

WORKPLACE HEALTH PROMOTION: EVIDENCE AND PRACTICE IN MALAYSIA



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Presentation Flow

- Workplace Health Promotion
- Burden of diseases
- Where we are compared to our neighboring countries
- Workplace Health Promotion Strategies



- Health promotion is the cornerstone of preventive medicine
- Globally subscribed classical yet fail proof method of preventive medicine



ANCIENT “THEORY OF MIASMA”

“Bad Air”



EARLY INFORMAL HEALTH PROMOTION

Religions attempted to regulate behavior that specifically related to health

- Types of food eaten
- Drinking alcohol
- Sexual relations



**“Advocacy is a
key health
promotion
activity ! “**



WORKPLACE

Deemed a priority setting for health promotion in the 21 st Century

Provides the ideal setting and infrastructure to support the promotion of health

Future success in a globalizing marketplace can only be achieved with a healthy, qualified and motivated workforce



BENEFITS

- Enhanced productivity
- Sustainable development
- Poverty reduction
- Reduction of environmental pollution
- Improved employability of workers



SCENARIO TODAY

| | |
|---------------------------------|-----------------------------|
| Malaysian Population | 29,865,190 |
| Malaysian Workforce | 12,675,800 (42%) |

(Ref :Dept of Statistics Malaysia 2013)



PREVALENCE OF SELECTED NCD AND NCD RISK FACTORS IN MALAYSIA



Prevalence of Selected NCD Risk Factors in Malaysia

| | NHMS II (1996) | NHMS III (2006) | NHMS 2011 |
|---|----------------|-----------------|-----------|
| Age group | ≥18 years | ≥18 years | ≥18 years |
| Smoking | 24.8% | 21.5% | 23.1% |
| Fruits & Vegetable <5 servings/day | N.A. | N.A. | 92.5% |
| Physically Inactive | 88.4% | 43.7% | 35.2% |
| Overweight (WHO cut-off BMI ≥25 kg/m ² & <30 kg/m ²) | 16.6% | 29.1% | 29.4% |
| Obesity (WHO cut-off BMI ≥30 kg/m ²) | 4.4% | 14.0% | 15.1% |
| Overweight (CPG 2004 cut-off BMI ≥23 kg/m ² & <27.5 kg/m ²) | - | - | 33.3% |
| Obesity (CPG 2004 cut-off BMI ≥27.5 kg/m ²) | - | - | 27.2% |

Prevalence of Diabetes in Malaysia (1996-2011)

| | NHMS II (1996) | NHMS III (2006) | NHMS 2011 | |
|--|-------------------|--------------------|--------------|------------------|
| Age group | ≥30 years | ≥18 years | ≥18 years | Est. Population |
| Prevalence | 8.3% | 11.6% | 15.2% | 2,622,284 |
| Known diabetes | 6.5% | 7.0% | 7.2% | 1,247,366 |
| Undiagnosed | 1.8% | 4.5% | 8.0% | 1,374,918 |
| Impaired Glucose Tolerance * / Impaired Fasting Glucose ** | 4.3% * | 4.2% ** | 4.9% ** | 841,477 |

Prevalence of Hypertension in Malaysia (1996-2011)

| | NHMS II (1996) | NHMS III (2006) | NHMS 2011 | |
|--------------------------|----------------|--------------------|--------------|--------------------|
| Age group | ≥18 years | ≥18 years | ≥18 years | Est. Population |
| Prevalence | 29.9% | 32.2% | 32.7% | 5,777,280 |
| Known hypertension | N.A. | N.A. | 12.8% | 2,271,995 |
| Undiagnosed hypertension | N.A. | N.A. | 19.8% | 3,505,286 |

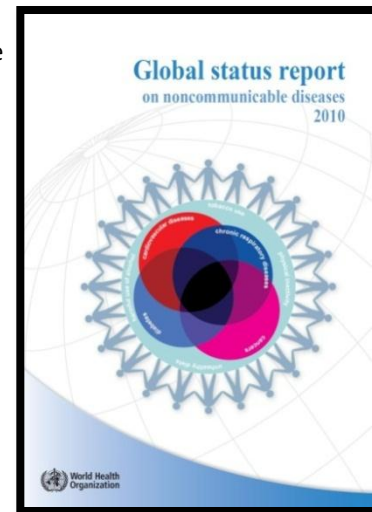
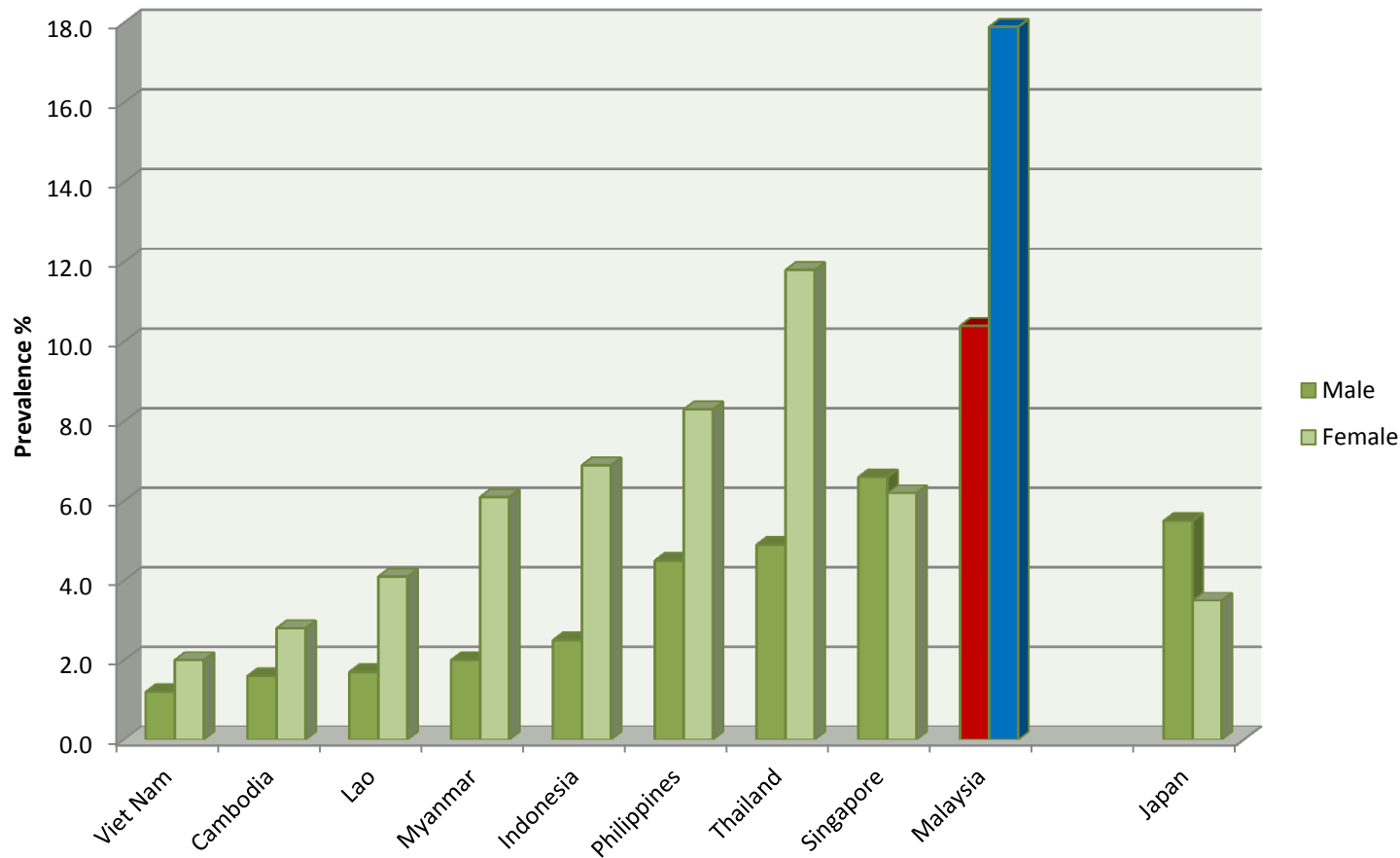
Prevalence of Hypercholesterolaemia in Malaysia (2006-2011)

