



کھنترین کصیحتن

KEMENTERIAN KESIHATAN  
MINISTRY OF HEALTH

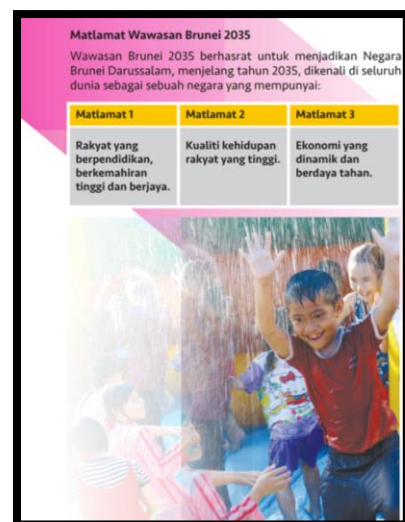
# WORKPLACE HEALTH PROMOTION PROGRAMME

**Dr Bibina Tuty Umaira Hj Abd Hamid**  
**Medical Officer**  
**27th November 2023**

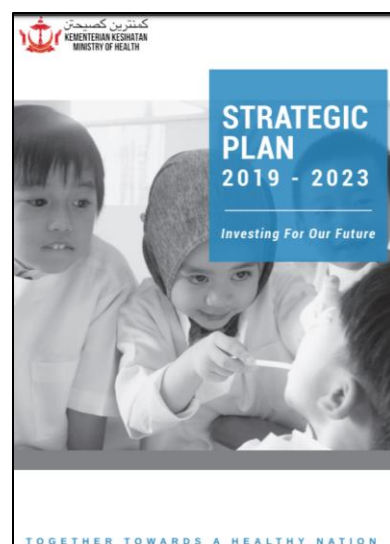




**International  
Mandates**



**National  
Vision  
2035**



**Ministry  
of Health**

# SUSTAINABLE DEVELOPMENT GOALS 2030

## WHO NCD Monitoring Framework



## Together Towards a Healthy Nation

1. Excellence in Healthcare

2. Prevention and Control of Noncommunicable Diseases

3. Protection of public health through effective policies & regulations

4. Sustainability through resource optimization & innovation

5. Transparent & proactive governance



# MEMORANDUM OF UNDERSTANDING WITH GLENEAGLES JPMC SDN. BHD.

**APRIL 2019**  
First signing of  
MOU

01

## FOCUS:

Promoting physical activity in the community & [government] workplaces

02

## RATIONALE:

- Physical inactivity is one of the risk factor for NCDs including cardiovascular disease (CVD).
- Management and prevention of CVDs are GJPMC's core business.

03

## PROGRAMME:

1. WAH Programme
2. HEAL Programme
3. Other healthy lifestyle programme





# WORKPLACE AND HEALTH (WAH) PROGRAMME



WORKPLACE AND HEALTH PROGRAMME

01

## AIM:

WAH! Programme encourages workplaces to provide supportive environments and actions for employees to be active, eat healthy, be smoke-free and have good mental wellbeing.

02

## OBJECTIVES:

Develop/strengthen workplace healthy lifestyle programmes or workplace health promotion programmes in all government ministries

03

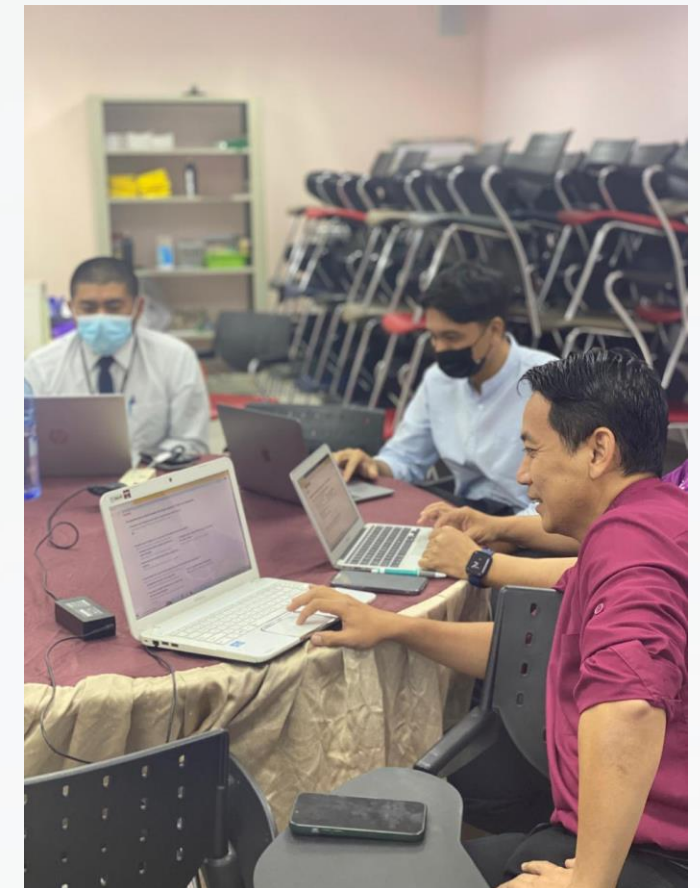
## COMPONENTS:

- Basic Health Screenings
- Free exercise sessions
- Knowledge; worksops/symposium
- >online modules

04

## KPI:

- 60% of civil servants screened





# WAH PROGRAMME **ACHIEVEMENTS**

2019 - CURRENT

## APRIL 2019

### Pilot Programme



Pilot Programme at 6 Ministry

- Workshop
- Basic Health Screening
- Free Exercise sessions
- Cardiovascular Forums

