

# **NATIONAL HEALTH & MORBIDITY SURVEY**

## **2015**

### **REPORT ON SMOKING STATUS AMONG MALAYSIAN ADULTS**





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**(NMRR – 14-1064-21877)**

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## REPORT ON SMOKING STATUS AMONG MALAYSIAN ADULTS

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ISBN: 978-983-2387-25-1

Title: NATIONAL HEALTH AND MORBIDITY SURVEY 2015 – REPORT ON SMOKING STATUS AMONG MALAYSIAN ADULTS.

**Suggested citation:**

Institute for Public Health (IPH) 2015. National Health and Morbidity Survey 2015 – Report on Smoking Status Among Malaysian Adults.

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**Produced and Distributed by:**

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Published by Institute for Public Health, Ministry of Health, Malaysia

## ACKNOWLEDGEMENT

First of all, the authors would like to thank the Director General of Health for his great support in the implementation of the National Health and Morbidity Survey 2015. Special thanks to the Deputy Director General of Health (Research and Technical Support) and the Director of Institute for Public Health for their continuous advice, guidance and support throughout the process of the survey.

The National Health and Morbidity Survey 2015 was conducted with the funding from the Ministry of Health Malaysia and the authors would like to express their gratitude to the Ministry for this financial support.

We would like to acknowledge the Steering Committee, chaired by the Director General of Health for their advices and approval on the scopes of NHMS 2015. Gratitude to the Department of Statistics Malaysia for their assistance especially in the sampling process and preparation of data collection. Our acknowledgement also goes to all State Directors and all State Liaison Officers who have been very supportive in mobilising resources during the preparation and implementation of data collection. Thanks to all field supervisors, nurses, data collectors, scouts, drivers and all individual who have assisted in the implementation of the survey.

Last but not least, our sincere appreciation to all respondents who have participated in the survey. Their contributions in the survey would assist Ministry of Health in improving health services in Malaysia.

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## GLOSSARY

Daily smoker	Person who currently smokes any tobacco product every day.
Exposure to environmental tobacco smoke at home	Emphasize inside the respondent's home, not including areas outside such as patios, balcony, garden, etc. that are not fully enclosed.
Environmental tobacco smoke	Inhalation of smoke from tobacco products used by others.
FCTC	FCTC World Health Organization Framework Convention on Tobacco Control
Health-care providers	Health-care providers include various health professionals such as
MPOWER	MPOWER 2008 WHO publication with six key strategies on Tobacco Control
	<b>M</b> onitor tobacco use and prevention policies
	<b>P</b> rotect people from tobacco smoke
	<b>O</b> ffer help to quit tobacco use
	<b>W</b> arn about the dangers of tobacco
	<b>E</b> nforce bans on tobacco advertising, promotion and sponsorship
	<b>R</b> aise taxes on tobacco
Occasional smoker	Person who uses at least one of the smoked tobacco products, but not daily, regardless of the time he/she has been smoking.
Smoking status / smoking frequency	Classified into three categories: 1. 'Current/Daily smoker' means the person currently smokes at least one tobacco product every day, over a period of one month or more. 2. 'Current/Occasional smoker' means the person currently smokes less than daily (either formerly daily or never daily). 3 'Non-smoker' means the person currently does not smoke at all. This includes 'Former daily smoker' (currently a non-smoker but had previously smoked daily) and 'Never daily smoker' (currently a non-smoker and has never smoked daily, but instead occasionally or a never smoker). Smoker who daily or occasionally smokes any tobacco product

<p>Smokeless tobacco use status</p>	<p>Classified into three categories:</p> <ol style="list-style-type: none"> <li>1. 'Current/Daily smokeless user' means the person uses at least one smokeless tobacco product every day, over a period of one month or more.</li> <li>2. 'Current/Occasional smokeless user' means the person uses smokeless tobacco products less than daily (either formerly daily or Never daily).</li> <li>3. 'Non-smokeless tobacco user' means the person currently does not Use smokeless tobacco at all. This includes 'Former daily user' and 'Never daily user'.</li> </ol>
<p>Tobacco product</p>	<p>Two types of Tobacco products:</p> <p>Smoked tobacco: which included manufactured cigarettes, hand-rolled cigarettes, kreteks, others smoked tobacco such as pipe, curut, cigar, cigarillos, water pipes/sisha hookah, bidis and others.</p> <p>Smokeless tobacco: snuff by keeping in mouth, nose, chewing tobacco, and betel quid with tobacco, electronic cigarettes, and others.</p>

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## EXECUTIVE SUMMARY

**Monitoring** of smoking prevalence is an integral part of smoking control as it will serve as indicator for the efficacy of anti-smoking policy and programmes. National Health and Morbidity Survey 2015 – Report on Smoking Status Among Malaysian Adults using Tobacco Question for Survey (TQS) was the latest survey to determine the prevalence of smoking in Malaysia. The non-institution men and women aged 15 years and above were the target population. Two stages proportionate to size sampling was employed to select representative sample of Malaysian population. Face-to-face interview by trained research assistants using the pre-tested validated questionnaire was the approach utilized to obtain information from selected respondents. A total of 21,352 individuals were successfully interviewed. Information on tobacco use (smoke and smokeless), smoking cessation, exposure to environmental tobacco smoke, anti-smoking information and exposure to tobacco advertisement were obtained during the interview session.

## KEY FINDINGS

### Smoking Prevalence

In 2015, approximately 22.8% ( 4,991,458) of Malaysian population aged 15 years and above were smokers, 43.0 % ( 4.85 million ) of men and 1.4% (143,566) of women smoked manufactured cigarettes, hand-rolled and smokeless cigarettes. Out of the current smokers, 20.5% (95% CI 19.2-21.0) were daily smokers; 38.8% (95 % CI 36.4-39.4) of men and 1.1% of women (95 % CI 0.8-1.46). About one tenth of the Malaysian population aged 15 years and above used smokeless cigarette (20.8% of men and 0.8% of women).

Majority of the current smokers in Malaysia smoked manufactured cigarettes whilst hand-rolled cigarettes was popular among older aged smokers (aged 65+) (3.5 %, 95 CI) 2.75-4.44 and smokers from rural areas (4.6 %, 95 CI 3.96-5.42). Approximately 60% of current smokers smoked 15 sticks of cigarettes and above.

### Exposure to Environmental Tobacco Smoke

Overall, 37.1% (8.09 million) of Malaysian adults aged 15 years and above were exposed to secondhand smoke (SHS) at home; significantly higher among men ( 41.9%, 95 CI 40.04-43.25 ), and without formal education ( 43.0 %, 95 CI 39.65-48.15 ). Among non- smokers, the prevalence of exposure to SHS was 25.9% ( 4.36 million); higher among females ( 31.3%, 95% CI 29.82-32.78 ), whilst older respondents ( aged 65+ , 19.6%, 95 CI 16.97-22.43) and Tertiary education ( 15.7%, 95 CI 13.92-17.59) showed the lowest exposure.

An estimated of 37.3% of respondents working indoor were exposed to ETS during the last one month. The exposure was two times higher among men (48.1 % vs 24.1%) as compared to women. For non-smoker, the estimate was 30.4%. Lowest among older age group (65+) (23.1%, 95 CI 15.33-35.67) and respondents with tertiary education attainment ( 25.3%, 95 CI 22.78-22.94).

### **Smoking Cessation**

More than half (52.3%) of adult smokers (current smokers) had tried to quit smoking in the past 12 months and similar proportions were observed throughout other social demographics. However only one out of ten smokers who had attempted to quit smoking in the past 12 months visited health care providers; of which, three quarter of these smokers had been advised to quit smoking.

### **Media**

In the previous 30 days prior to the interview, 69.6 % of Malaysian adults had noticed anti-cigarette information in newspapers or magazines and 76.4% on televisions.

An estimated 86 % of current smokers( 86.0% of men , 84.9% of women ) had noticed health warnings on cigarette packages, but only 59.5% of current smokers (59.4% of males, 62.4 % of females) thought about quitting smoking because of these messages.

Overall, 29.6% (28.8% of men, 30.4% of women) of Malaysian adults had noticed cigarette marketing through advertisements or promotions. However, only a minute proportion had noticed cigarette promotion through free samples (1.6%), sale price (1.4%), coupon (0.4%), free gift/discounts on other product (0.5%), clothing/items with brand name or logo (3.6%) and mail promoting cigarettes (0.5%).

### **Conclusion**

The survey revealed the prevalence of tobacco use among Malaysian adults aged 15 years and above was still high. There were minute reduction of overall prevalence, prevalence among men, as well as exposure to environmental tobacco smoke at home and workplace. On the contrary, a steep increase was observed for smokeless cigarettes from 0.7% in 2011 to 10.9% in 2015. The findings warrant more comprehensive tobacco policies to reduce the morbidity and mortality related to smoking behaviour.

