



PENGURUSAN PEMANTAUAN KERATAN AKHBAR MBSJ
TARIKH: 04 JUN 2024 (SELASA)

ISU/ADUAN

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'It's been a privilege and an honour', mayor Mohd Fauzi says as he bids goodbye to MBSJ

By EDWARD RAJENDRA



DATUK MOHD Fauzi Mohd Yatim, Subang Jaya City Council's (MBSJ) third mayor who had served for 13-months told councillors and employees, at his farewell on Friday (May 31), that it was a "huge privilege and honour to serve Subang Jaya, a vibrant city".

Mohd Fauzi has been appointed as the Shah Alam City Council's (MBSA) 12th mayor effective June 4, following the retirement of its mayor Cheremi Tarman, a civil engineer.

On Thursday (May 30), Selangor state secretary Datuk Haris Kasim handed over the appointment letter and mandate to Mohd Fauzi in a simple ceremony at Bangunan Sultan Salahuddin Abdul Aziz Shah.

Mohd Fauzi thanked each of his staff for their trust and support extended to him.

"I thank all for their commitment to serving the people of Subang Jaya, and to continue the vital work of being effective, exercising integrity and decorum to the city council on which we are privileged to serve.

"It is an honour to work alongside all in the council," he added.

MBSJ deputy mayor Zulkurnain Che Ali said in the short span of time, Mohd Fauzi had led the council with a steady hand, with a steadfast push for good governance and encouraged employees to give exceptional service.

Prior to his appointment as MBSJ's mayor, Mohd Fauzi, who hails from Terengganu, was the former Ampang Jaya Municipal Council (MPAJ) president and Sepang Municipal Council (MPSepang) president.

Previously, Mohd Fauzi also served as Hulu Selangor district officer (2015-2019) and Gombak district chief assistant officer from 2011 to 2016.

Mohd Fauzi also holds a Bachelor of Social Science (Honours) from Universiti Sains Malaysia and a Diploma in Public Management from the National Institute of Public Administration (Intan).

He had also served as the chief assistant secretary of the corporate division of the Housing and Local Government Ministry (KPKT).

Flash flood concerns in SS14

By EDWARD RAJENDRA



Azusaini (right) discussing the flash flood issue with resident Ahmad Nazli, while checking the depth of the sump. — Photo: CHAN TAK KONG/The Star

SEVERAL residents are worried about flash floods that occur following intense rain at the intersection of Jalan SS14 and Jalan SS14/7F in SS14, Subang Jaya, which they attribute to an inefficient drainage network.

Over a span of three decades, they have observed a sump at the intersection of Jalan SS14 and Jalan SS14/7F, located outside a corner lot house, swelling up after heavy rain.

Residents believe that the sump is unable to cope with the large volume of water from surface runoff along Jalan SS14/7F during downpours.

"The sump has exceeded its maximum capacity in the past but water would only spill onto Jalan SS14/7F and flow into a drain along Jalan SS14/8H, without causing flash floods," said former businessman Ahmad Nazli Hashim, 72, who lives at the affected corner lot house.

"Jalan SS14/7F and Jalan SS14 became slightly elevated after some road resurfacing works five years ago.

"Due to this, when it rains, there is an overflow of water in the drainage network, which triggers flash floods."

Ahmad Nazli said as a result of the sump's inability to handle the excess flow, water would spill and inundate his porch.

"The overwhelmed drainage and flash flood created an unsafe situation for motorists a few weeks ago," he said, adding that motorists claimed that the flooded intersection was not visible.



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Flash flood concerns in SS14

By EDWARD RAJENDRA



Intense rains on May 11 and 12 resulted in flash floods at the intersection of Jalan SS14 and Jalan SS14/7F. — Courtesy photo

"If it had rained for a longer period, the water could have inundated my living room."

Ahmad Nazli added that it was also difficult to clean up the mud and dirt from his porch after each flooding incident.

SS14 Rukun Tetangga (RT) committee member Azusaini Azis, 59, who has lived in the neighbourhood for 24 years, said the RT had discussed the flash flood issue.

"An engineering expert in our RT said it was best that Subang Jaya City Council (MBSJ) build a 25m-long concrete scupper drain across Jalan SS14, just before the Jalan SS14 and Jalan SS14/7F intersection, to channel surface runoff into the sump," he said.

Azusaini said the scupper drain was a cost-effective solution and could be carried out with immediate effect and completed within a short span of time.

Meanwhile, MBSJ Corporate Communications Department deputy director Azfarizal Abdul Rashid said the city council engineers had visited the site and would find a solution to address the flash floods.

Saringan kesihatan DUN Seri Serdang, Tanjung Sepat minggu depan

by Suhaila Shahrul Annuar © June 2, 2024 3:00 pm



Orang ramai menunggu giliran untuk menjalani pemeriksaan kesihatan percuma melalui program Selangor Saring peringkat Dewan Undangan Negeri (DUN) Sungai Kandis di Dewan Majlis Bandaraya Shah Alam Kemuning Utama pada 7 Ogos 2022. Foto REMY ARIFFIN/SELANGORKINI

SHAH ALAM, 2 JUN: Orang ramai khususnya penduduk sekitar Dewan Undangan Negeri (DUN) Tanjung Sepat dan Seri Serdang dipelawa menyertai program saringan kesihatan percuma pada 8 dan 9 Jun.

EXCO Kesihatan Jamaliah Jamaluddin berkata Selangor Saring bermula 9 pagi hingga 3 petang di Dewan Jubli Emas Kampung Endah, Banting (8 Jun) dan Dewan Serbaguna MBSJ, Seri Kembangan (9 Jun).

"Ambil peluang ini untuk melakukan saringan kesihatan percuma bagi pemeriksaan fizikal, darah, urin, kanser, mata, gigi dan lain-lain.

"Anda digalak membuat prapendaftaran menerusi aplikasi Langkah Masuk Dengan Selamat (SELangkah) kerana ujian saringan ditawarkan berdasarkan penilaian faktor risiko setiap individu di aplikasi tersebut.

"Hubungi Selcare di talian 1800 226 600 jika mengalami masalah berkaitan pendaftaran," katanya di Facebook.

Menerusi pembentangan Belanjawan Selangor 2024 Dato' Menteri Besar Dato' Seri Amirudin Shari mengumumkan peruntukan RM3.2 juta bagi meneruskan saringan kesihatan percuma.

Program diperkenal bagi membantu penduduk mengesan penyakit lebih awal dengan menyasar individu mempunyai sejarah perubatan keluarga, obesiti dan mengamalkan gaya hidup tidak sihat.

