

AKHBAR : BERITA HARIAN

MUKA SURAT : 4

RUANGAN : NASIONAL

'Malaysia bukan negara sihat'

Rakyat diminta ubah sikap, tingkat kesedaran untuk jayakan program ANMS

Kuala Lumpur: Malaysia dianggap sebagai negara bukan sihat memandangkan jumlah rakyat yang menghadapi penyakit jantung dan obesiti adalah tinggi, kata Menteri Kesihatan, Khairy Jamaluddin.

Beliau berkata, kesedaran aspek kesihatan dalam kalangan rakyat juga masih pada tahap rendah.

"Kalau tanya saya sebagai menteri, adakah Malaysia negara sihat sekarang? Tidak.

"Kita antara negara kadar tertinggi dari segi obesiti, sakit jantung dan antara penyebab punca kematian COVID-19 di negara ini sebahagian besarnya daripada pesakit mengalami komobiditi atau kronik.

"Bayangkan di Malaysia seorang daripada dua rakyat obesiti



Khairy Jamaluddin (kiri) ketika temu bual mengenai Agenda Nasional Malaysia Sihat pada program Selamat Pagi Malaysia di Angkasapuri, Kuala Lumpur, semalam. (Foto BERNAMA)

termasuk diri saya, manakala seorang daripada empat rakyat Malaysia tidak amalkan kecergasan.

"Selain itu, seorang daripada 20 rakyat tidak mengamalkan pemakanan mengikut nutrisi yang betul.

"Mengikut statistik rasmi juga, setengah juta orang dewasa mengalami kemurungan.

"Saya percaya angka ini sebenarnya masih rendah daripada

realitinya," katanya ketika menjadi tetamu dalam program *Selamat Pagi Malaysia* di saluran TV1 RTM, semalam.

Susulan itu, dalam merealisasikan Agenda Nasional Malaysia Sihat (ANMS), Khairy berkata, rakyat Malaysia perlu mengubah sendiri tingkah laku mereka dan meningkatkan kesedaran bagi melahirkan negara serta rakyat yang sihat secara sukarela tanpa mengharapkan kementeriaannya

atau kerajaan semata-mata.

Beliau berkata, aspek perubahan tingkah laku penting serta kesedaran untuk menjalani pemeriksaan kesihatan sendiri menjadi inisiatif ANMS.

"Kalau kita nak harapkan Kementerian Kesihatan saja untuk pantau prosedur operasi standard (SOP) dan keluarkan kompaun, memang tidak cukup tanggan.

"Kita mahu negara berjaya da-

ri segi pengurusan pandemik ini," katanya sambil memberi contoh Jepun berjaya menguruskan pandemik menerusi tingkah laku tanpa perlu mengeluarkan kompaun.

Perdana Menteri, Datuk Seri Ismail Sabri Yaakob, semalam, melancarkan ANMS yang juga persediaan dan tindakan diambil bagi mempersiapkan Keluarga Malaysia mendepani dan mengharungi fasa endemik COVID-19.

Agenda ANMS dilaksanakan untuk tempoh 10 tahun iaitu mulai 2021 hingga 2030 dengan pelaksanaan dibahagikan kepada dua penggal iaitu penggal pertama bermula 2021 hingga 2025 dan penggal kedua bermula pada 2026 dan berakhir pada 2030.

Sementara itu, Khairy berkata, satu jawatankuasa ditubuhkan yang menghimpunkan semua kementerian terbabit bagi melaporkan langkah akan dilaksanakan untuk menzahirkan ANMS pada peringkat kementerian.

Beliau berkata, selain mengambil kira faktor kesihatan diri rakyat, agenda itu juga membatik kesihatan kualiti penguasaan bangunan baharu sebagai usaha mencegah COVID-19 yang boleh dijangkiti melalui udara.

BERNAMA

Empat teras utama pastikan kejayaan ANMS

Dari Muka 1

Majlis pelancaran itu turut disertai Menteri Kesihatan, Khairy Jamaluddin.

ANMS dilaksanakan untuk tempoh 10 tahun, iaitu mulai tahun 2021 hingga 2030 dengan dibahagikan kepada dua penggal.

Penggal pertama bermula pada tahun ini sehingga 2025, manakala penggal kedua pula bermula pada 2026 dan akan berakhir 2030.

Perdana Menteri berkata, bagi menjayakan agenda berkenaan, kerajaan mengambil pendekatan *Whole of Nation*, iaitu Keseluruhan Negara dengan menjalin kerjasama yang erat dengan semua pihak untuk bergerak sebagai rakan strategik.

"Kerajaan bertanggungjawab merangka hala tuju, strategi dan inisiatif ANMS, manakala pihak swasta dan pertubuhan bukan kerajaan (NGO) adalah penggerak kepada strategi serta usaha yang telah dirangka atau inisiatif yang diperkenalkan," katanya.

Perdana Menteri berkata, ANMS membatik empat teras utama iaitu memantapkan promosi pembudayaan hidup sihat; memantapkan perkhidmatan kesejahteraan kesihatan; memperkasakan kawalan kesihatan sendiri dan memantapkan kebersihan persekitaran yang meliputi 10 strategi dan 24 inisiatif.

"Saya menaruh harapan tinggi bahawa menerusi ANMS, Keluarga Malaysia akan terus mengamalkan prosedur operasi standard (SOP) yang telah ditetapkan, kekal dengan kehidupan norma baharu, mengambil vaksin serta mengamalkan kawalan kesihatan sendiri, seperti menjalani ujian dan kuarentin jika bergejala atau menjadi kontak rapat kepada kes positif COVID-19," katanya.

Menurut Ismail Sabri, agenda itu turut diberikan penekanan dalam Rancangan Malaysia Ke-12 (RMK-12) terutama dalam meningkatkan penyampaian perkhidmatan penjagaan kesihatan dan literasi kesihatan dalam kalangan rakyat.

Bagi tujuan itu, Perdana Menteri berkata, kerajaan turut memutuskan untuk membentuk Dasar Literasi Kesihatan Kebangsaan yang akan melaksanakan beberapa inisiatif, termasuk penganjuran program kesedaran penjagaan kesihatan yang akan dipergiatkan melalui pelbagai platform, pada semua peringkat dengan memanfaatkan fasiliti di bawah pelbagai agensi.

"Bagi memastikan literasi kesihatan Keluarga Malaysia dapat ditingkatkan, program pemba-

ngunan keupayaan Ejen Kesihatan Komuniti atau MyCHAMPION akan diperkukuhkan, terutama dalam usaha pendidikan dan promosi kesejahteraan kesihatan," katanya.

Dengan tahap literasi kesihatan yang tinggi, Ismail Sabri berharap Keluarga Malaysia akan mendapat maklumat kesihatan, membudayakan hidup sihat, membuat kawalan kesihatan sendiri sebagai tindakan awal mencegah penyakit dan menjaga kesihatan bagi mengelak komplikasi.

"Contohnya, Keluarga Malaysia dalam kalangan B40 akan mendapat akses kepada maklumat kesihatan, memahami kepentingan penjagaan kesihatan, dan melakukan saringan kesihatan percuma melalui program skim PekaB40.

"Ini membolehkan kita mengenal pasti risiko kesihatan lebih awal dan menjalani intervensi kesihatan sama ada di *Wellness Hub* (Hab Sejahtera), klinik kesihatan dan hospital mengikut status kesihatan," katanya.

Sementara itu, Khairy menjeniskan ANMS adalah satu agenda nasional yang amat penting sejajar dengan peralihan negara daripada fasa pandemik COVID-19 ke era pasca pandemik.

Katanya, ketika ini banyak ne-

geri sudah beralih ke Fasa 4 Pelan Pemulihan Negara (PPN) dan secara keseluruhan Malaysia berada di dalam fasa peralihan.

"Dalam peralihan ke fasa endemik ini, rakyat perlu bersedia untuk hidup dengan COVID-19 kerana virus itu akan sentiasa

ada, maka mereka perlu memastikan langkah-langkah pencegahan dan SOP sentiasa diamalkan," katanya.

Beliau berkata, agenda itu bukan sekadar kempen publisiti tetapi ia adalah satu gerakan yang boleh diukur dengan beberapa indikator yang penting.

AKHBAR : BERITA HARIAN
MUKA SURAT : 6
RUANGAN : NASIONAL

Penularan COVID-19

'Tiada data lengkap punca larangan guna Ivermectin'

KKM ambil kira aspek keselamatan, kepentingan rakyat

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Kuala Lumpur: Larangan penggunaan Ivermectin dalam rawatan COVID-19 dibuat selepas mengambil kira aspek keselamatan dan kepentingan rakyat.

Timbangan Menteri Kesihatan I, Datuk Dr Noor Azmi Ghazali, berkata Kementerian Kesihatan (KKM) ketika ini belum mempunyai data lengkap mengenai kesan sampingan ubat antiparasit itu yang penggunaannya dikehendaki bagi haiwan.

Beliau berkata, KKM juga belum mengetahui secara jelas mengenai kesan lain susulan pengambilan ubat berkenaan secara *off-label*.

"Kita bimbang dan takut dos penyerapan atau apa-apa berkaitannya (Ivermectin) boleh memberi kesan kepada manusia, sebab itu kajian dilakukan.

"Bukan kerajaan tidak mahu beri (kelulusan penggunaan Ivermectin secara *off-label*) tetapi kita memikirkan keselamatan dan kepentingan rakyat," katanya.

Beliau menjawab soalan tambahan R Sivarajah (PKR-Sungai Buloh) mengenai keputusan kerajaan menghalang penggunaan Ivermectin secara *off-label* pada sesi lisan di Dewan Rakyat, semalam.

Ivermectin ialah sejenis ubat antiparasit diluluskan Pentadbiran Makanan dan Ubat-Obatan (FDA), digunakan secara meluas bagi merawat beberapa penyakit tropika terabai, termasuk onchocerciasis, strongyloidiasis dan helminthiasis.