## 1.0 INTRODUCTION

Tobacco use, a major preventable cause of premature death and diseases, kills 6 million people worldwide annually<sup>1</sup>. -600,000 of these deaths were among non-smokers who were exposed to the second-hand cigarette smoke. Smoking is still prevalent in many parts of the world and about 80% of 1 billion smokers live in low and middle-income countries. The Framework Convention on Tobacco Control has been launched by World Health Organization (WHO) to combat and curb the pandemic of smoking around the world, in which MPOWER (Monitor tobacco used and prevention policies, Protect people from tobacco smoke, Offer help to quit tobacco, Warn about the danger of tobacco, Enforce ban on tobacco advertising, promotion and sponsorship, Raise taxes on tobacco) activities are the main elements and activities to achieve the stipulated objectives on tobacco control.

The implementation of the WHO Framework Convention on Tobacco Control (WHO FCTC) has reached ten years. In a decade since the WHO FCTC came into force, there has been a steady progress in the global tobacco control<sup>2</sup>. It is estimated that 40% of the world's population (2.8 billion people) are covered by at least one MPOWER measure at the highest level of achievement (not including the Monitoring and Mass media measures, which are assessed separately). In addition, the WHO Regional Action Plan for the Tobacco Free Initiative (2010-2014) for Western Pacific Region has recently been concluded and continued with the Regional Action Plan (2015-2019). In this new action plan, countries and areas in the Western Pacific Region and WHO are encouraged to work towards accelerating WHO FCTC implementation to achieve three main strategic outcomes. Establishing sustainable government-funded tobacco surveillance systems is one of the actions suggested to achieve the number one strategic outcome, which is Sustainable Institutional Capacity for Tobacco Control<sup>3</sup>.

For the monitoring of tobacco use and prevention policies globally, The Global Tobacco Surveillance System has been initiated with the technical assistance from the United States Centres for Disease Control and Prevention (CDC). The Global Adult Tobacco Survey (GATS) is one of the components under the initiative to ensure the standard instrument and approach are used to obtain standardized and comparable statistics among the countries. The data from GATS survey is used to form the GATS Atlas, which serves as a resource for many policy decision making on tobacco control.

### 1.1 Tobacco control in Malaysia

#### 1.1.1 Burden of Tobacco Use among adults in Malaysia

There has been several series on tobacco use surveys in Malaysia, namely The first National Health and Morbidity Survey in 1986 (NHMS 1), NHMS II in 1996 and NHMS III in 2006. However, due to differences in working definitions used in these surveys, trends of tobacco use is somewhat difficult to formulate. Between NHMS II (1996) and NHMS III (2006), the prevalence of adult current smokers aged 18 years and above had declined from 24.8%<sup>4</sup> to 22.8%<sup>5</sup>.

The GATS 2011 showed that the prevalence of current smokers in Malaysia was 23.1%<sup>6</sup>, or equivalent to 4.7 million of Malaysians aged 15 years and above. The prevalence of male current smokers was significantly higher at 43.9%, compared to 1.0% among females. The prevalence in the rural areas was 24.3% compared to urban localities at 22.7%. Among the three main ethnicities, the Malays had the highest prevalence at 24.6%, followed by the Indians at 19.7% and the Chinese at 15.4%.

### **1.1.2 Legislation for Tobacco Control in Malaysia**

Tobacco control in Malaysia is regulated under the Control for Tobacco Products Regulation (CPTR) 2004, a component of Food Act 1983. CPTR 2004 replaced the old CPTR 1993, and was developed based on the WHO FCTC. Malaysia becomes a signatory on 23 September 2003, ratifies the WHO FCTC on 16 September 2005, and officially becomes a party to the convention 90 days later on 15 December 2005.

The Tobacco Control & FCTC Unit, which serves as a focal point for WHO FCTC and all issues related to tobacco control, coordinates the submission of periodic reports to the Convention Secretariat as determined by the Conference of Parties. The unit also provides feedback and reports on FCTC implementation to tobacco control stakeholders in Malaysia. A National FCTC Driving Committee comprises of various government ministries and NGOs was also formed to ensure better delivery of FCTC requirement in Malaysia.

The CPTR 2004 includes FCTC and MPOWER elements such as prohibition of smoking in smoke free places, ban on tobacco advertising, promotion and sponsorship, tobacco packaging and labelling, prohibition for underage smoking, cigarette standard emission and others. There are also several other acts that are related to tobacco control in Malaysia.

### **1.1.3 The National Strategic Plan for Tobacco Control (2015-2019)**

A National Strategic Plan for Tobacco Control (2015-2019) has been formulated and endorsed by the honorary Health Minister in 2014. Its policy is to develop a tobacco and smoke-free Malaysia. The missions are to instil smoke free lifestyle among youths, to empower the society in denormalising smoking habit and to provide complete protection from cigarette smoke in public places. This strategic plan is based from the MPOWER strategy. A national multi agencies FCTC steering committee was also formed to safeguard substantiated implementation of the WHO FCTC.

## 2.0 OBJECTIVES

- i. To systematically monitor tobacco use (smoking and smokeless) among adults and track key indicators of tobacco control using a nationally representative sample of adults.
- ii. To track the implementation of FCTC recommended policies outlined in the MPOWER package.

### **3.0 METHODOLOGY**

#### **3.1 Study Population**

The target population consisted of non-institution participants aged 15 years and above in Malaysia.

#### **3.2 Sampling Design**

Two stages proportionate to size sampling was utilised to select the representative samples of Malaysian population. The first strata were all states in Malaysia followed by division of urban and rural areas for each state. Enumeration block which is an artificial geographical area consisted of 80 to 120 living quarters (LQs) were the primary sampling unit and living quarters was secondary sampling unit. 12 LQs were randomly selected from each enumeration block. All household members aged 15 years and above who had resided for more than a month from the selected LQs were invited to participate in the study.

#### **3.3 Questionnaire**

The study adapted the short version of Global Adults Tobacco Surveillance questionnaire, which had been translated, pre-tested and validated among the selected respondents in Bangsar, Wilayah Persekutuan Kuala Lumpur. The Bilingual questionnaire consisted of 20 items which measured the smoking status, type and quantity of tobacco product(s) smoked, second-hand smoke at home and work among smokers and non-smokers, smoking cessation behaviour among current smokers, awareness of anti-smoking campaign and awareness of cigarette advertising and promotion.

#### **3.4 Data Collection**

Face- to- face interview by trained research assistants was the approach employed to obtain data from the selected respondents. The trained researches assistants approached the respondents and explained the objectives of the study, their participation were based on voluntary basis and the anonymity of the data given. The interview sessions only commenced after written consent were obtained from the respondents.

#### **3.5 Statistical Analysis**

Data were weighted in the analysis to account for the complex study design and response rate. Descriptive statistics were used to estimate smoking prevalence. We reported 95% confidence intervals without P values as the large sample size could generate significant results even if statistical differences or associations were small. All statistical analysis were carried out using STATA Version 11 and SPSS Version 20 Statistical soft wares.

## 4.0 RESULTS

### 4.1 Prevalence of current tobacco smokers

Table 1 presents percentage distributions of Malaysian adults aged 15 years and above by tobacco use status. The study revealed the national prevalence of current smokers at 22.8% (95%CI: 21.86-23.81); 20.5% (95%CI: 19.2-21.0) daily smoker and 2.3% (2.02-2.6) occasional smoker. The prevalence of current tobacco smokers among men was 43.0%, compared with just 1.4% among women.

Among non-smokers (3.2% of males and 0.2% of females), 1.7% were former daily smokers;. In additional, 0.7% % of Malaysian adults were former occasional smokers who had quit smoking completely. Of all Malaysian adults, 74.8% had never smoked tobacco in their lifetimes; 52.8% of men and 98.2% of women.

### 4.2 Prevalence of smoked tobacco use

Overall, 22.6% of Malaysian adults were current smokers of any smoked tobacco product; 22.5% had smoked any cigarette. Most of the current smokers (20.1%) smoked manufactured cigarette, 2.3% smoked hand-rolled cigarettes and 0.2% smoked other smoked tobacco.

Of Malaysian men, 42.5% had smoked any tobacco product, 42.4% had smoked any cigarettes and 37.9% of men had smoked manufactured cigarettes, 4.3% had smoked hand-rolled cigarettes, and 0.4% had smoked other tobacco products. Among Malaysian women, only 1.3% had smoked any tobacco product and 1.2% smoked any cigarette. (1.1% had smoked manufactured cigarettes; 0.2% had smoked hand-rolled cigarettes) and 0.1% had smoked other tobacco products.

By age, overall, almost a third (28.0%) of the smokers in 25-44 age group smoked any smoked tobacco products, similar proportion was observed for any type of cigarettes (28.0%), and most of them smoked manufactured cigarettes (25.2%). The next highest percentage of smokers (20.0%) was found among the 45-64 age group. The study also revealed the proportion of smoking hand-rolled cigarettes was higher among older age groups, 3.1 % among 45-64 years age group and 3.5% among those aged 65 years and above. The lowest prevalence of smoking hand-rolled cigarettes was among respondents at 15-24 age groups; at 1.6%.

