

# DATA DICTIONARY: HEALTH ROUND 2013

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>Can \${Residents_name} take part in SEACO's research?</b>	<i>residents_agree</i>					
Agreed	1	25,161				
<b>Sub-district</b>	<i>mukim</i>					
BEKOK	<i>str</i>	2,371	9.4			
CHAAH		5,257	20.9			
GEMEREH		2,552	10.1			
JABI		4,191	16.7			
SG-SEGAMAT		10,790	42.9			
Total		25,161	100.0			
<b>Date of birth</b>	<i>dob</i>					
<b>Age</b>	<i>residents_age</i>	25,161	38.3	39	5	98
	<i>numeric</i>					
<b>What is \${Residents_name}'s gender?</b>	<i>residents_sex</i>					
Male	1	11,578	46.0			
Female	2	13,583	54.0			
Total		25,161	100.0			
<b>Ethnic</b>	<i>mcio</i>					
Malay	1	16,337	64.9			
Chinese	2	5,492	21.8			
Indian	3	2,476	9.8			
Orang Asli	4	373	1.5			
Other	5	140	0.6			
Non-citizen	6	343	1.4			
Total		25,161	100			
<b>What is \${Residents_name}'s relationship to the head of household?</b>	<i>demographic_1</i>					
Refused to answer	-8	6	0.0			
is the Head of Household	1	7,044	28.0			
Husband or Wife	2	6,194	24.6			
Parent	3	389	1.5			
Grand or great-grandparent	5	53	0.2			
Siblings	7	241	1.0			
Child	4	9,250	36.8			
Workers such as live-in housemaid/gardener/driver/etc	13	17	0.1			
Parent-in-law	8	52	0.2			
Other	14	112	0.4			
Son or daughter-in-law	9	441	1.8			
Other relatives	11	95	0.4			
Grand or great-grandchild	6	1,092	4.3			
Brother/Sister in-law	10	49	0.2			
Friends	12	126	0.5			
Total		25,161	100.0			
<b>What is \${Residents_name}'s citizenship?</b>	<i>residents_citizen</i>					
Malaysian	1	24,818	98.6			
Singaporean	2	21	0.1			
Indonesian	3	142	0.6			
Indian	4	10	0.0			
Other	5	15	0.1			
Don't Know	6	3	0.0			
Refused to answer	7	5	0.0			
Vietnamese	8	38	0.2			
Philippines	9	5	0.0			
Bangladeshi	10	11	0.0			
Nepali	11	5	0.0			
Thai	12	13	0.1			
Cambodian	13	75	0.3			
Total		25,161	100.0			
<b>Ethnic</b>						
Malay	1	16,337	64.9			
Chinese	2	5,492	21.8			
Indian	3	2,476	9.8			
Orang Asli	4	373	1.5			
Other	5	140	0.6			
Non-citizen	6	343	1.4			
Total		25,161	100.0			
<b>What is your marital status?</b>	<i>demographic_11</i>					
Refused to answer	-8	140	0.6			
Never married	1	9,426	37.5			

Married	2	13,088	52.0
Separated	3	107	0.4
Divorced	4	226	0.9
Widow/widower	5	1,609	6.4
Co-habiting	6	8	0.0
Other	7	557	2.2
Total		25,161	100.0
<b>Is \${Residents_name} currently attending (pre-)school, college or university?</b>	<i>education_2</i>		
Do not Know			
Yes	1	5,268	20.9
No	2	19,893	79.1
Total		25,161	100.0
<b>What year of study is \${Residents_name} in?</b>	<i>education_2a</i>		
Pre-school playgroup		NA	
Kindergarten		NA	
Standard one	1	427	8.1
Standard two	2	368	7.0
Standard three	3	395	7.5
Standard four	4	374	7.1
Standard five	5	419	8.0
Standard six	6	431	8.2
Form 1	7	476	9.0
Form 2	8	488	9.3
Form 3	9	487	9.2
Form 4	10	474	9.0
Form 5	11	449	8.5
Form 6	12	68	1.3
College (Diploma)	13	217	4.1
University (Degree)	14	195	3.7
Total		5,268	100.0
<b>What type of school is \${Residents_name} attending?</b>	<i>education_3</i>		
National Primary School	1	1,792	36.9
Tamil Primary School	2	190	3.9
Chinese Primary School	3	447	9.2
National Secondary School	4	2,429	50.0
Total		4,858	100.0
<b>Literacy</b>	<i>education_4</i>		
<b>English</b>			
No	0	14,429	57.3
Yes	1	10,732	42.7
Total		25,161	100.0
<b>Malay (Rumi)</b>			
No	0	5,326	21.2
Yes	1	19,835	78.8
Total		25,161	100.0
<b>Malay (Jawi)</b>			
No	0	12,530	49.8
Yes	1	12,631	50.2
Total		25,161	100.0
<b>Chinese (Traditional characters)</b>			
No	0	22,023	87.5
Yes	1	3,138	12.5
Total		25,161	100.0
<b>Chinese (Simplified characters)</b>			
No	0	20,854	82.9
Yes	1	4,307	17.1
Total		25,161	100.0
<b>Tamil</b>			
No	0	22,948	91.2
Yes	1	2,213	8.8
Total		25,161	100.0
<b>Unable to read</b>			
No	0	23,715	94.3
Yes	1	1,446	5.7
Total		25,161	100.0
<b>Have you ever studied at a religious school?</b>	<i>education_5</i>		
Yes	1	13,011	51.7
No	2	12,150	48.3
Total		25,161	100.0
<b>What was the highest level of formal schooling completed?</b>	<i>education_1</i>		
Never attended school	1	955	3.8
Not completed primary school	2	3,571	14.2
Completed primary school	3	4,156	16.5
Started high school	4	2,563	10.2
Completed F3	5	2,400	9.5

Completed F5	6	7,127	28.3			
Completed F6	7	429	1.7			
Started college diploma	8	389	1.5			
Completed diploma	9	482	1.9			
Started university	10	212	0.8			
Completed university	11	281	1.1			
Other	12	2,205	8.8			
Do not know	13	111	0.4			
Refused to answer	14	280	1.1			
Total		25,161	100.0			
Education level	edu (derived)					
No formal education	1	1,012	5.4			
Primary	2	6,325	33.9			
Secondary	3	9,572	51.2			
Tertiary	4	1,600	8.6			
Other	5	167	0.9			
Do not know	6	8	0.0			
Refused to answer	7	1	0.0			
Total		18,685	100.0			
What did \${Residents_name} do over the past 30 days?	work_2					
Too young to work	1	671	2.7			
Student	2	6,211	24.7			
Housewife / Househusband	3	5,352	21.3			
Not Working	4	2,417	9.6			
Casual Jobs	5	170	0.7			
Working Part-time	6	840	3.3			
Working Full-Time	7	5,469	21.7			
Do not Know	8	59	0.2			
Refused to answer	9	72	0.3			
Pensioners/Pensions	10	1,005	4.0			
Self Employed	11	2,895	11.5			
Total		25,161	100.0			
What is your average personal gross monthly income, in terms of work/salary/pension (RM)	work_3	18,612	785.4	600	-8	70,000
What is your average personal gross monthly income, in terms of money from other household members (RM)	work_4	19,867	216.5	0	-8	16,000
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	19,867	168.1	0	-8	12,000

