

Socio-demographic profile and family planning practices among Sarawak Penan women



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Introduction

The Penan tribe of Sarawak represents one of the last native tribes in Malaysia that practises feral lifestyle. Current information on maternal health among the Penan community is lacking partly because of limited resources and geographical challenges of accessing Penan settlements.

Aim

This study aimed to establish baseline socio-demographic information and family planning practices among Penan women in Ulu Baram, Miri, Sarawak.

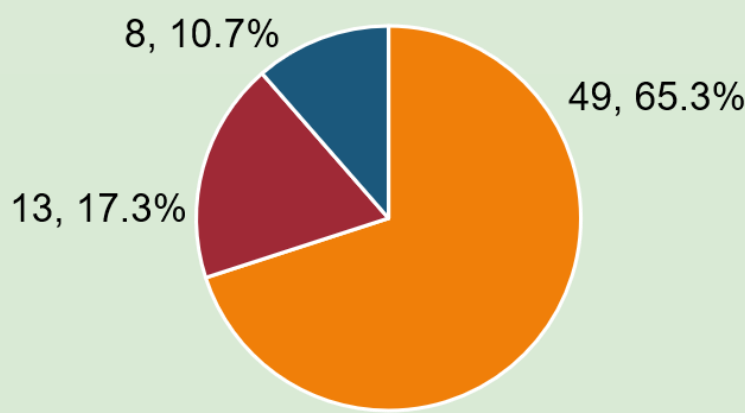
Methodology

- A cross-sectional survey across five Penan villages in Ulu Baram
- A 4-day expedition: 6-9 March 2020.
- 75 female Penan adults above 18 years old were recruited.

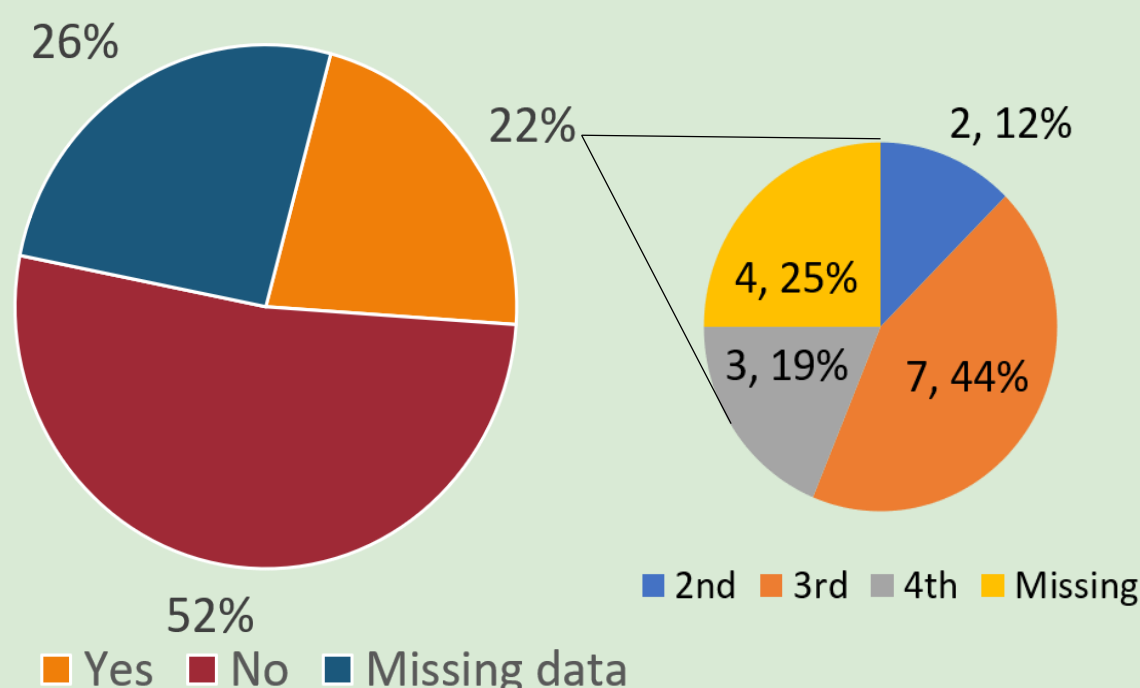
Results

Variable	Mean (SD)
Age (year), mean (SD)	46.1 (16.1)
Variable	N (%)
Occupation	
Housewife/Farmer	70 (93.4)
Village health representative	1 (1.3)
Café assistant	1 (1.3)
Marital status	
Single	4 (5.3)
Married	66 (88.0)
Divorced	2 (2.7)
Smoking status	
Ex smoker	8 (10.7)

