



**Physical  
Activity and  
Childhood  
Obesity**

p.4

**HEART  
R U N  
2017**

p.8

Get Moving for  
a **Healthier  
Heart**

**8** Habits That  
Are Bad for  
Your Heart

p.10-11



<b>Venue</b>	Old DUN (Dewan Undangan Negeri), Petra Jaya		
<b>Time</b>	12KM 6.30am   5KM 6.45am   2KM 6.45am		
<b>Category</b>	2KM	5KM	12KM
	Heart Walk	Fun Run	Race
<b>Run fees</b>	RM25	RM50	RM60

*Registration*



Sarawak Heart Foundation  
Jalan Kereta Api (sema block) @ ALYNIE CORETEO  
RevRun (Brooks)  
Green Heights Mall, Kuching  
Registration Online  
[worldheartday.eventtech.com.my](http://worldheartday.eventtech.com.my)

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### **CONTENTS**

Editor's Message	2
Free Health Screening	3
Physical Activity and Childhood Obesity	4-5
Women's Heart Day	6-7
Health Run 2017	8-9
Get Moving for Healthier Heart	10-11

## **EDITOR'S MESSAGE**

The first half of 2017 is gone at the blink of an eye, so to speak, but not without its share of heart-healthy activities. To add on to that, is the anticipation and preparations for the event of the year Heart Run 2017.



We are excited over Heart Run 2017 which the Sarawak Heart Foundation is organising for the first time and as a fund-raising project for its activities. We have also timed to have it on the same day as the World Heart Day that we are celebrating on 24 September this year in the scenic vicinity of the old State Assembly Building in Petra Jaya, Kuching. Thus, we are expecting a much bigger crowd, possibly the biggest ever in the Foundation's history.

For this event, the Foundation is delighted to collaborate with the Physiotherapy Department of Sarawak Heart Centre, with whom we have working very closely all these years, in providing the best cardiac care for the people in Sarawak in particular, the poor and needy heart patients. And we know we will not be short of volunteers who have been our pillar of support in World Heart Day year after year.

Early this year, the Foundation sponsored a research carried out by Universiti Malaysia Sarawak on obesity among pre-school children following the recent increase trend in childhood obesity among pre-school children. The study will measure motor skills and physical activity outcome from a school-based intervention programme among rural pre-school children in Bau District over a 12-week period. Childhood Obesity – Intervention through Physical Activity is featured on Pages 4 and 5.

In August, our Miri Heart Week will see a new collaboration with the Malaysian Red Crescent Miri that will encourage a better turnout of participants for our free health screening and activities.

We are doing all this for the sake of educating our people about heart health and how to maintain it. We hope that all these activities will impact people to change their lifestyles as they become more aware of the risks of heart disease.

The Sarawak Heart Foundation will persist in its efforts to deliver its message for a heart-healthy society in Sarawak. Our message is: Eat healthily and exercise daily.

Being healthy and fit isn't a fad or a trend. It's a lifestyle. So, do take care of your heart.

**Eric Lim Swee Khoon**

# Free Health Screening and Self Breast Examination

## MOYAN SQUARE, KUCHING 30-31 July 2016



## Emart, Batu Kawa, Kuching 30-31 July 2016



# CHILDHOOD OBESITY : Intervention through Physical Activity

*Dr. Melvin Chung Hsien Liang, MD(VSMU), MPH(UNIMAS)*  
*Asso. Prof. Dr. Cheah Whye Lian, BSc(Hons), MSc(PH), PgDip(Ed), PhD*  
*Dr. Helmy Hazmi, MD(UNIMAS), MComMed(Epid & Biostats)(USM)*

## Introduction

Childhood obesity has been growing at an alarming rate and is the most common nutritional problem among children (WHO, 2000). Several reports already showed high and increasing rates of overweight and obesity among preschool children living in developing countries (de Onis & Blössner, 2000). The most common causes are lack of physical activity, unhealthy eating patterns, high level of inactivity or sedentary behaviour, genetic factors, or a combination of these factors.

