

NATIONAL HEALTH AND MORBIDITY SURVEY (NHMS) 2017:

Key Findings from the Adolescent Health and Nutrition Surveys

Infographic Booklet

April 2018



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Perpustakaan Negara Malaysia

Cataloguing-in-Publication Data

National Health and Morbidity Survey (NHMS) 2017 (NMRR-16-698-30042)
Adolescent Health and Nutrition Survey; Infographic Booklet

ISBN 978-983-2387-76-3

MOH/S/IKU/108.18(BOT)

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Produced and Distributed by:

National Health and Morbidity Survey 2017: Adolescent Health and Nutrition Survey
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Published by the Institute for Public Health, National Institutes of Health, Ministry of Health Malaysia.

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In 2018, there are about

5.5M adolescents in Malaysia.

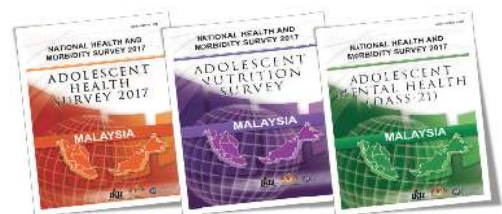
More than half of them are in schools. Adolescents are valuable assets to the country as they will become future leaders who will continue to drive and sustain the development of the nation. They are perceived as the healthiest population group however they do have their own set of unique problems and healthcare needs.

Nationwide school-based surveys were conducted among adolescents in Malaysia were in 1996, 2012, and **most recently in 2017 - the findings of which are presented in this booklet.**

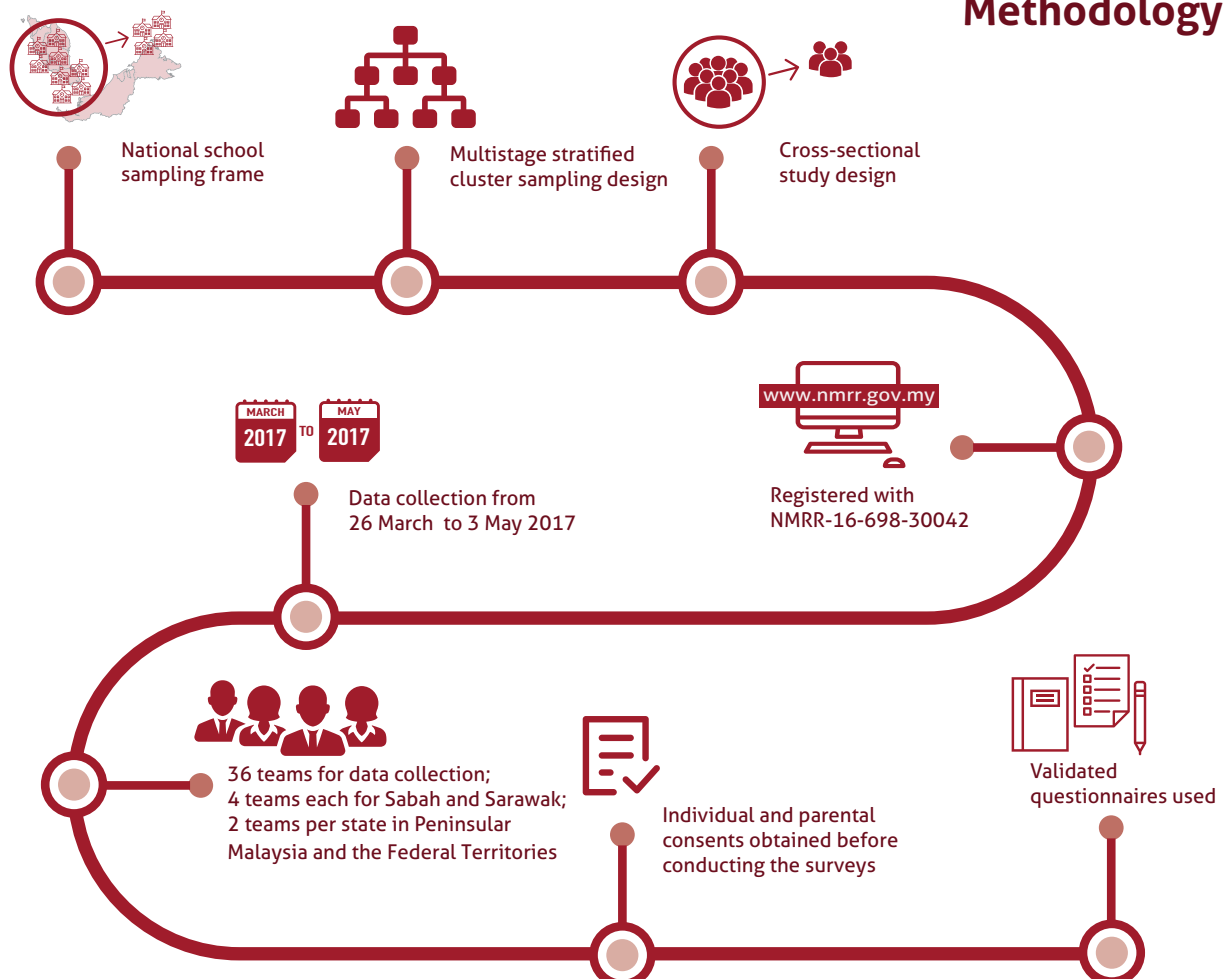
The objectives of this study were to identify health risk behaviors and protective factors among secondary school students, and to determine nutrition-related components among adolescents in Malaysia.

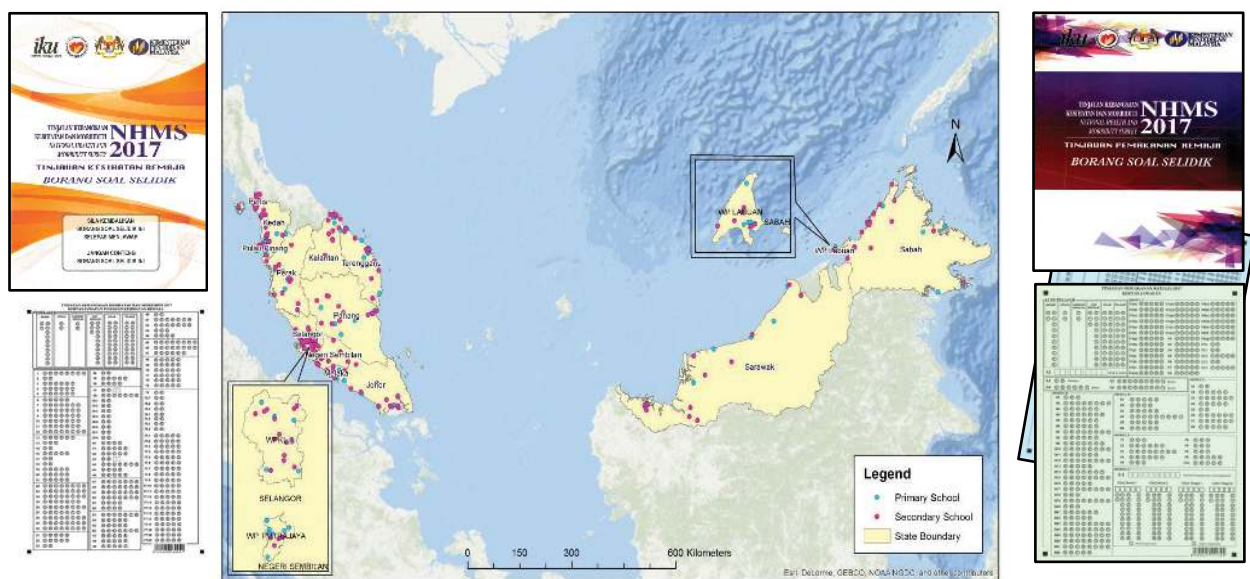
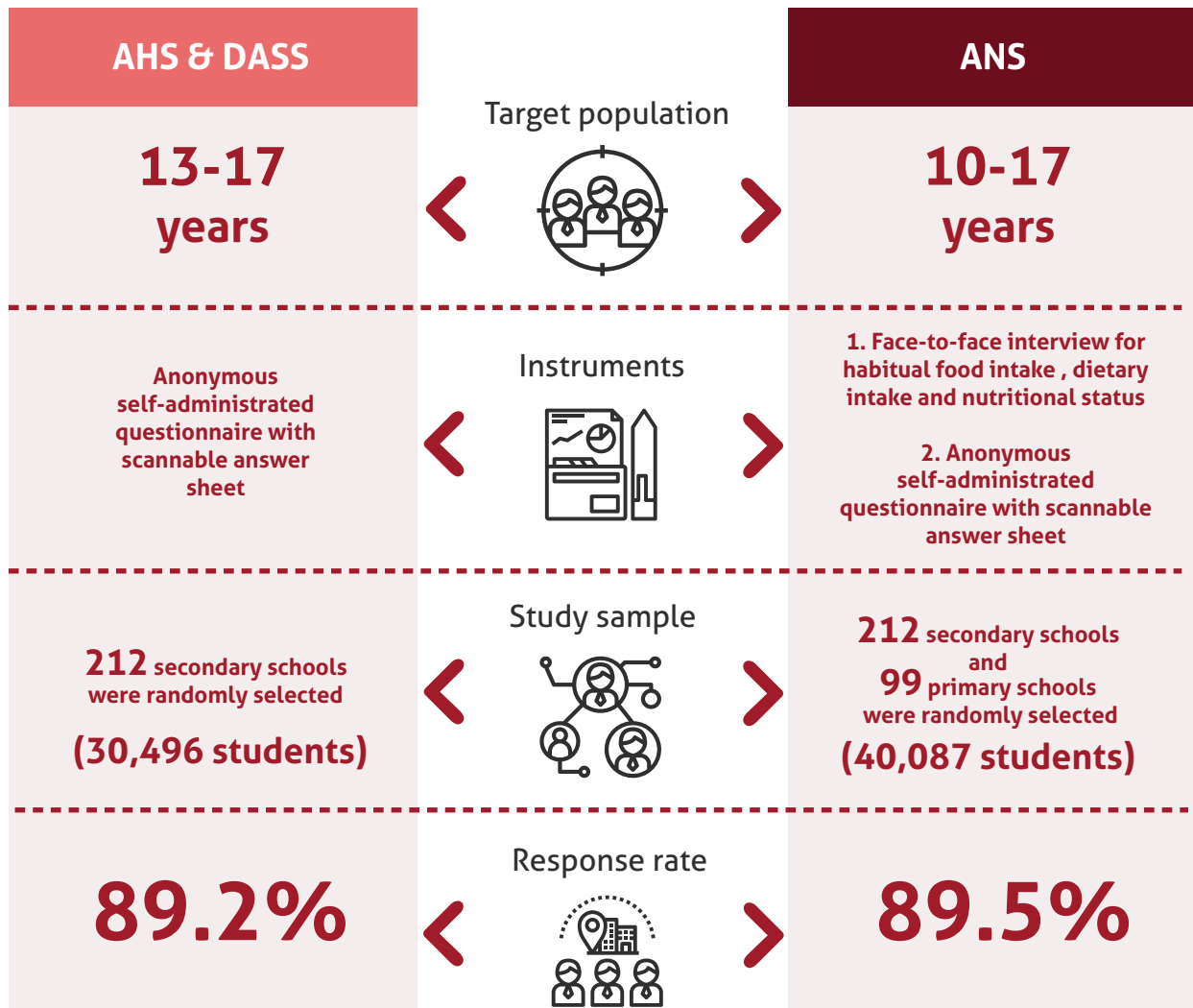
There were three major scopes in this survey:

- Adolescent Health Survey (AHS)
- Adolescent Mental Health (DASS-21)
- Adolescent Nutrition Survey (ANS)



Methodology





Distribution of Schools for Adolescent Health and Nutrition Survey, 2017

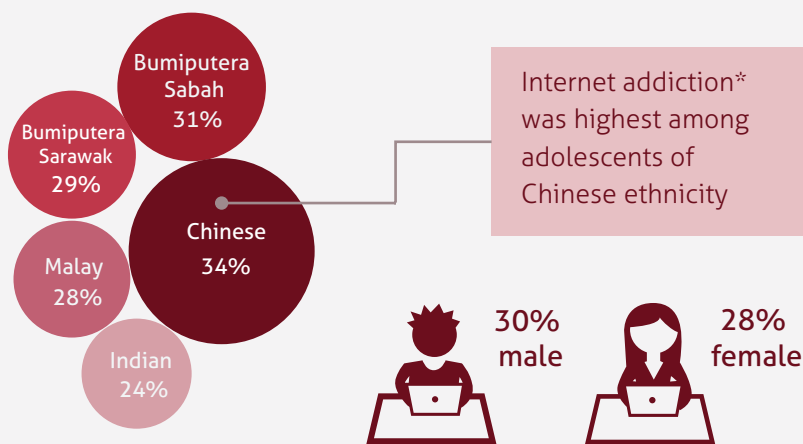
01 Internet use and addiction among Malaysian adolescents

6 in 7

secondary school adolescents were active internet users in Malaysia

2 in 7

secondary school adolescents were addicted to the internet in Malaysia

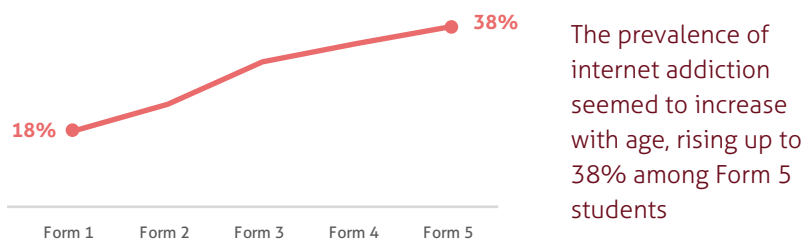


Why should we worry about adolescents engaging excessively in online activities?

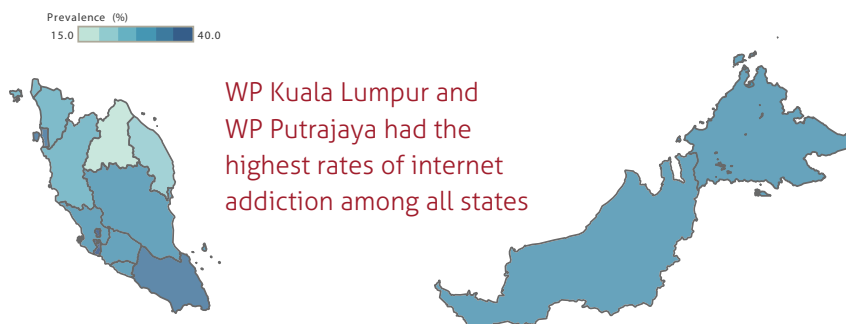
- Excessive online gaming, gambling, shopping, chatting
- Viewing pornographic websites
- Strangers online, data insecurity
- Cyber-bullying environments

* Internet addiction among adolescents was measured using Malay Version Internet addiction Test
Chong Guan, Ng, et al.

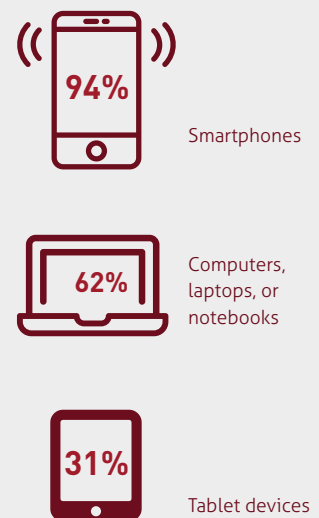
Prevalence of internet addiction by form



Prevalence of internet addiction by state



Devices used by internet addicts:



Definition of Drug use:

Taking of heroin, morphine, glue, amphetamine or methamphetamines (ecstasy, syabu, ice), marijuana/ganja (except prescribed medicine).

02 Teenagers and illicit drugs in Malaysia



secondary school students in Malaysia claimed to have ever used drugs.

3.4%

Are current drug users



17%

Initiated drug use at age 7 years or younger



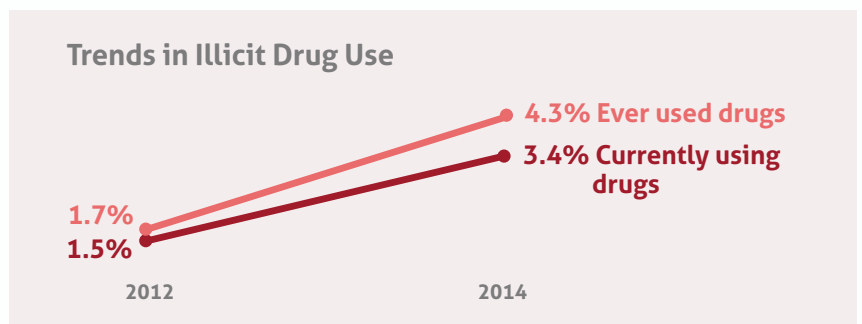
2.4%

Ever used amphetamines or methamphetamines

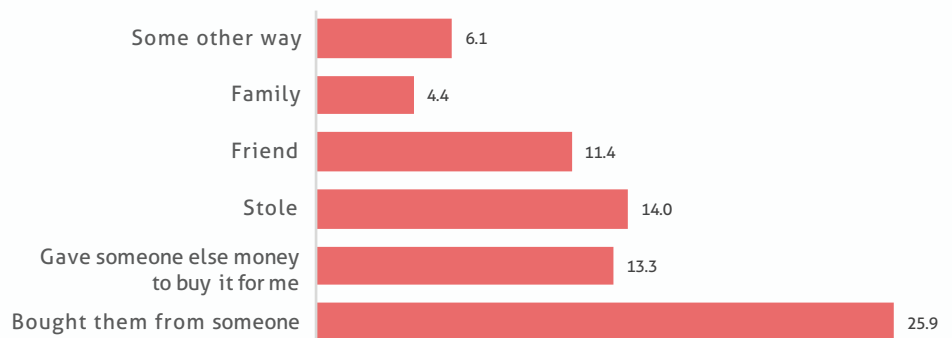


2.8%

Ever used marijuana



Source of getting drugs (%)



03 Bullying victimisation among adolescents in Malaysia

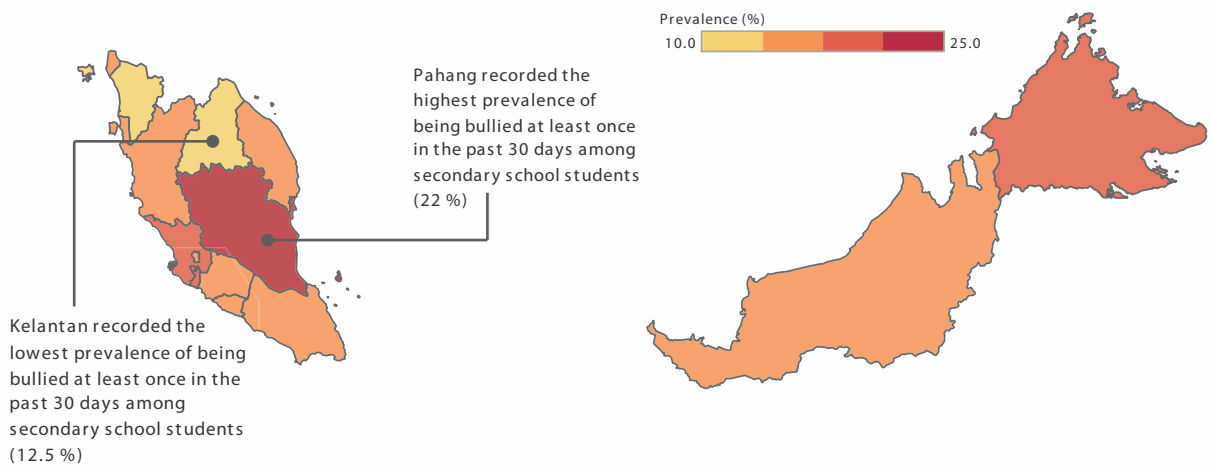

1 in 6
adolescents was a recent victim of bullying*

* defined as being on the receiving end of "bad and unpleasant" actions, such as "teasing a lot in an unpleasant way", or being "left out of things on purpose"

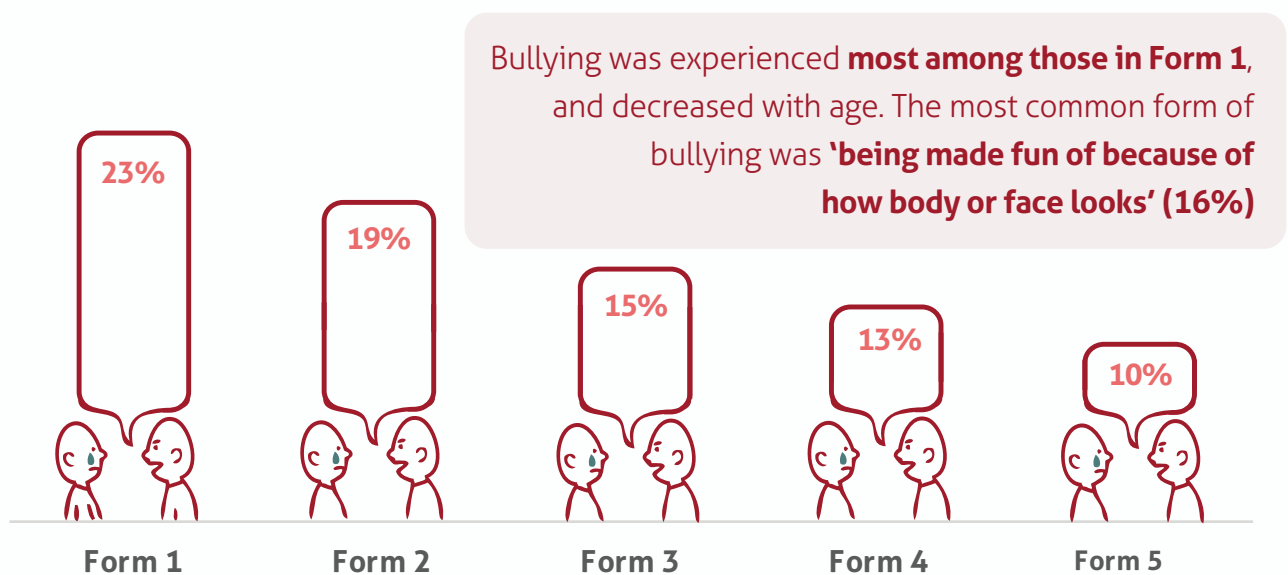
Boys were bullied more than girls, most frequently among those of Indian ethnicity