Menjawab soalan asal Oscar Ling Chai Yew (DAP-Sibu) mengenai perkembangan I-TECH, Dr Noor Azmi berkata, kadar kemerosotan penyakit COVID-19 kepada tahap teruk adalah sama dalam kumpulan Ivermectin, berbanding kumpulan 'standard of care'.

Katanya, keputusan I-TECH selari dengan kajian berskala besar seperti IVERCOR-COVID19 dari Argentina dan TOGETHER dari Brazil, yang tidak menyokong penggunaan rutin Ivermectin dalam amalan klinikal rawatan COVID-19.

Kajian klinikal 'open-label randomised trial' itu menilai keberkesanan rawatan lima hari Ivermectin (0.4mg/kg/hari) berserta penjagaan standard (kumpulan IVM), berbanding hanya penjagaan standard (kumpulan SOC) berdasarkan garis panduan KKM bagi pesakit COVID-19 di 20 hospital kerajaan serta Pusat Kua-

rantin dan Rawatan COVID-19 MAEPS 2.0.

Hasilnya, purata tempoh kemerosotan penyakit COVID-19 daripada kategori 2 dan 3 kepada lebih teruk pula menunjukkan tiada perbezaan signifikan dari segi statistik berkaitan antara kumpulan IVM dan 'standard of care'.

Analisis keselamatan melaporkan kesan sampingan adalah tiga kali lebih kerap berlaku dalam kumpulan IVM berbanding SOC, yang mana kebanyakannya adalah kes cirit-birit.

Kebarangkalian pulih daripada gejala sepenuhnya pada hari kelima penyerapan antara kumpulan IVM dan SOC adalah hampir sama, yang mana tiada perbezaan signifikan dari segi statistik.

"Berdasarkan kajian I-TECH, Ivermectin tidak disyorkan untuk dimasukkan ke dalam garis panduan rawatan COVID-19 sedia ada kerana ia tidak mengurangkan risiko penyakit COVID-19 tahap teruk.

"Ja disarankan hanya digunakan dalam kajian klinikal dengan pemantauan, selain pasukan kajian I-TECH bercadang menghantar data kajian untuk diterbitkan dalam jurnal *peer-reviewed* bagi memberi maklumat tambahan kepada kajian Ivermectin, termasuk meta-analysis," katanya.



Dr Noor Azmi Ghazali

40 peratus tidak hadir janji temu suntikan penggalak

Kuala Lumpur: Sebanyak 40 peratus golongan sasaran yang diberikan janji temu untuk mendapatkan suntikan kedua dos penggalak vaksin COVID-19, tidak hadir untuk menerima suntikan masing-masing.

Menteri Kesihatan, Khairy Jamaluddin, berkata situasi itu merisaukan kerana jumlah kehadiran penerima untuk dos pertama dan kedua vaksin adalah tinggi iaitu lebih 95 peratus.

"Pada masa itu, semua takut mengenai COVID-19, tetapi sekarang apabila kadar jangkitan dan kematian sudah menurun, kita lihat sudah mula ada norma baharu untuk mereka hidup dengan virus ini.

"Mereka rasa leka dan apabila dijemput untuk mendapatkan dos penggalak, mereka tidak hadir dan rasa tidak perlukan dos penggalak itu," katanya.

Beliau berkata demikian dalam program Bual Bicara Kesihatan menerusi slot Selamat Pagi Malaysia di TV1, sempena pelancaran Agenda Nasional Malaysia Sihat (ANMS) oleh Perdana Menteri, Datuk Seri Ismail Sabri Yaakob, semalam.

Pada program itu, Khairy merayu pihak yang diberikan tarikh untuk menerima suntikan dos penggalak supaya memenuhkan janji temu berkenaan.

"Dos penggalak itu akan melindungi kita untuk jangka lebih panjang daripada kesan buruk akibat COVID-19," katanya.

Khairy berkata, umum perlu

mengetahui negara lain yang sudah memulakan program vaksinasi lebih awal dari Malaysia, mengalami gelombang jangkitan COVID-19 yang baharu.

Katanya, keberkesanan vaksin menurun selepas tempoh enam bulan menyebabkan dos penggalak diberi bagi merangsang semula sistem imun badan.

"Selepas menerima dua dos, sistem imun kita memang sudah bagus untuk melawan Sars-CoV-2 dan COVID-19, tetapi selepas enam bulan, ketahanannya menurun sedikit, justeru ia memerlukan sedikit rangsangan melalui dos ketiga," katanya.

Khairy berkata, dos ketiga itu digalakkan diambil pada mereka yang berisiko tinggi, termasuk petugas barisan hadapan, warga emas dan kumpulan komorbid. Selain itu, katanya, kadar bolehjangkitan terkini sudah mencecah 0.99 berbanding 0.90 dua minggu lalu.

"Ramai sudah mula leka, sekiranya kadar itu lebih daripada paras 1, kes (jangkitan COVID-19) akan meningkat disebabkan mobiliti pergerakan rakyat kita pun meningkat susulan kerajaan membenarkan rentas negeri, pembukaan sektor ekonomi sosial dan sebagainya.

"Kementerian Kesihatan (KKM) sudah menjangka perkara ini dan kita bersiap sedia. Kita harap jika berlaku kenaikan kes, ia hanya membabitkan kes bergejala ringan atau tanpa gejala kerana program vaksinasi kita antara yang terbaik di dunia," katanya.

Kes baharu kekal lebih 6,000

Putrajaya: Angka jangkitan harian COVID-19 di negara ini kekal melebihi 6,000 kes, dua hari berturut-turut, dengan 6,323 kes dilaporkan setakat jam 12 tengah semalam, berbanding 6,243 kes kelmarin.

Ketua Pengarah Kesihatan, Tan Sri Dr Noor Hisham Abdullah, berkata pertambahan kes baharu itu menjadikan jumlah individu yang sudah dijangkiti virus berkenaan kini meningkat kepada 2,528,821 kes.

Jangkitan baharu semalam yang tertinggi dalam tempoh 14 hari sejak 28 Oktober lalu.

Pada 7 November lalu, kes ba-

haru yang dicatatkan 4,343 kes iaitu terendah dalam tempoh 175 hari sejak 16 Mei lalu.

Namun, jumlah kemasukan hospital di seluruh negara bagi seminggu lalu menurun sebanyak 3.3 peratus, berbanding tujuh hari sebelum ini.

Beberapa negeri mengalami peningkatan kemasukan hospital terutama Melaka (+30.0 peratus) dan Negeri Sembilan (+10.9 peratus).

Selain itu, data Kementerian Kesihatan (KKM) di laman COVIDNOW menunjukkan, seramai 22,248,737 individu atau 95 peratus populasi dewasa di negara ini

lengkap menerima suntikan vaksin COVID-19, setakat jam 11.59 malam kelmarin.

Dalam perkembangan berkaitan, KKM semalam mengesan 48 lagi kes baharu yang dijangkiti varian membimbangkan (VOC) Delta.

Dr Noor Hisham berkata, varian itu dikesan hasil kajian oleh Integrative Pharmacogenomics Institute (IPROMISE) Universiti Teknologi MARA (UiTM).

"Ini menjadikan jumlah kumulatif kes virus SARS-CoV-2 dikategorikan VOC dan Variant of Interest (VOI) sebanyak 3,830 kes," katanya.

AKHBAR : HARIAN METRO
 MUKA SURAT : 6
 RUANGAN : COVID-19

AGENDA NASIONAL MALAYSIA SIHAT

Langkah harungi fasa endemik virus

Bernama

Kuala Lumpur

Agenda Nasional Malaysia Sihat (ANMS) yang dilancarkan, semalam adalah persediaan dan tindakan yang diambil bagi mempersiapkan Keluarga Malaysia dalam menghadapi fasa endemik Covid-19, kata Perdana Menteri Datuk Seri Ismail Sabri Yaakob.

Beliau berkata, ANMS bertujuan membudayakan hidup sihat dan kelestarian persekitaran yang menyokong kesejahteraan kesihatan Keluarga Malaysia, di samping berusaha menjadikan Keluarga Malaysia sihat sejahtera sepanjang hayat. Katanya, agenda itu adalah pakej kesejahteraan kesihatan yang diteliti, dirancang dan diperkenalkan oleh kerajaan melalui Kementerian Kesihatan Malaysia (KKM) sebagai peneraju utama dan disertai secara langsung oleh Kementerian Perumahan dan Kerajaan

Tempatan di samping pembabitkan kementerian atau agensi kerajaan yang lain.

"Agenda ANMS dilaksanakan untuk tempoh 10 tahun, iaitu mulai 2021 hingga 2030. Pelaksanaannya dibagikan kepada dua penggal; iaitu penggal pertama bermula pada 2021 sehingga 2025, dan penggal kedua pula bermula pada 2026 dan akan berakhir pada 2030," katanya.

Beliau berkata demikian ketika melancarkan ANMS yang disiarkan menerusi program Selamat Pagi Malaysia di saluran TV1, semalam. Ismail Sabri berkata, bagi menja-

yakan agenda berkenaan, kerajaan mengambil pendekatan Keseluruhan Negara dengan menjalin kerjasama yang erat dengan semua pihak untuk bergerak sebagai rakan strategik.

"Kerajaan bertanggungjawab merangka hala tuju, strategi dan inisiatif ANMS, manakala pihak swasta dan badan bukan kerajaan (NGO) adalah penggerak kepada strategi serta usaha yang sudah dirangka atau inisiatif yang diperkenalkan," katanya.

Perdana Menteri berkata, ANMS membabitkan empat teras utama iaitu memantapkan promosi pembudayaan hidup sihat; memantapkan perkhidmatan kesejahteraan kesihatan; memperkasakan kawalan kesihatan sendiri dan memantapkan ke-

bersihan persekitaran, yang meliputi 10 strategi dan 24 inisiatif.

