

Efficacy of 3-month weight loss intervention program using 10 kg in 10 weeks module adapted from Malaysia Ministry of Health (MOH)

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ABSTRACT

Obesity and overweight have significant negative implications for health, social care and the economy. Recently, Malaysia has been rated as the highest among Asian countries for obesity. This 3-month weight loss program was conducted among 13 overweight and obese health workers from the Kuala Langat District Health Office. A 10 kg in 10 weeks module that adapted from MOH guidelines has been used for the implementation of the program. Diet counselling (given by nutritionist) and outdoor activities also includes as a part of the approach. Variables assessed were weight, height, Body Mass Index (BMI), Waist Circumference (WC), and Body Fat Percentage (BFP) and was compared before and after the program. TANITA body composition analyser (TBF-306, Japan) was used to determine BFP of the participants. The mean age of the participants was 33.5±6.6 years. Mean weight, BMI, WC and BFP for pre-intervention were 81.2±10.0 kg, 33.6±3.3 kg/m², 96.8±9.5 cm, and 47.5±5.7 % while for post-intervention were 79.6±10.6 kg, 32.6±4 kg/m², 93.2±8.5 cm and 44.5±10.2 % respectively. There was a significant difference between mean for BMI and WC for pre-intervention and post-intervention (p<0.05). This intervention program showed slightly reduced BMI and WC of the participants. Nutritionists and health care professionals should capitalize on this concern in future participants by creating awareness on the important of having ideal body weight and giving beneficial information as guidance for proper weight loss techniques. This program is recommended to be implemented in Ministry of Health and other setting.

KEY WORDS:

Intervention, weight loss, Body Mass Index (BMI), Waist Circumference (WC), Body Fat Percentage (BFP)

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Elimination of measles in Malaysia by 2018: how close are we?

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ABSTRACT

Measles Elimination Programme (MEP) in Malaysia was started in 2004 and targeted elimination by 2010. However, this target has not achieved and revised target was set as 2018. Study was carried out to determine the progress made towards the elimination of measles and factors affecting it. By multistage stratification, we identified four to eight facilities from two districts (urban and rural) respectively, from each of seven states in all regions of country. Secondary data from 2006-2016 measles surveillance system were analysed from web based reporting system (e-notification and e-measles). Outbreak reports, vaccine coverage at States, Districts and Health Centers were reviewed and personnel involved in measles surveillance and vaccination programme were interviewed. MEP Surveillance indicators for year 2016 were assessed. Incidence of measles in 2016 was 3 per million populations (target 1/1million) with cyclical peak reported every 3-4 years. No gender differences among the cases. Measles were high in 15 years (76%) and among them 29% were children below one year. Fifty percent of the measles cases were not vaccinated. Main reason for non-vaccination being vaccine refusal and on alternative medicine (47%). MCV1 coverage for state and district level was above 95% but some health centres revealed lower coverage (75%-90%). MEP surveillance targets were achieved except for only 72% (target >80%) laboratory results were available within four days of specimen received. This delayed measles control activities. Measles is still endemic in Malaysia and the incidence showed 3-4 years of cyclical peak. Low vaccine coverage at health centre level and delayed lab result hinder measles elimination. National measles supplementary immunization activity targeting children 1-15 years is recommended focusing on low coverage areas. In addition, a follow up campaign every three years, strengthening health education on acceptance of vaccination and improving turn over time of laboratory will ensure measles elimination in Malaysia is achieved by 2022.

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