**Table 2: Healthcare provisions**

The healthcare provision questions were asked to ≥16 years

<b>Who usually pays for your health care costs?</b>	<i>insurance_1</i>		
Do not Know	-9	90	0.5
Refused to answer	-8	105	0.5
Government/pensioner	1	2,667	13.4
Employer provided health insurance	2	66	0.3
Personal health insurance	3	185	0.9
Employer/Panel Clinic	4	482	2.4
Self/Family/Household Member	5	16,270	81.9
Total		19,865	100.0
<b>Who usually decides whether you need to seek care from a healthcare provider?</b>	<i>insurance_2</i>		
Do not Know	-9	24	0.1
Refused to answer	-8	18	0.1
Spouse	1	5,428	27.3
Father	2	662	3.3
Mother	3	530	2.7
Child	4	1,016	5.1
An elder in the family	5	2,061	10.4
Self	6	9,932	50.0
Employer	7	111	0.6
Insurance	8	59	0.3
Other	9	24	0.1
Total		19,865	100.0
<b>Who usually decides where or from whom you should receive healthcare?</b>	<i>insurance_3</i>		
Do not Know	-9	25	0.1
Refused to answer	-8	18	0.1
Spouse	1	5,640	28.4
Father	2	705	3.5
Mother	3	559	2.8
Child	4	1,117	5.6
An elder in the family	5	1,985	10.0

Self	6	9,610	48.4
Employer	7	122	0.6
Insurance	8	58	0.3
Other	9	26	0.1
Total		19,865	100.0

**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 ≥5 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>In the last two weeks, have you experienced fast or troubled breathing?</b>		<i>illness_1</i>				
Refused to answer	-8	126	0.5			
Yes	1	677	2.7			
No	2	24,358	96.8			
Total		25,161	100.0			
<b>In the last two weeks, have you experienced severe or persistent vomiting?</b>		<i>illness_2</i>				
Refused to answer	-8	312	1.2			
Yes	1	237	0.9			
No	2	24,612	97.8			
Total		25,161	100.0			
<b>In the last two weeks, have you experienced an injury from a fall, traffic accident, burn, poisoning, drowning, firearm, sharp weapon, or an act of violence from another person?</b>		<i>illness_3</i>				
Refused to answer	-8	93	0.4			
Yes	1	674	2.7			
No	2	24,394	97.0			
Total		25,161	100.0			
<b>In the last two weeks, have you experienced dental (oral health) problems such as toothache or sensitive teeth, swollen gums (with or without pus), loss of teeth, denture problems, irregular teeth, mouth ulcers, or jaw pain?</b>		<i>illness_4</i>				
Refused to answer	-8	110	0.4			
Yes	1	784	3.1			
No	2	24,267	96.4			
Total		25,161	100.0			
<b>In the last two weeks, have you experienced severe pain or tightness in the chest or stomach region?</b>		<i>illness_5</i>				
Refused to answer	-8	543	2.2			
Yes	1	602	2.4			
No	2	24,016	95.4			
Total		25,161	100.0			
<b>In the last two weeks, have you experienced sudden dizziness?</b>		<i>illness_6</i>				
Refused to answer	-8	794	3.2			
Yes	1	2,310	9.2			
No	2	22,057	87.7			
Total		25,161	100.0			
<b>In the last two weeks, did you have any health problem or injury that prevented you from doing your usual daily activities such as going to school or work?</b>		<i>illness_7</i>				
Refused to answer	-8	135	0.5			
Yes	1	314	1.2			
No	2	24,712	98.2			
Total		25,161	100.0			
<b>In the last two weeks, how many days in total (either whole or part days) were you unable to do your usual daily activities because of health problems or injury</b>		<i>illness_8</i>				
		314	5.0	3	0	14
<b>For the health problem/injury did you self medicate?</b>		<i>illness_9</i>				
Refused to answer	-8	1	0.3			
Yes	1	136	43.3			
No	2	177	56.4			
Total		314	100.0			
<b>For the health problem/injury did you seek help from a health care professional?</b>		<i>illness_10</i>				
Yes	1	206	65.6			
No	2	108	34.4			
Total		314	100.0			
<b>For the health problem/injury, which types of health professionals did you consult?</b>		<i>illness_10a</i>				
Refused to answer	-8	2	1.0			
Government health practitioner - Doctor	1	143	69.4			
Government health practitioner - Other	2	5	2.4			
Private health practitioner - Doctor	3	49	23.8			
Private health practitioner - Other	4	7	3.4			

Total		206	100.0			
		N	mean	p50	min	max
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>	206	359.5	10	0	16,000
For all the health visits in total how many hours did you spend including waiting time and consultation time	<i>illness_10c</i>	206	3.33	1.5	0	96
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_10d</i>	206	2.56	1	0	30
<b>Following the visits, did you have to buy any medication not counted above (additional medicines other than those given by the doctor)?</b>						
	<i>illness_11</i>					
Refused to answer	-8	2	1.0			
Yes	1	43	20.9			
No	2	161	78.2			
Total		206	100.0			
		N	mean	p50	min	max
How much money in total did you spend on the medication	<i>illness_11a</i>	43	222.26	50	0	4,000
<b>Overall how satisfied were you with the treatment you received during the health visits?</b>						
	<i>illness_12</i>					
Very satisfied	1	18	8.7			
Satisfied	2	138	67.0			
Neither satisfied nor dissatisfied	3	39	18.9			
Dissatisfied	4	7	3.4			
Very dissatisfied	5	4	1.9			
Total		206	100.0			
<b>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	734	2.9			
Yes	1	3,213	12.8			
No	2	21,214	84.3			
Total		25,161	100.0			
<b>Was the examination conducted in a government dental clinic?</b>						
	<i>illness_16</i>					
Refused to answer	-8	2	0.1			
Yes	1	2,123	66.1			
No	2	1,088	33.9			
Total		3,213	100.0			
<b>Which of the following best describes the state of your teeth?</b>						
	<i>illness_17</i>					
Refused to answer	-8	109	0.5			
I have all my teeth	1	11,893	49.8			
I am missing some of my teeth	2	4,629	19.4			
I am missing most of my teeth	3	2,729	11.4			
I have a mix of my own teeth and dentures	4	2,906	12.2			
I have dentures	5	1,623	6.8			
Total		23,889	100.0			
<b>How frequently do you experience oral pain or discomfort?</b>						
	<i>illness_18</i>					
Refused to answer	-8	165	0.7			
Never	1	14,678	58.3			
Occasionally	2	8,532	33.9			
Sometimes	3	1,538	6.1			
Often	4	224	0.9			
Constantly	5	24	0.1			
Total		25,161	100.0			
<b>How severe is the pain or discomfort?</b>						
	<i>illness_18a</i>					
Do not Know	-9	226	2.2			
Refused to answer	-8	340	3.2			
Mild	1	3,350	32.0			
Moderate	2	5,116	48.8			
Severe	3	1,451	13.8			
Total		10,483	100.0			
<b>Have you ever been told by a doctor/medical assistant that you have heart disease?</b>						
	<i>illness_19</i>					
Do not Know	-9	189	0.8			
Refused to answer	-8	670	2.7			
Yes	1	598	2.4			
No	2	23,704	94.2			
Total		25,161	100.0			
<b>Have you ever been told by a doctor/medical assistant that you have asthma?</b>						
	<i>illness_20</i>					
Do not Know	-9	97	0.4			
Refused to answer	-8	681	2.7			
Yes	1	918	3.6			
No	2	23,465	93.3			
Total		25,161	100.0			
<b>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	91	0.4			
Refused to answer	-8	713	2.8			
Yes	1	181	0.7			

