



كەنترين كصیحتن

KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

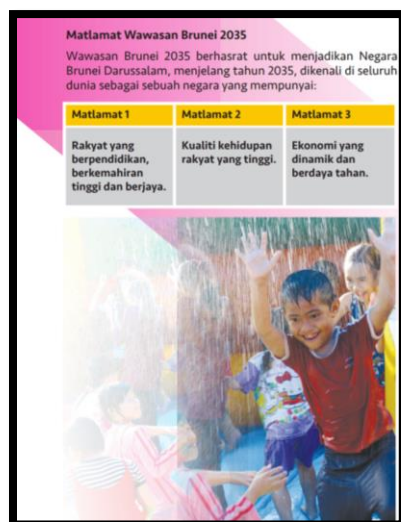
WORKPLACE HEALTH PROMOTION PROGRAMME

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

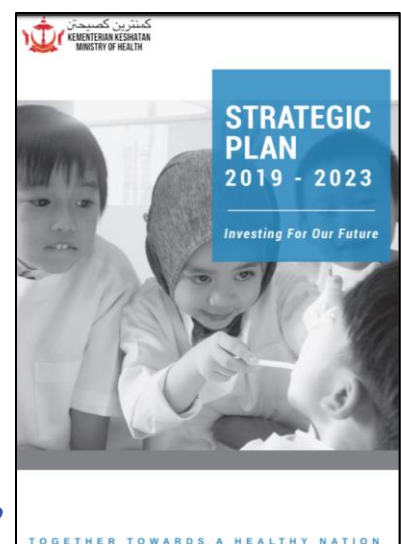




**International
Mandates**



**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

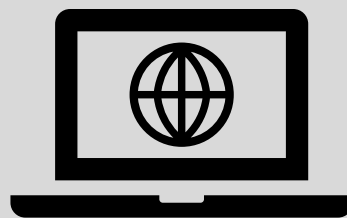


WAH PROGRAMME **ACHIEVEMENTS**

2019 - CURRENT

JUN 2022

Pilot WLP and Website
Roadshow



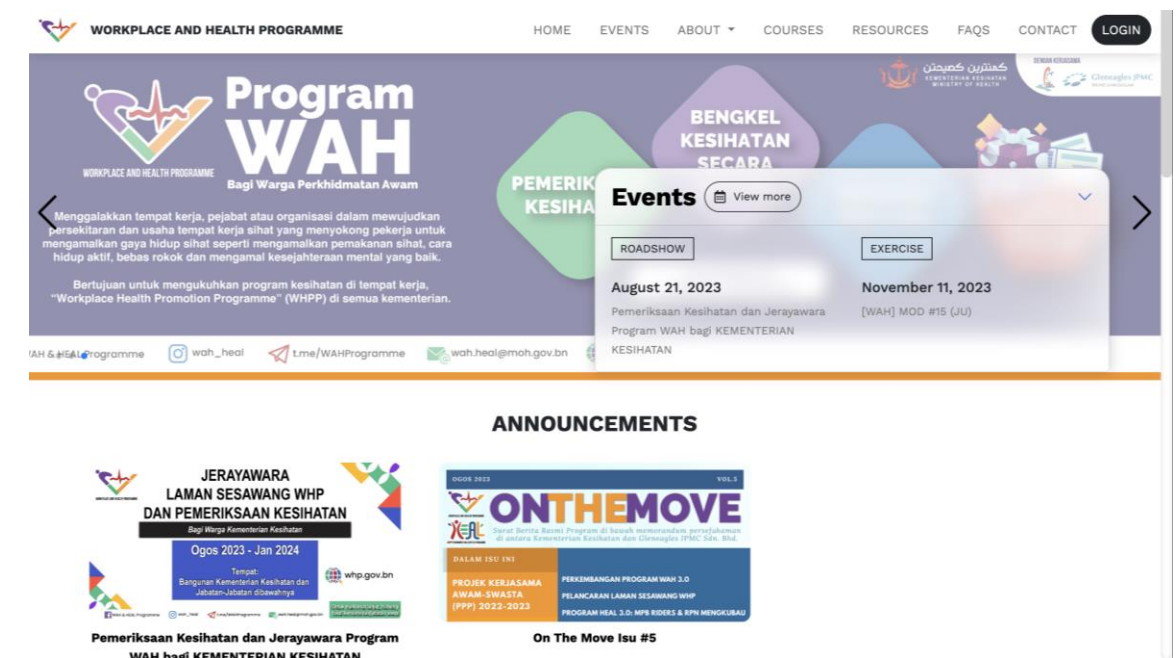
- WHP website officially launched and 129 WAH programme focals trained
- Pilot 6 Fit & Active Lifestyle Club (FALC) for civil servants

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 21st 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)

