

AKHBAR : BERITA HARIAN  
 MUKA SURAT : 3  
 RUANGAN : NASIONAL

# Tiada peranti alternatif bagi perokok

Generasi muda tak patut diberi pilihan boleh jejas usaha cara hidup sihat

Oleh Rafidah Mat Ruzki  
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**Putrajaya:** Kementerian Kesihatan (KKM) tidak bercadang membenarkan sebarang usaha memperkenalkan peranti alternatif bagi perokok di negara ini biarpun ada cadangan beberapa pihak untuk dimasukkan dalam pelan Generasi Penamat (GEG).

Menegaskan demikian, Menteri Kesihatan, Khairy Jamaluddin, berkata GEG yang menyasar individu yang lahir sejak 2007 tidak sepatutnya diberikan pilihan untuk merokok dengan apa juga jenis bahan pengganti.

"Atas sebab apa (untuk benarkan peranti alternatif? *Harm reduction* (pengurangan kesan buruk)? *Harm reduction* adalah untuk mereka yang sudah merokok.

"Dalam undang-undang kita benarkan untuk mereka yang lahir sebelum 2007. Untuk mereka yang lahir selepas 2007, kenapa kita nak berikan pilihan kepada mereka merokok apa saja?"

"Tidak perlu ada elemen pengurangan kesan buruk kerana mereka (individu yang lahir pada

dan selepas 2007) tidak sepatutnya merokok. Kita mahu menghentikan pengenalan (kepada merokok)," katanya selepas Majlis Agihan Dana Bagi Program Kesihatan Mental kepada Pertubuhan Bukan Kerajaan (NGO), di sini, semalam. Yang turut hadir, Ketua Setiausaha Kementerian, Datuk Harjeet Singh.

Khairy berkata, ketika ini penggunaan rokok elektronik atau vape dilarang serta tidak ada pengawalan dan undang-undang yang mengawal selia.

"Saya sebagai Menteri Kesihatan mahu mengawal selia perkara ini. Bila dah ada kawal selia industri, maka bolehlah mereka jual dan bolehlah mereka kata ini pengurangan kesan buruk.

"Tetapi mengapa kita nak perkenalkan tabiat ini kepada generasi muda yang tidak merokok?" katanya.

Isnin lalu, akhbar ini melaporkan kaji selidik sebuah firma perundingan pengurusan, Povaddo mengenai respon rakyat Malaysia terhadap transformasi dan kemajuan mendapati, 79 peratus daripada responden berpendapat bahawa penyelesaian terbaik ke arah kemajuan sebenar dalam isu membabitkan GEG boleh dicapai menerusi jalan tengah.

Mereka berpendapat bahawa, rokok biasa sangat berbeza dengan peranti alternatif.

Sementara itu, Khairy berkata, KKM akan membawa hasil kajian berhubung menyalahjenayakan cubaan bunuh diri dalam sesi libat urus yang akan diada-

kan tidak lama lagi.

## Terima laporan hasil kajian

Katanya, hasil kajian yang dibuat Pejabat Peguam Negara (AGC) itu akan dibentangkan bersama pihak berkepentingan seperti Kementerian Dalam Negeri (KDN) dan Polis Diraja Malaysia (PDRM).

"Kita baru saja terima laporan hasil kajian itu oleh AGC berkaitan *decriminalisation* (nyahjenayah) cubaan bunuh diri.

"Ini selepas saya bawa satu Memorandum Jemaah Menteri (MJM) bagi memohon pemansuhan Seksyen 309 Kanun Keseksaan [Akta 574] untuk Tidak Menjenayahkan Kesalahan Cubaan Bunuh Diri.

"Dalam sesi ini kita akan bincangkan hasil kajian yang diperoleh AGC dan kita akan menyemak semula MJM yang disediakan untuk dibawa ke mesyuarat Jemaah Menteri," katanya.



Khairy bersama wakil NGO pada Majlis Agihan Dana Bagi Program Kesihatan Mental kepada NGO di Putrajaya, semalam. (Foto Mohd Fadli Hamzah/BH)

## Tak perlu pakai pelitup muka dalam pesawat

**Kuala Lumpur:** Berkuat kuasa serta-merta, penumpang pesawat tidak lagi diwajibkan memakai pelitup muka ketika dalam penerbangan.

