

Nutrition Intervention Programmes for Adults and School Children to Combat Obesity in KL and Putrajaya

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Ministry of Health Malaysia



WEIGHT MANAGEMENT PROGRAMMES

Health Department of Kuala Lumpur & Putrajaya



TRIM & FIT

Adult workers



CELIK NUTRISI

Primary school
children



NUTRI-4-TEEN

Secondary school
children

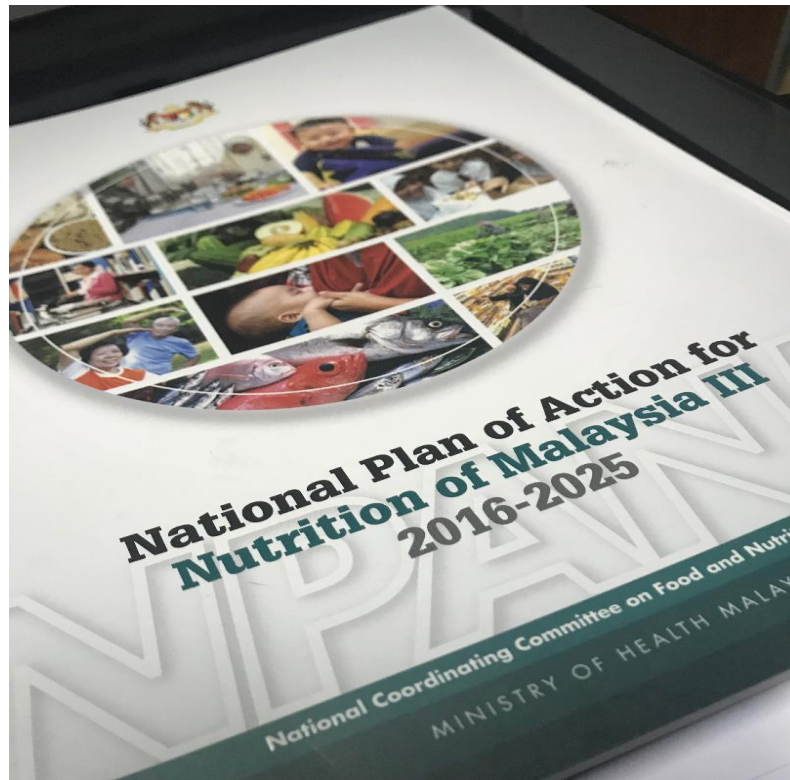
Nutritional Status (Adult) Trend in Malaysia

Nutritional Status	2011	2015	2019
Overweight	29.4	30.0	30.4
Obese	15.1	17.7	19.7
Abdominal Obesity	45.4	48.6	52.6

NHMS 2019

Nutritional Status (Adult) Trend in Kuala Lumpur & Putrajaya (2019)

Nutritional Status	Kuala Lumpur	Putrajaya
Overweight	30.4	37.7
Obese	19.0	25.6



The Third National Plan of Action for Nutrition of Malaysia (NPANM III), 2016-2025



NPANM – Preventing and Controlling Obesity and Other NCDs

Weight Management Program



Nutrition Promotion



Healthy Cafeteria



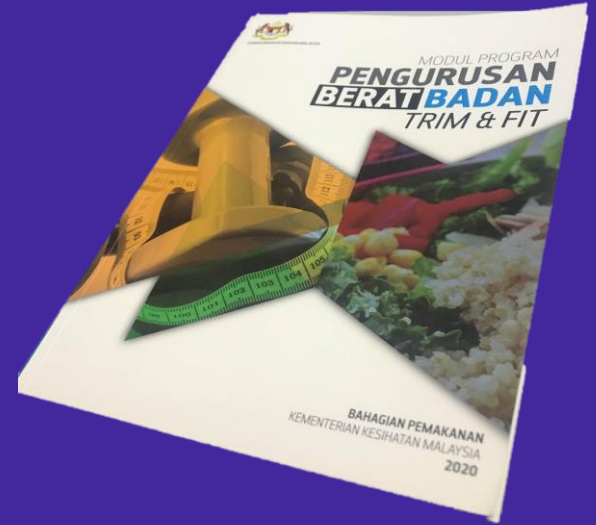
Healthy Meal Provision during Meeting (PHSSM)



TRIM & FIT

for adult workers

TRIM & FIT is a 6-months weight management programme that emphasizes holistic approaches covering nutrition, physical activities, and behavioral principles.



