

AKHBAR : HARIAN METRO
MUKA SURAT : 4
RUANGAN : LOKAL

Belanja RM4.9 bilion setahun demi usaha tangani diabetes

Seremban: Kerajaan terpaksa membelanjakan RM4.9 bilion setahun bagi melaksanakan usaha menangani penyakit diabetes dalam negara, yang dilihat begitu membimbangkan dan dianggarkan ketika ini 3.9 juta rakyat dewasa menghidap penyakit berkenaan.

Menteri Kesihatan Dr Zaliha Mustafa berkata, tinjauan Kesihatan dan Morbiditi Kebangsaan 2019 juga mendapati prevalens diabetes dalam kalangan dewasa berumur 18 tahun ke atas menunjukkan peningkatan iaitu daripada 11.2 peratus pada 2011, dan 13.4 peratus pada 2015 kepada 18.3 peratus pada 2019.

Justeru, beliau berkata usaha berterusan melibatkan semua pihak berkaitan penting dalam menangani penyakit ini termasuk menerusi penganjuran Kohort SeDia iaitu pengumpulan data jangka panjang untuk memahami interaksi komp-



Usaha berterusan melibatkan semua pihak berkaitan penting dalam menangani penyakit ini termasuk menerusi penganjuran Kohort SeDia iaitu pengumpulan data jangka panjang”

Dr Zaliha

leks antara gaya hidup, persekitaran, genetik dan pembangunan sosio-ekonomi.

Beliau berkata demikian kepada pemberita selepas merasmikan program 'Kohort Diabetes Seremban' (SeDia) dengan kerjasama KKM dan Universiti Perubatan Antarabangsa (IMU) yang merupakan kajian kohort berskala besar pertama menumpukan kepada pesakit diabetes di sini, kelmarin.

Sementara itu, Zaliha berkata KKM sedang meninjau usaha bagi mempromosi penyelidikan dan pembangunan (R&D) untuk meningkatkan pengeluaran bekalan ubat-ubatan dalam negara, termasuk dengan melibatkan pembabit pelbagai kementerian.

Beliau berkata, ia sekali gus akan mampu mengurangkan kebergantungan kepada import ubat-ubatan.

AKHBAR : HARIAN METRO

MUKA SURAT : 18

RUANGAN : LOKAL



AMIRUDIN (dua kanan) dan Dr Zaliha pada Majlis Pelancaran Gotong-Royong Mega Perangi Aedes IO & One Hour Malaysia Clean Up Peringkat Kebangsaan 2023. - Gambar NSTP/ASWADI ALLAS

AKHBAR : HARIAN METRO

MUKA SURAT : 22

RUANGAN : LOKAL

Cadangan jual susu formula pesakit kanser di hospital perlu diteliti

Gombak: Keputusan mengenai cadangan penjualan susu formula untuk pesakit kanser di hospital kerajaan memerlukan sedikit masa.

Menteri Kesihatan Dr Zaliha Mustafa berkata, ia perlu dilihat dengan teliti dan pihaknya kini sedang berbincang dengan Menteri Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN) Datuk Seri Salahuddin Ayub mengenai perkara itu.

"Saya ada berbincang dengan Menteri (KPDN), tetapi

perkara ini kita kena lakukan penelitian.

"Sama ada susu benar-benar bersesuaian, kandungan daripada susu berkenaan, barulah kita boleh buat keputusan.

"Setakat ini, kita masih terbuka untuk perbincangan," katanya ketika sidang media selepas pelancaran Madani Afiat, Gotong Royong Mega Perangi Aedes 1.0 dan One Hour Malaysia Clean Up Peringkat Kebangsaan 2023 di sini, semalam.

Harian Metro sebelum ini melaporkan faktor harga susu formula untuk pesakit kanser yang semakin mahal menyebabkan ramai kalangan pesakit terpaksa mengambilnya secara berselang-seli dengan susu biasa kerana tidak berkemampuan.

Ada antara keluarga pesakit terpaksa bergolok-bergadai dan berjimat-cermat demi menampung kos perbelanjaan keperluan pesakit itu.

7 individu merokok dikompaun

Kuala Lumpur: Tujuh individu dikompaun kerana merokok dalam Operasi Larangan Merokok di sebuah kompleks beli-belah di sini, Khamis lalu.

Dewan Bandaraya Kuala Lumpur (DBKL) dalam satu kenyataan semalam, memaklumkan operasi itu bermula kira-kira jam 10 pagi.

"Operasi dijalankan Jabatan Kesihatan dan Alam Sekitar (JKAS) DBKL disertai seramai lapan anggota diketuai oleh Muhammad Sharul Mohd Nasir.

"Tujuh individu dikompaun selepas didapati merokok di kawasan larangan dan dikenakan notis 11(1)(n) di bawah Peraturan 11 Peraturan-Peraturan Kawalan Hasil Tembakau (PPKHT) 2004," katanya.

Menurutnya, pihak pengurusan kompleks beli-belah terbabit juga disarankan untuk menambak lebih banyak papan tanda larangan merokok terutama di kawasan tempat parkir kenderaan.

"Pihak pengurusan itu turut dimaklumkan supaya menggunakan tong sampah yang tidak bersekali dengan tempat membuang abu rokok bagi mengelakkan pelanggaran atau pekerja merokok di dalam premis.

"Nasihat dan pendidikan kesihatan turut diberikan berkenaan penguatkuasaan kawalan hasil tembakau kepada orang awam," katanya yang memaklumkan ketua penyelaras operasi itu adalah Timbalan Pengarah Kanan JKAS Dr Norhalizam Ismail.

AKHBAR : KOSMO
MUKA SURAT : 5
RUANGAN : NEGARA

Selangor catat kes denggi tertinggi

GOMBAK – Selangor mencatatkan kes denggi tertinggi pada tahun ini dengan peningkatan sebanyak 1.39 peratus iaitu sebanyak 29,382 kes berbanding 16,133 kes berbanding tahun sebelumnya.

