parent or guardian who smoked or used any type of tobacco products, with nearly half of them [21.4% (95%CI: 18.27, 24.96)] reported they have e-cig/vape used parent or guardians, while 43.3% (95%CI: 39.32, 47.42) of the adolescents reported they're exposed to second-hand smoke when someone else smoking nearby in their presence within the past 7 days (**Table 3.11.5**). 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 [22.1% (95%CI: 19.82, 24.46)] (**Table 3.11.6**).

3.11.5 Discussion / Conclusion

The prevalence of tobacco use among adolescents in Perlis 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 Perlis 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 any tobacco use among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	347	3382	18.0	13.42	23.71
Sex					
Male	250	2488	26.8	19.11	36.23
Female	97	893	9.4	6.42	13.55
Form					
Form 1	52	608	15.3	10.97	20.97
Form 2	63	623	15.0	10.58	20.84
Form 3	58	597	15.4	10.83	21.41
Form 4	115	812	23.2	12.25	39.59
Form 5	59	743	22.5	14.10	33.99
Ethnicity					
Malay	337	3292	18.6	13.54	25.03
Chinese	6	-	-	-	-
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	1	-	-	-	-

- Prevalence with high RSE, not reported

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

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	154	1492	7.9	4.97	12.47
Sex					
Male	125	1226	13.2	7.97	21.11
Female	29	266	2.8	1.51	5.15
Form					
Form 1	25	299	7.5	4.84	11.58
Form 2	18	-	-	-	-
Form 3	23	244	6.3	3.53	10.95
Form 4	62	-	-	-	-
Form 5	26	-	-	-	-
Ethnicity					
Malay	147	1426	8.1	4.75	13.35
Chinese	5	-	-	-	-
Indian	1	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.11.3: Prevalence of current e-cig/vape user among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	225	2183	11.6	7.50	17.57
Sex					
Male	188	1835	19.8	12.63	29.60
Female	37	348	3.7	2.35	5.65
Form					
Form 1	28	333	8.4	5.44	12.70
Form 2	29	303	7.3	4.32	12.08
Form 3	36	378	9.8	6.26	14.89
Form 4	89	-	-	-	-
Form 5	43	544	16.5	9.09	28.07
Ethnicity					
Malay	220	2138	12.1	7.54	18.82
Chinese	2	-	-	-	-
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.11.4: Proportion of source of e-cigarette/vape obtaining during the last time using e-cig/vape in the past 30 days among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Percentage (%)
Bought from static premises	66	37.0
Bought from non-static premises	4	-
Food establishment	4	-
Bought online	11	6.0
Get from friends	65	35.4
Get from family members	17	-
Got some other ways	14	6.9

- Prevalence with high RSE, not reported

Table 3.11.5: Prevalence of exposure to second hand smoke among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Having parent or guardian who smoked/used any type of tobacco products	929	8932	49.3	43.81	54.72
Having e-cigarette/vape use parent or guardian	399	3848	21.4	18.27	24.96
Someone smoking nearby in the presence of respondent in the past 7 days	842	8132	43.3	39.32	47.42

Table 3.11.6: Prevalence of currently see or notice any tobacco products advertising or promotion in the past 30 days among adolescents in Perlis, 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	423	4134	22.1	19.82	24.46

3.12 Violence and Unintentional Injury

Contributors: Hamizatul Akmal Abd Hamid, Tan Lee Ann, Nor Rahidah Abd Rahim, Noor Raihan Khamal, Mohd Hazrin Bin Hasim@Hashim, Nur Faraeein Zainal Abidin, Muhammad Hanafi Bakri, Noor Suraya Muhamad, Shubash Shander Ganapathy

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 12.3% (95% CI: 10.56, 14.22) and this was higher in male [13.4% (95% CI: 10.64, 16.78)] compared to female [11.2% (95% CI: 9.23, 13.48)]. (Table 3.12.1). Overall, 14.8% (95% CI: 12.27, 17.63) adolescents claimed to have been involved in a physical fight, which was higher in male [16.8% (95% CI: 13.52, 20.70)] compared to female [12.8% (95% CI: 9.73, 16.60)]. (Table 3.12.1).

The prevalence of adolescents who had a serious injury in the past 12 months was 19.8% (95% CI: 17.35, 22.48). Male adolescents showed a higher prevalence [22.6% (95% CI: 19.76, 25.80)] compared to female [17% (95% CI: 13.67, 21.06)]. (Table 3.12.2). However, among those who had been seriously injured, the two most common causes of serious injury were falls [6.6% (95% CI: 5.73, 7.70)] and motor vehicle accidents [5.3% (95% CI: 4.09, 6.90)]. (Table 3.12.3).