Overall, the percentage of adults who smoked tobacco products was higher in rural areas (27.7%, 95 CI 26.09-29.35) compared to their counterparts in urban areas at 20.9% (17.99-20.21).The used of manufactured cigarettes was 23.1% in rural areas and 19.1% in urban areas, in addition, the proportion of smokers who smoked hand-rolled cigarettes in rural areas was almost three times compared to those in urban areas. (4.6% vs 1.6%).

The education attainments were inversely related to smoking of various tobacco products in most cases. For example, the prevalence of smoking any tobacco product increased from 15.2% among those with tertiary education to 27.8% among those with secondary education.

However, the proportion of current smokers who smoked manufactured cigarettes was almost similar among those with no formal education and tertiary education, (14.6% vs 14.3).

#### 4.3 Number of Manufactured Cigarettes Smoked per Day

Table 3 shows the quantity of any cigarettes (including manufactured, hand-rolled and other tobacco products) smoked by the daily smokers in Malaysia. Determination of the quantity of cigarettes smoked is of paramount importance as it contributed substantially to nicotine addiction.

The study revealed more than a third (34.9%) of the smokers smoked 25 or more cigarettes; 24.2% smoked 14-24 cigarettes; 18.5% smoked 10-14 cigarettes; 16.4% smoked 5-9 cigarettes and 5.9% smoked less than 5 cigarettes a day.

By gender, almost a third of female (33.8) and male (34.9%) daily smoker smoked more than 25 cigarettes a day. Study also revealed no significant difference was observed between proportion of level of smoking among respondents resides in urban and rural area, although the proportion of respondents consume cigarettes 15-24 and 25 stick or more were slightly higher in rural area.

#### 4.4 Prevalence of smokeless tobacco

Table 4 presents the smokeless tobacco usage by gender. The prevalence of current smokeless tobacco usage was about 25 times higher among male users (20.4%, CI: 18.94-21.87) as compared to female users (0.8%, CI: 0.61-1.17). Among the male smokeless tobacco users, 18.4% (CI: 17.06-19.8) were daily users, while a minute proportion (2%, CI: 1.64-2.37) were occasional users. Less than one percent of females (0.7%, CI: 0.47-0.96) were daily users.

Majority of the male (79.6%, CI: 78.13-81.06) and female (99.2%, CI: 98.83-99.39) respondents were not current smokeless tobacco users. However, a small proportion of them were former users of smokeless tobacco (Male 4.6%, CI 4.11-5.24 ; Female 0.7%, CI: 0.52-0.94).

A rather high percentage of respondents (86.4%, CI: 85.46-87.21) reported never consumed smokeless tobacco. More female (98.5%, CI: 98.08-98.76) than male respondents (75%, CI: 73.38-76.54) had never consumed smokeless tobacco.

#### 4.5 Exposure to environmental tobacco smoke

Table 5 illustrates the exposure to tobacco smoke at home by smoking status and demographic characteristics. Overall, 37.1% (35.6-38.57) of the respondents were exposed to tobacco smoke at home, more males (41.9%, CI: 40.04-43.75) than females (32%, CI: 30.49-33.47) were exposed to tobacco smoke. Study also revealed the higher likelihood of exposure to tobacco smoke among the younger group of respondents, whereby prevalence of tobacco exposure were 40.5% (CI: 38.26-42.86) and 39.7% (CI: 37.81-41.68) among the 15-24 and 25-44 age groups respectively. Inverse relationship was observed between tobacco exposure at home and education attainment in which highest percentage of tobacco exposure was reported among those with no formal education (42.7%, CI: 38.69-46.89), followed by those with primary (41.2%, CI: 39.00-43.52), secondary (39.2%, CI: 37.28-41.15), and tertiary education (23.2%, CI: 21.19-25.33).

Approximately a quarter (25.9%, CI: 24.64-27.19) of non-smokers were exposed to tobacco smoke at home. By gender, more non-smoking females (31.3%, CI: 29.82-32.78) than males (17.1%, CI: 15.61-18.79) were exposed to tobacco smoke at home. Furthermore, the younger non-smokers had higher exposure to tobacco smoke at home as compared to the older non-smokers (15-25 years old, 31.7%, CI: 29.45-33.96 VS 65+ years old, 19.6%, CI: 16.97-22.43). By education level, non-smokers with no formal education were more likely (32%, CI: 28.34-35.95) to be exposed to tobacco smoke as compared to their counterparts with tertiary education (19%, CI: 11.19-30.31).

#### 4.6 Exposure to Environmental tobacco smoke at work

Table 6 presents the exposure to tobacco smoke at indoor work areas, by smoking status and demographic characteristics. Overall, about one third (37.3%, CI: 35.32-39.24) of respondents were exposed to tobacco smoke at work. More Male respondents (48.1%, CI: 45.37-50.87) than female respondents (24.2%, CI: 22.23-26.36) reported exposure to tobacco smoke at work. By locality, respondents from rural areas were more likely (42.3%, CI: 38.34-46.4) to be exposed to tobacco smoke at work as compared to the respondents from urban areas (36.5%, CI: 34.31-38.65). By education level, respondents with tertiary education attainment had the lowest percentage of exposure to tobacco smoke at work (28.7%, CI: 26.27-31.20), while respondents with no formal education was found to have the highest tobacco smoke exposure at 55.1% (CI: 40.34-69.09).

Nearly one third (30.4%, CI: 28.52-32.4) of the non-smoking respondents were exposed to tobacco smoke at work. Study also revealed that non-smoking male respondents were at higher chance (39.7%, CI: 36.52-43.04) of exposure to tobacco smoke at work as compared to non-smoking female respondents (23.7%, CI: 21.74-25.88). Additionally, the prevalence of exposure to tobacco smoke at work among non-smoking rural respondents was slightly higher (34.2%, CI: 30.55-38.11) than their counterparts from urban areas at 29.8% (CI: 27.74-32.05). Furthermore, non-smoking respondents with no formal education demonstrated highest prevalence of tobacco exposure at work (46%, CI: 31.00-61.69), as compared to non-smokers with primary (41.7%, CI: 36.04-47.69), secondary (32.2%, CI: 29.05-35.54), and tertiary education (25.3%, CI: 22.78-27.94).

## 4.7 Smoking cessation behaviour

### 4.7.1 Quit Attempt

Overall, 52.3% (95%CI: 49.85-54.81) of the current smokers made an attempt to quit smoking in the past 12 months with 52.1% (95%CI: 47.28-55.12) and 59.2% (95%CI: 48.32-69.25) among male and female current smokers respectively. The proportion of current smokers who made an attempt to quit smoking in the past 12 months decreased with increasing age groups. The quit attempts among rural and urban respondents were comparable. By education status, the quit attempts increased with increasing level of education.

### 4.7.2 Current smokers who visited healthcare provider in the past 12 months

Overall, less than 10% (9.7%, 95%CI: 8.42-11.07) of the current smokers visited a healthcare provider (HCP) in the past 12 months (9.5 % of men and 15.8% of women). The prevalence of current smokers who visited a HCP was significantly lower among the 15 - 24 years age group 5.2% (9.7%, 95%CI: 3.57-7.47). There was no difference in the prevalence by residency. The highest prevalence of visiting a HCP was among those current smokers with no formal education (13.9%) followed by primary (12.9%) and tertiary education (11.9%).

### 4.7.3 Current smokers advised to quit smoking by healthcare provider

Approximately three quarter (75.4%, 95%CI: 68.60-81.11) of the current smokers who visited healthcare services in the past 12 months had been advised to quit smoking by HCPs (76.1% of men and 60.3% of women). The prevalence was comparable in the rural and urban settings. Current smokers in the older age-groups were more likely to be advised to quit smoking by a HCP; 85.8% and 82.1% in the 45-59 and  $\geq 65$  years' age groups respectively. By education level, more than 70% of the current smokers were advised to quit smoking by HCPs; with the highest prevalence among those with primary education (80.8%) and lowest among those with no formal education (71.3%).

## 4.8 Awareness of anti-smoking information during the last 30 days

### 4.8.1 Noticing anti-cigarette smoking information during the last 30 days in newspaper or magazine

Overall, 70% (69.6%, 95%CI: 68.21-71.02) of the respondents had noticed anti-smoking information in newspapers or magazines during the last 30 days. There was a significant difference between current smokers (73.2%; 95% CI: 70.86-75.38) and non-smokers (68.5%; 95% CI: 66.93-69.97) in noticing anti-smoking information in newspapers or magazines over the same period. The proportion of adults who noticed anti-cigarette smoking information had very little differences overall between males (70.6%) and females (68.5%), those aged 15-24 years (69.5%) and  $\geq 25$  years (69.7%) as well as between urban (70.3%) and rural (67.4%) residents. Similar observations were found among current smokers and non-smokers with the exception of current smokers from urban areas (76.0%; 95% CI: 73.36-78.42) had a significantly higher

prevalence of noticing anti-smoking information than those from rural areas (66.3%; 95%CI: 61.72-70.68).

