

## Carbonated Soft Drinks Consumption Among Adolescents in Malaysia: Finding from Adolescent Health Survey 2017.

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### ABSTRACT

**INTRODUCTION:** Soft drink is a major contributor to obesity and related health problems. This study aims to determine Carbonated Soft Drinks consumed among adolescents in Malaysia. **METHODS:** Data from National Health and Morbidity Survey 2017, (Adolescent Health Survey) were analysed. This cross-sectional study involved 27,462 school-going adolescents aged of 13-17 years; data was collected using self-administered questionnaire. Frequency of CSD consumption was assessed with the question. During the past 30 days, how many times per day did you usually drinks CSD. Adolescent who consumed CSD more than once per day was defined as taking carbonated soft drink. **RESULTS:** The descriptive and logistic regression analysis shows that the overall intake of CSD was 36.9% (95%CI: 35.04, 38.79) among adolescents in Malaysia. Higher intake was seen among boys (41.4%; 95%CI: 39.2, 43.8), Bumiputra Sarawak (63.6%; 95%CI: 54.7, 71.7) and age group of 13-15 years (39.8%; 95%CI: 38.0, 41.7). Adolescent in urban area significantly consumed lower CSD compared to rural (OR: 0.73; 95%CI: 0.060, 0.891). By nutritional status (BMI for age), the prevalence of CSD is highest among the thinness (40.6%; 95%CI: 37.3, 44.1) followed by normal BMI (36.9%; 95%CI: 35.04, 38.79) and overweight adolescents (35.8%; 95%CI: 33.7, 37.9). Adolescent from thinness group significantly consumed more CSD (OR: 1.17; 95%CI: 1.02, 1.33) compared to normal group. **CONCLUSION:** A message targeted on controlling CSD intake among adolescent should be a priority in future interventions targeting young adolescent to prevent unhealthy dietary choices.

**KEYWORDS:** Carbonated soft drink, Adolescent, Malaysia, NHMS 2017

## Case Report: The War Against Mumps in Hospital Serdang

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### ABSTRACT

**INTRODUCTION:** although sporadic transmission of mumps within hospitals to patients and staff is well documented, outbreaks of mumps within hospitals are rarely been reported. **OBJECTIVES:** We report an outbreak investigation and describe factors determining disease acquisition and control measures taken. **METHODS:** After seven cases of mumps reported in the radiology department, we performed an active case detection (ACD) among staff in involved department. We followed case definitions handbook which defined mumps as acute onset of unilateral or bilateral tender, self limited swelling of the parotid or other salivary gland, lasting for more than two days and without apparent cause for one month. Index case was a 32-year-old male medical officer presented with bilateral parotid swelling on 29/3/2019 and was given Medical Leave on the same day. **RESULT:** 11 cases out of 310 staff were confirmed mumps with an attack rate of 3.5%. One case was diagnosed while ACD, another two cases were diagnosed in staff clinic a week after ACD. No new case reported after that. There was no difference in gender (male 44%, female 56%) among attack group with mean age of 25 and no complications reported. Risk factors were close contact between the index case and colleagues in workplace and during organizing a symposium. Measures taken to control outbreak were terminal cleaning, Health Promotion and Education and enforcement from Infection Control team regarding coughing ethics, hand hygiene, wearing mask. **DISCUSSION:** early detection of mumps among staff and strictly adherence on the infection control practices is important to control the outbreak efficiently.

**KEYWORDS:** mumps outbreak, hospital