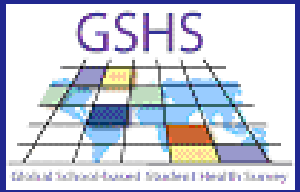
## Global School based Student Health Survey

# Malaysia

## 2012 Fact Sheet




The 2012 Malaysia GSHS was a school-based survey of students in Forms 1-5, which are typically attended by students aged 13 - 17 years. A two-stage cluster sample design was used to produce data representative of all students in Forms 1-5 in Malaysia. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate.

The Malaysia GSHS measured alcohol use; dietary behaviors; drug use; hygiene; mental health; physical activity; protective factors; sexual behaviors; tobacco use; and violence and unintentional injury. Students self-reported their responses to each question on a computer scanable answer sheet. The school response rate was 100%, the student response rate was 89%, and the overall response rate was 89%. A total of 25507 students participated in the Malaysia GSHS. Prevalence estimates (percentages) and 95% confidence intervals are presented below.

| | Students Aged 13-15 Years | | | Students Aged 16-17 Years | | | Students Aged 13-17 Years | | |
|---|---|---|---|---|---|---|---|---|---|
| | Total | Males | Females | Total | Males | Females | Total | Males | Females |
| **Alcohol Use** | | | | | | | | | |
| Among students who ever had a drink of alcohol (other than a few sips), the percentage who had their first drink of alcohol before age 14 years | 83.4 (81.3-85.2) | 84.6 (81.7-87.2) | 81.4 (77.9-84.5) | 43.9 (40.7-47.1) | 43.5 (39.7-47.4) | 44.4 (40.2-48.7) | 64.3 (62.2-66.4) | 65.0 (62.6-67.4) | 63.2 (60.1-66.3) |
| Percentage of students who drank at least one drink containing alcohol on one or more of the past 30 days | 7.5 (6.4-8.7) | 9.3 (7.9-10.9) | 5.7 (4.7-6.9) | 10.5 (9.1-12.2) | 13.6 (11.8-15.7) | 7.4 (6.0-8.9) | 8.6 (7.6-9.8) | 11.0 (9.6-12.5) | 6.3 (5.4-7.4) |
| Percentage of students who drank so much alcohol that they were really drunk one or more times during their life | 4.9 (4.1-5.8) | 6.8 (5.7-8.0) | 3.0 (2.3-4.0) | 8.4 (7.3-9.8) | 11.0 (9.4-12.7) | 5.8 (4.6-7.2) | 6.2 (5.5-7.1) | 8.4 (7.4-9.5) | 4.1 (3.4-4.9) |
| **Dietary Behaviors** | | | | | | | | | |
| Percentage of students who were underweight (<-2SD from median for BMI by age and sex) | 8.9 (8.3-9.5) | 10.7 (9.7-11.8) | 7.3 (6.5-8.1) | 8.5 (7.7-9.4) | 11.5 (10.3-12.9) | 5.4 (4.6-6.3) | 8.8 (8.2-9.3) | 11.0 (10.1-12.0) | 6.6 (6.0-7.2) |
| Percentage of students who were overweight (>+1SD from median for BMI by age and sex) | 23.7 (22.7-24.7) | 25.3 (23.8-26.9) | 22.2 (20.8-23.6) | 21.3 (20.1-22.4) | 21.2 (19.5-22.9) | 21.3 (20.0-22.7) | 22.8 (21.9-23.6) | 23.7 (22.4-25.0) | 21.9 (20.8-23.0) |
| Percentage of students who were obese (>+2SD from median for BMI by age and sex) | 9.6 (9.0-10.3) | 11.4 (10.5-12.3) | 8.0 (7.2-8.9) | 9.2 (8.4-10.1) | 9.4 (8.4-10.4) | 9.0 (8.0-10.2) | 9.5 (8.9-10.1) | 10.6 (9.9-11.4) | 8.4 (7.6-9.2) |
| Percentage of students who usually drank carbonated soft drinks one or more times per day during the past 30 days | 31.3 (29.6-33.0) | 34.0 (31.9-36.2) | 28.6 (26.8-30.4) | 26.0 (24.1-27.9) | 28.7 (26.4-31.1) | 23.2 (21.1-25.3) | 29.3 (27.8-30.8) | 32.0 (30.1-33.8) | 26.6 (25.0-28.2) |