JAWATANKUASA TETAP KESIHATAN AWAM NEGERI SELANGOR

1 JUN (SABTU)	BANDAR UTAMA ATRIA SHOPPING GALLERY, LEVEL 1 (DEPAN MR.DIY) Jalan SS 22/23, Damansara Jaya, 47400 Petaling Jaya, Selangor	10 AM sehingga 4 PM
8 JUN (SABTU)	TANJUNG SEPAT DEWAN JUBLI EMAS KAMPUNG ENDAH A2703 Banting, Selangor	9 AM sehingga 3 PM
9 JUN (AHAD)	SERI SERDANG DEWAN SERBAGUNA MBSJ SRI SERDANG Taman Sri Serdang, 43100 Seri Kembangan, Selangor	9 AM sehingga 3 PM

Pra-pendaftaran telah dibuka di SELANGKAH

Saringan Percuma bagi

Penyakit Tidak Berjangkit

- Jantung
- Darah Tinggi
- Kencing Manis
- Batu Pinggang

Kanser

- Kolorektal
- Prostat
- Serviks
- Payudara

Mata

- Rabun
- Glaukoma
- Retina

Saringan Tambahan

- Gigi
- Telinga
- Fisioterapi

YB JAMALIAH JAMALUDDIN
EXCO KESIHATAN AWAM & ALAM SEKITAR

Selangor Masalah Pendaftaran, Hubungi Talian Helpline SRI CARE: **F-800-22-6600**

#SaringAwalCegahAwal

SELANGORKINI ONLINE
TARIKH: 04 JUN 2024

SUBANG JAYA: KEEPING EVERYONE SAFE WHILE MAINTAINING OUR GREEN LANDSCAPE

By **Teoh** - June 3, 2024



WE have always loved driving around our neighbourhood admiring the tall huge trees that green our environment. We can stare at the beauty of trees in our local playgrounds and open spaces. But in recent times, we have started wondering if that



tree would fall and hit us if we happen to be driving by it during a major thunderstorm. Several cases in Kuala Lumpur; one which killed a motorists have raised some concern about the safety of our trees in Subang Jaya. We caught up with Subang Jaya City Council's Landscape Department senior assistant director *Azlina Mat Salim* to find out more about what it takes to continue greening the city while keeping everyone safe.

Q1: What is the percentage of greenery we have in the whole Subang Jaya City Council. Ratio between

development vs greenery.

A1: It is presently around 80:20 according to the Subang Jaya Local Plan 2035.

Q2: What is the annual budget for maintenance of our trees?

A2: We have a budget of around RM7mil for 2024. Planting of trees take up about 3% while maintenance of public trees is 37% of the landscaping budget. Last year, our budget was RM4mil. Inventory is done a year ahead for maintenance of trees in public spaces.

Q3: What is the target for planting more new trees in 2024-2025? What type of trees?

A3: All local councils have a certain tree quota that have to be adhered to annually. For MBSJ, it is 80,000 trees. Types of trees that MBSJ plants nowadays are *Filicium decipens*; *Cinnamomum iners*; *Michelia champaca*; *Lagerstromia langkawiensis*; *Mimusop elengi*; *Garcinia subelliptica*; and *Junipers spp.*

SUBANG JAYA: KEEPING EVERYONE SAFE WHILE MAINTAINING OUR GREEN LANDSCAPE

By **Teoh** - June 3, 2024

Q7: Does MBSJ also help trim or remove trees which are planted by house owners along the road outside the private property? Why?

A7: MBSJ does not trim or remove trees which are planted by house owners along the road outside the private property. We cannot be maintaining trees which are planted by residents. These days, we receive complaints of difficulty in removing trees which are planted behind the house. Access is too difficult as back lanes are narrow.

Q8: What role can the community or NGOs play in helping to landscape their neighbor? Request from MBSJ or organize a tree-planting program with MBSJ?

A8: Communities can form groups and make a request to MBSJ to plant trees in neighbourhoods or open spaces. They can provide the trees or request trees from the Council.

Q9: Safety vs Greening- What is MBSJ's stand?

A9: Safety comes first. How can we enjoy the environment in fear? We will be exploring the planting of more native trees. We will emphasise on safety and aesthetic views – planting a combination of small and bigger trees. We will be planting in pockets of open spaces away from traffic. This doesn't mean we will not beautify and landscape the road shoulders.



Azusaini (right) discussing the flash flood issue with resident Ahmad Nazli, while checking the depth of the sump. — Photo: CHAN TAK KONG/The Star



Intense rains on May 11 and 12 resulted in flash floods at the intersection of Jalan SS14 and Jalan SS14/7F. — Courtesy photo

Flash flood concerns in SS14

By EDWARD RAJENDRA
edward@thestar.com.my

Residents want MBSJ to resolve issue with a concrete scupper drain at intersection

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few weeks ago," he said, adding that motorists claimed that the flooded intersection was not visible.

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Tarikh:.....

MBSA
SPMV
4/6

MUSIC CLASSES

Malay Customs and Heritage Corporation (Padat) is organising classes for 'cempuling' and 'gamelan' every Saturday from June 8 to Aug 24. Registration and a commitment fee of RM30 is required. To register, visit Shah Alam City Council's (MBSA) social media pages. For details, call 016-333 7141 (Amin).

 THE STAR
Tarikh: 04 JUN 2014

MBPJ
Star
4/6

STAMP FAIR

The Philatelic Society will be organising a stamp fair at the MBPJ Community Library (near Assunta Hospital) in Petaling Jaya from 9.30am to 5.30pm from June 8 to 9. In addition to Pos Malaysia, there will be stamp dealers with a wide range of foreign and thematic stamps, first day covers and other philatelic items. Entrance is free. For details, call 012-604 3563 (Maniam).

MBPJ
Star
4/6

SECURITY TEAM CONTEST

Petaling Jaya City Council (MBPJ) is holding a contest on the best neighbourhood security team, open to all registered residents associations, Rukun Tetangga, joint management bodies and village community management councils. The deadline is June 14. For entry forms, visit MBPJ's social media pages. For details, call 03-7958 8085 ext 115 (Kamarul).

MPKJ
Star
4/6

GREEN SCHOOL AWARD

Kajang Municipal Council (MPKJ) is organising its Green School Award for primary and secondary schools. Judging is based on cleanliness, innovation, creativity and community involvement. The submission deadline is Aug 26. For details, visit www.mpkj.gov.my

MPAJ
Star
4/6

DANCE CONTEST

Ampang Jaya Municipal Council (MPAJ) will be holding a primary school-level creative traditional dance contest on July 11 at Auditorium MPAJ, Level 5, Menara MPAJ, at 8am. Only primary schools within MPAJ's jurisdiction are eligible to participate. Registration forms can be found on MPAJ's Facebook page. For details, call 017-820 4448 or 011-7302 4108.

