



Malaysian Society for World Action
on Salt, Sugar and Health

HEALTH OUTREACH PROGRAMME & EDUCATION (HOPE) CARNIVAL 2023

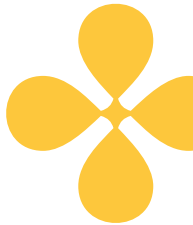


Organized by University Malaya Medical Center
(UMMC) in collaboration with District Health
Office Port Dickson, Polytechnic Port Dickson,
Malaysian Society of Hypertension (MSH)
under the KPT Malaysia Madani Program

#PrihatinMadani

OVERVIEW

The event commenced with a dedicated focus on raising awareness about hypertension and overall health through a comprehensive screening campaign. Our primary objective was to educate the public about hypertension, cardiovascular diseases and its prevention, and the significance of early detection. The initiative aimed to reach out not only to students and staff but also to the broader community, including local schools surrounding the Polytechnic Port Dickson.



The prestigious event, Hypertension Outreach Programme and Education for The Community (HOPE-C) 2023, was skillfully chaired by esteemed individuals, Dr Beh Hooi Chin, Family Medicine Specialist from University Malaya Medical Center (UMMC); Dr Choong Jin Ian, Family Medicine Specialist from District Health Office Port Dickson, and Puan Syafarizan Bt Nasroddin from Polytechnic Port Dickson, under the guidance and supervision of seasoned advisors A/Prof. Dr Adina Binti Abdullah, Prof. Dr Sajaratunisah binti Othman and A/Prof. Dr Haireen Binti Abdul Hadi, Dr Zulfa Vetty Bin Dol Bakri and Dr Azainorsuzila Bt Mohd Ahad. Their wealth of expertise and visionary leadership ensured the seamless execution of this impactful initiative. Additionally, the unwavering support of the President of Malaysian Society for World Action on Salt, Sugar and Health (MyWASSH) Prof. Datin Dr Chia Yook Chin and President of Malaysia Society of Hypertension, Prof. Dr Sherina Nik Haidi bt Hanafi played a pivotal role in steering this event towards success.

The grand opening ceremony was officiated by the distinguished presence of YBhg. Datuk Mohd Faizal bin Ramli, The Chairman of the Technology, Innovation, and Digital Heritage Task Force for the state of Negeri Sembilan, YBhg. Prof. Nazirah binti Hasnan, Director of UMMC, and The Respected Encik Abd Rahim bin Ibrahim, Deputy Director of Polytechnic Port Dickson whose inspiring words and unwavering commitment to community health set an auspicious tone for this transformative event. Their collective guidance, dedication, and support were instrumental in orchestrating an event that left an indelible mark on promoting health awareness and fostering community well-being.



From the most left to right:
Dr Amirul Amzar, Prof.Sajar, A/Prof. Haireen, Dr Azainorsuzila, Prof. Chia, A/Prof. Adina, Dr Beh Hooi Chin, Dr Choong Jin Ian



Back benchers from the most left to right:
Dr Amir Syazwan, Dr Amirul Amzar, Dr Chew Bee Nah, Nurse Manisah, Sister Rosmaliza, Attendant Norhashlinda, Dr Prevena, Nurse Afiza, Dr Yeoh Zi Yi and Nurse Norsyazila



1. Educative Talks and Awareness Program

Informative sessions were conducted to enlighten participants about hypertension and its preventive measures. These sessions aimed to empower attendees with knowledge about lifestyle modifications and dietary adjustments crucial for blood pressure management.



2. Lifestyle Modification and Dietary Advice

Dedicated segments were allocated to providing dietary advice and lifestyle modifications that assist in the prevention and reduction of hypertension and cardiovascular disease. Practical tips were shared to encourage healthier living among participants.



3. Community Engagement and Outreach

The event successfully reached out to the rural community, promoting the importance of health screening. Collaborative responses from various organizations, including ROSE and LPPKN, Port Dickson, are eagerly anticipated to further extend this outreach.



4. Promotion of Cancer Screening

Recognizing the significance of early cancer detection, the event also emphasized comprehensive cancer screening during health campaigns. The goal was to highlight the critical role that early detection plays in public health and encourage participation in cancer screening programs.



Consent been taken from the participants to use the image for publication purposes



Station pharmacy: Educate public on how to recognize registered and non-registered drugs



Station ROSE: Educate public on the importance of cervical and breast cancer screening



Station food safety and quality: Educate public on importance of food safety and hand hygiene



Station healthy diet: Educate public on the importance of healthy food and how to prepare healthy food



Station smoking and vaping cessation: Educate public on the danger of smoking and vaping and methods of cessations

HOPE-C 2023 served as an essential platform to educate, screen, and promote health awareness within the community. The event's success lay in its comprehensive approach, engaging talks, screenings, and collaborative efforts, aiming to make a tangible difference in combating hypertension and advocating for early cancer detection.