Menteri Kesihatan, Khairy Jamaluddin, berkata bagaimanapun penumpang pesawat masih digalakkan memakai pelitup muka bagi mereka yang ada gejala demam, batuk dan selesema, individu berisiko tinggi seperti warga tua, orang dengan penyakit kronik, individu dengan imuniti rendah serta ibu mengandung dan mereka yang mengembara bersama orang yang berisiko

tinggi seperti warga emas dan kanak-kanak.

"Keputusan ini adalah menggunakan pendekatan berasaskan risiko dan telah mengambil kira penambahbaikan dalam teknologi kapal terbang dan beban kes COVID-19 di Malaysia yang lebih terkawal ketika ini seperti pengudaraan yang baik dalam kabin, penggunaan penapis *high-efficiency particulate absorbing* (HEPA) untuk mengeluarkan bahan cemar bawaan udara, susunan tempat duduk ke hadapan dan kekerapan penjadualan nyah cemar kapal terbang," katanya.

AKHBAR : HARIAN METRO

MUKA SURAT : 6

RUANGAN : LOKAL

## Vape tetap tidak dibenarkan

**Putrajaya:** Peranti alternatif (vape) tetap tidak akan dibenarkan biarpun ia dicadangkan beberapa pihak untuk dimasukkan dalam pelan Generasi Penamat (GEG).

Menteri Kesihatan, Khairy Jamaluddin berkata, undang-undang baharu itu menyasarkan individu yang lahir sejak 2007.

Beliau berkata, generasi itu tidak sepatutnya diberikan pilihan untuk merokok apa jenis bahan sekali pun.

“Atas sebab apa (untuk benarkan peranti alternatif)? *Harm reduction* (pengurangan kesan buruk)? *Harm reduction* adalah untuk mereka yang sudah merokok.

“Dalam undang-undang kita benarkan untuk mereka yang lahir sebelum 2007. Untuk mereka yang lahir selepas 2007, kenapa kita nak berikan pilihan kepada mereka merokok apa saja?

“Tidak perlu ada elemen pengurangan kesan buruk kerana mereka (individu yang lahir pada dan selepas 2007) tidak sepatutnya me-



KHAIRY berbual bersama wakil NGO pada Majlis Agihan Dana Program Kesihatan kepada NGO di Putrajaya. - Gambar NSTP/MOHD PADLI HAMZAH

rokok. Kita mahu menghentikan pengenalan (kepada merokok),” katanya selepas Majlis Agihan Dana Bagi Program Kesihatan Mental kepada Pertubuhan Bukan Kerajaan (NGO) di KKM di sini, semalam.

Turut hadir, Ketua Setiausaha KKM, Datuk Harjeet Singh.

Khairy berkata, ketika ini penggunaan rokok elektronik atau vape dilarang serta

tidak ada pengawalan dan undang-undang yang mengawal selia.

“Saya sebagai Menteri Kesihatan mahu mengawal selia perkara ini. Bila dah ada kawal selia industri, maka bolehlah mereka jual dan bolehlah mereka kata ini pengurangan kesan buruk. Tetapi mengapa kita nak perkenalkan tabiat ini kepada generasi muda yang tidak merokok?” katanya.

AKHBAR : HARIAN METRO

MUKA SURAT : 7

RUANGAN : LOKAL

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Putrajaya

**K**ementerian Kesihatan Malaysia (KKM) akan membawa hasil kajian cadangan Pejabat Peguam Negara (AGC) untuk nyahjenayah cubaan bunuh diri kepada sesi libat urus yang akan diadakan tidak lama lagi.

Menteri Kesihatan, Khairy Jamaluddin, berkata, libat urus itu akan dijalankan bersama pihak berkepentingan seperti Kementerian Dalam Negeri (KDN) dan Polis Diraja Malaysia (PDRM).

Menurutnya, hasil kajian itu difahamkan diterima KKM minggu lalu daripada AGC.

"Kita baru saja terima laporan hasil kajian oleh pihak AGC berkaitan dengan *decriminalisation* (nyahjenayah) cubaan bunuh diri kerana saya sudah bawa satu MJM Memohon Pemansuhan Seksyen 309 Kanun Keseksaan [Akta 574] untuk Tidak Menjenayahkan Kesalahan Cubaan Bunuh Diri. Kita adakan moratorium dahulu.