THE STAR

Tarikh: 04 JUN 2024

How councils can help to create greener communities

THE role of city and town councils in implementing green initiatives is paramount in helping Malaysia to reach our net zero carbon emissions target by 2050.

I can remember vividly the "Say No to Straws" and "No Plastic Bags" campaigns that were implemented in several states, but unfortunately I have heard nothing of the continuity of such campaigns in the present.

A more targeted approach could be implemented immediately at the city council level to

curb the use of single-use plastics that would end up in our landfills and in our seas where they would take hundreds of years to disintegrate.

The previous campaigns did not seem to be mandatory to me, so a quick solution would be to introduce a mandatory ruling on curbing the use of single-use plastics such as straws, plastic containers for sauces, plastic cutlery, and plastic bags at eateries, restaurants, coffee shops, and food courts at city and town council level.

Noncompliance with such a ruling should incur fines and, upon recurrent noncompliance, the revoking of operating licenses of the establishments.

Secondly, within local council's operations, a "go green" initiative could be adopted immediately by its landscape contractors by utilising proper disposal methods for the nylon blades used for cutting grass.

The nylon strands from the machines are often thrown indiscriminately by the roadside instead of being collected and

disposed of properly.

Thirdly, city councils should incentivise business owners to reduce single-use plastics in their operations and on their premises by granting discounts and rebates on the implementation of go green initiatives.

A good example would be the Petaling Jaya City Council's (MBPJ) initiatives to provide rebates on assessment tax for green homes. The council also awards grants for community activities such as the establish-

ment of community gardens and recycling centres in neighbourhoods. Laudably, MBPJ also recently began the Door-to-Door Collection and Recycling Programme.

By working together in partnership with individuals, NGOs, and the community in general, city and town councils can play an important role in greening Mother Earth for the benefit of future generations.

MBPJ
Star
4/6

DAVID CE TNEH
Petaling Jaya

THE STAR

Tarikh: 04 JUN 2024

Stakeholders want more information on the four contractors appointed to each parliamentary constituency in Kuala Lumpur to maintain trees.
— Filepic



Lee: Many workers seen felling trees seem to have no protective equipment.



Tan says DBKL should disclose criteria for choosing contractors involved in tree maintenance.

'Disclose details of those maintaining KL's trees'

DBKL
Star
4/6

By BAVANI M and LEW GUAN XI
metro@thestar.com.my

Group urges DBKL to reveal contractors, type of services provided and funding allocated

DETAILS about contractors who will be appointed to maintain trees in every parliamentary constituency in Kuala Lumpur should be made public, says a community watchdog group.

Kuala Lumpur Residents Action for Sustainable Development Association (KLRA+SD) chairman Tan Booi Charn said among the details needed include the kind of tree maintenance services these contractors would provide, how much they would be paid and where funding was coming from.

Tan said they also wanted to know the criteria set by Kuala Lumpur City Hall (DBKL) in choosing the contractors.

"Do they have a fixed response time after being informed about cases of trees that require their attention?" she asked.

Tan called on DBKL to disclose its protocols in monitoring the contractors and engage with residents' associations (RA) in this matter.

"In emergency situations, can the RAs contact the contractors directly for mitigation works?"

"Additionally, DBKL should also study the needs of different

constituencies on a case-by-case basis.

"Bigger constituencies would need more contractors due to the larger number of trees."

On May 29, Communications Minister Fahmi Fadzil announced on X (formerly known as Twitter) DBKL's plan to provide four contractors in every parliamentary constituency for tree maintenance work in the capital.

This came after his meeting with Kuala Lumpur mayor Datuk Kamarulzaman Mat Salleh.

"We discussed climate change issues and the role of DBKL's landscape development and recreation department in ensuring the maintenance of trees in Kuala Lumpur can be carried out properly," he said.

KLRA+SD is a coalition comprising 55 residents associations, one non-governmental organisation and one higher education institution, whose aim is to provide a platform for city folk to voice their concerns on development and infrastructure issues.

Social activist Tan Sri Lee Lam Thye has also called on DBKL to

outline its strategy for replacing the numerous trees recently felled across the city.

He said details about the specific number, location and species planned for replanting was important to ensure accountability and environmental sustainability.

Lee said he had yet to see any new trees being replanted since Prime Minister Datuk Seri Anwar Ibrahim announced he had instructed the mayor to replace felled trees with new ones.

"I see many contractors cutting down trees, but no one is replanting."

"I hope this will not just be a slogan, and that the authorities will start implementing the PM's directive," he told *StarMetro*.

He said trees were essential to the ecosystem.

"They improve the environment and cool the city."

"With climate change, we need more trees in the city."

Anwar said he had ordered Kamarulzaman to plant 100 trees for every tree that had to be cut down.

Lee also pointed out that contractors hired to cut down old trees in the city were not properly attired in safety gear.

"What's worrying is that they are not wearing safety helmets, safety goggles, gloves, chainsaw protective clothing or protective boots," he said.

Lee, who served as the chairman of the National Institute of Occupational Safety and Health (Niosh) for 27 years, said as government-appointed contractors, they must lead by example.

"They must practise work safety ethics and use the proper safety gear, as this is crucial for minimising the risk of injury and ensuring a safe working environment," he added.

Recent thunderstorms caused dozens of trees to fall in the city, resulting in damage to cars and property, while one person was killed and two injured.

Following this, DBKL stated that certified arborists had identified 28 trees in the city as high-risk during the latest periodic inspection. These trees would be felled soon.

THE STAR

Tarikh: 04 JUN 2024



A row of vehicles with kayaks on their roofs at a homestay in Kampar, Perak.

The right to achieve your dreams

With EPF's Account Three, many are pursuing self-actualisation and funding their wildest adventures today.



Paddle Power

By Arnold Loh

KNOWING Maslow's Hierarchy of Needs may help you understand yourself, your spouse, your buddy or even your customers. And with the new Account Three of the Employees' Provident Fund (EPF), another testament to this hierarchy of needs is now evident.

If your life partner drives home with a kayak lashed to a roof rack that was not there the day before, your eyes might pop out.

It might also be a mountain bike or even a pair of hi-tech trail running shoes. These, invariably, are not cheap.

Before we stamp "spendthrift" on their foreheads (and before you wallow in regret at the cost of your own purchase), here is a quickie on Maslow's Hierarchy of Needs.

