

AKHBAR : BERITA HARIAN  
MUKA SURAT : 16  
RUANGAN : NASIONAL

Hari Kesihatan Sedunia

## ‘Hak kesihatan rakyat perlu dimartabatkan secara bersama’

**Kuala Lumpur:** Malaysia perlu terus melabur untuk mengembangkan liputan kesihatan sejagat dan mengukuhkan sistem kesihatan bagi mengelak keciciran, kata Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad.

Beliau berkata, sistem kesihatan yang mampan dan inklusif bukan sahaja menjadi jaminan capaian penjagaan kesihatan yang saksama, malah membolehkan setiap individu membuat keputusan mengenai hal ehwal kesihatan mereka.

Katanya, sempena sambutan Hari Kesihatan Sedunia kali ini, Malaysia perlu meneguhkan iktizam untuk menegakkan hak kesihatan untuk semua tanpa mengira status status sosioekonomi, lokasi geografi atau sebarang ha-

langan lain.

“Untuk hidup sihat, setiap individu memerlukan perkhidmatan kesihatan dan sumber yang secukupnya. Masa depan lebih cerah dan sihat, sama ada untuk kita atau generasi seterusnya, adalah hak bersama.

“Oleh itu, ayuh kita berganding bahu untuk memperjuangkan hak ini,” katanya melalui kenyataan bersama wakil Pertubuhan Kesihatan (WHO) untuk Malaysia, Brunei Darussalam dan Singapura, Dr Rabindra Abeyasinghe, yang dikeluarkan semalam.

Kenyataan itu bersempena Hari Kesihatan Sedunia yang di-



Dr Dzulkefly Ahmad

sambut semalam dengan tema ‘Kesihatan Saya, Hak Saya’.

Dr Dzulkefly berkata, penting sekali bersempena Hari Kesihatan Sedunia tahun ini untuk melihat prinsip yang penting untuk mencapai kesejahteraan insan iaitu hak untuk hidup sihat.

Seperti negara lain, katanya, hak rakyat Malaysia untuk mendapatkan perkhidmatan kesihatan yang bermutu dan mudah kini menjadi semakin penting.

“Meskipun Malaysia menikmati banyak kemajuan yang ketara dalam hal ini, masih terdapat jurang perbezaan dan rintangan

yang perlu ditangani demi merealisasikan hak kesihatan untuk semua,” katanya.

Dalam perkembangan sama, Dr Dzulkefly berkata, bagi menangani kesenjangan kesihatan dan meningkatkan kesiapsiagaan untuk menghadapi darurat pada masa hadapan, hak kesihatan perlu dimartabatkan secara bersama.

“Walaupun pelaksanaan agenda pembaharuan yang terkandung Kertas Putih Kesihatan menjadi kian sukar akibat pemulihan ekonomi pasca pandemik, usaha untuk meningkatkan penjagaan kesihatan sejagat dan kesaksamaan kesihatan mampu sekiranya hak kesihatan dinobatkan sebagai teras agenda kita.

“Hak kesihatan merangkumi empat unsur penting yang saling berkait iaitu ketersediaan, kebolehcapaian, penerimaan dan mutu.

“Walaupun Malaysia sudah mencapai kemajuan ketara dalam penawaran penjagaan kesihatan secara sejagat berdasarkan empat unsur ini, masih banyak perlu diikhtiarkan untuk membolehkan rakyat menikmati secara saksama.

“Sebagai contoh, Malaysia berjaya menangani kesenjangan capaian penjagaan kesihatan melalui pembangunan infrastruktur terutamanya di kawasan terpencil,” katanya sambil menegaskan masih banyak perlu diusahakan untuk merealisasikan penjagaan kesihatan sejagat.

AKHBAR : HARIAN METRO  
MUKA SURAT : 18  
RUANGAN : LOKAL

**Kota Bharu:** Masyarakat diminta sentiasa peka dan tidak mengambil mudah dengan risiko strok haba berikutan fenomena El-Nino yang sedang berlaku, memandangkan ia boleh membawa maut.

Pakar Perubatan Kesihatan Awam Datuk Dr Zainal Ariffin Omar berkata masyarakat perlu cakna terutamanya ketika bulan Ramadan memandangkan masyarakat Islam berdepan dengan keadaan keke-  
ringan dalam tempoh yang

## Masyarakat jangan ambil mudah strok haba

lama iaitu melebihi 10 jam kerana berpuasa.

