

Public Health **NEWSLETTER**

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PHM UPDATES
RECAP OF ACTIVITIES

LIFE
HASA'S HEALTHY
LIFESTYLE CAMPAIGN

WHAT'S NEXT?
FUTURE PROJECTS





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WHAT'S NEXT?

Let's take a small peek at some exciting projects currently in the pipeline.

PHM updates



Selangor State Health Department visit

The Selangor State Health Department visited HASA on the 11th of January 2024 to assess the hospital's program on surveillance, confirmation, and management of infectious diseases; as well as the surveillance programs for elimination of measles and the eradication of Polio and Acute Flaccid Paralysis. Additionally, they also assessed the handling of infectious disease samples in the hospital laboratories. The visit concluded successfully with some minor suggestions from the State Health Department to help further improve existing programs.



Respirator fit testing & checking

To ensure effective protection for healthcare workers from aerosolized infectious particles, it is vital that N95 and respirators are fit-tested and fit-checked regularly. As such, OSH Unit has taken the initiative to conduct these fit sessions as part of its respiratory protection program for high risk staff.



MaSiH - the second series

The second installment of MaSiH was held successfully on the 19th of January 2024 at Nurul Iman Mosque in Kampung Ijok. As with previous MaSiH series, participants were given free health screening, health consultations, and health education materials as part of an effort to increase the health literacy of the population.



MaSiH - the third series

Picking up the pace on the Department of Public Health Medicine's unwavering commitment towards increasing health literacy among the population, and with the support of other departments including nursing, pharmacy, infostructure and primary care medicine, the second series of Masyarakat Sihat HASA (MaSiH) was successfully held at Masjid Al-Awwabin, Bestari Jaya on the 23rd of February 2024.



Hiking trip to Tasik Bukit Cermin

In collaboration with HASA's Recreation and Sports Club, the Department of Public Health Medicine organised a hiking trip to Tasik Bukit Cermin on the 24th of February 2024. This activity was planned as part of a team building exercise for the members of the Occupational Health, Safety and Environment Committee (JKKPP), as well as other interested staff. The activity was a big success and similar activities are being planned for the near future.