According to psychologist Abraham Harold Maslow in 1943, our most basic needs are things like air, food, water, clothing, sleep and sex.

Once those are more or less secured, people then seek out safety and security. These include shelter, a good living environment, job security, insurance and social protection.

When those needs are found, humans begin seeking more abstract things like love and a sense of belonging among their fellows. Typically, these spell out as friendship, family ties and intimacy.

In the next level, human need becomes more refined: esteem, recognition, fame, respect, mastery, independence and freedom.

When those are achieved, humanity then seeks something deeply personal. They will have self-actualisation needs that have nothing to do with their roles in society.

This is when people want to conquer mountains, kayak in the open sea, pedal through continents, paint masterpieces, compose music, write poems, find the meaning of life and seek God, whatever

they perceive God to be, or not.

Now, Maslow clarified that the above five-tier needs – generally labelled as physiological, safety, love and belonging, esteem and finally self-actualisation – are not always sought out in that order.

The basic physiological and safety needs are understandably necessary and beyond those, a person might leapfrog and aim for self-actualisation.

That can explain why your life partner suddenly has a kayak on the car roof.

The love for the great outdoors, if you strip it down rationally, is not logical.

It yields no economic returns and you can hurt yourself going out into the wild, blue yonder.

But millions of people worldwide have a yearning to go outdoors, to face the burning sun, the bitter cold, the insect bites, the blisters and abrasions and risk of harm.

Press them for the reason why and they have no answer. They just want to do it.

It has nothing to do with what they are but everything to do with who they are at a level that they cannot express and even their soulmates don't understand.

Enter EPF's Account Three, and this was what I found out:

The seller of high-tech inflatable rafts for fishing and marine exploration in Kedah recorded a 100% spike in the sale of accessories shortly after Account Three opened.

A friend selling outdoor and survival tools online admitted that orders increased after Account Three opened.

Another person I know who sells wrist-watches online confirmed his sales went up since Account Three funds became available.

There are so many different types of needs.

Many people put their dreams for riches aside and humbly spend decades as employees.

The young, especially, do not realise that large organisations allocate more payments into the EPF employers' contributions of long-serving employees as a form of retirement benefit plus as an employee-retention strategy.

Fast forward 30 plus years, and humble, loyal employees see six figures in their EPF savings as a result of compounded dividends and their dedication to the corporations they serve.

Who wants to wait till they are 55 years old before buying kayaks and camping gear?

There will be all kinds of aches in their bodies, not to mention several embarrassing non-communicable ailments.

This is not about survival or mere existence.

There are now many more Malaysians going after their self-actualisation needs with their EPF Account Three.

My salute to you; may you have many great adventures.



A lass and her old golden retriever happily landing at Monkey Beach, Penang, on their inflatable raft.



A kayaker about to hop aboard her boat in clear waters on an ex-mining lake in Air Kuning, Perak.



An outbreak of blisters on the hand of the writer after paddling for about 80km over four days on a lake in Kedah.

Still in the dark about water cut

Some Klang Valley folk have not prepared for dry days ahead

PETALING JAYA: With many still enjoying the school holidays and a long weekend, news about the impending water disruption happening across the Klang Valley may have been missed by segments of the general public.

Some residents and business owners only started filling up their basins and extra storage tanks when informed by *The Star* that their area would be affected.

Despite being notified months ago about the water supply disruption, many residents and food stall owners remain unaware and unprepared for the three-day water cut starting tomorrow and ending Friday.

Azita, 62, a cook at Gerai Ma'am, immediately filled up the few basins she has at her stall after finding out about the water disruption.

"The priority is to ensure we have enough water to wash vegetables and other perishable food. I expect many will be having their meals here since they won't be able to cook at home," she said.

Wan Nur Rosihayati, 59, a mixed rice stall owner near a local flat, expressed her surprise at the situation.

"I had no idea about this water cut and now I have to scramble to buy big water containers and



fill them up.

"I might have to switch to a takeaway-only concept to save water on cleaning dishes," she said.

However, flat resident Hussan Divi, 57, was caught off-guard, as she said that they did not receive any notice from the flat management.

"Now, we're trying to store as

much water as possible, but I'm worried it won't be enough," she said, voicing her concern for her extended family of six.

Rusida, 63, a breakfast stall owner, highlighted the potential impact on her business.

"I use water every day for cooking and cleaning. If this water cut lasts more than a day, I might have to close my stall, which will

affect my income and my customers," she added.

D. Anita Anne, 42, whose household of six includes three adults, is unaware of the upcoming water cut.

"The last time the water was cut, we were informed by management quite late, but the shortage went longer than scheduled, so the water that we stockpiled

was not enough," she said.

"We used rice cookers, pots and other cooking utensils to store water, but we were unable to shower and cook for the next day,"

Nurlita Susanti, a 27-year-old shopkeeper, has an 80-litre tank ready, along with extra bottles of water, for customers to avoid relying on distribution supplies.

"Besides operating as a convenience store, we also sell raw chicken, so we need plenty of water to clean the supply and our utensils," she said.

According to Air Selangor, maintenance works are expected to be completed by 7pm tomorrow, while water supply is expected to be distributed to consumers in stages starting at 3am on Thursday, giving priority to critical premises such as hospitals, clinics, dialysis centres and funeral parlours.

Members of the public can find out more about the scheduled water supply disruption from time to time through Air Selangor's official communication channels, such as the Air Selangor application, Facebook, Instagram and X, or contact Air Selangor's Call Centre at 15300 or visit <https://www.airselangor.com/>.

Emergency ration: Hussan and her grandson Mohd Shamin storing water at their flat in Bangsar.
— RAJA FAISAL HISHAN/The Star

THE STAR

Tarikh: 04 JUN 2024

Smak H11



OBESITI DAN BERAT BADAN BERLEBIHAN

KLASIFIKASI BERAT BADAN

KLASIFIKASI	BMI (KG/M2)	RISIKO KESIHATAN
Normal	18.5-22.9	Masih boleh diterima
Berat berlebihan	23	Meningkat
Pra-Obes	23.0-27.4	Meningkat ketara
Obes I	27.5-34.9	Tinggi
Obes II	35.0-39.9	Sangat tinggi
Obes III	>40.0	Tertinggi

JULAT BERAT BADAN MENGIKUT KETINGGIAN

KETINGGIAN	BERAT NORMAL	BERLEBIHAN	OBES
170sm	55-71kg	72-86kg	87kg ke atas
165sm	52-67kg	68-81kg	82kg
160sm	49-63kg	64-76kg	77kg
155sm	45-59kg	60-71kg	72kg
150sm	43-55kg	56-67kg	68kg

