Malaysian Health and Adolescents Longitudinal Research Team (MyHeART)

Study Handbook

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Adopting healthy lifestyle is important in reducing the risk from developing non-communicable diseases. This should be instilled from early age if possible. The Malaysian Health and Adolescents Longitudinal Research Team (MyHeART) study aims to investigate the risk factors of non-communicable diseases among adolescents, by determining how lifestyle factors (e.g. diet and eating habits, physical activity including recreational activities and high risk behaviours) at early stages of adolescence may contribute to the development of non-communicable chronic diseases in early adulthood in Peninsular Malaysia. This study is the first of its kind among adolescents in Malaysia and is expected to assist in developing public health policies for this group to help in reducing the incidence of NCD in adults and reduce the gap between rural and urban health in the near future. It is also expected to attract more international research collaboration. This handbook described the fieldwork for data collection, data management processes, training protocols, and a compilation of questionnaires, charts and forms used over the span of four years from 2012 till 2016 for the three waves of data collection. The intention of this handbook is to provide some guide for researchers who are interested in gaining some insight into the lifestyle of adolescents in Malaysia. This may also suit for other stakeholders from the low and middle income countries to learn from each other. Due to the richness of information, it potentially will help students especially at postgraduate levels to utilize the information from this book and also other stakeholders from the non-governmental organisation, ministries personnel, policy makers and healthcare centres personnel.