

AKHBAR : BERITA HARIAN
MUKA SURAT : 18
RUANGAN : NASIONAL

Penggunaan rokok elektronik melonjak 600 peratus

Putrajaya: Terdapat peningkatan ketara, iaitu sebanyak 600 peratus terhadap penggunaan rokok elektronik di negara ini dengan 5.8 peratus pengguna dikenal pasti pada 2023 berbanding 0.8 peratus pada 2011.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata data itu didedahkan dalam Global Adult Tobacco Survey (GATS), iaitu tinjauan isi rumah peringkat kebangsaan yang juga dilakukan di lebih 30 negara berpendapatan rendah dan sederhana yang dibebani penggunaan tinggi tembakau.

Perbandingan data itu dibuat antara 2011 dan 2023 dengan selang masa 12 tahun.

"Selain itu, seramai 4.8 juta orang atau 19 peratus penduduk dewasa negara ini adalah perokok tembakau dengan 3.7 juta atau 14.6 peratus golongan dewasa itu merokok setiap hari.

"Bagi pengguna dwiguna, iaitu tembakau dan rokok elektronik didapati sebanyak 3.9 peratus golongan dewasa negara ini menggunakannya dengan ia menunjukkan peningkatan 400 peratus berbanding tempoh sama, pengguna dwiguna hanya 0.8 peratus," katanya.

Beliau berkata demikian ketika mendedahkan penemuan utama Hasil Penyelidikan Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) serta GATS di Kementerian Kesihatan (KKM) semalam.

Yang hadir sama Ketua Pengarah Kesihatan, Datuk Dr Muhammad Radzi Abu Hassan.

Dr Dzulkefly berkata, penggunaan rokok elektronik itu juga menunjukkan lonjakan membimbangkan dengan pertambahan bilangan perokok itu daripada kalangan usia lebih ramai, iaitu 8.6 peratus prevalens bagi usia 15 hingga 24 tahun.

"Bagi usia 25 hingga 44 tahun pula sebanyak 7.1 peratus bilangan pengguna rokok elektronik diikuti usia 45 hingga 64 tahun (2.8 peratus) dan usia 65 tahun ke atas sebanyak 0.7 peratus.

"Faktor yang menyumbang kepada mereka terjebak dengan rokok elektronik ialah peranti itu tersedia dalam perisa digemari, persepsi rokok elektronik kurang memudaratkan berbanding tembakau dan ia mudah didapati," katanya.

Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2023

Sejuta penduduk Malaysia alami kemurungan

Seramai 3.6 juta pula hidap penyakit tidak berjangkit

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Putrajaya: Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2023 mendedahkan sejuta atau bersamaan 4.6 peratus penduduk Malaysia berusia lebih 15 tahun mengalami kemurungan.

Menerusi penemuan utama daripada tinjauan dilakukan, jumlah itu menunjukkan peningkatan dua kali ganda berbanding 2019 dengan masalah terbabit lebih tinggi dalam kalangan mereka yang berusia 16 hingga 29 tahun.

Tinjauan juga menunjukkan hampir separuh daripada jumlah itu berfikir untuk mencederakan diri sendiri atau membunuh diri.

Masalah kesihatan mental dalam kalangan kanak-kanak pula menyaksikan peningkatan daripada 7.9 peratus pada 2019 kepada 16.5 peratus pada 2023 dengan satu daripada enam kanak-kanak mengalami masalah berkenaan.

NHMS 2023 turut mendedahkan 46 peratus kanak-kanak terbabit mengalami masalah dengan rakan sebaya, masalah tingkah laku (25 peratus), masalah



Dr Dzulkefly melawat pameran selepas melancarkan NHMS 2023, di Putrajaya, semalam.

(Foto Mohd Fadli Hamzah/BH)

emosi (17 peratus) dan hiperaktif (8 peratus).

Mengenai penyakit tidak berjangkit (NCD), NHMS 2023 menunjukkan hampir 3.6 juta penduduk negara ini atau bersamaan 15.6 peratus menghidap kencing manis, tekanan darah tinggi (6.7 juta) dan kolesterol tinggi (7.5 juta).

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata tinjauan mendapati sebahagian besar daripada mereka yang menghidap penyakit kencing manis, tekanan darah tinggi dan kolesterol tinggi yang tidak didiagnosis tergolong dalam golongan berusia lebih muda.

"Penemuan itu amat membimbangkan kerana penyakit tidak

berjangkit yang tidak didiagnosis boleh menyebabkan komplikasi kesihatan yang lebih cepat kepada golongan berkenaan," katanya pada majlis pelancaran NHMS 2023, di sini, semalam.

Trend obesiti berterusan

Selain itu, lebih 500,000 dewasa atau merangkumi 2.5 peratus dewasa di Malaysia menghidap empat penyakit tidak berjangkit iaitu kencing manis, tekanan darah tinggi, kolesterol tinggi dan obesiti.

Malah, ada peningkatan berterusan dalam trend berat badan berlebihan dan obesiti dalam kalangan dewasa, melonjak hampir 10 peratus dalam tempoh satu de-

kad, daripada 44.5 peratus pada 2011 kepada 54.4 peratus pada 2023.

Mengenai penggunaan jagaan pesakit luar, dapatan tinjauan NHMS 2023 menunjukkan trend peningkatan daripada 8.1 peratus pada 2019 kepada 12.5 peratus pada tahun lalu.

Bagaimanapun, trend penggunaan perkhidmatan jagaan pesakit luar di fasiliti kerajaan merekodkan penurunan daripada 64.2 peratus pada 2019 kepada 48.9 peratus pada 2023.

Ini menunjukkan peningkatan dalam penggunaan perkhidmatan jagaan pesakit luar swasta dalam kalangan penduduk Malaysia berbanding empat tahun lalu.

AKHBAR : KOSMO
MUKA SURAT : 4
RUANGAN : NEGARA

Tempatkan segera doktor pelatih

SHAH ALAM – Isu kekurangan doktor yang didakwa berlaku di sebuah hospital di Kulim, Kedah baru-baru ini sehingga tular di media sosial mendapat perhatian segera Menteri Kesihatan, Datuk Seri Dr. Dzulkefly Ahmad yang mahu supaya doktor pelatih segera ditempatkan di premis kesihatan yang memerlukan.