By comparing between current and non-smokers, significant differences were seen among male current smokers (73.3%; 70.99-75.52) vs male non-smokers (68.4%; 95% CI: 66.21-70.42); current smokers  $\geq 25$  years (73.3%; 95% CI: 70.81-75.66) vs non-smokers  $\geq 25$  years (68.4%; 95% CI: 66.7-70.08); urban current smokers (76%; 73.36-78.42) vs urban non-smokers (68.6%; 66.79-70.4).

#### 4.8.2 Noticing anti-cigarette smoking information during the last 30 days on television

Overall 76.3% (CI: 74.99-77.58) of the respondents had noticed anti-smoking information on television during the last 30 days. No significant difference between current smokers (78.4%; 95% CI: 76.49-80.2) and non-smokers (75.6%; 95% CI: 74.17-77.03) in noticing this information. The proportion of adults who noticed anti-cigarette smoking information had very little differences overall between males (75.9%) and females (76.8%); those aged 15-24 years (76.5%) and  $\geq 25$  years (76.3%) as well as between urban (76.0%) and rural (77.2%) residents. Similar observations were found among current smokers and non-smokers.

By comparing between current and non-smokers, comparable prevalence was seen for all variables: gender, age groups and residence with no significant differences.

#### 4.9 Current Smokers who Noticed Warning on Cigarette Packages and Considered Quitting Because of the Warning During the Last 30 Days, by Selected Demographic Characteristics

Table 9 shows the percentage distributions of current smokers who noticed health warnings on cigarette packages and considered quitting because of the warning during the last 30 days by selected demographic characteristics; i.e. gender, age, residence and education level. Overall, 86% of Malaysian smokers (86% males and 95% females) noticed health warnings on cigarette packages. However, only 59.5% (59% males and 62% females) thought about quitting because of these health warning labels.

By age, there were minimal differences between the elderly age group and younger age groups of current smokers who noticed health warnings on cigarette packages (77.6% for elderly and 83 to 87% for age 15 to 59) and considered quitting because of the warning labels (53.3% for elderly and around 60% for age 15 to 59).

There were minimal differences by residence in noticing health warnings on cigarette packages (87.5% for urban and 83.1% for rural) and considered quitting because of the health warning labels (57.5% for urban and 64.3% for rural)

Current smokers who noticed health warnings on cigarette packages and considered quitting because of the health warning labels were not significant by education levels.

#### 4.10 Noticing Cigarette Advertising during the Last 30 Days in Various Places by Selected Demographic Characteristics.

Table 10 shows percentages of respondents noticing cigarette advertising methods during the last 30 days by age and residency. Overall, about 30% of the respondents noticed cigarette advertisements in stores by age and residency. Less than 2% of the respondents noticed cigarette promotions via free samples, sale prices, coupons, free gifts/, discounts on other products and mail promoting cigarettes by age and residency. , Similarly, less than 5% of the respondents noticed cigarette promotions via clothing/ items with brand name or logo by age group and residency.

## 5.0 CONCLUSION

The overall prevalence of current smokers aged 15 years old and above has reduced slightly from 23.1% in 2011 to 22.8% in 2015. It was also observed that the prevalence of male smokers has also reduced slightly from 43.9% in 2011 to 43.0% in the current survey. Nonetheless, the prevalence among female has increased from 1.0% in 2011 to 1.4% in 2015. The prevalence of smokeless tobacco product usage has increased sharply from 0.7% in 2011 to 10.9% in 2015. This might be due to increase popularity in the use of electronic cigarettes. It is essential that tobacco control activities in Malaysia to be strengthened if we are to achieve the WHO Global NCD Target by 2025 (to achieve smoking prevalence of 15%). The National Strategic Plan on Tobacco Control 2015-2020 has been approved recently. Several key areas have been recognised as the main foci activities, based on MPOWER strategies. Primary and secondary prevention programmes should improve the target towards youths and females. Cessation services must be strengthened with expansion of service providers and access to pharmacotherapy. Centralised national quit line would be beneficial to increase the efficacy of cessation programme. The prevalence of noticing cigarette products at point of sale is rising, therefore a policy towards ban at the point of sale would be ideal. With focused tobacco control strategies, the prevalence of smoking in Malaysia can be reduced further to achieve a true smokefree Malaysian generation in the future.

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Table 1 Smoking Status by Gender

Smoking Status	Overall	Male	Female
		Percentage ( 95% CI )	
<b>Current tobacco smoker</b>	22.8(21.86,23.81)	43.0(41.38,44.6)	1.4(1.05,1.75)
<b>Daily smoker</b>	20.5(19.63,21.46)	38.8(37.25,40.35)	1.1(0.82,1.44)
<b>Occasional smoker</b>	2.3(2.02,2.6)	4.2(3.69,4.76)	0.3(0.16,0.46)
<b>Occasional smoker, formerly daily</b>	1.0(0.82,1.19)	1.8(1.49,2.2)	0.1(0.06,0.21)
<b>Occasional smoker, never daily</b>	1.3(1.1,1.55)	2.4(2,2.83)	0.2(0.08,0.33)
<b>Current non-smoker</b>	77.2(76.19,78.14)	57(55.4,58.62)	98.6(98.25,98.95)
<b>Former smoker</b>	2.4(2.11,2.71)	4.3(3.74,4.85)	0.4(0.27,0.6)
<b>Former daily smoker</b>	1.7(1.48,1.96)	3.2(2.74,3.65)	0.2(0.08,0.28)
<b>Former occasional smoker</b>	0.7(0.55,0.86)	1.1(0.86,1.4)	0.3(0.15,0.43)
<b>Never smoker</b>	74.8(73.75,75.8)	52.8(51.06,54.45)	98.2(97.82,98.58)

Table 2 Current Smokers of Various Smoked Tobacco Products, by Selected Demographic Characteristics

Demographic Characteristics	Type of cigarette				
	Any smoked tobacco product	Any cigarette	Manufactured	Hand-rolled	Other smoked tobacco
	Percentage ( 95% CI )				
<b>Overall</b>	22.6(21.62,23.53)	22.5(21.55,23.45)	20.1(19.17,20.98)	2.3(2.03,2.62)	0.2(0.16,0.34)
<i>Gender</i>					
Male	42.5(40.97,44.14)	42.4(40.85,44.02)	37.9(36.37,39.38)	4.3(3.77,4.91)	0.4(0.26,0.56)
Female	1.3(0.99,1.65)	1.2(0.96,1.62)	1.1(0.83,1.46)	0.2(0.1,0.3)	0.1(0.03,0.22)
<i>Age (years)</i>					
'15-24	19.3(17.61,21.01)	19.2(17.59,20.97)	18.2(16.59,19.89)	1.6(1.16,2.19)	0.1(0.02,0.23)
'25-44	28(26.64,29.47)	28(26.59,29.42)	25.2(23.82,26.53)	2.1(1.7,2.5)	0.2(0.12,0.44)
'45-64	20(18.84,21.16)	19.9(18.74,21.05)	16.9(15.79,18.01)	3.1(2.56,3.69)	0.4(0.2,0.6)
65+	11.1(9.56,12.94)	10.9(9.3,12.65)	8.0(6.58,9.67)	3.5(2.75,4.44)	0.4(0.21,0.83)
<i>Residence</i>					
Urban	20.9(19.81,22.09)	20.8(19.73,22.01)	19.1(17.99,20.21)	1.6(1.27,1.91)	0.2(0.16,0.39)
Rural	27.7(26.09,29.35)	27.6(26.02,29.28)	23.1(21.75,24.57)	4.6(3.96,5.42)	0.2(0.11,0.35)
<i>Education Level</i>					
No formal education	20.4(16.79,24.5)	20.1(16.51,24.25)	14.6(11.46,18.54)	3.4(2.36,4.94)	0.3(0.12,0.96)
Primary	25(23.08,27)	24.9(22.98,26.91)	20.2(18.4,22.16)	4.2(3.42,5.13)	0.3(0.13,0.49)
Secondary	27.8(26.42,29.31)	27.8(26.35,29.24)	25.2(23.84,26.67)	2.4(2.07,2.89)	0.2(0.14,0.41)
Tertiary	15.2(13.79,16.81)	15.2(13.71,16.72)	14.3(12.87,15.81)	0.9(0.55,1.36)	0.3(0.13,0.8)

