

# DATA DICTIONARY: HEALTH ROUND 2018

Variable name / Value    n    % / mean    median    min    max

## Table 1: Socio-demographic information

Socio-demographic information were captured in all health round respondents (≥5 years)

<b>8. Can \${Residents_name} take part in SEACO's research?</b>		<i>residents_agree</i>				
Total			24,710			
<b>Sub-district</b>		<i>mukim (string)</i>				
BKK			2,126	8.6		
CHH			5,879	23.8		
GMH			2,630	10.6		
JB1			3,916	15.8		
SGT			10,159	41.1		
Total			24,710	100.0		
<b>Date of birth</b>		<i>dob</i>	24,710			
<b>Age</b>		<i>residents_age</i>	24,710	40.1	41	5    99
<b>26. What is \${Residents_name}'s gender?</b>		<i>residents_sex</i>				
Male	1		11,258	45.6		
Female	2		13,452	54.4		
Total			24,710	100.0		
<b>What is \${Residents_name}'s relationship to the head of household?</b>		<i>residents_rhh</i>				
Don't Know	-8		4	0.0		
is the Head of Household	1		7,305	29.6		
Husband or Wife	2		5,706	23.1		
Parent (in law)	3		361	1.5		
Grandparent (in law)	4		16	0.1		
Brother or Sister	5		318	1.3		
Child	6		8,037	32.5		
Domestic servant (e.g., maid/driver)	7		8	0.0		
There is no Head of Household	8		14	0.1		
Other	9		161	0.7		
Daughter-in-law or Son-in-law	12		602	2.4		
Adopted	13		60	0.2		
Stepchild	14		75	0.3		
Grandchild	15		1,895	7.7		
Acquaintance	16		68	0.3		
Friend	17		80	0.3		
Total			24,710	100.0		
<b>46. What is \${Residents_name}'s citizenship?</b>		<i>residents_citizen</i>				
Don't Know	-8		2	0.0		
Malaysian	1		24,266	98.2		
Singaporean	2		4	0.0		
Indonesian	3		182	0.7		
Indian	4		13	0.1		
Other	5		54	0.2		
Vietnamese	8		52	0.2		
Philippines	9		3	0.0		
Bangladeshi	10		12	0.0		
Thai	12		12	0.0		
Cambodian	13		110	0.4		
Total			24,710	100.0		
<b>Ethnic</b>						
Malay	1		15,733	63.7		
Chinese	2		5,547	22.4		
Indian	3		2,324	9.4		
Orang Asli	4		539	2.2		
Other	5		123	0.5		
Non-citizen	6		444	1.8		
Total			24,710	100.0		
<b>47. What is your marital status?</b>		<i>demographic_11</i>				
Refused to answer	-9		1	0.0		
Don't Know	-8		2	0.0		
Single	1		9,638	39.0		
Married	2		12,419	50.3		
Separated / Living Apart (Not Divorced)	3		190	0.8		
Divorced	4		328	1.3		
Widow / Widower	5		2,132	8.6		
Total			24,710	100.0		
<b>52. Is \${Residents_name} currently attending (pre-)school, college or universit</b>		<i>school_1</i>				
Do not Know	-9		1	0.0		
Yes	1		6,571	26.6		

No	2	18,137	73.4
Total		24,709	100.0
<b>53. What year of study is \${Residents_name} in?</b>	<i>school_2</i>		
Pre-school playgroup	1	21	0.3
Kindergarten	2	677	10.3
Primary School, Year 1	3	451	6.9
Primary School, Year 2	4	486	7.4
Primary School, Year 3	5	480	7.3
Primary School, Year 4	6	486	7.4
Primary School, Year 5	7	516	7.9
Primary School, Year 6	8	498	7.6
Secondary School, Form 1	9	463	7.1
Secondary School, Form 2	10	473	7.2
Secondary School, Form 3	11	434	6.6
Secondary School, Form 4	12	440	6.7
Secondary School, Form 5	13	459	7.0
Secondary School, Form 6/Pre-University	14	110	1.7
College (Diploma)	15	270	4.1
University (Degree)	16	128	2.0
Other	17	163	2.5
Total		6,555	100.0
<b>54. What type of school is \${Residents_name} attending?</b>	<i>school_3</i>		
National Primary School	1	2,056	38.8
Tamil Primary School	2	177	3.3
Chinese Primary School	3	693	13.1
National Secondary School	4	2,212	41.8
Vocational Secondary School	5	23	0.4
National Secondary School (Agama)	6	57	1.1
Other	7	78	1.5
Total		5,296	100.0
<b>Literacy</b>	<i>education_4</i>		
<b>English</b>			
No	0	9,658	39.1
Yes	1	15,052	60.9
Total		24,710	100.0
<b>Malay (Rumi)</b>			
No	0	3,873	15.7
Yes	1	20,837	84.3
Total		24,710	100.0
<b>Malay (Jawi)</b>			
No	0	10,933	44.2
Yes	1	13,777	55.8
Total		24,710	100.0
<b>Chinese (Traditional characters)</b>			
No	0	20,475	82.9
Yes	1	4,235	17.1
Total		24,710	100.0
<b>Chinese (Simplified characters)</b>			
No	0	19,599	79.3
Yes	1	5,111	20.7
Total		24,710	100.0
<b>Tamil</b>			
No	0	22,669	91.7
Yes	1	2,041	8.3
Total		24,710	100.0
<b>Unable to read</b>			
No	0	23,179	93.8
Yes	1	1,531	6.2
Total		24,710	100.0
<b>63. Have you ever studied at a religious school?</b>	<i>education_5</i>		
Yes	1	14,082	57.0
No	2	10,628	43.0
Total		24,710	100.0
<b>61. What was the highest level of education achieved by \${Residents_name}?</b>	<i>highest_education</i>		
Never attended school	1	1,111	6.1
Attended but did not finish Primary School	2	2,216	12.2
Finished Primary School	3	3,575	19.7
Attended but did not finish Secondary School	4	1,128	6.2
Finished Form 3	5	2,496	13.8
Finished Form 5	6	5,220	28.8
Finished Form 6	7	443	2.4
Started College (Diploma)	8	80	0.4
Finished College (Diploma)	9	853	4.7
Started University (Degree)	10	21	0.1
Finished University (Degree)	11	562	3.1
Other	12	437	2.4
Do not know	13	8	0.0

Refused to answer	14	1	0.0			
Total		18,151	100.0			
Education level	edu (derived)					
No formal education	1	1,111	6.1			
Primary	2	5,791	31.9			
Secondary	3	8,844	48.7			
Tertiary	4	1,959	10.8			
Other	5	437	2.4			
Do not know	6	8	0.0			
Refused to answer	7	1	0.0			
Total		18,151	100.0			
68. What did \${Residents_name} do over the past 30 days?	work_2					
Too young to work	1	210	0.8			
Student	2	6,447	26.1			
Housewife / Househusband	3	5,440	22.0			
Not Working	4	3,182	12.9			
Casual Jobs	5	45	0.2			
Working Part-time	6	837	3.4			
Working Full-Time	7	5,317	21.5			
Do not Know	8	1	0.0			
Refused to answer	9	1	0.0			
Pensioners/Pensions	10	919	3.7			
Self Employed	11	2,311	9.4			
Total		24,710	100.0			
What is your average personal gross monthly income, in terms of work/salary/pension (RM)	work_3	9,359	1,564.3	1,200	0	40000
What is your average personal gross monthly income, in terms of money from other household members (RM)	work_4	18,416	233.4	0	0	9,000
What is your average personal gross monthly income, in terms of money from other sources, e.g., family members outside the household (RM)	work_5	18,416	121.1	0	0	7,000

The healthcare provision questions were asked to  $\geq 16$  years

### Table 3: Health and wellbeing

Recent health problems (illness\_1 to illness\_7) and healthcare seeking experience (illness\_8 to illness\_14) included responded aged ≥16 years  
Dental health items (illness\_15 to illness\_18a), medical history (illness\_19 to illness\_26) and traditional medicine intake (illness\_27 to illness\_28) were asked to ≥5 years.  
Spirituality, perceived control and deterministic beliefs (illness\_29, illness\_30 and illness\_31) ≥16 years