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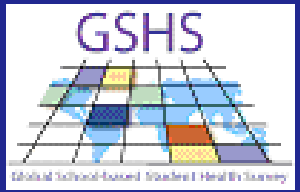


| | Students Aged 13-15 Years | | | Students Aged 16-17 Years | | | Students Aged 13-17 Years | | |
|---|---|---|---|---|---|---|---|---|---|
| | Total | Males | Females | Total | Males | Females | Total | Males | Females |
| **Drug Use** | | | | | | | | | |
| Among students who ever used drugs, the percentage who first used drugs before age 14 years | 86.0 (79.1-90.9) | 87.2 (80.1-92.0) | * | 50.2 (35.6-64.8) | 53.8 (36.2-70.5) | * | 73.0 (65.2-79.5) | 75.3 (66.5-82.4) | * |
| Percentage of students who used marijuana one or more times during their life | 0.9 (0.7-1.2) | 1.4 (1.0-1.9) | 0.4 (0.2-0.7) | 0.9 (0.6-1.6) | 1.5 (0.9-2.5) | 0.3 (0.2-0.8) | 0.9 (0.7-1.2) | 1.5 (1.1-1.9) | 0.4 (0.2-0.6) |
| **Hygiene** | | | | | | | | | |
| Percentage of students who usually cleaned or brushed their teeth less than one time per day during the past 30 days | 2.8 (2.4-3.3) | 3.8 (3.2-4.5) | 1.9 (1.4-2.5) | 2.3 (1.9-2.9) | 3.3 (2.6-4.3) | 1.3 (1.0-1.7) | 2.6 (2.3-3.0) | 3.6 (3.1-4.2) | 1.6 (1.3-2.1) |
| Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days | 6.0 (5.3-6.7) | 7.1 (6.1-8.1) | 4.9 (4.2-5.7) | 4.3 (3.6-5.0) | 4.9 (3.9-6.2) | 3.6 (2.9-4.4) | 5.3 (4.8-5.9) | 6.2 (5.5-7.1) | 4.4 (3.8-5.1) |
| **Mental Health** | | | | | | | | | |
| Percentage of students who ever seriously considered attempting suicide during the past 12 months | 7.8 (7.1-8.4) | 6.6 (5.7-7.5) | 8.9 (8.0-9.8) | 8.1 (7.2-9.1) | 6.4 (5.3-7.7) | 9.8 (8.5-11.3) | 7.9 (7.2-8.6) | 6.5 (5.8-7.3) | 9.2 (8.4-10.1) |
| Percentage of students who actually attempted suicide one or more times during the past 12 months | 7.0 (6.2-7.9) | 6.6 (5.7-7.6) | 7.4 (6.5-8.4) | 6.2 (5.4-7.2) | 5.7 (4.7-7.0) | 6.7 (5.4-8.3) | 6.7 (6.1-7.4) | 6.3 (5.5-7.1) | 7.2 (6.4-8.0) |
| Percentage of students who had no close friends | 3.2 (2.9-3.6) | 3.6 (3.1-4.2) | 2.8 (2.3-3.4) | 2.9 (2.5-3.5) | 3.2 (2.6-3.9) | 2.7 (2.1-3.4) | 3.1 (2.8-3.4) | 3.5 (3.0-4.0) | 2.8 (2.4-3.2) |

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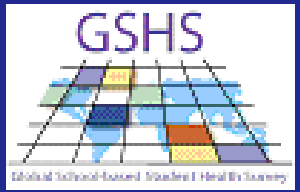


| | Students Aged 13-15 Years | | | Students Aged 16-17 Years | | | Students Aged 13-17 Years | | |
|---|---|---|---|---|---|---|---|---|---|
| | Total | Males | Females | Total | Males | Females | Total | Males | Females |
| **Physical Activity** | | | | | | | | | |
| Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days during the past seven days | 21.7 (20.4-23.0) | 28.3 (26.6-30.1) | 15.2 (13.8-16.7) | 24.5 (22.8-26.4) | 33.3 (30.9-35.8) | 15.5 (13.7-17.5) | 22.8 (21.6-24.0) | 30.2 (28.7-31.8) | 15.3 (14.1-16.6) |
| Percentage of students who went to physical education (PE) class on three or more days each week during this school year | 26.6 (25.3-28.1) | 29.3 (27.9-30.7) | 24.1 (22.2-26.1) | 25.0 (23.3-26.7) | 27.3 (25.5-29.1) | 22.5 (20.4-24.9) | 26.0 (24.8-27.3) | 28.5 (27.3-29.8) | 23.5 (21.9-25.2) |
| Percentage of students who spent three or more hours per day during a typical or usual day doing sitting activities | 42.7 (41.0-44.5) | 41.9 (39.6-44.2) | 43.5 (41.6-45.5) | 55.2 (53.2-57.2) | 53.5 (51.0-56.0) | 57.0 (54.6-59.3) | 47.4 (45.9-48.9) | 46.4 (44.5-48.2) | 48.5 (46.8-50.2) |
| **Protective Factors** | | | | | | | | | |
| Percentage of students who missed classes or school without permission on one or more of the past 30 days | 27.7 (26.0-29.5) | 30.0 (28.0-32.1) | 25.4 (23.5-27.4) | 35.5 (33.3-37.7) | 36.9 (34.2-39.6) | 34.1 (31.5-36.8) | 30.7 (29.1-32.2) | 32.6 (30.8-34.5) | 28.6 (26.9-30.4) |
| Percentage of students whose parents or guardians understood their problems and worries most of the time or always during the past 30 days | 32.4 (30.7-34.1) | 32.6 (30.5-34.7) | 32.3 (30.3-34.4) | 30.5 (28.8-32.2) | 31.4 (29.2-33.7) | 29.6 (27.3-32.0) | 31.7 (30.3-33.2) | 32.1 (30.3-34.0) | 31.3 (29.7-33.0) |
| Percentage of students whose parents or guardians really knew what they were doing with their free time most of the time or always during the past 30 days | 42.4 (40.9-43.9) | 40.6 (38.6-42.8) | 44.1 (42.4-45.9) | 44.3 (42.6-46.1) | 42.5 (40.3-44.7) | 46.3 (44.0-48.6) | 43.1 (41.9-44.4) | 41.4 (39.6-43.1) | 44.9 (43.5-46.4) |
| **Sexual Behaviors** | | | | | | | | | |
| Percentage of students who ever had sexual intercourse | 8.1 (7.2-9.1) | 9.5 (8.2-10.9) | 6.9 (5.9-7.9) | 8.6 (7.6-9.8) | 9.7 (8.3-11.4) | 7.5 (6.4-8.9) | 8.3 (7.5-9.2) | 9.6 (8.4-10.8) | 7.1 (6.3-8.0) |
| Among students who ever had sexual intercourse, the percentage who had sexual intercourse for the first time before age 14 years | 75.0 (69.0-80.2) | 78.2 (71.3-83.8) | * | 28.2 (21.4-36.2) | 33.5 (25.1-43.0) | 19.0 (11.8-29.2) | 50.4 (44.7-56.2) | 55.9 (48.6-62.9) | 39.1 (31.1-47.6) |
| Among students who ever had sexual intercourse, the percentage who used a condom the last time they had sexual intercourse | 37.4 (30.8-44.6) | 41.3 (33.9-49.1) | * | 27.6 (21.4-34.9) | 33.3 (23.9-44.3) | 19.1 (11.8-29.3) | 32.2 (27.5-37.2) | 37.3 (30.8-44.4) | 21.8 (15.6-29.7) |