Menurut Menteri Kesihatan, Dr. Zaliha Mustafa, jumlah kes dan kematian disebabkan denggi yang semakin meningkat merupakan sesuatu yang amat membimbangkan.

"Pada Januari, negara kita mencatatkan 24,743 kes denggi secara keseluruhan. Jumlahnya meningkat sebanyak 1.34 peratus kepada 34,314 kes pada Julai.

"Sebanyak 40 kematian telah dicatatkan akibat komplikasi denggi berbanding 18 kematian bagi tempoh yang sama pada 2022," katanya ketika ditemui di Majlis Pelancaran Madani Afiyat di Dewan Rakyat Batu Caves, di sini semalam.

Sebagai inisiatif untuk mencegah denggi, pihak Kementerian Kesihatan (KKM) telah mengadakan Program Madani Afiat bersama dua lagi program lain iaitu Program Gotongroyong Mega Perangi Aedes 1.0 dan 'One Hour Malaysia Clean Up' Peringkat Kebangsaan.

"Melalui inisiatif 'One Hour Malaysia Clean Up', kami menggalakkan masyarakat untuk membersihkan kawasan persekitaran secara berkala pada hari Sabtu, minggu keempat setiap bulan bagi memerangi pembiakan Aedes.

"Selain itu, program Gotongroyong Mega Perangi Aedes 1.0 pula merupakan inisiatif KKM bersama agensi lain yang diadakan dua kali setahun untuk menghapuskan tempat pembiakan nyamuk Aedes bagi mencegah peningkatan kes demam denggi tersebut," kata beliau.

Tambahnya, Program Madani Afiat juga melibatkan hampir 150 orang jururawat dari Institut Latihan KKM (ILKKM) Sungai Buloh, 30 Sukarelawan Kesihatan Selangor (Suka) dan pemimpin komuniti setempat.

"Melalui program ini, kami ingin membawa KKM kepada orang ramai untuk membantu mengatasi masalah dari aspek kesihatan awam.

"Objektif utama program ini adalah untuk menyantuni masyarakat sambil mempromosikan budaya hidup sihat sebagai langkah pencegahan penyakit," katanya.

AKHBAR : SINAR HARIAN
MUKA SURAT : 23
RUANGAN : NASIONAL

SINAR HARIAN • ISNIN 10 JULAI 2023

OMATMIA ATIRER

DIRUMAYOT OTOT • GHOM WMAWAW riao

NASIONAL 23

Sarung kaki kesihatan tidak diperakui KKM

Produk itu didakwa dapat meningkatkan kesihatan, kononnya disebar di media sosial

Oleh NURHIDAYAH HAIROM
SHAH ALAM

Produk stoking yang disebar di media sosial.



Produk sarung kaki yang didakwa mampu melindungi dan meningkatkan kesihatan, kononnya diperakui oleh Kementerian Kesihatan Malaysia (KKM), dikenal pasti palsu.

Perkara itu disahkan KKM yang menafikan memberi perakuan untuk produk tersebut.

Menurut kementerian itu, pihak yang tidak bertanggungjawab telah menggunakan nama KKM untuk mengelirukan orang ramai.

Kementerian tersebut memberi amaran mana-mana pihak yang didapati menyebarkan maklumat palsu berhubung perkara itu boleh dikenakan tindakan di bawah Seksyen 211 dan 233 Akta Komunikasi dan Multimedia 1998.

"KKM mengambil perhatian serius terhadap penyebaran maklumat palsu yang tular di media sosial baru-baru ini berkaitan stoking yang mampu melindungi dan meningkatkan

kesihatan.

"Pihak terlibat menyatakan bahawa 'KKM berjanji untuk membayar balik jika ia tidak berkesan'.

"Ia boleh mengundang kepada kekeliruan dalam kalangan masyarakat memandangkan KKM tidak pernah memperakukan produk tersebut," katanya menerusi hantaran di Facebook pada Ahad.

Sehubungan itu, KKM menasihati orang ramai agar berhati-hati serta tidak mudah terpedaya dengan tawaran produk yang boleh menarik minat serta emosi dan mereka perlu menyemak fakta dan maklumat di platform yang dipercayai.

"Tindakan akan diambil di bawah Seksyen 211 dan 233 Akta Komunikasi dan Multimedia 1998, kerana telah mengedarkan maklumat palsu yang mengandungi salah faham serta kandungan yang tidak benar dengan tujuan tertentu demi kepentingan keuntungan semata-mata," katanya.

Kes kumulatif demam denggi meningkat 139%

GOMBAK - Kes kumulatif demam denggi dalam negara meningkat 139 peratus dengan jumlah 59,057 kes bagi tempoh Januari sehingga Julai tahun ini berbanding 24,743 kes bagi tempoh sama tahun lepas.

Menteri Kesihatan, Dr Zaliha Mustafa berkata, dalam tempoh sama, kadar kematian bagi penyakit itu juga dilaporkan meningkat 122 peratus melibatkan 40 kes kematian berbanding 18 kes kematian pada tahun lepas.

"Bagi negeri Selangor pula, sebanyak 29,382 kes telah dilaporkan bermula Januari sehingga 2 Julai 2023 berbanding 15,207 kes pada tempoh sama pada tahun 2022, iaitu peningkatan sebanyak 93 peratus manakala tujuh kematian akibat komplikasi demam denggi telah dilaporkan di Selangor sehingga kini.

"Justeru, program Gotong Royong Mega Perangi Aedes 1.0 yang diadakan hari ini merupakan inisiatif Kementerian Kesihatan (KKM), ia akan diadakan sebanyak dua kali setahun dengan penglibatan semua agensi dan komuniti dalam menghapuskan tempat pembiakan nyamuk Aedes," katanya selepas merasmikan program Madani Afiat di Dewan Rakyat Batu Caves, pada Ahad.