		No.	%			
<b>75. In the last two weeks, have you experienced fast or troubled breathing?</b>	<i>illness_1</i>					
Yes	1	794	4.1			
No	2	18,608	95.9			
Total		19,402	100.0			
<b>76. In the last two weeks, have you experienced severe or persistent vomiting?</b>	<i>illness_2</i>					
Refused to answer	-8	1	0.0			
Yes	1	365	1.9			
No	2	19,036	98.1			
Total		19,402	100.0			
<b>77. In the last two weeks, have you experienced an injury from a fall, traffic a</b>	<i>illness_3</i>					
Refused to answer	-8	1	0.0			
Yes	1	313	1.6			
No	2	19,088	98.4			
Total		19,402	100.0			
<b>78. In the last two weeks, have you experienced dental (oral health) problems su</b>	<i>illness_4</i>					
Refused to answer	-8	1	0.0			
Yes	1	755	3.9			
No	2	18,646	96.1			
Total		19,402	100.0			
<b>79. In the last two weeks, have you experienced severe pain or tightness in the</b>	<i>illness_5</i>					
Refused to answer	-8	5	0.0			
Yes	1	865	4.5			
No	2	18,532	95.5			
Total		19,402	100.0			
<b>80. In the last two weeks, have you experienced sudden dizziness?</b>	<i>illness_6</i>					
Refused to answer	-8	2	0.0			
Yes	1	2,780	14.3			
No	2	16,620	85.7			
Total		19,402	100.0			
<b>81. In the last two weeks, did you have any health problem or injury that preven</b>	<i>illness_7</i>					
Refused to answer	-8	1	0.0			
Yes	1	455	2.3			
No	2	18,946	97.6			
Total		19,402	100.0			
	<i>illness_8</i>	455	5.6	3	0	14
<b>83. For the health problem/injury did you self medicate</b>	<i>illness_9</i>					
Yes	1	260	57.1			
No	2	195	42.9			
Total		455	100.0			
<b>84. For the health problem/injury did you seek help from a health care professio</b>	<i>illness_10</i>					
Yes	1	291	64.0			
No	2	164	36.0			
Total		455	100.0			
<b>85. For the health problem/injury, which types of health professionals did you c</b>	<i>illness_10a</i>					
Government health practitioner - Doctor	1	216	74.2			
Government health practitioner - Other	2	12	4.1			
Private health practitioner - Doctor	3	59	20.3			
Private health practitioner - Other	4	4	1.4			
Total		291	100.0			
For all the health visits how much money did you have to pay in total (that will not be refunded by health insurance)	<i>illness_10b</i>	291	115.9	1	0	10,000
For all the health visits in total how many hours did you spend including waiting time and consultation time	<i>illness_12_hour</i>	289	1.12	0	0	10
	<i>illness_12_minute</i>	289	12.8	10	0	45
For all the health visits in total how many hours (or parts of hours) did you spend traveling to and from the health care practitioner	<i>illness_13_hour</i>	289	0.7	0	0	30
	<i>illness_13_minute</i>	289	16.4	15	0	50
<b>89. Following the visits, did you have to buy any medication not counted above (</b>	<i>illness_11</i>					
Refused to answer	-8	1	0.3			
Yes	1	49	16.8			
No	2	241	82.8			
Total		291	100.0			
How much money in total did you spend on the medication	<i>illness_11a</i>	49	135.6	30	0	4,000
<b>91. Overall how satisfied were you with the treatment you received during the he</b>	<i>illness_14</i>					
Very satisfied	1	43	14.9			
Satisfied	2	212	73.4			
Neither satisfied nor dissatisfied	3	23	8.0			
Dissatisfied	4	10	3.5			

Very dissatisfied	5	1	0.3
Total		289	100.0
<b>92. Have you had your teeth examined by a dentist or dental technician in the past 12 months?</b> <i>illness_15</i>			
Refused to answer	-8	2	0.0
Yes	1	9,107	36.9
No	2	15,601	63.1
Total		24,710	100.0
<b>93. Was the examination conducted in a government dental clinic?</b> <i>illness_16</i>			
Yes	1	6,943	76.4
No	2	2,150	23.6
Total		9,093	100.0
<b>94. Which of the following best describes the state of your teeth?</b> <i>illness_17</i>			
Refused to answer	-8	1	0.0
I have all my teeth	1	10,059	43.2
I am missing some of my teeth	2	5,125	22.0
I am missing most of my teeth	3	3,046	13.1
I have a mix of my own teeth and dentures	4	2,870	12.3
I have dentures	5	2,196	9.4
Total		23,297	100.0
<b>95. How frequently do you experience oral pain or discomfort?</b> <i>illness_18</i>			
Never	1	17,995	72.8
Occasionally	2	5,621	22.7
Sometimes	3	921	3.7
Often	4	169	0.7
Constantly	5	4	0.0
Total		24,710	100.0
<b>96. How severe is the pain or discomfort?</b> <i>illness_18a</i>			
Do not Know	-9	3	0.0
Mild	1	3,908	58.2
Moderate	2	1,581	23.5
Severe	3	1,223	18.2
Total		6,715	100.0
<b>97. Have you ever been told by a doctor/medical assistant that you have heart disease?</b> <i>illness_19</i>			
Do not Know	-9	16	0.1
Refused to answer	-8	13	0.1
Yes	1	829	3.4
No	2	23,852	96.5
Total		24,710	100.0
<b>98. Have you ever been told by a doctor/medical assistant that you have asthma?</b> <i>illness_20</i>			
Do not Know	-9	11	0.0
Refused to answer	-8	30	0.1
Yes	1	1,642	6.6
No	2	23,027	93.2
Total		24,710	100.0
<b>99. Have you ever been told by a doctor/medical assistant that you have had a stroke?</b> <i>illness_21</i>			
Do not Know	-9	12	0.0
Refused to answer	-8	37	0.1
Yes	1	305	1.2
No	2	24,356	98.6
Total		24,710	100.0
<b>100. Have you ever been told by a doctor/medical assistant that you have arthritis?</b> <i>illness_22</i>			
Do not Know	-9	9	0.0
Refused to answer	-8	42	0.2
Yes	1	764	3.1
No	2	23,895	96.7
Total		24,710	100.0
<b>101. Have you ever been told by a doctor/medical assistant that you had dengue fever?</b> <i>illness_24</i>			
Do not Know	-9	5	0.0
Refused to answer	-8	12	0.0
Yes	1	1,219	4.9
No	2	23,474	95.0
Total		24,710	100.0
<b>102. In the last 12 months, did a doctor/medical assistant tell you that you had dengue fever?</b> <i>illness_23</i>			
Do not Know		6	0.0
Refused to answer		13	0.1
Yes		133	0.5
No		24,558	99.4
Total		24,710	100.0
<b>103. In the last 12 months, did a doctor/medical assistant tell you that you had dengue fever?</b> <i>illness_25</i>			
Do not Know	-9	12	0.0
Refused to answer	-8	20	0.1
Yes	1	242	1.0
No	2	24,436	98.9