Menurut Dr. Dzulkefly, dia juga sudah mengarahkan Ketua Pengarah Kesihatan, Datuk Dr. Muhammad Radzi Abu Hassan supaya doktor pelatih segera dihantar kembali ke hospital-hospital daerah yang memerlukan susulan isu kekurangan doktor yang berlaku.

"Saya amat sedar dan insaf dengan keluhan para petugas saban hari dan minggu. Namun ditegaskan, saya telah mengarahkan Datuk Ketua Pengarah Kesihatan supaya segera menempatkan kembali doktor pelatih ke hospital-hospital daerah yang memerlukan.

"Langkah-langkah tambah baik jangka sederhana dan panjang juga sedang dilaksanakan," katanya dalam satu hantaran di platform X semalam.

Beliau sebelum itu mengulas mengenai isu sebuah hos-



DZULKEFLY

pital di utara tanah air yang mendakwa mengalami masalah kekurangan doktor sehingga pesakit terpaksa menunggu sehingga lima jam untuk mendapatkan rawatan.

Menurut sebuah notis tular di aplikasi X, doktor di hospital berkenaan juga mendakwa terpaksa bekerja lebih masa sehingga jatuh sakit.

"Harap maaf, kami mengalami masalah kekurangan doktor. Masa menunggu mungkin sampai lima jam. Doktor kami bekerja sampai hendak pengsan dan ada yang sakit pun masih bekerja.

"Malah, ada yang sudah letak jawatan dan bekerja di (hospital) swasta," tulis notis tersebut.



NOTIS di sebuah hospital mengenai kekurangan doktor yang tular di media sosial sejak kelmarin.

AKHBAR : KOSMO
MUKA SURAT : 13
RUANGAN : NEGARA

Lima lagi kes strok haba di Terengganu

KUALA TERENGGANU – Sebanyak lima lagi kes strok haba dan kelesuan haba disebabkan cuaca panas direkodkan di Terengganu dalam tempoh dua minggu lalu.

Pengarah Kesihatan Terengganu, Datuk Dr. Kasemani Embong berkata, penambahan kes itu menjadikan keseluruhan 10 kes strok haba dan kelesuan haba berlaku di negeri ini sejak bulan April lalu.

"Kes terakhir berlaku pada 8 Mei lalu dan mangsa telah menerima rawatan di klinik kesihatan.

"Lima kes strok haba dan kelesuan haba terbaharu ini kebanyakannya melibatkan buruh binaan dan pekerja ladang yang banyak terdedah dengan cuaca panas," katanya kepada *Kosmo!* di sini semalam.

Kasemani berkata, kesemua mereka telah sembuh dan dibenarkan pulang ke rumah masing-masing setelah sebahagian mereka mendapatkan rawatan di hospital antara satu dan dua hari.

Dalam perkembangan sama, beliau menasihatkan orang

ramai yang mengalami gejala pening, loya dan muntah agar mendapatkan rawatan dengan segera bagi mengelakkan implikasi kesihatan yang lebih teruk.

"Jika dibiarkan tanpa sebarang rawatan, pesakit berisiko kehilangan air badan yang banyak, sekali gus menyebabkan kekejangan otot, kelesuan haba dan strok haba apabila suhu badan meningkat melebihi 40 darjah Celsius.

"Ini sangat berbahaya terutama kepada warga emas, pesakit kronik dan kanak-kanak kerana strok haba boleh membawa kepada komplikasi kematian," katanya.

Sehubungan itu, Kasemani menasihatkan orang ramai agar menghadkan aktiviti luar ketika musim panas.

Sebaliknya beliau berkata, mereka perlu memakai pakai topi atau payung sekiranya keluar rumah.

"Minum air masak secukupnya bagi memastikan cecair dalam tubuh mencukupi serta kurangnya pengambilan minuman berkafein," ujarnya.



ORANG ramai dinasihatkan minum air secukupnya bagi mengelak menjadi mangsa strok haba ketika cuaca panas. – GAMBAR HIASAN

AKHBAR : SINAR HARIAN
MUKA SURAT : 4
RUANGAN : NASIONAL

4 NASIONAL
SINAR HARIAN • JUMAAT 17 MEI 2024

TELUS & TULUS
Sinar TANGKIA
Harian TELUS & TULUS • MATA

Air kotor ancam fungsi organ manusia

Jika terdedah kepada penggunaan air tangki kotor dalam jangka masa panjang

SHAH ALAM

Manusia berisiko berhadapan dengan gangguan fungsi organ tubuh jika terdedah kepada penggunaan air tangki kotor dalam jangka masa panjang.

Pakar Perubatan Kesihatan Awam, Datuk Dr Zainal Ariffin Omar berkata, tangki air tidak diselenggara mengikut tempoh yang ditetapkan menyebabkan kewujudan benda asing seperti karat, kuman, tanah dan organisma lain termasuk cacing.

Menurutnya, ia memberi kesan kepada tubuh badan malah pendedahan terhadap air karat berisiko mengakibatkan penyakit kronik terutama gangguan fungsi darah, buah pinggang dan hati.

"Air tangki yang berkarat akan menyebabkan rasa dan bau air itu kurang enak.

"Jika seseorang menggunakan air karat dalam jangka masa panjang, mungkin berlaku ke-



Mereka yang memiliki tangki simpanan air persendirian dinasihatkan untuk menyelenggara mengikut waktu ditetapkan. - Gambar hiasan



ZAINAL ARIFFIN

lebih zat besi dan mengganggu fungsi organ.

"Apabila berbicara mengenai air tangki kotor, sudah semestinya ia mengandungi kuman. Kewujudan benda asing itu akan menyebabkan pelbagai penyakit bawaan air," katanya kepada *Sinar Harian*.

Menurut Zainal Ariffin, antara penyakit bawaan air ialah taun, leptospirosis, demam kepala, hepatitis A, cirit berit, giardiasis dan botulisme.

Katanya, penyakit bawaan itu mengakibatkan seseorang mengalami gejala sakit perut, cirit berit,

muntah, demam dan sakit otot serta cepat letih.

Dalam pada itu, Zainal Ariffin berkata, tangki air yang kotor disebabkan tanah mungkin mengandungi kuman.

"Jika tangki air itu kotor disebabkan adanya organisma lain seperti cacing, ia akan memicu kepada gangguan saluran usus.

