

AKHBAR : SINAR HARIAN
MUKA SURAT : 17
RUANGAN : CETUSAN

KHAMIS 24 APRIL 2025 • SINAR HARIAN

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Vape bawa mudarat kepada negara

RINTIHAN RAKYAT
DR ANIS YUSAL YUSOFF

Baru-baru ini, Timbalan Ketua Polis Negara, Datuk Seri Ayob Khan Mydin Pitchay menyuarakan kebimbangan terhadap penggunaan vape di Malaysia. Beliau menggesa kerajaan negeri mengharamkan penjualan vape sebagai langkah membanteras penyalahgunaan dadah sintetik.

Menurutnya, kajian menunjukkan 65 peratus produk vape yang dirampas polis mengandungi bahan terlarang termasuk dadah sintetik. Beliau juga menekankan terdapat kes pelajar seawal usia 13 tahun menggunakan vape yang dicampurkan bahan terlarang.

Kebimbangan beliau itu mempunyai asas kukuh, malah terdapat pelbagai kajian lain menunjukkan vape atau rokok elektronik menimbulkan risiko kesihatan semakin ketara di Malaysia dan seluruh Asia terutama dalam kalangan remaja.

Menurut National Health and Morbidity Survey (NHMS) 2022, didapati penggunaan e-rokok dalam kalangan remaja berumur 13 hingga 17 tahun meningkat daripada 9.8 peratus pada 2017 kepada 14.9 peratus pada 2022, manakala kadar merokok konvensional menurun daripada 13.8 peratus kepada 6.2 peratus dalam tempoh sama.

Ia menunjukkan peralihan tabiat daripada merokok kepada penggunaan vape adalah satu trend baharu perlu diberi perhatian oleh semua ibu bapa. Kementerian Kesihatan Malaysia (KKM) telah menyuarakan kebimbangan terhadap keselamatan penggunaan vape.

E-rokok dikaitkan dengan kecederaan paru-paru dan terdapat laporan kes remaja mencampurkan cecair vape dengan bahan berbahaya, menyebabkan keracunan akut serta risiko kesihatan serius.

Di rantau ini, Malaysia mencatatkan kadar penggunaan vape tertinggi di Asia, dengan empat peratus daripada populasi dewasa menggunakan e-rokok. Kajian terkini Global Adult Tobacco Survey (GATS) 2023 menunjukkan peningkatan mendadak penggunaan e-rokok di Malaysia.

Dalam tempoh 12 tahun, penggunaan e-rokok meningkat 600 peratus, daripada 0.8 peratus pada 2011 kepada 5.8 peratus (2023). Peningkatan paling ketara berlaku dalam kalangan individu berumur 15 hingga 24 tahun, dengan kadar penggunaan mencecah 8.6 peratus.

Kajian itu juga menunjukkan penggunaan serentak rokok biasa dan e-rokok (*dual use*) turut meningkat, daripada 0.8 peratus kepada 3.9 peratus dalam tempoh sama. Itu bermakna,

ramai pengguna tidak menggantikan rokok dengan e-rokok tetapi menggunakan kedua-duanya sekali gus.

Paling terkini, tinjauan Milieu Insight 2024 mendapati 53 peratus perokok di Malaysia berkemungkinan akan mula menggunakan produk nikotin alternatif (seperti vape) dalam tempoh enam bulan, menunjukkan perubahan tingkah laku yang bakal berlaku – khususnya belia yang perokok peralihan.

Persoalannya, apakah tindakan yang perlu segera dilaksanakan bagi mengawal penyalahgunaan vape? Undang-undang atau enakmen negeri sahaja tidak mencukupi.

Kalau pun kita mengharamkan penjualan vape melalui pihak berkuasa tempatan, pengalaman kita dalam banyak perkara dijamin sebelum ini akan menunjukkan bagaimana perkara diharamkan menjadi hal di pasaran gelap dan dalam industri *underground*, dan akan lebih didambakan generasi muda.

Sebab itu penting kita mendidik rakyat. Dadah pernah menjadi musuh nombor satu negara. Hari ini pada pandangan saya, dadah masih menjadi musuh nombor satu negara terutama dadah sintetik.

Inilah perkara perlu kita risaukan bersama kerana anasir jahat yang mengaut keuntungan daripada dadah ini, sudah pasti mereka ialah manusia-manusia tidak berhatu perut, apatah lagi

untuk memikirkan natiyah kepada negara akibat tindakan mereka.

Atas sebab itu, kerajaan pusat harus segera bertindak, begitu juga kerajaan negeri. Kerajaan tempatan harus menguatkuasakan apa juga undang-undang bagi menjaga kemaslahatan rakyat. Guru besar di sekolah juga perlu main peranan memantau murid-murid mereka. Naib canselor di universiti perlu segera menjadikan kampus mereka bebas vape.

Walaupun Akta 852 mengharamkan penggunaan vape di institusi pendidikan, pelaksanaan dan kesedaran terhadap peraturan tersebut masih lemah. Universiti kekal menjadi sasaran utama pemasaran vape.

Kenapa penting untuk universiti dan sekolah bebas vape perlu menjadi keutamaan nasional? Sebab universiti dan sekolah harus menjadi gedung ilmu belajaran serta melahirkan bakal pemimpin, bukan pintu masuk kepada ketagihan dan melahirkan penagih.