Total		24,710	100.0
<b>104. Have you ever been told by a doctor/medical assistant that you have kidney</b>	<i>illness_26</i>		
Do not Know	-9	8	0.0
Refused to answer	-8	17	0.1
Yes	1	242	1.0
No	2	24,443	98.9
Total		24,710	100.0
<b>105. Do you have kidney dialysis?</b>	<i>NA</i>		
Do not Know	-9	5	0.0
Refused to answer	-8	5	0.0
Yes	1	91	0.4
No	2	24,609	99.6
Total		24,710	100.0
<b>106. In the last 6 months, have you taken any herbs or traditional medicine such</b>	<i>illness_27</i>		
Do not Know	-9	1	0.0
Refused to answer	-8	5	0.0
Yes	1	1,768	7.2
No	2	22,936	92.8
Total		24,710	100.0
<b>107. How frequently did you take those herbs / traditional medicine</b>	<i>illness_28</i>		
Do not Know	-9	1	0.1
At least once a day	1	684	38.7
At least once a week	2	458	25.9
At least once a month	3	329	18.6
Less than once a month	4	296	16.7
Total		1,768	100.0
<b>108. How important is it for you to have an enriched religious/spiritual life</b>	<i>illness_29</i>		
Do not Know	-9	27	0.1
Refused to answer	-8	37	0.2
Useful, but I can live without it	1	1,828	9.4
Important	2	2,926	15.1
Very important	3	3,528	18.2
Essential, I cannot live without it	4	11,056	57.0
Total		19,402	100.0
<b>109. How strongly do you feel in control of what you do and achieve in your life</b>	<i>illness_30</i>		
Do not Know	-9	9	0.0
Refused to answer	-8	53	0.3
I feel no control	1	286	1.5
I feel a little control	2	643	3.3
I feel some control	3	998	5.1
I feel mostly in control	4	4,095	21.1
I feel in full control	5	13,318	68.6
Total		19,402	100.0
<b>110. How strongly do you agree with the following statement: No matter what I wa</b>	<i>illness_31</i>		
Do not Know	-9	25	0.1
Refused to answer	-8	5	0.0
Totally agree	1	9,324	48.1
Agree	2	8,536	44.0
Neither agree nor disagree	3	891	4.6
Disagree	4	557	2.9
Totally disagree	5	64	0.3
Total		19,402	100.0

**Table 4: Seniors at-risk**

Social connectedness: daily contact with others (health\_1), Social need (health\_2 to health\_3), Frailty; recent trips/fall and hospitalization (health\_4 to health\_6), Difficulty in functioning in the past 30 days (health\_7 to health\_10), Violence and threat (health\_11 to health\_12), Vulnerability to theft (health\_13), Attachment to local community (health\_14 to health\_19)  
for ≥55 years

		No.	%
<b>111. Do you usually have daily contact with other people?</b>	<i>health_1</i>		
Yes	1	7,022	82.9
No	2	1,445	17.1
Total		8,467	100.0
<b>112. In case of need, can you count on someone close to you?</b>	<i>health_2</i>		
Yes	1	7,946	93.8
No	2	521	6.2
Total		8,467	100.0
<b>113. Do you usually have enough income to meet your daily needs</b>	<i>health_3</i>		
Yes	1	6,971	82.3
No	2	1,496	17.7
Total		8,467	100.0
<b>114. Did you trip or fall anytime over the past 6 months</b>	<i>health_4</i>		

Yes	1	597	7.1
No	2	7,870	92.9
Total		8,467	100.0
<b>115. How many times have you tripped or fallen in the past 6 months</b>	<i>health_4a</i>		
Once	1	462	77.4
Twice	2	51	8.5
Three times	3	32	5.4
More than three times	4	52	8.7
Total		597	100.0
<b>116. Which of the following best explains the [most recent] trip/fall</b>	<i>health_4b</i>		
Fainted	1	46	7.7
Fitted	2	3	0.5
Slipped	3	315	52.8
Tripped over an object	4	177	29.6
Tripped when my foot got caught	5	42	7.0
Pushed over / Knocked down	6	14	2.3
Total		597	100.0
<b>117. Have you been hospitalized for one or more nights during the past 6 months</b>	<i>health_5</i>		
Yes	1	452	5.3
No	2	8,015	94.7
Total		8,467	100.0
<b>118. Have you visited a hospital EMERGENCY DEPARTMENT during the past 6 months</b>	<i>health_6</i>		
Yes	1	356	4.2
No	2	8,111	95.8
Total		8,467	100.0
<b>119. Overall in the last 30 days, how much difficulty did you have with concentr</b>	<i>health_7</i>		
None	1	4,115	48.6
Mild	2	3,392	40.1
Moderate	3	821	9.7
Severe	4	134	1.6
Extreme / Cannot do	5	5	0.1
Total		8,467	100.0
<b>120. Overall in the last 30 days, how much difficulty did you have learning a ne</b>	<i>health_8</i>		
None	1	4,708	55.6
Mild	2	2,733	32.3
Moderate	3	795	9.4
Severe	4	144	1.7
Extreme / Cannot do	5	87	1.0
Total		8,467	100.0
<b>121. Overall in the last 30 days, how much of a problem did you have with sleepi</b>	<i>health_9</i>		
None	1	5,485	64.8
Mild	2	2,077	24.5
Moderate	3	722	8.5
Severe	4	174	2.1
Extreme / Cannot do	5	9	0.1
Total		8,467	100.0
<b>122. Overall in the last 30 days, how much of a problem did you have due to not</b>	<i>health_10</i>		
None	1	6,255	73.9
Mild	2	1,740	20.6
Moderate	3	417	4.9
Severe	4	50	0.6
Extreme / Cannot do	5	5	0.1
Total		8,467	100.0
<b>123. Including people you know well, in the past 12 months, has anyone deliberat</b>	<i>health_11</i>		
Refused to answer	-8	10	0.1
Yes	1	50	0.6
No	2	8,407	99.3
Total		8,467	100.0
<b>124. Including people you know well, in the past 12 months, has anyone threatene</b>	<i>health_12</i>		
Refused to answer	-8	3	0.0
Yes	1	49	0.6
No	2	8,415	99.4
Total		8,467	100.0
<b>125. In the past 12 months, has anyone stolen anything of yours that you valued</b>	<i>health_13</i>		
Refused to answer	-8	5	0.1
Yes	1	67	0.8
No	2	8,395	99.1
Total		8,467	100.0
<b>127. People are generally dishonest and selfish and they want to take advantage</b>	<i>health_14</i>		
Do not Know	-9	16	0.2
Refused to answer	-8	2	0.0
Totally agree	1	618	7.3
Agree	2	4,513	53.3
Neither agree nor disagree	3	1,279	15.1

Disagree	4	1,842	21.8
Totally disagree	5	197	2.3
Total		8,467	100.0
<b>128. If I do nice things for someone, I can anticipate that they will respect me</b>	<i>health_15</i>		
Do not Know	-9		
Refused to answer	-8	1	0.0
Totally agree	1	813	9.6
Agree	2	5,235	61.8
Neither agree nor disagree	3	818	9.7
Disagree	4	1,422	16.8
Totally disagree	5	178	2.1
Total		8,467	100.0
<b>129. If I see people who cooperate with each other, I also feel that I would hel</b>	<i>health_16</i>		
Do not Know	-9	2	0.0
Refused to answer	-8		
Totally agree	1	1,326	15.7
Agree	2	6,428	75.9
Neither agree nor disagree	3	588	6.9
Disagree	4	115	1.4
Totally disagree	5	8	0.1
Total		8,467	100.0
<b>130. In a difficult situation, I can count on the help from people in my local c</b>	<i>health_17</i>		
Do not Know	-9	8	0.1
Refused to answer	-8	1	0.0
Totally agree	1	1,417	16.7
Agree	2	6,192	73.1
Neither agree nor disagree	3	639	7.5
Disagree	4	200	2.4
Totally disagree	5	10	0.1
Total		8,467	100.0
<b>131. I feel a strong attachment to my local community</b>	<i>health_18</i>		
Do not Know	-9	2	0.0
Refused to answer	-8		
Totally agree	1	1,756	20.7
Agree	2	6,062	71.6
Neither agree nor disagree	3	580	6.9
Disagree	4	62	0.7
Totally disagree	5	5	0.1
Total		8,467	100.0
<b>132. Are you an active member of one of more local clubs or associations (e.g.,</b>	<i>health_19</i>		
Refused to answer	-8	1	0.0
Yes	1	2,507	29.6
No	2	5,959	70.4
Total		8,467	100.0
<b>134. Thinking about the club or association that you are most actively involved</b>	<i>health_19b</i>		
Do not Know	-9	1	0.0
Similar	1	680	27.1
More similar than dissimilar	2	993	39.6
Half-Half	3	548	21.9
Less similar than dissimilar	4	102	4.1
Dissimilar	5	183	7.3
Total		2,507	100.0
<b>135. Thinking about the club or association that you are most actively involved</b>	<i>health_19c</i>		
Do not Know	-9	1	0.0
Similar	1	1,562	62.3
More similar than dissimilar	2	497	19.8
Half-Half	3	320	12.8
Less similar than dissimilar	4	44	1.8
Dissimilar	5	83	3.3
Total		2,507	100.0