"Dalam sesi itu, kita akan bincangkan hasil kajian yang diperoleh daripada AGC dan kita akan menyemak semula

# Perlu dapat pandangan PDRM, KDN

*KKM bawa hasil cadangan AGC untuk nyahjenayah bunuh diri kepada sesi libat urus*

memorandum jemaah menteri (MJM) yang disediakan untuk dibawa ke mesyuarat Jemaah Menteri

"Sekarang ini kita perlu dapatkan pandangan daripada PDRM dan KDN," katanya selepas Majlis Agihan Dana Bagi Program Kesihatan Mental kepada Pertubuhan Bukan Kerajaan (NGO), di KKM di sini, semalam.

Turut hadir, Ketua Setiausaha KKM, Datuk Harjeet Singh.

Khairy berkata, sebelum ini ketika beliau membawa MJM berkenaan kepada mesyuarat Kabinet, KDN kelihatan tidak berapa bersetuju.

Justeru, beliau berharap



*Dalam sesi itu, kita akan bincangkan hasil kajian yang diperoleh daripada AGC"*

**Khairy**

dengan kajian terkini itu, ia dapat mempengaruhi sokongan KDN untuk pindaan yang diusulkan.

"Ia berikutan saya dengar pada mesyuarat itu pun hujahnya tak berapa kukuh sangat bagi pihak saya sebagai Menteri Kesihatan.

"Jadi sama ada pindaan ini

akan dibuat dalam sesi Parlimen akan datang, banyak bergantung kepada keputusan Jemaah Menteri apabila saya bawa MJM ini untuk perbincangan nanti," katanya.

Sementara itu, Khairy berkata, KKM turut memohon peruntukan tambahan sebanyak 2.5 peratus bagi Program Kesihatan Mental, Kaunseling dan Psikososial dalam Bajet 2023 berbanding peruntukan tahun ini sebanyak RM408.58 juta.

Beliau berkata, pihaknya sentiasa cuba meningkatkan perkhidmatan terutamanya kesihatan mental.

AKHBAR : SINAR HARIAN

MUKA SURAT : 18

RUANGAN : NASIONAL

## Tidak lagi wajib pakai pelitup muka dalam kapal terbang

**PUTRAJAYA** - Pemakaian pelitup muka ketika menaiki kapal terbang tidak lagi diwajibkan, kata Menteri Kesihatan, Khairy Jamaluddin Abu Bakar.

Menurutnya, protokol baharu itu berkuat kuasa serta-merta mulai Selasa.

"Langkah itu dibuat berdasarkan penilaian situasi semasa Covid-19 serta mengambil kira keperluan terkini," katanya dalam satu kenyataan pada Rabu.

Beliau berkata, pemakaian pelitup muka amat digalakkan bagi individu bergejala seperti demam, batuk dan selesema, warga emas dan pesakit kronik, ibu mengandung serta kanak-kanak.

"Keputusan yang dibuat ini adalah menggunakan pendekatan berasaskan risiko dan telah mengambil kira penambahbaikan dalam teknologi kapal terbang dan beban kes Covid-19 di Malaysia yang lebih terkawal ketika ini," katanya.

Khairy berkata, pengudaraan di dalam kabin didapati berada dalam keadaan baik selain kapal terbang kini menggunakan penapis *high-efficiency particulate absorbing* (HEPA) untuk mengeluarkan bahan cemar bawaan udara.

"Kelonggaran ini juga adalah selaras dengan syor kesihatan dari negara-negara seperti Kesatuan Eropah, United Kingdom, Amerika Syarikat, Australia, New Zealand dan Singapura," katanya.

Tambah beliau, keperluan pemakaian pelitup muka di dalam kapal terbang masih terkluk kepada syarat ditetapkan oleh negara yang dikunjungi pengembara.



AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 3

RUANGAN : DALAM NEGERI

# 2,303 kes cubaan bunuh diri

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**PUTRAJAYA:** Sejumlah 2,303 kes cubaan bunuh diri yang dikaitkan dengan masalah mental dilaporkan sejak tahun 2020 hingga Jun lalu.

Kes yang diterima dan dirawat di hospital kerajaan itu dipercayai melibatkan isu-isu seperti tekanan, kebimbangan, kemurungan dan keletihan melampau.