The prevalence of adolescents reported had experienced physical abuse at home was 6.3% (95% CI: 4.59, 8.54) which was higher among female at 7.3% (95% CI: 4.87, 10.88) compared to male at 5.2% (95% CI: 3.13, 8.49)]. (Table 3.12.4). Overall, 38.2% (95% CI: 34.40, 42.18) adolescents reported being abused verbally at home and it was significantly higher among female [47.7% (95% CI: 44.38, 50.94)] compared to male [28.4% (95% CI: 24.49, 32.67)]. (Table 3.12.4).

In terms of bullying, 6.8% (95% CI: 5.42, 8.38) adolescents reported having been bullied. This was higher among male [7.6% (95% CI: 5.44, 10.43)] compared to female [6% (95% CI: 4.68, 7.59)]. (Table 3.12.5). The most common form of

bullying was, 'Making fun of how my body or face looks' [1.5% (95% CI: 1.06, 2.17)]. (Table 3.12.6).

With regards to involvement in cyberbullying activities from the perspective of the perpetrator, 13.2% (95% CI: 10.97, 15.74) 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 [16.7% (95% CI: 14.08, 19.64)] compared to female [9.7% (95% CI: 7.22, 12.99)]. (Table 3.12.7). The two most common forms of adolescents' involvement in cyberbullying activities were 'Ever made rude comments to anyone online' [8.8% (95% CI: 6.70, 11.39)] and 'Ever spread rumours about someone online' [6% (95% CI: 4.85, 7.28)]. (Table 3.12.8).

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 Perlis, 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
PERLIS	233	2208	12.3	10.56 14.22	267	2652	14.8	12.27 17.63
Sex								
Male	114	1183	13.4	10.64 16.78	135	1481	16.8	13.52 20.70
Female	119	1025	11.2	9.23 13.48	132	1171	12.8	9.73 16.60
Form								
Form 1	48	547	14.9	11.11 19.63	75	873	23.7	17.11 31.85
Form 2	57	533	14.0	9.48 20.16	62	592	15.5	10.94 21.60
Form 3	40	399	10.4	6.59 16.11	40	407	10.6	7.17 15.48
Form 4	68	488	14.2	11.29 17.79	63	453	13.2	9.33 18.47
Form 5	20	241	7.4	4.62 11.75	27	328	10.1	6.26 15.93
Ethnicity								
Malay	218	2092	12.3	10.29 14.72	247	2480	14.6	11.93 17.83
Chinese	12	-	-	- -	15	125	17.6	9.30 30.75
Indian	1	-	-	- -	3	-	-	- -
Bumiputera Sabah	1	-	-	- -	1	-	-	- -
Bumiputera Sarawak	1	-	-	- -	0	-	-	- -
Others	0	-	-	- -	1	-	-	- -

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	364	3552	19.8	17.35	22.48
Sex					
Male	185	1992	22.6	19.76	25.80
Female	179	1559	17.0	13.67	21.06
Form					
Form 1	70	820	22.4	17.78	27.88
Form 2	100	970	25.5	20.48	31.22
Form 3	54	537	14.0	10.19	18.98
Form 4	94	659	19.3	15.00	24.53
Form 5	46	565	17.4	12.66	23.53
Ethnicity					
Malay	340	3337	19.7	17.18	22.54
Chinese	15	-	-	-	-
Indian	4	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	1	-	-	-	-
Others	3	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
In a motor vehicle accident or hit by a motor vehicle	84	870	5.3	4.09	6.90
Fell	115	1087	6.6	5.73	7.70
Something fell or hit him/her	17	190	1.2	0.72	1.89
Attacked or abused or fighting with someone	7	-	-	-	-
In a fire or too near a flame or something hot	3	-	-	-	-
Inhaled or swallowed something bad	4	-	-	-	-