No	2	24,176	96.1
Total		25,161	100.0
<b>Have you ever been told by a doctor/medical assistant that you have arthritis?</b>			
	<i>illness_22</i>		
Do not Know	-9	112	0.4
Refused to answer	-8	775	3.1
Yes	1	1,740	6.9
No	2	22,534	89.6
Total		25,161	100.0
<b>Have you ever been told by a doctor/medical assistant that you had dengue fever</b>			
	<i>illness_24</i>		
Do not Know	-9	75	0.3
Refused to answer	-8	805	3.2
Yes	1	240	1.0
No	2	24,041	95.5
Total		25,161	100.0
<b>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	-9	64	0.3
Refused to answer	-8	789	3.1
Yes	1	121	0.5
No	2	24,187	96.1
Total		25,161	100.0
<b>In the last 12 months, did a doctor/medical assistant tell you that you have urinary tract problems?</b>			
	<i>illness_25</i>		
Do not Know	-9	77	0.3
Refused to answer	-8	815	3.2
Yes	1	183	0.7
No	2	24,086	95.7
Total		25,161	100.0
<b>Have you ever been told by a doctor/medical assistant that you have kidney disease?</b>			
	<i>illness_26</i>		
Do not Know	-9	110	0.4
Refused to answer	-8	852	3.4
Yes	1	146	0.6
No	2	24,053	95.6
Total		25,161	100.0
<b>In the last 6 months, have you taken any herbs or traditional medicine such as Ubat Makjun, ginseng, Tongkat Ali, Kacip Fatimah, etc.?</b>			
	<i>illness_27</i>		
Do not Know	-9	50	0.2
Refused to answer	-8	380	1.5
Yes	1	1,466	5.8
No	2	23,265	92.5
Total		25,161	100.0
<b>How frequently did you take those herbs / traditional medicine?</b>			
	<i>illness_28</i>		
Do not Know	-9	26	1.8
Refused to answer	-8	4	0.3
At least once a day	1	463	31.6
At least once a week	2	277	18.9
At least once a month	3	372	25.4
Less than once a month	4	324	22.1
Total		1,466	100.0
<b>How important is it for you to have an enriched religious/spiritual life?</b>			
	<i>illness_29</i>		
Do not Know	-9	166	0.8
Refused to answer	-8	57	0.3
Useful, but I can live without it	1	1,019	5.1
Important	2	8,874	44.7
Very important	3	7,031	35.4
Essential, I cannot live without it	4	2,720	13.7
Total		19,867	100.0
<b>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	186	0.9
Refused to answer	-8	126	0.6
I feel no control	1	1,776	8.9
I feel a little control	2	2,422	12.2
I feel some control	3	3,283	16.5
I feel mostly in control	4	6,206	31.2
I feel in full control	5	5,868	29.5
Total		19,867	100.0
<b>How strongly do you agree with the following statement: No matter what I want to do or be in my life, there is a higher power that determines the course of my life.</b>			
	<i>illness_31</i>		
Do not Know	-9	213	1.1
Refused to answer	-8	139	0.7
Totally agree	1	3,948	19.9
Agree	2	9,710	48.9
Neither agree nor disagree	3	3,001	15.1

Disagree	4	2,367	11.9
Totally disagree	5	489	2.5
Total		19,867	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>Do you usually have daily contact with other people?</b>	<i>health_1</i>		
Yes	1	5,581	83.5
No	2	1,099	16.5
Total		6,680	100.0
<b>In case of need, can you count on someone close to you?</b>	<i>health_2</i>		
Yes	1	5,779	86.5
No	2	901	13.5
Total		6,680	100.0
<b>Do you usually have enough income to meet your daily needs?</b>	<i>health_3</i>		
Yes	1	4,987	74.7
No	2	1,693	25.3
Total		6,680	100.0
<b>Did you trip or fall anytime over the past 6 months?</b>	<i>health_4</i>		
Yes	1	1,701	25.5
No	2	4,979	74.5
Total		6,680	100.0
<b>How many times have you tripped or fallen in the past 6 months?</b>	<i>health_4a</i>		
Once	1	5,636	84.4
Twice	2	633	9.5
Three times	3	262	3.9
More than three times	4	149	2.2
Total		6,680	100.0
<b>Which of the following best explains the [most recent] trip/fall</b>	<i>health_4b</i>		
Fainted	1	707	10.6
Fitted	2	349	5.2
Slipped	3	2,453	36.7
Tripped over an object	4	1,864	27.9
Tripped when my foot got caught	5	987	14.8
Pushed over / Knocked down	6	320	4.8
Total		6,680	100.0
<b>Have you been hospitalized for one or more nights during the past 6 months</b>	<i>health_5</i>		
Yes	1	466	7.0
No	2	6,214	93.0
Total		6,680	100.0
<b>Have you visited a hospital EMERGENCY DEPARTMENT during the past 6 months</b>	<i>health_6</i>		
Yes	1	488	7.3
No	2	6,192	92.7
Total		6,680	100.0
<b>Overall in the last 30 days, how much difficulty did you have with concentrating or remembering things?</b>	<i>health_7</i>		
None	1	2,517	37.7
Mild	2	2,614	39.1
Moderate	3	1,421	21.3
Severe	4	123	1.8
Extreme / Cannot do	5	5	0.1
Total		6,680	100.0
<b>Overall in the last 30 days, how much difficulty did you have learning a new task (for example, learning how to get to a new place, learning a new game, etc.</b>	<i>health_8</i>		
None	1	2,739	41.0
Mild	2	2,465	36.9
Moderate	3	1,342	20.1
Severe	4	117	1.8
Extreme / Cannot do	5	17	0.3
Total		6,680	100.0
<b>Overall in the last 30 days, how much of a problem did you have with sleeping, such as falling asleep, waking up frequently during the night, or waking up too early in the morning</b>	<i>health_9</i>		
None	1	2,934	43.9
Mild	2	2,179	32.6
Moderate	3	1,432	21.4
Severe	4	130	1.9

