

Workshop for the prevention of obesity in Sarawak : Summary of Recommendations

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*Prof Dr KH Sim
Sarawak Heart Foundation*

Organiser

- **Sarawak Health Foundation**
- **with the technical assistance of Nutrition Society of Malaysia (NSM) and the Malaysian Association for the Study of Obesity (MASO)**

Objective

To develop an action plan for the prevention of overweight and obesity in Sarawak

Expected output

- **A set of programmes and activities that are practical, doable and can be implemented in Sarawak for the prevention of overweight and obesity**
- **They will be implemented, first on a pilot scale in selected sites, and then refined for implementation in other regions of the State**

Participants

All organisations and individuals who will participate in implementing the identified intervention programmes and activities for the prevention of obesity in Sarawak. These include:

- nutritionists, dietitians, health education officers, doctors, nurses**
- principals/senior school teachers**
- appropriate MOE and MOH officials**
- community leaders**
- NGOs like women's organisation, youth clubs**
- other relevant stakeholders that are involved in promoting healthy eating and active living, e.g. physical activity centres/organisations**

Workshop Programme

Presentation of 4 background papers:

- **Obesity in Malaysia: Issues and Challenges by Prof Dr Mohd Ismail Noor (MASO)**
- **Promote Healthy Eating for Obesity Prevention by Prof Dr Norimah A.Karim (NSM)**
- **Be Physically Active to Prevent Obesity by Dr Mohd Nasir Mohd Taib (NSM)**
- **Behavioural Changes in Healthy Eating and Active Living by Assoc Prof Dr Ng Lai Oon (MASO)**
- **Workshop briefing by Dr Tee E Siong (NSM)**

Workshop break-out groups

Participants were divided into 4 groups according to different settings:

- 1. Kindergartens + primary schools**
- 2. Secondary schools**
- 3. Community**
- 4. Workplace: government + private sector**

Recommendations of workshop groups

Recommendations for preschool, primary and secondary schools

Recommendations for Preschool, Primary and Secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
I.	<p>Assign nutritionists to schools</p> <ul style="list-style-type: none"> • A nutritionist assigned to every 3000 preschool and primary school children • A nutritionist assigned to every 5000 secondary school students 	2012-2016	Number of schools with assigned nutritionists	MOH, Education Dept, Schools, Health Dept	<p>Responsibilities</p> <ul style="list-style-type: none"> • in-charge of growth monitoring activities and provide appropriate counselling • participate in healthy lifestyle promotion activities mentioned in item I above (e.g. nutrition awareness talks, seminars, etc) • Review foods sold in school canteen • Organise yearly Healthy School Award • Details in the following slides

Recommendations for Preschool, Primary and Secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/Remarks
2.	Promote healthy weight in all schools				
	a) Monitoring of BMI (ie measurement of weight and height) quarterly. <ul style="list-style-type: none"> - Training for teachers (workshop on anthropometry and interpretation) - Provision of standard weighing scales to all preschools and schools 	Commencing Mar 2012	Number of schools implemented	Education dept. and teachers	BMI status to be mentioned in school report cards.
	b) Overweight and obese (and underweight) children are encouraged to go to weight management clinics	Mar 2012	Number of children counselled	MOH/ MOE/ parents/ teachers	- Nutritionist to work discreetly with parents in arranging for counselling sessions

Recommendations for Preschool, Primary and Secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/ Remarks
3.	Intensify nutrition education in all schools				
	a) Develop modules on healthy food/ healthy eating (age appropriate)	2012-2013	Number of modules introduced	Health Dept/ Education Dept collaboration	To ensure that nutrition education is taught systematically
	a) Conduct awareness sessions aimed at parents and teachers on healthy lifestyle (eating/ PA/ weight)	Jan 2012	Number of health education sessions given (at least twice a year)	Health Dept / UNIMAS (for provision of service)/ NGO (as collaborators)	Parents also to be made aware of what kind of healthy food for the children to bring to schools
	c) Nutrition education materials distribution to private and govt schools	Jan- Dec 2012	Number of posters/ flyers / leaflets distributed	MOH	Materials to be available in English, BM and Chinese

Recommendations for Primary and Secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/Remarks
4.	Intensity physical activity sessions				
	<p>To assign physical education/sports science teacher in every school</p> <ul style="list-style-type: none"> - to ensure that physical education/sports science teachers teach subjects related to physical education 	2012-2014	<ul style="list-style-type: none"> • Physical education teacher in all primary school • One sports science teacher for every 500 students 	Education Dept, Schools	<ul style="list-style-type: none"> • Assigned to organise activities related to physical activities (e.g. fitness activities, sports & games • Collaborate with nutritionists to conduct active lifestyle activities • To ensure the effectiveness of Pendidikan Jasmani dan Kesehatan (PJK) & Pendidikan Sains Sukan (PSS) classes