**Table 5: Mental health and wellbeing**

Mental health (DASS-21), WHOQOL-BREF and EQ-5D  
≥16 years

DASS-21	No.	%	
<b>142. I found it hard to wind down.</b>	<i>dass_1</i>		
Refused to answer	-8	3	0.0
Did not apply to me at all	0	16,554	85.3
Applied to me to some degree, some of the time	1	2,448	12.6
Applied to me to a considerable degree, or a good part of time	2	348	1.8
Applied to me very much, or most of the time	3	49	0.3
Total		19,402	100.0
<b>143. I was aware of dryness of my mouth.</b>	<i>dass_2</i>		
Refused to answer	-8	3	0.0



Did not apply to me at all	0	15,006	77.3
Applied to me to some degree, some of the time	1	3,722	19.2
Applied to me to a considerable degree, or a good part of time	2	610	3.1
Applied to me very much, or most of the time	3	61	0.3
Total		19,402	100.0
<b>144. I couldn't seem to experience any positive feeling at all.</b>	<i>dass_3</i>		
Refused to answer	-8	4	0.0
Did not apply to me at all	0	17,226	88.8
Applied to me to some degree, some of the time	1	1,911	9.8
Applied to me to a considerable degree, or a good part of time	2	233	1.2
Applied to me very much, or most of the time	3	28	0.1
Total		19,402	100.0
<b>145. I experienced breathing difficulty (eg, excessively rapid breathing, breath</b>	<i>dass_4</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	17,451	89.9
Applied to me to some degree, some of the time	1	1,690	8.7
Applied to me to a considerable degree, or a good part of time	2	225	1.2
Applied to me very much, or most of the time	3	35	0.2
Total		19,402	100.0
<b>146. I found it difficult to work up the initiative to do things.</b>	<i>dass_5</i>		
Refused to answer	-8	3	0.0
Did not apply to me at all	0	16,337	84.2
Applied to me to some degree, some of the time	1	2,729	14.1
Applied to me to a considerable degree, or a good part of time	2	293	1.5
Applied to me very much, or most of the time	3	40	0.2
Total		19,402	100.0
<b>147. I tended to over-react to situations.</b>	<i>dass_6</i>		
Refused to answer	-8	2	0.0
Did not apply to me at all	0	18,246	94.0
Applied to me to some degree, some of the time	1	1,004	5.2
Applied to me to a considerable degree, or a good part of time	2	132	0.7
Applied to me very much, or most of the time	3	18	0.1
Total		19,402	100.0
<b>148. I experienced trembling (eg, in the hands).</b>	<i>dass_7</i>		
Refused to answer	-8		
Did not apply to me at all	0	17,492	90.2
Applied to me to some degree, some of the time	1	1,630	8.4
Applied to me to a considerable degree, or a good part of time	2	230	1.2
Applied to me very much, or most of the time	3	50	0.3
Total		19,402	100.0
<b>149. I felt that I was using a lot of nervous energy.</b>	<i>dass_8</i>		
Refused to answer	-8	2	0.0
Did not apply to me at all	0	17,152	88.4
Applied to me to some degree, some of the time	1	1,792	9.2
Applied to me to a considerable degree, or a good part of time	2	389	2.0
Applied to me very much, or most of the time	3	67	0.3
Total		19,402	100.0
<b>150. I was worried about situations in which I might panic and make a fool of my</b>	<i>dass_9</i>		
Refused to answer	-8	2	0.0
Did not apply to me at all	0	18,409	94.9
Applied to me to some degree, some of the time	1	825	4.3
Applied to me to a considerable degree, or a good part of time	2	136	0.7
Applied to me very much, or most of the time	3	30	0.2
Total		19,402	100.0
<b>151. I felt that I had nothing to look forward to.</b>	<i>dass_10</i>		
Refused to answer	-8	5	0.0
Did not apply to me at all	0	18,391	94.8
Applied to me to some degree, some of the time	1	828	4.3
Applied to me to a considerable degree, or a good part of time	2	137	0.7
Applied to me very much, or most of the time	3	41	0.2
Total		19,402	100.0
<b>152. I found myself getting agitated.</b>	<i>dass_11</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	17,256	88.9
Applied to me to some degree, some of the time	1	1,954	10.1
Applied to me to a considerable degree, or a good part of time	2	172	0.9
Applied to me very much, or most of the time	3	19	0.1
Total		19,402	100.0
<b>153. I found it difficult to relax.</b>	<i>dass_12</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	17,342	89.4
Applied to me to some degree, some of the time	1	1,787	9.2
Applied to me to a considerable degree, or a good part of time	2	219	1.1
Applied to me very much, or most of the time	3	53	0.3
Total		19,402	100.0
<b>154. I felt down-hearted and blue.</b>	<i>dass_13</i>		
Refused to answer	-8	1	0.0

Did not apply to me at all	0	16,624	85.7
Applied to me to some degree, some of the time	1	2,497	12.9
Applied to me to a considerable degree, or a good part of time	2	246	1.3
Applied to me very much, or most of the time	3	34	0.2
Total		19,402	100.0
<b>155. I was intolerant of anything that kept me from getting on with what I was doing.</b>	<i>dass_14</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	17,293	89.1
Applied to me to some degree, some of the time	1	1,778	9.2
Applied to me to a considerable degree, or a good part of time	2	268	1.4
Applied to me very much, or most of the time	3	62	0.3
Total		19,402	100.0
<b>156. I felt I was close to panic.</b>	<i>dass_15</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	18,262	94.1
Applied to me to some degree, some of the time	1	1,038	5.3
Applied to me to a considerable degree, or a good part of time	2	82	0.4
Applied to me very much, or most of the time	3	19	0.1
Total		19,402	100.0
<b>157. I was unable to become enthusiastic about anything.</b>	<i>dass_16</i>		
Refused to answer	-8	1	0.0
Did not apply to me at all	0	17,378	89.6
Applied to me to some degree, some of the time	1	1,824	9.4
Applied to me to a considerable degree, or a good part of time	2	173	0.9
Applied to me very much, or most of the time	3	26	0.1
Total		19,402	100.0
<b>158. I felt I wasn't worth much as a person.</b>	<i>dass_17</i>		
Refused to answer	-8	4	0.0
Did not apply to me at all	0	18,555	95.6
Applied to me to some degree, some of the time	1	719	3.7
Applied to me to a considerable degree, or a good part of time	2	97	0.5
Applied to me very much, or most of the time	3	27	0.1
Total		19,402	100.0
<b>159. I felt that I was rather touchy.</b>	<i>dass_18</i>		
Refused to answer	-8	5	0.0
Did not apply to me at all	0	13,060	67.3
Applied to me to some degree, some of the time	1	5,432	28.0
Applied to me to a considerable degree, or a good part of time	2	798	4.1
Applied to me very much, or most of the time	3	107	0.6
Total		19,402	100.0
<b>160. I was aware of the action of my heart in the absence of physical exertion (e.g., when I was lying down).</b>	<i>dass_19</i>		
Refused to answer	-8	5	0.0
Did not apply to me at all	0	17,840	91.9
Applied to me to some degree, some of the time	1	1,375	7.1
Applied to me to a considerable degree, or a good part of time	2	157	0.8
Applied to me very much, or most of the time	3	25	0.1
Total		19,402	100.0
<b>161. I felt scared without any good reason.</b>	<i>dass_20</i>		
Refused to answer	-8	11	0.1
Did not apply to me at all	0	18,048	93.0
Applied to me to some degree, some of the time	1	1,173	6.0
Applied to me to a considerable degree, or a good part of time	2	136	0.7
Applied to me very much, or most of the time	3	34	0.2
Total		19,402	100.0
<b>162. I felt that life was meaningless.</b>	<i>dass_21</i>		
Refused to answer	-8	3	0.0
Did not apply to me at all	0	18,925	97.5
Applied to me to some degree, some of the time	1	387	2.0
Applied to me to a considerable degree, or a good part of time	2	58	0.3
Applied to me very much, or most of the time	3	29	0.1
Total		19,402	100.0
<b>WHOQOL-BREF</b>			
<b>163. How would you rate your quality of life?</b>	<i>whoqol_1</i>		
Refused to answer	-8	6	0.0
Very poor	1	43	0.2
Poor	2	174	0.9
Neither poor nor good	3	4,774	24.6
Good	4	12,611	65.0
Very Good	5	1,794	9.2
Total		19,402	100.0
<b>164. How satisfied are you with your health?</b>	<i>whoqol_2</i>		
Refused to answer	-8	6	0.0
Very dissatisfied	1	71	0.4
Dissatisfied	2	503	2.6
Neither satisfied nor dissatisfied	3	3,327	17.1
Satisfied	4	13,914	71.7