Prevalence of bullying by state



Prevalence of bullying by form



04 Pattern of current cigarette use among Form 1 to Form 5 students in Malaysia



1 in 10 smokes

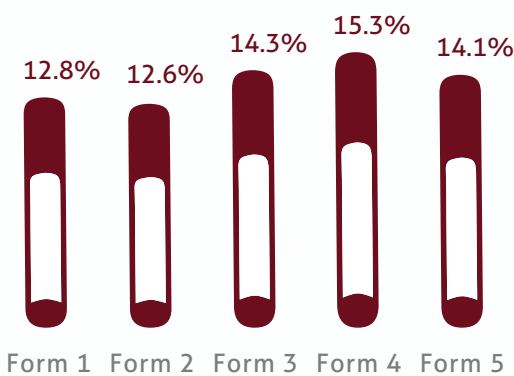


22%

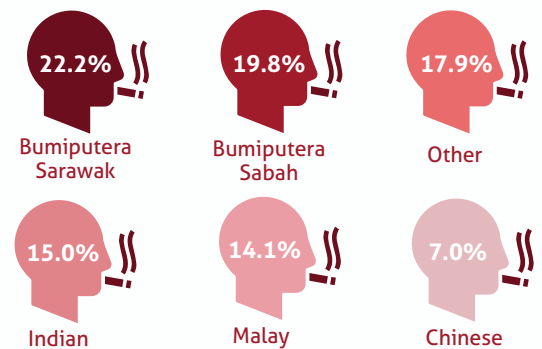


5%

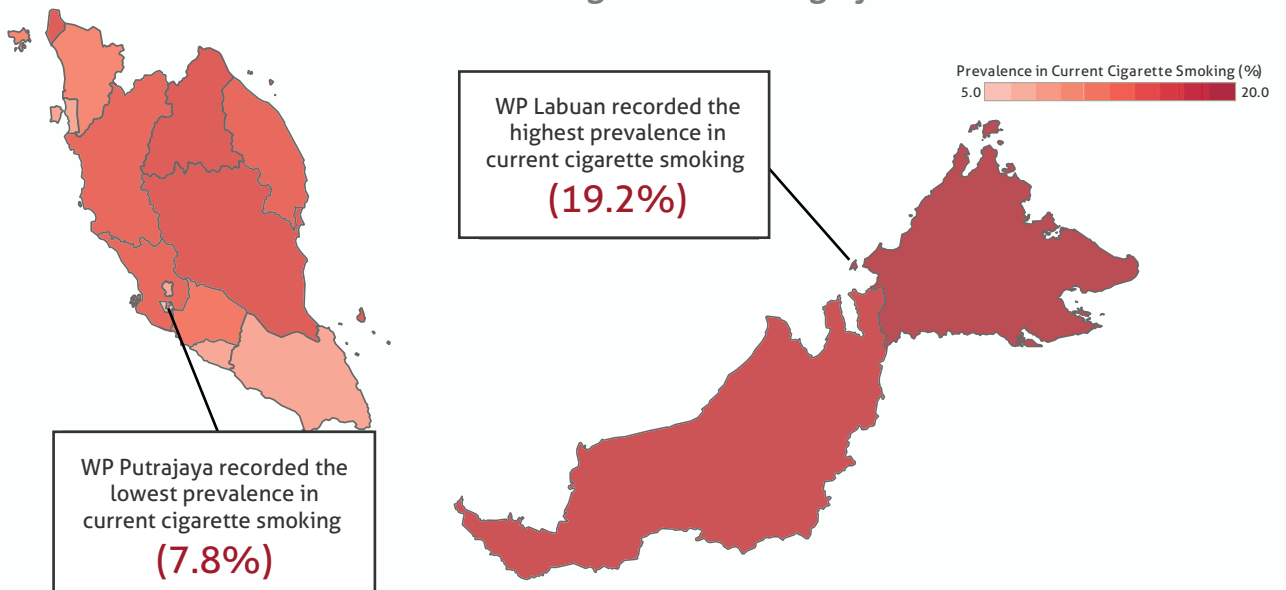
Prevalence of current cigarette smoking by form



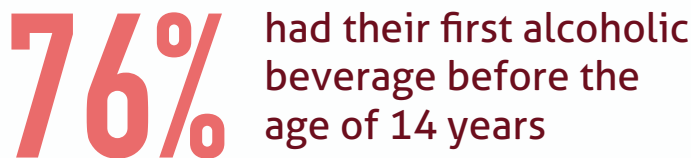
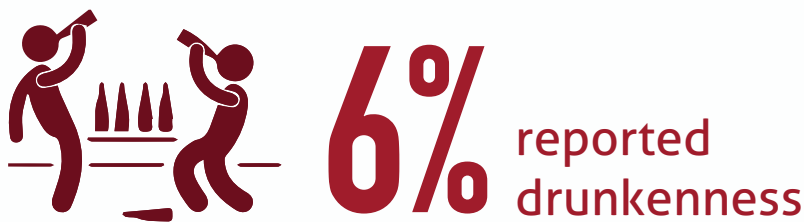
Prevalence of current cigarette smoking by ethnicity



Prevalence of current cigarette smoking by state



05 Alcohol use among adolescents



DEFINITIONS

Ever drinkers:

Those who had a history of alcohol consumption in their life time.

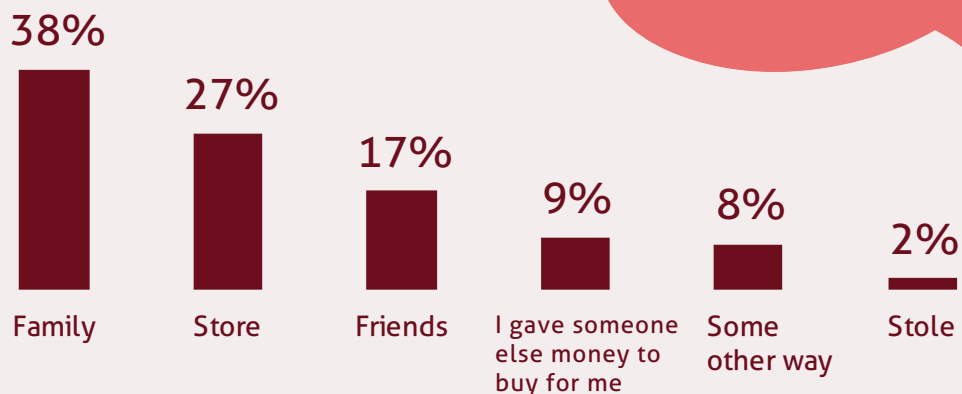
Current drinkers:

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.

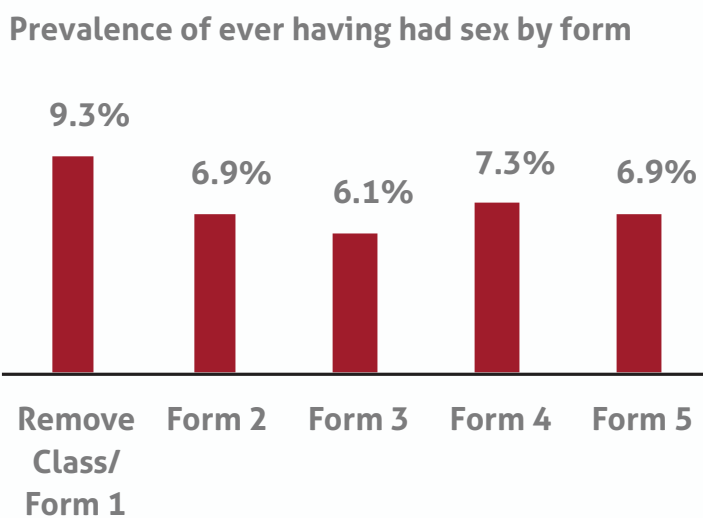
Sources of obtaining alcohol



Q: How did you obtain the alcohol?


06 Sex & teens: What is going on in Malaysia?

Among surveyed 13-17-year-olds,
7.3% had already had sex.



35%  **27%**
Ever had sex before age 14 years old

21%  **11%**
Were having multiple sexual partners

6%  **5%**
Are currently still having sex

The prevalence of ever having had sex was highest in Pahang, and lowest in WP Kuala Lumpur



9.5%



4.3%

07 Safe sex: What was used?

Among those surveyed who had ever had sex, **only**

12% said they used condoms

9 in 100 boys

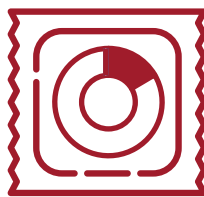


16 in 100 girls

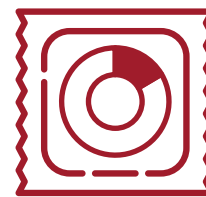
used condoms when they had sex



21% of the students who used condoms were Indian

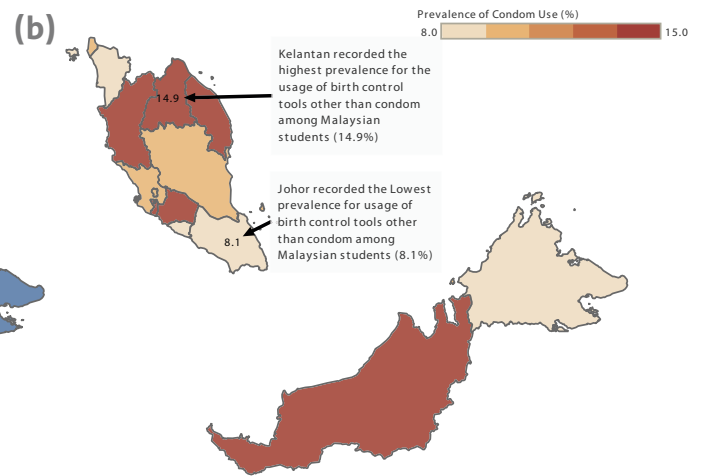
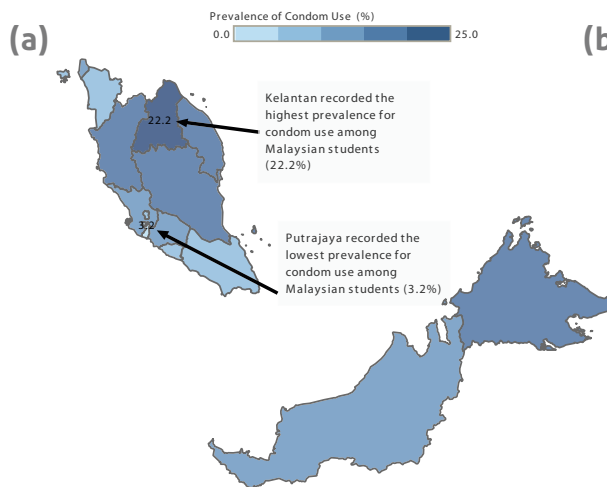