Malah, trend bunuh diri dalam laporan Polis Diraja Malaysia (PDRM) menunjukkan peningkatan 81 peratus atau 1,142 kes pada 2021 berbanding 631 kes pada 2020, menunjukkan situasi membimbangkan serta memerlukan perhatian dan tindakan segera.

Berdasarkan rekod Kementerian Kesihatan (KKM) yang dikongsikan kepada *Utusan Malaysia*, cubaan kes bunuh diri yang mendapat rawatan paling tinggi ialah pada 2020 iaitu 1,146 kes.

Bagaimanapun kadar itu me-

nurun pada tahun 2021 dengan 1,036 kes manakala data terkini tahun ini sejak Januari sehingga Jun lalu merekodkan sebanyak 121 kes.

"Kes cubaan bunuh diri tergolong dalam kes kecemasan dan perlu mendapat rawatan segera.

"Kes-kes ini dirujuk terus ke Jabatan Kecemasan dan Trauma yang terdapat di semua hospital KKM bagi penilaian dan seterusnya dirujuk ke Jabatan Psikiatri untuk rawatan dan intervensi lanjut," katanya di sini semalam.

Laporan Kajian Kesihatan dan Morbiditi Kebangsaan (NHMS) pada 2019 mendapati prevalen kemurungan dalam kalangan individu berumur 18 tahun ke atas adalah 2.3 peratus iaitu dianggarkan hampir 500,000.

KKM berkata, pihaknya membangunkan perkhidmatan talian bantuan sokongan psikososial pada 25 Mac 2020 iaitu ketika negara dilanda pandemik Covid-19 sebagai memberi bantuan sokongan emosi dan

psikososial kepada mereka yang terkesan menghadapi masalah berkaitan kesihatan mental.

Katanya, talian berkenaan menerima 307,673 aduan sejak dilancarkan sehingga 18 September lalu dan daripada jumlah ini 227,713 (74.3 peratus) panggilan diterima memerlukan sokongan emosi dan kaunseling disebabkan faktor pelbagai.

Antara punca panggilan dibuat adalah isu sosial seperti hilang pekerjaan dan tiada sumber pendapatan; isu perhubungan atau rumah tangga seperti konflik keluarga dan masalah hubungan interpersonal atau mendapatkan maklumat tentang isu kesihatan.

Turut diterima isu berkaitan keganasan dan penderaan kanak-kanak, isu spritual dan keagamaan selain mendapatkan bantuan kewangan, keperluan dan bantuan asas.

KKM berkata, pelbagai tindakan proaktif diambil bagi menangani masalah kesihatan mental termasuk memperluaskan perkhidmatan kaunseling di peringkat kesihatan primer

melalui penempatan 200 kaunselor secara kontrak (CFS).

Katanya, kaunselor kontrak ini yang dilanjutkan perkhidmatan sehingga 3 Ogos tahun depan ditempatkan di 138 Pejabat Kesihatan Daerah bagi memberikan perkhidmatan secara berjadual di 831 klinik kesihatan di seluruh negara.

"Program sokongan kesihatan mental dan psikososial (MHPSS) diperkukuhkan di peringkat komuniti selain Program Perkhidmatan Kesihatan Mental dan Sokongan Psikososial bagi membantu memberi sokongan emosi kepada masyarakat umum.

"Pasukan MHPSS terdiri daripada pakar-pakar perubatan (kesihatan awam, psikiatri, perubatan keluarga), pegawai perubatan, pegawai psikologi kaunseling (kaunselor), pegawai psikologi klinikal, paramedik, memberikan perkhidmatan saringan, bantuan awal psikologi (PFA), psikopendidikan, tele psikososial dan tele-kaunseling kepada orang awam dan petugas barisan hadapan yang memerlukan," katanya.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 3

RUANGAN : DALAM NEGERI

## Kajian bunuh diri bukan jenayah diteliti

**PUTRAJAYA:** Kementerian Kesihatan Malaysia (KKM) akan menyemak semula kertas cadangan dekriminalisasi bunuh diri sebelum dibentangkan kepada Jemaah Menteri.

Menterinya, Khairy Jamaluddin berkata, semakan semula itu dibuat bagi mengambil kira kajian yang dilakukan Jabatan Peguam Negara (AGC) berhubung cadangan berkenaan selepas pihaknya menerima hasil kajian penuh jabatan itu.