Very satisfied	5	1,581	8.1
Total		19,402	100.0
<b>165. To what extent do you feel that physical pain prevents you from doing what</b>	<i>whoqol_3</i>		
Refused to answer	-8	1	0.0
Not at all	1	11,114	57.3
A little	2	4,683	24.1
A moderate amount	3	2,217	11.4
Very much	4	1,194	6.2
An extreme amount	5	193	1.0
Total		19,402	100.0
<b>166. How much do you need any medical treatment to function in your daily life?</b>	<i>whoqol_4</i>		
Refused to answer	-8	5	0.0
Not at all	1	9,373	48.3
A little	2	5,457	28.1
A moderate amount	3	2,765	14.3
Very much	4	1,525	7.9
An extreme amount	5	277	1.4
Total		19,402	100.0
<b>167. How much do you enjoy life?</b>	<i>whoqol_5</i>		
Refused to answer	-8	7	0.0
Not at all	1	306	1.6
A little	2	703	3.6
A moderate amount	3	5,365	27.7
Very much	4	11,302	58.3
An extreme amount	5	1,719	8.9
Total		19,402	100.0
<b>168. To what extent do you feel your life to be meaningful?</b>	<i>whoqol_6</i>		
Refused to answer	-8	11	0.1
Not at all	1	138	0.7
A little	2	277	1.4
A moderate amount	3	4,310	22.2
Very much	4	12,557	64.7
An extreme amount	5	2,109	10.9
Total		19,402	100.0
<b>169. How well are you able to concentrate?</b>	<i>whoqol_7</i>		
Refused to answer	-8	4	0.0
Not at all	1	291	1.5
A little	2	672	3.5
A moderate amount	3	4,780	24.6
Very much	4	11,401	58.8
Extremely	5	2,254	11.6
Total		19,402	100.0
<b>170. How safe do you feel in your daily life?</b>	<i>whoqol_8</i>		
Refused to answer	-8	7	0.0
Not at all	1	112	0.6
A little	2	265	1.4
A moderate amount	3	2,809	14.5
Very much	4	13,874	71.5
Extremely	5	2,335	12.0
Total		19,402	100.0
<b>171. How healthy is your physical environment?</b>	<i>whoqol_9</i>		
Refused to answer	-8	7	0.0
Not at all	1	102	0.5
A little	2	261	1.3
A moderate amount	3	2,968	15.3
Very much	4	13,896	71.6
Extremely	5	2,168	11.2
Total		19,402	100.0
<b>172. Do you have enough energy for everyday life?</b>	<i>whoqol_10</i>		
Refused to answer	-8	14	0.1
Not at all	1	87	0.4
A little	2	541	2.8
Moderately	3	4,248	21.9
Mostly	4	10,870	56.0
Completely	5	3,642	18.8
Total		19,402	100.0
<b>173. Are you able to accept your bodily appearance?</b>	<i>whoqol_11</i>		
Refused to answer	-8	17	0.1
Not at all	1	69	0.4
A little	2	206	1.1
Moderately	3	2,953	15.2
Mostly	4	9,188	47.4
Completely	5	6,969	35.9
Total		19,402	100.0
<b>174. Have you enough money to meet your needs?</b>	<i>whoqol_12</i>		
Refused to answer	-8	21	0.1

Not at all	1	208	1.1
A little	2	1,241	6.4
Moderately	3	6,433	33.2
Mostly	4	8,425	43.4
Completely	5	3,074	15.8
Total		19,402	100.0
<b>175. How available to you is the information that you need in your day-to-day li</b>	<i>whoqol_13</i>		
Refused to answer	-8	10	0.1
Not at all	1	174	0.9
A little	2	1,110	5.7
Moderately	3	4,990	25.7
Mostly	4	9,140	47.1
Completely	5	3,978	20.5
Total		19,402	100.0
<b>176. To what extent do you have the opportunity for leisure activities?</b>	<i>whoqol_14</i>		
Refused to answer	-8	3	0.0
Not at all	1	4,125	21.3
A little	2	3,089	15.9
Moderately	3	4,265	22.0
Mostly	4	5,835	30.1
Completely	5	2,085	10.7
Total		19,402	100.0
<b>177. How well are you able to get around?</b>	<i>whoqol_15</i>		
Refused to answer	-8	6	0.0
Very poor	1	77	0.4
Poor	2	380	2.0
Neither poor nor good	3	2,519	13.0
Good	4	12,868	66.3
Very Good	5	3,552	18.3
Total		19,402	100.0
<b>178. How satisfied are you with your sleep?</b>	<i>whoqol_16</i>		
Refused to answer	-8	7	0.0
Very dissatisfied	1	63	0.3
Dissatisfied	2	753	3.9
Neither satisfied nor dissatisfied	3	2,712	14.0
Satisfied	4	13,208	68.1
Very satisfied	5	2,659	13.7
Total		19,402	100.0
<b>179. How satisfied are you with your ability to perform your daily living activi</b>	<i>whoqol_17</i>		
Refused to answer	-8	5	0.0
Very dissatisfied	1	27	0.1
Dissatisfied	2	280	1.4
Neither satisfied nor dissatisfied	3	2,251	11.6
Satisfied	4	14,524	74.9
Very satisfied	5	2,315	11.9
Total		19,402	100.0
<b>180. How satisfied are you with your capacity for work?</b>	<i>whoqol_18</i>		
Refused to answer	-8	7	0.0
Very dissatisfied	1	39	0.2
Dissatisfied	2	336	1.7
Neither satisfied nor dissatisfied	3	2,383	12.3
Satisfied	4	14,327	73.8
Very satisfied	5	2,310	11.9
Total		19,402	100.0
<b>181. How satisfied are you with yourself?</b>	<i>whoqol_19</i>		
Refused to answer	-8	5	0.0
Very dissatisfied	1	13	0.1
Dissatisfied	2	156	0.8
Neither satisfied nor dissatisfied	3	1,593	8.2
Satisfied	4	14,812	76.3
Very satisfied	5	2,823	14.6
Total		19,402	100.0
<b>182. How satisfied are you with your personal relationships?</b>	<i>whoqol_20</i>		
Refused to answer	-8	12	0.1
Very dissatisfied	1	42	0.2
Dissatisfied	2	132	0.7
Neither satisfied nor dissatisfied	3	1,257	6.5
Satisfied	4	14,913	76.9
Very satisfied	5	3,046	15.7
Total		19,402	100.0
<b>183. How satisfied are you with your sex life?</b>	<i>whoqol_21</i>		
Refused to answer	-8	127	0.7
Very dissatisfied	1	278	1.4
Dissatisfied	2	444	2.3
Neither satisfied nor dissatisfied	3	2,140	11.0
Satisfied	4	13,833	71.3
Very satisfied	5	2,580	13.3