Intervention Activities



Trim & Fit Camp

2-days programme
Nutrition & physical activities



Weekly Activities

Physical activities
-Exercise / zumba
/aerobic



Monthly Activities

Aquarobic /
Healthy shopping
/hiking / kayaking



Body Composition

Body weight
Body fat
Muscle mass
WC
BMI



Appreciation Ceremony

Appreciation for
participant

Trim & Fit Camp



- Nutrition – Serving size, BMR, kcal deficit, kcal requirement
- Medical – Understanding obesity
- Pharmacy – Risk of medication and supplement to reduce weight
- Psychology – Motivation to reduce weight
- Physical activity – exercise for overweight and obese people
 - Sport expert from UiTM.



Weekly Activities



- Coach by: Health Education Officer / physiotherapist
- Every Friday, 4-5 pm

Monthly Activities



Aquarobic



Healthy Shopping - Hypermarket



Kayaking / Hiking / Walking

Body Composition



- Body weight
- Body fat mass
- Muscle mass
- Waist circumference
- BMI

Monthly Report

PENCAPAIAN PENURUNAN BERAT BADAN DAN PERATUS LEMAK BADAN PESERTA PROGRAM PENGURUSAN BERAT BADAN TRIM & FIT
CAWANGAN PEMAKANAN, JABATAN KESIHATAN WP KUALA LUMPUR & PUTRAJAYA

	NAMA	Berat_asal (kg)	Lemak (%)	Otot (%)	Berat_2 (kg)	BMI_semasa (kg/m ²)	Lemak_2 (%)	Otot_2 (%)	Penurunan Lemak Bulan 1	Penurunan Berat Bulan 1
1	NURZAILA	97.5	42.4	29.6	90.9	34.2	40.9	30.1	-1.5	-6.6
2	FIRDAUS	86.2	33.5	37.8	79.8	27.6	31.0	39.1	-2.5	-6.4
3	NAZAR	102.8	36.4	34.8	97.5	32.9	35.6	35.6	-0.8	-5.3
4	NURANILAH	85.4	43.3	29.3	80.5	32.6	41.9	29.8	-1.4	-4.9
5	SYAHRUL	96.4	41.2	29.2	91.6	33.2	36.6	36.9	-4.6	-4.8
6	DR AFIDAH	79.2	41.7	28.8	74.7	29.5	40.2	29.3	-1.5	-4.5
7	RUZANA	76.3	42.4	29.0	72.0	30.3	41.5	29.4	-0.9	-4.3
8	FATIN	83.0	44.4	28.3	78.9	33.2	43.9	28.5	-0.5	-4.1
9	HAFIZAH	80.8	43.4	25.9	77.0	29.7	42.2	26.3	-1.2	-3.8
10	ZAMRI	82.6	33.3	36.3	78.9	26.9	32.1	37.1	-1.2	-3.7
11	HAFIZ	79.7	33.6	39.6	76.1	28.6	32.3	40.6	-1.3	-3.6
12	N. KAMILA	93.4	47.6	26.6	89.8	37.3	46.8	26.9	-0.8	-3.6
13	DR. SYAZNI	94.3	31.7	37.5	90.9	29.3	30.8	38.1	-0.9	-3.4
14	HALIM	81.9	31.4	38.3	78.6	26.5	29.8	39.2	-1.6	-3.3
15	ISKANDAR	92.9	35	35.7	89.7	30.3	33.9	36.4	-1.1	-3.2
16	HANIS	78.3	41.3	30.6	75.2	30.8	40.3	30.9	-1.0	-3.1
17	AMINUDDIN	91.6	31.6	38.7	88.7	29.6	31.1	39.0	-0.5	-2.9
18	AIN KARIM	91.7	41.4	29.1	88.9	33.0	40.8	29.3	-0.6	-2.8
19	ASYRAF	92.3	36.6	37.9	89.8	33.0	35.7	38.4	-0.9	-2.5
20	NURIZZAH	72.5	40.0	30.0	70.1	28.4	39.6	30.3	-0.4	-2.4
21	LATIF	84.1	33.1	37.7	81.9	28.3	32.2	38.2	-0.9	-2.2
22	MANIMEGALAI	87.5	46.5	27.3	85.4	36.0	46.3	27.5	-0.2	-2.1
23	AQILAH	81.8	43.2	30.2	79.9	33.7	42.7	30.4	-0.5	-1.9
24	HAZIM	76.7	35	39.3	75.2	29.3	34.4	39.6	-0.6	-1.5
25	MAREA	84.9	46.5	25.9	84.2	34.1	45.9	25.9	-0.6	-0.7

Monthly progress report

TAHNIAH! PESERTA TERBAIK TRIM & FIT 2023 BULAN PERTAMA

dengan penurunan berat badan sebanyak
6.6kg dalam masa sebulan!