KADAR OBESITI DI ASIA TENGGARA (% daripada populasi)

NEGARA	2016	2024	NAIK
1. Brunei	14.1	28.2	100%
2. MALAYSIA	15.6	19.7	26%
3. Thailand	10.0	11.6	16%
4. Singapura	6.1	10.6	73%
5. Filipina	6.4	9.3	45%
6. Indonesia	6.9	tiada data	-
7. Vietnam	2.1	1.7	turun 23%

IMPLIKASI KEGEMUKAN

- Diabetes mellitus
- Penyakit batu hempedu
- Kolesterol tinggi
- Sindrom metabolik
- Apnea tidur
- Penyakit jantung koronari
- Penyakit serebrovaskular
- Kegagalan jantung
- Tekanan darah tinggi
- Osteoarthritis
- Gout

FAKTOR

- Umur - Umur meningkat, kadar metabolisma menurun.
- Gender - Wanita lebih mudah menjadi obes berbanding lelaki.
- Keturunan - Ibu bapa gemuk, anak berisiko menjadi obes.
- Kurang aktiviti fizikal.
- Psikologi - Ramai individu makan berlebihan apabila tertekan atau stres.

Sumber: The World Factbook dan myhealth.gov.my

11 juta berat badan berlebihan

Rakyat Malaysia semakin gemuk, naik 10 peratus sejak 2011

SHAH ALAM

Masalah kegemukan rakyat Malaysia semakin membimbangkan apabila kini satu daripada dua individu dewasa di negara ini atau kira-kira 11 juta orang mengalami berat badan berlebihan dan obes.

Menurut Kementerian Kesihatan (KKM), laporan Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2023 menunjukkan sebanyak 54.4 peratus rakyat dewasa Malaysia mengalami berat badan berlebihan.

Rekod itu meningkat tiga peratus berbanding 50.1 peratus pada 2019.

Malaysia kini dianggarkan mempunyai 22 juta rakyat dewasa berusia 18 tahun dan ke atas.

Laporan NHMS 2023 juga merekodkan trend berat badan berlebihan dan obesiti dalam kalangan dewasa di Malaysia meningkat 10 peratus antara 2011 hingga 2023.

Pada 2011, data merekodkan sebanyak 44.5 peratus golongan dewasa mengalami berat badan berdasarkan Indeks Jisim Tubuh (BMI) melebihi 25, manakala sebanyak 47.7 peratus pada 2015, 50.1 peratus (2019) dan 54.4 peratus (2023).

Cara untuk menentukan BMI individu dewasa adalah dengan membahagikan berat badan (kg) dengan ketinggian (m²).

"Masyarakat Malaysia semakin gemuk. Laporan NHMS 2023 menunjukkan prevalen obesiti dan berat badan berlebihan terus meningkat daripada 50.1 peratus (2019) kepada 54.4 peratus (2023).

"Obes dan berlebihan berat badan adalah faktor risiko kepada diabetes, hipertensi, kolesterol tinggi dan sakit jantung.

"Bertindak sekarang, obesiti bukan suatu kebiasaan. Makan secara sihat, bergerak secara aktif, jauhi rokok dan alkohol," kata KKM menerusi hantaran di aplikasi X.

Mac lalu, Malaysia muncul sebagai negara kedua di Asia Tenggara yang mempunyai masalah obesiti mengikut data *The World Factbook* oleh Central Intelligence Agency dari tahun 2016 hingga 2024.

Menerusi data tersebut, Brunei menduduki tangga teratas dengan 28.2 peratus rakyatnya mempunyai masalah obesiti.

Malaysia, yang menduduki tempat kedua tertinggi merekodkan peratusan sebanyak 19.7 peratus.

Thailand di tangga ketiga dengan 11.6 peratus, diikuti Singapura, Filipina, Indonesia, dan Vietnam.

Masalah berat badan berlebih telah lama menjadi perdebatan di Malaysia.

April lalu, Persatuan Pengguna Pulau Pinang menggesa lesen operasi 24 jam yang diberikan kepada kedai makan dimansuhkan.

Presidennya, Mohideen Abdul Kader berkata, kajian menunjukkan terdapat kesan negatif akibat tabiat makan lewat malam seperti berat badan bertambah, gangguan tidur dan masalah penghadaman.

Beliau berkata, pihaknya sekian lama menyeru larangan kedai makan beroperasi 24 jam dengan alasan akses terhad kepada makan lewat malam akan menjadikan rakyat Malaysia lebih sihat.

Katanya, penyelidikan menunjukkan individu yang makan lewat malam melebihi 40 peratus daripada keperluan tenaga harian mereka, menimbulkan faktor risiko ketara bagi obesiti.

Bagaimanapun, Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, cadangan itu tidak menjamin pengguna tidak akan mencari alternatif lain.

Ia harus mengambil kira keseluruhan sumber makanan yang mudah didapati di Malaysia seperti mi segera dan makanan berkelah, kata beliau.

SINAR HARIAN

Tarikh: 04 JUN 2024.....

Akaun Fleksibel KWSP harus dimanfaatkan secara bijak

BH
4/6

Kuala Lumpur: Langkah Kumpulan Wang Simpanan Pekerja (KWSP) memperkenalkan Akaun Fleksibel, baru-baru ini dilihat sebagai satu inovasi fleksibiliti kewangan kepada ahli-ahli KWSP, terutama ketika menghadapi situasi kecemasan.

Pensyarah Sekolah Perniagaan Siswazah Arshad Ayub, Universiti Teknologi MARA (UiTM), Prof Madya Dr Mohamad Nizam Jaafar, berkata hal ini menuntut keprihatinan tinggi dalam aspek disiplin kewangan dan tanggungjawab. Ini kerana Akaun Fleksibel, membolehkan ahli membuat pengeluaran simpanan pada bila-bila masa.

Beliau berkata, Akaun Fleksibel membolehkan ahli mengakses simpanan mereka tanpa had masa, selain memberikan kebebasan untuk menangani keperluan kewangan yang mendesak.

"Ini amat membantu bagi mereka yang menghadapi kesulitan kewangan akibat keadaan luar jangkaan seperti kehilangan pekerjaan atau kecemasan kesihatan.

Dengan adanya akaun ini ahli juga tidak perlu risau mengenai prosedur ketat untuk mengeluarkan simpanan mereka.

"Namun begitu, akses mudah

kepada simpanan ini boleh membawa risiko jika tidak disertai dengan disiplin kewangan yang kukuh," katanya kepada BH.

Menurutnya, disiplin kewangan adalah asas penting untuk memastikan simpanan KWSP digunakan dengan bijak.