"Saya menaruh harapan tinggi bahawa menerusi ANMS, Keluarga Malaysia akan terus mengamalkan prosedur operasi standard (SOP) yang sudah ditetapkan, kekal dengan kehidupan norma baru, mengambil vaksin serta mengamalkan kawalan kesihatan sendiri seperti menjalani ujian dan kuarantin jika bergejala atau menjadi kontak rapat kepada kes positif Covid-19," katanya.

Menurut Ismail Sabri, agenda itu turut diberikan penekanan dalam Rancangan Malaysia ke-12 (RMK12) terutamanya dalam meningkatkan penyampaian perkhidmatan penjagaan kesihatan, dan antara strategi yang akan digunakan dalam RMK12 berkaitan kesejahteraan kesihatan ialah meningkatkan literasi kesihatan serta kesedaran mengenai kesihatan dalam kalangan Keluarga Malaysia.



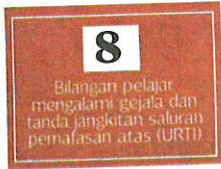
ISMAIL Sabri

Pelajar UiTM Lendu positif Covid-19

Melaka: Jabatan Kesihatan Negeri (JKN) Melaka mengesahkan seorang pelajar Universiti Teknologi Mara (UiTM) Lendu, positif Covid-19 selepas menghadiri program kepimpinan di sebuah resort di Alor Gajah di sini, baru-baru ini.

Pengarahnya Dr Rusdi Abd Rahman berkata, kes itu dikesan selepas Pejabat Kesihatan Daerah (PKD) Alor Gajah menerima notifikasi daripada Klinik UiTM Lendu mengenai seorang pelajar didapati positif Covid-19 selepas saringan Ujian Rapid Antigen (RTK-Ag).

Selain pelajar itu, katanya, terdapat lapan lagi pelajar mengalami gejala dan tanda



jangkitan saluran pernafasan atas (URTI).

"Siasatan lanjut mendapati semua pelajar itu menghadiri program kepimpinan anjuran sebuah badan bukan kerajaan (NGO) dari 3 hingga 7 November lalu di sebuah resort di Alor Gajah.

"Sekurang-kurangnya 45 pelajar didapati menghadiri majlis itu membabitkan pel-

bagai cawangan UiTM dari Melaka," katanya dalam satu kenyataan media yang dikeluarkan, semalam.

Beliau berkata, susulan itu semua sembilan pelajar terbabit menjalani ujian reaksi rantai polimerase (PCR) Covid-19 dan keputusan dijangka diperoleh dalam tempoh terdekat.

"Pelajar lain yang menjadi kontak rapat kepada kes disyaki Covid-19 sedang dikenal pasti untuk diisolasi sebagai langkah awal mengekang penularan jangkitan.

"Beberapa Kolej Kediaman Pelajar UiTM Lendu, diberikan notis penutupan di bawah Akta Pencegahan dan Pengawalan Penyakit

Berjangkit 1988 bermula 11 November hingga 20 November ini," katanya.

Dr Rusdi berkata, JKN memandang serius berhubung perkara itu dan siasatan lanjut sedang dijalankan dengan terperinci.

"Orang ramai yang menjadi kontak rapat kepada mereka disarankan untuk kuarantin sendiri dan menghubungi Bilik Gerakan PKD Alor Gajah untuk saringan segera," katanya.

Terdahulu, tular di media sosial kes positif dikesan berlaku dalam kalangan pelajar UiTM Lendu yang didakwa berpucca daripada program anjuran sebuah NGO dan turut dihadiri orang kenamaan.

22,248,737 individu lengkap dos vaksin

Kuala Lumpur: Seramai 22,248,737 individu atau 95 peratus populasi dewasa di negara ini lengkap menerima suntikan vaksin Covid-19, setakat 11.59 malam kelmarin.

Berdasarkan data Kementerian Kesihatan Malaysia (KKM) di laman COVIDNOW, sejumlah 97.5 peratus atau 22,838,398 individu dewasa pula sudah menerima sekurang-kurangnya satu dos vaksin.

Sejumlah 131,240 dos vaksin harian diberikan kelmarin membabitkan 37,689 suntikan dos lengkap; 7,650 menerima dos pertama dan 85,901 pula menerima suntikan dos penggalak, menjadikan jumlah kumulatif pemberian vaksin bagi Program Imunisasi Covid-19 Kebangsaan (Pick) kini meningkat kepada 50,804,374.

Setakat kelmarin juga, seramai 2,442,373 atau 77.6 peratus individu bagi golo-

PECAHAN JANGKITAN MENGIKUT NEGERI 10 NOVEMBER 2021



ngan remaja berusia 12 hingga 17 tahun lengkap divaksin, manakala 86.6 peratus atau 2,725,876 individu pula menerima sekurang-kurangnya satu dos vaksin.

Selain itu, jumlah kumulatif dos penggalak pula kini sebanyak 731,635.

'Malaysia bukan negara sihat'

Kuala Lumpur: Malaysia dianggap sebagai negara bukan sihat memandangkan jumlah rakyatnya yang menghidapi penyakit jantung dan obesiti adalah tinggi, kata Menteri Kesihatan Khairy Jamaluddin.

Beliau berkata, kesedaran tentang aspek kesihatan dalam kalangan rakyat juga masih berada di tahap rendah.

"Kalau tanya saya sebagai menteri, adakah Malaysia negara sihat sekarang? Tidak. Kita antara negara kadar tertinggi dari segi obesiti, sakit jantung dan antara penyebab punca kematian Covid-19 di negara ini adalah sebab sebab-bahagian besar daripada pesakit mengalami komorbiditi atau kronik.

"Bayangkan di Malaysia seorang daripada dua rakyat obesiti, termasuk diri saya

manakala seorang daripada empat rakyat Malaysia tidak amalkan kecergasan. Selain itu, seorang daripada 20 rakyat tidak mengamalkan pemakanan mengikut nutrisi yang betul.

"Mengikut statistik rasmi juga, setengah juta orang dewasa mengalami kemurungan. Saya percaya angka ini sebenarnya masih rendah daripada realitinya," katanya semasa menjadi tetamu dalam program Selamat Pagi Malaysia di saluran TV1 semalam.

Oleh itu, dalam merealisasikan Agenda Nasional Malaysia Sihat (ANMS), Khairy berkata, rakyat Malaysia perlu mengubah sendiri tingkah laku mereka serta meningkatkan kesedaran bagi melahirkan negara dan rakyat yang sihat secara sukarla tanpa mengharapkan kementerian atau kerajaan semata-mata.

AKHBAR : HARIAN METRO

MUKA SURAT : 10

RUANGAN : LOKAL

KKM puas hati pematuhan SOP



Kuala Lumpur

Kementerian Kesihatan Malaysia (KKM) berpuas hati dengan pematuhan prosedur operasi standard (SOP) bagi Pilihan Raya Negeri (PRN) Melaka, kata menternya Khairy Jamaluddin.

Beliau bagaimanapun menasihatkan pemimpin politik supaya menunjukkan kepimpinan melalui teladan agar rakyat turut mematuhi SOP dikeluarkan.

"Secara keseluruhan, KKM melihat pematuhan SOP adalah baik namun malangnya ada juga yang tidak patuh seperti pemimpin dan ahli politik. Sepatutnya mereka (pemimpin dan ahli politik) menunjukkan teladan yang baik."

"Sepatutnya mereka lebih memahami dan mungkin apabila ke lapangan, minta kurangkan pegawai pengiring. Apabila terlalu ramai mengiring pemimpin itu, susah jaga jarak fizikal," katanya kepada pemberita selepas menjadi tetamu program Selamat Pagi Malaysia di TV1 semalam.

Khairy minta pemimpin kurangkan pegawai pengiring

Suruhanjaya Pilihan Raya (SPR) menetapkan tarikh mengundi PRN Melaka pada 20 November dan undi awal pada 16 November susulan pembubaran Dewan Undangan Negeri Melaka pada 4 Oktober lepas selepas empat Ahli Dewan Undangan Negeri (Adun) menarik sokongan terhadap Ketua Menteri Datuk Seri Sulaiman Md Ali.

Sementara itu, mengenai 40 peratus individu yang tidak hadir selepas menerima janji temu vaksinasi dos penggalak Covid-19, Khairy berkata KKM akan meningkatkan komunikasi untuk memastikan semua penerima janji temu dos itu hadir menerima suntikan.

Beliau berkata, bukti dos penggalak itu selamat digunakan akan dimaklumkan kepada individu ter-
babit terutamanya bagi melindungi orang ramai daripada ancaman virus Covid-19.

"Kita akan pastikan mereka yang dah terima janji temu *booster* (dos penggalak) dapat menepati janji temu yang diberikan. Kita akan tunjukkan bukti bahawa ia selamat dan digalakkan untuk melindungi terutama orang tua daripada kesan buruk virus," katanya.

Beliau memaklumkan peratusan itu menerusi ciapan di Twitter rasminya semalam dan berkata jumlah ke-
masuk ke hospital akan meningkat se-
kiranya bilangan mereka yang menerima dos penggalak itu kekal rendah.



"Apabila terlalu ramai mengiring pemimpin itu, susah jaga jarak fizikal"

Khairy

AKHBAR : KOSMO
MUKA SURAT : 6
RUANGAN : NEGARA

Empat teras jayakan Agenda Nasional Malaysia Sihat

Oleh LUQMAN RIDHWAN
MOHD. NOR

PUTRAJAYA — Kerajaan melancarkan Agenda Nasional Malaysia Sihat (ANMS) dengan matlamat membudayakan hidup sihat dan kelestarian persekitaran yang menyokong kesejahteraan Keluarga Malaysia semalam.

Perdana Menteri, Datuk Seri Ismail Sabri Yaakob berkata, ANMS merupakan pakej kesejahteraan kesihatan yang diteliti, dirancang dan seterusnya diperkenalkan oleh kerajaan melalui Kementerian Kesihatan (KKM) sebagai penggerak utama dan disertai secara langsung oleh Kementerian Perumahan dan Kerajaan Tempatan (KPKT).