| | NHMS III (2006) | NHMS 2011 | |
|-----------------------------------|--------------------|--------------|--------------------|
| Age group | ≥18 years | ≥18 years | Est. Population |
| Prevalence | 20.7% | 35.1% | 6,167,622 |
| Known hypercholesterolaemia | NA | 8.4% | 1,478,453 |
| Undiagnosed hypercholesterolaemia | NA | 26.6% | 4,689,169 |

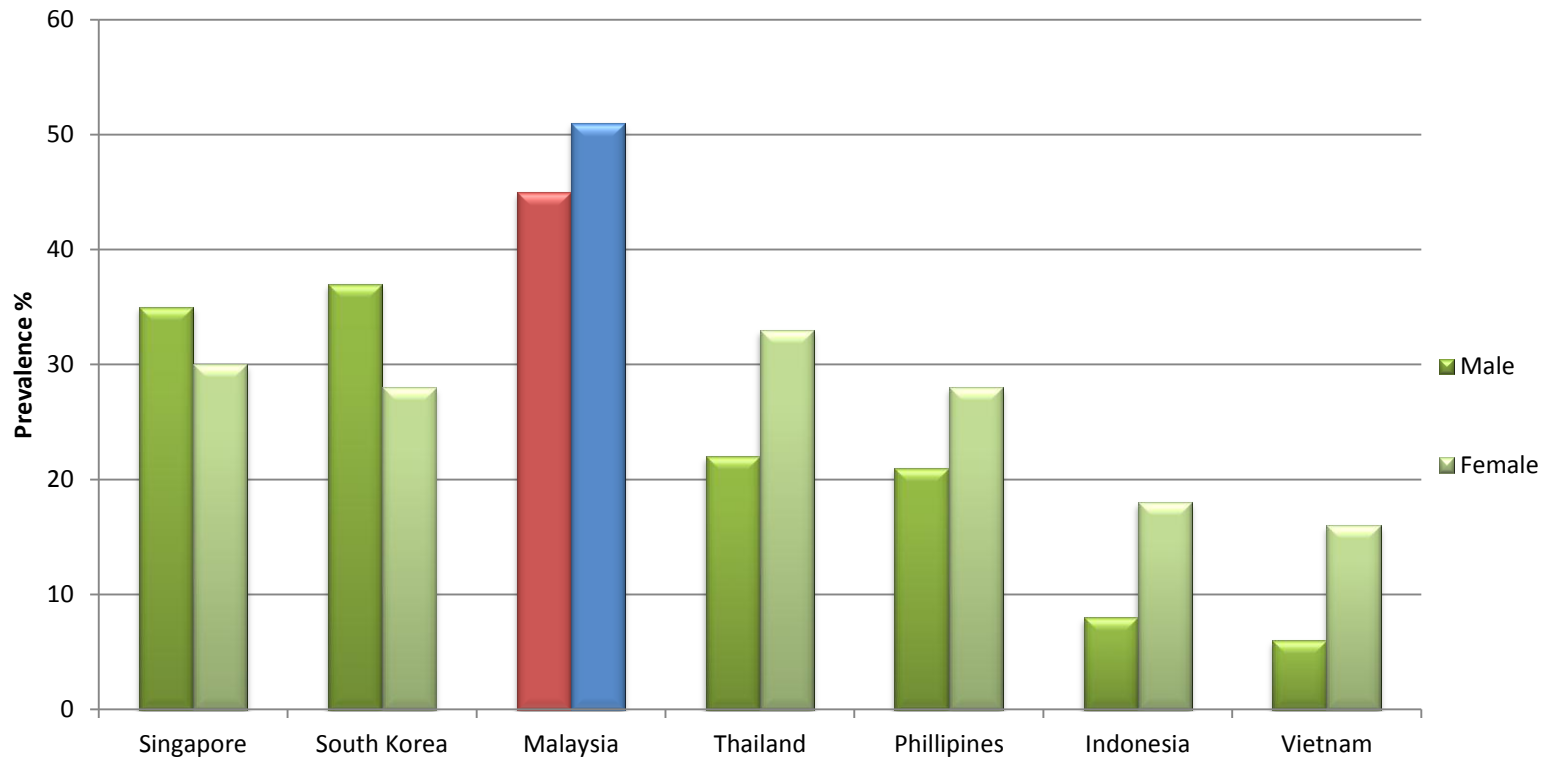
How Do We Compare to our Neighbouring Countries?



