

Study On Weight Management Program Trim & Fit and Intervention Among Police Officers in Royal Malaysia Police Kuala Lumpur

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ABSTRACT

INTRODUCTION: Prevalence of overweight adults in Kuala Lumpur (NHMS 2015) was 33.7%, and obesity 14.9%. Police officers are one of the major workers in Kuala Lumpur. There is no such weight management program being held to police officer before. This study aims to identify the effect of weight management module to police officers. **METHODS:** 27 police officers with body mass index of 25kg/m² and above were chosen on a voluntary basis. InBody measurement, talks, individual counseling, and outdoor physical activity was done monthly, while gymnasium or cardio exercises were carried out daily for one hour for six months. **RESULTS:** About 26.7% (n=4) of the male participants and 25.0% (n=3) of the female participants managed to reduce their body weight between 1.0 kg to 6.0 kg, while 53.3% (n=8) of male participants and 66.6% (n=8) of female participants managed to lose weight between 6.1 kg to 12.0 kg. Meanwhile, 20.0% (n=3) of male participants and 8.3% (n=1) of female participants lose weight above 12.1 kg. There are 12 participants (44.4%) change their nutritional status from obese to overweight and two participants (7.4%) changed from overweight to normal. There is a positive significant difference before and after program for blood pressure, glucose level, waist circumference, and fat percentage. **DISCUSSION:** Weight Management Program Trim andFit manage to reduce weight, body fat, and improve the nutritional status of the police officer. Thus, Weight Management Program Trim andFit can be applied for police officers respectively, with the aim to expand nationwide.

KEYWORDS: weight management, obesity, overweight

Substance Use Trends Among Adolescent in Malaysia; Findings from the National Health and Morbidity Survey in 2012 and 2017

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ABSTRACT

INTRODUCTION: Concerns exist that substance use can expose adolescents to serious health problems. This study explores the trend of substance use (current cigarette smoker, current alcohol drinker, current drug user) among adolescents in year 2012 and 2017. **METHODS:** Data from the National Health and Morbidity Survey (NHMS) 2012: Malaysia School-based Student Health Survey 2012 and National Health and Morbidity Survey (NHMS) 2017: Adolescent Survey 2017 Malaysia in 2017 were used to compare the prevalence. **RESULTS:** The current cigarette smoker prevalence was 22.4% among male and 5.3% for female in the year 2017; an increase of 1.5% and 3.2% point respectively compared to 2012. Prevalence of current alcohol drinker among male adolescent was 12.8% in the year 2017; an increase of 1.6% compared to the year 2012. While female had current alcohol drinker prevalence of 7.7% in the year 2017; an increase of 1.2% compared to the year 2012. Prevalence of drug use among male was 5.3% (an increase of 3.1% compared to year 2012) and among female was 1.5% in 2017 (an increase of 0.7%). **DISCUSSION:** This study shows that prevalence of substance use has increased among adolescent in the past half-decade. Male adolescent had higher percentage increase in the prevalence of current drinker and current drug use, while female showed higher percentage increase in current cigarette smoker prevalence. Frequent campaigns and educational seminar to promote healthier lifestyle among adolescents is necessary to combat this rising trend of substance abuse among adolescent in Malaysia.

KEYWORDS: Substance use, smoking, alcohol, drug, adolescent, Malaysia