"ANMS yang diterajui dua kementerian ini, dan penglibatan kementerian atau agensi kerajaan yang lain, merupakan persediaan dan tindakan yang diambil



ISMAIL SABRI menekankan gaya hidup sihat bagi semua Keluarga Malaysia.

bagi mempersiapkan Keluarga Malaysia dalam mendepani fasa endemik Covid-19.

"ANMS bertujuan membudayakan hidup sihat dan kelestarian persekitaran yang menyokong kesejahteraan kesihatan Keluarga

Malaysia. Agenda ini berusaha untuk menjadikan kita sihat sejahtera sepanjang hayat," katanya ketika berucap merasmikan ANMS yang disiarkan menerusi saluran RTM semalam.

Ismail Sabri berkata, bagi



ANMS yang diterajui dua kementerian ini, dan penglibatan kementerian atau agensi kerajaan yang lain, merupakan persediaan dan tindakan yang diambil bagi mempersiapkan Keluarga Malaysia dalam mendepani dan mengharungi fasa endemik Covid-19."

menjayakan ANMS, kerajaan mengambil pendekatan *Whole of Nation* iaitu Keseluruhan Negara dengan menjalinkan kerjasama yang erat dengan semua pihak untuk bergerak sebagai rakan strategik.

Ujarnya, kerajaan bertanggungjawab merangka hala tuju, strategi dan inisiatif ANMS, manakala pihak swasta dan badan bukan kerajaan adalah penggerak kepada strategi serta usaha yang telah dirancang atau inisiatif yang diperkenalkan.

"ANMS dilaksanakan untuk tempoh 10 tahun, iaitu mulai 2021 hingga 2030. Pelaksanaan-nya dibahagikan kepada dua penggal iaitu penggal pertama bermula pada 2021 sehingga 2025, dan penggal kedua pula bermula pada 2026 dan akan berakhir pada 2030," katanya.

Ia melibatkan empat teras utama, 10 strategi, dan 24 inisiatif.

Empat Teras Utama tersebut, katanya, adalah Memantapkan Promosi Pembudayaan Hidup Sihat, Memantapkan Perkhidmatan Kesejahteraan Kesihatan, Memperkasakan Kawalan Kesihatan Kendiri dan Memantapkan Kebersihan Persekitaran.

Malaysia dalam kategori negara tidak sihat

Satu daripada dua rakyat ada obesiti

PETALING JAYA — Kesedaran mengenai aspek kesihatan yang masih rendah dalam kalangan rakyat menjadikan Malaysia dikategorikan sebagai sebuah negara yang tidak sihat.

Perkara tersebut dimaklumkan Menteri Kesihatan, Khairy Jamaluddin Abu Bakar berdasarkan statistik yang menunjukkan Malaysia antara negara tertinggi dalam beberapa masalah kesihatan termasuk penyakit jantung.

"Kadar kematian yang tinggi di negara ini akibat Covid-19 banyak berkait rapat dengan mereka yang merupakan pengidap penyakit kronik. Bayangkan di Malaysia, satu daripada dua rakyat obesiti termasuk saya, manakala satu daripada empat rakyat Malaysia tidak mengamalkan kecergasan.

"Selain itu, satu daripada 20 rakyat tidak makan mengikut nutrisi yang betul di samping setengah juta orang dewasa mengalami kemurungan. Saya percaya angka ini sebenarnya masih rendah daripada realitinya," katanya ketika menjadi tetamu dalam sebuah rancangan televisyen semalam.

Beliau turut memberitahu, perubahan tingkah laku sangat penting dalam melahirkan negara dan rakyat yang sihat tanpa mengharap kerajaan semata.

"Pematuhan prosedur ope-



KHAIRY JAMALUDDIN

MALAYSIA antara negara tertinggi hidap masalah kesihatan termasuk penyakit jantung. — GAMBAR HIASAN

rasi standard (SOP) bagi mengekang penularan Covid-19 dalam kalangan rakyat negara ini sudah cukup menggambarkan tahap kesedaran yang masih rendah.

"Berdasarkan tinjauan, 95 peratus rakyat memberitahu akan mengikut SOP yang ditetapkan,

namun masih ada yang meletakkan pelitup muka di bawah dagu. Sebab itu saya katakan untuk kita beralih, perkara ini penting.

"Kita perlu laksanakan perubahan tingkah laku. Tanpa mengharapkan kerajaan melakukannya," ujarnya.

AKHBAR : SINAR HARIAN
MUKA SURAT : 6
RUANGAN : DEBARAN PRN MELAKA

KKM puas hati pematuhan SOP

Namun masih ada pemimpin politik tidak tunjuk teladan yang baik

KUALA LUMPUR

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kepada pemberita selepas menjadi tetamu program Selamat Pagi Malaysia di TV1 pada Khamis.

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SOP KEMPAHAN PILIHAN RAYA

TEMPOH

12
HARI

8 NOV -
19 NOV 2021
@ 11.59 MALAM

TIDAK DIBENARKAN

Ceramah / syarahan / kempen secara fizikal	✗
Kempen ziarah rumah ke rumah	✗
Walkabout	✗
Edar risalah kepada orang awam secara bersemuka	✗
Bilik gerakan parti yang kecil	✗

✓ Memasang kain rentang & bunting dalam kawasan pilihan raya

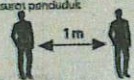


✓ Edar risalah kempen di peti surat penduduk



✓ Kempen menerusi laman sosial seperti

- Facebook / Instagram
- Twitter / Youtube
- Wechat / Snapchat
- Telegram / Whatsapp



1m



✓ Parti perlu memohon kebenaran fizikal 1 meter

• Hanya 3 orang untuk edar risalah

✓ Kempen menerusi pembesar suara yang dipapung pada lantunan

• Parti dapatan permit polis

• Tempoh masa & lokasi tertakluk kepada permit

✓ Hanya 1 bilik gerakan parti boleh beroperasi bagi setiap calon di setiap DUN

• Had kapasiti 50% ruang dengan penjarakan fizikal

• Jentera terbitan dikehendaki

SOP - Prosedur operasi standard

RTR - Ruj. Yutan Pantas

DUN - Dewan Undangan Negeri

Sumber: Suruhanjaya Pilihan Raya

AKHBAR : SINAR HARIAN
 MUKA SURAT : 13
 RUANGAN : NASIONAL

Malaysia bukan negara sihat - Khairy

FOTO: BERNAMA

Kesedaran aspek kesihatan masih rendah, jumlah rakyat hidap penyakit jantung dan obesiti adalah tinggi

KUALA LUMPUR

Malaysia dianggap sebagai negara bukan sihat memandangkan jumlah rakyatnya yang menghadapi penyakit jantung dan obesiti adalah tinggi, kata Menteri Kesihatan, Khairy Jamaluddin Abu Bakar.

Beliau berkata, kesedaran tentang aspek kesihatan dalam kalangan rakyat juga masih berada di tahap rendah.

"Kalau tanya saya sebagai menteri, adakah Malaysia negara sihat sekarang? Tidak. Kita antara ne-

Khairy (kiri) bersama pengacara program Selamat Pagi Malaysia, Ismail Adnan (kanan) dan Zaleha Khalfene Ismail ketika ditemu bual mengenai ANMS di Wisma Berita, Angkasapuri pada Khamis.



gara kadar tertinggi dari segi obesiti, sakit jantung dan antara penyebab punca kematian Covid-19 di negara ini adalah sebab sebahagian besar daripada pesakit mengalami komorbiditi atau kronik.

"Bayangkan di Malaysia seorang daripada dua rakyat terlebih berat badan atau

obesiti termasuk diri saya, manakala seorang daripada empat rakyat tidak amalkan kecergasan. Selain itu, hanya seorang daripada 20 rakyat mengamalkan pemakanan mengikut nutrisi yang betul.

"Mengikut statistik rasmi juga, setengah juta orang dewasa mengalami kemurungan. Saya percaya angka ini sebenarnya masih rendah daripada realiti-

nya," katanya semasa menjadi tetamu dalam program Selamat Pagi Malaysia di saluran TV1.

Oleh itu, dalam merealisasikan Agenda Nasional Malaysia Sihat (ANMS), Khairy berkata, rakyat Malaysia perlu mengubah sendiri tingkah laku mereka serta meningkatkan kesedaran bagi melahirkan negara dan rakyat yang sihat secara sukarela tanpa

mengharapkan kementerian atau kerajaan semata-mata.

Beliau berkata, aspek perubahan tingkah laku penting serta kesedaran untuk menjalani pemeriksaan kesihatan sendiri menjadi inti pati ANMS.

"Kalau kita nak harapkan Kementerian Kesihatan sahaja untuk pantau prosedur operasi standard (SOP) dan keluarkan kompaun, memang tak cukup tangan. Kita nak negara berjaya dari segi pengurusan pandemik ini," katanya.

Sementara itu, Khairy berkata, satu jawatankuasa ditubuhkan yang menghimpunkan semua kementerian terlibat bagi melaporkan langkah-langkah yang akan dilaksanakan untuk menzahirkan ANMS di peringkat kementerian.

Katanya, selain mengambil kira faktor kesihatan diri rakyat, agenda itu juga meliputi kesihatan kualiti pengudaraan melibatkan bangunan baharu sebagai usaha mencegah Covid-19 yang boleh dijangkiti melalui udara. - Bernama

LAPORAN MUKA DEPAN

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 1

RUANGAN : MUKA HADAPAN

80% rakyat guna hospital kerajaan

Petugas perubatan kontrak wajar diserap

Oleh AHMAD FADHLULLAH
ADNAN
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PETALING JAYA: Kira-kira 80 peratus penduduk di negara ini dirawat oleh doktor yang bertugas di perkhidmatan kerajaan berbanding pegawai perubatan swasta, sekali gus menjadi bu-

ti bahawa perkhidmatan doktor kerajaan sangat diperlukan.

Sehubungan itu, amat wajar petugas perubatan berstatus kontrak di semua hospital kerajaan bukan sahaja dikekalkan, malah diserap ke jawatan tetap bagi mengelakkan kekurangan doktor dan menjejaskan perkhidmatan

kesihatan negara.