Extreme / Cannot do	5	5	0.1
Total		6,680	100.0
<b>Overall in the last 30 days, how much of a problem did you have due to not feeling rested and refreshed during the day (for example, feeling tired or not having energy)?</b>			
	<i>health_10</i>		
None	1	3,154	47.2
Mild	2	2,098	31.4
Moderate	3	1,354	20.3
Severe	4	71	1.1
Extreme / Cannot do	5	3	0.0
Total		6,680	100.0
<b>Including people you know well, in the past 12 months, has anyone deliberately hit, slapped, punched or kicked you, or used force or violence in any way?</b>			
	<i>health_11</i>		
Refused to answer	-8	62	0.9
Yes	1	126	1.9
No	2	6,492	97.2
Total		6,680	100.0
<b>Including people you know well, in the past 12 months, has anyone threatened to hit, slap, punch or kick, or use force or violence against you in a way that frightened you?</b>			
	<i>health_12</i>		
Refused to answer	-8	35	0.5
Yes	1	78	1.2
No	2	6,567	98.3
Total		6,680	100.0
<b>In the past 12 months, has anyone stolen anything of yours that you valued</b>			
	<i>health_13</i>		
Refused to answer	-8	146	2.2
Yes	1	45	0.7
No	2	6,489	97.1
Total		6,680	100.0
<b>People are generally dishonest and selfish and they want to take advantage of others</b>			
	<i>health_14</i>		
Do not Know	-9	56	0.8
Refused to answer	8	80	1.2
Totally agree	1	553	8.3
Agree	2	3,166	47.4
Neither agree nor disagree	3	1,536	23.0
Disagree	4	1,156	17.3
Totally disagree	5	133	2.0
Total		6,680	100.0
<b>If I do nice things for someone, I can anticipate that they will respect me and treat me just as well as I treat them</b>			
	<i>health_15</i>		
Do not Know	-9	44	0.7
Refused to answer	8	68	1.0
Totally agree	1	690	10.3
Agree	2	3,758	56.3
Neither agree nor disagree	3	1,566	23.4
Disagree	4	517	7.7
Totally disagree	5	37	0.6
Total		6,680	100.0
<b>If I see people who cooperate with each other, I also feel that I would help someone in need</b>			
	<i>health_16</i>		
Do not Know	-9	36	0.5
Refused to answer	8	69	1.0
Totally agree	1	708	10.6
Agree	2	4,080	61.1
Neither agree nor disagree	3	1,465	21.9
Disagree	4	286	4.3
Totally disagree	5	36	0.5
Total		6,680	100.0
<b>In a difficult situation, I can count on the help from people in my local community</b>			
	<i>health_17</i>		
Do not Know	-9	47	0.7
Refused to answer	8	80	1.2
Totally agree	1	539	8.1
Agree	2	3,758	56.3
Neither agree nor disagree	3	1,681	25.2
Disagree	4	504	7.5
Totally disagree	5	71	1.1
Total		6,680	100.0
<b>I feel a strong attachment to my local community</b>			
	<i>health_18</i>		
Do not Know	-9	34	0.5
Refused to answer	8	87	1.3
Totally agree	1	545	8.2
Agree	2	3,640	54.5
Neither agree nor disagree	3	1,920	28.7
Disagree	4	383	5.7
Totally disagree	5	71	1.1
Total		6,680	100.0



<b>Are you an active member of one of more local clubs or associations (e.g., sports club, political group, social club, Parent-Teachers Association, Residents association etc.)</b>	<i>health_19</i>		
Refused to answer	-8	135	2.0
Yes	1	592	8.9
No	2	5,953	89.1
Total		6,680	100.0
<b>Thinking about the club or association that you are most actively involved with, and the other members age and sex, how similar to you are they?</b>	<i>health_19b</i>		
Do not Know	-9	2	0.3
Similar	1	123	20.8
More similar than dissimilar	2	214	36.1
Half-Half	3	179	30.2
Less similar than dissimilar	4	36	6.1
Dissimilar	5	35	5.9
Refused to answer	8	3	0.5
Total		592	100.0
<b>Thinking about the club or association that you are most actively involved with, and the other members ethnicity, how similar to you are they?</b>	<i>health_19c</i>		
Do not Know	-9	4	0.7
Similar	1	199	33.6
More similar than dissimilar	2	176	29.7
Half-Half	3	146	24.7
Less similar than dissimilar	4	36	6.1
Dissimilar	5	29	4.9
Refused to answer	8	2	0.3
Total		592	100.0

**Table 5: Mental health and wellbeing**

Mental health (DASS-21) and WHOQOL-BREF  
≥16 years

	DASS-21	No.	%
<b>I found it hard to wind down.</b>	<i>dass_1</i>		
Refused to answer	-8	111	0.5
Did not apply to me at all	0	15,786	77.3
Applied to me to some degree, some of the time	1	3,716	18.2
Applied to me to a considerable degree, or a good part of time	2	676	3.3
Applied to me very much, or most of the time	3	121	0.6
Total		20,410	100.0
<b>I was aware of dryness of my mouth.</b>	<i>dass_2</i>		
Refused to answer	-8	75	0.4
Did not apply to me at all	0	15,131	74.1
Applied to me to some degree, some of the time	1	4,216	20.7
Applied to me to a considerable degree, or a good part of time	2	803	3.9
Applied to me very much, or most of the time	3	185	0.9
Total		20,410	100.0
<b>I couldn't seem to experience any positive feeling at all.</b>	<i>dass_3</i>		
Refused to answer	-8	98	0.5
Did not apply to me at all	0	15,919	78.0
Applied to me to some degree, some of the time	1	3,525	17.3
Applied to me to a considerable degree, or a good part of time	2	698	3.4
Applied to me very much, or most of the time	3	170	0.8
Total		20,410	100.0
<b>I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion).</b>	<i>dass_4</i>		
Refused to answer	-8	74	0.4
Did not apply to me at all	0	16,906	82.8
Applied to me to some degree, some of the time	1	2,940	14.4
Applied to me to a considerable degree, or a good part of time	2	441	2.2
Applied to me very much, or most of the time	3	49	0.2
Total		20,410	100.0
<b>I found it difficult to work up the initiative to do things.</b>	<i>dass_5</i>		
Refused to answer	-8	109	0.5
Did not apply to me at all	0	15,051	73.7
Applied to me to some degree, some of the time	1	4,174	20.5
Applied to me to a considerable degree, or a good part of time	2	895	4.4
Applied to me very much, or most of the time	3	181	0.9
Total		20,410	100.0
<b>I tended to over-react to situations.</b>	<i>dass_6</i>		
Refused to answer	-8	104	0.5
Did not apply to me at all	0	15,667	76.8
Applied to me to some degree, some of the time	1	3,678	18.0
Applied to me to a considerable degree, or a good part of time	2	795	3.9