Beliau berkata jika berdepan dengan ancaman strok haba ini, ia boleh menyebabkan individu terlibat pengsan di peringkat awal, selain akan menyebabkan koma dan tidak sedarkan diri terutamanya kepada golongan komorbid.

"Ada segelintir pihak yang masih memandang

remeh dengan risiko strok haba ini dan beranggapan ia hanya keadaan biasa sedangkan ia boleh mengundang kepada kematian," katanya kepada Bernama baru-baru ini.

Sementara itu, Pensyarah dan Pakar Perunding Peruba-

tan Keluarga Hospital Canselor Tuanku Muhriz Universiti Kebangsaan Malaysia Dr Rashidi Mohamed Pakri berkata sekiranya individu mempunyai gejala termasuk suhu badan melebihi 40 darjah Celsius, berkelakuan tidak normal, berpeluh, jan-

tung berdebar-debar, berasa loya dan muntah-muntah segeralah ke hospital untuk mendapatkan rawatan.

"Jika berada di tempat yang dingin, jangan terus ke lokasi yang bersuhu tinggi memandangkan ia akan mempengaruhi kemampuan badan untuk mengatur suhu, sekali gus berisiko mengundang kekeja-

ngan haba, kelesuan haba dan juga strok haba," katanya.

Jumaat lepas, Agensi Pengurusan Bencana Negara memaklumkan satu kes kematian baharu akibat strok haba dilaporkan berlaku melibatkan kanak-kanak berusia tiga tahun di Kelantan, menjadikan kes kematian berkaitan cuaca panas kepada dua orang.

Jika berada di tempat yang dingin, jangan terus ke lokasi yang bersuhu tinggi

AKHBAR : SINAR HARIAN  
MUKA SURAT : 8  
RUANGAN : NASIONAL

# Pesakit kencing manis, obesiti akan meningkat

Pakar bimbang pertambahan pesakit jika syor ubi kayu ganti beras sebagai makanan ruji diteruskan

Oleh SITI AISYAH MOHAMAD SHAH ALAM



Laporan Sinar Ahad mengenai saranan ubi kayu jadi pengganti nasi.

Usaha menjadikan ubi kayu sebagai makanan ruji bagi menggantikan beras dibimbangi akan meningkatkan peratusan obesiti dan penyakit seperti kencing manis walaupun kedua-duanya diklasifikasikan di bawah kumpulan karbohidrat.

Pegawai Dietetik Hospital Al-Sultan Abdullah Universiti Teknologi Mara (UiTM), Farah Farhanah Hashim berkata, ia berikutan kandungan makro nutrien dan mikro nutrien kedua-dua makanan itu agak berbeza berdasarkan pangkalan data Komposisi Makanan Malaysia.

Menurutnya, perbandingan dari segi kandungan kalori, makro nutrien, karbohidrat, protein dan lemak menunjukkan bahawa beras mengungguli pilihan yang lebih baik dan rendah berbanding ubi kayu.

"Sekiranya ingin dikaitkan dengan data Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2019, peratusan pesakit diabetes di Malaysia akan meningkat satu daripada tiga orang dalam tempoh sehingga 2030 berbanding sebelum ini hanya satu daripada lima orang.

"Ia agak membimbangkan sekiranya makanan ruji ini ditukarkan, lebih-lebih lagi jika rakyat Malaysia mengamalkan corak pemakanan dari sudut porsi atau kuantiti ubi kayu sama seperti mereka makan nasi.

"Ini kerana ubi kayu mengandungi kalori sebanyak 162 kcal berbanding nasi yang hanya 130 kcal bagi setiap 100 gram, manakala karbohidrat

pula masing-masing 38.2 gram dan 30 gram," katanya kepada Sinar Harian pada Ahad.

Sebelum ini, Yang di-Pertua Dewan Rakyat, Tan Sri Johari Abdul dilaporkan berkata, sumber karbohidrat seperti ubi kayu boleh dijadikan sebagai alternatif sementara menunggu isu bekalan beras putih tempatan (BPT) dapat diselesaikan di negara ini.

