

## The Possible Health Effects to Children Who Eat Colour Flavoured Snacks

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### ABSTRACT

**INTRODUCTION:** Diet and nutrition are the key determinants of human health. Socio-economic factors and income inequalities also have a bearing on health and nutrition as the income of different groups in society influences what they eat. In Botswana, small children consume excessive amounts of snacks with flavour and colour because cheap brands have hit the market. Consumption, mostly driven by flavour and taste, is largely defined by factors such as education level and socio-economic status, negative social and environmental influences. **AIM:** To identify the health effect stemming from enhancers, flavours and the volatile components used. **METHODS:** Identification of the ingredients and their health effect on the body using Gas Chromatography-Mass Spectrometry experiment. Parameters were auto tuned by the Chemstation software. **RESULTS:** The packaging shows ingredients with no nutritional information, expiry date, safety precautions and quantities of ingredients. Most of the ingredients used have listed health effects but not limited to nausea, Obesity, headaches and breathing difficulties. The experiment showed that the snack is made of complex compounds whose molecules are difficult to separate. **CONCLUSION:** This study validates the assertion that colour flavoured snacks are not healthy because the ingredients are synthetic, complex and cannot be completely digested by the body. The study confirms that children of parents with low educational level and socio-economic status, negative social and environment influences are the most affected.

**KEYWORDS:** Socioeconomic status, health effect and additives

## The Predictors for Diagnostic Delay of Dengue in Kuantan

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### ABSTRACT

**INTRODUCTION:** Recent decades showed global incidence of dengue had grown dramatically. Dengue can lead to serious illness with fatality rate in Malaysia range from 0.2 to 0.3% for the past 5-years. Early diagnosis able to improve prognosis, reduce fatality rate and facilitate vector control management. The objective of this study is to determine the predictors of diagnostic delay among dengue cases in Kuantan. **METHODS:** We conducted a cross sectional study using convenient sampling where we included the first hundred notified dengue cases in Kuantan from October until November 2018. Data from the investigation forms of notified dengue cases reviewed and analysed using SPSS. **RESULTS:** From hundred dengue cases notified, only 42% were diagnosed early ( $\leq 3$  days). 30.0% of patients had consulted the healthcare providers late while another 28% consulted early but were diagnosed late. Mean duration of diagnosis from onset was  $3.96 \pm 2.10$  days. Among those presented early, 51.4% were diagnosed at 2nd visit and 14.3% diagnosed after 2nd visit. Among those presented early and fulfilled case definition, 75% FBC were not done while 69% serological test were not done despite of the availability. **CONCLUSIONS:** Diagnostic delay of dengue was one of the major challenges for effective dengue case management in Kuantan. Intensive efforts should be conducted on promoting health education and public awareness. Indication for dengue diagnostic testing should be strengthened to anticipate diagnostic delay for early clinical and public health intervention.

**KEYWORDS:** Late presentation, Early diagnosis, clinical intervention, public health intervention