"Hasil kajian itu akan dibincangkan terlebih dahulu menerusi sesi libat urus bersama Kementerian Dalam Negeri (KDN) dan Polis Diraja Malaysia (PDRM).

"Pada waktu saya bawa cadangan itu sebelum ini, KDN tidak berapa setuju. Kali ini, kita tengoklah sama ada mereka boleh dipengaruhi untuk menyokong usaha kita ini," katanya dalam sidang akhbar selepas menyempurnakan Majlis Agihan Dana Kesihatan Mental Kepada Pertubuhan Bukan Kerajaan di sini, semalam.



**KHAIRY Jamaluddin beramah mesra dengan penerima dana dalam Majlis Agihan Dana Program Kesihatan Mental Kepada Pertubuhan Bukan Kerajaan di Putrajaya, semalam. - UTUSAN/FAISOL MUSTAFA**

Katanya, Jemaah Menteri juga akan memutuskan sama ada cadangan itu akan dibawa pada sesi Parlimen akan datang atau tidak.

Khairy sebelum ini memak-

lumkan, perbuatan atau cubaan membunuh diri tidak wajar untuk diletakkan mengikut kategori jenayah, sebaliknya ia wajar ditangani dengan kaedah intervensi klinikal.

Menurutnya, dekriminalisasi bunuh diri sahaja bukanlah penyelesaian tuntas, tetapi ia adalah satu kenyataan dengan niat dan ia juga bukan jenayah, tetapi satu isu mental.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : NATION/NEWS

## HEALTH MINISTRY GRANTS

# MENTAL HEALTH NGOs GET RM6.2m FUNDING

NGOs play vital role in training volunteers to deliver mental health services, says Khairy

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**F**IFTY-TWO non-governmental organisations championing mental health and wellbeing received RM6.2 million in Health Ministry grants yesterday.

Health Minister Khairy Jamaluddin said there had been a spike in the number of patients needing help with mental health.

He said that after the Covid-19 pandemic, there had been a sig-

nificant rise in patients with severe depression caused by chronic stress, loss of income, domestic violence, financial crisis and the death of a loved one.

"Early mental health signs, if left untreated, could lead to more serious consequences.

"Statistics obtained from the police showed there was an increase of 81 per cent in suicide cases in 2021, compared with the year before," he said at the ministry's Mental Health Fund Distribution to non-governmental organisations here yesterday.

Khairy said in 2020, there were 631 suicide cases, which spiked to 1,142 last year.

"Mental health is among the public health issues that are important and have been long discussed."

In Malaysia, he said the National Health and Morbidity Survey 2019 found that the prevalence of depression among individuals 18 and above was 2.3 per cent, which

was estimated to be almost 500,000 people.

"The Covid-19 pandemic has caused emotional and mental health disorders in the community as well as challenging the ability of an individual, including those who have a mental illness (existing mental illness), to deal with problems."

Khairy said the seriousness of the condition could be seen through the analysis of Psychosocial Support Helpline data obtained by the ministry from March 2020.

"Out of 307,673 calls received via the helpline, 227,713 (74.3 per cent) of them required emotional support and counselling due to chronic stress, depression and anxiety during the pandemic.

"This is where psychosocial

support is much needed and NGOs such as the Befrienders, Malaysian Mental Health Association, Merciful Association, Misa, Pakaman, Pemadam and

alike play an instrumental role in providing support," Khairy said.

He added that new NGOs in mental health advocacy could expand the delivery of mental health services, and prevention of violence and substance abuse.

"Among the NGOs contributing to mental health advocacy

are the Safe Community Bonding Organisation, National Coalition for Mental Wellbeing as well as new NGOs by young people, such as Scopurs, Life and MeCare.

"They too play an important

role in training more volunteers to deliver mental health services, such as psychological first aid and mental health first aid."

On developments to decriminalise suicide, Khairy said the Health Ministry had received a report from the Attorney-General's Chambers on the matter.

"I have brought a ministerial memorandum to hold a moratorium first, but at that time the cabinet felt it was better to wait for a study from the A-GC before deciding on a moratorium or an amendment to the penal code.

"The results of this study will be discussed with the relevant parties, such as the Home Ministry and police, and we will review the ministerial memorandum.