Prevalence of Obesity in ASEAN Countries (2010)

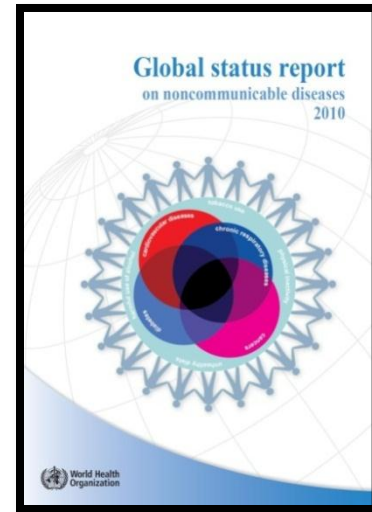
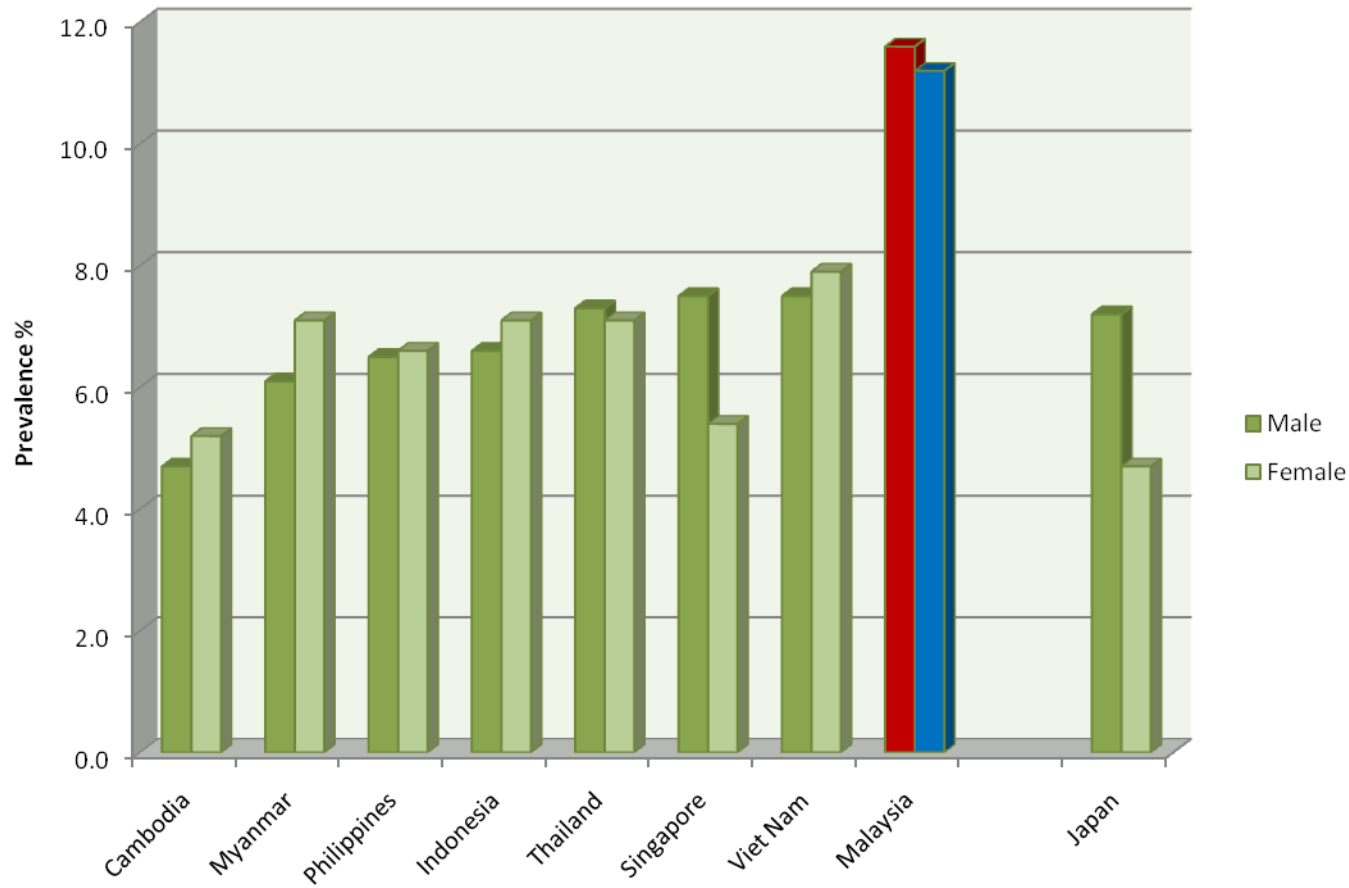


Prevalence of *Overweight* in Asia (BMI $\geq 25\text{kg/m}^2$)



Source: WHO Global NCD Info Database <https://apps.who.int/infobase/CountryProfiles.aspx>

Prevalence of Diabetes in ASEAN Countries (2010)