Beliau berkata, KKM turut memperkenalkan dan melancarkan inisiatif One Hour Malaysia Clean Up bagi memastikan usaha itu dapat direalisasikan dan dilakukan secara konsisten.

- Bernama

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 9
RUANGAN : DALAM NEGERI

Makanan *viral* buat ramai diabetes

Oleh ARIF AIMAN ASROL
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PETALING JAYA: Peningkatan trend makanan *viral* adalah antara penyebab utama golongan belia semakin ramai diabetes kerana gemar memakan makanan tersebut terutama berkaitan pencuci mulut.

Ini membimbangkan terutama selepas pendedahan *Utusan Malaysia* bahawa dianggarkan kira-kira tujuh juta rakyat negara ini yang berusia 18 tahun ke atas berisiko menghidap diabetes menjelang 2025.

Pakar Kesihatan Komuniti, Fakulti Perubatan, Universiti Kebangsaan Malaysia (UKM), Prof. Dr. Sharifa Ezat Wan Puteh berkata, di Malaysia terdapat tabiat pemakanan yang kurang sihat hingga menyumbang kepada penyakit tersebut.

Menurut beliau, makanan-makanan *viral* amat digemari golongan remaja kerana ia mempunyai sifat yang menarik seperti bungku-

san, warna dan harga ditawarkan juga murah.

"Antara makanan dalam trend tersebut adalah *bubble tea*, wafel aiskrim dan banyak lagi yang mempunyai banyak gula. Ini menyebabkan tabiat tersebut menjadi sesuatu yang buruk terhadap kesihatan mereka.

"Penyumbang lain juga apabila golongan remaja didapati kurang bersenam terutama selepas pandemik Covid-19. Ada kajian mengatakan hanya satu daripada empat remaja yang melakukan senaman.

"Ini menyebabkan kita mudah menjadi obesiti, ia akan memudahkan untuk seseorang itu mendapat penyakit kencing manis, darah tinggi, buah pinggang rosak dan sebagainya," katanya ketika dihubungi *Utusan Malaysia*.

Terdahulu akhbar ini melaporkan, jangkaan tujuh juta rakyat Malaysia berusia 18 tahun ke atas berisiko menghidap diabetes menjelang 2025 akan menyebabkan kerajaan terpaksa me-



Kencing manis pada waktu muda ni tidak ada gejala, mereka tak tahu mereka ada dan apabila tahu sudah berada di tahap yang teruk."

DR. SHARIFA EZAT WAN PUTEH

nanggung sebanyak RM5 bilion setahun untuk kos perubatan.

Menurut laporan Perpustakaan Perubatan Amerika Syarikat (NCBI) berjudul *Prevalence of type-2 diabetes and prediabetes in Malaysia: A systematic review and meta-analysis*, Malaysia mempunyai kadar diabetes tertinggi di rantau Pasifik Barat dan antara yang tertinggi di dunia.

Dr. Sharifa Ezat berkata, persepsi terhadap penyakit tersebut juga menyebabkan orang muda mudah mempunyai diabetes kerana kebanyakan beranggapan ia merupakan sejenis penyakit 'tua'.

"Kencing manis pada waktu muda ni tidak ada gejala, mereka tak tahu mereka ada dan apabila tahu sudah berada di tahap yang teruk iaitu buah pinggang mereka sudah rosak dan mempunyai masalah jantung.

"Kita dapati ramai rasa tak perlu buat saringan kesihatan kerana mereka anggap diabetes adalah penyakit orang tua, golongan muda pula tidak ada gejala. Jadi mereka rasa tak perlu buat saringan.

"Jadi kerajaan boleh mengesyorkan rakyat membuat saringan kesihatan pada usia muda, jangan tunggu apabila tiba umur 50-an, program-program kesihatan pun kena lebih ditekankan," jelasnya.

Tambahnya, kerajaan juga boleh menyediakan insentif seperti mana diamalkan oleh nega-

ra-negara luar bagi menggalakkan rakyat mereka melakukan saringan kesihatan.

"Masyarakat di negara luar mereka dapat insentif apabila melakukan saringan kesihatan, mereka dapat pelepasan daripada kerja dan sebagainya. Di Malaysia pula tidak ada perkara tersebut, sepatutnya buat di semua peringkat dari sekolah, universiti hingga tempat kerja," katanya.

"Penyakit kencing manis ini juga sekarang adalah penyakit orang miskin, orang kaya boleh pantau diri mereka dengan membuat saringan kesihatan, boleh daftar gim, ada akses pada hospital swasta serta mempunyai insurans. Apabila sakit mereka dibayar.

"Golongan miskin pula sibuk mencari duit untuk menanggung kos kehidupan. Kita tidak boleh salahkan mereka kerana ini adalah realitinya," jelasnya.

Beliau menggalakkan orang ramai menambah pengetahuan tentang kesihatan bagi membolehkan mereka menjaga diri.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 18
RUANGAN : DALAM NEGERI

**MUHAMMAD
ASHRUL
AFFIQ
ABD.
HALIM**



Sokong rakan berhenti rokok, bukan 'goda' dia

MENGHIRUP udara segar dan bebas daripada pencemaran terutama asap rokok adalah hak yang perlu dipertahankan oleh semua orang. Keinginan melihat generasi Malaysia lebih sihat, bebas daripada amalan merokok menjelang 2040 menjadi pencetus kepada gerakan rakyat bagi membantu kerajaan dengan mewujudkan satu inisiatif yang agresif iaitu *Tobacco End Game* (Tega).

Tega terdiri daripada beberapa pertubuhan bukan kerajaan (NGO) seperti Green Lung Malaysia, Ikram Health Malaysia, Medical Mythbuster Malaysia dan Public Health Malaysia yang mempelopori satu kempen, Generasi Penamat Rokok (GEG). GEG dengan bahasa mudah adalah sasaran untuk mengurangkan prevalen (tersebar luas) atau perkadaran penduduk yang menghisap rokok. Hal ini sepertimana ditetapkan oleh pakar-pakar kesihatan sedunia.