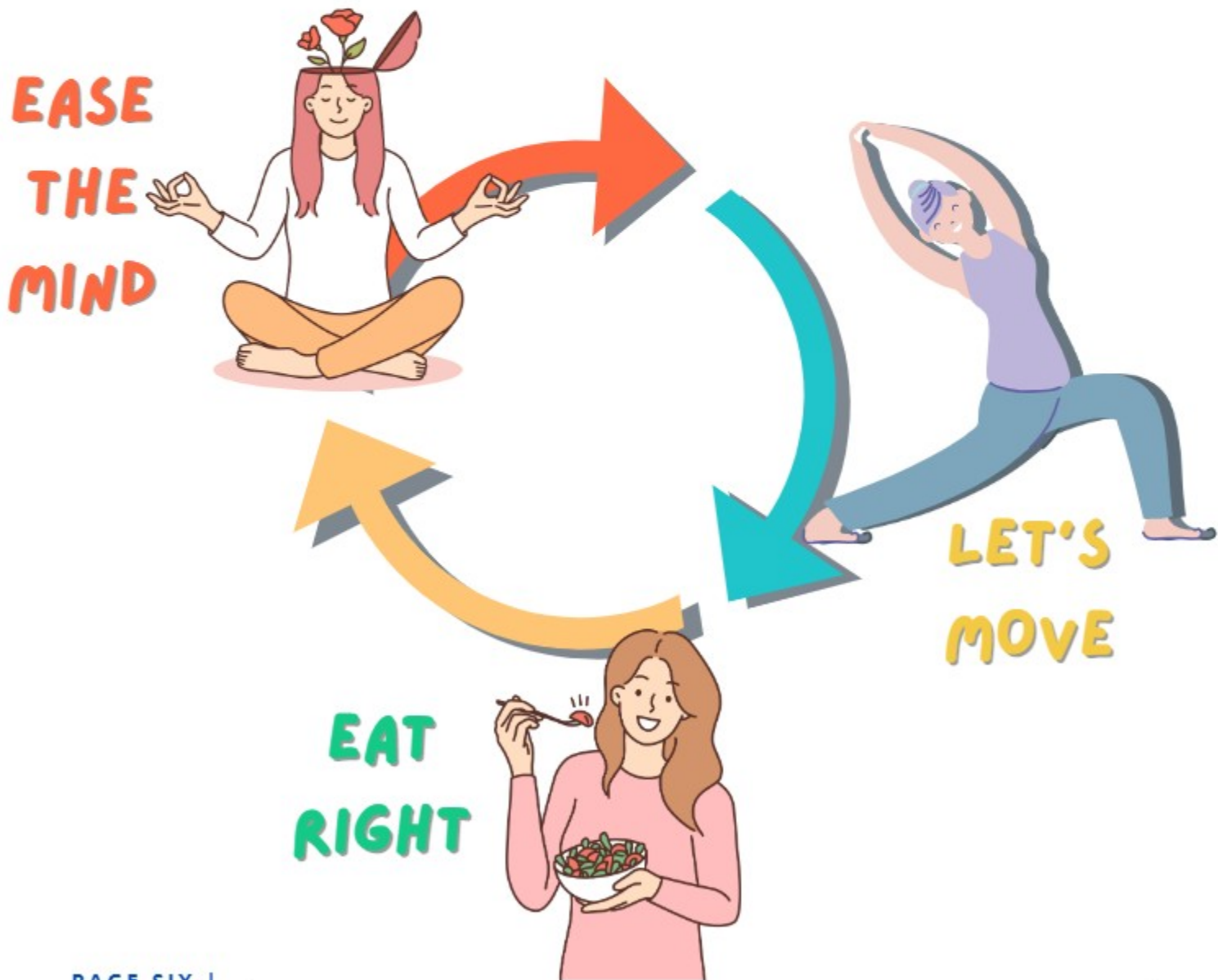
E-notification workshop

All health practitioners are required by law to notify certain diseases. This information is vital for facilitating early detection of outbreaks and monitoring changing levels of diseases, paving the way for developing proper preventive and control strategies as well as determining appropriate public health interventions. To ensure notification is done correctly, a training-of-trainer (ToT) e-notification workshop was organised on the 21st of March 2024, with attendance from representatives of clinical departments in HASA.

Healthy Lifestyle

The **LIFE** Campaign

LIFE is a campaign by the Department of Public Health Medicine which aims at encouraging and empowering the hospital staff to adopt a healthier lifestyle with the greater objective of creating a healthier, happier and more productive workforce. The Campaign will focus on three main components of healthy living as depicted below:





Let's Move

Let's Move, a part of the bigger umbrella of the LIFE campaign, encourages an increase in physical activities among the staff of Hospital Al-Sultan Abdullah UiTM.

WHAT'S PHYSICAL ACTIVITY?

According to the World Health Organisation (WHO), physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure. It refers to all movements including during leisure time, or as part of a person's work.

TAKE 5 & JUST STRETCH

Numerous studies have shown a high prevalence of work-related musculoskeletal disorders (WRMSD) in healthcare workers, particularly lower back pain. This includes 73.1%–76.5% prevalence of WRMSD in nurses, 65.0% in ambulance drivers, and 19.8% in intern doctors¹. Along with ergonomic adjustments, stretching exercises are an effective and accessible strategy for treating pain and preventing dysfunction in work-related musculoskeletal disorders.



10,000 STEPS IN THE RIGHT DIRECTION



Study suggest that up to 10 000 steps per day may be associated with a lower risk of mortality, cancer and incidence of cardiovascular diseases².

So what are you waiting for, put on those walking shoes and grab your step counters - it's time to walk!