Jurucakap Gerakan Hartal Doktor Kontrak, Dr. Muhammad Yassin berkata, realitinya ialah negara masih memerlukan ramai lagi doktor di hospital dan klinik kerajaan kerana bilangan pesakit semakin ramai.

"Meskipun nisbah doktor dengan penduduk negara ini

boleh dianggap mencukupi dan menepati nisbah yang ditetapkan oleh Pertubuhan Kesihatan Dunia (WHO), namun nisbah itu juga termasuk mereka yang berkhidmat di perkhidmatan swasta yang hanya merawat 20 peratus penduduk.

Bersambung di muka 2

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 2

RUANGAN : DALAM NEGERI



ANGKATAN Tentera Malaysia membantu jururawat menyediakan barang keperluan rawatan sebelum menerima pesakit di Hospital Medan Kepala Batas, Pulau Pinang. - UTUSAN/MOHAMMAD FIRDAUS AMRAN

80% rakyat guna hospital kerajaan

Dari muka 1

"Jika jumlah doktor swasta itu dikeluarkan, apakah nisbah doktor kerajaan dengan penduduk masih menepati kehendak antarabangsa," soalnya ketika dihubungi *Utusan Malaysia*, semalam.

Semalam, akhbar ini melaporkan, meskipun nisbah seorang doktor dengan 454 penduduk negara dianggap memenuhi saranan WHO, agihan penempatan doktor yang tidak seimbang antara kawasan menambah lagi permasalahan kepada isu doktor.

Presiden Persatuan Peruba-

tan Malaysia (MMA), Dr. Koh Kar Chai berkata, berlaku keadaan jumlah doktor yang sepatutnya di kawasan tertentu tidak mencukupi, tetapi ada pula kawasan lain yang terlebih bilangannya.

Dr. Muhammad Yassin seterusnya berkata, kerajaan perlu memastikan doktor-doktor kontrak yang sudah sedia ada dalam sistem kesihatan negara dikekalkan dengan memberi jawatan tetap.

"Jika ramai doktor tinggalkan Kementerian Kesihatan, maka kita akan berdepan kekurangan doktor di masa hadapan.

"Apabila itu berlaku, rakyat terpaksa tunggu lama untuk

berjumpa dengan doktor, tunggu lama semata-mata untuk dapatkan tarikh pembedahan dan tunggu lagi untuk dibedah pula, tunggu lama untuk dapatkan rawatan kecemasan dan bagi yang tak sanggup menunggu, mereka terpaksa ke (perkhidmatan) swasta walaupun mungkin terpaksa berhutang," jelasnya.

Selasa lalu, Menteri Kesihatan, Khairy Jamaluddin dalam sidang Parlimen berkata, tiada jaminan untuk menyerap semua doktor kontrak ke perkhidmatan tetap dan kerajaan akan membuat unjuran jumlah yang diperlukan.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 3
RUANGAN : DALAM NEGERI

Malaysia bukan negara sihat

Oleh **MOHAMAD HAFIZ YUSOFF BAKRI**
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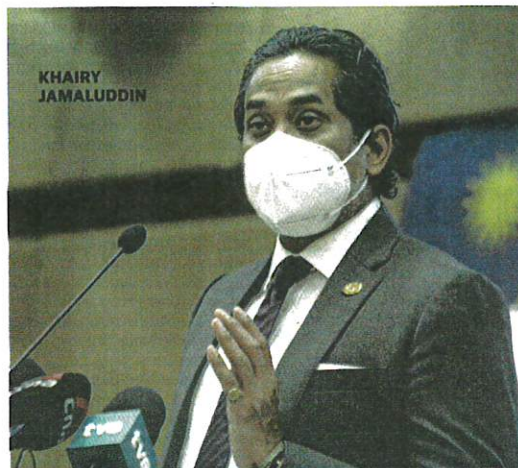
PETALING JAYA: Malaysia dikategorikan sebagai bukan negara sihat berdasarkan kesedaran aspek kesihatan dalam kalangan rakyat yang masih rendah.

Menteri Kesihatan, Khairy Jamaluddin berkata, perkara itu terbukti menerusi statistik yang menunjukkan Malaysia antara negara tertinggi dalam beberapa masalah kesihatan termasuk sakit jantung.

Malah, katanya, kadar kematian yang tinggi di negara ini akibat Covid-19 banyak berkait rapat dengan mereka yang merupakan penghidap penyakit kronik.

"Bayangkan di Malaysia satu daripada dua rakyat obesiti termasuk saya. Manakala satu daripada empat rakyat Malaysia tidak amalkan kecergasan.

"Selain itu, satu daripada 20 rakyat tidak makan mengikut nutrisi yang betul di samping



setengah juta orang dewasa mengalami kemurungan. Saya percaya angka ini sebenarnya masih rendah daripada realiti," katanya semasa menjadi tetamu dalam sebuah rancangan

televisyen semalam.

Sehubungan, itu Khairy berkata, perubahan tingkah laku sangat penting untuk melahirkan negara dan rakyat yang sihat dengan tidak mengharap-

kan kerajaan semata-mata.

Sebagai contoh, menurutnya, pematuhan prosedur operasi standard (SOP) bagi mengengkang penularan Covid-19 dalam kalangan rakyat negara ini sudah cukup menggambarkan tahap kesedaran yang masih rendah.

"Berdasarkan tinjauan, 95 peratus rakyat cakap akan ikut SOP. Tapi pematuhan SOP tidak ketat. Rakyat kita sendiri contoh pakai pelitup muka ada yang tutup bawah dagu. Perkara paling mudah. Sebab itu saya katakan untuk kita beralih perkara ini sangat penting.

"Justeru, kita perlu laksanakan apa yang disebut sebagai perubahan tingkah laku. Jika nak mengharapkan Kementerian Kesihatan di lapangan dan bertindak, kita tidak cukup tangan. Kita boleh lihat negara maju seperti Jepun yang berjaya menguruskan pandemik menerusi tingkah laku tanpa perlu mengeluarkan kompaun," jelasnya.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 10
RUANGAN : DALAM NEGERI

RM300,000 hingga RM1.2 juta lahirkan doktor

Oleh MOHAMAD SHOFI MAT ISA
shofisa@mediamula.com.my

KUANTAN: Kos melahirkan doktor bertauliah yang mencecah RM300,000 seorang memerlukan kerajaan menyerap semua doktor kontrak ke jawatan tetap supaya berbaloi dengan pelaburan dibuat.

Kos diperlukan itu membatinkan jangka masa pengajian lima ke enam tahun.

Dianggarkan, purata kos seorang pelajar setahun adalah kira-kira RM60,000 melibatkan pengajian dalam negara.

Jika di luar negara, kos dianggarkan RM600,000 di India dan melebihi RM1.2 juta jika menuntut di United Kingdom (UK), Amerika Syarikat (AS) dan beberapa negara Eropah.

Bercakap kepada *Utusan Malaysia*, Presiden Pertubuhan Doktor-doktor Islam Malaysia (Perdim), Datuk Dr. Ahmad Shukri Ismail berkata, langkah terbaik adalah menyerap doktor kontrak ke jawatan tetap.

Menurutnya, tanggungjawab itu perlu dipikul dan dilaksana-



GERAKAN Hartal Doktor Kontrak menegaskan isu doktor kontrak sudah berlarutan sejak lima tahun lalu. - UTUSAN/RASUL AZLI SAMAD

kan kerajaan kerana kos mengeluarkan seorang doktor bertauliah bukan murah.

Katanya, malah pegawai perubatan kontrak berkenaan sudah bersedia untuk berkhidmat.

"Kerajaan juga perlu mengurangkan pengambilan pelajar perubatan di semua fakulti perubatan berpandukan penawaran dan permintaan.

"Nilai semula standard Fakulti Perubatan di Malaysia. Sewajarnya setiap universiti yang mempunyai fakulti perubatan perlu ada hospital sendiri sekurang-kurangnya dilengkapi 300 katil.

"Bukan seperti sekarang, semuanya tertumpu dan bergantung kepada hospital kerajaan. Mereka perlu berdikari barulah

ada kajian dan mendapatkan peralatan secukupnya untuk pengajian lepasan ijazah," katanya di sini semalam.

Terdahulu, akhbar ini melaporkan, Gerakan Hartal Doktor Kontrak mempersoalkan langkah kerajaan yang baru mahu membuat unjuran jumlah doktor kontrak yang perlu diserap ke perkhidmatan tetap sedangkan isu berkenaan sudah berlarutan sejak lima tahun lalu.

Ahmad Shukri berkata, sepatutnya apabila hendak membuka fakulti perubatan, farmasi atau klinik perģigian, sekurang-kurangnya asas untuk praktikal dan privasi mesti ada hospital sendiri atau kerjasama dengan hospital swasta.

"Menerusi cara ini, baru tidak membebankan kerajaan dan memberikan faedah kepada pesakit," katanya.

Beliau berkata, kerajaan juga perlu memancing dari sekarang dan memberikan galakan kepada doktor-doktor muda untuk terus membuat kepakaran dan pengkhususan dalam semua bidang perubatan.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 2

RUANGAN : NEWS / NATION

FOREIGN TOURISTS

MALAYSIA TO REOPEN BORDERS BY JANUARY

Tourism sector
recovering slower
than expected, says
Muhyiddin

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MALAYSIA'S borders are expected to reopen to foreign visitors the latest by Jan 1 as part of the government's efforts to expedite the recovery of the country's tourism sector.

National Recovery Council (NRC) chairman Tan Sri Muhyiddin Yassin said the move was made after taking into consideration the achievements of the Covid-19 National Immunisation Programme.

Muhyiddin, who chaired the NRC meeting yesterday, said the council took note of the sector's situation, which was experiencing a slow recovery due to a lack of international tourist arrivals, apart from tourism operators requiring more time to restart their businesses.

He said at the meeting, Health director-general Tan Sri Dr Noor Hisham Abdullah presented the latest updates on the Covid-19 indicators.