10 Countries with the Highest Prevalence of Diabetes in the world

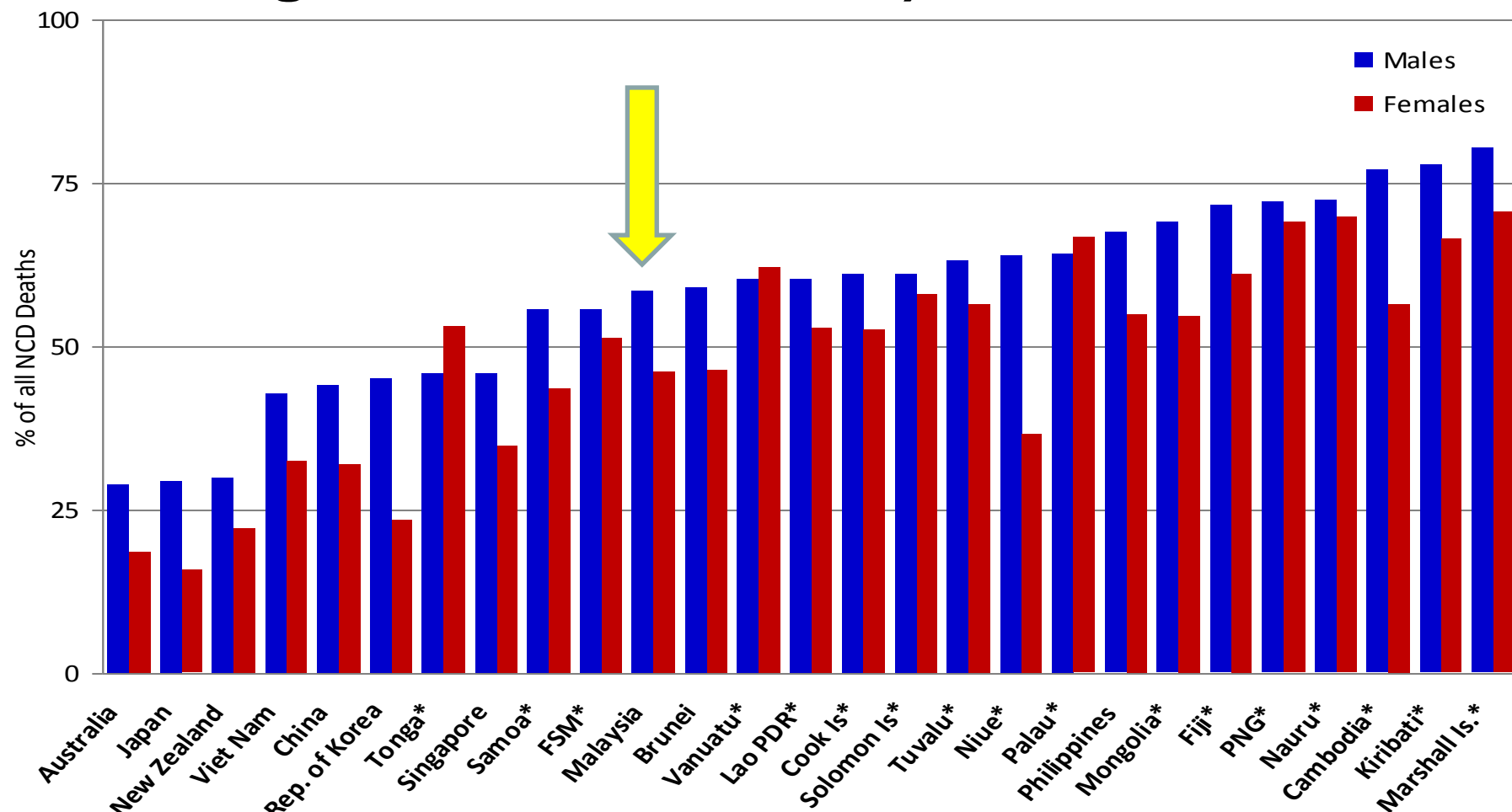
| COUNTRY/TERRITORY | 2010 PREVALENCE (%) | COUNTRY/TERRITORY | 2030 PREVALENCE (%) |
|------------------------|------------------------|------------------------|------------------------|
| 1 Nauru | 30.9 | 1 Nauru | 33.4 |
| 2 United Arab Emirates | 18.7 | 2 United Arab Emirates | 21.4 |
| 3 Saudi Arabia | 16.8 | 3 Mauritius | 19.8 |
| 4 Mauritius | 16.2 | 4 Saudi Arabia | 18.9 |
| 5 Bahrain | 15.4 | 5 Réunion | 18.1 |
| 6 Réunion | 15.3 | 6 Bahrain | 17.3 |
| 7 Kuwait | 14.6 | 7 Kuwait | 16.9 |
| 8 Oman | 13.4 | 8 Tonga | 15.7 |
| 9 Tonga | 13.4 | 9 Oman | 14.9 |
| 10 Malaysia | 11.6 | 10 Malaysia | 13.8 |

Includes only countries/territories where surveys with glucose testing were undertaken for that country/territory

* comparative prevalence

Source: International Diabetes Federation (IDF), 2010

NCD Deaths under age 70 (Percentage of all NCD deaths)



*Countries have a high degree of uncertainty because they are not based on any national NCD mortality data. The estimates for these countries are based on a combination of country life tables, cause of death models, regional cause of death patterns, and WHO and UNAIDS program estimates for some major causes of death (not including NCDs).

MOH Strategies

- To promote health at the workplace as part of the overall health promotion initiative
- Continuous effort with intersectoral collaboration e.g. Malaysian Health Promotion Board



KEY RESULT AREAS



- Health awareness and healthy lifestyle
- Equip the community and individuals to be responsible for their own health



MOH Initiatives

- Healthy Settings
- Workplace Obesity Intervention Program
- NSP NCD
- Healthy Eating at the Workplace
- Smoking Cessation Program
- Medical Examination



Healthy Settings : A Healthy Workplace for a Healthy Workforce

- Use the stairs campaign (*Kempen Jom Naik Tangga*)
- Walk 10,000 steps a day
- Periodical exercise sessions
- Healthy menu
- Obesity Intervention Program
- Smoking Cessation
- Stress Management