Applied to me very much, or most of the time	3	166	0.8
Total		20,410	100.0
<b>I experienced trembling (eg, in the hands).</b>	<i>dass_7</i>		
Refused to answer	-8	95	0.5
Did not apply to me at all	0	14,661	71.8
Applied to me to some degree, some of the time	1	4,282	21.0
Applied to me to a considerable degree, or a good part of time	2	1,087	5.3
Applied to me very much, or most of the time	3	285	1.4
Total		20,410	100.0
<b>I felt that I was using a lot of nervous energy.</b>	<i>dass_8</i>		
Refused to answer	-8	94	0.5
Did not apply to me at all	0	14,785	72.4
Applied to me to some degree, some of the time	1	4,473	21.9
Applied to me to a considerable degree, or a good part of time	2	907	4.4
Applied to me very much, or most of the time	3	151	0.7
Total		20,410	100.0
<b>I was worried about situations in which I might panic and make a fool of myself</b>	<i>dass_9</i>		
Refused to answer	-8	111	0.5
Did not apply to me at all	0	16,595	81.3
Applied to me to some degree, some of the time	1	3,042	14.9
Applied to me to a considerable degree, or a good part of time	2	584	2.9
Applied to me very much, or most of the time	3	78	0.4
Total		20,410	100.0
<b>I felt that I had nothing to look forward to.</b>	<i>dass_10</i>		
Refused to answer	-8	129	0.6
Did not apply to me at all	0	15,640	76.6
Applied to me to some degree, some of the time	1	3,413	16.7
Applied to me to a considerable degree, or a good part of time	2	990	4.9
Applied to me very much, or most of the time	3	238	1.2
Total		20,410	100.0
<b>I found myself getting agitated.</b>	<i>dass_11</i>		
Refused to answer	-8	155	0.8
Did not apply to me at all	0	14,719	72.1
Applied to me to some degree, some of the time	1	4,162	20.4
Applied to me to a considerable degree, or a good part of time	2	1,100	5.4
Applied to me very much, or most of the time	3	274	1.3
Total		20,410	100.0
<b>I found it difficult to relax.</b>	<i>dass_12</i>		
Refused to answer	-8	123	0.6
Did not apply to me at all	0	14,770	72.4
Applied to me to some degree, some of the time	1	4,301	21.1
Applied to me to a considerable degree, or a good part of time	2	973	4.8
Applied to me very much, or most of the time	3	243	1.2
Total		20,410	100.0
<b>I felt down-hearted and blue.</b>	<i>dass_13</i>		
Refused to answer	-8	186	0.9
Did not apply to me at all	0	15,139	74.2
Applied to me to some degree, some of the time	1	3,962	19.4
Applied to me to a considerable degree, or a good part of time	2	915	4.5
Applied to me very much, or most of the time	3	208	1.0
Total		20,410	100.0
<b>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	128	0.6
Did not apply to me at all	0	15,034	73.7
Applied to me to some degree, some of the time	1	4,395	21.5
Applied to me to a considerable degree, or a good part of time	2	733	3.6
Applied to me very much, or most of the time	3	120	0.6
Total		20,410	100.0
<b>I felt I was close to panic.</b>	<i>dass_15</i>		
Refused to answer	-8	136	0.7
Did not apply to me at all	0	14,926	73.1
Applied to me to some degree, some of the time	1	4,082	20.0
Applied to me to a considerable degree, or a good part of time	2	989	4.8
Applied to me very much, or most of the time	3	277	1.4
Total		20,410	100.0
<b>I was unable to become enthusiastic about anything.</b>	<i>dass_16</i>		
Refused to answer	-8	121	0.6
Did not apply to me at all	0	15,966	78.2
Applied to me to some degree, some of the time	1	3,275	16.0
Applied to me to a considerable degree, or a good part of time	2	823	4.0
Applied to me very much, or most of the time	3	225	1.1
Total		20,410	100.0
<b>I felt I wasn't worth much as a person.</b>	<i>dass_17</i>		
Refused to answer	-8	130	0.6
Did not apply to me at all	0	16,045	78.6
Applied to me to some degree, some of the time	1	3,105	15.2

Applied to me to a considerable degree, or a good part of time	2	882	4.3
Applied to me very much, or most of the time	3	248	1.2
Total		20,410	100.0
<b>I felt that I was rather touchy.</b>	<i>dass_18</i>		
Refused to answer	-8	126	0.6
Did not apply to me at all	0	12,078	59.2
Applied to me to some degree, some of the time	1	6,646	32.6
Applied to me to a considerable degree, or a good part of time	2	1,286	6.3
Applied to me very much, or most of the time	3	274	1.3
Total		20,410	100.0
<b>I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat).</b>	<i>dass_19</i>		
Refused to answer	-8	99	0.5
Did not apply to me at all	0	15,853	77.7
Applied to me to some degree, some of the time	1	3,883	19.0
Applied to me to a considerable degree, or a good part of time	2	510	2.5
Applied to me very much, or most of the time	3	65	0.3
Total		20,410	100.0
<b>I felt scared without any good reason.</b>	<i>dass_20</i>		
Refused to answer	-8	136	0.7
Did not apply to me at all	0	14,875	72.9
Applied to me to some degree, some of the time	1	3,727	18.3
Applied to me to a considerable degree, or a good part of time	2	1,328	6.5
Applied to me very much, or most of the time	3	344	1.7
Total		20,410	100.0
<b>I felt that life was meaningless.</b>	<i>dass_21</i>		
Refused to answer	-8	146	0.7
Did not apply to me at all	0	16,345	80.1
Applied to me to some degree, some of the time	1	2,732	13.4
Applied to me to a considerable degree, or a good part of time	2	943	4.6
Applied to me very much, or most of the time	3	244	1.2
Total		20,410	100.0

#### WHOQOL-BREF

<b>How would you rate your quality of life?</b>	<i>whoqol_1</i>		
Refused to answer	-8	48	0.2
Very poor	1	110	0.5
Poor	2	371	1.8
Neither poor nor good	3	4,622	22.6
Good	4	11,773	57.7
Very Good	5	3,486	17.1
Total		20,410	100.0
<b>How satisfied are you with your health?</b>	<i>whoqol_2</i>		
Refused to answer	-8	32	0.2
Very dissatisfied	1	117	0.6
Dissatisfied	2	878	4.3
Neither satisfied nor dissatisfied	3	5,077	24.9
Satisfied	4	12,778	62.6
Very satisfied	5	1,528	7.5
Total		20,410	100.0
<b>To what extent do you feel that physical pain prevents you from doing what you need to do?</b>	<i>whoqol_3</i>		
Refused to answer	-8	57	0.3
Not at all	5	5,699	27.9
A little	4	5,097	25.0
A moderate amount	3	6,759	33.1
Very much	2	2,460	12.1
An extreme amount	1	338	1.7
Total		20,410	100.0
<b>How much do you need any medical treatment to function in your daily life?</b>	<i>whoqol_4</i>		
Refused to answer	-8	66	0.3
Not at all	5	5,562	27.3
A little	4	4,704	23.0
A moderate amount	3	6,400	31.4
Very much	2	2,832	13.9
An extreme amount	1	846	4.1
Total		20,410	100.0
<b>How much do you enjoy life?</b>	<i>whoqol_5</i>		
Refused to answer	-8	48	0.2
Not at all	1	292	1.4
A little	2	885	4.3
A moderate amount	3	9,517	46.6
Very much	4	8,219	40.3
An extreme amount	5	1,449	7.1
Total		20,410	100.0
<b>To what extent do you feel your life to be meaningful?</b>	<i>whoqol_6</i>		