Recommendations for primary and secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/ Remarks
4.	Intensify physical activity sessions (continued)				
	a) To assign time for physical activity daily	June 2012		All schools; registered physical activity centres	Pendidikan Jasmani to be utilized fully for physical exercises and not replaced by classroom teaching
	d) To reinforce co-curricular physical activity programs to be made compulsory	Jan 2012	Attendances	MOE/ MOH	Conduct activities at least 2x/ week
	e) Teachers who conduct PE classes should be trained - Training for teachers, incl safety aspects	Jan- Dec 2012	Number of training courses and participants	MOE	

Recommendations for Preschools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/Remarks
5.	Promote and strengthen healthy eating practices from young				
	I Sarawak Breakfast Club where preschools provide nutritious breakfast to children <ul style="list-style-type: none"> – Conduct brief nutrition promotion activities – Conduct a brief physical activity session before providing breakfast 	Commence June 2012	Number of schools implemented	<ul style="list-style-type: none"> • All preschools and parents/ Health Dept. • Invite food companies to collaborate 	<ul style="list-style-type: none"> - 15-20mins before the start of school session in the mornings. - Standard I Sarawak breakfast menu will be planned together between preschools and nutritionists (based on Garis Panduan Penyediaan Menu Sihat Untuk Prasekolah)

Recommendations for Preschool, Primary and Secondary schools

No	Activities	Time frame	Performance indicator	Implementing agency	Notes/Remarks
6.	Allocation of dedicated government fund to support activities to improve the nutritional status of children	2012	No. of preschools and schools given funds	Sarawak State Government, Education Dept & Schools	To conduct relevant activities/ programmes conducted by the preschools and schools (e.g. School Health Day, seminars, health talks, newsletters, healthy cooking competitions, eat more fruits and veggies campaigns, posters & banners competition, health awareness activities for parents)

Recommendations for community setting

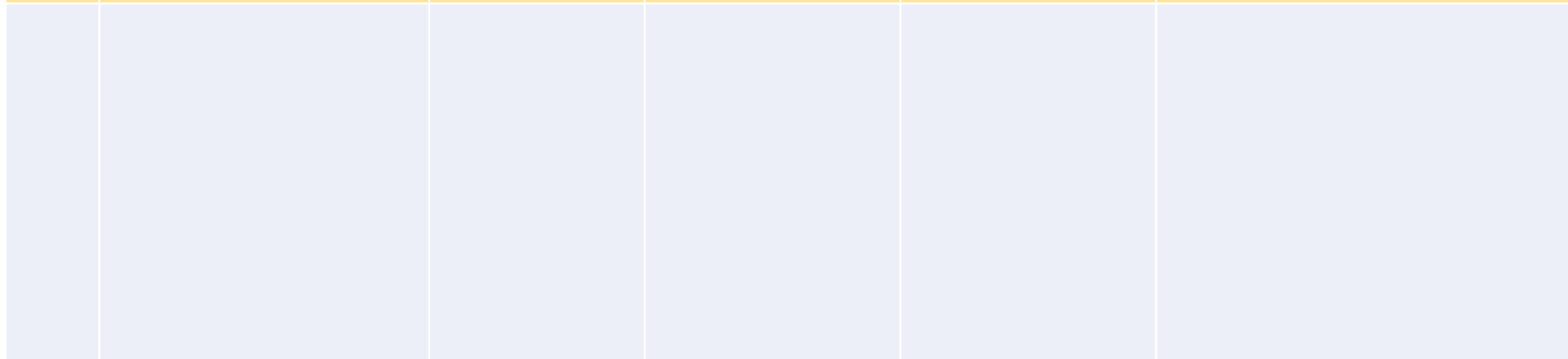
No	Activities	Time frame	Performance indicator	Implementing agency	Notes/Remarks
1.	Conduct regular healthy lifestyle sessions in the community, especially for mothers- and fathers-to-be (start from pre-conception)				
	a. Healthcare professionals identify people “at risk”		List of participants	Healthcare professionals; LPPKN	Targetted population : mothers and fathers-to-be; overweight/ community
	b. Publicity for the prog e.g. “Healthy Mom & Baby”	On going	No. of participants sign up for the program	Mass media	Using flyers
	c. Delivering education/ practical seminars	Once a month (1 day prog)	Pre and post-seminar quiz	Dietitian/ nutritionist/ physiotherapist /doctors	*Provide rewards to increase motivation Venue : different location depending on the participants
	d. Follow up: conducting a structured healthy living module	4 weeks	Weight Body composition	Fitness agency	

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
2	Organising healthy walk campaign	Throughout the year		Heart foundation Volunteer	Come up with “Fun-walk” module
	a. Advertise campaigns in a fun way (walks with clown etc)			Mass media	
	b. Organise weekly walk sessions (Sunday)	Weekly	No. of people joining the campaign		Venue : Different locations Duration : 2 hours in the morning May provide booth for healthy lifestyles info. (flyers)

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
3.	Increase awareness of healthy eating when eating out				
	<ul style="list-style-type: none"> a. Provide posters on nutrition info in coffee shop, eateries b. Provide bunting/posters in hypermarket/ eateries/ airports c. Provide healthier alternatives in eateries 	Start early next year	No. of eateries involved	Local council; Health Dept; NGOs	<p>e.g color coded (traffic light) showing the amount of calorie content</p> <p>Operators provide rewards for healthy eating :</p> <ul style="list-style-type: none"> a)Eat early b)Eating properly c)More vegetables d)Hours of discounted menu (for healthy choices) e)All day happy hours for vegetables and fruits
4	Intensify Nutrition Month Malaysia activities	Annual			Collaborate with Nutrition Society of Malaysia, Malaysian Association for Study of Obesity and