Antara elemen digariskan dalam memastikan keberhasilan kempen ini adalah pengurangan sebanyak lima peratus prevalen merokok, menamatkan penjualan komersial produk tembakau dan denormalisasi serta menjadikan budaya merokok tidak diterima masyarakat. Selain itu, GEG menyasarkan sifar pendedahan serta penggunaan tembakau dan produk merokok kepada kanak-kanak.

Dalam memastikan usaha ini berhasil, beberapa rangka kerja digariskan. Pertama, memantau penggunaan tembakau dan polisi pencegahan. Kedua, melindungi orang awam daripada asap rokok. Ketiga, menawarkan khidmat bantuan untuk berhenti daripada penggunaan tembakau dan keempat, penguatkuasaan larangan iklan berkaitan tembakau, promosi atau penajaan syarikat tembakau.

Selain itu, memberi amaran tentang bahaya penggunaan tembakau dan peningkatan cukai terhadap tembakau juga antara lain merupakan rangka kerja digariskan bagi menggerakkan usaha GEG



KEMENTERIAN Kesihatan menyediakan Klinik Berhenti Merokok di hampir setiap klinik kesihatan di seluruh negara bagi memberi peluang kepada perokok untuk berusaha berhenti tabiat tersebut. - UTUSAN/FARIZ RUSADIO

ini. Keseriusan kerajaan bagai aur dengan tebing. Itulah peribahasa yang mungkin sesuai untuk diguna pakai sebagai simbolik kepada peranan yang harus dimainkan oleh semua pihak dalam memastikan keberhasilan kempen GEG ini.

Kerajaan seharusnya lebih serius dan berani dalam meluluskan Rang Undang-Undang (RUU) Kawalan Produk Merokok demi kesejahteraan masyarakat akan datang. Semua ahli Parlimen pula perlu sebulat suara dan tidak gentar untuk menyokong serta menyegerakan pelaksanaan RUU ini.

Namun, sudah pasti RUU ini akan mendapat tentangan hebat daripada beberapa pihak berkepentingan terutama pemain industri. Jika dirujuk kepada anggaran Kementerian Kesihatan (KKM), kerajaan akan berdepan kos merawat pesakit akibat merokok sebanyak RM8.7 bilion dan kos rawatan kesan penggunaan rokok elektronik pula RM360 juta menjelang 2030 berbanding kutipan cukai dipungut. Hal ini selari dengan laporan Tinjauan Kebangsaan

Kunjungi klinik kesihatan terdekat bagi mendapatkan bimbingan serta rawatan berhenti merokok."

Kesihatan dan Morbiditi 2022 yang menunjukkan terdapat peningkatan ketara pengguna rokok elektronik berusia 13 hingga 17 tahun, iaitu daripada 9.8 peratus (2017) kepada 14.9 peratus (2022).

KLINIK BERHENTI MEROKOK

Justeru, berdasarkan anggaran tersebut, sudah pasti kerajaan tidak akan rugi malah dapat menjimatkan kos perbelanjaan bagi rawatan penyakit-penyakit berbahaya akibat tabiat merokok ini pada masa hadapan. Sekarang adalah masanya kerajaan membuktikan keseriusan dan komitmen tinggi untuk melihat generasi hadapan yang lebih sejahtera dan madani. Melihat kepada statistik

dikeluarkan menerusi tinjauan itu, seharusnya menyedarkan kita akan kepentingan membendung gejala merokok ini dalam kalangan remaja serta masyarakat daripada semakin parah. Di samping itu, terdapat kira-kira 4.8 juta perokok dan lebih daripada 27,200 kematian rakyat Malaysia setiap tahun berkaitan merokok.

Oleh demikian, tidak lain dan tidak bukan untuk memastikan kempen GEG ini berjaya, ia harus bermula daripada diri kita sendiri sebagai salah seorang anggota masyarakat yang sedar dan prihatin. Jika ada dalam kalangan kita masih lagi seorang perokok, jadikan detik ini untuk mencipta nafas baharu yang lebih segar dengan mula berhenti merokok. Bertindak sekarang kerana hari esok mungkin bukan lagi untuk kita.

Tambahan pula, KKM menyediakan Klinik Berhenti Merokok di hampir setiap klinik kesihatan di seluruh negara bagi memberi peluang kepada perokok untuk berusaha berhenti daripada tabiat ini. Kunjungi klinik kesihatan terdekat bagi

mendapatkan bimbingan serta rawatan berhenti merokok yang lebih teratur dan berkesan.

Anda akan dibimbing oleh pelatih bertauliah dan dibekalkan ubatan yang sewajarnya serta pemantauan lebih rapi sehingga anda betul-betul berjaya berhenti merokok. Tetapi yang penting, anda perlulah memberi komitmen yang baik dan bersungguh-sungguh untuk berhenti merokok.

Di samping itu, anggota masyarakat lain seharusnya membantu dengan memberi galakan serta menghormati mereka yang ingin dan sedang berusaha untuk berhenti merokok. Kebanyakan perokok yang sudah berjaya berhenti merokok tetapi kembali terjerumus dengan aktiviti merokok ini adalah disebabkan faktor kawan atau kenalan sekeliling yang tidak membantu usaha mereka dalam proses pemulihan tersebut.

Mereka terpengaruh dan tergoda dengan ajakan kawan untuk kembali merokok apabila keluar bersama. Oleh demikian, sokongan dan dorongan masyarakat sekeliling terutamanya keluarga dan kenalan rapat amat mempengaruhi keterlibatan mereka. Jadilah keluarga, sahabat dan teman yang membimbing ke arah kebaikan dan kesejahteraan semua.

Ayuh jalankan tanggungjawab kita untuk menyebarkan risalah kesedaran ini kepada seluruh lapisan masyarakat. Pastikan semua anggota masyarakat di setiap pelosok serta penjurong negara kita tahu dan sedar kepentingan untuk melindungi generasi kita pada masa hadapan daripada produk tembakau.