1. Krishnan KS, Raju G, Shawkataly O. Prevalence of Work-Related Musculoskeletal Disorders: Psychological and Physical Risk Factors. *Int J Environ Res Public Health*. 2021 Sep 4;18(17):9361. doi: 10.3390/ijerph18179361. PMID: 34501950; PMCID: PMC8430476.
2. Del Pozo Cruz B, Ahmadi MN, Lee I, Stamatakis E. Prospective Associations of Daily Step Counts and Intensity With Cancer and Cardiovascular Disease Incidence and Mortality and All-Cause Mortality. *JAMA Intern Med*. 2022;182(11):1139–1148. doi:10.1001/jamainternmed.2022.4000



Ease the mind:

Mental health at the workplace

Why is Mental Health at Work Important?

A person spends an average of 8-9 hours a day working. It is only natural then that work can significantly affect a person's mental health. An extensive study into happiness and productivity by Oxford University's Saïd Business School, in collaboration with British multinational telecoms firm BT, has found that workers are 13% more productive when happy.

Potential Risks to Mental Health at Work¹





Eat Right:

The National Health and Morbidity Survey (NHMS) 2019 revealed that **1 in 2 adults** are either **overweight or obese**. This report also found that traditional diet has been replaced by diet which are higher in fats, salt and sugar, with an increase in sugar-sweetened beverages consumption and lower intake of vegetables and fruits.

Apart from sedentary or inactive lifestyles, unhealthy dietary practices have contributed to chronic diet-related diseases in the country. It is therefore high time we act proactively to start healthier eating practices.

KEY MESSAGES OF THE MALAYSIAN DIETARY GUIDELINES 2020

Key Message 1	Eat a variety of foods within the recommended servings	Key Message 8	Consume adequate amounts of milk and milk products.
Key Message 2	Achieve and maintain a healthy body weight	Key Message 9	Reduce intake of foods high in fat and limit saturated fat intake
Key Message 3	Be physically active every day	Key Message 10	Choose and prepare foods with less salt, sauces and flavour enhancers.
Key Message 4	Cook nutritious foods at home more often & choose healthier options when eating out.	Key Message 11	Limit sugar intake in foods and beverages.
Key Message 5	Eat plenty of vegetables and fruits every day.	Key Message 12	Drink plenty of water daily.
Key Message 6	Eat adequate amount of rice, other cereals, whole grain cereal-based products and tubers.	Key Message 13	Consume safe and clean foods and beverages.
Key Message 7	Consume moderate amount of fish, meat, poultry, egg, legumes & nuts.	Key Message 14	Make effective use of nutrition information on food labels.

What's Next in the Calendar?

28th April 2024

World Day for Safety and Health at Work 2024

Every 28th of April, the International Labour Organization commemorates the World Day for Safety and Health at Work, focusing on a timely theme related to occupational safety and health.

This year, the Department of Public Health Medicine, through the Occupational Safety and Health Unit, will be organising the celebrations at the hospital level on 7th May 2024 with the theme of:

Workplace Violence Among Workers.



May - July 2024

FitDiet 1.0

FitDiet 1.0 is a 10-week pilot program for weight and inch loss organised by the Department of Dietetics and Food Services, with the collaborative efforts from the physiotherapy team and the Department of Public Health Medicine. It is part of the greater LIFE Campaign and focuses on healthy lifestyle through better eating and increasing physical activity.

Interested and committed HASA staff can join the program and get a chance to win prizes, with the ultimate prize of becoming a leaner, fitter, and healthier person!



29th June 2024

MaSiH x WISE

The composition of Malaysia's population aged 65 years and over (*Warga Emas*) increased from 7.2% in 2022 to 7.4% in 2023¹, indicating that Malaysia is experiencing population ageing.

MaSiH x WISE (*Warga Berilmu dan Sihat di Usia Emas*) is a community outreach program that specifically targets the *Warga Emas* population in Kuala Selangor to provide them with primary medical health assessments as well as to promote healthy aging.



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