**Table 3 Cigarettes Smoked per Day Among Daily Cigarette Smokers, by Selected Demographic Characteristics**

Demographic Characteristics	Number of cigarettes smoked on average per day				
	< 5	5-9	10-14	15-24	≥ 25
<b>Overall</b>	5.9(4.99,7.00)	16.4(14.84,18.17)	18.5(16.93,20.26)	24.2(22.41,26.06)	34.9(32.45,37.47)
<b>Gender</b>					
Male	5.80(4.83,6.86)	16.3(14.69,18.07)	18.6(16.99,20.36)	24.4(22.57,26.25)	34.9(32.48,37.5)
Female	12.2(6.56,21.59)	21.8(12.67,34.96)	15.1(9.08,24.04)	17.1(8.93,30.11)	33.8(21.83,48.32)
<b>Age (years)</b>					
'15-24	8.2(6.05,11.06)	21.5(18,25.52)	19.5(15.85,23.69)	17.9(14.47,22.)	32.9(28.33,37.73)
'25-44	5.6(4.4,7.19)	15.7(13.55,18.18)	18.6(16.46,21.04)	25.3(22.83-27.9)	34.7(31.65,37.92)
'45-64	3.7(2.61,5.21)	13.2(10.74,16.04)	17.3(14.83,20.12)	28.1(24.96,31.49)	37.7(33.55,42.05)
65+	11(6.76,17.55)	18.5(12.83,26.03)	19.2(13.49,26.54)	19.0(13.93,25.46)	32.2(25.6,39.59)
<b>Residence</b>					
Urban	6.4(5.27,7.82)	16.5(14.57,18.69)	19.2(17.16,21.48)	23.7(21.48,26.06)	34.1(31.06,37.33)
Rural	4.7(3.43,6.41)	16.2(13.65,19.18)	16.9(14.78,19.26)	25.4(22.61,28.34)	36.8(32.9,40.89)
<b>Education Level</b>					
No formal education	6.7(3.17,13.59)	12.8(6.7,23.08)	15.2(9.49,23.44)	29.6(21.6,39.15)	35.7(24.84,48.22)
Primary	5.1(3.49,7.46)	13.4(10.29,17.21)	17.3(14.19,20.86)	26.3(22.52,30.45)	37.9(33.34,42.76)
Secondary	5.1(3.91,6.64)	15.3(13.01,17.86)	18.1(15.87,20.65)	26.2(23.56,29.04)	35.3(31.92,38.76)
Tertiary	6.5(4.22,9.81)	18.1(14.25,22.84)	20.4(16.38,25.01)	22.8(18.32,28.05)	32.2(27.15,37.7)

**Table 4 Smokeless Tobacco Use Status by Gender**

Smoking Status	Overall	Male	Female
	<i>Percentage (95% CI)</i>		
<b>Current smokeless tobacco user</b>	10.9(10.13,11.73)	20.4(18.94,21.87)	0.8(0.61,1.17)
Daily user	9.8(9.09,10.57)	18.4(17.06,19.8)	0.7(0.47,0.96)
Occasional user	1.1(0.92,1.32)	2(1.64,2.37)	0.2(0.08,0.36)
Occasional user, formerly daily	0.5(0.35,0.62)	0.9(0.65,1.14)	0.1(0.01,0.27)
Occasional user, never daily	0.6(0.5,0.8)	1.1(0.86,1.43)	0.1(0.06,0.25)
<b>Current non-user of smokeless tobacco</b>	89.1(88.27,89.87)	79.6(78.13,81.06)	99.2(98.83,99.39)
Former user	2.7(2.44,3.06)	4.6(4.11,5.24)	0.7(0.52,0.94)
Former daily user	2(1.81,2.32)	3.6(3.19,4.14)	0.4(0.23,0.56)
Former occasional user	0.7(0.55,0.86)	1(0.78,1.31)	0.3(0.23,0.51)
Never smokeless user	86.4(85.46,87.21)	75(73.38,76.54)	98.5(98.08,98.76)

**Table 5 Exposure to Tobacco Smoke at Home, by Smoking Status and Selected Demographic Characteristics**

Demographic Characteristics	Respondents exposed to tobacco smoke at home	
	Overall	Non-smokers
	<i>Percentage ( 95% CI )</i>	
<b>Overall</b>	37.1(35.6,38.57)	25.9(24.64,27.19)
<i>Gender</i>		
Male	41.9(40.04,43.75)	17.1(15.61,18.79)
Female	32.0(30.49,33.47)	31.3(29.82,32.78)
<i>Age (years)</i>		
'15-24	40.5(38.26,42.86)	31.7(29.45,33.96)
'25-44	39.7(37.81,41.68)	26.2(24.52,27.90)
'45-64	32.3(30.6,34.1)	21.7(20.23,23.29)
65+	26.2(23.36,29.16)	19.6(16.97,22.43)
<i>Residence</i>		
Urban	33.3(31.53,35.19)	22.9(21.47,24.47)
Rural	48.8(46.59,51.06)	36.0(33.87,38.27)
<i>Education Level</i>		
No formal education	42.7(38.69,46.89)	32(28.34,35.95)
Primary	41.2(39,43.52)	28.8(26.68,30.96)
Secondary	39.2(37.28,41.15)	25.4(23.72,27.2)
Tertiary	23.2(21.19,25.33)	15.7(13.92,17.59)

**Table 6 Exposure to Tobacco Smoke at Indoor Work Areas, by Smoking Status and Selected Demographic Characteristics**

Demographic Characteristics	Respondents exposed to tobacco smoke at work	
	Overall	Non-Smokers
	Percentage (95%CI)	
<b>Overall</b>	37.3(35.32,39.24)	30.4(28.52,32.4)
<i>Gender</i>		
Male	48.1(45.37,50.87)	39.7(36.52,43.04)
Female	24.2(22.23,26.36)	23.7(21.74,25.88)
<i>Age</i>		
15-24	39.2(35.24,43.38)	32.4(28.16,36.87)
25-44	36.6(34.23,39.08)	29.5(27.16,32.05)
45-59	37.6(34.67,40.55)	31.3(28.23,34.58)
65+	30.3(20.9,41.75)	24.1(15.33,35.67)
<i>Residence</i>		
Urban	36.5(34.31,38.65)	29.8(27.74,32.05)
Rural	42.3(38.34,46.4)	34.2(30.55,38.11)
<i>Education Level</i>		
No Formal Education	55.1(40.34,69.09)	46.0(31.0,61.69)
Primary	52.0(46.8,57.22)	41.7(36.04,47.69)
Secondary	40.1(37.12,43.14)	32.2(29.05,35.54)
Tertiary	28.7(26.27,31.2)	25.3(22.78,27.94)

**Table 7 Current Smokers who Made a Quit Attempt and Received Health Care Provider Assistance in the Past 12 Months, by Selected Demographic Characteristics.**

Demographic Characteristics	Respondents exposed to tobacco smoke at work		
	Made quit attempt	Visited a HCP	Advised to quit by HCP
	Percentage (95%CI)		
<b>Overall</b>	52.3(49.85,54.81)	9.7(8.42,11.07)	75.4(68.6,81.11)
<i>Gender</i>			
Male	52.1(49.63,54.61)	9.5(8.23,10.9)	76.1(69.16,81.94)
Female	59.2(48.32,69.25)	15.8(8.92,26.52)	60.3(29.36,84.77)
<i>Age</i>			
15-24	55.6(50.76,60.27)	5.2(3.57,7.47)	64.8(44.28,81.04)
25-44	52.1(48.82,55.29)	9.2(7.5,11.29)	70.4(60.4,78.72)
45-59	51.2(47.47,54.89)	14.3(11.77,17.24)	85.8(77.43,91.47)
65+	44.6(37.1,52.28)	14.6(10.1,20.71)	82.1(65.03,91.89)
<i>Residence</i>			
Urban	52.8(49.68,55.91)	9.1(7.69,10.8)	73.9(64.83,81.34)
Rural	51.2(47.28,55.12)	10.9(8.68,13.7)	78.3(68.03,85.96)
<i>Education Level</i>			
No Formal Education	42.5(33.18,52.45)	13.9(8.06,23)	71.3(41.57,89.69)
Primary	44.7(40.35,49.13)	12.9(9.76,16.81)	80.8(67.91,89.36)
Secondary	53.4(50.29,56.45)	9.7(8.02,11.76)	73.6(63.66,81.68)
Tertiary	61.1(55.37,66.48)	11.4(8.58,15.1)	79.7(64.75,89.31)
Unclassified	36.9(22.05,54.79)	3.7(1.01,12.39)	100(100,100)

**Table 8. Noticing Anti-Cigarette Smoking Information During the Last 30 Days in Newspapers or Magazine and Television, by Smoking Status and Selected Demographic Characteristics**

Places	Overall	Gender		Age (years)			Residence	
		Male	Female	15-24	≥ 25	Urban	Rural	
<b>Overall</b>								
In newspapers or magazines	69.6(68.21,71.02)	70.6(68.86,72.35)	68.5(66.84,70.17)	69.5(67.35,71.53)	69.7(68.11,71.21)	70.3(68.62,71.95)	67.4(64.84,69.87)	
On Television	76.3(74.99,77.58)	75.9(74.23,77.45)	76.8(75.2,78.29)	76.5(74.36,78.48)	76.3(74.82,77.63)	76.0(74.42,77.6)	77.2(75.21,78.99)	
<b>Current smokers</b>								
In newspapers or magazines	73.2(70.86,75.38)	73.3(70.99,75.52)	68.2(55.69,78.58)	72.7(68.34,76.72)	73.3(70.81,75.66)	76(73.36,78.42)	66.3(61.72,70.68)	
On Television	78.4(76.49,80.2)	78.3(76.41,80.16)	80.6(71.16,87.46)	77.7(73.36,81.58)	78.6(76.51,80.53)	79.2(76.82,81.4)	76.5(73.27,79.44)	
<b>Non smokers</b>								
In newspapers or magazines	68.5(66.93,69.97)	68.4(66.21,70.42)	68.5(66.84,70.18)	68.6(66.21,70.91)	68.4(66.7,70.08)	68.6(66.79,70.4)	67.9(65.29,70.4)	
On Television	75.6(74.17,77.03)	73.8(71.7,75.78)	76.7(75.14,78.25)	76.2(73.88,78.28)	75.4(73.83,76.97)	75.1(73.33,76.81)	77.5(75.39,79.42)	