PN NURZAILA BINTI MOHD ZAINI

CAWANGAN ENTO DAN PEST, JKWP&P

HADIAH DISAMPAIKAN OLEH YBHG. DATIN DR HALIZA BINTI ABDUL MANAF
TIMBALAN PENGARAH KESIHATAN NEGERI (KESIHATAN AWAM), JKWP&P



CAWANGAN PEMAKANAN, JKWP&P

Monthly Appreciation – highest
body weight / fat reduction

Support Group

Chats



TRIM & FIT CPCB 2023

Friday

✓ You: Semasa sambutan perayaan Hari Raya Aidiladha, hidangan berasaskan daging adala...



TRIM & FIT 2023 JKWPKLP

Friday

~9W2JQA - East_ken_dar reacted 🙄 to
"Semasa sambutan perayaan Hari Raya Aidila...



Trim & Fit 2.0

01/03/2023

محمد ایمان شهریل ~: 📷 Untuk sebaran meluas kepada warga kerja, ahli keluarga dan rakan.....



Trim & Fit Instructors

30/06/2022

~nazrilizham.norazmi: <https://www.astroawani.com/berita-dunia/puluhan-ri...>



Trim N Fit 🏆🏆🏆

20/09/2022

~DK left

TRIM & FIT 2023 JKWPKLP
Ain Pt Pemakanan, Dr Nurul, Fariez...

Friday

Semasa sambutan perayaan Hari Raya Aidiladha, hidangan berasaskan daging adalah di antara menu yang menjadi pilihan utama. Daging cukup terkenal sebagai sumber tenaga dan sumber protein yang tinggi selain turut membekalkan sumber mineral penting seperti zat besi.

TRIM & FIT 2023 JKWPKLP
Ain Pt Pemakanan, Dr Nurul, Fariez...