"When I brought this memorandum, it seemed that the Home Ministry did not really agree, so let's see if they can be influenced to support efforts to decriminalise suicide attempts."



Khairy Jamaluddin

AKHBAR : THE STAR

MUKA SURAT : 1

RUANGAN : NATION

# MOH bites back

The Health Ministry has wiped the smiles off an unlicensed dental training centre here, just two months after The Star's expose on such illegal businesses. Officers raided the dingy beauty centre in Kuala Lumpur and seized instruments used in offering short dentistry courses. A woman who offered the courses is expected to be charged. > See page 4 for reports by ALIZA SHAH



Photo: AZLINA ABDULLAH/The Star



AKHBAR : THE STAR  
 MUKA SURAT : 2  
 RUANGAN : NATION

# Nation's life expectancy takes a hit

## Covid-19 factors behind higher mortality rate

By FATIMAH ZAINAL  
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**KUALA LUMPUR:** Negative attitudes towards vaccines and Covid-19 control measures, plus barriers or delays to healthcare access during the pandemic, are factors that have led to an excess of deaths, thus reducing Malaysia's life expectancy, says a health expert.

This is in addition to the excess of deaths due to the Covid-19 virus.

Prof Dr Moy Foong Ming of Universiti Malaya said life expectancy was an indication of how long on average people can expect to live if the age-specific mortality rates of that year remained constant for the remainder of their lives.

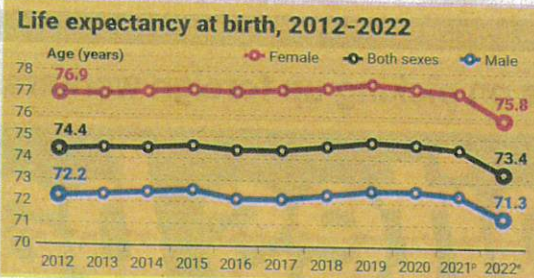
The most common measure is life expectancy at birth.

"To improve life expectancy in the future, the economic and healthcare policies should be able to provide equitable health care access for all.

"On the individual level, there must be financial and healthcare planning to avoid problems with healthcare access after retirement," said the professor of epidemiology and public health at the university's social and preventive medicine department.

She was commenting on Malaysia's average life expectancy at birth which has gone down from 74.4 years in 2012 to 73.4 years in 2022 due to the increase in the number of excess deaths during the pandemic.

Among Asean countries in 2021,



Malaysia now has a lower life expectancy than Singapore, Thailand, Brunei and Vietnam.

In a recent statement, the Department of Statistics Malaysia said the reduction in life expectancy was found among men and women for Malaysians and non-Malaysians in the country.

For babies born in 2022, their average life expectancy is predicted to be shorter at an average of 73.4 years, slightly down from 74.5 years for babies born in 2021, according to the figures released by the department.

The statistics of life expectancy in this country have been recording a drop since 2020, partly contributed by the excess deaths during the pandemic.

Based on the statistics, Malaysian women are expected to live longer than men, with a difference of 4.5 years in 2022.

Male babies born in 2020 are

expected to live for an average of 72.5 years, 72.3 years (2021) and 71.3 years (2022), while female babies are expected to live for 77.2 years, 77 years (2021) and 75.8 years (2022), according to the department.

The males and females who reach the age of 15 this year are expected to live for another 56.9 years and 61.3 years, respectively. Those aged 60 in 2022 are expected to live for another 17.5 and 20.1 years, reaching the ages of 77.5 and 80.1 years for males and females, respectively.

Males and females aged 65 in 2022 are expected to live for another 14.2 and 16.4 years, respectively. This means that males are expected to live until the age of 79.2 years and females until the age of 81.4 years.

The Chinese are expected to have the longest life expectancy, with men living for 73.5 years and women for 79.4 years.

### Life expectancy at birth by states in Malaysia, 2022

Six states recorded life expectancy above the national level (73.4 years) namely Selangor (75.2 years), Putrajaya (74.5 years), Labuan (74.5 years), Sarawak (74.3 years), Kuala Lumpur (74.0 years) and Sabah (73.5 years) in 2022.