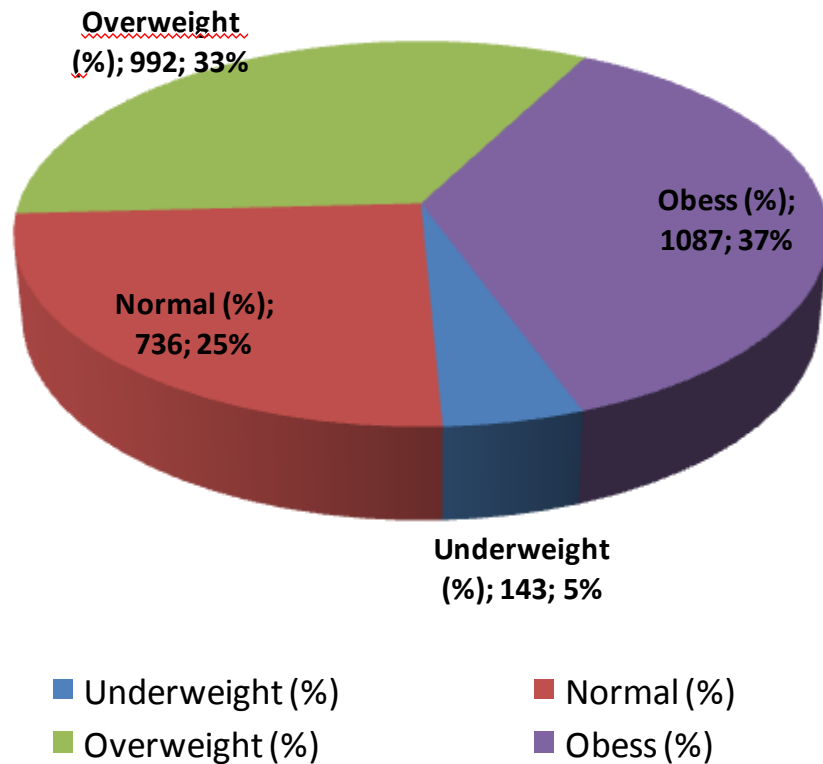
Obesity Intervention Program at the Workplace

| State | No. Of Facilities | Total Clients |
|--------------|-------------------|---------------|
| Perlis | 3 | 128 |
| Kedah | 2 | 20 |
| P.Pinang | 2 | 160 |
| Perak | 4 | 0 |
| Selangor | 4 | 171 |
| N. Sembilan | 4 | 0 |
| Melaka | 48 | 1821 |
| Johor | 75 | 670 |
| Pahang | 4 | 22 |
| Terengganu | 7 | 32 |
| Kelantan | 9 | 172 |
| Sabah | 3 | 0 |
| Sarawak | 3 | 214 |
| Total | 168 | 3410 |