**Table 9 Current Smokers who Noticed Warning on Cigarette Packages and Considered Quitting Because of the Warning During the Last 30 Days, by Selected Demographic Characteristics**

Demographic Characteristics	Current smokers who.....	
	Noticed health warnings on cigarette package	Thought about quitting because of warning label
	Percentage (95%CI)	
<b>Overall</b>	86.0(84.32,87.46)	59.5(57.08,61.86)
<i>Gender</i>		
Male	86.0(84.35,87.5)	59.4(56.93,61.84)
Female	84.9(75.72,90.96)	62.4(50,73.37)
<i>Age</i>		
15-24	87.5(83.97,90.42)	62.2(57.36,66.72)
25-44	86.9(84.61,88.81)	59.5(56.27,62.6)
45-59	83.7(80.63,86.36)	57.8(53.72,61.8)
65+	77.6(71.24,82.93)	53.3(44.61,61.72)
<i>Residence</i>		
Urban	87.2(85.29,88.87)	57.6(54.53,60.54)
Rural	83.1(79.78,85.9)	64.3(60.56,67.88)
<i>Education Level</i>		
No Formal Education	73.7(65.5,80.49)	63.0(49.47,74.7)
Primary	81.1(77.06,84.64)	58.6(53.92,63.08)
Secondary	88.2(86.24,89.93)	58.7(55.44,61.83)
Tertiary	88.5(84.81,91.42)	59.4(53.63,64.88)
Unclassified	79.7(66.43,88.63)	52.5(33.83,70.48)

**Table 10. Noticing Cigarette Advertising during the Last 30 Days in Various Places, by Selected Demographic Characteristics.**

Places	Overall	Gender		Age (Years)		Residence	
		Male	Female	15-24	≥ 25	Urban	Rural
Noticed advertisement in stores	29.6(27.85,31.33)	28.8(26.91,30.75)	30.4(28.41,32.49)	29.7(27.3,32.31)	29.5(27.7,31.36)	29.6(27.51,31.68)	29.6(26.72,32.22)
<i>Noticed cigarette promotion</i>							
Free sample	1.6(1.33,1.87)	2.1(1.69,2.53)	1.1(0.81,1.38)	1.9(1.37,2.53)	1.5(1.22,1.81)	1.6(1.32,1.98)	1.5(1.07,1.99)
Sale prices	1.4(1.16,1.64)	1.9(1.5,2.29)	0.9(0.67,1.13)	1.6(1.21,2.22)	1.3(1.06,1.58)	1.3(1.01,1.56)	1.8(1.33,2.36)
Coupon	0.4(0.26,0.47)	0.4(0.25,0.54)	0.3(0.21,0.52)	0.4(0.22,0.71)	0.3(0.24,0.47)	0.4(0.24,0.51)	0.3(0.22,0.54)
Free gift/discounts on other product	0.5(0.4,0.69)	0.7(0.49,0.94)	0.4(0.24,0.56)	0.4(0.25,0.79)	0.5(0.4,0.75)	0.6(0.4,0.77)	0.4(0.27,0.69)
Clothing/items with brand name or logo	3.6(3.1,4.22)	4.4(3.71,5.17)	2.8(2.31,3.41)	4.8(3.84,5.94)	3.2(2.75,3.8)	3.3(2.74,4.07)	4.5(3.6,5.6)
Mail promoting cigarette	0.5(0.34,0.62)	0.5(0.37,0.78)	0.4(0.25,0.6)	0.5(0.3,0.86)	0.4(0.31,0.63)	0.5(0.37,0.72)	0.3(0.18,0.48)



# **APPENDIX**

## **QUESTIONNAIRES**



**MODUL H : MEROKOK / *SMOKING***

KRITERIA KELAYAKAN UNTUK MENJAWAB: 15 TAHUN DAN KEATAS <i>ELIGIBILITY CRITERIA: 15 YEARS AND ABOVE</i>	
<p><b>H1</b></p> <p><b>Status Merokok Terkini</b> <i>Current Tobacco Smoking Status</i></p> <p>Pada ketika ini adakah anda menghisap tembakau setiap hari, kurang daripada setiap sehari, atau tidak sama sekali? <i>Do you currently smoke tobacco on a daily basis, less than daily, or not at all?</i></p> <ol style="list-style-type: none"> <li>1. Setiap Hari / <i>Daily</i> - ke soalan H3</li> <li>2. Kurang Dari Setiap Hari <i>Less Than Daily</i> - ke soalan H2a</li> <li>3. Tidak Sama Sekali / <i>Not At All</i> - ke soalan H2b</li> </ol> <p>(-7) TT            (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H3</p>	<p><b>H2a</b></p> <p><b>Status Merokok Setiap Hari Terdahulu</b> <i>Past Daily Smoking Status</i></p> <p>Pernahkah anda menghisap tembakau setiap hari pada masa lalu? <i>Have you smoked tobacco daily in the past?</i></p> <ol style="list-style-type: none"> <li>1. Ya / <i>Yes</i> - ke Soalan H3</li> <li>2. Tidak / <i>No</i> - Ke soalan H3</li> </ol> <p>(-7) TT            (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H3</p>
<p><b>H2b</b></p> <p><b>Status Merokok Terdahulu / <i>Past Smoking Status</i></b></p> <p>Pada masa lalu, pernahkah anda menghisap tembakau setiap hari, kurang daripada setiap sehari, atau tidak sama sekali? / <i>In the past, have you smoked tobacco on a daily basis, less than daily, or not at all?</i></p> <p>JIKA RESPONDEN TELAH MENJAWAB KEDUA-DUANYA "SETIAP HARI" DAN "KURANG DARIPADA SETIAP SEHARI" PADA MASA LALU, TANDAKAN "SETIAP HARI" <i>IF RESPONDENT HAS DONE BOTH "DAILY" AND "LESS THAN DAILY" IN THE PAST, CHECK "DAILY"</i></p> <ol style="list-style-type: none"> <li>1. Setiap Hari / <i>Daily</i></li> <li>2. Kurang Dari Setiap Hari <i>Less Than Daily</i></li> <li>3. Tidak Sama Sekali / <i>Not At All</i> – ke soalan H4</li> </ol> <p>(-7) TT            (-9) EJ</p> <p>Jika menjawab (3) Tidak sama sekali, (-7) TT, atau (-9) EJ terus ke soalan H4</p>	

<p><b>H3 Bilangan Produk Tembakau Yang Dihisap Setiap Hari / <i>Number of Tobacco Products Smoked Per Day</i></b></p> <p>Soalan ini hanya dijawab oleh responden yang memberi jawapan H 1= 1 ( setiap hari) atau H 1= 2 (kurang dari dari setiap hari ) pada soalan 1.</p> <p>Untuk responden yang menjawab H 1= 1 (setiap hari) , tanyakan penggunaan SETIAP ITEM ( bahagian a-g) penggunaan hasil tembakau setiap hari (BILANGAN PER HARI). manakala responden yang menjawab H1=2 (kurang dari setiap hari ), tanyakan SETIAP ITEM ( bahagian a-g) penggunaan hasil tembakau pada setiap minggu (BILANGAN PER MINGGU)</p> <p><i>Administered to respondents who are currently smokers (H 1= 1 or 2). Ask stem question in H 3 and each item part (a through g). For current daily smokers (H1=1), the question should ask about daily use (number per day). For current less than daily smokers (H1=2), the question should ask about weekly use (number per week)</i></p> <p>Secara purata, berapa banyak di antara produk-produk berikut yang anda biasa menghisap setiap hari? Nyatakan juga jika anda ada menghisap produk tersebut walaupun tidak setiap hari. <i>On average, how many of the following products do you currently smoke each (day/week)? Also, let me know if you smoke the product, but not every (day/week)</i></p> <p>JIKA RESPONDEN menjawab menghisap PRODUK TERSEBUT TETAPI TIDAK SETIAP HARI, masukkan 888 <i>IF RESPONDENT REPORTS SMOKING THE PRODUCT BUT NOT EVERY DAY, ENTER 888</i></p> <p>PERINGATAN: DAPATKAN ROKOK YANG DIHISAP DALAM BILANGAN BATANG ROKOK SEHARI, TIDAK SEPATUTNYA DALAM BENTUK PAKET / <i>INT: VERIFY THIS IS # OF CIGARETTES, NOR PACKS</i></p> <p>Jika Tidak Tahu tuliskan TT, jika Enggan Jawab tuliskan EJ pada ruangan.</p>						
		<b>Per Hari <i>Per Day</i></b>		<b>Per Minggu <i>Per Week</i></b>		
a.	<p>Rokok (yang dikilang) / <i>Manufactured cigarettes?</i></p> <p>Pada ketika ini, secara purata berapa batang rokok (yang dikilang) anda hisap setiap minggu? <i>On average, how many manufactured cigarettes do you currently smoke each week?</i></p>					
b.	<p>Rokok gulung sendiri / <i>Hand-rolled cigarettes?</i></p> <p>Pada ketika ini, secara purata berapa batang rokok digulung sendiri anda hisap setiap minggu? <i>On average, how many hand-rolled cigarettes do you currently smoke each week?</i></p>					
c.	<p>Kretek / <i>Kretek?</i></p> <p>Pada ketika ini, secara purata berapa batang kretek anda hisap setiap minggu? <i>On average, how many kreteks do you currently smoke each week?</i></p>					