- 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 Perlis, 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
PERLIS	115	1128	6.3	4.59 8.54	724	6862	38.2	34.40 42.18
Sex								
Male	41	457	5.2	3.13 8.49	235	2501	28.4	24.49 32.67
Female	74	671	7.3	4.87 10.88	489	4362	47.7	44.38 50.94
Form								
Form 1	37	427	11.6	6.52 19.80	122	1355	36.8	27.82 46.84
Form 2	32	290	7.6	4.70 12.13	159	1468	38.5	33.28 44.07
Form 3	20	184	4.8	2.86 8.01	158	1510	39.4	32.70 46.62
Form 4	18	128	3.8	2.24 6.25	180	1272	37.3	31.18 43.84
Form 5	8	-	-	- -	105	1257	38.9	33.71 44.42
Ethnicity								
Malay	105	1046	6.2	4.34 8.70	696	6621	39.1	34.50 43.88
Chinese	7	-	-	- -	20	170	24.2	15.77 35.30
Indian	2	-	-	- -	3	-	-	- -
Bumiputera Sabah	1	-	-	- -	3	-	-	- -
Bumiputera Sarawak	0	-	-	- -	0	-	-	- -
Others	0	-	-	- -	2	-	-	- -

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	119	1214	6.8	5.42	8.38
Sex					
Male	60	667	7.6	5.44	10.43
Female	59	547	6.0	4.68	7.59
Form					
Form 1	36	427	11.6	8.48	15.66
Form 2	35	346	9.1	5.43	14.82
Form 3	18	173	4.5	2.63	7.63
Form 4	18	-	-	-	-
Form 5	12	142	4.4	2.64	7.14
Ethnicity					
Malay	110	1130	6.7	5.19	8.53
Chinese	5	47	6.6	3.63	11.60
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	1	-	-	-	-

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Hit, kicked, pushed, shoved around or locked indoor	12	135	0.8	0.43	1.38
Made fun of race, nationality or color	14	-	-	-	-
Made fun because of religion	1	-	-	-	-
Made fun with sexual jokes, comments of gestures	15	-	-	-	-
Left out activities on purpose of completely ignored	16	-	-	-	-
Made fun of how body or face looks	26	264	1.5	1.06	2.17

- 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 Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
PERLIS	263	2555	13.2	10.97	15.74
Sex					
Male	155	1601	16.7	14.08	19.64
Female	108	953	9.7	7.22	12.99
Form					
Form 1	46	522	12.3	10.43	14.47
Form 2	65	636	15.0	10.48	21.04
Form 3	54	546	13.9	9.93	19.03
Form 4	66	460	13.0	9.21	18.11
Form 5	32	391	11.3	7.86	16.07
Ethnicity					
Malay	249	2432	13.4	11.03	16.20
Chinese	11	97	11.8	7.05	18.96
Indian	2	-	-	-	-
Bumiputera Sabah	1	-	-	-	-
Bumiputera Sarawak	0	-	-	-	-
Others	0	-	-	-	-

- Prevalence with high RSE, not reported

Table 3.12.8: Most common ways of involvement in cyberbullying activities (perpetrator) a few times within a year or more among adolescents in Perlis, 2022

Socio-demographic characteristics	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Ever made rude comments to anyone online	158	1574	8.8	6.70	11.39
Ever sent or posted others' embarrassing photos online	54	508	2.8	2.01	3.95
Ever spread rumours about someone online	108	1068	6.0	4.85	7.28
Ever made threatening comments to hurt someone online	21	215	1.2	0.73	1.96
Ever asked someone to talk about sex online	20	-	-	-	-
Ever asked someone to do something sexual online	14	-	-	-	-

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

Contributors: S Maria Awaluddin, Lim Kuang Kuay, Noor Syaqlilah Shawaluddin, Tuan Mohd Amin Tuan Lah, Maznieda Mahjom, Noor Ani Ahmad, Saidatul Norbaya Buang, Nik Rubiah Nik Abdul Rashid.

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 Perlis reported that parents lost their job due to the COVID-19 pandemic was 9.5% (95% CI: 7.61, 11.89). 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, 42.2% (95% CI: 36.62, 48.07), 2.4% (95% CI: 1.49, 3.70) and 3.0% (95% CI: 2.13, 4.08), respectively. The prevalence of adolescents reported that family relationships became strained was 6.1% (95% CI: 4.79, 7.64). About 53.8% (95% CI: 47.76, 59.65) 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 53.9% (95% CI: 49.51, 58.20). (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 Perlis, 2022

Categories of COVID-19 impact	Unweighted count	Estimated population	Prevalence (%)	95 % CI	
				Lower	Upper
Parents lost job	193	1843	9.5	7.61	11.89
Family had to cut their expenses	842	8174	42.2	36.62	48.07
Family needed to move to less expensive rental house	47	456	2.4	1.49	3.70
Family had to sell properties	59	571	3.0	2.13	4.08
Family relationships became strain	123	1173	6.1	4.79	7.64
Family had no changes	1077	10406	53.8	47.76	59.65