Traditionally, it is known that early childhood period has the highest levels of physical activity. Young children are naturally physically active or usually known as “supercharged dynamos”. Society usually has the perception that children at this period are habitually “active enough” and therefore, quite healthy. However, parents, healthcare providers, and educational professionals could have overestimated their level of physical activity. Besides, with the advance of technology and social media, it is worrying that the “digital childhood” begins early, and levels of sedentary behaviour, particularly, screen time or electronic media used exceeded recommended levels.

According to National Association for Sport and Physical Education (NASPE, 2006) professional groups recommend that young children should participate in 120 minutes of moderate-to-vigorous physical activity



*Health talk on Childhood Obesity in Dewan Suarah Bau*



*Pre-schoolers queuing up for health screening*

(MVPA) daily, 60 minutes of which is structured and 60 minutes unstructured or in free play. However, it came to attention that the current trends in the levels of physical activity of children appeared to be headed in the wrong direction.

## The importance of Physical Activity

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. It comprises all modes of movement caused by muscle activity resulting in increased energy expenditure (Must & Tybor, 2005). The health benefits of physical activity extend well beyond physical health, having a positive impact on the domains of motor skills, psychological well-being, cognitive development, social competence and emotional maturity. Lack of physical activity can increase the risk for many health issues such as obesity, cardiovascular diseases, bone health problems, and respiratory difficulties. The physical activity level of young children has received increasing attention nationally because of the rapid rise in childhood obesity.

According to Flegal et al. (2002), in the past 30 years, the percentage of obese children ages 2 to 5 years old had doubled. This can be due to two main factors: “eating too much and moving too little” (Sorte & Daeschel, 2006). Therefore, physical activities in early childhood settings are critically important in helping to reduce the increased health risks associated with obese and overweight children.



*Pre-schoolers from Tabika KEMAS, Bau*



## Physical Activity at Pre-school Age

The early childhood period, indeed, is the most critical period in preventing overweight or obesity. It is a period that children pick up what, when, and how much they eat, as well as types and level of physical activities they participate in and continue in adult life.

Although both sides of energy balance such as energy intake and energy expenditure are important for weight management, the development of obesity is still greatly driven by children behaviour that either positively or



Health screening for Pre-schoolers in Bau District

negatively affects the energy balance, and this is also known as energy balance-related behaviour (EBRB) (Kremers et al., 2006). Therefore, the pre-school age in children is the optimal time point for intervention that will sustainably influence EBRBs, thus setting the curse for a healthy lifestyle.

## Research & Development

Regular participation in physical activity is important for children's health and development as well as their well-being from childhood to adolescence and adulthood. However, little is known about health characteristics and the physical activity patterns as well as their motor skills outcome in children attending pre-schools.



Implementation of physical activity intervention programme in Tabika KEMAS, Bau

An on-going research that started in January 2017 and led by Dr. Melvin Chung (UNIMAS), is studying an outcome-based intervention programme that can prevent childhood obesity and positively affect physical activity level, reduce sedentary behaviour and improve motor skills development among the rural pre-schoolers in Kuching district. By incorporating this intervention programme into their daily teaching module, this study will prepare these young children with an optimal foundation to continue and sustain physical activity at a later age. Theoretically, regular physical activity can then influence the future risks of being overweight and obese as well as the additional health conditions commonly associated with being overweight.

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The research is funded by Sarawak Heart Foundation.



# Women's Heart Day

23 April 2017



## WITH A HEALTHY HEART, THE BEAT GOES ON .....

the theme for Women's Heart Day in Kuching on 23 April 2017 to drive home the message for hearts to be in good shape in order to stay alive.

Our message is simple, said organising chairperson and trustee of the Sarawak Heart Foundation Ms Pauline Kon, in her welcoming address.

"We change our lifestyles. We eat healthily and we get

enough heart-healthy exercise daily. Exercise need not be a chore. Exercise can be fun; it can be a great family-bonding activity too."

She expressed her concern that many women do not realise that heart disease can be prevented.

"The more a woman knows about heart disease, the better chance she has of beating it."

"Caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease," Ms Kon added.



The wife of the Chief Minister of Sarawak Datin Amar Dato Hajjah Juma'ani Tun Tuanku Haji Bujang graced the event at the Spring and made a stop to have her blood pressure checked.