"Oleh itu, saya ingin menasihatkan orang ramai yang memiliki tangki simpanan air persendirian untuk menyelenggara mengikut waktu ditetapkan.

"Lebih baik sekiranya pengguna menggunakan penapis air di dalam rumah agar sumber berkenaan selamat dan bersih untuk digunakan," ujarnya.

LAPORAN MUKA DEPAN

AKHBAR : SINAR HARIAN
MUKA SURAT : 4
RUANGAN : NEGERI

Hospital Seri Iskandar, Parit Buntar beroperasi hujung tahun ini

IPOH - Hospital baharu Seri Iskandar dan Parit Buntar dijangka akan siap dan mula beroperasi pada penghujung tahun ini.

Exco Sumber Manusia, Kesihatan, Hal Ehwal Masyarakat India dan Integrasi Nasional negeri, A Sivanesan berkata, kedua-dua hospital yang dilengkapi dengan 320 katil itu bakal memberi manfaat kepada penduduk di daerah Perak Tengah dan Kerian.

"Penghujung tahun ini dua hospital akan dibuka begitu juga dengan Klinik Kesihatan Pangkor. Ini merupakan perkara utama berkaitan kesihatan di Perak," katanya.

Beliau berkata demikian kepada pemberita selepas menghadiri Sambutan 50 Tahun Pusat Pakar Mata LEC yang dirasmikan oleh Menteri Perumahan dan Kerajaan Tempatan, Nga Kor Ming di

Persiaran Greenhill, di sini pada Khamis.

Berkaitan isu bantahan pertukaran nama Hospital Parit Buntar, Sivanesan berkata, kerajaan negeri bersetuju agar nama hospital berkenaan dikekalkan berbanding ditukar kepada Hospital Bagan Serai.

"Ramai yang tidak bersetuju pertukaran nama tersebut dan perkara ini telah dibawa ke mesyuarat Exco kerajaan negeri."

"Menerusi mesyuarat itu, semua sebulat suara memutuskan nama Hospital Parit Buntar dikekalkan dan saya juga akan menulis surat kepada Menteri Kesihatan berhubung perkara itu," katanya.

Tambah beliau, Perak kini mempunyai 14 hospital, 88 klinik kesihatan, 126 klinik desa dan empat klinik bergerak.



Sivanesan (dua dari kiri) mengiringi Kor Ming (dua dari kanan) menandatangani plak simbolik merasmikan Sambutan 50 Tahun Pusat Pakar Mata LEC di Ipoh.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 1
RUANGAN : MUKA HADAPAN

Kira-kira 1,000 pembedahan jantung dikatakan tergendala

Dewan bedah Hospital Serdang gagal berfungsi?

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PETALING JAYA: Empat dewan bedah di bangunan baharu Pusat Jantung di Hospital Sultan Idris Shah, Serdang didakwa gagal berfungsi kerana masalah teknikal.

Sumber yang rapat dengan

pusat jantung berkenaan mendakwa, kira-kira 1,000 prosedur pembedahan jantung tidak dapat dijalankan susulan masalah tersebut.

Dakwanya, aduan sudah banyak kali dibuat kepada pihak bertanggungjawab, namun masih tiada penyelesaian sehingga kini.

Difahamkan, bangunan ba-

haru pusat jantung itu dibina dengan kos RM546 juta dan lengkap dengan dewan bedah hibrid serta peralatan terkini.

Sumber itu mendakwa, masalah turut berpunca daripada pertukaran pengurusan dewan bedah berkenaan yang sepatutnya berada di bawah tanggungjawab pakar bedah jantung, tetapi diambil alih oleh

pakar bius.

"Jadi, petugas terpaksa guna semula bilik bedah di bangunan lama. Namun, kini paling kritikal apabila semua bilik bedah (bangunan lama) sudah tidak boleh digunakan sebab panas (suhu tinggi)" dakwanya kepada *Utusan Malaysia*, baru-baru ini.

Bersambung di muka 2

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 2
RUANGAN : DALAM NEGERI

Utusan Malaysia
JUMAAT • 17 MEI 2024

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Dewan bedah Hospital Serdang gagal berfungsi?

Dari muka 1

Pembedahan jantung adalah kompleks dan berisiko tinggi dengan suhu bilik pembedahan perlu berada antara 15 hingga 19 darjah Celsius bagi mengelak risiko jangkitan kuman semasa prosedur dilakukan.

Mengulas lanjut, sumber itu mengakui, keadaan yang berlaku amat menyedihkan, namun pihaknya tidak dapat berbuat apa-apa terhadap pesakit (yang menunggu giliran untuk pembedahan).

Jelasnya, sebanyak lapan kes pembedahan sehari boleh dilakukan jika keempat-empat dewan bedah itu boleh berfungsi, berbanding hanya tiga kes (jika hanya sebuah dewan bedah beroperasi).

"Sekarang ini, senarai menunggu lebih kurang 1,000 kes. Jika pesakit didiagnos sakit jantung dan perlukan pembedahan, mereka perlu tunggu enam bulan hingga setahun.

"Apa-apa boleh berlaku dalam tempoh itu. Sedangkan, tempoh maksimum menunggu pembedahan sepatutnya hanya tiga hingga enam bulan," dakwanya.

Dalam perkembangan berkaitan, seorang lagi sumber mendakwa, Unit Rawatan Rapi (ICU) pusat itu juga tidak dibuka sepenuhnya, dan hanya lapan daripada 20 Unit Rawatan Koronari (CCU) beroperasi.

"Sebab kita kekurangan hampir 100 jururawat. Bangunan baharu juga hanya buka 80 peratus untuk wad umum. Hari ini ada hampir 20 pesakit 'terdampar' di Jabatan Kecemasan, tak ada katil di wad.

"Purata tempoh menunggu di Jabatan Kecemasan sekitar enam jam hingga tiga hari nak dapat katil. Terutamanya kes tenat, sebab tidak ada katil ICU atau CCU," dakwanya.

Sementara itu, jurucakap Hospital Sultan Idris Shah ketika dihubungi, meminta pertanyaan berkaitan masalah

pusat jantung bertaraf dunia itu kepada Jabatan Kesihatan Negeri Selangor (JKNS).