Semoga pelaksanaan GEG ini akan dapat melindungi generasi kita yang lahir pada 2007 dan seterusnya daripada bahaya semua produk tembakau. Selamatkan Malaysia dan bebaskan Malaysia daripada asap rokok.

DR. Muhammad Ashrul Affiq Abd Halim ialah Pegawai Perubatan Klinik Kesihatan Telipok, Sabah dan Ahli Ikram Health Malaysia

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 6

RUANGAN : NEWS / NATION



Health Minister Dr Zaliha Mustafa (right) launching the Madani Afiat programme, as well as the national-level Gotong-Royong Mega Perangi Aedes 1.0 and One Hour Malaysia Clean-up at Dewan Rakyat Batu Caves in Kuala Lumpur yesterday. With her is caretaker Selangor Menteri Besar Datuk Seri Amirudin Shari (second from right). PIC BY ASWADI ALIAS

HEALTH MINISTRY INITIATIVE

Madani Afiat platform aims to convey basic disease prevention info to public

GOMBAK: The Health Ministry yesterday launched Madani Afiat, a platform to disseminate basic disease prevention information and health promotion programmes to the people.

Its minister, Dr Zaliha Mustafa, said the programme was aimed at enabling the leadership of the ministry to meet people.

The programme involves touch point activities in the form of house-to-house visits, which provide opportunities for direct involvement of the ministry's leadership and medical teams with community leaders and residents.

"The static programme allows related agencies to work with the Health Ministry to hold exhibitions to convey information about their activities.

"This is a mega effort to dis-

seminate basic prevention information, as well as spread publicity about health programmes and community initiatives carried out by the ministry to the target groups."

She said this at the launch of Madani Afiat, as well as the national-level Gotong-Royong Mega Perangi Aedes 1.0 and One Hour Malaysia Clean-up at Dewan Rakyat Batu Caves.

Present was caretaker Selangor Menteri Besar Datuk Seri Amirudin Shari.

One Hour Malaysia Clean-up aims to engage the public in clean-up activities to rid their areas of Aedes mosquitoes.

Dr Zaliha said the initiative, to be carried out on the fourth Saturday of each month, aimed to reduce dengue cases and deaths.

She said Malaysians, be they

from the government agencies, the private sector, communities or non-governmental organisations, were encouraged to take part in the activities to curb the rising number of dengue cases.

Dr Zaliha added that between January and July 2 this year, dengue cases rose by 139 per cent with 59,057 cases compared with 24,743 cases in the same period last year.

"The period also saw 40 deaths due to dengue fever complications compared with 18 last year, an increase of 122 per cent."

In Selangor, Dr Zaliha said, 29,382 dengue cases were reported between January and July 2, compared with 15,207 in the same period last year.

Seven deaths related to dengue fever complications were reported in the state this year.

AKHBAR : THE STAR
MUKA SURAT : 1
RUANGAN : MUKA HADAPAN

Let's get physical

Active collaboration between the Health Ministry and other related agencies is a necessity as Malaysia seeks to have healthy, active adolescents who grow into health-conscious adults. Doctors have cautioned that it takes effort from parents, the community and government to produce an environment that allows teenagers to avoid a sedentary lifestyle. > See reports on page 4 by FATIMAH ZAINAL and GERARD GIMINO



RAJA FAISAL HISHAM/The Star

AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : NATION

Time to get moving, teens told

Experts: Adults and society setting stage for their unhealthy sedentary lifestyle

By FATIMAH ZAINAL
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PETALING JAYA: Get moving! Literally.

That's the message Malaysians should take to heart following news that four out of five teenagers have a "sedentary lifestyle".

These adolescents are putting their health at risk, said experts, adding that urgent action must be taken to get teens moving.

However, they also believe that the onus to change is not on adolescents alone, as they pointed out that adults too have a poor showing when it comes to healthy living and mobility.

In fact, Malaysia is a "chart topper" for the wrong reason: the country is ranked third in a survey of smartphone addiction among 24 nations.

The findings were revealed last year by McGill University in Canada based on a sample of 33,831 people aged between 15 and 35, following meta-analysis done from 2014 to 2020.

Consultant paediatrician Datuk Dr Amar-Singh HSS acknowledged the tendency to blame social media, smartphones and the Internet for these youngsters'

physical inactiveness, but he said there was a need to recognise that the problem rests with adults and society.

He said the authorities, too, have not developed cities to be "outdoor play friendly" even as 75% of Malaysia's 32 million population live in urban areas.

"We have extremely few parks and safe play areas for teenagers in all our cities.

"Our roads are unsafe for them to walk and cycle, and there are limited outdoor team activities," Dr Amar-Singh said when contacted.

He also pointed out that with increased city-wide built-up areas, the loss of vegetation, heat-generating cars and air-conditioning causing an urban heat island effect, outdoor activities are becoming less comfortable.

"Most parents are also reluctant to let their children play outdoors due to safety concerns," he said, adding that a 2015 study by the Perak Clinical Research Centre showed that 66% of play was indoors and 86% of parents preferred it this way for safety reasons.

"In addition, most adults are sedentary and are occupied with

their screen and their own social media.

"Many adults do not make an effort to have weekly outdoor family times together to play and have fun. Shopping in arcades and eating out do not count," he added.

Dr Amar-Singh said that an inactive and sedentary lifestyle, one that involved mostly being indoors and occupied with the screen instead of outdoor activities, could have negative effects on the health and well-being of teenagers.

There is a higher risk of being overweight and obese, leading to increased risk of diabetes, heart disease and high blood pressure, he added.

"Physical activity stimulates not just the body but also the brain. It enhances memory, attention and creativity. Inactive teenagers may not do as well academically," he said.

He also said physical activity, especially outdoor team activities, could improve emotional regulation and opportunities for social interaction.

