AKHBAR : THE STAR
MUKA SURAT : 4
RUANGAN : NATION

THE STAR m/s 4 NATION 9/2/2025 (AHAD)

Dzul: Penang folk top obesity rates

'Figure higher than national average'

By **IMRAN HILMY**
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KEPALA BATAS: Penangites appear to be slightly heavier than the average Malaysian, according to Health Minister Datuk Seri Dr Dzulkefly Ahmad (*pic*).

He noted that overweight and obesity rates in Penang stand at 56.5%, surpassing the national figure of 54.4%.

"High cholesterol is also more prevalent in Penang at 37.4% compared to 33.3% nationally, and high blood pressure affects 35.4% of Penang residents, exceeding the national rate of 29.2%," he said during the official opening of the North Seberang Perai wellness hub yesterday.

Findings from the National Health and Morbidity Survey (NHMS) 2023 showed the prevalence of non-communicable diseases in Penang is above the national average.

Diabetes affects 20.5% of Penang's adult population, 4.9% higher than the national rate of 15.6%, with nearly 8% (7.7%) unaware of their condition.

Dzulkefly highlighted that an ageing population presents another challenge, with Malaysia projected to reach aged nation status by 2035, when 15% of the population will be 60 years or older.

To ensure a healthier ageing process, he stressed the importance of promoting a culture of healthy living to reduce the risk of chronic diseases later in life.

In 2024, seniors aged 60 and above made up 11.6% (3.9 million) of the total population.

On another matter, Dzulkefly said relaxing the entry requirements for more Sijil Pelajaran Malaysia (SPM) graduates to enrol in nursing courses would not jeopardise the quality of the healthcare system. He said the move was to address the shortage of nurses.

He said although his ministry backed the call by the Malaysian Medical Association (MMA) for the government to improve the terms of service for nurses to ensure a better healthcare system, it was also crucial to address the shortage of nurses.

"It is crucial for us to encourage SPM graduates to enrol in nursing courses by setting the entry requirement at three credits," he said.

The minister was responding to a statement by the MMA, calling for better compensation, reasonable working hours, and career development opportunities for nurses, a move that would not only attract more students to the nursing field but also retain talent within the profession.

Dzulkefly assured that a favourable decision would be reached, not only to ensure the welfare of nurses but also that of medical assistant officers (PPP), healthcare assistants (PPK), and ambulance drivers regarding their demands related to the 45-hour work shift system per week.

AKHBAR : HARIAN METRO
MUKA SURAT : 20
RUANGAN : LOKAL

HM M/S 20 LOKAL 9/2/2025 (AHAD)

PRODUK AIR BERKARBONAT DIDAKWA MENGANDUNGI PARAS KLORAT TINGGI

COCA-COLA SINI TAK TERCEMAR

Oleh Siti Aminah Mohd Yusof
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Butterworth

Malaysia tidak terkesan dengan isu membabitkan produk air berkarbonat yang didakwa mengandungi paras klorat tinggi seperti dilapor berlaku di beberapa negara Eropah, baru-baru ini.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, pihaknya menerima maklum balas daripada Program Keselamatan dan Kualiti Makanan mendapati produk Coca-Cola Europe Pacific Partner terkesan dengan produk tidak diedar di negara ini dan hanya dipasarkan di beberapa buah negara Eropah sahaja.

Beliau dimaklumkan hanya negara Belgium, Luxembourg, United Kingdom dan Netherland terkesan dengan isu produk terbabit.

"Saya mendapat maklum balas daripada Program Keselamatan dan Kualiti Makanan dan saya difahamkan, apa yang berlaku adalah produk-produk daripada rangkaian ini hanya membabitkan beberapa buah negara sahaja.

"Ia bukan fenomena global, mungkin ada berkait rapat isu rantaian bekalan *batch-batch* atau konsainan tertentu," katanya pada Majlis Perasmian dan Hari Terbuka Wellness Hub Seberang Perai Utara (SPU) di Klinik Kesihatan Sungai Dua di sini, semalam.

Dr Dzulkefly bagaimanapun memberi jaminan, pihaknya akan terus memantau dan berwaspada terhadap isu tersebut demi memastikan keselamatan pengguna di negara ini.

"Kita tidak akan berhenti untuk terus memantau dan berwaspada dengan isu ini. Bagaimanapun, kita belum ada lagi bukti yang menyatakan Malaysia terkesan.

"Produk-produk di Malaysia dan rantau Asia ini belum ada yang *redflag* untuk kita beri peringatan atau tindakan untuk kita gantung (produk tersebut) dan sebagainya," katanya.