~9W2JQA - East_ken_dar +60 14-315 8258

Jom kita buat Program Trim n Fit naik gunung jom? 😊 @Ash 🙋

4:07 PM

Appreciation Ceremony



TRIM & FIT GROUP



HEALTH DEPARTMENT



LHDN



**DEPT TOWN & COUNTRY
PLANNING**



TNB



PDRM



PENSIONER

03

OVERWEIGHT/OBESE, EATING HABITS & PHYSICAL ACTIVITY AMONG ADOLESCENTS

1 in 3
is *overweight/obese*



4 in 5
are *physically inactive*



2 in 3
are being
sedentary

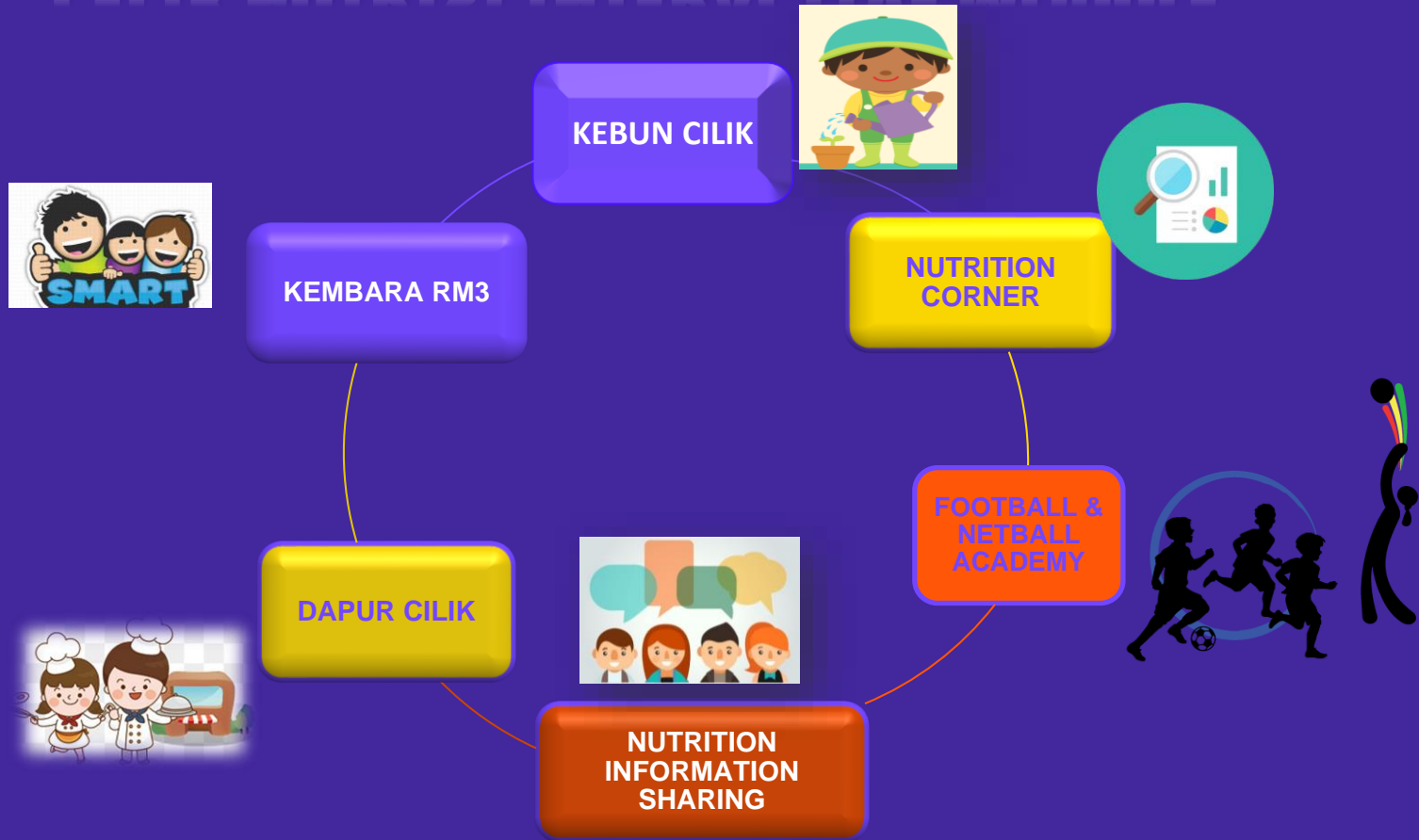




CELIK NUTRISI

NUTRITION DEPARTMENT, JKWPKL&P

CELIK NUTRISI INTERACTIVE MODULE



CELIK NUTRISI – KEBUN CILIK

Aim

- To encourage students to do physical activities and increase consumption of fruits & vegetables

Involvement of MOA

- Provide the materials and equipment's to the schools
- Technical input to plant the vegetables

Involvement of schools , teachers, nutritionist and PIBG

- Help students and encourage them to run activity.

SK SETIAWANGSA





CELIK NUTRISI – DAPUR CILIK

AIM

- To prepare a healthy meal and encourage the students to prepare their own healthy meals

Implementation

- My healthy fruits juices
- Sandwiches
- Vege popiah

Roles of PSP

- To demonstrate the healthy cooking to educate. Students to participate in healthy food preparation and choices

Involvement of parents & teachers

- Participate in the activity

DAPUR CILIK



DAPUR CILIK





DAPUR CILIK



CELIK NUTRISI – KEMBARA RM3

AIM

- An activity where by the Malaysian Food Pyramid is explained to students

IMPLEMENTATION

- Students run a tour to their school canteen looking at the menu and buy food worth RM 3 and the most importantly is healthy and balance

Roles of nutritionist

Bi l	Topics	Time
1	Carbohydrate	10 min
2	Fruits & vegetables	5 min
3	Protein	5 min
4	Milk & Dairy Products	5 min
5	Plain Water	5 min
6	Food Safety Unhealthy food high sugar, fat & salt	15 min
7	My healthy plate/menu	15 min
	Jumlah	60 minit

KEMBARA RM3



CELIK NUTRISI – NUTRITION CORNER

AIM

- Students will create the nutrition corner at the school canteen with PSP guidance