"Hanya Pengarah Kesihatan Negeri yang akan menjawab pertanyaan tersebut," jelasnya. Sehingga berita ini ditulis, JKNS belum memberikan sebarang respon terhadap e-mel yang dihantar.

Dalam pada itu, seorang pesakit jantung mendakwa, pembedahannya yang dijadualkan 6 April lalu, telah ditangguhkan berulang kali disebabkan ketiadaan dewan bedah dan dewan bedah tidak berfungsi.

Malah dakwanya, seorang pesakit di wad sama yang menunggu giliran, meninggal dunia akibat serangan jantung, sebelum sempat pembedahan dilakukan.

"Saya menggesa Hospital Sultan Idris Shah mengambil tindakan segera dan memberi sokongan kepada pesakit yang menunggu pembedahan," katanya.



HOSPITAL Sultan Idris Shah, Serdang dikatakan mempunyai pusat jantung bertaraf dunia, namun dakwaan dewan bedah tidak berfungsi bakal menjejaskan peranan hospital itu. - GAMBAR HIASAN

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 13
RUANGAN : DALAM NEGERI

Dalam Negeri

Akta kawalan produk rokok dikuat kuasa sepenuhnya Jun ini

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PUTRAJAYA: Kementerian Kesihatan (KKM) akan menguatkuasakan Akta Kawalan Produk Merokok Demi Kesihatan Awam 2024 (Akta 852) sepenuhnya mulai bulan depan.

Menteri Kesihatan, Datuk Seri Dr. Dzulkefly Ahmad, Akta 852 yang diwartakan pada Februari lalu adalah antara usaha kerajaan mengekang penggunaan produk tembakau serta mengurangkan kemudatan akibat merokok dan produk tembakau termasuk rokok elektronik dan vape.

"Kita harapkan dengan perintah dan peraturan ini kita akan dapat menangani peningkatan rokok elektronik atau vape dalam kalangan orang muda," katanya selepas melancarkan Hasil Penyelidikan Tinjauan Ke-

bangsaan Kesihatan dan Morbiditi (NHMS) 2023: Penyakit Tidak Berjangkit (NCD) dan Permintaan Jagaan Kesihatan serta Global Adult Tobacco Survey (GATS) Malaysia 2023.

Dr. Dzulkefly berkata, kajian GATS 2023 menunjukkan peningkatan peratus pengguna rokok elektronik atau vape yang amat ketara terutama dalam kalangan orang dewasa yang berusia kurang 50 tahun.

Menurut kajian itu, penggunaan rokok elektronik di Malaysia meningkat sehingga 600 peratus dengan 5.8 peratus pengguna pada tahun lalu berbanding hanya 0.8 peratus pada tahun 2011.

Pengguna rokok elektronik berumur 15 hingga 24 tahun menunjukkan peningkatan drastik daripada 1.1 peratus pada tahun 2011 kepada 8.6 peratus pada tahun lalu.

Selain itu, dwipengguna (tembakau dan rokok elektronik) turut meningkat daripada 0.8 peratus pada 2011 kepada 3.9 peratus pada 2023 iaitu peningkatan hampir 400 peratus.

"Tiga alasan utama penggunaan rokok elektronik kerana ia tersedia dalam perisa yang digemari, persepsi bahawa kurang memudaratkan berbanding menghisap rokok dan mudah dinikmati," menurut kajian itu.

Dapatan GATS 2023 menunjukkan seramai 4.8 juta atau 19 peratus orang dewasa di negara ini adalah perokok tembakau dengan 3.7 juta orang merokok setiap hari.

Jumlah wang yang dibelanjakan secara purata sebulan untuk produk merokok adalah RM178.

Seramai 4,269 responden termasuk di luar bandar mengambil bahagian dalam tinjauan itu.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 1
RUANGAN : MUKA HADAPAN



AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 2
RUANGAN : NEWS / NATION

FRIDAY, MAY 17, 2024 • NewStraitsTimes

NEWS / Nation

NON-COMMUNICABLE DISEASES

HEALTH MINISTRY TO
LAUNCH 'WAR ON SUGAR'

Grading system for
sugar content in
drinks will be
introduced, says
Dr Dzulkefly

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HEALTH Minister Datuk Seri Dr Dzulkefly Ahmad will soon launch a "war on sugar" in an effort to stem the rise of non-communicable diseases among Malaysians.

The effort, he said, will be done through the grading of beverages according to their sugar content, among others.

"Soon, the Health Ministry will introduce a grading system for sweetened drinks based on the amount of sugar the drinks contain.

"This is similar to (what has been done by) our neighbour across the Causeway, where the level of sugar in drinks is graded A, B, C or D."

Dr Dzulkefly, however, did not specify a timeline for the implementation.

In Singapore, the mandatory nutrition label, called "Nutri-Grade", rates beverages according to their sugar content.

Grade A corresponds to the lowest sugar and saturated fat thresholds, while Grade D contains the highest thresholds.

Malaysia, on July 1, 2019, imposed a 40 sen excise duty per litre on sweetened beverages containing more than 5g of sugar or sugar-based sweetener per 100ml.

Dr Dzulkefly said these measures were necessary, despite reports showing that there had been a decrease in non-communicable diseases, such as diabetes, hypertension and high cholesterol, among Malaysians since 2019.

Based on the 2023 National Health and Morbidity Survey (NHMS) report, the prevalence of diabetes had dropped by 2.7 per cent between 2019 and 2023, while hypertension dropped by 0.8 per cent and high cholesterol



The health minister says the war on sugar is related to reducing the incidence of diabetes and other non-communicable diseases. PIC BY EFFENDY RASHID

decreased by 4.8 per cent in the same time period.

Dr Dzulkefly, however, said data from NHMS 2023 showed that one in two Malaysians were obese and overweight.

The survey had found that 54.4 per cent of Malaysian adults were overweight and obese.

This represents a 10 per cent increase from the 44.5 per cent figure reported in the 2011 NHMS.

"People who are overweight and obese are at risk of Type Two diabetes. They also are at higher risk of having cancer and fatty liver diseases.

"Therefore, the war on sugar is related to reducing the incidence of diabetes and other non-communicable diseases," said Dr Dzulkefly.

The survey highlighted the persistent rise in overweight and obesity cases in the country.

