General

PKU organises IFitER programme to tackle obesity

Wed, 10/26/2022 - 09:53

PEKAN, 22 September 2022 - Universiti Malaysia Pahang Health Centre (UMP) has recorded a total of 579 UMP staff categorised as having a risk of non-communicable diseases, i.e., abnormal lipid profile as well as level 1 and level 2 obesity through staff health screening tests (mobile clinic) conducted in 2020.

The Director of UMP Health Centre, Dr. Khairul Salleh Abdul Basit said this should not be taken lightly by all staff to ensure that work productivity is not compromised.

Based on the total, 4.97 per cent or 80 staff have successfully exited the category of staff at risk of non-communicable diseases in 2021, while for 2022, 6.39 per cent or 103 staff have achieved the target through regular health screening conducted by PKU.

“In line with the UMP Strategic Plan 2021-2025, which is a reduction in the prevalence of non-communicable disease risk factors among staff, PKU has taken steps by implementing the I Fit and Eat Right (IFitER) programme which focuses on weight management programmes among the staff involved.

“The first series will involve 80 staff selected to participate in the programme using modules developed by the Ministry of Health (MOH) for six months.

“The programme also receives high support and cooperation from the Pahang State Health Department, Kuantan District Health Office and Pekan District Health Office to ensure that the objectives of the programme implementation are achieved,” he said.

He, who officiated the IFitER programme recently at the UMP Pekan Multipurpose Hall, hoped that this programme would foster staff awareness of the importance of taking care of their health, not only for the mission of weight loss.

Also present were District Health Officer, Pekan District Health Office, Dr. Shahidan Haron, and UMP Health Centre Medical Officer cum the IFitER Programme Coordinator, Dr. Norhilda Abdul Karim.

Dr. Norhilda said PKU had received almost 300 applications for participation among staff in just 48 hours.

“However, the programme can only focus on 80 participants for this session.

“The selection of these participants is based on the criteria set by MOH which is 18 years and above, has a BMI of 25-35 and does not have any chronic diseases.

“These conditions are crucial to ensure that there is no risk of injury and unwanted events happening to the participants.

“Participants will follow seven pre-determined modules and each participant’s activities will be recorded on Mylogbook,” she said.

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