Women's Heart Day or Wear Red Day as it is also known, is observed to raise awareness for heart disease in women and to promote better heart health for women of all ages.

A total of 300 people registered for the screening. Throughout the day, various activities, including a children's colouring contest were held. The free health screening covered body mass index, blood glucose, cholesterol as well as health counselling from medical personnel and self breast examination. Volunteers put up several performances – line dance, zumba, yoga and Chinese traditional music.

The Foundation organises regular health screenings throughout Sarawak to create awareness among the public, especially young people, on the various aspects of heart illness, early prevention and control of the disease.



Heart Run 2017 is a fund-raising project, organised by Sarawak Heart Foundation in collaboration with the Physiotherapy Department, Sarawak Heart Centre.

The event, consisting of a 2km Heart Walk, a 5km Fun Run and a 12km race, will be held at the Old Dewan Undangan Negeri grounds, Petra Jaya Kuching on Sunday 24 September 2017.

This is in conjunction with World Heart Day and World Physiotherapy Day, both celebrated in September each year.

Heart Run 2017 will raise funds for two projects:

## HEART TO HEART PROGRAMME

The Heart to Heart Programme provides financial assistance for children suffering from critical heart disease to undergo medical treatment in cardiac hospitals in Kuala Lumpur. The patients, recommended by the Sarawak Heart Centre would, otherwise, have to wait for a long time to receive treatment. This initiative will ensure the patients get due attention and treatment and, at the same time, help to ease the backlog of cases at the Heart Centre.



**FIRST AND FOREMOST .....** Sarawak Heart Foundation chairman Tuan Yang Terutama Tun Pehin Sr Haji Abdul Taib Mahmud, the first to receive the T-shirt for Heart Run 2017 from organising chairperson and Foundation trustee YB Datuk Amar Hajjah Jamilah Anu.

Tun Pehin had earlier chaired the Foundation's Board of Trustees Meeting and Annual General Meeting at the Astana on 6 June 2017.

# UPGRADING OF EQUIPMENT AT THE SARAWAK HEART CENTRE

The Physiotherapy Department needs Cardiac Mobile Monitoring System units to improve its services for the patients of Sarawak Heart Centre. The Cardiac Telemetry Monitoring is used to monitor patients with moderate to high risk of cardiac arrest during exercise sessions. As an essential aspect of cardiac patients, it can detect early 'ECG abnormality', thus prevents life-threatening arrhythmias.

In the event that a patient has a cardiac arrest during an exercise session, the system can detect it and trigger an alarm for the medical staff to take action. It can monitor the patient's irregular heart rhythm from moderate to high risk for up to 12 patients in one exercise session.

# ABOUT THE RUN

- 2km Heart Walk
  - RM25 registration fee with T-shirt only
- 5km Fun Run
  - RM50 participation fee with T-shirt and medal
- 12km race for Men and Women Open
  - RM60 participation fee with T-shirt and medal
- Prizes for 12km race for Men Open and Women Open
  - Champion: RM500.00 ++
  - 1st runner-up: RM300.00 ++
  - 2nd runner-up: RM200.00 ++
  - 3rd runner-up: RM100.00 ++
  - 5th - 10th placing: RM50.00 ++ each

Tuan Yang Terutama Yang di-Pertua Negeri Sarawak, Tun Pehin Sri Haji Abdul Taib Mahmud will officiate at the event and 3,000 people are expected to take part.



**World Heart Day  
HEART RUN 2017**  
24TH SEPTEMBER 2017

**Venue** Old DUN (Dewan Undangan Negeri), Petra Jaya

**Time** 12KM 6.30am | 5KM 6.45am | 2KM 6.45am

Category	2KM	5KM	12KM
Run Fees	Heart Walk RM25	Fun Run RM50	Race RM60



**Sarawak Heart Foundation**  
Jalan Kerreta Api (same block as AUNTIE CORNER)  
RevRun (Brooks)  
Green Heights Mall, Kuching  
Registration Online  
worldheartday.eventtech.com.my

In collaboration with:  SARAWAK HEART CENTRE

Supported by:  SARAWAK STATE GOVERNMENT

Online Partner:  eventRunner

082-459397 (RevRun) | 016-589 2233 (Albert Tan) | 013-821 0401 (Yahya)



**AN APPEAL** for sponsorships and donations to Heart Run 2017 by organising chairperson YB Datuk Amar Hajjah Jamilah Anu at a press conference at Laila Stroke Rehabilitation Centre on 13 June 2017.