Making matters worse, the NHMS 2023 found that only 4.9 per cent of adults consumed the recommended daily servings of fruit and vegetables, while 29.9 per cent of adults were physically inactive.

The annual NHMS provides insight into the prevalence of diseases and related risk factors among Malaysians.

The 2023 survey, the report of which was unveiled by Dr Dzulkefly yesterday, involved 13,616 Malaysians across all age groups.

He also launched the Global Adult Tobacco Survey Malaysia report.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 3
RUANGAN : NEWS / NATION

NATIONAL SURVEYS

54.4pc OVERWEIGHT, OBESE

29.9pc of adults physically inactive, 41pc of smokers don't plan to quit, say reports

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THE 2023 National Health and Morbidity Survey (NHMS) and the Global Adult Tobacco Survey (GATS) Malaysia have painted a grim picture for the country.

The reports, launched by Health Minister Datuk Seri Dr Dzulkefly Ahmad yesterday, showed increases in non-communicable diseases (NCDs) and the use of tobacco in Malaysia.

Some 54.4 per cent of Malaysian adults are overweight and obese, the 2023 NHMS found, a 10 per cent increase from the 44.5 per cent figure reported in the 2011 survey.

Making matters worse, the NHMS found that only 4.9 per cent of adults consumed the recommended daily servings of fruit and vegetables, and 29.9 per cent of adults were physically inactive.

The annual NHMS provides insight into the prevalence of diseases and related risk factors among Malaysians.

This year's survey involved 13,616 Malaysians across all age groups.

The survey also showed that



Health Minister Datuk Seri Dr Dzulkefly Ahmad (centre) showing the 2023 National Health and Morbidity Survey and Global Adult Tobacco Survey Malaysia reports in Putrajaya yesterday. With him are Health director-general Datuk Dr Muhammad Radzi Abu Hassan (right) and World Health Organisation representative to Malaysia, Brunei and Singapore Dr Rabindra Abeyasinghe. BERNAMA PIC

more than half a million Malaysian adults, or 2.5 per cent of the population, suffered from all four key NCDs.

Besides obesity, the others are diabetes, hypertension and high cholesterol.

Having all four key NCDs places people at an even higher risk of stroke or heart disease.

Meanwhile, more than two million Malaysians have three of the key NCDs, making them also at risk of stroke and heart disease.

The survey also found that almost 7.5 million adults, or 33.3 per cent of the population, have high cholesterol, 3.6 million (15.6 per cent) have diabetes and 6.7 million (29.2 per cent) suffer from hypertension.

Its findings also revealed a high proportion of undiagnosed diabetes, hypertension and

high cholesterol among younger people.

This, said the Health Ministry, was alarming as undiagnosed NCDs among the younger age groups will cause health complications at an earlier age.

The 2023 NHMS also found that 45.1 per cent of alcohol drinkers in Malaysia engage in binge drinking.

This, it said, marked a troubling trend in the drinking pattern among Malaysians who consume alcohol.

"Harmful alcohol use refers to drinking that causes detrimental health and social consequences for the drinker," the report said.

"Binge drinking, which is a form of harmful drinking, is defined as those who consume six or more standard alcoholic drinks in one sitting."

The 2023 NHMS said among those who drank alcohol in the past 12 months, half drank excessively.

From this, 75 per cent were men. A total of 55 per cent were between the ages of 20 and 39, and 27 per cent do so at least once a week.

However, the survey also recorded a decrease in the prevalence of current alcohol drinkers to 10.4 per cent, compared with 11.8 per cent in 2019.

Meanwhile, the 2023 GATS Malaysia found that some 41 per cent of adult smokers in Malaysia had no plans to quit the habit, while only nine per cent planned to quit within the next month.

Another 13 per cent said they were thinking about quitting smoking within the next 12 months and another 37 per cent said they planned to stop some day.

The survey found that around 4.8 million or 19 per cent of adults in Malaysia smoke, with 3.7 million, or 14.6 per cent, adults smoking daily.

The 2023 GATS Malaysia, a nationally representative survey, involved 5,780 households across all states, with respondents aged 15 years and above, over two months.

Close to 80 per cent of Malaysians were found to have been exposed to tobacco smoke in restaurants, despite a ban on lighting up in eateries.

The survey said among adults in Malaysia who visited public places, 77.6 per cent were exposed to tobacco smoke in restaurants, 29.2 per cent in government buildings, 19 per cent on public

FINDINGS OF NHMS
AND GATS 2023

Over half a million, or 2.5% of adults, in Malaysia have 4 non-communicable diseases (NCDs). 2.3 million adults with 3 NCDs

Malaysians are increasingly overweight and obese, from 44.5% in 2011 to 54.4% in 2023

About 38% of adults in Malaysia are not getting enough sleep

An alarming surge of e-cigarette users from 0.8% in 2011 to 5.8% in 2023

Malaysia has set a target to lower the prevalence of tobacco smoking to 15% or less by 2025, from 23.1% in 2011 and 19% in 2023

transportation and 18.6 per cent in healthcare facilities.

The survey also said 21 per cent, or 1.8 million adults, who worked indoors were exposed to tobacco smoke in their workplace, while 19.4 per cent (4.8 million) of adults in Malaysia were exposed to tobacco smoke at home.

INFOGRAPHIC NST

'Drop in productivity, overburdened health system if issues not addressed'

KUALA LUMPUR: The deteriorating health standards of Malaysians, coupled with the country's ageing nation status, must be addressed comprehensively to stem further problems.

Experts believed that failure to do this would lead not only to productivity issues, but also place a massive burden on the country's healthcare system.

Public health expert Professor Dr Sharifa Ezat Wan Puteh from Universiti Kebangsaan Malaysia said the 2023 National Health and Morbidity Survey's (NHMS) data on the prevalence of non-communicable diseases (NCDs), especially among the younger generation, had raised concerns over future labour productivity.

"When more young people have NCDs, it will lead to a less productive workforce. This will only escalate no thanks to our status as an ageing nation," she said.

Dr Sharifa said addressing this was also crucial to reduce healthcare spending and to not overtax the healthcare system.

She noted that the government had embarked on key measures on healthcare financing reform to develop a more organised system in the long run.

"The Health White Paper will spearhead the reform of a new, more organised financing system."

"This includes a national health insurance system and fee-for-service payments already im-

plemented in several major public hospitals."