"Tanpa disiplin ini, kemungkinan ahli akan tergoda untuk mengeluarkan simpanan bagi perbelanjaan yang tidak penting, sekali gus berlaku pengurangan dana persaraan yang sepatutnya digunakan selepas bersara.

"Pengeluaran awal ini boleh juga menyebabkan ahli terlepas

daripada manfaat faedah kompaun (compounded return) yang meningkatkan jumlah simpanan dari semasa ke semasa.

"Contohnya, wang yang disimpan dalam KWSP menghasilkan pulangan purata sebanyak lima hingga enam peratus setahun, dan faedah kompaun ini adalah faktor utama dalam memastikan simpanan persaraan mencukupi," jelasnya.

Nilai teliti pengeluaran

Mohamad Nizam menegaskan, pengeluaran simpanan seharusnya dilakukan hanya apabila benar-benar diperlukan seperti untuk keperluan perubatan atau

pelaburan berpotensi yang memberikan pulangan baik.

"Ahli perlu menilai dengan teliti setiap keputusan pengeluaran bagi memastikan simpanan persaraan mereka tidak terjejas.

"Dengan mengekalkan simpanan dalam KWSP, ahli dapat memanfaatkan sepenuhnya faedah kompaun yang dapat menghasilkan jumlah simpanan lebih besar pada masa hadapan," katanya.

Menurutnya, KWSP adalah instrumen utama bagi kebanyakan rakyat Malaysia untuk memastikan kestabilan kewangan selepas persaraan.

Pengeluaran yang tidak terkawal boleh menyebabkan kekurangan dana pada usia persaraan, yang boleh menjejaskan kualiti hidup pada masa itu

Mohamad Nizam Jaafar,
Pensyarah Sekolah
Perniagaan
Siswazah Arshad
Ayub, UiTM



"Dengan adanya Akaun Fleksibel, tanggungjawab untuk menjaga simpanan ini terletak sepenuhnya di tangan ahli.

"Pengeluaran yang tidak terkawal boleh menyebabkan kekurangan dana pada usia persaraan, yang boleh menjejaskan kualiti hidup pada masa itu.

"Perlu ingat, simpanan KWSP bukan sahaja memberikan sumber pendapatan selepas bersara, tetapi juga menawarkan jaringan keselamatan kewangan yang penting," katanya.

Beliau berkata, disiplin kewangan yang kukuh dan membuat pilihan berhemah adalah kunci untuk memastikan simpanan persaraan tetap mencukupi dan terpelihara.



BERITA HARIAN
Tarikh...D. 4 JUN. 2024.....

Penggubalan segera dasar AI tingkat daya saing negara

● AI bukan lagi satu gimik kerana terdapat ledakan maklumat sangat mendadak dan keupayaan teknologi pemprosesan data yang tinggi

● Malaysia perlu aktif membangunkan infrastruktur, latihan dan pendidikan, kerjasama industri-akademia, serta peraturan termasuk perundangan berkaitan AI

BK 4/6



Wartawan BH

Oleh Fahmy A Rosli
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Dalam meniti hidup pada era digitalisasi, istilah kecerdasan buatan (AI) kini tidak asing lagi kepada insani sehingga ia semakin disebut secara meluas, sekaligus menunjukkan pentingnya kewujudan teknologi itu hari ini dan akan datang.

Akan tetapi, ada segelintir pihak menganggap kehadiran AI berpotensi mendatangkan risiko kepada kehidupan manusia kerana ia dikatakan bakal mengambil alih tenaga buruh dalam bidang tertentu.

Memetik laporan diterbitkan pada Jun tahun lalu, teknologi AI bakal membuatkan seramai 4.5 juta rakyat negara ini hilang kerja. Hal itu diakui sendiri Menteri Sumber Manusia, V Siva-kumar.

Beliau menegaskan jika tenaga buruh hari ini tidak ditingkatkan dari segi kemahiran serta melaksanakan latihan semula, kehadiran AI menyebabkan kemelesetan pasaran pekerjaan.

Menyedari ancaman itu, antara usaha diambil kerajaan sekarang adalah menubuhkan Fakulti AI pertama di negara ini, iaitu di Universiti Teknologi Malaysia (UTM), dirasmikan Perdana Menteri, Datuk Seri Anwar Ibrahim.

Menerusi penubuhan fakulti khusus untuk AI itu, ramai berpendapat ia membuktikan persiapan kerajaan untuk mendepani satu lonjakan besar ke arah menyiapiagakan negara mendepani masa depan dunia digital.

Tumpu pembangunan bakat AI

Sudah pasti banyak bidang sekarang bergantung harap kepada AI, lantas kerajaan perlu memandang serius khasnya aspek pembangunan bakat bagi meletakkan tenaga buruh di negara ini lebih berdaya saing.

Walaupun AI sudah lama wujud, usaha diam-bil kerajaan tidak bermaksud negara ketinggalan

kerana kerajaan sudah pun menjalinkan kerjasama dengan firma gergasi teknologi antaranya Microsoft dan Google untuk memacu transformasi awan dan AI di Malaysia.

Dalam hal ini, Pengarah Pusat Inovasi dan Perusahaan Universiti Malaya (UM), Prof Madya Dr Aznul Qalid Md Sabri, menyifatkan penubuhan Fakulti AI di negara ini satu langkah baik sambil mengakui ini komitmen kerajaan untuk memastikan kepakaran dalam bidang AI dapat diperkasakan dengan lebih pantas.

Semasa peluncuran Malaysia AI Nexus yang berkait dengan Fakulti AI ini, katanya turut dilancarkan adalah inisiatif Konsortium AI Malaysia (MAIC) yang secara dasarnya wujud satu koordinasi antara semua pemain berkenaan kesepakatan dalam memanfaatkan disiplin ilmu AI di Malaysia.

Menerusi penubuhan fakulti berkenaan, ia bukan sekadar hendak memenuhi aspirasi Perdana Menteri, bahkan perlu melihat lebih jauh daripada hal itu, kerana AI sebagai satu teknologi dan disiplin ilmu sangat luas merangkumi pelbagai cabang ilmu antaranya matematik, sains komputer, falsafah, biologi, sains kognitif, psikologi dan juga sains neuro.

Jelasnya, AI bukan lagi satu gimik kerana terdapat ledakan maklumat sangat mendadak dan keupayaan teknologi pemprosesan data yang tinggi.

Aspirasi Perdana Menteri itu katanya sejajar dengan perkembangan teknologi AI, satu lagi fasa teknologi disruptif mempunyai impak besar selepas wujudnya teknologi internet.