**World Heart Day  
HEART RUN 2017**  
24TH SEPTEMBER  
Closing Date: 26 August 2017

**Date:** 24 September 2017 (Sunday)  
**Venue:** Old DUN, Petra Jaya  
**Flag Off:** 12KM 6.30am, 5KM 6.45am, 2KM 6.45am

**Entry Fees:** 12KM RM60 (T-shirt & Medal), 5KM RM50 (T-shirt & Medal), 2KM RM25 (T-shirt & Medal), 2KM RM25 (Cotton T-shirt only)

**FOR PARTICIPANTS UNDER 18 YEARS:** PARENT/GUARDIAN NAME, PARENT/GUARDIAN TEL, PARENT/GUARDIAN SIGNATURE

**FOR OFFICE USE ONLY:** PAYMENT SLIP - HEART RUN 2017, RACE PACK COLLECTION ON 22 & 23 September 2017, Venue: RevRun (Brooks), Green Heights Mall, Time: 11am - 7pm

# Get Moving for a Healthier Heart

An extract from *WebMD*

Are you super-cautious about working out because it's been a while since you were active, or you feel out of shape? Actually, exercise is great for you. Being active will:

- Strengthen your heart.
- Lower your blood pressure.
- Help you reach and keep a healthy weight.
- Burn off stress.
- Boost your mood and self-esteem.
- Help you sleep better.

Before you get started, ask your doctor these questions:

1. How much exercise can I do each day?
2. How often can I exercise each week?
3. What types of activities should I try, and what should I avoid?
4. Should I time when I take my medications around my exercise schedule?
5. Should I take my pulse while I exercise? What pulse rate should I aim for?
6. Are there any warning signs I should watch out for?

## WHAT YOU'LL DO

New to exercise? It helps to work with a certified fitness trainer at first. If you have heart problems, ask your cardiologist for a referral.

**Cardio (aerobic exercise).** This makes your heart beat faster. It also lowers your blood pressure. Depending on what your doctor approves, you could:

- Walk
- Jog
- Jump rope
- Bicycle
- Ski
- Skate
- Row
- Dance



**Strength training** tones and builds up your muscles. Heavy weights may increase your blood pressure short term. So stick with lighter weights and just lift them more times. Try hand weights, weight machines at a gym, resistance bands, or your own body weight.

A good approach is to do several sets of each exercise, and then let those muscles rest a day or two between sessions.



## HOW TO GET THE MOST OUT OF YOUR WORKOUT

If you're an exercise newbie, you'll get the most from your workout if you follow these simple rules:

**START SLOW.** The American Heart Association recommends you work up to exercising on most days of the week. The more exercise you can do, the healthier you -- and your heart -- will be. But any amount helps your health.

**BUILD UP GRADUALLY.** Little by little, make your workouts longer or tougher over time. You should be able to talk during your workout. If you can't, it's probably too intense for you.

**KEEP AT IT.** It takes work to start and stick with any new habit. Exercise is no different. But there are ways to boost your chance of success.

- Mark your calendar.  
Make room in your busy schedule for exercise.
- Find a workout buddy.
- Change up your routine when you get bored.

Use these tips for a great workout:



1. Wait at least an hour after eating a meal before you exercise.
2. Warm up. Ease into your workout by doing the activity at a slower, gentler pace. That helps your heart (and the rest of your body) adjust slowly from resting to working hard.
3. Cool down when you're done. Gradually slow your pace -- don't just stop suddenly. Sitting, standing still, or lying down right after exercise can make you feel dizzy or light-headed, or even have heart palpitations (a fluttery feeling in your chest).
4. Sip on water before, during, and after your workout.

## Pay Attention to Your Body

Working out could make your muscles sore at first. That's normal. The soreness will fade as your body gets used to exercising. But if you have any sudden or severe pain -- or any of the following -- stop exercising right away. If the symptoms continue, call your doctor or 911.