Dr Lee Boon Chye, who is former deputy health minister, noted that three NCDs, namely cardiovascular diseases, diabetes and cancer, were substantial financial burdens on the economy.

This, he said, was based on a 2020 World Health Organisation report on NCDs.

"Productivity losses, including absenteeism, presenteeism and premature deaths among the working age population were estimated to cost the economy RM12.88 billion at the high end."

"The burden of disease costs, which reflect the value individuals place on the loss of life or healthy life, were estimated to be even

higher, ranging from RM100.79 billion (low estimate) to RM302.37 billion (high estimate)," he said.

"These findings underscore the dual impact of NCDs on the economy, namely tangible financial losses due to reduced productivity and significant intangible costs associated with diminished quality and length of life."

"The report highlights the pressing need for comprehensive strategies to address the burden of NCDs on individuals, industries and the government."

Dr Lee said the government must double its efforts to raise awareness of the risk of improper mitigation plans to address the NHMS's findings.

He said although some initia-

tives have been in place for more than 10 years, few Malaysians had adopted them.

"(For example), the 'suku-suku-separuh' (quarter plate of proteins and carbohydrates and half a plate of vegetables and fruits) dietary recommendation has been around for more than 10 years."

"However, only five per cent of the population have adopted this approach. This shows that Malaysians' lifestyles have mostly stayed the same, if not worse."

"I know the Health Ministry is doing lots of work at primary and secondary schools, and among the public. But the 2023 data showed that the outcome is far from satisfactory." By Luqman Hakim

AKHBAR : THE STAR
MUKA SURAT : 1
RUANGAN : MUKA HADAPAN

The Star

people's paper

FRIDAY 17 MAY 2024 • PP19652/12/2020 (035234) (No. 23607) RM3.00

WATCH OUT TOMORROW!

More people are buying agricultural land, and not just those interested in farming. We uncover the reasons for this rising interest.



War on sugary drinks

About half the country is either overweight or obese, according to the National Health and Morbidity Survey 2023, which is dragging back Malaysia's war against non-communicable diseases. In a move to check this growing figure, the government plans to introduce a grading system for sweetened beverages and premixed drinks. > **See reports on pages 2 and 3**

AKHBAR : THE STAR
MUKA SURAT : 2
RUANGAN : NATION

2 Nation

THE STAR, FRIDAY 17 MAY 2024

Reports by MARTIN CARVALHO, RAHIMY RAHIM, RAGANANTHINI VETHASALAM and TARRENCE TAN

Bitter price of sweetness

War against sugar soon in bid to curb NCDs among Malaysians

PUTRAJAYA: A war against excessive consumption of sugar will be launched soon aimed at preventing the rise of non-communicable diseases (NCDs) among Malaysians, says Datuk Seri Dr Dzulkefly Ahmad.

The Health Minister said several measures were necessary despite reports showing that there have been a decrease in NCDs such as diabetes, hypertension and cholesterol since 2019.

"We will be introducing a grading system on sweetened beverages and premixed drinks ... based on the sugar the drink contains. This is similar to what is being done across the Causeway, where the level of sugar in drinks is graded A, B or C."

"These are the measures we are taking in the war against sugar which is coming soon," he told a press conference after launching of the National Health and Morbidity Survey (NHMS) 2023 and the Global Adult Tobacco Survey (GATS) Malaysia 2023 here yesterday.

Although the prevalence of diabetes had dropped by 2.7% between 2019 and 2023 while hypertension dropped by 0.8%, cholesterol decreased 4.8% within the same period, Dr Dzulkefly pointed out that the prevalence of Malaysians being overweight and obese was on the rise.

"Based on our study, one out of two Malaysians are either overweight or obese."

"We will be introducing a grading system on sweetened beverages and premixed drinks ... based on the sugar the drink contains."

Datuk Seri Dr Dzulkefly Ahmad



"We are aware that being obese and overweight carry a higher risk with those affected prone to Type 2 Diabetes."

"Also, being obese and overweight carries the higher risk of developing cancer and also fatty liver," he added.

Obesity and being overweight could drag down our success in reducing NCDs in the coming years, he said.

Dr Dzulkefly said the Health Ministry is also currently engaging with stakeholders including industry players on such strategies on the war against sugar.

He said the sugar grading system for sweetened beverages is a continuation of the government's effort to reduce the consumption of excessive sugar by the public.

However, Dr Dzulkefly did not specify a timeline for the implementation of the sugar grading system.

In 2019, the government introduced a tax on sugary drinks, imposing a 40 sen levy per litre for beverages containing more than five grams of sugar per 100ml and fruit juices with 12 grams of sugar per 100ml.

According to the National Health and Morbidity Survey (NHMS) 2023, there has been a surge in the prevalence of overweight and obesity by nearly 10% between 2011 and last year.

Abdominal obesity among adults also saw an increase of almost 10% for the same period, the survey found.

Meanwhile, speaking on the Global Adult Tobacco Survey (GATS) 2023, the Health Minister expressed serious concern on the rise of the prevalence in the use of e-cigarettes or vapes among young adults, especially those below the age of 50 years old.

"It is a serious and worrying

matter and requires a quick and comprehensive solution," he added.

The Health Ministry's effort to gazette the Smoking Products Control Act for Public Health 2024 (Act 852) since Feb 2 this year are in line with the key articles outlined under the World Health Organisation Framework Convention on Tobacco Control (WHO FCTC) in efforts to curb the use of tobacco products and reduce the harm caused by smoking and the use of other tobacco products, including electronic cigarettes or vapes.

"We plan to fully enforce Act 852 along with the regulations and orders under it starting from June this year," he said.

FOR MORE:
See page 4



A million depressed Malaysians

PUTRAJAYA: Some one million individuals aged 15 and older were found to be suffering from depression, according to the National Health and Morbidity Survey 2023: Non-Communicable Diseases and Healthcare Demand (NHMS).

The survey found that the number of people with depression had doubled from 2019 to 2023, and was prevalent among younger age groups, specifically those aged 16 to 29.

"A total of 4.6% (one million) of adults in Malaysia were found to be suffering from depression," it said.

The survey is an annual research activity aimed at gathering information on health and to determine the prevalence of diseases and related risk factors among Malaysians.