IMPLEMENTATION

- Nutrition corner will use as the centre of nutrition advocacy in the school

Roles of nutritionist

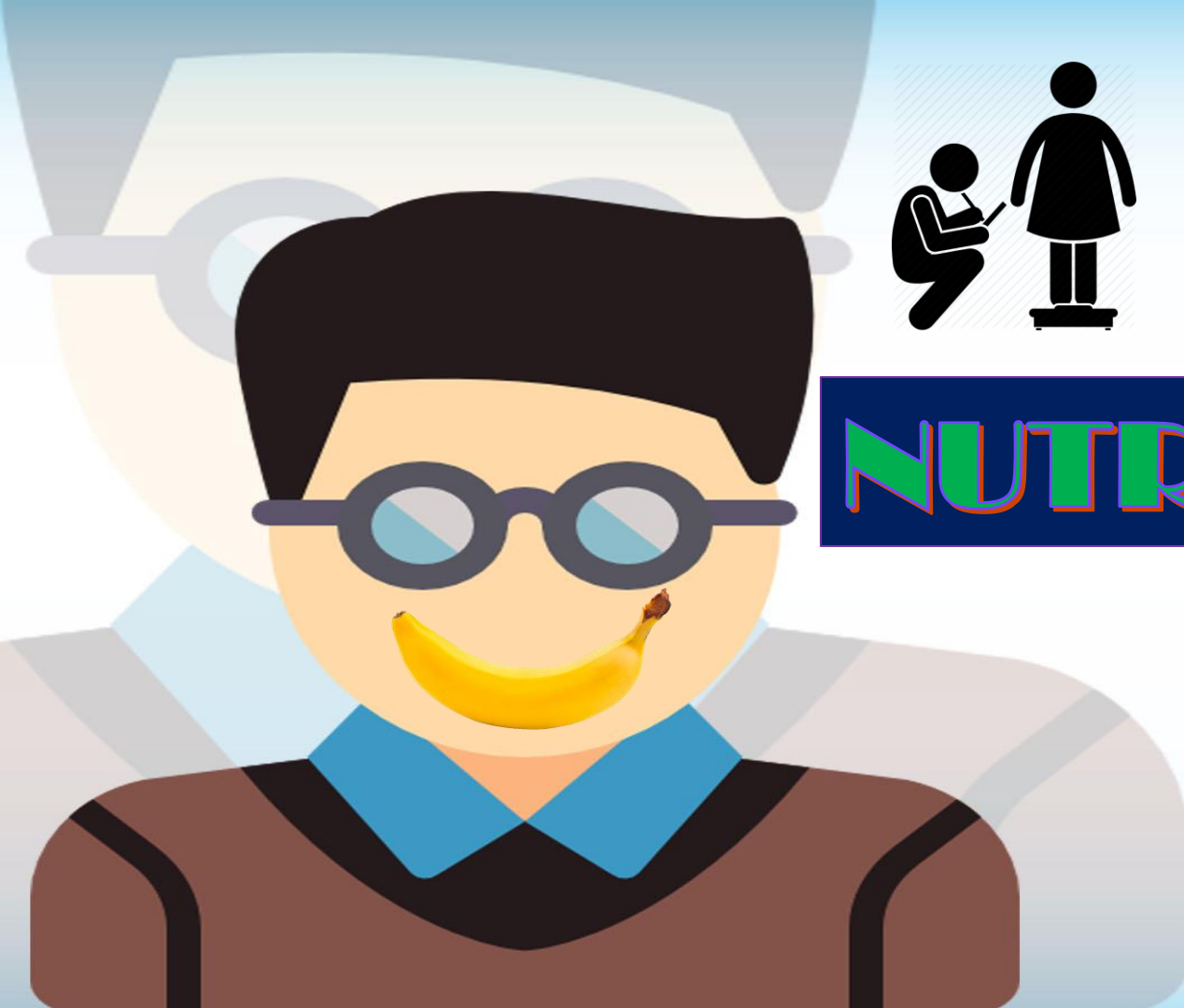
Provide the educational material eg poster and pamphlet

NUTRITION CORNER



FOOTBALL & NETBALL COMPETITION DURING CLOSING CEREMONY OF CELIK NUTRISI PROGRAMME





NUTRI 4-TEEN

NUTRI 4-TEEN INTERACTIVE MODULE



**RM5 CONFIRM
HEALTHY!**

**HELLO FARM HI
VEGE**



**FUTSAL / NETBALL
ACADEMY**



**MY MENU MY
STYLE**

**MY HEALTHY
PRODUCTS!**



NUTRI 4-TEEN – RM5 CONFIRM HEALTHY!