This benefit is not as good when interacting via screens, he added.

He said it is high time that

adults change their own habits by stopping their screen and social media addictions and set an example for teenagers.

The government, on its part, should provide infrastructure that encouraged more mobility, he added.

He said city councils should promote green spaces and recreational areas and reduce vehicles, while there should be an investment in urban mobility using electric bus rapid transit, walking and cycling.

Public health expert Prof Dr Sharifa Ezat Wan Puteh of Universiti Kebangsaan Malaysia said the problem of inactivity cuts across all age groups including adolescents, adults and the elderly.

She said that most adolescents were addicted to social media and engrossed with their gadgets, adding that this could have been further accelerated during the pandemic lockdowns.

"It not only leads to musculoskeletal problems, but affects vision, concentration and mental health too. Physical inactivity also contributes to being overweight and obese," Prof Sharifa Ezat said, adding that many of these nega-

tive effects could continue into adulthood.

She said those suffering from obesity are at risk of impaired glucose tolerance, which can put them into the early diabetic stage before they become a full-blown diabetic by the time they are 30.

Parents and the community must be exemplary and reinforce the importance of being active and health literate, she added.

The government, Prof Sharifa Ezat said, must equip schools with enough sports equipment to encourage more physical activity among schoolchildren.

The National Health and Morbidity Survey (NHMS) 2022 has shown a rising prevalence of obesity, physical inactivity, sedentary behaviour, poor dietary choices and excessive consumption of carbonated soft drinks and fast food among Malaysian adolescents aged 13 to 17.

The survey found that four in five adolescents are physically inactive, with two in three adolescents leading predominantly sedentary lifestyles.

The NHMS 2022 also revealed that four in five adolescents do not consume an adequate amount of fruits and vegetables.

Joint effort needed to tackle health issues among youth

By GERARD GIMINO
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GOMBAK: Collaborative efforts between the Health Ministry and related government agencies are needed to tackle health issues among the youth, says Health Minister Dr Zaliha Mustafa.

This would include working with the Education Ministry, she said.

"For example, obesity begins from the earlier years and carries over into adulthood.

"The predisposing factors happen at a young age. We need more collaborative programmes to ensure our youth and population are healthy from a young age," she told a press conference

after launching the Madani Afiat programme here yesterday.

Madani Afiat, an initiative of the ministry, aims to create community awareness on the importance of health screenings to detect and prevent non-communicable diseases (NCD).

Another objective is to spread awareness on the programmes carried out by the ministry on targeted groups.

Dr Zaliha said there was a higher prevalence for non-communicable diseases among those aged 40 and below.

"This is alarming for the ministry. We have to take a serious look at promotive healthcare to reduce hospital admissions," she said, adding that this was in line with

healthcare reforms listed in the Health White Paper.

"God willing, we will work on ensuring these initiatives are done to the best of our ability," she said in response to a question to her statement last week that four in five adolescents are physically inactive, with two in three adolescents leading predominantly sedentary lifestyles.

On another matter, she said the recently launched Madani Medical Scheme had some 44,000 beneficiaries in Gombak alone.

"A total of 27 private clinics here are involved in the initiative with 757 residents from Gombak visiting the participating clinics over the past two weeks," she said.



Full support: Dr Zaliha and Selangor Menteri Besar Datuk Seri Amirudin Shari launching the Madani Afiat programme in Gombak. — Bernama

AKHBAR : THE STAR
MUKA SURAT : 10
RUANGAN : NATION

Clean-up programme announced as dengue surges

By GERARD GIMINO
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GOMBAK: Dengue cases nationwide increased by 139% from January to July 2 this year compared with the same period last year, said the Health Minister as she announced a new clean-up campaign.

Dr Zaliha Mustafa said there were 59,057 dengue cases recorded nationwide, up from 24,743 cases in the corresponding period last year.

Selangor alone saw a 93% increase in cases with 29,382 recorded in that period compared with 15,207 cases last year, she added.

There were also 40 dengue-related deaths nationwide, a 122.22% increase from 18 deaths previously.

"Selangor recorded seven deaths from dengue fever complications," she said in her speech at the launch of the maiden Madani Afiat programme here yesterday.

At the event, Dr Zaliha also launched the One Hour Malaysia Clean Up programme aimed at ensuring the cleanliness of surroundings as well as removing potential Aedes mosquito breeding grounds.

"This aims to engage the public in communal cleaning activities on the fourth Saturday of each month," she said.

In conjunction with the ministry's Gotong-Royong Mega 1.0 Perangi Aedes programme, which is held twice yearly, Dr Zaliha said the public, especially those living in Selangor, should also spend 10 minutes every week to destroy all potential Aedes breeding grounds on their premises.

"Target locations are residential areas, workplaces and educational institutions, with activities done based on the community's own settings," she added.

On the Madani Afiat programme, Dr

Zaliha said it was aimed at bridging the gap between leaders and the public through the context of public health.

"This involves house visits by the Health Ministry leadership, community leaders and healthcare teams.

"It also provides related agencies with the opportunity to join the Health Ministry in conducting localised activities as a means of spreading information on existing health programmes for target groups," she said.

The programme was also aimed at raising public awareness on the need to conduct health screenings to detect and prevent non-communicable diseases (NCDs).

"This is in line with the health reforms stated in the Health White Paper," she added.

Also present at the function was Selangor Mentri Besar Datuk Seri Amirudin Shari, who told reporters that the state administration was looking into fine-tuning the role that local authorities could play in public health.

"Perhaps in two years, we will make it compulsory for all local authorities to have a doctor with expertise in public health.

"Collaborations between local authorities and the state health department will also create better networking alongside tackling issues apart from dengue, such as NCDs," he said.

Changing mindsets were also crucial when it came to ensuring cleaner surroundings, Amirudin added.

"It's not as simple as organising a communal cleaning event. Concurrent efforts are needed by the ministry and relevant communities.