Kita tidak mempunyai masa lagi, semua pihak harus segera bertindak untuk masa depan Malaysia yang lebih cemerlang.

** Datuk Dr Anis Yusaf Yusoff ialah Pengarah Eksekutif di INPUMA & UM LEAD, Universiti Malaysia. Beliau juga adalah Felo Utama di KITA, UKM dan pernah menjadi Presiden Institut Integrasi Malaysia dan Timbalan Ketua Pengarah GIAACC, JPM.*

AKHBAR : THE SUN
MUKA SURAT : 11
RUANGAN : SPEAK UP

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THE SUN MISII SPEAK UP 24/4/2025 (KHAMIS)

Help our unsung heroes with medical, welfare aid

READING the news and watching interviews with two of our former international sports stars – both now facing serious health challenges – reminds us of the Herculean effort and relentless training required of every athlete who dedicates themselves to representing our nation on the world stage.

While their achievements bring pride and honour, the long-term impact on their health is often overlooked.

Many believe our sports heroes have served the nation with the same patriotic pride as our military personnel and deserve similar benefits, such as pensions and healthcare.

Unfortunately, the reality is stark – retired national and international athletes often receive only minimal support. When health crises strike, they are left to seek help on their own, adding to the strain of caring for themselves and their families.

Yakeb (Yayasan Kebajikan Atlet Kebangsaan), the National Sports Association and the Youth and Sports Ministry respond to calls for help when possible but such case-by-case aid is not enough to support long-term illnesses or costly specialist treatments.

Yakeb continues to operate under an outdated welfare model, offering limited assistance through government hospitals. However, this support is often inadequate, especially for bedridden athletes or those unable to work, falling short of today's medical costs and treatment standards.

As journalist Frankie D'Cruz put it: "When our sports legends suffer, the nation must rise to their aid. It is our moral duty to cherish, support and honour those who have given so much."

These stories should inspire empathy and action from those in positions of authority to provide proper support for athletes who have proudly represented Malaysia.

Groups like My Sports Flame – formed by former sportswriters – have shown such compassion, consistently standing by our international athletes.

In 2023, My Sports Flame partnered with Yakeb to raise funds for cancer treatment and financial aid for 13-time World Cup golfer M. Ramayah.



Saravanan, who has been diagnosed with progressive motor neurone disease, urgently needs medical care, medications, treatments and therapies.

Stories like that of two-time paralympic bronze medalist P. Mariappan, who struggled with severe hardship, and former Asean para-swimmer Koh Lee Peng – once a 7-gold and 3-silver medalist – seen selling newspapers and tissues on the streets, highlight the urgent need for better support for our national athletes.

While former athletes like Koh were praised by the public for their honest efforts to make a living, what they truly need are real job opportunities and access to skills training.

Today, attention turns to G. Saravanan, Malaysia's golden racewalker who made history by winning the country's only Commonwealth Games gold in the 50km walk in 1998.

After retiring at 31, Saravanan dedicated himself to coaching, leading Perak junior walkers to nine gold medals at the Malaysia Games (2001–2009) and later mentoring Penang's young athletes. In 2021, he was tragically diagnosed with progressive motor neurone disease.

Since then, Saravanan's speech has become slurred and difficult, and the muscles in his legs are wasting away as

he fights an unwinnable battle. Tragically, he now stands largely abandoned by a system that fails to fully support athletes in crisis. His urgent needs include the rising costs of medical care, medications, treatments and therapies. Surely, our system can do more for these heroes.

Another athlete in need of assistance is former national Men's Squash Champion Kenneth Low, who suffers from multiple sclerosis, a progressive, degenerative neuro-muscular disease.

Once ranked fourth in Asia and 38th in the world, Low's health deteriorated after his diagnosis. He worked as a cleaner to make ends meet but after suffering a stroke, he now faces cognitive and memory difficulties, along with issues with coordination and motor skills.

It is essential that we properly care for our unsung national heroes by providing comprehensive medical and welfare services, including a pension scheme, to support them in retirement after their years of service to our nation.

Sathasivam Sitheravellu
Former International Athlete
Seremban

AKHBAR : THE STAR

MUKA SURAT : 10

RUANGAN : NATION

10 Nation

THE STAR, THURSDAY 24 APRIL 2025

THE STAR M3 10 NATION 24/4/2025 (KHAMIS).

Health Dept worker held over RM1.5mil false claims

MELAKA: A medical assistant at a Melaka Health Department's district office here has been remanded for seven days after being suspected of submitting false statements amounting to RM1.5mil.

The offence was allegedly committed by the 47-year-old male suspect in relation to the procurement of equipment and non-medical supplies, although the supplies were not fully delivered.

The suspect was presented at the Magistrate's Court in Ayer Keroh here yesterday, with magistrate Uthman Abd Ghani issuing the seven-day remand order until April 29, following an application by the Malaysian Anti-Corruption

Commission (MACC).

It's understood that the suspect was responsible for approving the procurement from a contractor, but allegedly took the entire sum of RM1.5mil from the contractor and purchased goods through an e-commerce platform which did not meet the required quality standards.

According to sources, the suspect was arrested at 2.28pm on Tuesday while at the Melaka MACC headquarters in Alai here to have his statement recorded.

When contacted, state MACC director Adi Supian Shafie confirmed the arrest and said the case is being investigated under Section 18 of the MACC Act 2009.