Total		19,402	100.0
<b>184. How satisfied are you with the support you get from your friends?</b>	<i>whoqol_22</i>		
Refused to answer	-8	13	0.1
Very dissatisfied	1	25	0.1
Dissatisfied	2	192	1.0
Neither satisfied nor dissatisfied	3	1,531	7.9
Satisfied	4	14,953	77.1
Very satisfied	5	2,688	13.9
Total		19,402	100.0
<b>185. How satisfied are you with the conditions of your living place?</b>	<i>whoqol_23</i>		
Refused to answer	-8	8	0.0
Very dissatisfied	1	16	0.1
Dissatisfied	2	117	0.6
Neither satisfied nor dissatisfied	3	1,050	5.4
Satisfied	4	14,864	76.6
Very satisfied	5	3,347	17.3
Total		19,402	100.0
<b>186. How satisfied are you with your access to health services?</b>	<i>whoqol_24</i>		
Refused to answer	-8	4	0.0
Very dissatisfied	1	44	0.2
Dissatisfied	2	172	0.9
Neither satisfied nor dissatisfied	3	1,260	6.5
Satisfied	4	15,305	78.9
Very satisfied	5	2,617	13.5
Total		19,402	100.0
<b>187. How satisfied are you with your transport?</b>	<i>whoqol_25</i>		
Refused to answer	-8	21	0.1
Very dissatisfied	1	47	0.2
Dissatisfied	2	211	1.1
Neither satisfied nor dissatisfied	3	1,280	6.6
Satisfied	4	15,091	77.8
Very satisfied	5	2,752	14.2
Total		19,402	100.0
<b>188. How often do you have negative feelings such as blue mood, despair, anxiety</b>	<i>whoqol_26</i>		
Refused to answer	-8	4	0.0
Never	1	13,695	70.6
Seldom	2	4,950	25.5
Quite Often	3	583	3.0
Very Often	4	135	0.7
Always	5	35	0.2
Total		19,402	100.0
<b>EQ-5D-5L</b>		No.	%
<b>136. MOBILITY</b>	<i>eq_1</i>		
I have no problems in walking about	1	16,925	87.2
I have slight problems in walking about	2	1,762	9.1
I have moderate problems in walking about	3	504	2.6
I have severe problems in walking about	4	156	0.8
I am unable to walk about	5	55	0.3
Total		19,402	100.0
<b>137. SELF-CARE</b>	<i>eq_2</i>		
I have no problems cleaning my body or dressing myself	1	18,812	97.0
I have slight problems cleaning my body or dressing myself	2	376	1.9
I have moderate problems cleaning my body or dressing myself	3	120	0.6
I have severe problems cleaning my body or dressing myself	4	48	0.2
I am unable to clean my body or dress myself	5	46	0.2
Total		19,402	100.0
<b>138. USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)</b>	<i>eq_3</i>		
I have no problems doing my usual activities	1	18,068	93.1
I have slight problems doing my usual activities	2	909	4.7
I have moderate problems doing my usual activities	3	239	1.2
I have severe problems doing my usual activities	4	119	0.6
I am unable to do my usual activities	5	67	0.3
Total		19,402	100.0
<b>139. PAIN / DISCOMFORT</b>	<i>eq_4</i>		
I have no pain or discomfort	1	15,367	79.2
I have slight pain or discomfort	2	3,329	17.2
I have moderate pain or discomfort	3	577	3.0
I have severe pain or discomfort	4	104	0.5
I have extreme pain or discomfort	5	25	0.1
Total		19,402	100.0
<b>140. ANXIETY / DEPRESSION</b>	<i>eq_5</i>		
I am not anxious or depressed	1	18,082	93.2
I am slightly anxious or depressed	2	1,102	5.7
I am moderately anxious or depressed	3	176	0.9
I am severely anxious or depressed	4	34	0.2
I am extremely anxious or depressed	5	8	0.0

Total	19,402	100.0				
We would like to know how good or bad your health is TODAY. This scale is numbered from 0 to 100. 100 means the best health you can imagine. 0 means the worst health you can imagine. Now, please show the scale to the respondent.						
141. Based on this scale, please state your health level TODAY?	19,402	83.3	85	7	100	

**Table 6: Behavioural measurements**

Tobacco use (smoking\_1 - smoking\_13): ≥8 years  
 Alcohol consumption (drinking\_1 - drinking\_3) ≥16 years  
 Diet (nutrition\_1 - nutrition\_5) ≥16 years  
 Global physical activity questionnaire (GPAQ) ≥16 years  
 Hypertension ≥35 years  
 Diabetes ≥35 years  
 Technology utilisation (tech\_1-tech\_5) ≥12 years

		No.	%			
<b>189. Have you ever smoked a whole cigarette</b>	<i>smoking_1</i>					
Refused to answer	-8	4	0.0			
Yes	1	5,191	22.3			
No	2	18,102	77.7			
Total		23,297	100.0			
	<i>smoking_1a</i>	5,180	17.8	17	5	71
<b>191. Currently do you smoke tobacco everyday, less than everyday, or not at all?</b>	<i>smoking_2</i>					
Refused to answer	-8					
Everyday	1	3,235	62.4			
Less than everyday	2	468	9.0			
Not at all	3	1,478	28.5			
Total		5,181	100.0			
<b>192. In the past did you smoke tobacco everyday, less than everyday, or not at a</b>	<i>smoking_3</i>					
Refused to answer	-8	1	0.0			
Everyday	1	3,964	76.5			
Less than everyday	2	1,126	21.7			
Not at all	3	90	1.7			
Total		5,181	100.0			
193. How many years ago did you stop smoking	<i>smoking_4</i>	14	28.6	36	2	53
	<i>smoking_4_year</i>	1,390	17.2	15	0	70
	<i>smoking_4_month</i>	1,390	2.5	1	0	11
194. How old were you when you started smoking everyday	<i>smoking_5</i>	3,236	18.3	18	0	71
195. Of the following tobacco products, which ones did you smoke in the past month (select all that apply)	<i>smoking_6</i>					
Manufactured cigarettes excluding kretek (smoking_6_1)	0	591	16.0			
	Yes 1	3111	84.0			
Hand rolled cigarettes (smoking_6_2)	0	3586	96.9			
	Yes 1	116	3.1			
Kretek (smoking_6_3)	0	3251	87.8			
	Yes 1	451	12.2			
Other (smoking_6_4)	0	3645	98.5			
	Yes 1	57	1.5			
Refused to answer (smoking_6_8)	0	3702	100.0			
Don't know (smoking_6_9)	0	3702	100.0			
196. On average, how many manufactured cigarettes do you smoke a day	<i>smoking_7</i>	3,112	13.0	10	0	80
197. On average, how many hand rolled cigarettes do you smoke a day	<i>smoking_8</i>	116	7.7	5	0	40
198. On average, how many kretek do you smoke a day	<i>smoking_9</i>	451	14.0	12	0	96
<b>199. Do you think you are addicted to cigarettes?</b>	<i>smoking_10</i>					
Refused to answer	-8	1	0.0			
Yes	1	2,336	72.2			
No	2	899	27.8			
Total		3,236	100.0			
<b>200. How difficult would you find it to quit smoking</b>	<i>smoking_11</i>					
Do not Know	-9	10	0.3			
Refused to answer	-8	1	0.0			
Very Easy	1	38	1.2			
Easy	2	292	9.0			
Possible but not easy	3	1,190	36.8			
Difficult	4	839	25.9			
Very Difficult	5	634	19.6			
Impossible	6	232	7.2			
Total		3,236	100.0			
<b>201. Have you ever tried to quit smoking?</b>	<i>smoking_12</i>					
Refused to answer	-8					
Yes	1	2,168	67.0			
No	2	1,068	33.0			
Total		3,236	100.0			
<b>202. In the past 12 months, how many times did you try to quit smoking</b>	<i>smoking_13</i>					
Do not Know	-9	3	0.1			
Refused to answer	-8					