Refused to answer	-8	93	0.5
Not at all	1	230	1.1
A little	2	525	2.6
A moderate amount	3	5,837	28.6
Very much	4	9,911	48.6
An extreme amount	5	3,814	18.7
Total		20,410	100.0
<b>How well are you able to concentrate?</b>	<i>whoqol_7</i>		
Refused to answer	-8	66	0.3
Not at all	1	213	1.0
A little	2	854	4.2
A moderate amount	3	7,244	35.5
Very much	4	9,880	48.4
Extremely	5	2,153	10.5
Total		20,410	100.0
<b>How safe do you feel in your daily life?</b>	<i>whoqol_8</i>		
Refused to answer	-8	59	0.3
Not at all	1	280	1.4
A little	2	803	3.9
A moderate amount	3	7,509	36.8
Very much	4	10,486	51.4
Extremely	5	1,273	6.2
Total		20,410	100.0
<b>How healthy is your physical environment?</b>	<i>whoqol_9</i>		
Refused to answer	-8	69	0.3
Not at all	1	198	1.0
A little	2	615	3.0
A moderate amount	3	6,420	31.5
Very much	4	10,755	52.7
Extremely	5	2,353	11.5
Total		20,410	100.0
<b>Do you have enough energy for everyday life?</b>	<i>whoqol_10</i>		
Refused to answer	-8	54	0.3
Not at all	1	302	1.5
A little	2	920	4.5
Moderately	3	6,864	33.6
Mostly	4	9,321	45.7
Completely	5	2,949	14.4
Total		20,410	100.0
<b>Are you able to accept your bodily appearance?</b>	<i>whoqol_11</i>		
Refused to answer	-8	78	0.4
Not at all	1	242	1.2
A little	2	530	2.6
Moderately	3	4,943	24.2
Mostly	4	8,310	40.7
Completely	5	6,307	30.9
Total		20,410	100.0
<b>Have you enough money to meet your needs?</b>	<i>whoqol_12</i>		
Refused to answer	-8	70	0.3
Not at all	1	748	3.7
A little	2	1,781	8.7
Moderately	3	9,549	46.8
Mostly	4	6,519	31.9
Completely	5	1,743	8.5
Total		20,410	100.0
<b>How available to you is the information that you need in your day-to-day life?</b>	<i>whoqol_13</i>		
Refused to answer	-8	67	0.3
Not at all	1	425	2.1
A little	2	1,440	7.1
Moderately	3	9,275	45.4
Mostly	4	7,729	37.9
Completely	5	1,474	7.2
Total		20,410	100.0
<b>To what extent do you have the opportunity for leisure activities?</b>	<i>whoqol_14</i>		
Refused to answer	-8	68	0.3
Not at all	1	1,392	6.8
A little	2	2,098	10.3
Moderately	3	8,048	39.4
Mostly	4	6,629	32.5
Completely	5	2,175	10.7
Total		20,410	100.0
<b>How well are you able to get around?</b>	<i>whoqol_15</i>		
Refused to answer	-8	55	0.3
Very poor	1	165	0.8
Poor	2	544	2.7
Neither poor nor good	3	4,394	21.5

Good	4	11,409	55.9
Very Good	5	3,843	18.8
Total		20,410	100.0
<b>How satisfied are you with your sleep?</b>	<i>whoqol_16</i>		
Refused to answer	-8	83	0.4
Very dissatisfied	1	73	0.4
Dissatisfied	2	697	3.4
Neither satisfied nor dissatisfied	3	3,608	17.7
Satisfied	4	12,063	59.1
Very satisfied	5	3,886	19.0
Total		20,410	100.0
<b>How satisfied are you with your ability to perform your daily living activities?</b>	<i>whoqol_17</i>		
Refused to answer	-8	55	0.3
Very dissatisfied	1	70	0.3
Dissatisfied	2	561	2.7
Neither satisfied nor dissatisfied	3	4,709	23.1
Satisfied	4	13,024	63.8
Very satisfied	5	1,991	9.8
Total		20,410	100.0
<b>How satisfied are you with your capacity for work?</b>	<i>whoqol_18</i>		
Refused to answer	-8	516	2.5
Very dissatisfied	1	66	0.3
Dissatisfied	2	462	2.3
Neither satisfied nor dissatisfied	3	3,905	19.1
Satisfied	4	12,716	62.3
Very satisfied	5	2,745	13.4
Total		20,410	100.0
<b>How satisfied are you with yourself?</b>	<i>whoqol_19</i>		
Refused to answer	-8	96	0.5
Very dissatisfied	1	41	0.2
Dissatisfied	2	325	1.6
Neither satisfied nor dissatisfied	3	3,044	14.9
Satisfied	4	13,292	65.1
Very satisfied	5	3,612	17.7
Total		20,410	100.0
<b>How satisfied are you with your personal relationships?</b>	<i>whoqol_20</i>		
Refused to answer	-8	3,283	16.1
Very dissatisfied	1	76	0.4
Dissatisfied	2	506	2.5
Neither satisfied nor dissatisfied	3	3,761	18.4
Satisfied	4	11,114	54.5
Very satisfied	5	1,670	8.2
Total		20,410	100.0
<b>How satisfied are you with your sex life?</b>	<i>whoqol_21</i>		
Refused to answer	-8	6,700	32.8
Very dissatisfied	1	103	0.5
Dissatisfied	2	465	2.3
Neither satisfied nor dissatisfied	3	2,835	13.9
Satisfied	4	8,390	41.1
Very satisfied	5	1,917	9.4
Total		20,410	100.0
<b>How satisfied are you with the support you get from your friends?</b>	<i>whoqol_22</i>		
Refused to answer	-8	168	0.8
Very dissatisfied	1	57	0.3
Dissatisfied	2	453	2.2
Neither satisfied nor dissatisfied	3	5,004	24.5
Satisfied	4	13,050	63.9
Very satisfied	5	1,678	8.2
Total		20,410	100.0
<b>How satisfied are you with the conditions of your living place?</b>	<i>whoqol_23</i>		
Refused to answer	-8	59	0.3
Very dissatisfied	1	41	0.2
Dissatisfied	2	404	2.0
Neither satisfied nor dissatisfied	3	3,217	15.8
Satisfied	4	14,268	69.9
Very satisfied	5	2,421	11.9
Total		20,410	100.0
<b>How satisfied are you with your access to health services?</b>	<i>whoqol_24</i>		
Refused to answer	-8	68	0.3
Very dissatisfied	1	49	0.2
Dissatisfied	2	396	1.9
Neither satisfied nor dissatisfied	3	3,982	19.5
Satisfied	4	13,862	67.9
Very satisfied	5	2,053	10.1
Total		20,410	100.0

<b>How satisfied are you with your transport?</b>	<i>whoqol_25</i>		
Refused to answer	-8	96	0.5
Very dissatisfied	1	54	0.3
Dissatisfied	2	388	1.9
Neither satisfied nor dissatisfied	3	3,045	14.9
Satisfied	4	13,318	65.3
Very satisfied	5	3,509	17.2
Total		20,410	100.0
<b>How often do you have negative feelings such as blue mood, despair, anxiety, depression?</b>	<i>whoqol_26</i>		
Refused to answer	-8	114	0.6
Never	5	7,284	35.7
Seldom	4	9,856	48.3
Quite Often	3	2,089	10.2
Very Often	2	923	4.5
Always	1	144	0.7
Total		20,410	100.0

**Table 6: Behavioural measurements**

Tobacco use (smoking\_1 - smoking\_13): ≥8 years  
Alcohol consumption (drinking\_1 - drinking\_3) ≥16 years  
Diet (nutrition\_1) ≥5 years  
Global physical activity questionnaire (GPAQ) ≥16 years  
Hypertension ≥35 years  
Diabetes ≥5 years  
Technology utilisation (tech\_1-tech\_5) ≥12 years