"In general, I'm satisfied with the development, particularly in the trend of daily positive cases, deaths, admissions of patients under Categories 3 to 5 in hospitals and the vaccination rate among the adult population, which have reached 95 per cent, along with the 76.7 per cent coverage for adolescents," he said.

"However, we must remain vigilant and continue to adhere to the standard operating procedures while the government continues to vaccinate those who have yet to receive two doses, and administer booster doses."

He said the council was also

given updates on the performance by economic sectors and their sub-sectors during the second quarter of the year by Statistics Department chief statistician Datuk Seri Dr Mohd Uzir Mahidin.

Based on the indicators, he said, the performance of most sectors was below the level recorded before the Covid-19 pandemic, save for the production sector.

Muhyiddin added that the council was also informed of the country's economic prospects for the third and fourth quarters of the year, which could be challenging to achieve.

"Therefore, the council has emphasised on the need to boost efforts that are quick and in an integrated manner, based on the priorities to improve the economy."

Also presented at the meeting, he said, was the development of contact-tracing efficiency through the adoption of technology that was agreed upon during the council's second meeting.

Muhyiddin said the improvements were important measures to curb Covid-19 infections while the country resumed its economic and social activities as it moved towards the endemic phase.

He said the improvements were being carried out in stages and the council had agreed that full implementation of the updated system would begin latest by January next year.

On the need for manpower in various sectors, Muhyiddin said a briefing by Immigration Department director-general Datuk Indera Khairul Dzamee on the implementation of the Foreign Labour Recalibration Programme was also held during the meeting.

"The council has taken note of the steps to improve the recalibration programme that will be carried out by the Immigration Department to help address the issue of lack of manpower faced by various economic sectors."

RIISING INFECTIONS

Country
records
10 B.I.D.
cases

KUALA LUMPUR: Daily Covid-19 new cases continue to rise yesterday, with 6,323 new infections recorded.

On Wednesday, the country reported 6,243 new cases. The upward trajectory in new Covid-19 cases started on Sunday with 4,343 cases, with the number continuing to rise with 4,543 on Monday and 5,403 on Tuesday.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 3

RUANGAN : STORY OF THE DAY / NEWS

Allow those eligible to walk in for booster shots, says Fomca

VEENA BABULAL
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COVID-19 booster shots should be made available on a walk-in basis for eligible groups as the country enters the endemic phase and international borders are set to reopen to foreign travellers.

Federation of Malaysian Consumers Associations president Datuk Dr Marimuthu Nadason said such an option should be offered alongside the MySejahtera appointments for frontliners, those with comorbidities and individuals above 40 years' old.

"Officers should be stationed at facilities where the shots are being administered, so that those who do not fall under these categories are denied entry, or if their three-or six-month immunity (coverage) after second Sinovac or Pfizer shots (respectively) have yet to lapse."

"When people are rejected, they must also be given an explanation in the interest of accountability," he told the *New Straits Times*.

He said too many people had died due to a dearth in vaccines and slow distribution of jabs, and a similar situation could happen due to the issues with booster shots.

This, he said, was especially crucial for the 9.3 million Sinovac recipients, as studies indicated that

the immunity coverage for those who received the vaccine waned significantly after three months.

"There needs to be transparency on who is getting the shots, their ages and so on, as there have been anecdotal reports that those in their 30s who appear healthy are getting booster shots."

He also urged the Health Ministry to be transparent on no-shows, citing reports that 40 per cent of those who received appointments for booster shots under MySejahtera did not turn up.

"Is there a stand-by list that people don't know about and how do ordinary people get on it?" he asked, referring to claims of non-elected politicians and celebrities supposedly with comorbidities getting on the list in Perak and Selangor earlier this year.

Both states were experiencing sluggish vaccine distribution and limited supplies of doses meant

for the elderly and those with comorbidities.

Marimuthu reiterated his call for boosters to be offered at a price at private facilities.

He, however, said the government must set a ceiling price and supplies for frontliners, high-risk groups and those in the B40 group must not be affected.

He said it was crucial for the authorities to focus on prevention, treatment and planning, including fiscal preparation, instead of vaccines and boosters.

Association of Private Hospitals of Malaysia president Datuk Dr Kuljit Singh said the authorities should look into MySejahtera and check whether there had been glitches that inadvertently snubbed the elderly or those with comorbidities who were supposed to receive booster shots.

"The next thing is to identify vaccine hesitancy and explain the backlash that this has caused on the administration of boosters. Since we are transitioning into the endemic phase and set to reopen (the borders), we can't address this without education and awareness."

"The government needs to look into studies outside booster shots involving Pfizer, while not restricting the mix-and-match options to the mRNA vaccine only. They should even consider giving out Sinovac as a booster for those who are hesitant towards Pfizer."

On the confusion over who gets on the perceived "stand-by list" for booster shots, he said: "When you run a vaccination centre and people don't show up, you have to do all you can within a limited time frame to use the shots. This is especially so for vaccines like Pfizer that need to be used immediately. This is why we have MySejahtera."

"There are six to a vial for Pfizer, so in the event of a no-show, the next person in the queue may be told to go home. Other vaccines, like Sinovac, is easier to manage, but that's why things like a crowd-sourced stand-by list sounds good on paper. But it is difficult to implement."

He said his mother, who is above 70, got a booster appointment as she was a Sinovac recipient. However, his father, who is 85 and a Pfizer recipient, had yet to get his appointment.



Datuk Dr Marimuthu Nadason



Datuk Dr Kuljit Singh

Health director-general Tan Sri Dr Noor Hisham Abdullah said the cumulative total of the country's Covid-19 cases now stood at 2,528,821.

The country also reported 59 Covid-19 deaths on Wednesday, including 10 brought-in-dead cases, taking the national toll of fatalities to 29,486.

Data on the Health Ministry's CovidNow portal and GitHub reported that from the 10 B.I.D. cases, five were identified in Sarawak, two in Kedah and one each in Johor, Penang and Terengganu.

Of the 59 fatalities, 12 were in Sarawak, with the rest being in Sabah (11), Perak (eight), Kedah (five), Kelantan, Penang, Terengganu (four each), Selangor, Kuala Lumpur (three each), Johor (two), Melaka, Negri Sembilan and Pahang (one each).

Deaths per million people for the past 14 days remained at 17. The current fatality rate stood at 0.9 per cent.

The data for Wednesday also

showed 6,219 local transmissions and 24 imported cases, with 11 reported in Kuala Lumpur, with the rest being in Johor (five), Melaka (three), Selangor (two), Kedah, Negri Sembilan and Perak (one each).

Daily new cases in Selangor climbed to 1,597, the highest among all states, followed by Kelantan (806), Sabah (573), Johor (485), Sarawak (480), Kedah (438), Pahang (367), Kuala Lumpur (323), Penang (318), Terengganu (273), Perak (200), Negri Sembilan (199), Melaka (125), Perlis (33), Putrajaya (19) and Labuan (seven).

In the past 14 days, 23 people were infected with Covid-19 per 10,000 people in Malaysia.

Cumulative active cases increased by 1,116 to 62,890 yesterday. Of the total, 77.5 per cent (48,730) were under home quarantine, 12.7 per cent (7,999) were at the Covid-19 Quarantine and Treatment Centres, 8.9 per cent (5,617) were hospitalised and the remaining 544 were treated at In-

tensive Care Units (ICU), where 280 patients required breathing assistance.

The utilisation rate of hospital beds, Covid-19 Quarantine and Treatment Centres and ICUs were at 69.1 per cent, 36.6 per cent and 60.7 per cent, respectively, a slight increase from the 67.8 per cent, 34.9 per cent and 59.1 per cent figures reported on Tuesday.

Meanwhile, the percentage of ventilator usage was slightly reduced to 38.1 per cent from 40.6 per cent the previous day.

On Wednesday, a total of 131,240 vaccine doses were administered, comprising 85,901 booster shots, 7,650 first doses and 37,689 second doses.

Up to Nov 10, 75.6 per cent of the total population (24,691,110 individuals) had been fully vaccinated, consisting of 22,248,737 adults (aged 18 and above) and 2,442,373 adolescents (aged between 12 and 17).

Currently, 21.7 per cent of the total population were unvaccinated.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : NATION / NEWS

LOW AWARENESS

'MALAYSIA AN UNHEALTHY COUNTRY'

Many have heart disease, are obese, says health minister

KUALA LUMPUR

MALAYSIA is considered an unhealthy country as the number of people suffering from heart disease and obesity is high, said Health Minister Khairy Jamaluddin.

He said health awareness among the people was also low.

"If you ask me, if Malaysia is now a healthy country, my an-

swer is no. We are among countries that are tops in terms of obesity, heart disease and among the leading causes of Covid-19 deaths is because most of the patients have comorbidities or chronic diseases.

"In Malaysia, one in every two people is obese and overweight, including myself, while one in four does not practise physical activity. And one in 20 maintains healthy eating.

"According to official statistics, half a million adults suffer from depression. I am confident that this is lower than the actual figure," he said on TV1's *Selamat Pagi Malaysia* programme yesterday.

As such, in realising Agenda Nasional Malaysia Sihat (ANMS), he said people needed to change their behaviour voluntarily and increase awareness to create a healthy nation without having to rely on the Health Ministry or the government.

He said a change in behaviour and awareness to get a health check is the core of ANMS.

"If we want to depend on the Health Ministry alone to monitor standard operating procedure (SOP) compliance and issue compounds, we do not have the manpower.

"We want the country to succeed in terms of pandemic management," he said, citing Japan which had successfully managed the pandemic through behavioural change without the need to issue compounds.

Prime Minister Datuk Seri Ismail Sabri Yaakob yesterday launched ANMS as preparation to help Keluarga Malaysia cope with the endemic phase of Covid-19.

"The ANMS agenda will be carried out until 2030, and the implementation is to be divided into two terms — the first from this year until 2025, and the second from 2026 until 2030," he said.