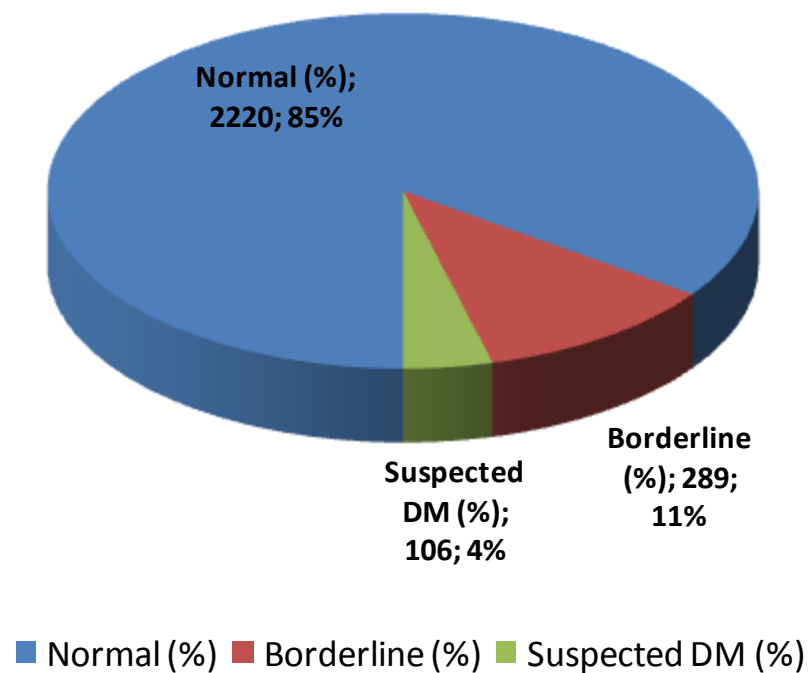
*Data NCDP1M Jan –Jun 2012



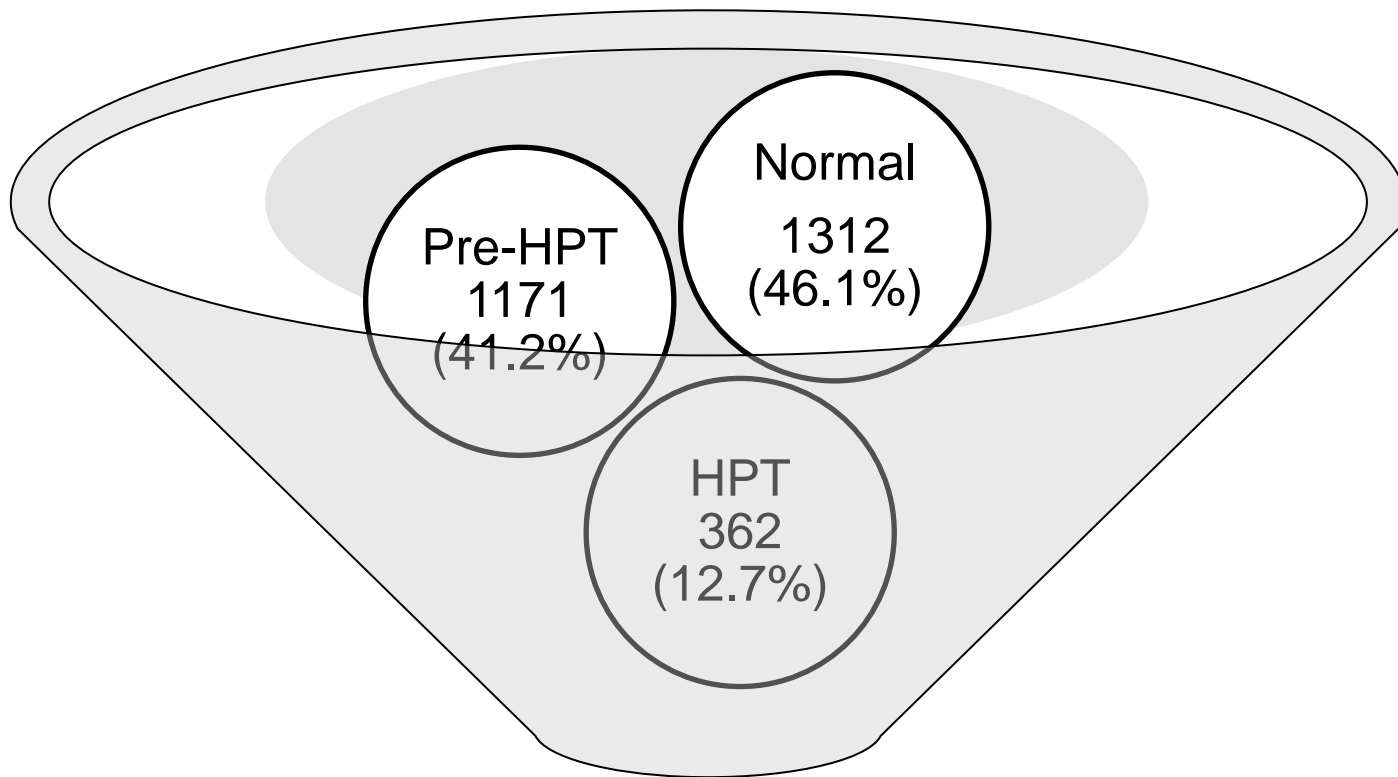
Percentage of BMI



Percentage of Blood Sugar Status



Blood Pressure Status

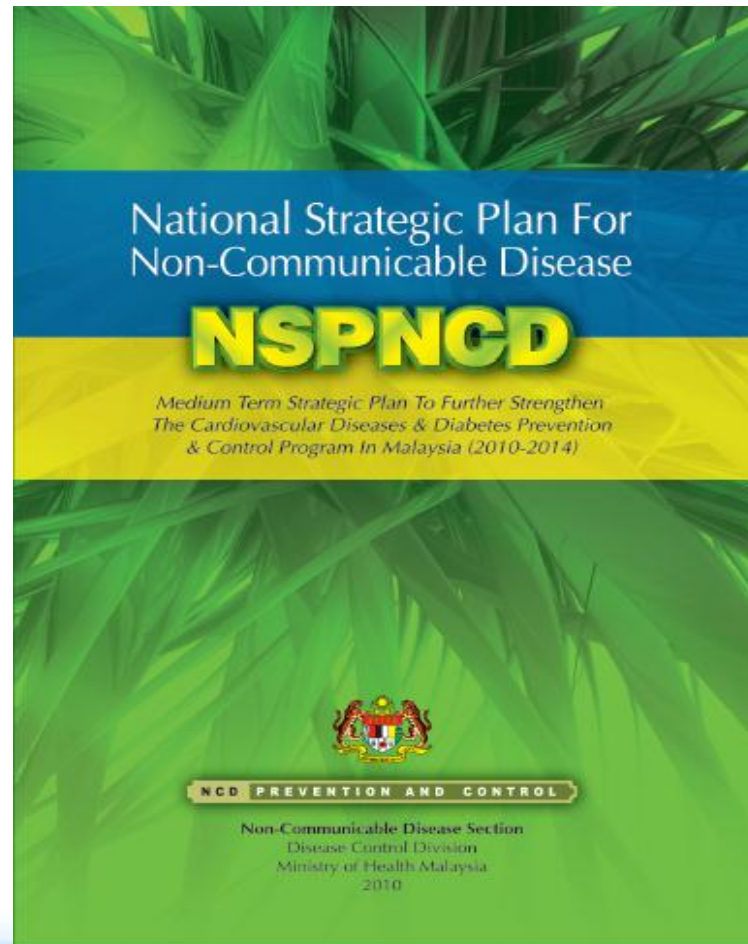


Blood Pressure

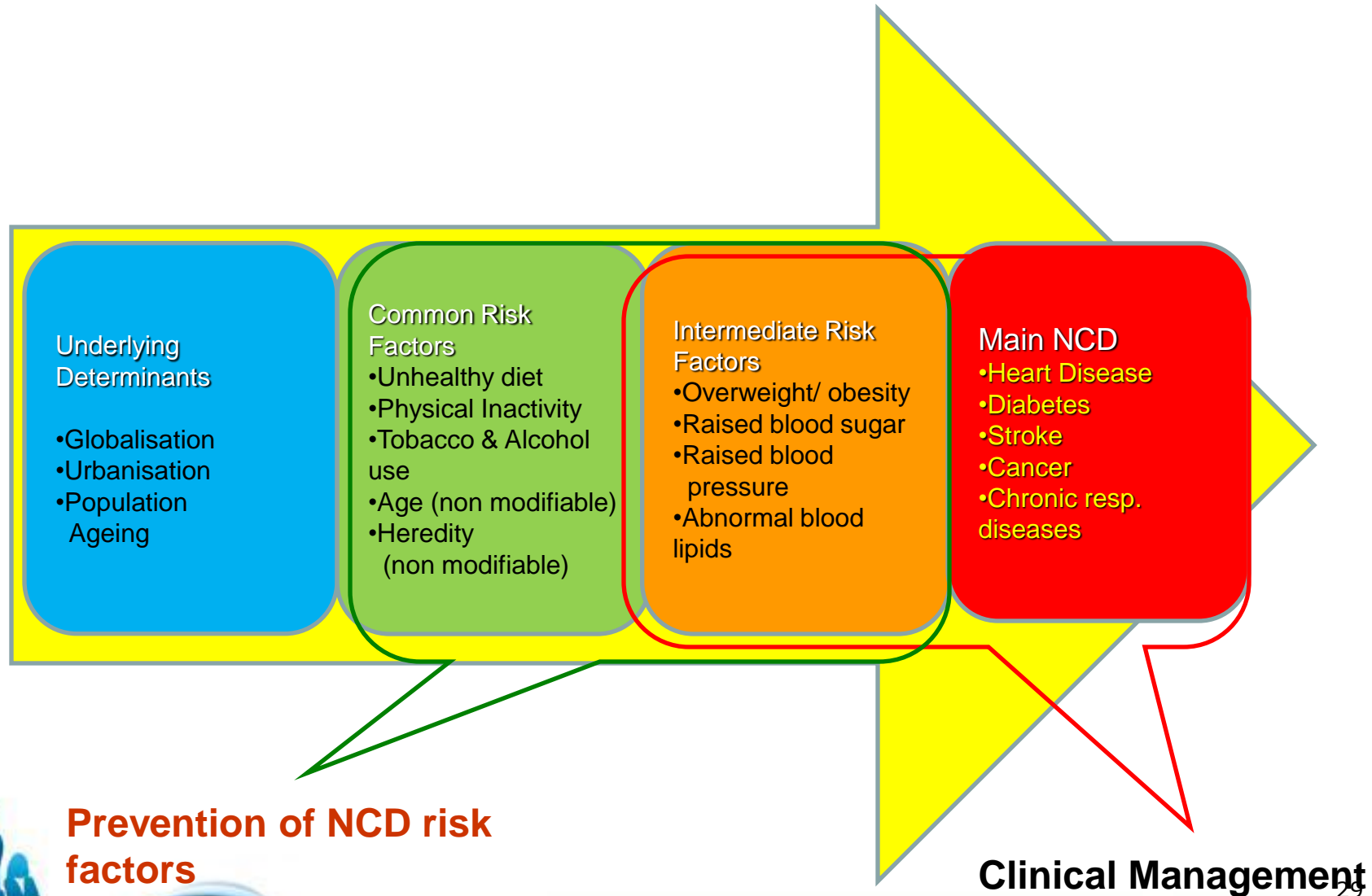


*Data NCDP1M Jan –Jun 201