Both sexes: 73.4 years  
 Male: 71.3 years  
 Female: 75.8 years



States	Both sexes	Male	Female
Johor	73.1	71.2	75.4
Kedah	70.9	68.6	73.4
Kelantan	71.0	68.7	73.3
Malaka	72.5	70.2	74.8
Negri Sembilan	72.4	70.2	74.9
Pahang	72.4	70.2	75.1
Perak	73.1	70.3	76.1
Perlis	72.3	69.4	75.3
Penang	73.2	70.9	75.8
Sabah	73.5	72.0	75.2
Sarawak	74.3	72.1	76.9
Selangor	75.2	73.3	77.5
Terengganu	71.0	69.0	73.1
Kuala Lumpur	74.0	71.8	76.6
Labuan	74.5	72.4	76.8
Putrajaya	74.5	71.9	77.0

TheStar graphics

AKHBAR : THE STAR

MUKA SURAT : 2

RUANGAN : NATION

## Pandemic has worsened mental health issues, says Khairy

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He said the worrying figures showed a need for immediate action and attention as the Covid-19 pandemic had exacerbated mental health issues.

This was also seen in the data analysis on the ministry's psychosocial helpline from March 2020 till now, he added.

Out of 307,673 calls received, 227,713 or 74% of callers needed emotional support and counselling due to chronic stress, depression and anxiety throughout the pandemic.

"Contributing factors included financial issues such as loss of income or employment, family problems such as divorce, loss of loved ones, family conflict as well as

domestic abuse," said Khairy.

At the event yesterday, he also distributed RM6.2mil to 52 mental health NGOs to strengthen their work in providing mental health support and psychosocial services to the community.

Mental health, Khairy said, had been a pervasive long-standing public health issue in Malaysia, with the National Health and

Morbidity Survey 2019 finding the prevalence of depression among 18-year-olds and above to be 2.3%, which is estimated to be almost 500,000 people.

He said NGOs had been steadfast partners of the ministry since as early as the 1970s and the 1980s in providing mental health services, especially from the aspect of health promotion and mental health advo-

cacy as well as psychosocial support services.

"The responsibility of dealing with mental problems must be jointly borne.

"Therefore, I am confident that the distribution of the funds to these NGOs will be able to help the effort in implementing mental health activities effectively," he added.

AKHBAR : THE STAR

MUKA SURAT : 4

RUANGAN : NATION

# Illegal 'dental school' raided



**Taking action:** Health Ministry enforcers raiding a beauty salon in Setapak following *The Star's* exclusive report (top) on the illegal dentistry business in Malaysia. — AZLINA ABDULLAH/*The Star*

## Dark dentistry dreams dashed

**KUALA LUMPUR:** Amirah's plan to study veneer fixing and to set up her own business in the future was dashed following the Health Ministry's raid on the beauty centre that she went to for the illegal training.

"I like anything related to beauty, including dental.

"If done properly, I don't think it will have a risk," said the 28-year-old, who claimed that she had no idea that it was illegal.

Amirah said she joined the beautician's veneer course because it had the lowest deposit of all.

"I knew about the course from a friend as well as Facebook. I PM-ed (private messaged the beautician) to register," she said.

"The deposit was only RM150." Also present at the premises during the raid was a woman believed to have been hired by the beautician as a volunteer for the students to try out their newly acquired skills.

"I worked with her (the beautician) at the salon before. She asked if I could help to become a model; she said it was to whiten the teeth," claimed the woman.

"But she didn't say anything about paying me."

Yesterday, a team of enforcers from the Health Ministry raided a salon in Setapak for allegedly offering dentistry services.

The same salon was also believed to have been providing fake short courses for those who wish to acquire dentistry skills such as veneer fixing and braces.

The short courses, mostly just a few hours long with prices ranging between RM1,500 and RM3,000, also provided participants with a starter kit to help them kickstart their own business including mobile dental services.

## Health Ministry enforcers seize various equipment at beauty salon

By ALIZA SHAH  
alizashah@thestar.com.my

**KUALA LUMPUR:** "I know it is wrong but I see many people doing it, so what's the problem if I want to look for pocket money?" says a beautician who had her centre busted for allegedly offering illegal dentistry services and training.

Acting on *The Star's* tip-off, a team of enforcers from the Health Ministry raided the beautician's hair salon in Setapak yesterday and confiscated dental probes, dental fillings and nickel-titanium wire that is commonly used for braces.