The data collection sessions were conducted from July to September last year, across all walks of life in urban and rural areas nationwide.

As for children afflicted by mental health problems, the findings showed that the number had jumped from 7.9% in 2019 to 16.5% in 2023.

"One in six children aged five to 15 in Malaysia have been affected," it added.

A steep bill of health – many cannot afford treatment

PETALING JAYA: Over the past year, 12.9% of Malaysians did not seek medical treatment due to financial factors, according to the National Health and Morbidity Survey (NHMS) 2023.

The NHMS 2023 had polled 9,177 persons with a response rate of 26.5% from July 21 to Oct 13 last year.

"Among the respondents who refrained from seeking treatment from healthcare practitioners for their health problems, despite recognising the need for care,

12.9% reported that it was because treatment was too expensive or unaffordable," said the survey.

The survey also noted that there were many public complaints regarding congestion and long waiting times at public hospitals.

According to the NHMS 2023, there was a decline in government facility utilisation from 64.2% in 2019 to 48.9% last year.

"This suggests a notable increase in the utilisation of pri-

vate outpatient services among Malaysians compared with four years ago," said the report.

At the same time, the NHMS 2023 said there was an increase in outpatient utilisation from 8.1% in 2019 to 12.5% last year.

According to the survey, 61.5% of outpatient visits were paid by the patients or their family members.

Some 18.2% of patients had funded their medical expenses through insurance, said the report, while 11.8% of Malaysians

were exempted from medical fees, such as senior citizens and blood donors, among others.

Meanwhile, the NHMS 2023 also said only one in four, or 8.6 million Malaysians, had sought oral healthcare services.

"On average, there were 33 visits per 100 population to a dentist per year in 2023."

"Compared to other countries, the average visits to a dentist reported in a year range from 47 to 160 visits per 100 population," said the NHMS 2023.

AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : NATION



Tough situation: The NHMS 2023 found that 12.9% of Malaysians did not seek medical treatment due to financial factors over the past year.
— ART CHEN/The Star

NCD tidal wave has hit the nation

PETALING JAYA: Nearly three million Malaysian adults are afflicted with at least three of the four major non-communicable diseases (NCDs): diabetes, hypertension, high cholesterol and obesity.

Malaysians living with these conditions are at major risk of a heart disease or stroke, as stated in the National Health and Morbidity Survey 2023 released yesterday.

The survey found that over half a million of adults in the country were suffering from diabetes, hypertension, high cholesterol and obesity, which are collectively known as the "three plus one" diseases.

Another 2.3 million adults had three NCDs. For instance, about 5% of them had diabetes, hypertension and high cholesterol; while 2.9% had hypertension, high cholesterol and obesity.

Diabetes has been identified as one of the major killer diseases in Malaysia. There has been an upward trend in this disease between 2011 and 2023. Almost 3.6 million or one in six adults (15.6%) are diabetic.

And unfortunately, two in five people did not know they have

the disease. Young adults were affected as well.

"About 84% of adults aged 18-29 years with diabetes did not know that they have diabetes," the report said.

As for diabetic patients, two in five said they had a glucometer at home to check their blood sugar levels. However, 56% admitted that they did not have good blood sugar control.

Also, 6.7 million people or 29.2% of the population had hypertension.

About 17.3% knew they have the condition while 11.9% were unaware of it.

About 91% of the respondents are on blood pressure medication, while 48% have their blood pressure under control.

As for high cholesterol, an estimated 7.5 million adults or 33.3% of the population have the condition.

But one in two people who have the condition were unaware that they have it.

High cholesterol usually shows no symptoms but increases the risk of cardiovascular disease.

Aside from that, three in 10 adults (or 6.7 million people) were living with metabolic dysfunction-

National Health and Morbidity Survey 2023: Non-Communicable Diseases and Healthcare Demand (NHMS)

ONE million aged above 15 found to be depressed.

Number of people with depression has **DOUBLED** from 2019 to 2023.

Depression is higher among those aged **between 16 and 29**.

Mental health problems among children have jumped from **7.9%** in 2019 to **16.5%** in 2023.

One in six children aged between five and 15 have mental health issues.

MENTAL HEALTH / DEPRESSION

NON-COMMUNICABLE DISEASES (NCDs)

Over half a million or 2.5% of adults live with four major NCDs.

Top four NCDs are **diabetes, hypertension, high cholesterol and obesity**.

These conditions put those living with it at major risk of heart disease or stroke.

Almost **2.3 million adults** in the country live with three NCDs.



Almost 3.6 million or one in six adults are diabetic. **84% of adults between aged 18 and 29** do not know if they are diabetic.

TOBACCO USE according to the Global Adult Tobacco Survey 2023.

4.8 million adults in the country smoke tobacco.

Increase of **600%** in the number of cigarette users in the country over the past 12 years.

Prevalence of cigarette or vape use among those in the 15-24 age group increased from **1.1%** in 2011 to **8.6%** in 2023.

3.7 million (14.6%) adults smoke daily.

68.1% of adults had heard of cigarettes.

8.9% (10.5% of men and 0.8% of women) used them.

5.8% of adults currently use cigarette devices.

Exposure to tobacco smoke in homes, workplaces and public transportation significantly declined from 2011 to 2023.

TheStargraphics

associated fatty liver disease, which can lead to serious liver damage.

The survey also found that 1.4 million adults were asthmatic while almost half a million children aged between six and 17 had asthma.

"Three out of 10 asthmatics have not been diagnosed," it said.

Overall, one in seven people rated their health as not being in good condition.

Among them, 30% felt their health issues affected their daily activities.

A majority of those who were

sick sought medical attention (70.8%). 20.7% took medicines without consulting a healthcare practitioner, 15% sought advice from the media, while 11% turned to friends and family for advice.

Insufficient sleep, which refers to sleeping for less than seven hours within 24 hours, has also been linked to conditions such as obesity, cardiovascular disease, diabetes, hypertension, depression and even accidents.

The report found that two in five or 38% of adults were not getting enough sleep.

The hefty burden gets heavier

PUTRAJAYA: There has been a surge in the number of overweight and obese Malaysians in the past decade, according to the National Health and Morbidity Survey (NHMS) 2023.

"A persistent rise in the prevalence of overweight and obesity was observed, which has surged by nearly 10 points over a decade from 44.5% in 2011 to 54.4% in 2023," the report stated.