		Per Hari Per Day			Per Minggu Per Week		
e.	<p>Curut atau curut kecil (<i>cigarillos</i>) <i>Cigars, cheroots, or cigarillos?</i></p> <p>Pada ketika ini, secara purata berapa batang curut atau curut kecil (<i>cigarillos</i>) anda hisap setiap minggu? <i>On average, how many Cigars, cheroots, or cigarillos do you currently smoke each week?</i></p>						
d.	<p>Paip mampat dengan tembakau / <i>Pipes full of tobacco?</i></p> <p>Pada ketika ini, secara purata berapa paip mampat dengan tembakau anda hisap setiap minggu <i>On average, how many pipes full of tobacco do you currently smoke each week?</i></p>						
f.	<p>Bidis / <i>Bidis?</i></p> <p>Pada ketika ini, secara purata berapa batang bidis anda hisap setiap minggu? <i>On average, how many bidis do you currently smoke in each week?</i></p>						
g.	<p>Lain-lain? / <i>Any others?</i></p> <p>Pada ketika ini, nyatakan lain-lain jenis tembakau yang anda hisap setiap hari : _____ <i>Please specify the other type you currently smoke each day: _____</i></p> <p>Pada ketika ini, secara purata berapa banyak _____ anda hisap setiap minggu? <i>On average, how many _____ do you currently smoke in each week?</i></p>						

<p><b>H4</b>      <b>Status Penggunaan Produk Tembakau (tanpa asap) Terkini</b> <i>Current Smokeless Tobacco Use</i></p> <p>Pada ketika ini adakah anda mengguna tembakau tanpa asap setiap hari, kurang daripada setiap sehari, atau tidak sama sekali? <i>Do you currently use smokeless tobacco on a daily basis, less than daily, or not at all?</i></p> <p>1. Setiap Hari / <i>Daily</i> - ke Soalan H6 2. Kurang Dari Setiap Hari / <i>Less Than Daily</i> - ke soalan H5a 3. Tidak Sama Sekali / <i>Not At All</i> - ke soalan H5b</p> <p>(-7) TT      (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H6</p>	<p><b>H5a</b>      <b>Status Penggunaan Setiap Hari Produk Tembakau (tanpa asap) Terdahulu</b> <i>Past Daily Smokeless Tobacco Use</i></p> <p>Pernahkah anda menggunakan tembakau tanpa asap setiap hari pada masa lalu? <i>Have you used smokeless tobacco daily in the past?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p> <p>Terus ke Soalan H6</p>
<p><b>H5b</b>      <b>Status Penggunaan Produk Tembakau (tanpa asap) Terdahulu</b> <i>Past Smokeless Tobacco Use</i></p> <p>Pada masa lalu, pernahkah anda menggunakan tembakau tanpa asap setiap hari, kurang daripada setiap sehari, atau tidak sama sekali? / <i>In the past, have you used smokeless tobacco on a daily basis, less than daily, or not at all?</i></p> <p>[JIKA RESPONDEN TELAH MENJAWAB KEDUA-DUANYA "SETIAP HARI" DAN "KURANG DARIPADA SETIAP SEHARI" PADA MASA LALU, TANDAKAN "SETIAP HARI"] <i>[IF RESPONDENT HAS DONE BOTH "DAILY" AND "LESS THAN DAILY" IN THE PAST, CHECK "DAILY"]</i></p> <p>1. Setiap Hari / <i>Daily</i> 2. Kurang Dari Setiap Hari / <i>Less Than Daily</i> 3. Tidak Sama Sekali / <i>Not At All</i></p> <p>(-7) TT      (-9) EJ</p>	
<p><b>H6</b>      <b>Kekerapan Merokok di Rumah / <i>Frequency of Smoking in the Home</i></b></p> <p>Berapa kerapkah "seseorang" merokok di dalam rumah anda? Adakah setiap hari, setiap minggu, setiap bulan, kurang daripada setiap bulan, tidak pernah? <i>How often does anyone smoke inside your home? Would you say daily, weekly, monthly, less than monthly, or never?</i></p> <p>1. Setiap Hari / <i>Daily</i> 2. Setiap Minggu / <i>Weekly</i> 3. Setiap Bulan / <i>Monthly</i> 4. Kurang Dari Setiap Bulan / <i>Less Than Monthly</i> 5. Tidak Pernah / <i>Never</i></p> <p>(-7) TT      (-9) EJ</p>	

<p><b>H7</b></p>	<p><b>Lokasi Bekerja / <i>Current Working Location</i></b></p> <p>Adakah anda bekerja di luar rumah anda? <i>Do you currently work outside of your home?</i></p> <p>1. Ya / <i>Yes</i> .....&gt; ke soalan H8 2. Tidak / Tidak BEKERJA / <i>No / Don't Work</i> - ke soalan H10</p> <p>(-7) TT            (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H10</p>	<p><b>H8</b></p>	<p><b>Kerja di Luar atau Dalam Pejabat <i>Currently Working Indoors or Outdoors</i></b></p> <p>Adakah anda selalu bekerja di dalam atau diluar bangunan? <i>Do you usually work indoors or outdoors?</i></p> <p>1. Di Dalam / <i>Indoors</i> .. ke soalan H9 2. Di Luar / <i>Outdoors</i> - ke soalan H10 3. Kedua-dua / <i>Both</i> ..... ke soalan H9</p> <p>(-7) TT            (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H10</p>
<p><b>H9</b></p>	<p><b>Merokok di Tempat Kerja <i>Smoking at the Workplace</i></b></p> <p>Dalam 30 hari lepas, adakah sesiapa yang merokok di dalam bangunan anda bekerja? <i>During the past 30 days, did anyone smoke in indoor areas where you work?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT            (-9) EJ</p>	<p><b>H10</b></p>	<p>Soalan H10 ini hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari ( pilihan 2) pada soalan H1; iaitu (H1 = 1 atau 2) / <i>Question H 10 is to be answered by respondents who answered daily (choice No.1) or less than daily (Choice No. 2) for Question H1; i.e. (H1=1 or 2)</i></p> <p><b>Percubaan Berhenti Merokok <i>Attempting to Quit Smoking</i></b></p> <p>Dalam 12 bulan yang lepas, pernahkah anda cuba berhenti merokok? <i>During the past 12 months, have you tried to stop smoking?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT            (-9) EJ</p>

<p><b>H11</b></p>	<p>Soalan H11 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1; iaitu (H1 = 1 atau 2) / <i>Question H11 is to be answered by respondents who answered daily (choice No. 1) or less than daily (choice No. 2) for Question H1, i.e. (H1 = 1 or 2)</i></p> <p><b>Bertemu Doktor / Visiting a Doctor</b></p> <p>Pernahkah anda berjumpa doktor atau petugas kesihatan yang lain dalam tempoh 12 bulan yang lalu? <i>Have you visited a doctor or other health care provider in the past 12 months?</i></p> <p>1. Ya / <i>Yes</i> .....&gt; ke soalan H12 2. Tidak / <i>No</i> .....&gt; ke soalan H13</p> <p>(-7) TT            (-9) EJ</p> <p>Jika TT atau EJ ke Soalan H13</p>	<p><b>H12</b></p>	<p>Soalan H12 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1; iaitu (H1 = 1 atau 2) / <i>Question H12 is to be answered by respondents who answered daily (choice No. 1) or less than daily (choice No. 2) for Question H1, i.e. (H1 = 1 or 2)</i></p> <p><b>Menerima Nasihat Berhenti Merokok dari Doktor / Receiving Cessation Advice from Doctor</b></p> <p>Pada setiap kali anda berjumpa doctor atau petugas kesihatan dalam tempoh 12 bulan yang lalu, adakah anda ditanya samada anda menghisap tembakau? / <i>During any visit to a doctor or health care provider in the past 12 months, were you advised to quit smoking tobacco?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT            (-9) EJ</p>
<p><b>H13</b></p>	<p><b>Informasi Berhenti Merokok Di Suratkhabar / Majalah / Noticing Anti-Cigarette Information in Newspapers/Magazines</b></p> <p>Pada 30 hari yang lalu, adakah anda pcrasaan tentang "maklumat-maklumat" mengenai bahaya merokok atau galakan untuk berhenti merokok di surat khabar atau majalah? <i>In the last 30 days, have you noticed information about the dangers of smoking cigarettes or that encourages quitting in newspapers or in magazines?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i> 3. Tidak Berkenaan / <i>Not Applicable</i></p> <p>(-7) TT            (-9) EJ</p>	<p><b>H14</b></p>	<p><b>Informasi Berhenti Merokok Di Televisyen / Noticing Anti-Cigarette Information on Television</b></p> <p>Pada 30 hari yang lalu, adakah anda pcrasan tentang "maklumat-maklumat" mengenai bahaya merokok atau galakan untuk berhenti merokok di telesisyen? <i>In the last 30 days, have you noticed information about the dangers of smoking cigarettes or that encourages quitting on television?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i> 3. Tidak Berkenaan / <i>Not Applicable</i></p> <p>(-7) TT            (-9) EJ</p>