17% of remove class / Form 1 students used condoms



16% of the rural students used condom

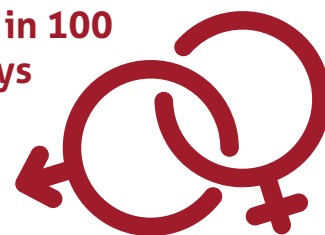
Prevalence of using (a) condoms and (b) other forms of birth control by state



Among those surveyed who had ever had sex, **only**

10% said they used other forms of birth control

12 in 100 boys



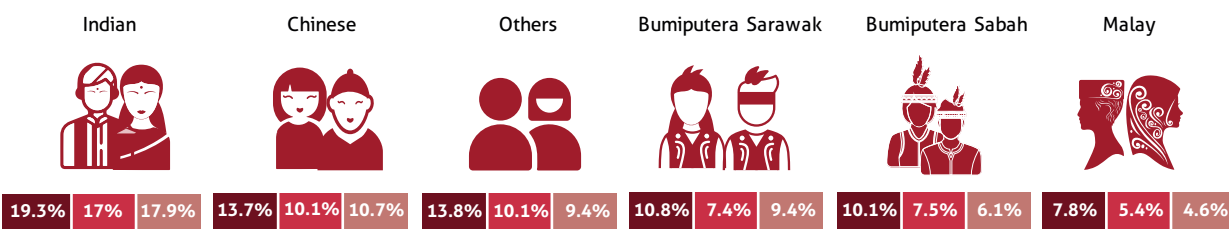
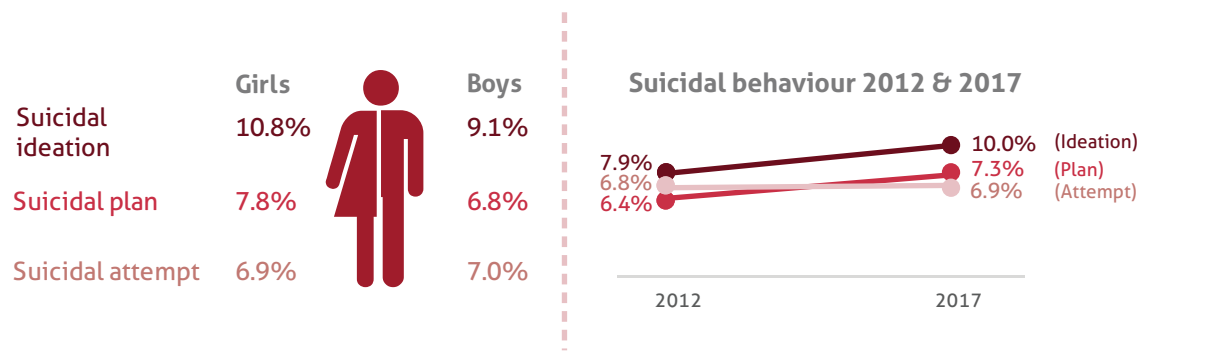
7 in 100 girls

used other forms of birth control

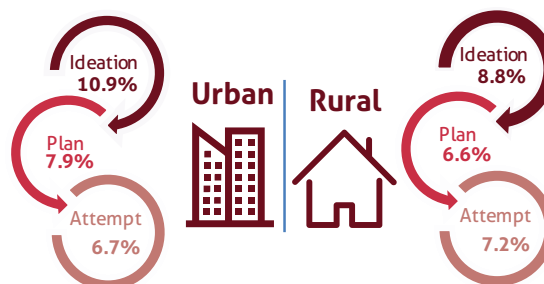
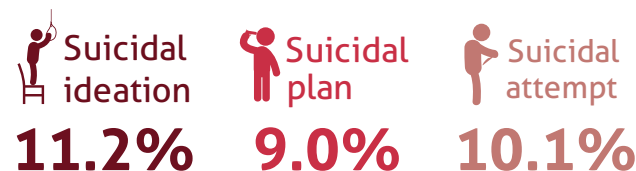
08

Adolescent suicidal behaviour: A mounting crisis?

Suicidal behaviour encompasses suicidal **ideation**, **plan** and/or **attempt**



Suicidal behaviour was highest among Form 1 students



13.2%

Suicidal ideation highest in WP Kuala Lumpur



9.5%

Suicidal plan highest in Selangor



9.3%

Suicidal attempt highest in Perak

09

Care for adolescents: Peer and family support

Less than half

of adolescents perceived that their parents knew what they were doing in their free time



Only 1 in 7

adolescents perceived that their parents check their homework



Only 1 in 3

adolescents perceived that their parents understood their problems



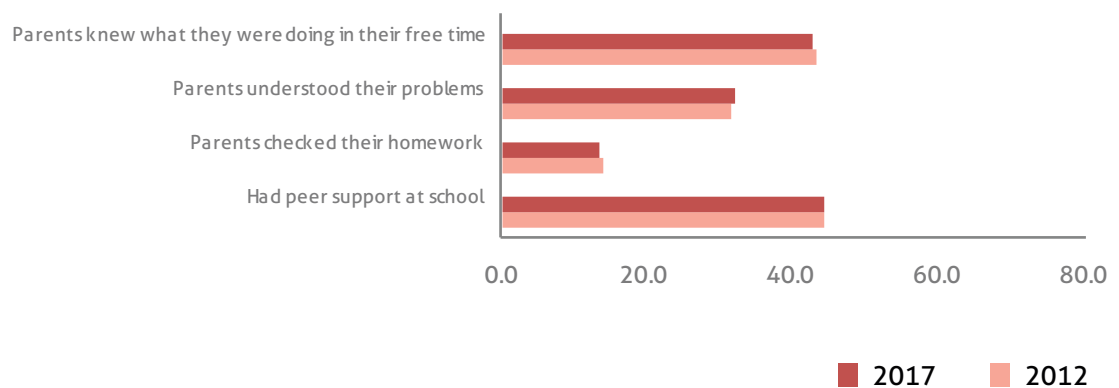
2012 vs 2017



Less than half

of adolescents had peer support at school

Prevalence (%) of protective factors among adolescents (2012 and 2017)



10 Truancy among Malaysian adolescents

Definition of Truancy:

Missed class or school without permission for at least one day in the past 30 days



Rural

32.6%



Urban

27.6%



Boys

32.6%



Girls

27.6%



FORM 1 26.6%

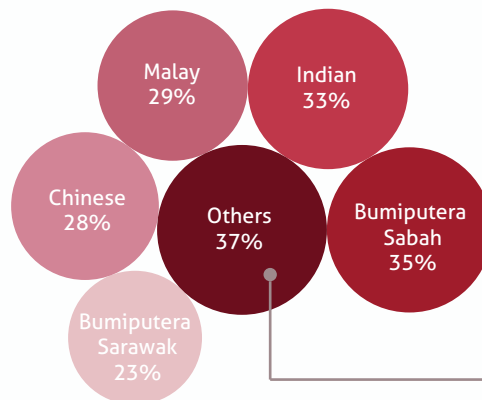
FORM 2 27.8%

FORM 3 27.5%



FORM 4 34.5%

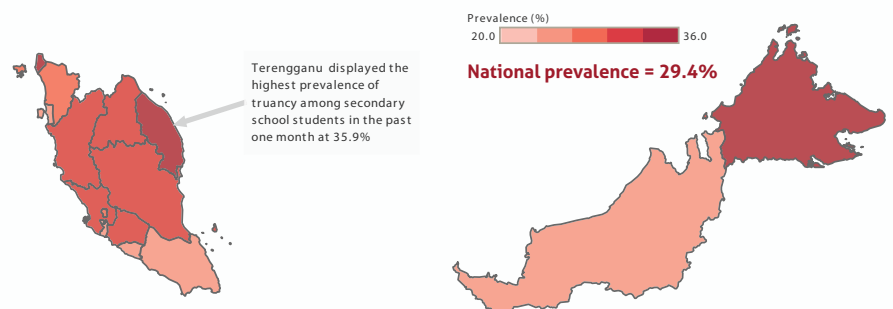
FORM 5 30.8%



Truancy rates were highest among students of 'Other'* ethnicities, followed by Bumiputera Sabah and Indian