Beliau berkata, Kementerian Kesihatan (KKM) turut akan mengemaskini maklumat terkini kepada umum sekiranya terdapat tindakan susulan diambil berhubung isu berkenaan, dari semasa ke semasa.

Terdahulu, Persatuan Pengguna Pulau Pinang (CAP) menggesa KKM supaya segera menguji produk air berkarbonat yang dijual di Malaysia bagi memastikan ia bebas daripada pencemaran klorat.

Presidennya, Mohideen Abdul Kader berkata, selagi keputusan ujian belum diperoleh, penjualan produk berkenaan wajar ditangguhkan demi keselamatan pengguna.

DR Dzulkefly pada Majlis Perasmian Hari Terbuka Wellness Hub Seberang Perai Utara (SPU) di Klinik Kesihatan Keluarga Sungai Dua, Butterworth. - Gambar NSTP/MIKAIL ONG

AKHBAR : KOSMO
MUKA SURAT : 12
RUANGAN : NEGARA

KOSMO m/s 12 NEGARA 9/2/2025 (AHAD)

CAP gesa KKM uji air berkarbonat

- Ekoran pencemaran klorat dalam produk minuman di Eropah
- Klorat ganggu fungsi tiriod, kurangkan sel darah merah

Oleh SAFINA RAMLI

GEORGE TOWN – Persatuan Pengguna Pulau Pinang (CAP) menggesa Kementerian Kesihatan (KKM) menjalankan ujian terhadap minuman ringan berkarbonat di pasaran tempatan ekoran kebimbangan pencemaran klorat yang dikesan dalam beberapa produk di Eropah baru-baru ini.

Presiden CAP, Mohideen Abdul Kader berkata, ujian itu penting bagi memastikan keselamatan pengguna, khususnya golongan berisiko seperti bayi, kanak-kanak dan wanita hamil.

Katanya, klorat yang merupakan produk sampingan bahan pembersih berasaskan klorin, boleh mengganggu fungsi tiroid, menyebabkan kekurangan iodin serta mengurangkan jumlah sel darah merah.

"Kami menggesa KKM untuk segera menguji minuman ringan di pasaran tempatan bagi memastikan ia selamat daripada pencemaran ini.

"Sehingga keputusan tersedia, KKM perlu menangguhkan penjualan produk ini. Pada masa ini satu jenama minuman berkarbonat popular di Malaysia mengeluarkan, memasarkan dan mengedarkan lebih 80 produk.

"Jika terdapat produk yang terjejas, langkah penarikan balik perlu dilakukan bagi melindungi pengguna," katanya semalam.

Menurutnya, selain isu pencemaran, CAP juga menekankan bahaya minuman bergula terhadap kesihatan rakyat.

Katanya, Data Kajian Kesihatan dan Morbiditi Kebangsaan (NHMS) 2023 menunjukkan 54.4 peratus orang dewasa di Malaysia mengalami masalah berat badan berlebihan atau obes, meningkat daripada 44.5 peratus pada 2011.

"Bagi golongan kanak-kanak berumur antara lima hingga 17 tahun, sebanyak 29.8 peratus dikesan mengalami berat badan berlebihan (15.0 peratus) atau obes (14.8 peratus).

"CAP menasihatkan pengguna agar mengelakkan minuman manis kerana kesannya terhadap kesihatan lebih besar daripada manfaatnya," katanya.

MINUMAN ringan berkarbonat antara produk yang digemari ramai terutama kanak-kanak. – GAMBAR HIASAN

AKHBAR : SINAR HARIAN
MUKA SURAT : 28
RUANGAN : NASIONAL

SH m/s 28 NASIONAL 9/2/2025 (AHAD)

CAP gesa KKM uji minuman berkarbonat

Pencemaran klorat yang juga pembersih klorin menjejaskan kesihatan pengguna

Oleh SYAJARATULHUDA MOHAMAD ROSLI
GEORGE TOWN

Minuman berkarbonat yang mengandungi klorat boleh menjejaskan kesihatan terutama bayi, kanak-kanak atau wanita hamil dan pihak berkuasa perlu memastikan minuman dijual di pasaran tempatan adalah selamat.

Persatuan Pengguna Pulau Pinang (CAP) Mohideen Abdul Kader berkata, klorat adalah produk sampingan pembersih klorin yang digunakan dalam rawatan air dan pendedahan kepada bahan ini menyebabkan kekurangan iodin, disfungsi tiroid dan pengurangan jumlah sel darah merah terhadap manusia.

"Saya minta Kementerian Kesihatan Malaysia (KKM) segera menguji produk air berkarbonat dijual di pasaran bagi memastikan ia bebas pencemaran klorat.

"Selagi keputusan ujian belum diperoleh, penjualan produk berkenaan wajar ditangguhkan demi keselamatan pengguna," katanya menerusi satu kenyataan pada Sabtu.