National Strategic Plan for Non Communicable Diseases

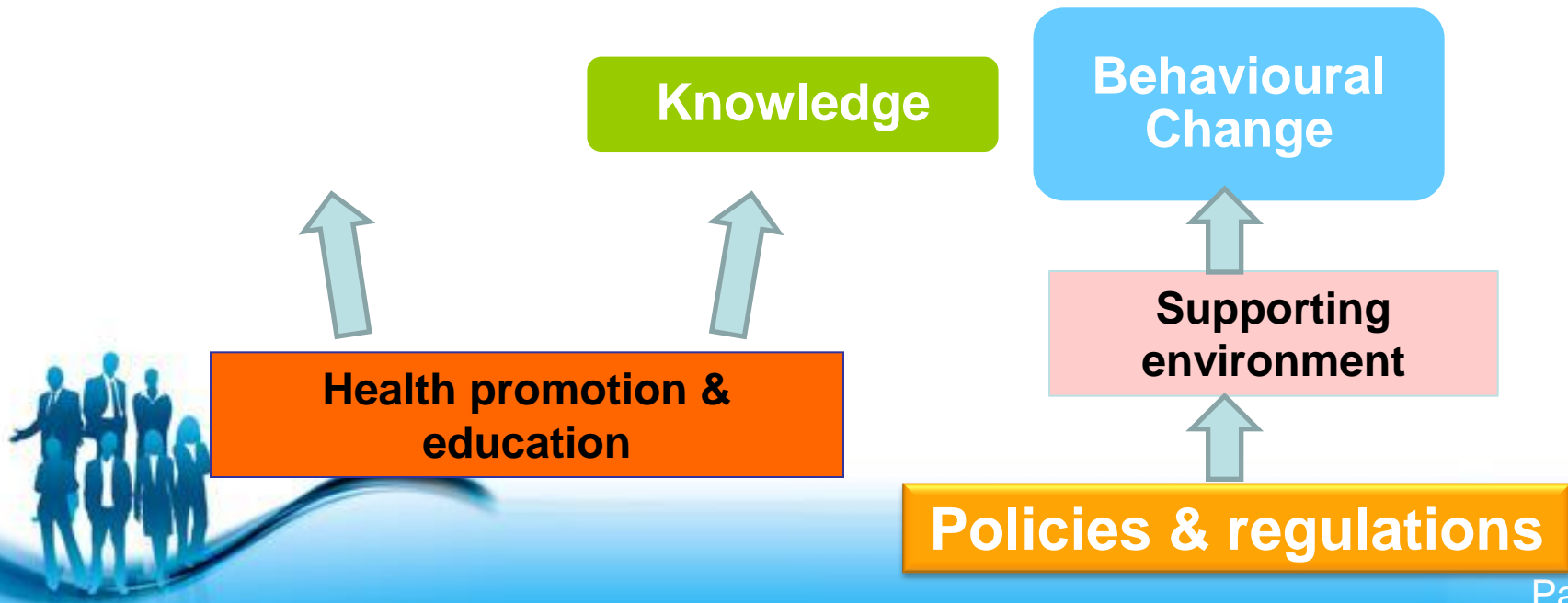


The Causation Pathway For NCD



Policy & Regulatory Interventions

- **Main thrust**
- **Health promotion and education will increase awareness and knowledge**
 - However changes in behavior is strongly influenced by our supporting environment