Beliau berkata, rakyat perlu melakukan perubahan dengan tidak hanya bergantung kepada nasi sebagai sumber utama karbohidrat.

Mengulas lanjut, menurut Farah Farhanah, ubi kayu bagus diamlkan setengah individu, namun ia tidak sesuai bagi mereka yang mempunyai masalah kesihatan seperti buah pinggang kerana kandungan fosfat dan kalium adalah tinggi.

"Ubi kayu tidak mengandungi kandungan lemak seperti mana terdapat pada nasi dan bagus untuk terapi pemakanan bagi mereka yang mempunyai masalah kolesterol tinggi.

"Individu yang mempunyai penyakit kardiovaskular dan hipertensi pula boleh menjadikan ubi kayu sebagai pilihan disebabkan kandungan sodium dan kalium yang rendah serta mencukupi untuk menurunkan tekanan darah.

"Selain itu, ubi kayu juga tidak mengandungi gluten dan sangat sesuai untuk mereka yang mempunyai penyakit berkaitan rapat dengan usus kerana ia merupakan karbohidrat mudah diserap dalam usus," ujarnya.

Tambah Farah Farhanah, ubi kentang boleh dijadikan pilihan berbanding ubi kayu bagi menggantikan makanan ruji beras kerana kandungan karbohidrat dan kalori yang lebih rendah.

"Pandangan peribadi saya dan sudut kesihatan, sekiranya ingin mengurangkan keberuntungan terhadap beras dan pada masa mahu meningkatkan tahap kesihatan rakyat Malaysia, ubi kentang adalah pilihan lebih baik.

"Tetapi, sekiranya ubi kayu bakal menggantikan beras sebagai makanan ruji, kuantiti pengambilan memainkan peranan penting dalam mencegah masalah kesihatan rakyat Malaysia," jelasnya lagi.



FARAH FARHANAH

**SYOR UBI KAYU GANTI NASI**

## INFO

**KALORI (SETIAP 100 GRAM)**  
Ubi kayu - 162 kcal  
Nasi - 130 kcal

**KARBOHIDRAT**  
Ubi kayu - 38.2 gram  
Nasi - 30 gram

\*\*\* Berdasarkan jadual makronutrisi



AKHBAR : THE STAR  
MUKA SURAT : 2  
RUANGAN : NATION

# Flooding in west coast could worsen

## Climate change is accountable, say experts

By WANI MUTHIAH  
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**KLANG:** The flood situation in the country is expected to worsen, especially in the west coast due to climate change, experts say.

Universiti Sains Malaysia (USM) Centre for Marine and Coastal Studies director Prof Datuk Dr Aileen Tan Shau Hwai said a higher frequency of extreme weather, such as heatwaves and storms, is expected.

She said the impact of these changes will be more drastic in the west coast of Peninsular Malaysia compared with the east coast as well as Sabah and Sarawak.

This is because the South China Sea, where the east coast as well as Sabah and Sarawak are located, is a bigger basin compared with the west coast's Strait of Malacca, she added.

"The Strait of Malacca is also exposed to more intense anthropogenic impacts (changes caused by humans) due to population density along the west coast stretch of the country," Tan said.

She said to make matters worse, the west coast has extremely higher run-offs (drainage of water) from land into the Strait of Malacca compared with the South China Sea, which introduces land-based pollution to the ocean.

Marine environmental scientist Prof Datuk Dr Zulfigar Yasin said flooding will become more severe as climate change progresses. He said this is due to factors such as frequency and intensity of adverse weather, such as storms and extreme river flows.

He said 130,000 people are expected to be affected by floods, at a cost of RM1.8bil annually, with the numbers and cost increasing with time.

Zulfigar, who is with USM and the Penang Institute, said communities living in lowland and low-lying areas near the Malaysian coastline will be adversely affected by the sea water rise.

"Much of our lowlands near the coast are susceptible. The degree of impact is dependent not only on the rate of increase in sea level



The experts: Tan (left) and Zulfigar.

but the ability of our coastlines to adapt to sea level changes," he said.

The phenomenon will also affect agriculture activities such as padi cultivation in places like coastal Kuala Selangor in northern Selangor.