- Chest pain
- Weakness
- Dizziness or light-headedness
- Pressure or pain in your chest, neck, arm, jaw, or shoulder

# 8

# Habits That Are Bad for Your Heart

An extract from WebMD

## 1. You Bank on Your Workout

Do you exercise? That's great. But if you sit down for most of the rest of your day, that's a problem. You need to be active all day long. Little bursts count. If you have a desk job, take a short walk every hour to boost your circulation, even if it's just to your break room and back. Binge-watching your favorite show? Get up and dance, or do push-ups during the commercials.



## 2. You Say "I'm Too Young"

Don't wait to work on keeping your heart healthy. Exercise, eat a healthy diet, and know your numbers – blood pressure, cholesterol, and blood sugar. The ideal time to do your heart a favor is now.



## 3. One Drink Too Many



For most people, moderate drinking (one a day for women, up to two daily for men) is OK. A daily drink may even have some benefits for the heart. But more than that can raise levels of certain fats in the blood and blood pressure, too. That's especially true if you have several drinks at a time. So stick to your daily limit.

## 4. You Diss a Good-for-You Diet



You may think it's going to be all oat bran, all the time. Surprise! There's no reason for your food to be bland and boring. A Mediterranean-style diet has delicious foods like olive oil, nuts, fruit, whole grains, fish, lean protein, and red wine. It helps keep your heart healthy, thanks to the "good" fats, fiber, and nutrients. Plus, you'll actually want to stick to this diet because it tastes so good!

## 5. You Don't Know Your Numbers

Pop quiz: What's your cholesterol level? How about your blood pressure? No clue? That's risky. They could be too high without you knowing. (You could feel just fine and have high cholesterol or high blood pressure.) So protect yourself. Starting at age 20, get your cholesterol checked every 4 to 6 years.



## 6. Waist Not



Belly fat is particularly bad for your heart. So get your tape measure and size up the inches around your waist. It's a red flag if it's more than 35 inches around for women or 40 inches

for men. Need to slim down? Take it step by step. Even losing a small amount of weight is good for your heart.

## 7. You Ignore Your Blues



When you feel low, it's hard to do things that are good for you, like exercise. If you have felt down for more than a few weeks, talk to your doctor or a mental health professional. Talk therapy, exercise, and medication (if needed) can improve your mood so you have more energy to take care of yourself.

## 8. You Blow Off Secondhand Smoke



Someone else's smoke could hurt your heart and blood vessels. You need to avoid it. If you spend a lot of time with someone who isn't ready to quit smoking, insist that they at least not smoke around you, whether it's at home, work, or in your car. Your tough love may be the nudge they need to kick the habit, which will be good for both of you.



**SARAWAK HEART FOUNDATION**  
(383498-P)

**HOW CAN YOU HELP?**

If you are someone who is caring and would like to help Sarawak Heart Foundation, you can register as a "Friend of the Foundation" (as a volunteer to help in the various projects undertaken by the Foundation from time to time and especially with fund-raising)

Please fill in the below and send to us.

Thank You.

\*\*\*\*\*

Full Name : .....

IC/ No. : .....

Address : .....

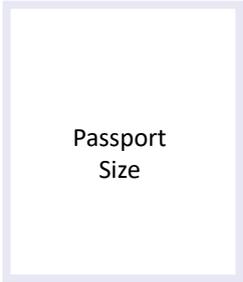
.....

Tel. No. : ..... Fax No. : .....

E-Mail : ..... H/P No.: .....

Date : .....

Please specify how you can help? (eg. driver, food runner, general worker, exercise instructor, dancer, mc, photographer etc.)



**Sarawak Heart Foundation**

No.11, 1<sup>st</sup> Floor, Lot 2343 Bormill Estate Commercial Centre , Jalan Tun Ahmad Zaidi Aduce, 93150 Kuching Sarawak

Tel: 082-258212 Fax: 082-258303 Email address: sarawakheartfoundation8@gmail.com



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(383498-P)

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Bormill Estate Commercial Centre

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Tel: 082-258212 ; Fax: 082-258303

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