*other ethnic groups in Malaysia apart from the major ethnicities

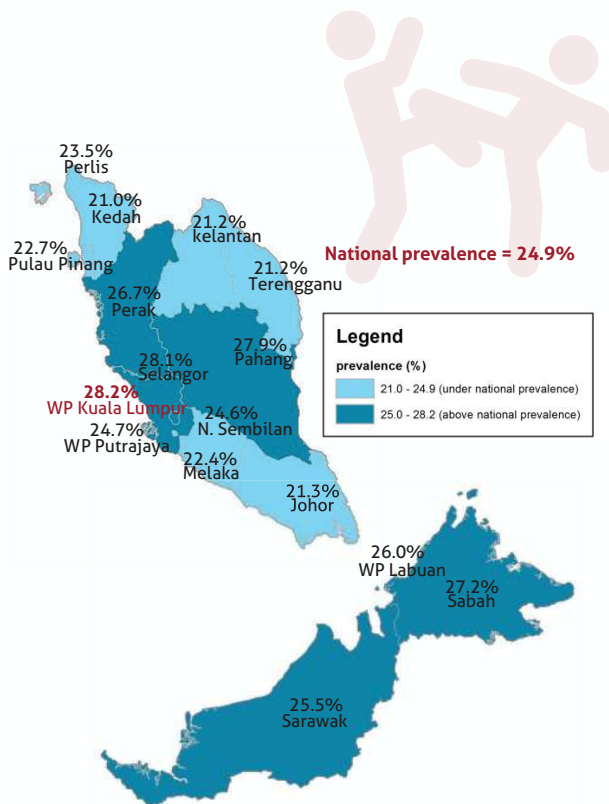
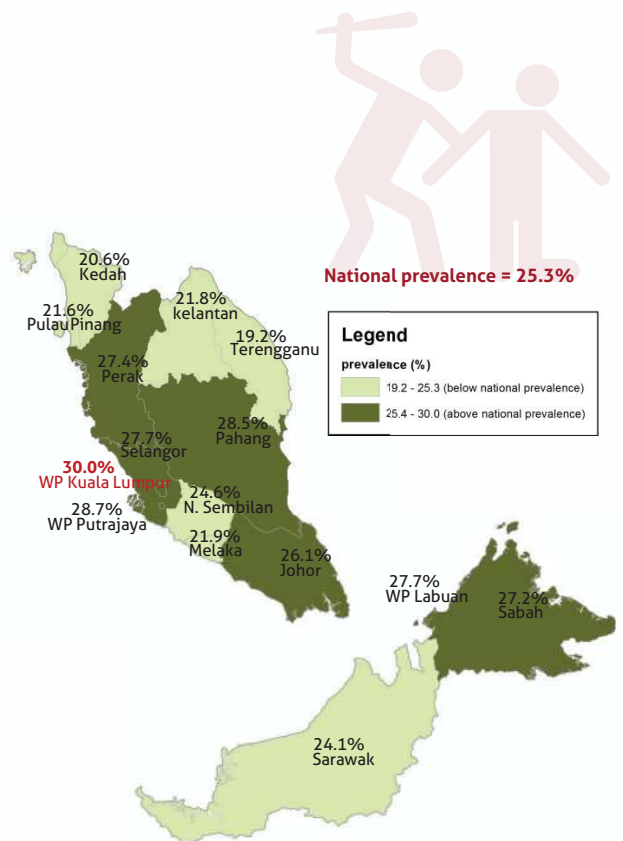
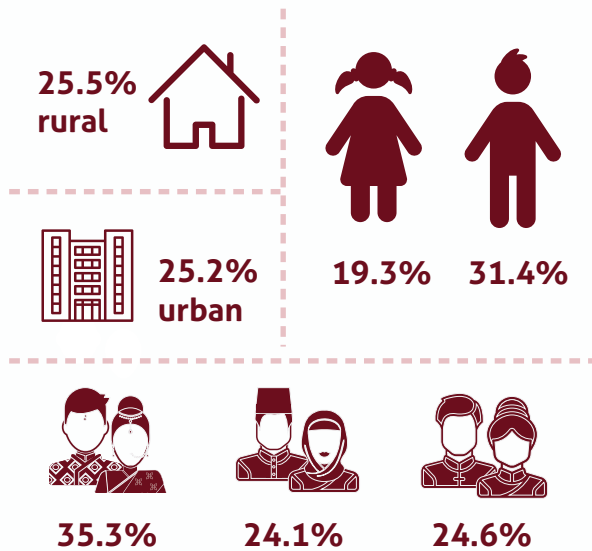
Prevalence of Truancy by State



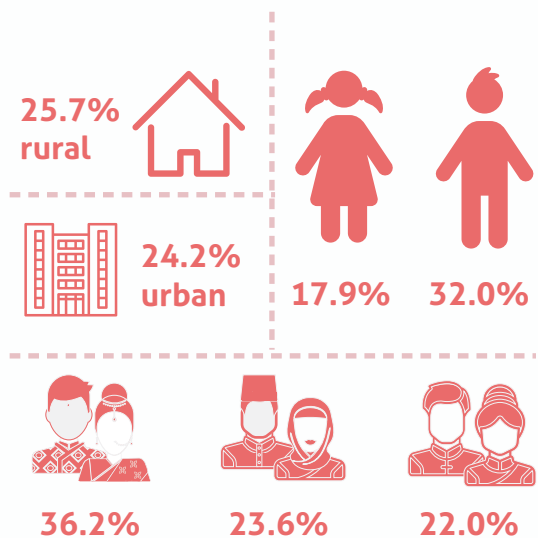
1 1

Physical attacks and fights

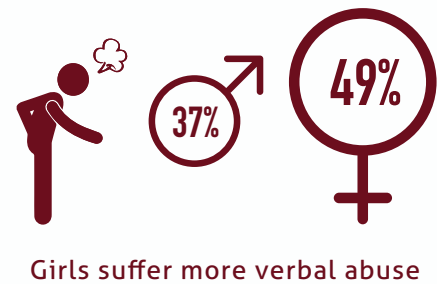
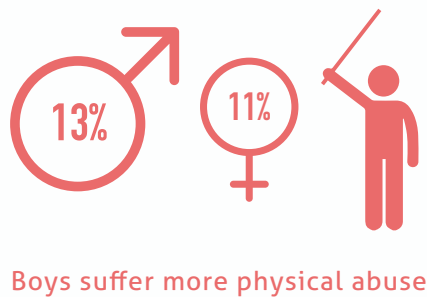
Had been physically attacked:



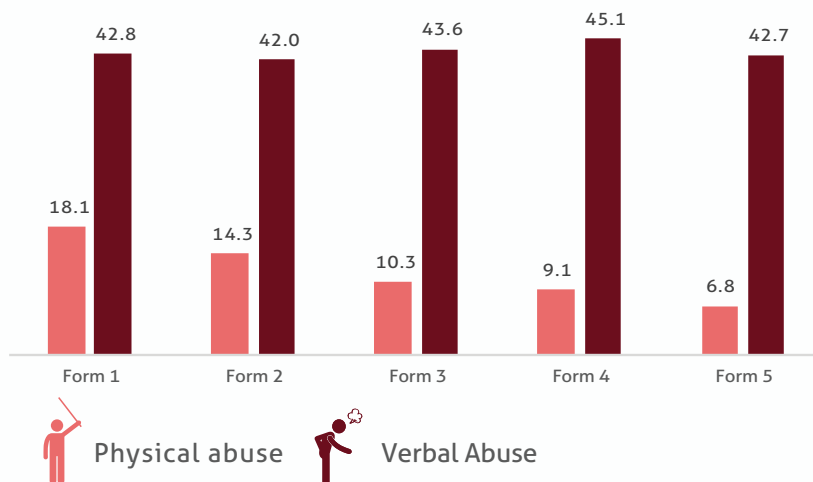
Had been involved in a physical fight:



12 Physical and verbal abuse at home among teenagers



Abuse among teenagers by form (%)



The incidence of physical abuse is low and reduces as teenagers grow but verbal abuse is high and remains constant with age

13 Unintentional injury among Malaysian adolescents

30%

had been seriously injured in the past 12 months



36%



24%



22%
Cut / Stab Wound



14%
Broken bone / Dislocated joint

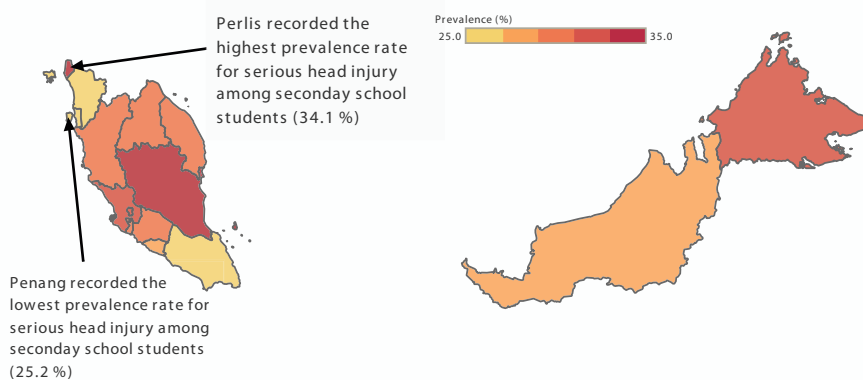


7%
Concussion, Head/Neck Injury, Knocked out

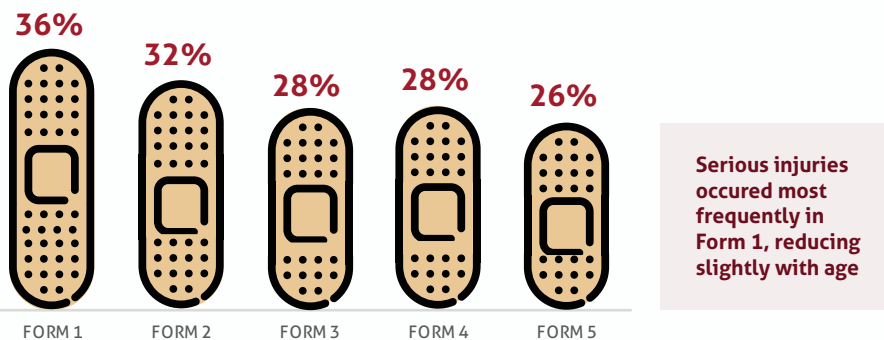


3%
Bad burn

Prevalence of recent serious injury by state



Prevalence of recent serious injury by form



Falls (35%) were the most common cause of unintentional injuries sustained among adolescents

Unintentional injury:

A serious injury in the past 12 months which makes the student miss at least one full day of usual activity (such as school, sports or a job) OR requires treatment by a doctor or medical personnel

14 Meal skipping behaviour among Malaysian adolescents

DEFINITIONS

Breakfast:

First food consumed after waking from sleep (6am-8am)

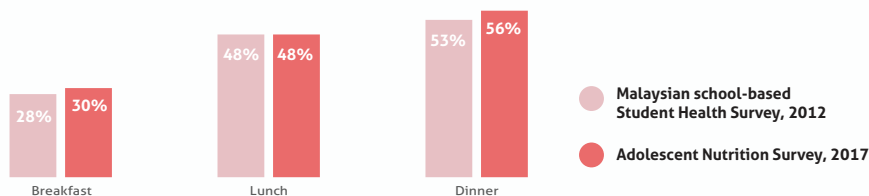
Lunch:

Foods consumed between 11am to 3pm

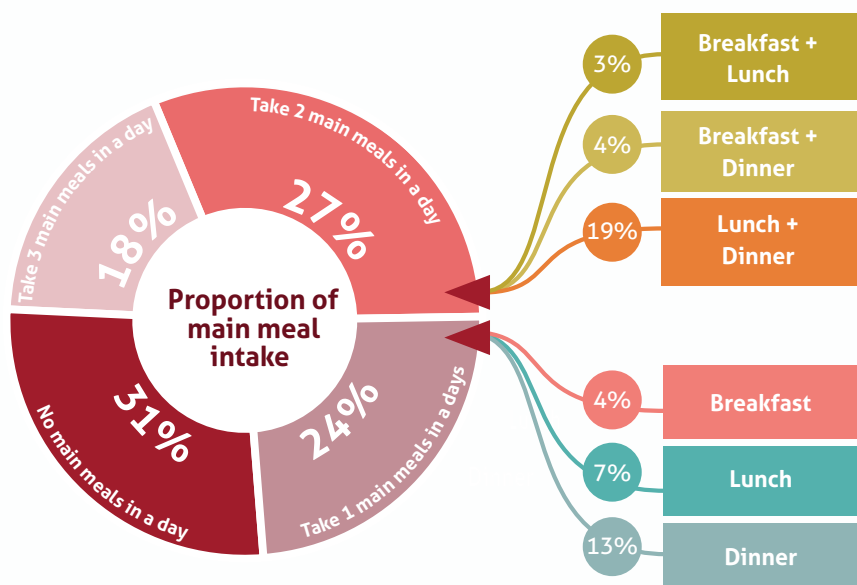
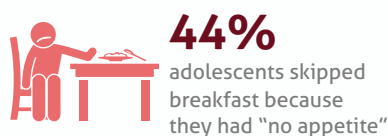
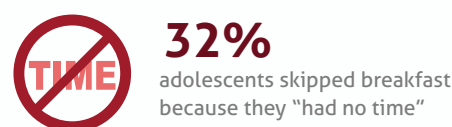
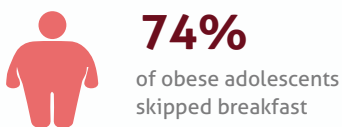
Dinner:

Foods consumed between 6pm to 10pm

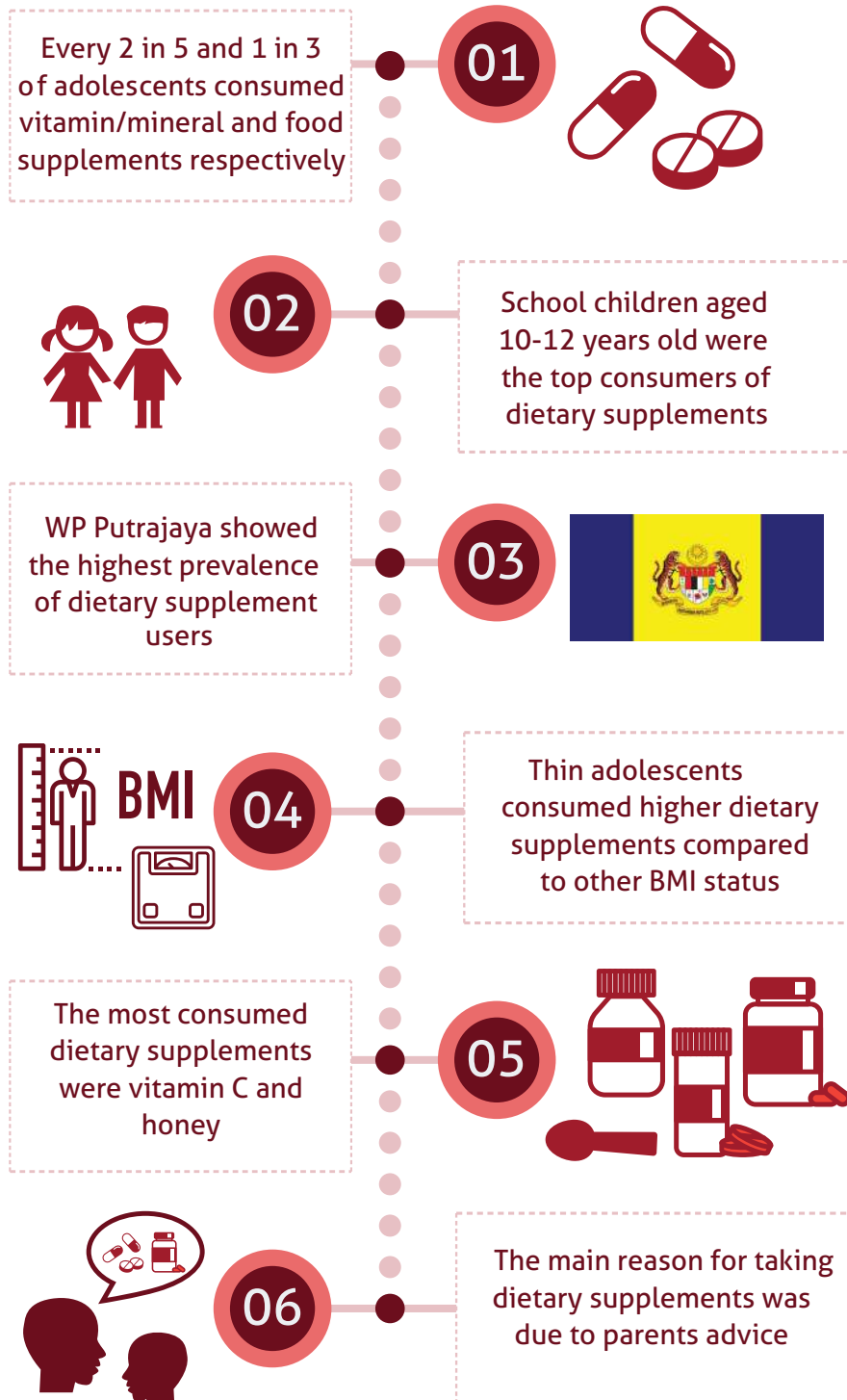
Trend of main meal intake (%) among Malaysian Adolescents



In 2017, approximately:



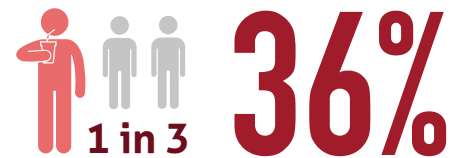
15 Dietary supplement consumption among adolescents in Malaysia



16 Alarming facts on carbonated soft drinks consumption among Malaysian adolescents



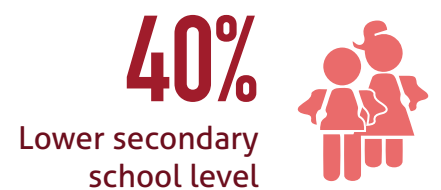
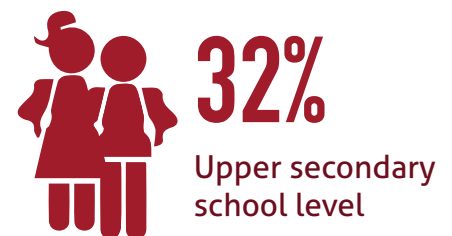
Adolescents living in rural areas consumed carbonated soft drinks more frequently than their urban counterparts



of Malaysian students had carbonated soft drinks at least once daily

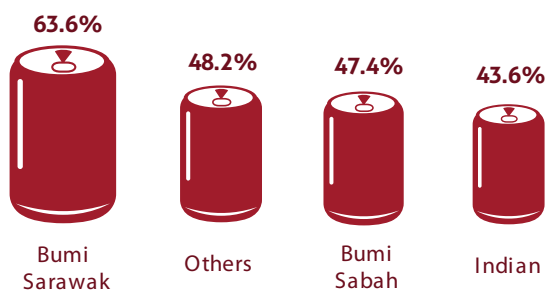


Male adolescents consumed carbonated soft drinks more frequently than girls

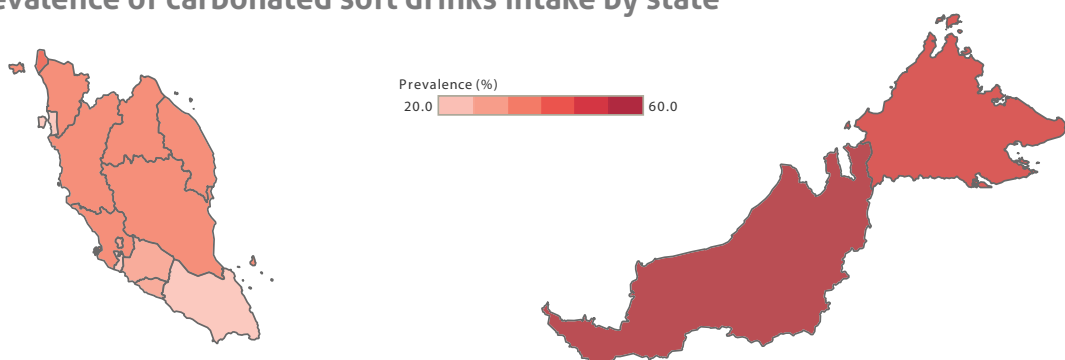


Lower secondary school students consumed carbonated soft drinks more frequently

Intake of carbonated soft drinks by ethnicity

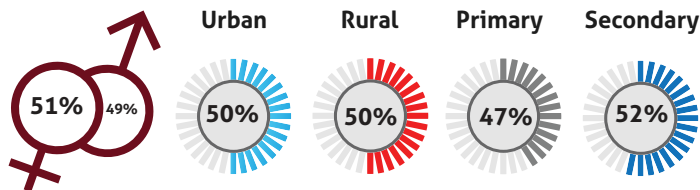


Prevalence of carbonated soft drinks intake by state

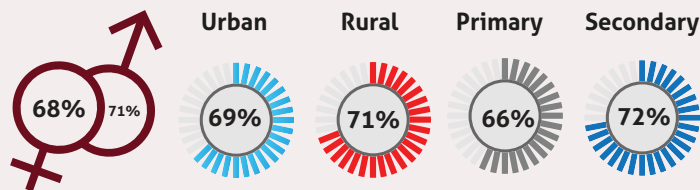


17 Accuracy of body weight perception among adolescents in Malaysia

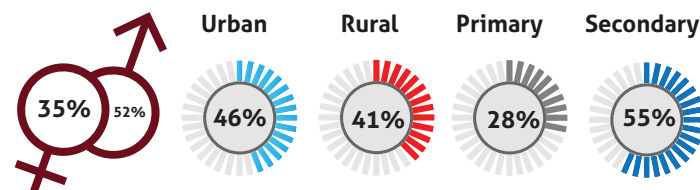
50% of adolescents with **NORMAL** body weight, correctly perceived their weight to be normal



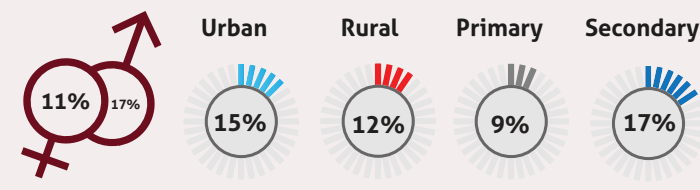
70% of adolescents with **THIN** body weight, correctly perceived their weight to be thin



44% of adolescents with **OVERWEIGHT** body weight, correctly perceived their weight to be overweight



14% of adolescents with **OBESE** body weight, correctly perceived their weight to be obese



DEFINITION

Body weight perception

Body weight perception refers to the personal evaluation of one's weight as "underweight" or "normal weight" or "overweight", irrespective of actual body mass index (BMI)

18 Do adolescents in Malaysia read food labels?

DEFINITIONS

Always:

Reads food labels every time when buying or receiving food/drinks

Sometimes:

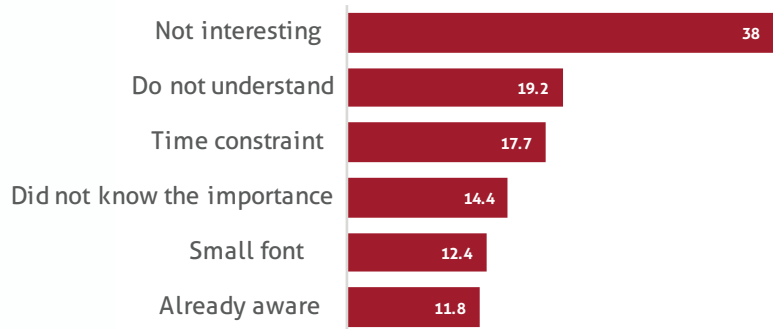
Occasionally or once in a while reads food labels when buying or receiving food/drink

Never:

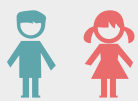
Does not read food labels at all



Reasons for not reading food labels:

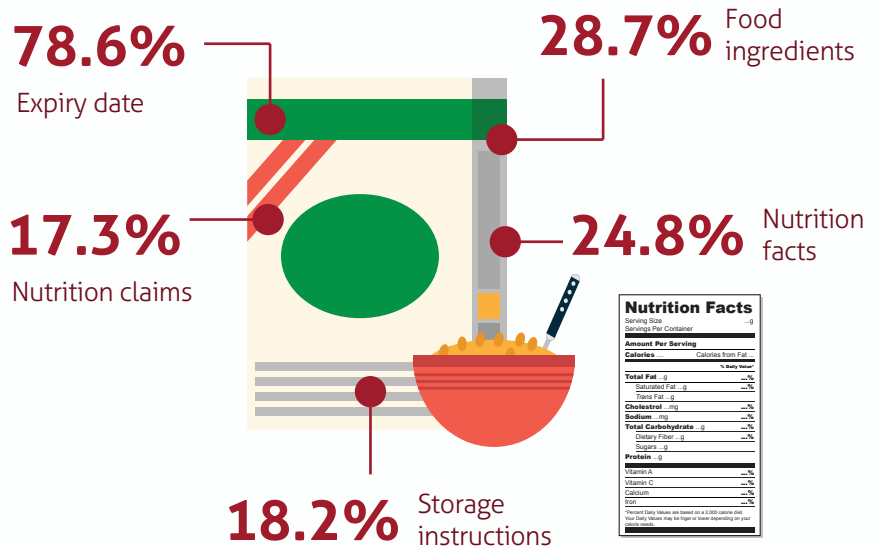


Type of macronutrient noted from labels (%):



Macronutrient	Boys (%)	Girls (%)
Total energy	42	34
Total carbohydrate	33	40
Total fat	33	49
Total protein	25	18

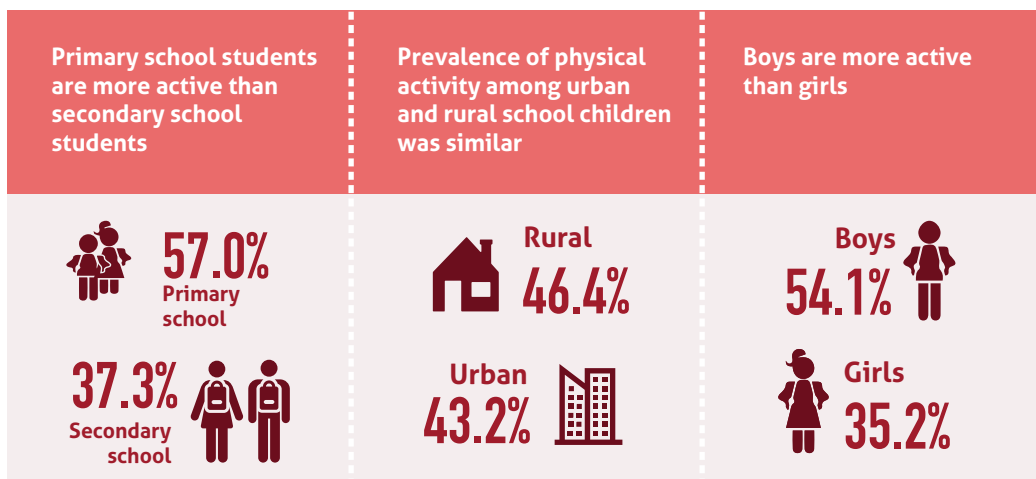
Type of information read from food labels



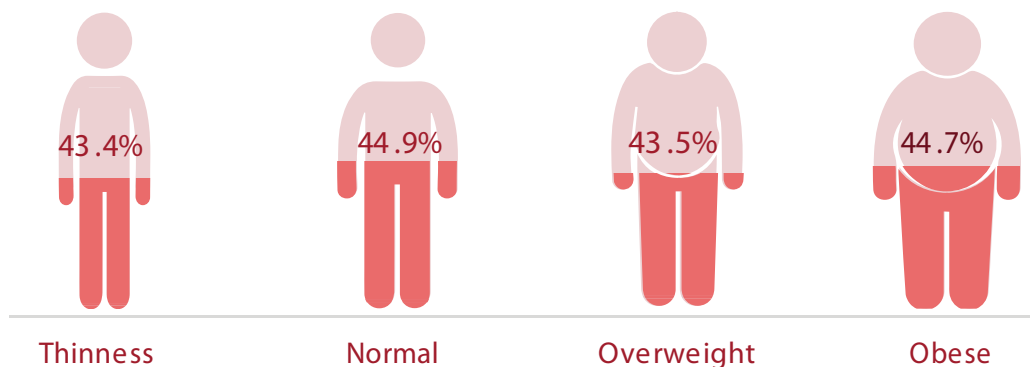
Nutrition Facts	
Serving Size	—g
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	g
Saturated Fat	g
Trans Fat	g
Cholesterol	mg
Sodium	mg
Total Carbohydrate	g
Dietary Fiber	g
Sugars	g
Protein	g
Vitamin A	%
Vitamin C	%
Calcium	%
Iron	%

19 Malaysian adolescents: How active are they?

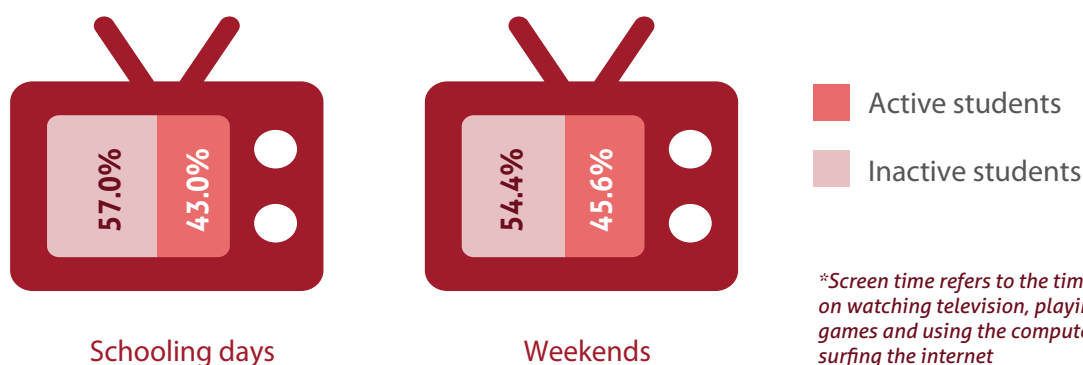
About 45% of Malaysian students are physically active



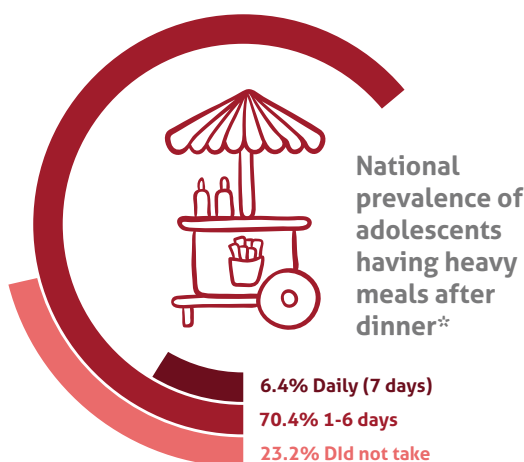
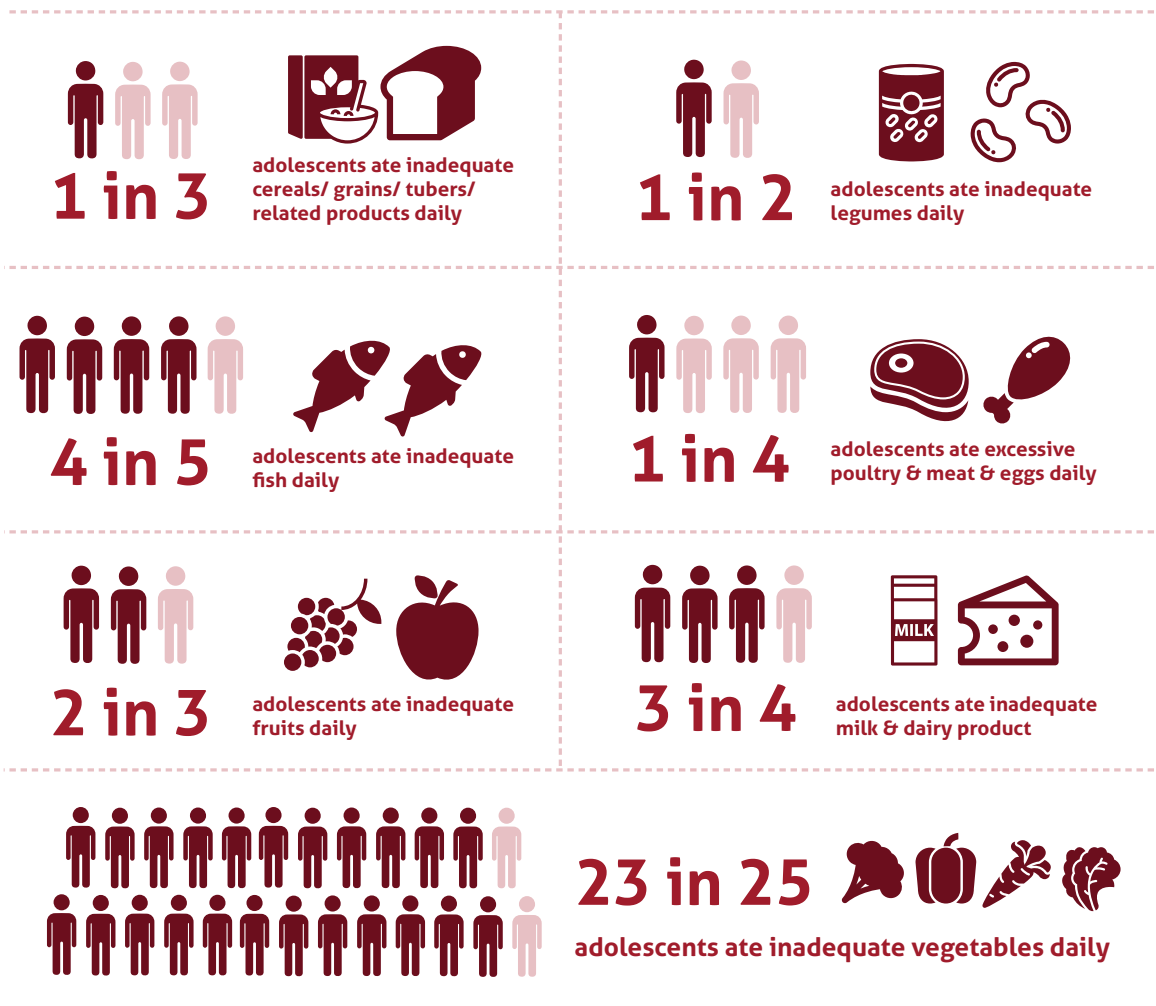
Prevalence of physically active adolescents according to body weight status



Screen time **more than 2 hours** over weekends and on schooling days



20 Dietary patterns and heavy meals after dinner among adolescents in Malaysia



*Meals taken after 10pm, consisting of 'heavy food' or high calorie food such as nasi lemak, roti canai, fried noodles, burger, fried chicken and etc. It does not include light snacks for example 2 biscuits and/or one glass of milk.