Meanwhile, Khairy said a committee had been established to bring together all related ministries to report on the measures to be taken to realise ANMS at the ministry level.

He said besides the people's health, the agenda also took into account the quality of air and ventilation in new buildings in an effort to prevent the spread of Covid-19. **Bernama**



Health Minister Khairy Jamaluddin being interviewed by 'Selamat Pagi Malaysia' hosts Ismail Adnan (right) and Zaleha Khairane Ismail yesterday. BERNAMA PIC

AKHBAR : THE STAR

MUKA SURAT : 2

RUANGAN : NATION

KJ: M'sians must voluntarily change their behaviour

PETALING JAYA: Malaysia is considered an unhealthy nation as a large number of its people have health problems such as heart disease and high obesity rates, says Health Minister Khairy Jamaluddin.

Awareness on the aspect of health among Malaysians is also still at a low level, he said while on air in a *Selamat Pagi Malaysia* TV programme yesterday.

"If you ask me, the Health Minister, is Malaysia a healthy nation? No. Our country has among the highest rates of obesity and

heart disease.

"One of the reasons why Covid-19 deaths in this nation is quite high is because a large number of patients had comorbidities or chronic diseases.

"Out of every two Malaysians, one is obese, including myself right now, while one out of four Malaysians do not practise fitness regimes.

"Besides that, only one out of every 20 Malaysians practise healthy eating according to the right nutritional guidelines.

"According to official statistics, half a million adults are depressed. I believe that this number is still lower than reality," he said.

Realising the importance of health literacy and cultivating behavioural change among Malaysians, Khairy said the government launched the Agenda Nasional Malaysia Sihat (ANMS) initiative to cultivate a healthy lifestyle, allay the risk of disease and reduce the cost of treatment and rehabilitation.

Khairy said Malaysians must

voluntarily change their behaviour and increase their awareness on health issues in order to develop a healthy nation without solely depending on the Health Ministry or the government to compel them to do so.

He said behavioural change is important; self-awareness of one's own health is among the crucial elements of ANMS.

"If we just depend on the Health Ministry to monitor standard operating procedures and issue compounds, it is not adequate.

"We want the country to be successful in managing the pandemic," Khairy said, adding that Japan was successful in its management of the pandemic due to the behaviour of its citizens, and did not have to issue compounds to deter unwanted behaviour.



Experts: Adopt a healthy lifestyle right away
See next page

AKHBAR : THE STAR
MUKA SURAT : 6
RUANGAN : NATION

Doc: Get screened for diabetes

Those with this condition risk facing more Covid-19 complications

By LIEW JIA XIAN
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PETALING JAYA: Those who are at risk of getting diabetes should come forward and get themselves screened for this condition, even during the pandemic.

Consultant physician and endocrinologist Datuk Dr Zanariah Hussein said: "One in five adults are diabetic, and for those who are above 60 years old, it is one in three. Those who are diabetic are at risk of facing more severe complications if they test positive for Covid-19."

"For Covid-19 patients who are also diabetic, some of them have

severe complications whereby they have to be put under intensive care or use a respiratory ventilator.

"In fact, we have some Covid-19 patients who were newly diagnosed with diabetes during screening; some of them were overweight or obese and shockingly, some were just barely 30 years old," she said in a panel discussion during the World Diabetes Day 2021 virtual media forum yesterday.

"The public should be aware that they can prevent diabetes if it is diagnosed earlier."

"The public need to realise that if they are diagnosed earlier, they can decide to make a lifestyle change, get some weight off and their blood

sugar level might revert to normal," said Dr Zanariah.

Consultant psychologist Dr Hariyati Shahrina Abdul Majid said the importance of mental health should be given attention while a patient or family member is combating the disease.

"Conversations on mental health and behavioural health must start taking place and those who take good care of their health should be rewarded at their workplaces," she said.

Health Ministry non-communicable diseases (NCD) deputy director Dr Feisul Idzwan Mustapha said a multi-stakeholder collaboration is important when it comes to raising

awareness on diabetes.

"A multi-stakeholder collaboration is vital to create a health-promoting living environment in Malaysia to reduce the risk of NCDs among Malaysians, particularly among at-risk populations."

"We are working to leverage digital health in catalysing behavioural modification to reduce the exposure of at-risk populations to NCD risk factors."

"Due to the pandemic, teleconsultation is now available for chronic patients," he said.

Dr Feisul added that diabetes monitoring devices should be made accessible and available to the lower income group.

"It will definitely benefit patients who want to change their behaviour, especially the most vulnerable groups."

"Providing patients with tools is another important way for them to self-monitor their progress."

"However, the patient has to make behavioural changes and make good use of the resources available," he said.

World Diabetes Day is an annual global awareness campaign initiated in 1991 by the International Diabetes Federation and the World Health Organisation in response to growing concerns about the escalating health threat posed by diabetes.

'Treat used masks and self-test kits with extra care'

By IMRAN HILMY
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GEORGE TOWN: With the country moving towards living with Covid-19, the public must embody new norms such as being mindful of how they throw away things, especially used face masks and self-test kits.

Virologist Dr Kumitaa Theva Das said adhering to the SOP alone is not enough in this climate.

"We also have to be mindful about how we dispose of masks and self-test kits."

"Occasionally, used masks can be spotted on the road, in the drain or open bins in public places. This can be hazardous."

"There may be viral particles on the outer surface of the mask. We must ensure the mask is not thrown in a location where someone may accidentally touch it," said the Universiti Sains Malaysia senior lecturer, who added that self-test kits contain nasal or saliva samples. "The public should ensure the



Proper disposal: A pharmacist showing the correct way to dispose of self-test kits.

kits are properly disposed of, even if their test comes out negative.

"This will not only keep households safe but at the same time

prevent environmental contamination and transmission as well," she said.

On the correct way to dispose of

the two items, Dr Kumitaa said face masks should be disposed in lined bins with lids.

"This is to ensure no traces of the virus may get onto the inside of the bins and contaminate the surface."

"Bins with lids will also ensure no one touches or picks up the used masks. They would not be blown out or fall to the ground if the bin is covered," she said, adding that masks should not be recycled.

As for self-test kits, it is important to place the used swabs, test strip and extraction tube into the small plastic bag that comes with the kit.

This can then be placed back into the box before being disposed of.

"If you are under quarantine, self-isolation or test positive, the masks and self-test kits can be double-bagged before they are disposed of," she added.

Malaysian Community Pharmacy Guild (MCPG) northern branch chairman Foon Hwei Foong said more vigilance should be exercised with Covid-19-related disposables.

"Used face masks should be put

in plastic bags and separated from domestic waste before they are disposed of."

"As for self-test kits, they should be treated as clinical waste."

"A self-test kit containing saliva and other fluids can be considered a biohazard. It would not be appropriate to treat used self-test kits as normal waste as it is dangerous."

"The best practice now is to separate the two items from normal waste and use the biohazard bag that is provided in the self-test kits," she said.

Seberang Prai City Council mayor Datuk Rozali Mohamad said used face masks should not be mixed together with domestic waste as they could pose a danger to council workers.

"As for self-test kits, they must be put into the provided plastic bag. The plastic bag should be tied properly and thrown into the dustbin."

"The public must also ensure the place where they conducted self-testing is disinfected," he said.

Experts: Delta sub-variant shouldn't be a problem

By ASHLEY TANG
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PETALING JAYA: Although the Delta sub-variant AY.4.2 should be closely monitored, it will not pose a problem in the Melaka state election as long as the public adheres strictly to the standard operating procedure set to prevent a new wave of infections, say health experts.

Universiti Kebangsaan Malaysia epidemiologist Assoc Prof Dr Azmi Mohd Tamil said it is still too early to tell whether the Delta sub-variant would pose a greater risk to public health than the standard Delta variant.

"The Delta sub-variant is reported to be 10% to 15% more transmissible than the standard variant."

"However, the increase in the number of cases suspected due to the Delta Plus strain was only suspected in the United Kingdom and not elsewhere."

"Viruses mutate all the time, so it is not surprising to see new versions emerge," he said.

Dr Azmi said he would not worry too much as most of the adult population had been vaccinated, adding that this would ensure the morbidity and mortality rate stays low.

However, he said the public should still exercise caution by adhering strictly to the SOP.

On Nov 6, the Health Ministry said it had detected the first two cases of the Covid-19 sub-variant Delta AY.4.2 in the country from Malaysian students returning from the United Kingdom.

According to the BBC, the Covid-19 cases from the sub-variant in the UK have been increasing, accounting for 6% of its cases.

The UK Health Security Agency has placed the strain in the "variant under investigation" category.

The BBC reported that experts there believe there is no evidence to show that this strain has caused

severe illness, adding that the existing vaccines still work well to protect people.

Universiti Malaya epidemiologist Prof Datuk Dr Awang Bulghiba Awang Mahmud said there is not enough evidence at the moment that this particular variant is more transmissible or led to lower vaccine effectiveness compared to the original Delta variant.

However, he believes it needs to be closely monitored.

On whether a new wave of infections would occur due to the Melaka polls, Dr Awang Bulghiba said that would depend on the implementation and enforcement of the SOP during the election period.

He said at least 29 countries and territories had held elections or referendums during the pandemic.

"Some of these countries, such as South Korea, New Zealand, North Macedonia and Singapore, successfully held elections last year without any new wave of infections

even though vaccinations had not yet started. Strict adherence to the SOP ensured no new waves of infections happened."

"One of the lessons from the Sabah state election was that laxity in adherence to the SOP plus increased population movement provided a fertile environment for Covid-19 to spread."

"To tackle laxity in adherence to the SOP, health education needs to be innovative and continuous, yet this is not given enough attention. SOP fatigue is something that we need to avoid."

"I suggest getting behavioural scientists involved in this as they understand what makes successful behavioural change and why some people get fatigued," he said.

He pointed out that messages about Covid-19 too need to be consistent and easy to understand to make people feel that they are part of this pandemic war.

"Messages need to be packaged

properly; do not talk down to people. Key opinion leaders, too, need to be engaged," he said.