## APRIL 2020

### WAH Programme 2.0



- 12 Ministry runs the WAH Programme
- 20,000 civil servants screened
- 598 Exercise sessions conducted
- Cardiovascular Forums

## APRIL 2021

### Website Development and WLP proposal



- 8 Ministry conducting health screening annually
- Design & Development of WHP website



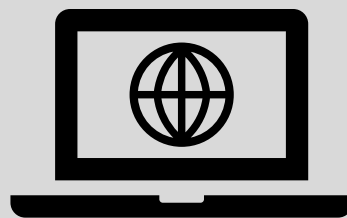


# WAH PROGRAMME **ACHIEVEMENTS**

2019 - CURRENT

## JUN 2022

Pilot WLP and Website  
Roadshow



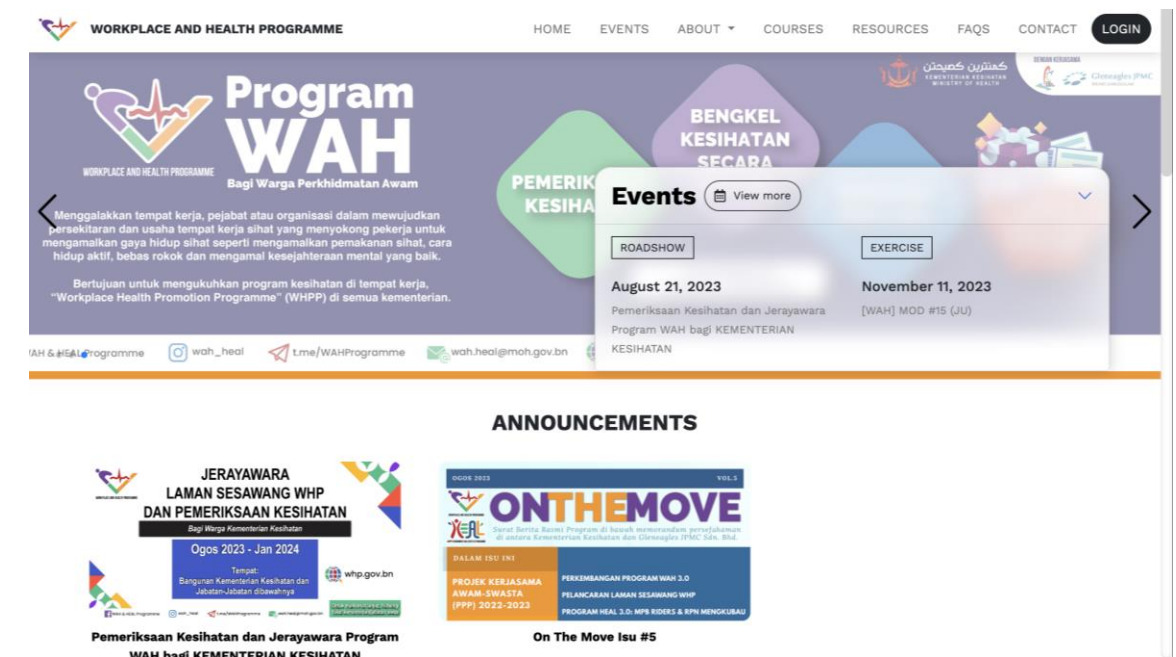
- WHP website officially launched and 129 WAH programme focals trained
- Pilot 6 Fit & Active Lifestyle Club (FALC) for civil servants

## JUN 2023

Pilot WLP and Website  
Roadshow



- WHP website
- Roadshows ongoing since April
- Enhancement works
- Marketing and socialization WLP 2.0 with BI components





# Proposed Weight Loss Programme 2.0 (2024)

## Tackling Obesity and T2DM with Behavioural Insights

01

### Capacity Building

1 day capacity building of Health Champions (*Satria Kesihatan*), and physical instructors (outsourced)



02

### Bootcamp

2 days of Programme Orientation, Health Educations, Assessments and Goal Settings for Participants. Assignments of groups for supervisions by *Satria Kesihatan*



03

### Active Intervention Phase

Close supervision and monitoring by *Satria Kesihatan* on attendance for health talks and related activities, exercise prescriptions and access to online resources. Incentives for top three males and females for achieving the objectives



04

### Maintenance Phase

Monthly meet ups for progress, overcoming challenges, peer-supports and online resources. Incentives for top three males and females for achieving the objectives



05

### Follow-up

12 months follow-up with health assesments. Incentives (voucher) given for all participants



3 months

4 Phases

4

components

# WAY FORWARD / FUTURE CONSIDERATION

- 01 WAH Programme and Weight Loss Programme (WLP):
  - providing support and training for focals from the ministries
  - WLP 2.0 - to start in May 2024
- 02 Online health modules (whp.gov.bn):
  - Marketing & Socialisation
  - providing training
  - ongoing enhancements for the website
  - regular roadshows
  - access for non-government agencies as part of their WHP Programme
- 03 WHPP:
  - providing training and outreach programmes
  - advocating health promotion in workplace as fundamental rights of employee
  - incorporation of Digital Health as part of WHP Programme



# THANK'S FOR WATCHING



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# The 21<sup>st</sup> ASEAN & Japan High-Level Officials Meeting on Caring Societies

Towards building a society where everyone can live lively as being oneself in communities  
– focusing on maintaining and strengthening physical and mental capacities to optimize one's full potential –

28 - 30 November, 2023  
Oita, Japan

Ministry of Health, Labour and Welfare  
(MHLW)