Menurutnya, gesaan itu dibuat susulan penarikan balik jenama minuman berkarbonat di beberapa negara Eropah selepas pihak berkuasa mendapati paras klorat yang tinggi.

"Minuman manis seperti air berkarbonat bukan sahaja berisiko tercemar, malah menjadi penyumbang utama kepada krisis obesiti dan penyakit kronik di negara ini.

"Menurut Kajian Kesihatan dan Morbiditi Kebangsaan (NHMS) 2023, sebanyak 54.4 peratus golongan dewasa mengalami berat badan berlebihan atau obes berbanding 44.5 peratus pada 2011.

"Lebih membimbangkan, hampir 30 peratus kanak-kanak berusia lima hingga 17 tahun turut mengalami obes," katanya.

MOHIDEEN

Mohideen menambah, obesiti bukan sekadar isu penampilan, malah meningkatkan risiko lebih 200 penyakit kronik termasuk kencing manis, jantung, gangguan muskuloskeletal dan kanser.

"Lebih parah, obes menyebabkan risiko diabetes meningkat tujuh kali ganda dalam kalangan lelaki dan 12 kali ganda kepada wanita.

"Sehubungan itu, CAP menggesa kerajaan mengambil tindakan segera dan menarik balik produk didapati tercemar," katanya.

Dalam pada itu, beliau juga menasihatkan pengguna menghindari minuman manis kerana lebih memudaratkan berbanding manfaat.

"Kesihatan rakyat lebih penting daripada kepentingan syarikat minuman," katanya.

AKHBAR : SINAR HARIAN
MUKA SURAT : 28
RUANGAN : NASIONAL

9 FEBRUARI 2025 | SINAR AHAD

SH m/s 28 NASIONAL 9/2/2025 (ISNIN)

Tiada air berkarbonat tercemar setakat ini - KKM

BUTTERWORTH - Malaysia tidak terkesan dengan produk air berkarbonat yang didakwa mengandungi paras klorat tinggi seperti berlaku di beberapa negara Eropah.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, maklum balas Program Keselamatan dan Kualiti Makanan mendapati produk didakwa mengandungi paras klorat tinggi dikesan hanya diedarkan di Eropah sahaja.

"Hanya Belgium, Luxembourg, United Kingdom dan Belanda yang terkesan dengan produk ini.

"Saya sudah mendapat maklum balas dan difahamkan apa yang berlaku hanya membabitkan beberapa negara sahaja.

"Ia bukan fenomena global, mungkin ada berkait rapat dengan isu rantaian konsainan tertentu," katanya ketika Majlis Perasmian dan Hari Terbuka Wellness Hub Seberang Perai Utara (SPU) di Klinik Kesihatan Sungai Dua di sini pada Sabtu.

Bagaimanapun, Dzulkefly berkata, kerajaan akan terus memantau dan berwaspada terhadap isu tersebut.

"Kita tidak akan berhenti memantau dan berwaspada dengan isu ini. Namun, belum ada lagi bukti menyatakan Malaysia juga terkesan.

"Produk di negara ini dan rantau Asia belum ada tindakan untuk digantung atau sebagainya," katanya.

Tambahnya, kementerian akan mengemas kini sekiranya ada tindakan susulan diambil berhubung isu berkenaan.

Terdahulu, Persatuan Pengguna Pulau Pinang (CAP) menggesa kerajaan segera menguji produk air berkarbonat dijual bagi memastikan bebas klorat.

Presidennya, Mohideen Abdul Kader berkata, selagi keputusan ujian belum diperolehi, penjualan produk berkenaan wajar ditangguhkan.

Menurutnya, gesaan itu susulan penarikan balik minuman berkarbonat di beberapa negara Eropah selepas mendapati paras klorat tinggi dalam produk tersebut.

Paras klorat tinggi dalam air berkarbonat di Eropah.
-Gambar hiasan

AKHBAR : THE STAR
MUKA SURAT : 8
RUANGAN : NATION

TS m/s 8 NATION 9/2/25 (AHAD)

Flu vaccine demand spikes

Shortage woes following celebrities' deaths and outbound travel

By RAGANANTHINI VETHASALAM
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PETALING JAYA: While demand for flu vaccines have spiked following news of the death of an international celebrity due to influenza complications and the outbreak in Japan, there aren't enough vaccines available at the moment.

Federation of Private Medical Practitioners Associations Malaysia president Dr Shanmuganathan TV Ganeson said general practitioners are seeing a spike in demand following the death of Taiwanese actress Barbie Hsu, 48, from a flu in Japan recently.

However, he said some vaccines are out of stock.