The report said the trend of overweight and obesity was measured according to the Body Mass Index (BMI) of above or equivalent to 25kg/sq m.

Also noted in the report was that abdominal obesity among adults Malaysians also saw a surge to almost a 10-point rise, from 45.4% in 2011 to 54.5% in 2023.

Abdominal obesity is based on waist circumference for men with above or equivalent to a 90cm waist or 80cm for women.

The NHMS also noted that 95.1% of adult Malaysians do not consume adequate fruits and vegetables.

"On average, adults consume only two servings of fruits or vegetables instead of the recommended five servings (per day)," the report stated.

Based on the report, 13.5% of Malaysians above 60 have adequate fruit intake while it was 13.9% for those between 50 and 59.

The lowest intake was from those age between 18 and 19 (7.1%) followed by the 20-29 age group (9%), 30-39 (11.4%), and 40-49 (12.7%).

The NHMS 2023 also noted that one in five Malaysians do not drink enough plain water every day.

Between six and eight 250ml glasses of water is the proper daily intake.

The NHMS 2023 Report is based on data collection sessions conducted between July and September last year.

A total of 13,616 respondents participated in the survey, representing an overall response rate of 83.2%.

AKHBAR : THE STAR
MUKA SURAT : 4
RUANGAN : NATION

Surge in ecigarette use in Malaysia

PUTRAJAYA: There has been an increase of 600% in the number of ecigarette users in the country over the past 12 years, a study shows.

According to the Global Adult Tobacco Survey 2023, the prevalence of ecigarette use among those aged between 15 and 24 increased from 1.1% in 2011 to 8.6% in 2023.

"There has been a surge in ecigarette use in Malaysia. There were around 5.8% of ecigarette users in 2023, compared to 0.8% in 2011, which is more than a 600% increase," it said. The study also found that overall, 68.1% of adults had heard of ecigarettes, 8.9% (10.5% of men and 6.8% of women) had used ecigarette, and 5.8% of adults currently use ecigarettes.

These were among the key findings of the survey, which was released during the launch of the National Health and Morbidity Survey 2023 and the Global Adult Tobacco Survey Malaysia 2023 yesterday. It also found that smoking cessation and healthcare behaviour among adult smokers at present and those who made attempts to quit over the last 12 months have remained stagnant.

However, the study said exposure to tobacco smoke in homes, workplaces and public transportation significantly declined from 2011 to 2023.

A total of 4.8 million adults in the country smoke tobacco, while a total of 3.7 million (14.6%) adults currently smoke tobacco daily.

The findings of the study enable countries to collect data on tobacco use and key tobacco control measures. A nationwide survey in Malaysia involved respondents aged 15 and above from 5,780 randomly selected households representing urban and rural areas.

AKHBAR : THE SUN
MUKA SURAT : 4
RUANGAN : NATIONAL

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NATIONAL

■ BY JOSHUA PURUSHOTMAN
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KLANG: Speak of government hospitals and one imagines long queues and harassed doctors who are quick to treat and dismiss patients as soon as possible.

But one health clinic that has won the admiration of patients and visitors is the Sungai Bertek Health Clinic in Jalan Tepi Sungai, Klang.

Housewife Rafidah Mohd Hanif, 64, who has diabetes and hypertension said the doctors are always humble and patient.

"They are not proud just because they are doctors. They are humble, patient and treat us with lots of respect. The clinic has 'an epidemic of niceness', she said, adding that the service is also quick as she usually leaves within 90 minutes of her arrival.

Taxi driver Devindran Suppiah, 42, who has had two heart attacks and is seeking treatment at the clinic for diabetes, hypertension and smoking cessation, said his health has improved tremendously under the care of the doctors.

"My only complaint is I see a different doctor at each appointment. This cannot be helped as we are called based on our number. But any doctor I see has my full medical records, so it is not a serious matter. Today, my diabetes and hypertension are under control and I am on the way to quitting cigarettes too. The doctors here go above the call of duty to provide medical attention and they are so humble and kind."

Medical officer Dr Nagaletchumy Thangarasu, who represented the Family Medicine Specialist in charge of the clinic, Dr Rafidah Mahmud, who was away when *theSun* visited, said the clinic was established in 2017.

Apart from treating chronic diseases, services at the clinic include the National Health Screening Initiative, Quit Smoking Clinic, Family Medicine Specialist Services, Dietician Counselling (on scheduled visits) and outpatient treatment. It also manages TB patients.

"Our clinic is classified under Category 7, which means it was built to handle less than 50 patients daily. But today, we have 40 staff, including 12 doctors, six nurses and five

Clinic thriving with 'epidemic of niceness'

➤ Patients gushing with praise for doctors who treat them with humility, kindness and respect

pharmacists, and treat between 380 and 400 patients daily.

"Yes, it can be tough on some days, but the manpower is adequate, so we can handle the workload. We are happy our patients think we are kind and humble. But this is normal because we are here to serve and not lord over them."

Medical officer Dr Nur Izzati Ismail said staff at the clinic are like family.

"The doctors and nurses here have a good rapport and we treat our patients like family. I guess this shows in the way we deal with them."

Medical officer Dr Quay Yen Sue

said doctors at the clinic also have their fair share of difficult patients.

"We remind ourselves that they are sick and may not be in the right frame of mind when they see us. So if patients are rude, we just win them over by speaking kindly. Within minutes, they calm down and leave in a better disposition."

Nagaletchumy said the efficiency of the clinic lies in its appointment system, although it accepts walk-in patients. It also practises "on-time treatment".

"Upon arriving here, patients have their vital signs checked and if the nurse finds a serious

abnormality, the patient jumps the queue and is given immediate attention. As most of our patients are older, they may not be aware of their health condition or take their medicines on time, so all our doctors include counselling as an added element and take a little longer with each patient."

And what do the patients here want for the clinic moving forward, considering it has earned an excellent name for the health ministry?

"I hope the health ministry will construct another building here for our comfort as the waiting area is too cramped.

"Privacy is also an issue as there are three doctors and other patients in one consultation room. This makes it difficult for us to talk about very private matters," said a patient.



Nagaletchumy (third from right) with her team of doctors at the Sungai Bertek Health Clinic in Klang, Selangor.
- AMIRUL SYAFIQ/THE SUN