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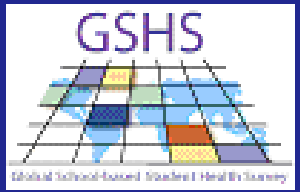


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|---|---|---|---|---|---|---|---|---|---|
| | Total | Males | Females | Total | Males | Females | Total | Males | Females |
| **Tobacco Use** | | | | | | | | | |
| Among students who ever smoked cigarettes, the percentage who first tried a cigarette before age 14 years | 83.6 (81.1-85.9) | 83.7 (80.9-86.1) | 83.2 (77.3-87.9) | 57.2 (54.7-59.7) | 57.6 (55.0-60.2) | 55.4 (49.0-61.7) | 71.0 (69.1-72.8) | 71.3 (69.2-73.4) | 69.1 (64.2-73.5) |
| Percentage of students who smoked cigarettes on one or more days during the past 30 days | 9.4 (8.4-10.6) | 17.1 (15.2-19.2) | 1.9 (1.5-2.5) | 14.9 (13.3-16.7) | 27.0 (24.3-29.9) | 2.5 (1.9-3.2) | 11.5 (10.4-12.7) | 20.9 (19.0-23.0) | 2.1 (1.8-2.6) |
| Percentage of students who reported people smoked in their presence on one or more days during the past seven days | 36.5 (34.9-38.2) | 43.9 (41.5-46.4) | 29.3 (27.7-31.0) | 50.6 (48.1-53.2) | 60.6 (57.6-63.6) | 40.3 (37.5-43.2) | 41.8 (40.1-43.6) | 50.3 (48.0-52.7) | 33.4 (31.8-35.0) |
| **Violence and Unintentional Injury** | | | | | | | | | |
| Percentage of students who were in a physical fight one or more times during the past 12 months | 30.1 (28.6-31.7) | 38.5 (36.7-40.3) | 21.9 (20.1-23.8) | 22.8 (20.7-25.1) | 29.1 (26.4-31.8) | 16.4 (14.4-18.5) | 27.4 (26.0-28.8) | 34.9 (33.2-36.5) | 19.8 (18.4-21.4) |
| Percentage of students who were seriously injured one or more times during the past 12 months | 35.9 (34.3-37.6) | 43.7 (41.7-45.6) | 28.4 (26.6-30.3) | 33.1 (31.2-34.9) | 39.7 (37.4-42.1) | 26.4 (24.5-28.4) | 34.9 (33.5-36.2) | 42.2 (40.6-43.8) | 27.7 (26.2-29.2) |
| Percentage of students who were bullied on one or more days during the past 30 days | 20.9 (19.5-22.4) | 24.0 (22.4-25.7) | 17.8 (16.2-19.6) | 12.5 (11.2-13.9) | 12.9 (11.3-14.7) | 12.0 (10.4-13.7) | 17.7 (16.6-18.8) | 19.7 (18.6-20.9) | 15.6 (14.3-17.1) |

* Less than 100 students in the subgroup.

**For additional information about the Malaysia GSHS, please contact:**
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**For general information about the GSHS, please visit:**
http://www.who.int/chp/gshs/en/
or
http://www.cdc.gov/gshs/