Dalam pada itu, tat kala ada pihak bimbang kehadiran AI yang diramal bakal mengancam sumber manusia, pakar buruh berpandangan penubuhan Fakulti AI dilihat satu langkah memenuhi tuntutan pasaran semakin memerlukan kepakaran dalam teknologi ini.

Menurut Penasihat Ekonomi, Kementerian Sumber Manusia dan Emiratisasi, Emiriah Arab Bersatu (UAE), Dr Mohd Yusof Saari, penubuhan

fakulti berkenaan satu tindak balas terhadap permintaan industri dan pasaran pekerjaan yang memerlukan tenaga kerja berkemahiran tinggi dalam bidang AI.

Bangunkan infrastruktur, latihan teknologi

Bagaimanapun untuk benar-benar memanfaatkan teknologi AI, menubuhkan fakulti khusus sahaja tidak mencukupi, sebaliknya Malaysia perlu mengambil langkah seperti membangunkan infrastruktur, latihan dan pendidikan, kerjasama industri-akademia, serta peraturan dan perundangan.

Mengambil contoh di UAE, negara itu mengambil pendekatan dengan melancarkan Strategi AI Nasional sejak 2017 lagi termasuk menubuhkan Kementerian AI pertama di dunia.

UAE melaksanakan inisiatif AI dalam sektor penting seperti kesihatan, pendidikan, pengangkutan dan perkhidmatan awam, serta melabur dalam penyelidikan dan pembangunan AI.

Ia termasuk menjalinkan bekerjasama dengan negara lain dan syarikat teknologi global, memperkenalkan kurikulum AI di institusi pendidikan serta menawarkan program latihan profesional.

Selain itu, UAE membangunkan rangka kerja peraturan dan etika AI serta membina infrastruktur menyokong perkembangan teknologi ini, menjadikan AI sebagai teras utama dalam pembangunan negara dan meningkatkan daya saing globalnya.

Sejauh mana peralihan teknologi memberi kesan kepada buruh bergantung kepada sama ada teknologi dan buruh saling melengkapi atau menggantikan dalam proses pengeluaran. Ia juga bergantung kepada jenis sektor ekonomi.

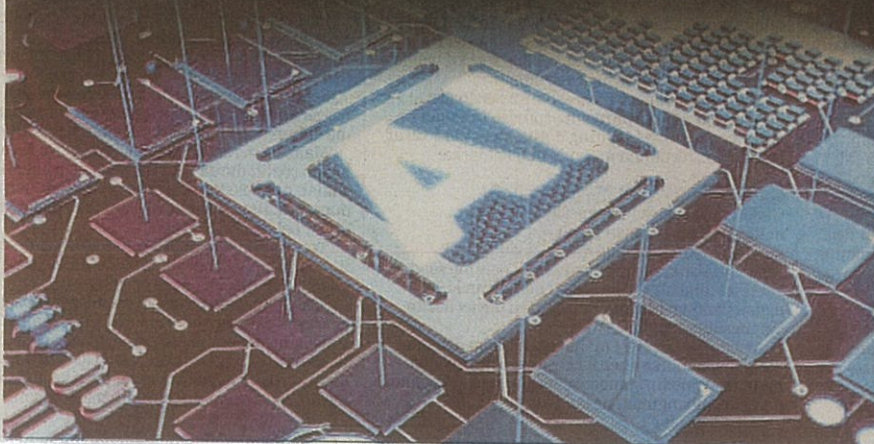
Sebagai contoh, Mohd Yusof berkata, perubahan kepada automasi dan kaedah mesin secara langsung mengurangkan penggunaan buruh kurang mahir kerana automasi menggantikan penggunaan buruh. Ini adalah contoh kesan penggantian.

Berdasarkan pengalaman negara maju, peralihan teknologi jika diurus secara holistik dan inklusif, tidak menimbulkan ancaman kepada buruh tat kala teknologi cenderung memajukan pertumbuhan ekonomi, meningkatkan gaji dan upah serta mewujudkan lebih banyak pekerjaan berkemahiran tinggi, seperti di Jepun dan Korea Selatan.

Bagi memastikan tenaga sumber manusia tidak menjadi mangsa selain mengelak AI disalahgunakan, kerajaan disaran mewujudkan satu kerangka kawal selia lebih holistik.

Pada masa sama, kerajaan disaran menjelaskan dengan lebih mendalam bagi menangkis persepsi salah atau mitos terhadap AI seperti imej dan kesan buruknya dipaparkan dalam filem Hollywood, kononnya robot dijana dengan AI boleh mengambil alih tugas manusia seperti menjadi pihak berkuasa ataupun operasi mesin di kilang.

Apa yang penting, aspirasi kerajaan bagi merangka dasar dan meminda sebarang perundangan berkaitan AI perlu disegerakan supaya Malaysia menjadi negara mesra pelabur dan dapat menyokong perkembangan infrastruktur teknologi berkenaan.



Habuan lumayan berkemungkinan punca penguat kuasa tutup mata

BH 4/6

Sikap PBT, agensi terima suapan warga asing buka ruang penempatan haram beroperasi

Oleh Essa Abu Yamin
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Kuala Lumpur: Kelemahan pihak berkuasa dipercayai menjadi punca utama kewujudan perkampungan haram didiami warga asing.

Presiden Pemerhati Rasuah Malaysia (MCW), Jais Abdul Karim, berkata majikan lebih gemar mengambil pekerja asing kerana mahu memberi gaji yang jauh lebih murah, tetapi gagal memberikan mereka penempatan yang sesuai.

"Apabila pihak berkuasa tempatan (PBT) atau agensi yang berkaitan mula berkompromi dan mungkin mereka menerima sesua-

Perkampungan haram etnik Rohingya di Sentul diserbu



Keratan akhbar BH, Rabu lalu.

tu daripada pendatang asing tanpa izin (PATI) berkenaan, ia membuka ruang kepada penempatan haram berkenaan terus beroperasi.

"Kemungkinan wujud pemberian habuan lumayan daripada pihak tertentu kepada pihak berkuasa, sekali gus menyebabkan mereka menutup sebelah mata isu perkampungan haram berkenaan," katanya.

Jais berkata, agensi kerajaan perlu membuka mata dan sedar dengan keburukan masalah berkenaan yang akan memberi kesan negatif kepada imej negara, ekoran tindakan majikan yang tidak bertanggungjawab.

"Sebagai permulaan, mungkin

ketua-ketua penguat kuasa atau agensi berkaitan perlu meletakkan petunjuk prestasi utama (KPI) kepada pegawai atau anggota bawahan mereka dengan melakukan sekurang-kurangnya lima atau lebih operasi dalam sebulan di penempatan haram berkenaan.