"Padi is very sensitive to saline water intrusion and the salt water will make the area unsuitable for padi cultivation; this will impact our food security," Zulfigar said.

He said coastal storms, which could affect homes in the area, will become more severe as the current tidal gates and coastal measures that form barriers to the rising water may not be sufficient to stem the sea.

As such, he said it was crucial to have a sound flood mitigation system and strategy in place to reduce the impact of climate change.

In the 2022 Auditor-General's Report, which was released recently, it was revealed that five out of 10 flood mitigation projects in Klang had failed.

Meanwhile, USM River Engineering and Urban Drainage Research Centre director Assoc Prof Dr Mohd Remy Rozainy Mohd Arif Zainol said flood mitigation projects that have failed to function effectively need to be relooked from several angles.

He explained that the design of most of the current flood mitigation projects was based on a 100-year rainfall recurrence.

However, he said this has proven to be inadequate in containing or controlling high water volumes due to the rainfall patterns over the past few years.

Mohd Remy Rozainy said the design of flood mitigation struc-

tures must be upgraded to accommodate a 200-year rainfall recurrence.

He cited Japan as an example, adding that the country's floodplains (land alongside rivers to accommodate water when rivers overflow) were vast and expansive though the country's urban residential areas

were densely populated. He said the Japanese were willing to sacrifice large areas of land to function as floodplains to accommodate rainfall volumes up to a 1,000-year recurrence.

Mohd Remy Rozainy said the Malaysian floodplains were much lacking compared with Japan.

"The drains in Malaysian cities resemble trash bins. Everything is dumped into them, inevitably resulting in floods," he said.

He added that regular maintenance to clear drains and rivers while ensuring the proper functioning of pumps and other mechanical equipment was needed.

According to him, as Malaysia receives high levels of rainfall every year, the current infrastructure must be able to handle the high volume of water.

Mohd Remy Rozainy also said if only every home in urban areas could store one cubic m3 of rainwater in its premises, it would aid in reducing the volume of water flowing into rivers.

"It is time for local authorities and consultants to come together to implement the 'sponge city' concept for water volumes to be absorbed and slowed down to reduce the flow into rivers.

"Rainwater harvesting as well as water storage systems have to be expanded. We are well aware that floodplains in Malaysian cities are very limited and narrow.

"The 'sponge city' concept is a progressive step that we need to explore and develop.

"It is also undeniable that technology and funds must go hand in hand to ensure that what is planned can be implemented," he added.

Land projected to be below annual flood level in the west coast of peninsular Malaysia in 2050



CREDIT: Prof Dato Dr Aileen Tan Shau Hwai, Director, Centre for Marine & Coastal Studies (CEMACS), Universiti Sains Malaysia

The Star graphics

# Don't treat heat stroke lightly, warns health expert

**KOTA BARU:** Malaysia is now experiencing the El Nino phenomenon and the people have been reminded not to treat the risk of heat stroke lightly as it can be fatal, says a public health expert.

Datuk Dr Zainal Ariffin Omar said the people, especially Muslims, need to be alert especially during the month of Ramadan, as they are facing hot and dry conditions for a long period of time, which is more than 10 hours due

to fasting.

He said if a person suffers from heat stroke, it can cause a person to faint in the early stages.

They can also become unconscious and go into coma, especially those with comorbidities.

"Some people are still underestimating the risk of heat stroke and think that it is normal, but it can lead to death," he told Bernama.

Hospital Canselor Tuanku

Muhriz Family Medicine consultant Dr Rashidi Mohamed Pakri said that among the efforts to prevent heat stroke is limiting outdoor activities.

He said people should drink enough water to avoid dehydration, avoid wearing clothes that are too thick, shower as often as possible and also not be in vehicles for a long period of time, especially during the day.

In fact, one should not go from

a cold place straight to a place with a high temperature as it will affect the body's ability to regulate temperature and at the same time risk inviting heat cramps, heat exhaustion and even heat stroke.

"If an individual has symptoms including a body temperature above 40°C, sweating, heart palpitations, feeling nauseous and vomiting, he should immediately go to the hospital," Dr

Rashidi said.

Recently, the National Disaster Management Agency announced one new death due to heat stroke was reported last week, bringing the number of heat-related deaths to two.