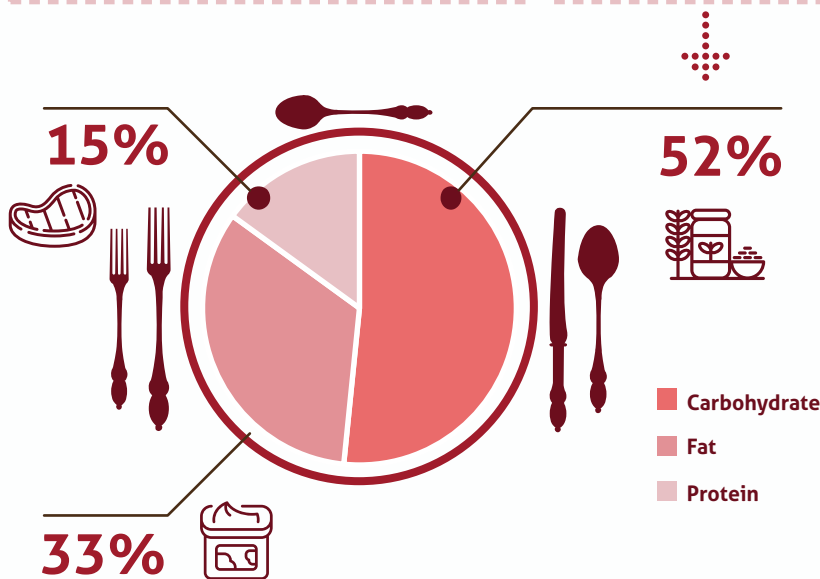
Demographic breakdown of respondents who eat heavy meals after dinner on a daily basis



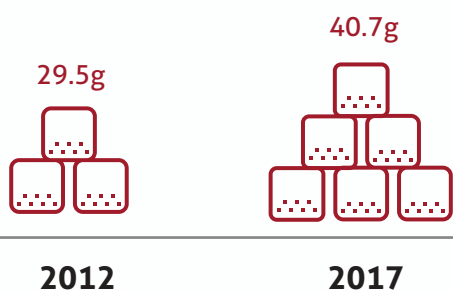
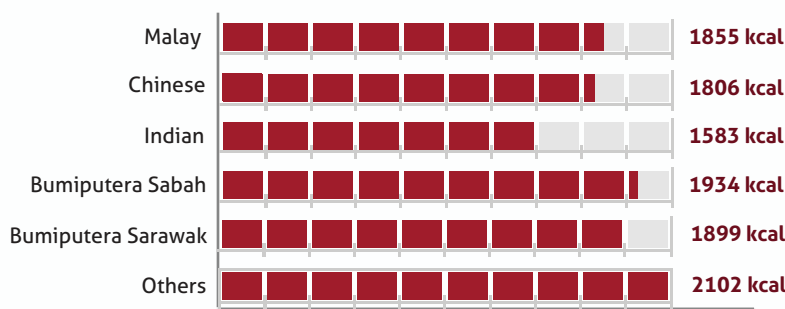
21 Dietary intake among adolescents

1848 kcal Median energy intake per day of adolescents in Malaysia

Adolescents are getting the **recommended composition*** of nutrients from their diet



Median energy by ethnicity



Sugar intake in adolescents increased 1.4x from 2012 to 2017

Dietary intake:

Daily eating patterns of an individual including the quantities and the calories consumed as well as the intake of **macronutrients** (nutrients that is required in large amounts) and **micronutrients** (nutrients that is required in small amounts)

*Recommended Nutrient Intake (RNI) 2017:

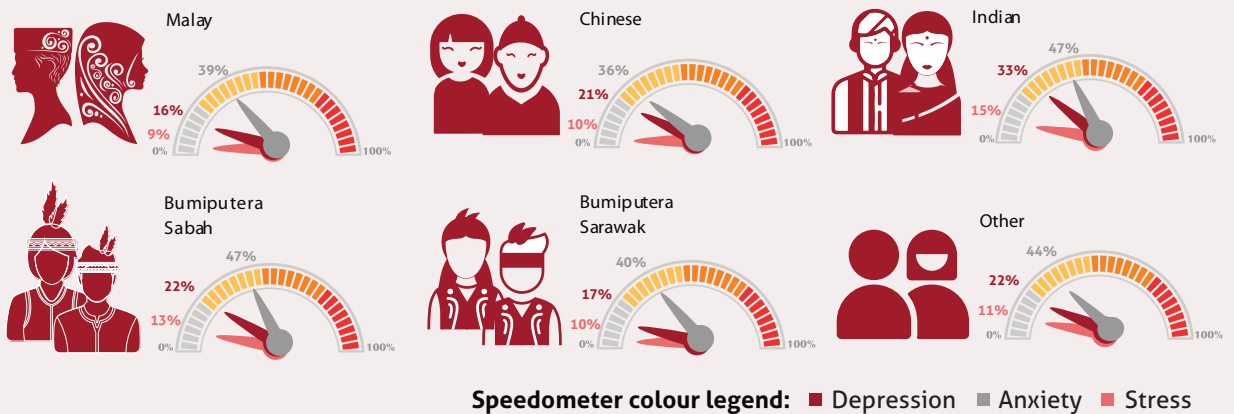
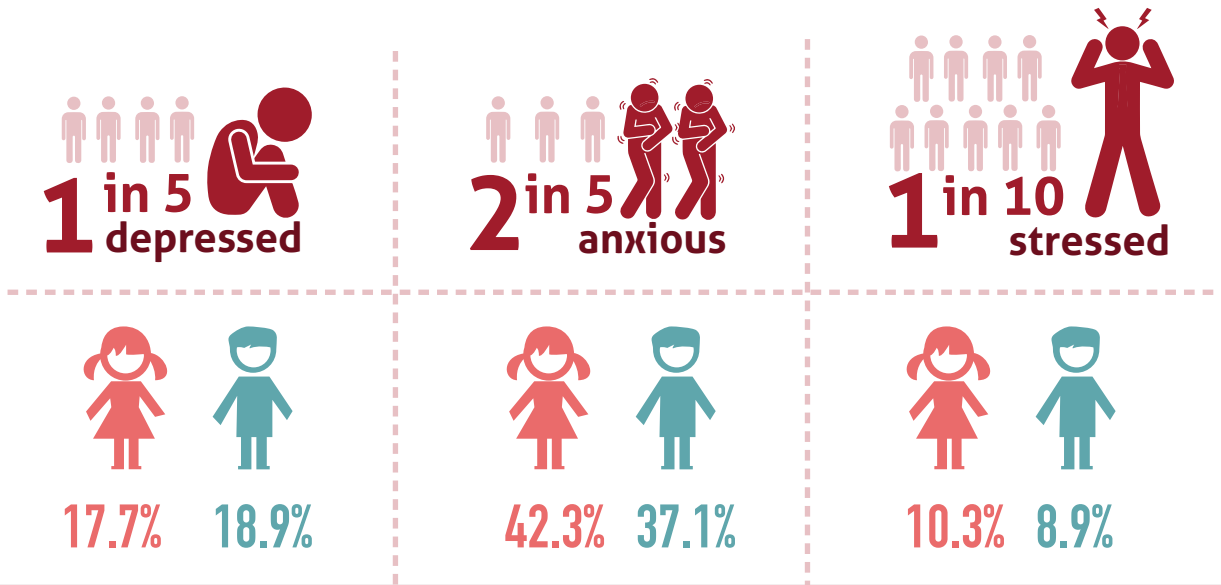
Carbohydrate:
50-65%

Protein:
10-20%

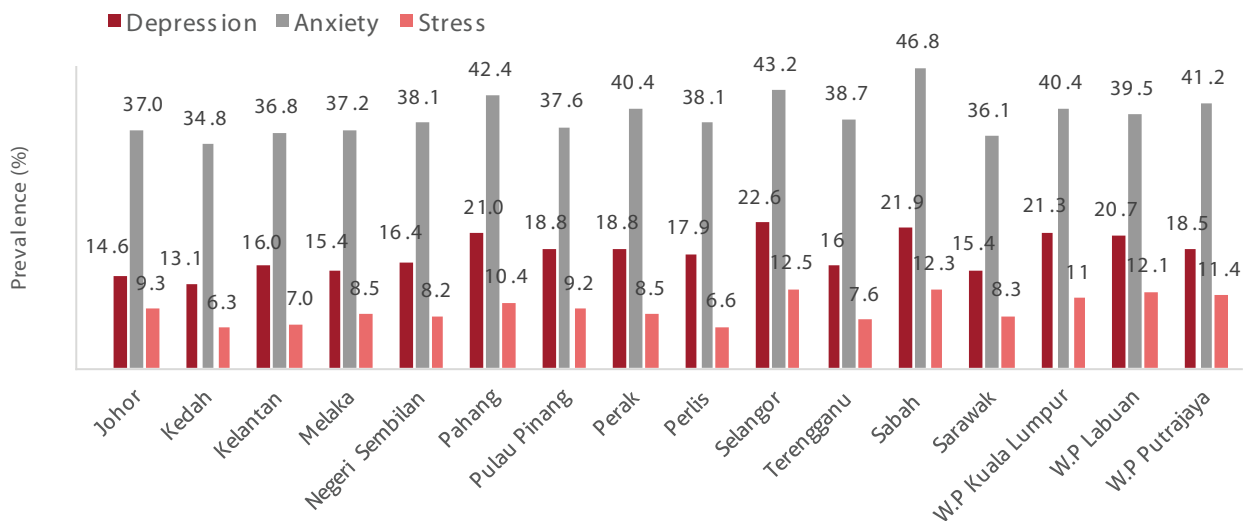
Fat:
25-35%

22 State of Adolescents' Mental Health in Malaysia

(Based on DASS-21 scoring)



Prevalence of depression, anxiety, and stress by state





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ISBN 978-983-2387-76-3



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