Highest Education Level Achieved



Consanguinity and Degree of Relativity

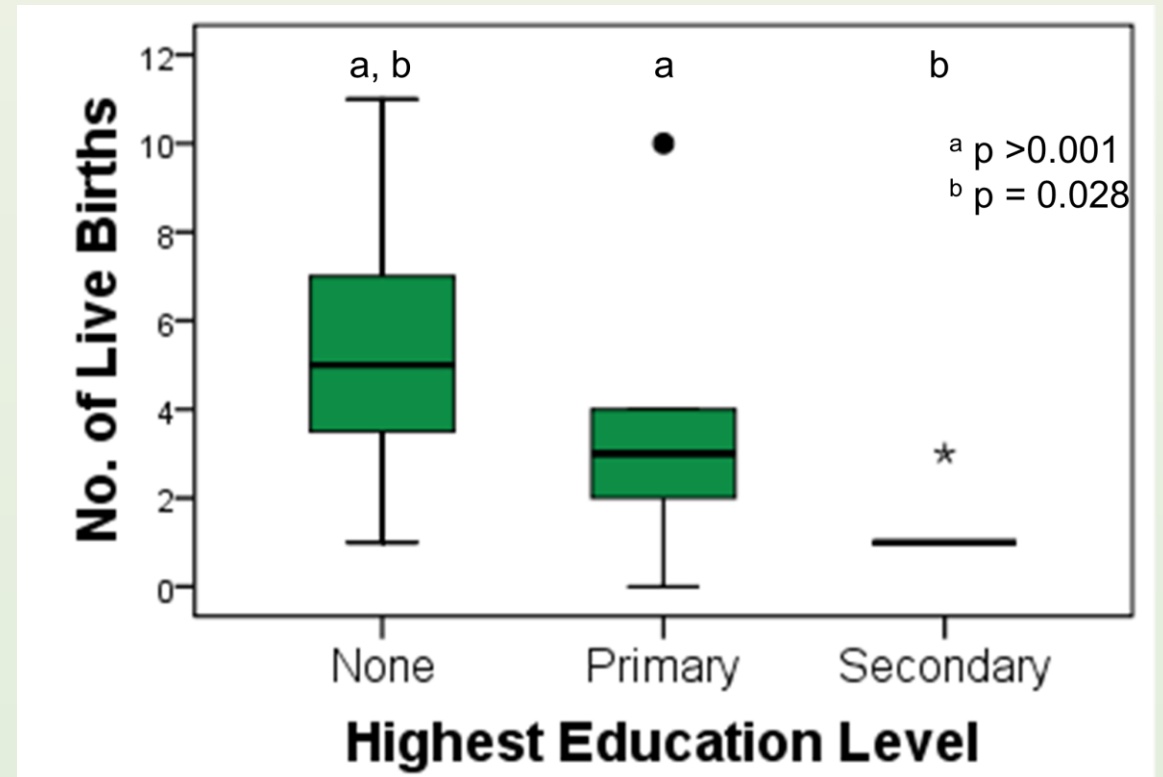


Villages visited:

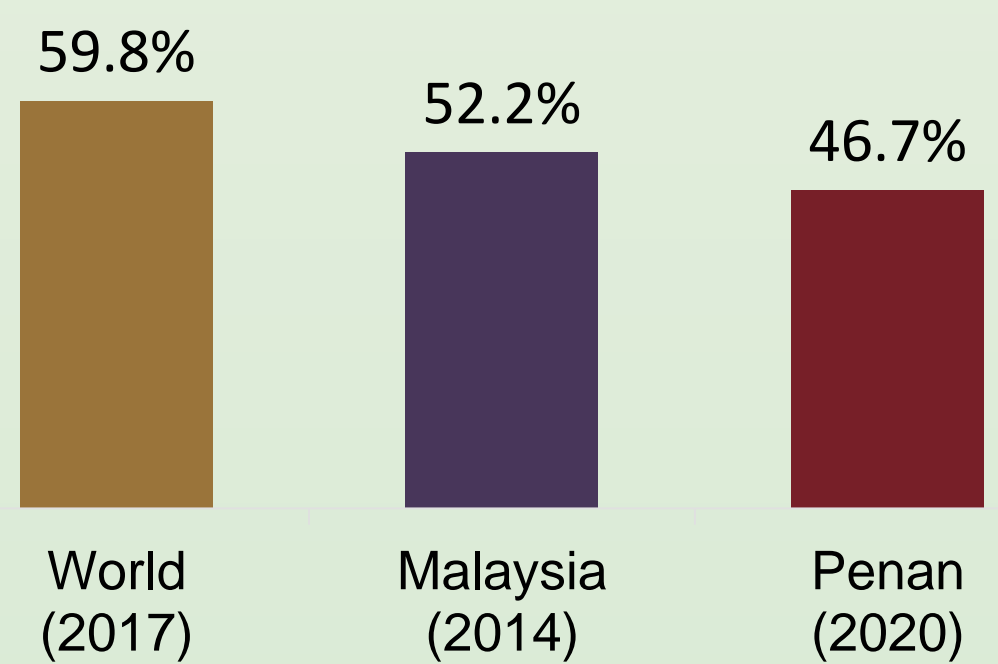
1. Long Abang
2. Long Melangit
3. Long Pakan
4. Long Kabeng
5. Long Daloh

* Nearest village is 9 hours away from Miri city

- Mean age at 1st pregnancy = **20.3** years old (range: **11-30**)
- Median live birth = **4** (range: **1-11**)
- Only **49.4%** used healthcare facility



Contraceptive Prevalence Rate



Contraceptive method

Pill	28.0%
Injection	6.7%
Tubal ligation	2.7%

Discussion/Conclusion

- Use of contraception in family planning is associated with women's age and education level.
- **Provision of education and reproductive health information** should be strengthened among the marginalised rural Penans to ensure accessibility of sexual and reproductive health services as part of the Sustainable Development goal for 2030.

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