<p><b>H15</b></p> <p>Soalan H15 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1; iaitu (H1 = 1 atau 2) / <i>Question H15 is to be answered by respondents who answered daily ( choice No.1 ) or less than daily (choice No. 2) for Question H1; i.e.(H1 = 1 or 2)</i></p> <p><b>Tanda Amaran pada Kotak Rokok</b> <b><i>Noticing Health Warnings on Cigarette Packs</i></b></p> <p>Pada 30 hari yang lalu, adakah anda perasaan sebarang maklumat tentang amaran kesihatan pada kotak rokok? / <i>In the last 30 days, did you notice any health warnings on cigarette packages?</i></p> <ol style="list-style-type: none"> <li>1. Ya / <i>Yes</i></li> <li>2. Tidak / <i>No</i> - ke Soalan H17</li> <li>3. Tidak Melihat Sebarang Kotak Rokok <i>Did See Any Cigarette Packages - ke Soalan H17</i></li> </ol> <p>(-7) TT                      (-9) EJ</p> <p><b>Jika TT atau EJ ke Soalan H17</b></p>	<p><b>H16</b></p> <p>Soalan H16 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1; iaitu (H1 = 1 atau 2) <u>DAN menjawab "Ya" kepada H15; iaitu (H15=1)</u> / <i>Question H16 is to be answered by respondents who answered daily (choice No.1) or less than daily (choice No. 2) for Question H1; i.e.(H1 = 1 or 2) AND answered "Yes" to H15; i.e.(H15=1)</i></p> <p><b>Memikirkan Untuk Berhenti Kerana Tanda Amaran pada Kotak Rokok / <i>Thinking About Quitting Because of Health Warnings on Cigarette Packs</i></b></p> <p>Pada 30 hari yang lalu, adakah amaran pada kotak rokok mendorong anda untuk berfikir untuk berhenti menghisap hasil tembakau? / <i>In the last 30 days, have warning labels on cigarette packages led you to think about quitting?</i></p> <ol style="list-style-type: none"> <li>1. Ya / <i>Yes</i></li> <li>2. Tidak / <i>No</i></li> </ol> <p>(-7) TT                      (-9) EJ</p>
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<p><b>H17</b></p>	<p><b>Iklan Merokok di Pasaraya / <i>Cigarette Advertising in Stores</i></b></p> <p>Pada 30 hari yang lalu, adakah anda perasaan sebarang "iklan atau tanda promosi" di kedai rokok dijual? <i>In the last 30 days, have you noticed any advertisements or signs promoting cigarettes in stores where cigarettes are sold?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i> 3. Tidak Berkenaan / <i>Not Applicable</i></p> <p>(-7) TT      (-9) CJ</p>	
<p><b>H18</b></p>	<p><b>Promosi Merokok / <i>Cigarette Promotions</i></b></p> <p>Dalam masa 30 hari yang lepas, pernahkah anda terlihat promosi rokok seperti yang dinyatakan? <i>In the last 30 days, have you noticed any of the following types of cigarette promotions?</i></p> <p>Baca Setiap Item / <i>Read Each Item:</i></p>	
<p>1.</p>	<p>Sampel rokok percuma? <i>Free samples of cigarettes?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p>	<p>2.</p> <p>Jualan murah / potongan harga? <i>Cigarettes at sale prices?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p>
<p>3.</p>	<p>Kupon rokok? / <i>Coupons for cigarettes?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p>	<p>4.</p> <p>Hadiah atau potongan harga apabila membeli rokok? <i>Free gifts or special discount offers on other products when buying cigarettes?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) F.I</p>
<p>5.</p>	<p>Pakaian atau barangan lain yang mempunyai logo atau jenama rokok? / <i>Clothing or other items with a cigarette brand name or logo?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p>	<p>6.</p> <p>Promosi rokok melalui surat? <i>Cigarette promotions in the mail?</i></p> <p>1. Ya / <i>Yes</i> 2. Tidak / <i>No</i></p> <p>(-7) TT      (-9) EJ</p>

<p><b>H19</b></p>	<p>Soalan H19 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1 ; iaitu (H1 = 1 atau 2) <u>DANmenjawabH3adari1-888 (H1=1atau2DANH3a=1-000) / Question H19 is to be answered by respondents who answered daily (choice No.1) or less than daily (choice No. 2) for Question H1; i.e.(H1 = 1 or 2) ANDansweredH3afrom 1-888(H1=1or2ANDH3a=1-888).</u></p> <p><b>Rokok Terakhir yang Dibeli - Kuantiti / Last Cigarette Purchase - Quantity</b></p> <p><b>Pada kali terakhir anda membeli rokok untuk diri sendiri, berapa banyakkah yang anda beli?</b> <i>In the last time you bought cigarettes for yourself, how many cigarettes did you buy?</i></p> <p><b>PENEMURAMAH : REKODKAN BILANGAN DAN UNIT</b> <b>INTERVIEWER : RECORD NUMBER AND CHECK UNIT</b></p>
<p>1.</p>	<p>Batang Rokok / <i>Cigarettes</i> <input type="text"/> <input type="text"/></p>
<p>2.</p>	<p>Bungkus / <i>Packet</i> Berapa bilangan rokok dalam setiap paket? <i>How many cigarettes were in each pack?</i> <input type="text"/> <input type="text"/></p>
<p>3.</p>	<p>Karton / <i>Carton</i> Berapa bilangan rokok dalam setiap karton? <i>How many cigarettes were in each carton?</i> <input type="text"/> <input type="text"/></p>
<p>4.</p>	<p>Lain-Lain / <i>Other</i> Nyatakan : _____ / <i>Specify</i> : _____ Berapa batang rokok dalam setiap [nyatakan]? <i>How many cigarettes were in each [FILL]?</i> <input type="text"/> <input type="text"/></p>
<p>5.</p>	<p>Tidak Pernah MEMBELI ROKOK .....&gt; <b>Tamat, Ke Modul Seterusnya</b> <i>Never BOUGHT CIGARETTES.....&gt; End, Go to Next Modul</i> <input type="text"/> <input type="text"/></p> <p>(-7) TT - Ke Soalan H20      (-9) EJ - Ke Soalan H20</p>
<p><b>H20</b></p>	<p>Soalan H20 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1 ; iaitu (H1 = 1 atau 2) <u>DANmenjawabH3adari 1-888(H1=1atau2 DANH3a=1-888) / Question H20 is to be answered by respondents who answered daily (choice No.1) or less than daily (choice No. 2) for Question H1 ; i.e.(H1 = 1 or 2) ANDansweredH3a from 1-888(H1=1or2ANDH3a=1-888).</u></p> <p><b>Jumlah Perbelanjaan / Total Expenses</b></p> <p><b>Berapakah jumlah wang yang anda telah belanja pada kali terakhir anda membeli rokok sebelum ini?</b> <i>In total, how much money did you pay for this purchase?</i></p> <p>Nyatakan : RM _____</p> <p><i>Specify</i> : RM _____ ( 7) TT Ke Soalan H21 ( 9) EJ Ke Soalan H21</p>

<b>H21</b>	<p>Soalan H21 hanya perlu dijawab oleh responden yang menjawab pilihan merokok setiap hari (pilihan 1) atau kurang dari setiap hari (pilihan 2) pada soalan H1 ; iaitu (H1 = 1 atau 2) <u>DANmenjawabH3adari1-888 (111=1atau2DANH3a=1-000)</u> / <i>Question H21 is to be answered by respondents who answered daily (choice No.1) or less than daily (choice No.2) for Question H1 ; i.e.(H1 = 1 or 2) <u>ANDansweredH3afrom 1-888(H1=1or2ANDH3a=1-888)</u>.</i></p> <p>Berapakah harga sebungkus rokok yang terakhir anda beli? <i>How much is the price of 1 pack of cigarette in your last purchase?</i></p> <p>Nyatakan : RM _____</p> <p><i>Specify</i> : RM _____</p> <p>Tamat, Ke Modul Seterusnya / <i>End, Go to Next Modul</i></p>
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# The National Health & Morbidity Survey 2015

ISBN 978-983-2387-25-1



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