Once	1	700	32.3			
Twice	2	333	15.4			
Three times	3	171	7.9			
More than three time	4	395	18.2			
None	5	567	26.1			
Total	9	2,169	100.0			
<hr/>						
<b>203. Have you consumed an alcoholic drink within the past 30 days?</b>	<i>drinking_1</i>					
Refused to answer	-8					
Yes	1	703	3.6			
No	2	18,699	96.4			
Total		19,402	100.0			
<hr/>						
<b>204. During the past 30 days, when you consumed an alcoholic drink, how often wa</b>	<i>drinking_2</i>					
Always with a meal	1	37	5.3			
Usually with a meal	2	97	13.8			
Half the time with a meal	3	43	6.1			
Rarely with a meal	4	210	29.9			
Never with a meal	5	316	45.0			
Total		703	100.0			
<hr/>						
<b>205. During the past 30 days, have you drunk so much that you woke up somewhere</b>	<i>drinking_3</i>					
Refused to answer	-8					
Yes	1	28	4.0			
No	2	675	96.0			
Total		703	100.0			
<hr/>						
<b>206. On average, how many meals (of the 21 meals in a week? breakfast, lunch and dinner) do you eat in a restaurant, food stall, mamak</b>	<i>nutrition_1</i>	19,402	3.2	1	0	21
<b>207. How many servings of fruit do you eat on a typical day? (Banana, mango, apple, orange, papaya, pineapple, grapefruit, pear, dragon fruit, honeydew, guava, etc)</b>	<i>nutrition_2</i>	19,402	0.8	1	0	8
<b>208. How many servings of vegetables do you eat on a typical day? (Tomato, cauliflower, potato, spinach, cucumber, kale, cabbage, mustard etc)</b>	<i>nutrition_3</i>	19,402	1.4	1	0	22
<hr/>						
<b>209. In the last 12 months, how often did you ever eat less than you felt you sh</b>	<i>nutrition_4</i>					
Every month	1	40	0.2			
Almost every month	2	55	0.3			
Some months, but not every month	3	99	0.5			
Only in 1 or 2 months	4	101	0.5			
Never	5	19,107	98.5			
Total		19,402	100.0			
<hr/>						
<b>210. In the last 12 months, were you ever hungry but didn't eat because you coul</b>	<i>nutrition_5</i>					
Every month	1	31	0.2			
Almost every month	2	40	0.2			
Some months, but not every month	3	90	0.5			
Only in 1 or 2 months	4	98	0.5			
Never	5	19,143	98.7			
Total		19,402	100.0			
<hr/>						
<b>211. Does your work involve VIRGOROUS-INTENSITY activities that causes large inc</b>	<i>physical_1</i>					
Refused to answer	-8					
Yes	1	2,450	12.6			
No	2	16,965	87.4			
Total		19,415	100.0			
<hr/>						
<b>212. In a typical week, on how many days do you do &lt;b&gt;VIRGOROUS-INTENSITY&lt;/b&gt; activities as part of your work?</b>	<i>physical_2</i>	2,453	5.3	6	0	7
<b>213. How much time do you spend doing &lt;b&gt;VIRGOROUS-INTENSITY&lt;/b&gt; activities at work on a typical day?</b>	<i>physical_3_hours</i>	2,446	4.9	4	0	20
	<i>physical_3_minutes</i>	2,446	2.6	0	0	45
<hr/>						
<b>214. Does your work involve &lt;b&gt;MODERATE-INTENSITY&lt;/b&gt; activities, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)</b>	<i>physical_4</i>					
Refused to answer	-8	2	0.0			
Yes	1	12,889	66.4			
No	2	6,524	33.6			
Total		19,415	100.0			
<hr/>						
<b>215. In a typical week, on how many days do you do&lt;b&gt;MODERATE-INTENSITY&lt;/b&gt; activities as part of your work?</b>	<i>physical_5</i>	12,891	5.8	7	0	7
<b>216. How much time do you spend doing &lt;b&gt;MODERATE-INTENSITY&lt;/b&gt; activities at work on a typical day?</b>	<i>physical_6_hours</i>	12,879	3.2	2	0	24
	<i>physical_6_minutes</i>	12,879	4.5	0	0	50
<hr/>						
<b>217. Do you walk or use a pedal bicycle for at least 10 &lt;b&gt;CONTINUOUS&lt;/b&gt; minutes to get to and from places</b>	<i>physical_7</i>					
Refused to answer	-8	3	0.0			
Yes	1	7,038	30.2			
No	2	16,256	69.8			
Total		23,297	100.0			

218. In a typical week, on how many days do you walk or bicycle for at least 10 <b>CONTINUOUS</b> minutes to get to and from places?	<i>physical_8</i>	7,056	5.1	6	0	7
219. How much time do you spend walking or bicycling on a typical day?	<i>physical_9_hours</i>	7,043	0.7	0	0	15
	<i>physical_9_minutes</i>	7,042	14.1	15	0	55
220. Do you do any <b>VIGOROUS-INTENSITY</b> sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] for at least 10 minutes continuously?	<i>physical_10</i>					
Refused to answer	-8	2	0.0			
Yes	1	2,558	11.0			
No	2	20,737	89.0			
Total		23,297	100.0			
221. In a typical week, on how many days do you do <b>VIGOROUS-INTENSITY</b> sports, fitness or recreational (leisure) activities?	<i>physical_11</i>	2,559	3.1	2	0	7
222. How much time do you spend doing <b>VIGOROUS-INTENSITY</b> sports, fitness or recreational activities on a typical day?	<i>physical_12_hours</i>	2,557	1.2	1	0	7
	<i>physical_12_minutes</i>	2,557	8.2	0	0	50
223. Do you do any <b>MODERATE-INTENSITY</b> sports, fitness or recreational (leisure) activities that cause small increases in breathing or heart rate like such as brisk walking, [cycling, swimming, volleyball] for at least 10 minutes continuously?	<i>physical_13</i>					
Refused to answer		3	0.0			
Yes		4,843	20.8			
No		18,451	79.2			
Total		23,297	100.0			
224. In a typical week, on how many days do you do <b>MODERATE-INTENSITY</b> sports, fitness or recreational (leisure) activities?	<i>physical_14</i>	4,846	3.3	2	0	7
225. How much time do you spend doing <b>MODERATE-INTENSITY</b> sports, fitness or recreational activities on a typical day?	<i>physical_15_hours</i>	4,836	1.0	1	0	45
	<i>physical_15_minutes</i>	4,836	11.6	0	0	50
226. How much time do you usually spend sitting or reclining (excluding sleep at night) on a typical day?	<i>physical_16_hours</i>	23,264	3.1	3	0	24
	<i>physical_16_minutes</i>	23,264	2.7	0	0	52

#### HYPERTENSION

227. Have you ever had your blood pressure measured by a doctor or other health worker	<i>hypertension_1</i>					
Refused to answer	-8	2	0.0			
Yes	1	12,763	91.4			
No	2	1,193	8.5			
Total		13,958	100.0			
228. Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?	<i>hypertension_2</i>					
Refused to answer	-8	3	0.0			
Yes	1	4,998	39.2			
No	2	7,761	60.8			
Total		12,762	100.0			
229. Have you been told this in the past 12 months?	<i>hypertension_3</i>					
Refused to answer	-8					
Yes	1	2,862	57.4			
No	2	2,123	42.6			
Total		4,985	100.0			
230. Have you taken any drugs (medication - not Traditional Chinese Medicine (TCM)) in the past 2 weeks for your blood pressure	<i>hypertension_4</i>					
Refused to answer	-8	1	0.0			
Yes	1	2,389	47.9			
No	2	2,595	52.1			
Total		4,985	100.0			
231. In the past 12 months, have you seen a traditional healer or TCM practitioner for raised blood pressure or hypertension	<i>hypertension_5</i>					
Refused to answer	-8	1	0.0			
Yes	1	50	1.0			
No	2	4,934	99.0			
Total		4,985	100.0			
232. In the past 12 are you currently taking any herbal or traditional remedy for raised blood pressure or hypertension	<i>hypertension_6</i>					
Refused to answer	-8	1	0.0			
Yes	1	98	2.0			
No	2	4,886	98.0			
Total		4,985	100.0			