"There is currently no stock. None in Sanofi, Zuellig or third-party drug reseller companies.

"The new batch of vaccines, both Fluarix and Vaxigrip, may be available by early March," he said when contacted.

Dr Shanmuganathan said while demand for vaccines have risen sharply, it is difficult to gauge by how much.

"Companies are also requesting vaccines for their employees.

"The outbreak in Japan is another reason (for the shortage)," he said when contacted.

There is greater anxiety among Malaysian outbound tourists to Japan now on contracting deadly flu disease, more so with vaccines out of stock, Dr Shanmuganathan said.

Association of Private Hospitals Malaysia President Dr Kuljit Singh confirmed that stock of flu vaccines was low.

"Yes, stock is low. We are waiting (for the stock) to arrive in March or April.

"We are using both northern and southern strain. Hopefully, the vaccines can be delivered early," he added.

On the spike in demand for flu vaccines, Dr Kuljit said this is "pretty usual".

"It is just that there maybe a bit of shortage right now.

"There might have been incidents where close relatives (of patients) having bad flu, hence the need to get vaccinated.

"We have many patients who are very cautious about preventing infection.

"They will seek private hospital assistance to get vaccinated quickly," he added.

The global vaccine supply is made up of vaccines produced by 30 manufacturers, of which seven makes up for 85% of stock.

On Feb 7, the Health Ministry said there is no rising trend of influenza cases in Malaysia and no reported cases of avian influenza in humans either.

It said that hospital admissions for severe acute respiratory infection have decreased by 0.16% from 7.52% in epidemiological week 3 to 7.26% in EW 4.

Consultations for influenza-like illnesses at public health clinics declined from 5.81% in EW 3 to 4.67% in EW 4, the ministry said.

AKHBAR : THE STAR
MUKA SURAT : 8
RUANGAN : NATION

TS m/s 8 NATION 9/2/2025 (AHAD)

Better be safe than sorry, say doctors, business groups

By ZAKIAH KOYA
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PETALING JAYA: Flu shots are the best barrier to the influenza, but if that is not available, Malaysians should practice hygiene measures, say doctors.

Take precautions such as masking and good hand hygiene, said Dr Zafrina Burukan.

"If you are asthmatic, mask up in crowded areas. And if your children are not well, it's best to keep them away from school and monitor them," she said.

Concerns over influenza have mounted of late following reports that two celebrities – Taiwanese actress Barbie Hsu and Chinese actor Liang Youcheng – had died within days apart due to the viral infection.

Dr Zafrina, whose clinic is in Bandar Utama, said she was out of flu vaccines due to large groups of people, such as families, coming in for vaccinations.

"We can't even put in an order, as we were told to wait until the flu vaccines have been restocked.

"Even before Chinese New Year, we have seen cases of the flu, but now people are more vigilant. And more people are travelling as well," she added.

Taking precaution: A patient getting the influenza vaccine at a clinic in Kuala Lumpur. — AZMAN GHANI/The Star

Dr Natasha Suraya Mohamad Askandar, who is based in Tebrau, Johor, said there had been a surge in the demand for the Influenza vaccine over the past few days.

"My counterparts in Johor Baru, Port Dickson, Kuala Lumpur and even one in Sabah said their influenza stock, which was not really in demand previously, got taken up in less than three days," she said.

In view of the vaccine shortage, she said priority should be given to those who are immunocompromised, such as children and senior citizens.

Dr Natasha advised those planning to travel to get the flu shot at least two weeks in advance, especially if they were visiting a country with cold weather or winter.

"However, due to the vaccine shortage now, other ways to prevent catching the flu are similar to what we did during Covid-19, as influenza is also a respiratory tract infection.

"Practise proper respiratory hygiene and cough etiquette while travelling. This includes putting on a face mask in crowded places, covering your mouth and nose when coughing or sneezing, and disposing of used items in proper bins," she said.

Dr Natasha said people should be cautious if they have symptoms such as high-grade fever (more than 39°C), runny nose, sore throat, cough, body ache and headache.

"And in certain cases, you may go through vomiting, diarrhoea and stomachache. If you are travelling, seek medical attention as soon as you can if you're in a country with a high number of cases of influenza," she said.

Business chambers have also advised their members who are visiting Japan and China to take the necessary precautions.

SME Association president Chin Chee Seong said that it would be good to take the flu vaccines prior to travelling to places with cold weather.

"Even if you are a healthy person, the flu can drain you," he said.

Federation of Chinese Associations Sarawak president Datuk Richard Wee said the government must take steps to acquire more vaccines.

"I would encourage everyone to take their shots if they travel frequently to places with a reported surge of flu and pneumonia cases," he said.