Universiti Putra Malaysia's consultant clinical microbiologist Prof Dr Zamri Sekawi concurred that whether or not the sub-variant could develop into something more transmissible remains unanswered.

"We still don't know because the variant itself is not widespread yet," he said.

Dr Zamri said if international borders are opened, this sub-variant may pose a problem.

"Right now, this strain needs to compete with the original Delta variant as well."

"If AY.4.2 is able to mutate to become more infectious than the parent strain, eventually it becomes the dominant strain."

"But I don't see that it is going to be widespread soon unless it is proven that this strain is much more infectious than the parent variant," he added.

AKHBAR : THE STAR
MUKA SURAT : 8
RUANGAN : NATION

Second Ivermectin clinical trial to begin next month

A SECOND clinical trial to determine the efficacy of Ivermectin for close contacts of Covid-19 patients will be conducted next month, said the Deputy Health Minister I.

"We will be doing a second Ivermectin clinical trial next month once approval is given.

"It will be administered to close contacts of Covid-19 patients to determine if they contract the virus while on medication," said Datuk Dr Noor Azmi Ghazali in reply to a supplementary question from Datuk Seri Abdul Azeez Abdul Rahim (BN-Baling).

Abdul Azeez wanted to know the status on the use of Ivermectin as there were reports that it could prevent infection among close contacts.

Earlier, Dr Noor Azmi told the Dewan Rakyat that Malaysia's clinical trials, revealing that there was no significant difference between those medicated with Ivermectin and those given the standard Covid-19 care, would be published in peer-reviewed medical journals.

The clinical trials involved 500 patients from 20 hospitals and quarantine centres who were on the medication for five days.

"Based on safety analysis, those taking Ivermectin had diarrhoea three times higher compared to those under standard care," he said, adding that due to the findings, the use of Ivermectin will only be allowed in supervised trials.

Dr Noor Azmi's reply came as several Opposition MPs continued to ask if private practitioners would be allowed to prescribe the off-label use of Ivermectin, with a few even asking him to stop lecturing the House on the best treatment for Covid-19 patients.

Dewan Rakyat Speaker Datuk Azhar Azizan Harun had to cool things down.

Dr Noor Azmi said the Health Ministry has also agreed to purchase 150,000 treatment packages of Molnupiravir (a Covid-19 anti-viral pill) which has shown to reduce hospitalisation by 50%.

AKHBAR : THE STAR

MUKA SURAT : 14

RUANGAN : VIEWS

Getting booster shots should be made easier

THE government started sending out appointments to people aged 60 and above for the Pfizer vaccine booster shots at the end of last month.

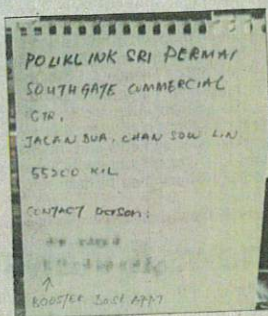
Unfortunately, the appointments are still being made arbitrarily, showing that the MySejahtera system has not taken note of the problems brought up in the past by people who had complained about being assigned to places far away from home when there was a vaccination centre nearby or a husband and wife being given different dates and places for their jabs. This had caused much inconvenience to the individuals concerned, and that is probably why about 40% of those given appointments for booster shots are not showing up for their jabs, as recently announced by Health Minister Khairy Jamaluddin.

The government should make it more convenient for people to get their booster shots by assigning them to clinics/vaccination centres that are a short drive or walk away from their homes. They should also be allowed to choose when they want to go for the jab and not be



forced to follow the appointments given to them via the MySejahtera app.

The current appointment system also causes a lot of inconvenience to the younger generation whose elderly relatives need their help to drive them to the vaccination centre. Those who are working would have to apply for leave on short notice, as the notification of the booster dose appointment usually only arrives three to five days before the due date.



The MySejahtera app should therefore be updated with a new feature that allows users to select the date and location that are convenient for them to get the booster jab.

Some have even been assigned to a clinic that has moved to another location, but the MySejahtera app has not been updated with the new address.

As seen in the screenshot above, the assigned location is Klinik Bergerak Sri Permai in Sentul, but

the mobile clinic has since moved to Jalan Chan Sow Lin. We only got the information about this new location from workers at the mamak outlet nearby.

A stall owner told us a lot of people were turning up at the area to get their booster jabs only to find that there was no clinic there. Some helpful individuals have put up a notice informing those turning up for their appointments of the new address for the mobile clinic (pic). A mistake like this should never have occurred.

Since we are expected to take Covid-19 booster jabs annually, we expect the government to improve the system for making the appointments. This can be done by putting up a list of hospitals/clinics/centres giving the jabs in the MySejahtera app and allowing individuals to make their own arrangements on where they want to go and when.

We should also be allowed to choose the make of vaccine we prefer, and this should be reflected in the MySejahtera app.

MISS LIN
Kuala Lumpur

AKHBAR : THE SUN ON FRIDAY

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS



Wong explaining the correlation of eating habits with diabetes risks.

Dangers of diabetes widely unknown

► Survey reveals 52% of respondents not aware there is no cure for life-shortening condition

■ BY ELWIN DAVA
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PETALING JAYA: Diabetes has become a major health concern in Malaysia. Yet most people, even diabetics themselves, have little to no knowledge of the condition.

According to health experts, the problem stems from the fact that people often underestimate just how pervasive the disease is.

The Malaysian Diabetes Index 2021 showed 52% of respondents in a recent survey were unaware that there is no cure for diabetes.

A total of 51% of them even thought that diabetes is not difficult to manage, while 37% have no idea what "elevated blood sugar level" means.

Pantai Hospital Ayer Keroh diabetes educator Wong Soh San said the prevalence of diabetes continues to be on an upward trend due to such lack of awareness.

According to the National Health and Morbidity Survey 2019, about 3.9 million Malaysians were living with diabetes. That is equivalent to one in five adults, making Malaysia the "sweetest nation" in Asia.

Speaking to *theSun* in conjunction with World Diabetes Day, which falls on Sunday, Wong said apart from ageing, diabetes is strongly associated with obesity that comes from lack of physical activity and urbanisation.

There are three main categories of diabetes, namely Type One, Type Two and gestational.

The disease manifests in recurrent urination, perpetual thirst, dry lips, hazy vision, exhaustion, numbness in hands and feet, increased appetite, slow-healing wounds, weight loss and frequent infections.

Wong said with lifestyle modifications such as increased physical activity and a balanced diet that lead to weight reduction, the onset of Type 2 diabetes can be postponed, or even prevented.

"For those who already have diabetes, lifestyle changes, medication and education to foster self-care and empowerment are essential."

However, the management of diabetes is not simple. Wong said among the seven key areas that must be emphasised are healthy eating, increased physical activity and constant monitoring of blood glucose.

According to research conducted in the United Kingdom, Type Two diabetes has the potential to shorten life by up to 10 years while life expectancy for those with Type One diabetes may be reduced by up to 20 years.

However, Wong said recent advances in diabetes management suggest that people with Type One diabetes are now living significantly longer lives.

Universiti Tunku Abdul Rahman Centre for Biomedical and Nutrition Research associate professor Dr Anto Cordelia Dhanapal said Type One diabetes is caused by a lack of insulin, a vital hormone produced by the pancreas while Type Two diabetes is caused by the body's inability to efficiently utilise the insulin.

Dhanapal said men with diabetes may experience lower sex drive, erectile dysfunction and poor muscle strength. In women, it manifests in urinary tract or yeast infection as well as dry and itchy skin.

She said to slow down the release of sugar into the blood, one could take small but more frequent meals with complex carbohydrates.

"Carbohydrates taken along with protein-rich foods also help to release sugar at a slower pace."

It is no misnomer that diabetes is sometimes referred to as the "silent killer". It can lead to other health complications such as cardiovascular disease, diabetic cardiomyopathy, diabetic retinopathy, diabetic neuropathy and diabetic nephropathy, that cause damage to the heart, eyes, blood vessels and kidneys.

Apart from that, diabetes may also lead to coma and death.

Dhanapal added that the Covid-19 pandemic has showed that diabetic patients also accounted for the highest proportion of fatalities caused by the infection.

"Hence, it cannot be taken lightly. Good dietary and lifestyle factors can help lead a long and better quality of life."

Khairy concerned over 'unhealthy' nation

KUALA LUMPUR: Malaysia is considered an unhealthy country as the number of people suffering from heart disease and obesity is high, said Health Minister Khairy Jamaluddin, adding that health awareness among the people was also low.

"If you ask me if Malaysia is now a healthy country, my answer is 'No'. We are among countries that are tops in terms of obesity, heart disease and among the leading causes of Covid-19 deaths in the country is (the fact that) most of the victims had comorbidities or chronic diseases."

"In Malaysia, one in every two people are obese and overweight, including myself, while one in four don't practise physical activity and only one in 20 adopt healthy eating."

"According to official statistics, half

a million adults suffer from depression. I am confident that this is lower than the actual figure," he said on the *Selamat Pagi Malaysia* programme on TV1 yesterday.

He said in realising Agenda Nasional Malaysia Sihat (ANMS), Malaysians need to make a behavioural change voluntarily and increase awareness to create a healthy nation without having to rely on the Health Ministry or the government.

"If we depend on the Health Ministry alone to monitor compliance to standard operating procedures and issue compounds, we do not have the manpower. We want the country to succeed in terms of pandemic management," he said, citing Japan, which had successfully managed the pandemic through behavioural

change without having to issue compounds.

Prime Minister Datuk Seri Ismail Sabri Yaakob yesterday launched ANMS as part of preparations to help Malaysians cope with the endemic phase of Covid-19.

The ANMS agenda is for a period of 10 years, until 2030, and its implementation would be divided into two terms - the first from this year until 2025, and the second from 2026.

Khairy said a committee has been established to bring together all related ministries to report on measures to be taken to realise ANMS at the ministries level.

He said apart from public health, the agenda also takes into account the quality of air and ventilation involving new buildings. - Bernama