The authorities also confiscated a desktop that has records of certificates believed to have been issued to those who came for various illegal courses including veneer, whitening drip and platelet-rich plasma injections.

Health Ministry dental officer Dr

Taufik Firdaus – who acted as the lead raiding officer – said a preliminary investigation found that the beautician, who denied having any helper, was not registered with the Malaysian Dental Council.

The small cockroach-infested premises that she was operating from was also found to be unregistered. The raid took four and a half hours.

"We received a complaint ... that the premises has been providing illegal dental treatments, hence we conducted our investigation before the raid.

"We found dental materials that can be used as evidence. The case will be charged under Section 4(1) of the Private Healthcare Facilities and Services Act," Dr Taufik told the media after the raid.

Section 4(1) states that no person shall establish, maintain, operate or provide a private medical clinic or private dental clinic unless it is

registered under Section 27.

*The Star* in July reported about the same premises that was found to have been providing a handful of dental courses before issuing worthless certificates to its "students".

The short courses, mostly just a few hours long and ranging between RM1,500 and RM3,000, also provided students with a starter kit to help them kickstart their own business including mobile dental services.

*The Star's* journalist who attended this beautician's veneer course was given, among others, a polishing gadget, veneer composite, LED light, bonding agent, etchant gel, mouth retractor and other instruments, some of which are only sanctioned for use by medical practitioners.

Meanwhile, the 36-year-old beautician, who remained calm during the operation, claimed that she acquired her skills from an

Indonesian woman who also provided a one-day course.

"Locals are not that skilful, so I went to her class in Danau Murni, Taman Desa in Kuala Lumpur. It cost me about RM3,600 for a day course.

"After that, I set up my own business because there were a lot of requests. Also, many are doing it (providing veneer services) so I tried it myself just so that I could earn money as a single mother.

"I know it is wrong, but many are doing it, so what's the issue if I want to look for pocket money?" she said, adding that she was doing it as a part-time job.

She admitted to giving her students a "participatory certificate" upon finishing their courses.

"The certificates are for those who wish to learn ... I will assess them when they learn and see if they can do it," she said.

AKHBAR : THE STAR

MUKA SURAT : 6

RUANGAN : NATION

# Masks no longer a must on flights

Relaxation comes because of improved Covid-19 situation, says Khairy

**PETALING JAYA:** Mask wearing is no longer mandatory on flights.

Health Minister Khairy Jamaluddin said the decision, the latest in Malaysia's continued relaxation of Covid-19 rules, took into consideration the country's improving Covid-19 situation as well as better aircraft practices and technology.

"These include good cabin ventilation, usage of high-efficiency particulate absorbing filters to remove airborne pollutants, forward seating arrangement and frequency of aeroplane disinfection scheduling.

"The country's Covid-19 caseload

is also more manageable.

"The decision was made using a risk-based approach, which has taken into account improvements in aircraft technology and practices.

"The relaxation is also in line with health recommendations from countries such as the European Union, Britain, the United States, Australia, New Zealand and Singapore," he said in a statement.

Separately, Khairy said in a tweet that the ministry had also received assurances from local airlines about the cleanliness of the aircraft.

"Thank you @MAS CEO Capt Izham (Malaysia Airlines chief executive Izham Ismail) for the discussion earlier and reassurances of air quality & cleanliness on airplanes," he tweeted.

Khairy, however, said the ministry would still advise high-risk individuals to continue masking up on flights.

These include individuals with symptoms such as fever, cough and cold, elderly folk, pregnant mothers, and people with chronic diseases or low immunity.

"Individuals travelling with

high-risk people such as children or the elderly should also continue wearing masks on flights," said Khairy.

The relaxation follows the ministry's move on Sept 7 to remove the mask mandate for most indoor settings.

The mask requirement now remains mandatory only on public transportation such as trains, buses, taxis and e-hailing vehicles.

Face masks are also still mandatory at hospitals and medical institutions, while the Health Ministry encourages the public to mask up in

crowded settings.

Mask-wearing became a requirement on Aug 1, 2020 at the height of the Covid-19 pandemic.

On May 1 this year, the requirement for face masks to be used outdoors was removed, a month after Malaysia announced that it had entered the transition to the endemic phase.

Watch the video  
TheStarTV.com