"The public must also participate. We should have the same attitude towards epidemics like dengue as we did with Covid-19," he said.

AKHBAR : THE STAR

MUKA SURAT : 11

RUANGAN : NATION

THE government in February tabled the Belanjawan 2023 and allocated RM36.3bil to the Health Ministry with the main bulk of the funds going to the procurement of medicines, reagents, vaccines and consumables.

The Health Ministry recently unveiled a RM100mil Madani Medical Scheme which will be implemented in 40 districts in various states.

The pilot programme ran from June 15 to 30 in Gombak, Hulu Langat, Klang and Petaling (Selangor), Kuala Lumpur (Federal Territories), Kinta (Perak), the north-east region of Penang, Johor Baru, Kota Kinabalu and Kuching to benefit 700,000 households in these areas.

According to Health Minister Dr Zaliha Mustafa, the Madani Medical Scheme is a primary healthcare service for the people, especially the B40 group, to seek treatment at registered private general practitioners (GPs).

Patients only have to produce their MyKad to obtain treatment.

Peka B40

The Peduli Kesihatan Scheme (Peka B40) to provide health checks for the poor was allocated RM80mil, with the scope now extended to diabetes screening.

This government initiative aims to sustain the healthcare needs of lower income groups (B40) by focusing on non-communicable diseases (NCDs), and is also for early detection of illnesses.

Sumbangan Tunai Rahmah (STR) recipients and their spouses aged 40 and above are automatically qualified for Peka B40

HEALTHCARE SCHEMES FOR THE PEOPLE

Citizens especially B40 urged to take advantage of Belanjawan 2023 initiatives



To see a doctor under the Madani Medical Scheme, patients just need to produce their MyKad. - 123rf.com

benefits. There is no special registration required to join Peka B40.

The Peka B40 scheme is managed by ProtectHealth Corporation Sdn Bhd, which provides four benefits - health screening; medical equipment aid of up to RM20,000; RM1,000 incentive for cancer patients who completes their treatment at government hospitals; and, transport incentive worth RM1,000 for their travel to gov-

ernment hospitals for treatment.

Breast and cervical cancer screening

Women are encouraged to undergo free mammogram and cervical cancer screening provided by the government which has allocated RM11.5mil for the check-ups.

The ROSE (Removing Obstacles to cervical Screening) Foundation is collaborating with Universiti

Malaya and Universiti Malaysia Sarawak in a cervical cancer screening project.

Under the programme, the public can go to 29 government hospitals for tests and follow-ups.

Established in 2019, ROSE Foundation is a joint venture between Universiti Malaya and the Australian Centre for the Prevention of Cervical Cancer.

Hospital upgrades

To better manage the nation's healthcare capacity, patients from overcrowded government hospitals will be outsourced to other medical centres - including university hospitals, military hospitals and private hospitals.

A total of 26 government hospitals nationwide will be upgraded, notably the expansion of those in Kuala Kangsar (Perak), Jelebu (Negeri Sembilan) and Pontian (Johor).

Generators will be supplied to 10 government hospitals while the Melaka Hospital will see the construction of a 476-bed block for women and children to reduce overcrowding.

Other initiatives include RM10mil for the procurement of 10 units of 3D denture printing machines to reduce the number of a patient's visit to government dental clinics from five to two, and RM5mil for research by Universiti Malaya towards the production of affordable medicine for cervical and colon

cancer treatment.

Also, RM3bil was set aside for new permanent and contract appointments to be offered to over 1,500 medical officers, dentists and pharmacists.

Mental health came under attention with RM34.5mil allocated for the establishment of a National Centre of Excellence for Mental Health (NCEMH). The MyMYNDA mental health wellness improvement programme will also be strengthened.

Tax relief

Charitable hospitals registered as "company limited by guarantee" will be exempted from tax while donors to such establishments will get tax deduction of up to 10% of their aggregate income.

Starting from the 2023 assessment year, personal tax relief for medical expenditure is increased from RM8,000 to RM10,000.

The scope of tax relief up to RM4,000 is expanded to cover treatment of children with developmental disabilities such as autism and Down Syndrome, and those with learning disabilities.

Import duty and sales tax on nicotine replacement therapy products will be exempted as part of the government's plan to eradicate the smoking habit.

For more information, go to <https://belanjawan.mof.gov.my/manfaat/>

AKHBAR : THE STAR
MUKA SURAT : 12
RUANGAN : NATION

12 Nation

'Vaping a growing epidemic'

Experts: More stringent controls needed to curb unhealthy habit

By **FATIMAH ZAINAL** and
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PETALING JAYA: Vaping is now becoming a growing epidemic, health experts say as they call for more stringent controls.

They agreed with a motion raised by members of the British Medical Association (BMA) during its recent meeting on the use of ecigarette becoming a growing epidemic.

Malaysian Council for Tobacco Control (MCTC) chairman Dr Murallitharan Munisamy said that even those who had never smoked a cigarette previously are now vaping.

This, he said, is due to the false marketing narrative that vaping is less harmful than cigarettes.

He also noted that smokers who were smoking conventional cigarettes are now both smoking and vaping.

"This is a nightmare for us because at the fundamental level, vaping or smoking is about the usage of nicotine.

"Nicotine is a highly harmful and dangerous substance,

irrespective of how it is being delivered, whether it is through conventional cigarettes or vaping devices.

"For the group who has never smoked, they shouldn't be starting. It is a slippery slope.

"What is also worrying is that we are finding that over time, people who actually start off as vapers are moving to conventional cigarettes for a better high," he said.

Dr Murallitharan said countries such as Britain, Australia and New Zealand had also come to a realisation that they had made a "tremendous mistake" by letting vape be widely available without regulation.

To curb this problem back at home, he said legislative controls, including policies, regulation, awareness and education, must be put in place.

"We need to start putting in regulations. First, we need to put in really strong regulations but, of course, that needs to be supported by strong education, promotional and awareness measures that vape should not be made accessible to young people below 18.