		No.	%			
<b>Have you ever smoked a whole cigarette</b>	<i>smoking_1</i>					
Refused to answer	-8	168	0.7			
Yes	1	2,760	11.6			
No	2	20,961	87.7			
Total		23,889	100.0			
How old were you when you had your first whole cigarette	<i>smoking_1a</i>	2,760	19.4	17	0	111
<b>Currently do you smoke tobacco everyday, less than everyday, or not at all?</b>	<i>smoking_2</i>					
Refused to answer	-8	11	0.4			
Everyday	1	2,258	81.8			
Less than everyday	2	272	9.9			
Not at all	3	219	7.9			
Total		2,760	100.0			
<b>In the past did you smoke tobacco everyday, less than everyday, or not at all?</b>	<i>smoking_3</i>					
Refused to answer	-8	12	0.4			
Everyday	1	2,118	76.7			
Less than everyday	2	545	19.7			
Not at all	3	85	3.1			
Total		2,760	100.0			
How many years ago did you stop smoking	<i>smoking_4</i>	173	15.1	10	0	60
How old were you when you started smoking everyday	<i>smoking_5</i>	2,258	18.3	18	0	75
On average, how many manufactured cigarettes do you smoke a day	<i>smoking_7</i>	1,598	13.8	13	0	70
On average, how many hand rolled cigarettes do you smoke a day	<i>smoking_8</i>	108	8.8	6	1	25
On average, how many kretek do you smoke a day	<i>smoking_9</i>	374	13.5	12	0	60
<b>Do you think you are addicted to cigarettes?</b>	<i>smoking_10</i>					
Refused to answer	-8	42	1.9			
Yes	1	1,411	62.5			
No	2	805	35.7			
Total		2,258	100.0			
<b>How difficult would you find it to quit smoking?</b>	<i>smoking_11</i>					
Do not Know	-9	26	1.2			
Refused to answer	-8	21	0.9			
Very Easy	1	223	9.9			
Easy	2	114	5.0			
Possible but not easy	3	717	31.8			
Difficult	4	635	28.1			
Very Difficult	5	522	23.1			
Impossible						
Total		2,258	100.0			
<b>Have you ever tried to quit smoking?</b>	<i>smoking_12</i>					
Refused to answer	-8	31	1.4			
Yes	1	987	43.7			
No	2	1,240	54.9			
Total		2,258	100.0			

<b>In the past 12 months, how many times did you try to quit smoking?</b>	<i>smoking_13</i>		
Do not Know	-9	16	1.6
Refused to answer	-8	14	1.4
Once	1	283	28.7
Twice	2	195	19.8
Three times	3	65	6.6
More than three time	4	154	15.6
None	5	260	26.3
Total		987	100.0

<b>Have you consumed an alcoholic drink within the past 30 days?</b>	<i>drinking_1</i>		
Refused to answer	-8	222	1.1
Yes	1	472	2.4
No	2	19,173	96.5
Total		19,867	100.0

<b>During the past 30 days, when you consumed an alcoholic drink, how often was it with meals? Please do not count snacks.</b>	<i>drinking_2</i>		
Always with a meal	1	25	5.3
Usually with a meal	2	56	11.9
Half the time with a meal	3	55	11.7
Rarely with a meal	4	164	34.7
Never with a meal	5	172	36.4
Total		472	100.0

<b>During the past 30 days, have you drunk so much that you woke up somewhere without remembering how you got there?</b>	<i>drinking_3</i>		
Refused to answer		2	0.4
Yes		37	7.8
No		433	91.7
Total		472	100.0

<b>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>					
		25,049	4.4	2	0	21

<b>Does your work involve VIRGOROUS-INTENSITY activities that causes large increase in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously?</b>	<i>physical_1</i>		
Refused to answer	-8	139	0.7
Yes	1	787	3.9
No	2	19,005	95.4
Total		19,931	100.0

		N	mean	p50	min	max
<b>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>	785	4.5	5	0	10
<b>213. How much time do you spend doing &lt;b&gt;VIRGOROUS-INTENSITY&lt;/b&gt; activities at work on a typical day? [Record hours in decimal]</b>	<i>physical_3_hours</i>	787	3.7	3	0	48
	<i>physical_3_minutes</i>	787	3.3	0	0	40

<b>Does your work involve MODERATE-INTENSITY activities, that causes small increase in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously?</b>	<i>physical_4</i>		
Refused to answer	-8	205	1.0
Yes	1	1,298	6.5
No	2	18,428	92.5
Total		19,931	100.0

		N	mean	p50	min	max
<b>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>	359	5.2	6	0	21
<b>How much time do you spend doing &lt;b&gt;MODERATE-INTENSITY&lt;/b&gt; activities at work on a typical day? [Record hours in decimal]</b>	<i>physical_6_hours</i>	1,295	3.0	2	0	24
	<i>physical_6_minutes</i>	1,295	3.6	0	0	75

<b>Do you walk or use a pedal bicycle for at least 10 CONTINUOUS minutes to get to and from places</b>	<i>physical_7</i>		
Refused to answer	-8	479	2.0
Yes	1	3,099	13.0
No	2	20,311	85.0
Total		23,889	100.0

<b>In a typical week, on how many days do you walk or bicycle for at least 10 &lt;b&gt;CONTINUOUS&lt;/b&gt; minutes to get to and from places?</b>	<i>physical_8_</i>	3060	4.8	5	0	7
<b>How much time do you spend walking or bicycling on a typical day? [Record hours in decimal]</b>	<i>physical_9_hours</i>	3095	1.3	1	0	120
	<i>physical_9_minutes</i>	3095	10.4	0	0	75

<b>Do you do any VIRGOROUS-INTENSITY 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?</b>	<i>physical_10</i>		
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Refused to answer		216	0.9
Yes		853	3.6
No		22,820	95.5
Total		23,889	100.0

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>	849	3.2	2	0	7
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>	826	1.5	1	0	8
	<i>physical_12_minutes</i>	851	4.6	0	0	120

Do you do any MODERATE-INTENSITY sports, fitness or recreational (leisure) activities?	<i>physical_13</i>					
Refused to answer	-8	213	0.9			
Yes	1	1,134	4.7			
No	2	22,542	94.4			
Total		23,889	100.0			

		N	mean	p50	min	max
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>	1,128	3.3	3	0	7
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>	1,129	1.3	1	0	8
	<i>physical_15_minutes</i>	1,129	5.3	0	0	50
How much time do you usually spend sitting or reclining (excluding sleep at night) on a typical day?	<i>physical_16_hours</i>	23,876	3.2	2	0	24
	<i>physical_16_minutes</i>	23,861	1.2	0	0	75

## HYPERTENSION

Have you ever had your blood pressure measured by a doctor or other health worker?	<i>hypertension_1</i>		
Refused to answer	-8	233	0.9
Yes	1	10,167	40.4
No	2	14,761	58.7
Total		25,161	100.0

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	10	0.1
Yes	1	2,870	28.2
No	2	7,287	71.7
Total		10,167	100.0

Have you been told this in the past 12 months?	<i>hypertension_3</i>		
Refused to answer	-8	4	0.1
Yes	1	2,360	82.2
No	2	506	17.6
Total		2,870	100.0

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	4	0.1
Yes	1	1,876	65.4
No	2	990	34.5
Total		2,870	100.0

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	6	0.2
Yes	1	202	7.0
No	2	2,662	92.8
Total		2,870	100.0