The first death involved a 22-year-old individual in Pahang on Feb 2, while the second victim involved a three-year-old boy in Kelantan who died last Monday.

AKHBAR : THE SUN  
MUKA SURAT : 2  
RUANGAN : NATIONAL

## WHO healthcare education programme initiated

**PUTRAJAYA:** Malaysia has initiated a comprehensive healthcare education programme in collaboration with the World Health Organisation (WHO), aimed at promoting preventive healthcare practices and increasing awareness of the significance of early medical intervention.

Health Minister Datuk Seri Dr Dzulkefly Ahmad and WHO representative for Malaysia, Brunei, and Singapore Dr Rabindra Abeyasinghe said in a joint statement that making people aware of the right to health requires concerted efforts.

"The *Madani* government is committed to collaborating with various stakeholders, including policymakers, healthcare providers, civil society organisations and the private sector.

"By empowering individuals with knowledge and skills to manage

their health proactively, Malaysia can not only address existing health disparities but also build healthier future generations," said the statement in conjunction with World Health Day yesterday.

It highlighted Malaysia's efforts to expand universal health coverage (UHC) and improve the quality of healthcare services.

"To prevent neglect, we must continue to invest in the development of UHC and strengthen the healthcare system.

"A sustainable and inclusive system not only ensures equitable access to healthcare but also empowers individuals to make informed decisions about their health. This fosters a culture of proactive health management."

The statement emphasised that the right to health should not be regarded as an exclusive privilege but rather as a human right that

requires recognition and fulfilment by all parties.

It said health is not merely the absence of disease but also encompasses physical, mental and social well-being.

It added that while Malaysia has made significant strides in this regard, there are still disparities and obstacles that need to be addressed to realise the right to health for all.

"To address healthcare disparities and enhance preparedness for future emergencies, the right to health needs to be collectively elevated.

"Despite the increasing challenges in implementing the reform agenda outlined in the Health White Paper due to post-pandemic economic recovery, efforts to improve global healthcare and health equity can succeed if the right to health is recognised as a core agenda."

The statement highlighted that the right to health encompasses four crucial interconnected elements, namely, availability, accessibility, acceptability and quality.

It said despite Malaysia's significant progress in providing universal healthcare grounded on these four elements, there is a pressing need for further action to ensure inclusive access for all citizens.

Malaysia has also successfully addressed healthcare access disparities through infrastructure development and allocated funds for telemedicine and mobile health clinics for populations in remote areas, said the statement.

It said such efforts have successfully improved healthcare access and quality for rural communities, bridging the gap between urban and rural areas.

Bernama

AKHBAR : THE SUN  
MUKA SURAT : 3  
RUANGAN : NATIONAL

## Guideline for natural health products

**PUTRAJAYA:** The implementation of the Guideline on Natural Products with Modern Claim has been approved to strengthen the regulatory system.

In a statement, the Health Ministry said the matter was approved at the 395th Drug Control Authority meeting, which took place on April 4.

"The implementation is a holistic step by the Health Ministry to strengthen the regulatory system for natural products in Malaysia."

According to the ministry, the registration of natural products or traditional medicines began in 1992.

It said the claims allowed for natural products were initially for traditional uses such as for general healthcare and relief of mild symptoms, based on traditional usage information for the products.

In June 2020, the National Pharmaceutical Regulatory Agency issued another guideline for the registration of natural products, namely the Guideline on Natural Products with Therapeutic Claim to allow the registration of natural products with therapeutic claims.

"Applications for the registration of natural products with therapeutic claims to treat diseases must be accompanied by evidence of the effectiveness and safety of the product based on clinical studies to support the application," it said.

The ministry added that research on plant or herbal products to be commercialised is growing.

However, based on existing guidelines, such natural products can only be registered under the traditional product category because they

do not have enough clinical study evidence to make therapeutic claims.

Therefore, there is a need to create another category of intermediate natural products with modern claim, that refers to claims made based on scientific evidence to improve health, reduce the risk of disease or help treat disease symptoms.

Scientific studies to validate modern claims need to show a link between product formulation and health effects, and the level of claims allowed for modern claims must not exceed the level of claims allowed for therapeutic claims.

The guidelines describe in detail the types of evidence or references that are acceptable to support the registration of natural products with modern claims. – Bernama