"I think at the very least, the equivalent control for conventional cigarettes should apply to vape.

"We have made a big mistake in terms of degazetting nicotine," he said, adding that the item is now available to children legally.

"Hopefully, there is a new law that comes in which is much more comprehensive.

"I understand that there are elements of regulatory control for vape within the new proposed law.

"If it does come to pass, of course that is the beginning step (and there is) a lot of work to be done."

Public health advocate and former Health Ministry official Datuk Dr Zainal Ariffin Omar said vaping is considered a new and growing epidemic due to poor regulation and its increasing popularity among young people although this could lead to potential health risks and addiction.

Besides increasing awareness through education campaigns, he said support and resources should also be made available to those wanting to quit.

"There should be more counselling, support programmes and resources to help individuals quit vaping and manage nicotine addiction," he said.

He also called for more research and surveillance to understand the trend of vaping and on cases of ecigarette or vaping associated with lung injury (E-Vali) and other long-term health effects, as well as strategies to effectively address the problem.

The BMA is set to review the dangers posed by ecigarettes after a motion of warning was passed in its annual representative meeting on July 5.

Calling vaping a growing public health epidemic, the motion called on the BMA's board of science to review the dangers of vaping and discuss restrictions on marketing and cracking down on illegal sales to children.

The motion also proposed for doctors to include the history of e-nicotine use as a "regular and essential" part of patient history and examination.

According to reports, the last time the BMA issued a position paper on vaping was in 2017.

AKHBAR : THE STAR
MUKA SURAT : 16
RUANGAN : VIEWS

Critical shortfalls in vape liquid traceability

THE incidence of acute nicotine poisoning among children due to vaping is a stark reflection of a far-reaching issue: the critical lack of much-needed regulation. This distressing concern calls for immediate, comprehensive attention.

Our team of Biomedicine and Public Health researchers recently carried out a detailed study examining the packaging accuracy and labelling practices of vape liquids bought from online platforms.

The alarming outcomes highlight a serious issue related to the labelling and traceability of nicotine-containing vape liquids.

We evaluated 18 vape liquids sourced from a well-known online shopping portal. The selection was representative, encompassing various manufacturers, price brackets, flavour profiles and nicotine concentrations.

We aligned our assessment process with the labelling guidelines outlined by the UK Medicines & Healthcare products Regulatory Agency.

Regrettably, our results revealed a significant non-compliance. Of the total 18 vape refill products, the nicotine liquid volumes were as follows:

- > Three units were 120ml each;
- > One unit was 100ml;
- > Nine units were 60ml each;
- > Five units were 30ml each.

These volumes significantly exceed the UK's regulations, which limit the maximum volume of nicotine-containing eliquid for sale in a single refill container to 10ml.

Furthermore, a shocking 88.9% (16 out of 18) of the vape liquids studied lacked a batch number, which hinders traceability and potential product recall. Compulsory producer or manufacturer

information was also inspected, revealing that 72.2% (13 out of 18) of the products bore no identifiable manufacturer details. Four products had untraceable local company names or addresses. Only one product had valid address information.

A mere 11.1% had identifiable distributor addresses. Half provided no distributor information, while 44.4% featured untraceable local company names or addresses.

Contact details were alarmingly deficient: 83.3% (15 out of 18) of the products did not list a phone number, and three listed inactive numbers.

Our investigation further unveiled a disturbing promotional trend: 38.9% (seven out of 18) of the products listed social media account information on the packaging, primarily functioning as online sales portals promoting

repeat purchases. It's important to note that offers, discounts and safety or health claims related to the products are prohibited on such platforms.

Our findings paint a dire scenario: a significant number of vape liquids are being sold without proper traceability, leading to a serious public health risk.

Given the weight of these results, it is paramount that the government mandates proper labelling of vape products in the upcoming Tobacco Products Control for Public Health Bill 2023.

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AKHBAR : THE SUN

MUKA SURAT : 2

RUANGAN : NEWS WITHOUT BORDERS

Health minister: Dengue cases up 139%

GOMBAK: The cumulative number of dengue fever cases from January to July has increased by 139%, with 59,057 cases, compared with 24,743 recorded for the same period last year.

Health Minister Dr Zaliha Mustafa said that in the same period, the death rate due to dengue fever increased by 122%, involving 40 cases, compared with only eight recorded last year.

"For Selangor, a total of 29,382 cases have been reported from January to July 2, compared with 15,207 cases recorded in the same period last year, an increase of 93%, while a total of seven deaths due to dengue fever have been reported in the state so far.

"Thus, the '*gotong royong mega perangi Aedes 1.0*' programme, an initiative by the Health

Ministry, which will be organised twice a year with the involvement of all agencies and communities to eliminate the breeding grounds of *Aedes* mosquitoes," she said after officiating the Madani Afiat programme in Dewan Rakyat Batu Caves yesterday.

To ensure the community stay committed to destroying *Aedes* mosquito breeding grounds, the ministry has introduced the "One Hour Malaysia Clean Up" initiative.

"It will be a monthly activity to be carried out every Saturday of the fourth week of every month in an effort to reduce the number of dengue fever cases.

"Therefore, we call on all Malaysians, irrespective of government agencies, the private

sector, community or non-governmental organisations to adopt this programme as a monthly activity that we hope will reduce dengue fever cases and the risk of death due to dengue fever in the country."

Meanwhile, Selangor Menteri Besar Datuk Seri Amirudin Shari, who was present at the event, said an initiative such as "One Hour Malaysia Clean Up" will help reduce dengue cases with the active involvement of the community in *gotong royong* activities.

"What is important is for us to focus on the issue and encourage the community to get involved, and be aware of dengue fever as this is a matter of public health that requires cooperation and involvement from every level of society." - Bernama

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS



READY TO SERVE ... Health Ministry Training Institute students and staff at the launch of a Madani and anti-Aedes programme in Kuala Lumpur yesterday. - **BERNAMAPIC**