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 Syaqlah 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. Norsyamliana 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 Rosslan

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 Syaqilah 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 Syafiqah 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 Kamaruzaman
2. Mr. Mohd Aizam Zahid

Research Assistants

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

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. Javiksen 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

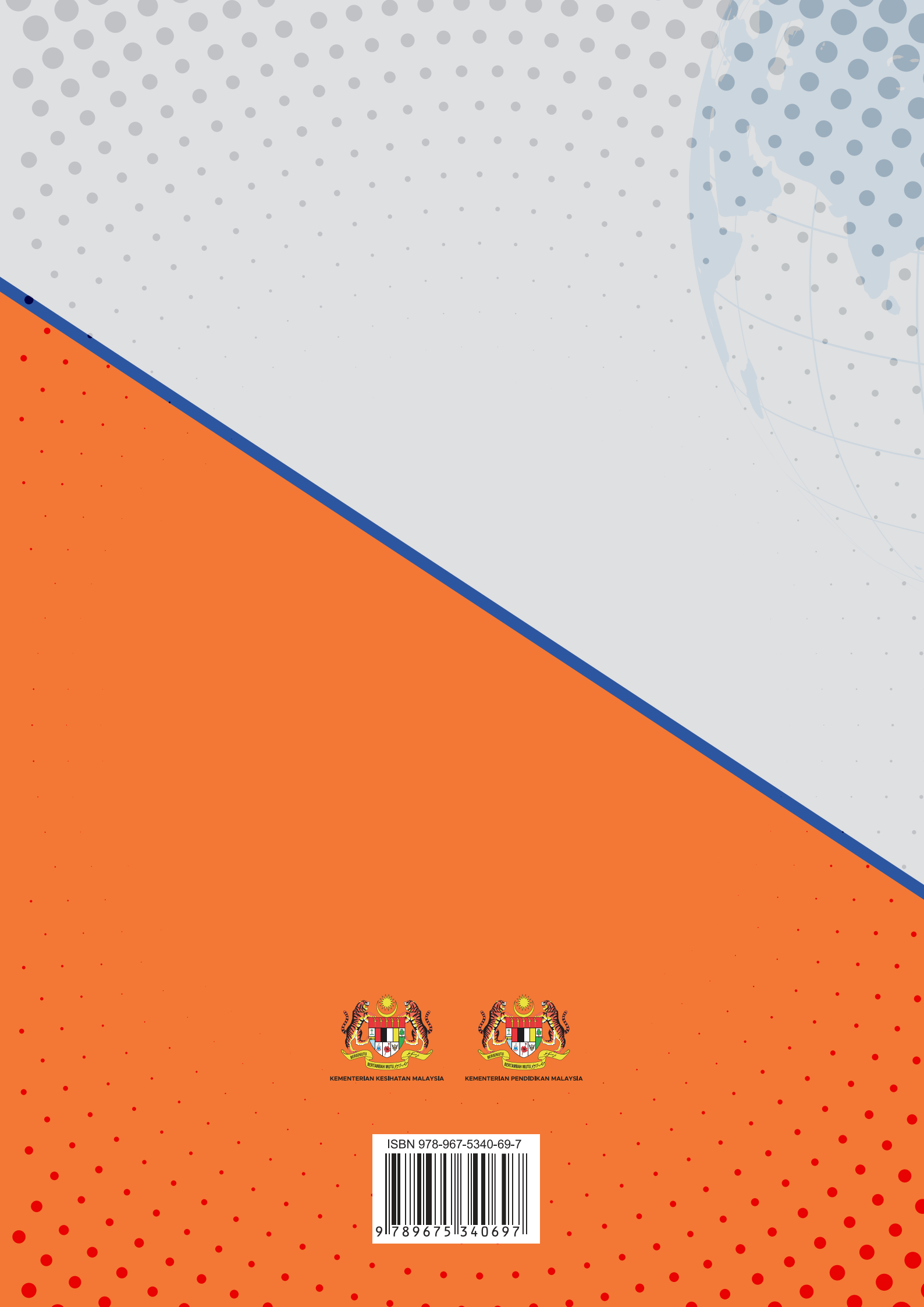
Ms. Syafinaz Mohd Sallehuddin

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



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