

I feel good programme 2016: impact on health status among staffs at Pekan district health office

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ABSTRACT

Introduction: Burden of non-communicable diseases in Malaysia is alarming. It has become the main cause of death in the country and the biggest contributor in terms of disability-life years. Here we report a comprehensive 6-month lifestyle intervention programme and its impact towards health status among staffs at Pekan District Health Office. **Methods:** Total of 33 participants was recruited into I Feel Good programme from annual health screening (those with BMI>28). A post-intervention questionnaire was distributed to all participants and selected staffs to evaluate the impact of the programme on health status. **Results:** Only 1 out of 33 participants achieved weight reduction rate of >5%. Nevertheless, all of the respondents agreed that I feel Good programme has enhanced their awareness towards healthy lifestyle, with 91% of them feel capable to maintain similar habits even after the programme ends. **Discussion:** Excellent health status can be subjectively measured in a variety of ways. Apart from weight reduction and normalized blood parameters, I feel Good programme has successfully achieved its objective in creating awareness and as a morale booster among staffs of Pekan health District Office in promoting healthy lifestyle.

KEY WORDS:

I feel Good, Non-communicable disease, Intervention programme, Pekan Health District Office, Healthy Lifestyle

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Iodine content in salt: after 15 years of universal salt iodisation in Sabah

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ABSTRACT

Introduction: As part of the iodine deficiency disorder (IDD) elimination strategy in Sabah, an universal salt iodisation (USI) legislation was enacted in June 2000. The WHO international goal for USI is >90% of households using adequately iodised salt (defined as 15 mg/kg). This survey was conducted to assess the iodized salt coverage in Sabah state after 15 years of USI. **Design:** A Sabah state-wide school-based survey was conducted from March 2015 until May 2015 involving 1097 school children aged 8-10 years. All selected school children were asked to bring about 100g of salt consumed by their family in a plastic bag. The salt were then tested qualitatively on the spot with a Rapid Test Kit (RTK) and about 10% (n=120) of this samples were then randomly selected. From each school surveyed, one retail shop was visited and salt was purchased. Both salt samples were delivered to Kota Kinabalu Food Laboratory for iodine level determination by iodometric titration method. **Results:** Out of 1030 salt samples (93.9%) examined by Rapid test Kits, 87.8% (n=904) were found to contain iodine. The median salt iodine concentration in the salt samples was 23.8 mg/kg (IQR= 14.0-27.0). The percentage of households covered by adequately iodised salt (≥ 15 mg/kg) was 72.5%. Of the 43 retail salt samples examined, 77.8% (n=35) were adequately iodised (≥ 15 mg/kg), and 4.6% (n=2) showed 0 mg/kg. **Conclusions:** Approximately 73% of the children consumed salt with an iodine content of ≥ 15 mg/kg, which is lower than 90% according to WHO criteria. In addition, the iodine content in 22% of salt from retail shops still having inadequately iodized. There is a need to further strengthen the existing monitoring system to ensure compliance of all salt with the standards and specification in order to achieve the elimination of IDD in Sabah.

KEY WORDS:

Iodized salt, School children, Universal Salt Iodisation, Sabah