Policy & Regulatory Interventions



Health-promoting workplaces in the public sector

- Healthy menus during meetings
- Healthy vending machines



Anti-obesity Law, year 2020

- Looking at Japan as an example



Salt reduction Strategy for Malaysia

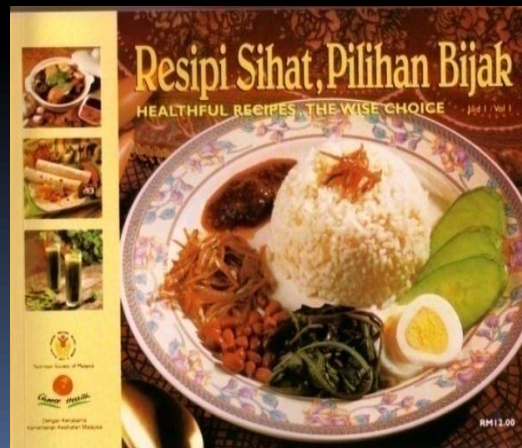
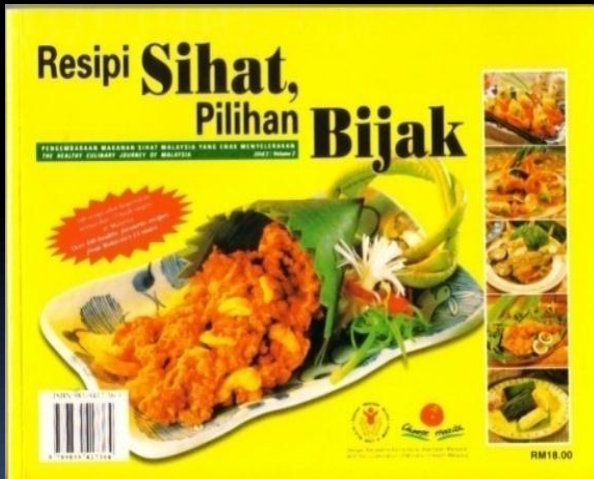
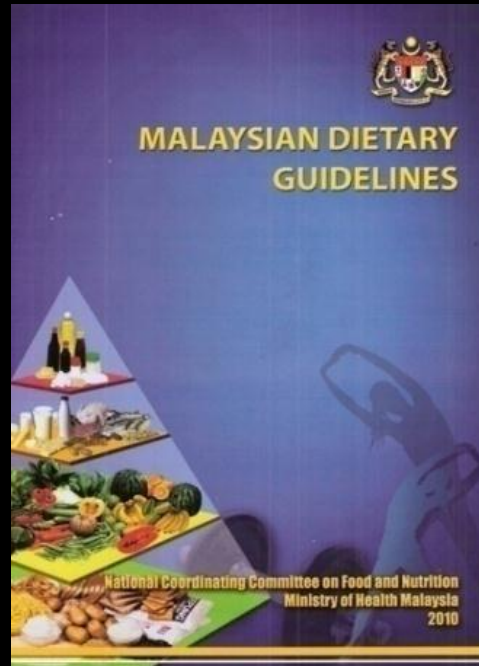
- Formalising and strengthening current efforts in Malaysia

Healthy Eating At The Workplace

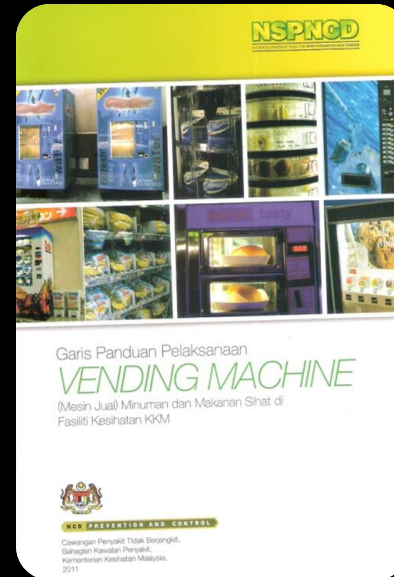
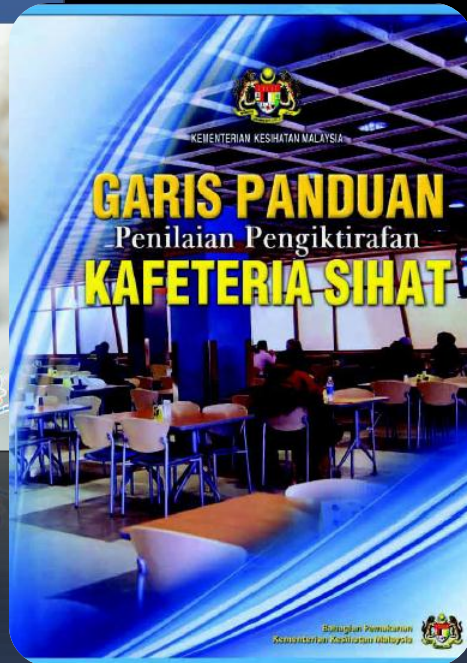
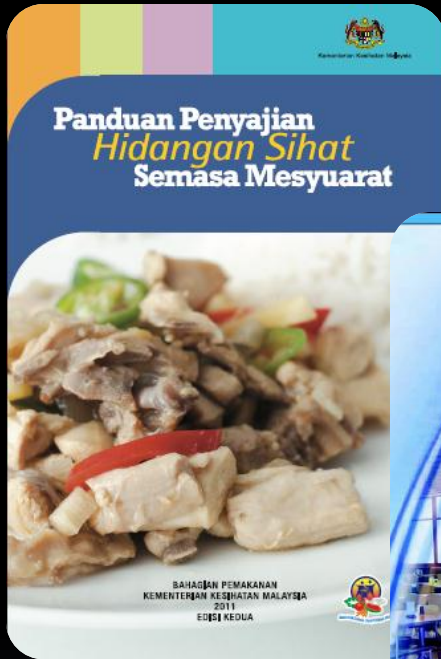
- Healthy Menu for meetings
- Caloric labeling of food
- Pre packed portions per person
- Self preparation of drinks
- Healthy canteen
- Food inspections
- Future healthy vending machines



Healthy Eating Guidelines



Healthy Eating at the Workplace Guidelines



Healthy Catering



Year 2012....

- Training for healthy eating at meetings have been given to 10 Ministries
- Training for healthy catering given to 403 caterers



Dietary Information Centre

- A medium to disseminate
- Dietary Counselling given by Nutritionists
- information on nutrition
- 15 centre's throughout Malaysia
- Carry out health screening and counselling
- In 2012 there were 3124
- consultations



Smoking Cessation Program

Legislations

- Section IV Subregulation 11(1) under Control of Tobacco Products Regulations 2004 (Ammended) 2013
- 21 designated non smoking premises.



Smoking Cessation Program

- The Quit Smoking Clinic program
- By the Health Education Division
- First behavioural clinic in Malaysia was initiated on 7th May 1998
- 401 MOH Health Clinics have active Quit Smoking Services (QSS)



Quit Smoking Rates (QSR) Jan-Jun 2012

- **4,830** Clients registered for Quit Smoking Services in MOH clinics
- **785** of them successfully quit smoking
- The Quit Smoking Rate (QSR) = **16.3%**



Workplace Promotion

- Working with Malaysian Health Promotion board
- Guidelines on Smoke Free Workplaces
- Corporate partners e.g. Sunway, Pharmaceuticals



Medical Examinations

- Civil Service Circular for over 40 years
- Voluntary
- Provided in Health Clinics
- Routine examination and blood tests



Conclusion

- And miles to go before I sleep,
- And miles to go before I sleep.....

Robert Frost



THANK YOU