#### DIABETES

233. Have you ever had your blood sugar measured by a doctor or other health worker	<i>diabetes_1</i>					
Refused to answer	-8	1	0.0			
Yes	1	12,091	86.6			
No	2	1,866	13.4			
Total		13,958	100.0			
234. Have you ever been told by a doctor or other health worker that you have raised blood sugar or diabetes?	<i>diabetes_2</i>					
Refused to answer	-8	1	0.0			
Yes	1	2,797	23.1			
No	2	9,291	76.9			
Total		12,089	100.0			



<b>235. Have you been told this in the past 12 months?</b>	<i>diabetes_3</i>		
Refused to answer	-8		
Yes	1	1,618	58.0
No	2	1,173	42.0
Total		2,791	100.0
<b>236. Are you currently receiving insulin for your diabetes or raised blood sugar</b>	<i>diabetes_4</i>		
Refused to answer	-8	1	0.0
Yes	1	715	25.6
No	2	2,075	74.3
Total		2,791	100.0
<b>237. Have you taken any drugs (medication not TCM) in the past 2 weeks for your diabetes or raised blood sugar?</b>	<i>diabetes_5</i>		
Yes	1	1,230	44.1
No	2	1,561	55.9
Total		2,791	100.0
<b>238. In the past 12 months, have you seen a traditional healer or TCM practitioner for raised blood sugar or diabetes</b>	<i>diabetes_6</i>		
Yes	1	27	1.0
No	2	2,764	99.0
Total		2,791	100.0
<b>239. In the past 12 months, are you currently taking any herbal or traditional remedy for raised blood sugar or diabetes?</b>	<i>diabetes_7</i>		
Refused to answer	-8	2	0.1
Yes	1	58	2.1
No	2	2,731	97.9
Total		2,791	100.0
TECH			
<b>240. Do you own a smartphone?</b>	<i>tech_1</i>		
Refused to answer	-8	1	0.0
Yes	1	13,994	65.6
No	2	7,330	34.4
Total		21,325	100.0
<b>241. Do you have data access for your smartphone?</b>	<i>tech_1a</i>		
Refused to answer	-8		
Yes	1	12,804	91.5
No	2	1,196	8.5
Total		14,000	100.0
<b>242. Do you own a tablet?</b>	<i>tech_2</i>		
Refused to answer	-8	4	0.0
Yes	1	1,159	5.4
No	2	20,162	94.5
Total		21,325	100.0
<b>243. Do you have data access for your tablet?</b>	<i>tech_2a</i>		
Refused to answer	-8		
Yes	1	730	63.0
No	2	429	37.0
Total		1,159	100.0
<b>244. Do you own a laptop computer?</b>	<i>tech_3</i>		
Refused to answer	-8	5	0.0
Yes	1	2,344	11.0
No	2	18,976	89.0
Total		21,325	100.0
<b>245. Do you have internet access from home?</b>	<i>tech_4</i>		
Refused to answer	-8	7	0.0
Yes	1	3,756	17.6
No	2	17,562	82.4
Total		21,325	100.0
<b>246. On average how often would you access the internet each week?</b>	<i>tech_5</i>		
Refused to answer	-8	11	0.1
More than once per day	1	11,014	51.6
Once per day	2	2,012	9.4
Once every two days	3	164	0.8
At least twice a week	4	175	0.8
At least once per week	5	119	0.6
At least once per fortnight	6	22	0.1
At least once per month	7	34	0.2
Less than once per month	8	90	0.4
Never	9	7,684	36.0
Total		21,325	100.0

**Table 7: Physical measurements**

Blood pressure ≥35 years

Blood sugar ≥35 years

Anthropometric ≥5 years (≥16 years for waist circumference)

No.	%
-----	---

<b>249. Which arm will you use for BP measurement, it should be the left</b>	<i>bp_2</i>					
Left	1	13,817	99.0			
Right	2	141	1.0			
Total		13,958	100.0			
	<i>bp_3</i>	13,958	28.0	28	16	53
<b>251. Cuff Size</b>	<i>bp_4</i>					
Small (16 - 22 cm)	1	95	0.7			
Medium (23 - 32 cm)	2	12,538	89.8			
Large (>32 cm)	3	1,325	9.5			
Total		13,958	100.0			
<b>252. Systolic1</b>	<i>bp_5</i>	13,942	135.7	133	61	246
<b>253. Diastolic1</b>	<i>bp_6</i>	13,942	79.0	78	35	140
<b>254. Heart Rate1</b>	<i>bp_7</i>	13,945	77.9	77	36	139
<b>255. Any problems with BP measurement 1 (e.g., misplaced cuff)?</b>	<i>bp_8</i>					
Yes	1	72	0.5			
No	2	13,886	99.5			
Total		13,958	100.0			
<b>256. Systolic2</b>	<i>bp_9</i>	13,937	134.0	131	71	240
<b>257. Diastolic2</b>	<i>bp_10</i>	13,937	77.9	77	38	144
<b>258. Heart Rate2</b>	<i>bp_11</i>	13,941	77.5	77	34	145
<b>259. Any problems with BP measurement 2 (e.g., misplaced cuff)?</b>	<i>bp_12</i>					
Yes	1	47	0.3			
No	2	13,911	99.7			
Total		13,958	100.0			
<b>260. Systolic3</b>	<i>bp_13</i>	13,933	132.5	130	66	235
<b>261. Diastolic3</b>	<i>bp_14</i>	13,936	77.0	76	36	158
<b>262. Heart Rate3</b>	<i>bp_15</i>	13,936	77.4	77	37	152
<b>263. Any problems with BP measurement 3 (e.g., misplaced cuff)?</b>	<i>bp_16</i>					
Yes	1	75	0.5			
No	2	13,883	99.5			
Total		13,958	100.0			
<b>264. During the past 2 weeks have you been treated for raised blood pressure wit</b>	<i>bp_17</i>					
Refused to answer	-8	2	0.0			
Yes	1	2,652	19.0			
No	2	11,304	81.0			
Total		13,958	100.0			
<b>266. How long ago did you have anything to eat or drink other than water? (Hours)</b>	<i>bg_1</i>	119	3.2	2.5	0	12
	<i>bg_1_hour</i>	13,839	2.6	2	0	24
	<i>bg_4</i>	13,926	8.2	6.9	3	32.7
<b>269. Any problems with the blood glucose measurement</b>	<i>bg_5</i>					
Yes	1	144	1.0			
No	2	13,814	99.0			
Total		13,958	100.0			
<b>270. If yes, please specify the problem:</b>	<i>bg_5_yes</i>					
	<i>string</i>					
<b>271. During the past 2 weeks have you been treated for raised blood glucose or diabetes with insulin or other drugs (medication) prescribed by a doctor or other health worker</b>	<i>bg_6</i>					
Refused to answer	-8	1	0.0			
Yes	1	1,433	10.3			
No	2	12,524	89.7			
Total		13,958	100.0			
<b>272. Can \${Residents_name} stand straight</b>	<i>hw_1</i>					
Yes	1	24,348	98.5			
No	2	362	1.5			
Total		24,710	100.0			
<b>273. Can \${Residents_name} move and stand on the weighing scales without assistance</b>	<i>hw_2</i>					
Yes	1	24,268	99.7			
No	2	80	0.3			
Total		24,348	100.0			
<b>275. Height (cm)</b>	<i>hw_4</i>	24,263	152.4	154.5	85	191
<b>276. Arm Span (cm)</b>	<i>hw_5</i>	362	79.3	80	0	102
<b>277. Weight (kg)</b>	<i>hw_6</i>	24,263	59.9	60.7	11	150
<b>278. Are you pregnant?</b>	<i>hw_7</i>					
Refused to answer	-8	2	0.0			
Yes	1	182	1.7			
No	2	10,664	98.3			
Total		10,848	100.0			
<b>280. Waist circumference (cm)</b>	<i>hw_9</i>	18,961	87.2	87	52	152
<b>281. Do you think the waist measurement was done correctly?</b>	<i>hw_10</i>					
Yes	1	18,580	98.0			
No	2	384	2.0			
Total		18,964	100.0			