Are you currently taking any herbal or traditional remedy for raised blood pressure or hypertension	<i>hypertension_6</i>		
Refused to answer	-8	3	0.1
Yes	1	205	7.1
No	2	2,662	92.8
Total		2,870	100.0

## DIABETES

Have you ever had your blood sugar measured by a doctor or other health worker	<i>diabetes_1</i>		
Refused to answer	-8	331	1.3
Yes	1	8,405	33.4
No	2	16,425	65.3
Total		25,161	100.0

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	9	0.1
Yes	1	1,547	18.4
No	2	6,849	81.5
Total		8,405	100.0

Have you been told this in the past 12 months?	<i>diabetes_3</i>		
Refused to answer	-8	1	0.1
Yes	1	1,306	84.4



No	2	240	15.5
Total		1,547	100.0
<b>Are you currently receiving insulin for your diabetes or raised blood sugar</b>			
	<i>diabetes_4</i>		
Refused to answer	-8	3	0.2
Yes	1	426	27.5
No	2	1,118	72.3
Total		1,547	100.0
<b>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	923	59.7
No	2	624	40.3
Total		1,547	100.0
<b>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	109	7.0
No	2	1,438	93.0
Total		1,547	100.0
<b>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	106	6.9
No	2	1,439	93.0
Total		1,547	100.0
<b>TECH</b>			
<b>Do you own a smartphone?</b>			
	<i>tech_1</i>		
Refused to answer	-8	275	1.2
Yes	1	5,198	23.6
No	2	16,571	75.2
Total		22,044	100.0
<b>Do you have data access for your smartphone?</b>			
	<i>tech_1a</i>		
Refused to answer	-8	56	1.1
Yes	1	2,773	53.3
No	2	2,369	45.6
Total		5,198	100.0
<b>Do you own a tablet?</b>			
	<i>tech_2</i>		
Refused to answer	-8	530	2.4
Yes	1	1,215	5.5
No	2	20,299	92.1
Total		22,044	100.0
<b>Do you have data access for your tablet?</b>			
	<i>tech_2a</i>		
Refused to answer	-8	12	1.0
Yes	1	875	72.0
No	2	328	27.0
Total		1,215	100.0
<b>Do you own a laptop computer?</b>			
	<i>tech_3</i>		
Refused to answer	-8	541	2.5
Yes	1	2,207	10.0
No	2	19,296	87.5
Total		22,044	100.0
<b>Do you have internet access from home?</b>			
	<i>tech_4</i>		
Refused to answer	-8	729	3.3
Yes	1	2,963	13.4
No	2	18,352	83.3
Total		22,044	100.0
<b>On average how often would you access the internet each week?</b>			
	<i>tech_5</i>		
Refused to answer	-8	11,345	51.5
More than once per day	1	2,145	9.7
Once per day	2	1,681	7.6
Once every two days	3	604	2.7
At least twice a week	4	547	2.5
At least once per week	5	497	2.3
At least once per fortnight	6	315	1.4
At least once per month	7	518	2.3
Less than once per month	8	4,392	19.9
Total		22,044	100.0

**Table 7: Physical measurements**

Blood pressure ≥35 years

Blood sugar ≥35 years

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

	No.	%
<b>Which arm will you use for BP measurement, it should be the left</b>		
	<i>bp_2</i>	
Left	1	12,647
		91.4

Right	2	1,183	8.6			
Total		13,830	100.0			
<b>Arm circumference (cm)</b>	<i>bp_3</i>	13,830	24.3	27	0	42
<b>Cuff Size</b>	<i>bp_4</i>					
Small (16 - 22 cm)	1	3,219	23.3			
Medium (23 - 32 cm)	2	9,042	65.4			
Large (>32 cm)	3	1,569	11.3			
Total		13,830	100.0			
<b>Systolic1</b>	<i>bp_6</i>	13,753	135.2	133	56	256
<b>Diastolic1</b>	<i>bp_5</i>	13,743	80.0	80	38	145
<b>Heart Rate1</b>	<i>bp_7</i>	13,763	78.8	78	-	145
<b>Any problems with BP measurement 1 (e.g., misplaced cuff)?</b>	<i>bp_8</i>					
Yes	1	329	2.4			
No	2	13,440	97.6			
Total		13,769	100.0			
<b>Systolic2</b>	<i>bp_10</i>	13,745	133.1	131	55	242
<b>Diastolic2</b>	<i>bp_9</i>	13,758	79.2	79	39	146
<b>Heart Rate2</b>	<i>bp_11</i>	13,764	78.2	78	0	145
<b>Any problems with BP measurement 2 (e.g., misplaced cuff)?</b>	<i>bp_12</i>					
Yes		274	2.0			
No		13,495	98.0			
Total		13,769	100.0			
<b>Systolic3</b>	<i>bp_14</i>	13,750	131.8	130	50	236
<b>Diastolic3</b>	<i>bp_13</i>	13,758	78.4	78	35	143
<b>Heart Rate3</b>	<i>bp_15</i>	13,768	78.1	78	0	143
<b>Any problems with BP measurement 3 (e.g., misplaced cuff)?</b>	<i>bp_16</i>					
Yes	1	307	2.2			
No	2	13,523	97.8			
Total		13,830	100.0			
<b>During the past 2 weeks have you been treated for raised blood pressure with drugs (medication) prescribed by a doctor or other health worker</b>	<i>bp_17</i>					
Refused to answer	-8	61	0.4			
Yes	1	1,721	12.4			
No	2	12,048	87.1			
Total		13,830	100.0			
<b>How long ago did you have anything to eat or drink other than water? (Hours)</b>	<i>bg_1</i>	13,830	2.5	2	0	54
<b>Blood Glucose</b>	<i>bg_4</i>	13,748	8.0	7	2	39
<b>Any problems with the blood glucose measurement</b>	<i>bg_5</i>					
Yes	1	561	4.1			
No	2	13,269	95.9			
Total		13,830	100.0			
<b>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	51	0.4			
Yes	1	976	7.1			
No	2	12,803	92.6			
Total		13,830	100.0			
<b>Can stand straight</b>	<i>hw_1</i>					
Yes	1	24,524	98.9			
No	2	270	1.1			
Total		24,794	100.0			
<b>Can move and stand on the weighing scales without assist</b>	<i>hw_2</i>					
Yes	1	24,474	98.7			
No	2	320	1.3			
Total		24,794	100.0			
		N	mean	p50	min	max
<b>Height (cm)</b>	<i>hw_5</i>	24,442	153.5	155	83	193
<b>Arm span (cm)</b>	<i>hw_6</i>	17	45.0	22	0	158
<b>Weight (kg)</b>	<i>hw_8</i>	24,442	58.7	59	12	172
<b>Are you pregnant?</b>	<i>hw_9</i>					
Refused to answer	-8	39	0.3			
Yes	1	152	1.4			
No	2	11,031	98.3			
Total		11,222	100.0			
<b>Waist circumference</b>	<i>hw_12</i>	20,008	33.4	33	20	67
Waist circumference (cm)	<i>wc</i>	20,008	84.8	84	50	170
<b>Do you think the waist measurement was done correctly?</b>	<i>hw_13</i>					
Yes	1	18,868	93.9			
No	2	1,231	6.1			
Total		20,099	100.0			



