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
6	Information portal a. Provide links of stand-alone website to SHF portal b. Maximize usage of I-Phone, androids etc (e.g. calorie count) c. Organise competition of creating applications (healthy lifestyle related)	Long term	No of websites created No of visitors to the portal	Jabatan penerangan	<ul style="list-style-type: none"> - IT should be utilised to promote healthy eating and active living - provide a more attractive channel to disseminate information - forum to discuss and interact

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
8	Provide : a. Fitness facility in each housing area b. Walking path / side walks c. Safe parking space d. Mall walking	Long term	No of facilities	Local council Ibu Pejabat Polis Diraja (for security)	



No	Activities	Time frame	Performance indicator	Implementing agency	Notes
7	Optimize the roles of fitness centres a. Provide affordable services b. Form association of fitness centres (under KPSU + jbtn Sukan & Belia) c. Provide “healthy eating space” in fitness centre d. Trainings for fitness educators	Short term & long term (ongoing)	No of members	Registered fitness centres	

Recommendations for workplace

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
I.	SETTING UP TASK FORCE	6 months – 1 year			Task force (within org.) will be the main body who will plan, set up sub-committees, implement and evaluate activities. They will be proposed by employees to organization.
	a. Selection of task force members			Link with NPC to sell idea to all org. (gov/semi/private)	Task force can comprise of organization members (HOD, Board of Directors, normal members & invited technical experts)/ existing units (occupational health/ social health/welfare committee) or newly appointed body.
	b. Identification of obesity related problems	On going	No. of problems identified	<ul style="list-style-type: none"> Task force Stakeholders 	To identify the learning needs of the staff in regards to diet/healthy lifestyle

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
2.	PLANNED ACTIVITIES				<ul style="list-style-type: none"> • Planned activity can be implemented at any order, according to any approached (individual/ group/ organization); based on do-ability, funding, etc. • All sub-committee are appointed by task force or are members led by the task force for the particular organization.
	<i>a. Individual</i>				
	i. Health Screening	All year round	<ul style="list-style-type: none"> • No of staff screened • Each employee with health card 	Sub-committee /link with health agency	
	ii. Health consultation	Upon necessity		Sub-committee /link with health agency	To be provided when screening identifies staff with obesity issues.
	iii. 10,000 steps	Daily	% achievement of 10,000 steps	Sub-committee	Each staff must have pedometer
	iv. Promotional enrolment to gym membership		<ul style="list-style-type: none"> • No. of staff enrolled • % improved physique/health 	<ul style="list-style-type: none"> • Individual • Private gym 	Win-win situation where: <ul style="list-style-type: none"> • Gym provide discounted membership & gain enrolment • Staff provide improved physique /health

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
2.	PLANNED ACTIVITIES				
	<i>b. Group</i>				
	i. Senamrobik*	Weekly	<ul style="list-style-type: none"> • No of participants • No. of activities conducted 	Sub-committee	* These activities can be done in group/ organizational approach depending on situation
	ii. Health talks*				
	iii. Sports Carnival *				
	iv. Buddy System	6 months to lose weight	% weight reduction as a group	Sub-committee	Purpose is to gain peer support for weight reduction & healthy lifestyle
	v. Support group	Through out the year	<ul style="list-style-type: none"> • No. of group meetings • % of weight reduction 	Sub-committee	Members have similar problems come together & share experiences to solve weight issues.

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
2.	PLANNED ACTIVITIES				
	c. <i>Organization</i>				
	i. Implementation of relevant activities (e.g.): <ul style="list-style-type: none"> a. STAIRCASE DAY b. FITNESS HOUR 	3 months	<ul style="list-style-type: none"> • Self-reporting • No. of participants 	Sub-committee	<ul style="list-style-type: none"> a. Mandatory for able bodied persons b. Staircase to be clean, safe, decorated with information & music to entice staff to use them a. Org. to allocate time for fitness activities (e.g. Friday afternoon, 4-5 pm).
	ii. Providing fitness/recreational facilities	3 -5 years	<ul style="list-style-type: none"> • No. of org. with facilities • No. of equipment • No. of users • Frequency of usage 	Sub-committee	

No	Activities	Time frame	Performance indicator	Implementing agency	Notes
2.	PLANNED ACTIVITIES				
	c. <i>Organization</i>				
	iii. Making meetings/ conference healthy				
	<ul style="list-style-type: none"> Implementation of healthy catering programme 	Immediately	<ul style="list-style-type: none"> No. of caterers following guidelines Feedback from participants 	<ul style="list-style-type: none"> Sub-committee Caterers 	Calorie tagging of food.
	<ul style="list-style-type: none"> To begin session with light exercise/ health tips 	Immediately	<ul style="list-style-type: none"> No. of light exercise No. of health tips 	Sub-committee	

**Thank you for your
kind attention !**