AIM

- Interactive nutrition activities to explain the importance of healthy and balanced nutrition

ACTIVITY

- Students are taken to the canteen for a nutritional information session and how to get healthy and balanced food based on daily shopping money.



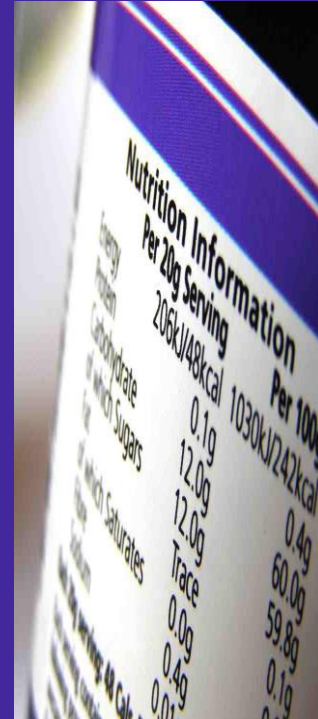
Nutritionist

	Topics	Time
1	Carbohydrate	10 min
2	Fruits & vegetables	5 min
3	Protein	5 min
4	Milk & Dairy Products	5 min
5	Plain Water	5 min
6	Unhealthy food high sugar, fat & salt	15 min
7	My healthy plate/menu	15 min
	Total	60 minit

- Introducing Healthier Choice Logo (HCL), Malaysia Healthy Plate (PSM), Front of Pack (FOP), nutrition information panel
- Improve students' skills - selection of food products outside of school.

- Providing HCL products, FOP, PSM materials, game board Suku-suku Separuh
- Technical input of food labeling

- **Logistic / student control**



SECONDARY SCHOOL : FUTSAL AND NETTBALL ACADEMY

AIM

- Increase physical activities towards overweight and obese students.
- Develop healthy lifestyle and environment in the school

ACTIVITIES

- A group of students consist of overweight and obese students being created.
- Boys team will join futsal team, and netball team will be filled by girls.
- They will play those sports twice a month, teacher and parent association will monitor and train the students.



TEACHER / PARENTS

Train students in futsal and netball game

Nutritionist

- Monitor body mass index of the students
- Nutrition advice

SECONDARY SCHOOL: HELLO FARM HI VEGE

AIM

- Interactive ways to promote healthy eating focus on vegetable and fruit.
- Develop contribution from teachers in nutrition program.

ACTIVITES

- Seedling, harvesting, and cooking vegetable / fruit by the students monitor by teacher.



**Agriculture Officer /
Teacher**

**Agriculture Officer guide the
student on how to seed,
harvest. All equipment are
provided by MOA.**

NUTRI 4-TEEN – MY MENU MY STYLE!



AIM

- To increase knowledge on healthy eating
- To increase the consumption of fruit and vegetable among student.
- To introduce simple and attractive healthy menu for student

Nutritionist

- To prepare equipment needed
- To advice on nutrition technical part

Teacher/
parents

- Logistic, student control, support.

Challenges Weight Management Programme

02

Sustainability

Hard to change lifestyle.
Unable to maintain without supervision and guidance.
Motivated only in the duration of the programme. Post-programme guidance needed.

03

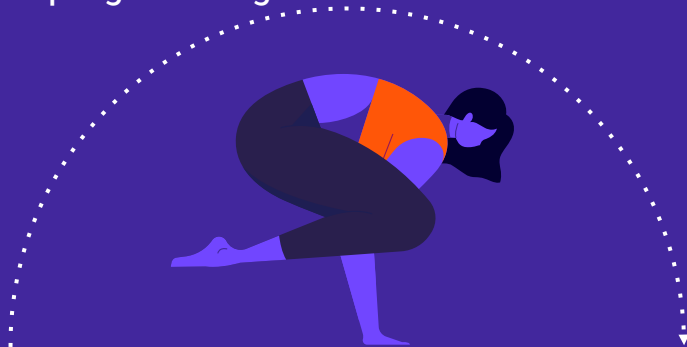
Surrounding factors

Not supported by the surrounding – growth of fast food restaurants, outside school hawkers, vending machine.

01

Commitment

Nutrition and health - not the priority. Need to closely approach government institution / private sector to participate in programme.





THANK YOU!