"Jika tidak ada arahan spesifik daripada pihak atasan, pegawai atau anggota bawahan mereka tidak akan melakukan tindakan sewajarnya terhadap isu terbabit.

"Apabila pihak atasan lebih cakna dan fokus, baharulah pegawai bawahan akan menjalankan tanggungjawab mereka. Letakkan KPI dan pantau

mereka di bawah melaksanakan tugas mereka ataupun tidak. Jika tidak, mungkin perlu ambil tindakan tegas terhadap mereka," katanya.

Tidak ada ketegasan

Menurut Jais, ketua penguat kuasa atau agensi yang berkaitan perlu menunjukkan satu contoh tindakan yang tegas terhadap orang bawahan mereka menyebabkan mereka yang lain tidak berani melakukan kesalahan dan melaksanakan tugas dengan penuh integriti.

"Isu yang berlaku ketika ini apabila ada pegawai bawahan

yang terbabit dengan rasuah, mereka hanya dipindahkan daripada satu jabatan ke jabatan yang lain. Mereka bebas melakukan kesalahan yang sama di jabatan yang mereka dipindahkan.

"Daripada situ dapat dilihat tidak ada ketegasan dalam mengambil tindakan untuk membuang kerja mengikut tahap keseriusan rasuah yang mereka lakukan itu," katanya.

Selasa lalu, warga asing daripada etnik Rohingya menjadikan kawasan tanah milik kerajaan di Sentul di sini sebagai perkampungan haram atau sebagai kawasan tempat tinggal mereka yang dilengkapi dengan kemudahan elektrik dan air, bercucuk tanam, selain memelihara ternakan dan mempunyai kedai runcit.

Ketua Pengarah Imigresen, Datuk Ruslin Jusoh, berkata operasi bersepadu itu dilaksanakan bersama Polis Diraja Malaysia (PDRM), Dewan Bandaraya Kuala Lumpur (DBKL), Pasukan Gerakan Am (PGA) dan Angkatan Pertahanan Awam Malaysia (APM).

"Jika tidak ada arahan spesifik daripada pihak atasan, pegawai atau anggota bawahan mereka tidak akan melakukan tindakan sewajarnya terhadap isu terbabit"

Jais Abdul Karim,
Presiden Pemerhati Rasuah Malaysia



BERITA HARIAN
Tarikh 70.4 JUN 2024.....

Oleh HALINA MD. NOOR
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PENYAKIT diabetes atau kencing manis memerlukan penjagaan dan rawatan berbentuk peribadi bagi memastikan kejayaan dalam mengawal komplikasinya.

Ketua Kluster Pasaran Matang Asia Pasifik, Penjagaan Diabetes Roche, Bryan Koh berkata, ia termasuklah pengurusan daripada segi diet atau pemakanan, nutrisi atau khasiat pemakanan, perubahan, tahap stress, berat badan dan aktiviti fizikal berbeza antara seorang individu dengan individu lain.

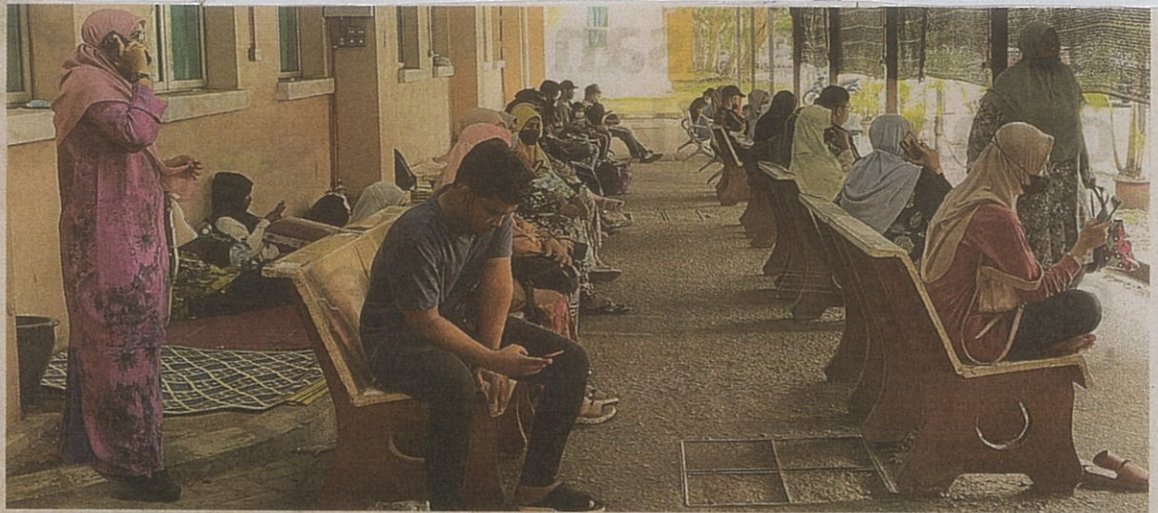
"Diabetes ini penyakit yang rumit untuk dikawal tanpa bantuan atau sokongan daripada pihak lain. Keadaan itu memerlukan pesakit dengan diabetes (PWD) merubah perubahan tingkahlaku yang sukar dicapai dengan mudah.

"Malah, 'bagaimana' setiap pesakit menyesuaikan diri dengan terapi dan mengubah suai gaya hidupnya juga, perlu diambil kira," katanya pada forum Pengurusan Bersepadu Diabetes: Bersatu Mampu Menguruskan Diabetes Lebih Baik, anjuran Roche Diagnostics Malaysia, baru-baru ini.

Turut serta, Prof. Madya Perubatan dan Ketua Unit Penjagaan Diabetes, Pusat Perubatan Universiti Malaya (PPUM), Dr. Lim Lee Ling dan Presiden Persatuan Pendidik Diabetes Malaysia (MDES) dan Jururawat, Yong Lai Mee.

Forum berkenaan bertujuan memudahkan pengurusan diabetes dan memperkasakan PwD dalam meningkatkan kualiti hidup dengan pendekatan Pengurusan Diabetes Peribadi Bersepadu (iPDM).

Pengurusan secara peribadi lebih baik berbanding memaksa PwD mengikut terapi



DULU usia ujian saringan diabetes dalam kalangan umur 40 tahun ke atas tetapi kini usia saringan diabetes diturunkan kepada 35 tahun.

Usah biar pesakit urus diabetes bersendirian

perubahan sehingga akhirnya mereka putus asa kerana tidak kira berapa banyak dilakukan tetapi kadar gula masih tinggi.

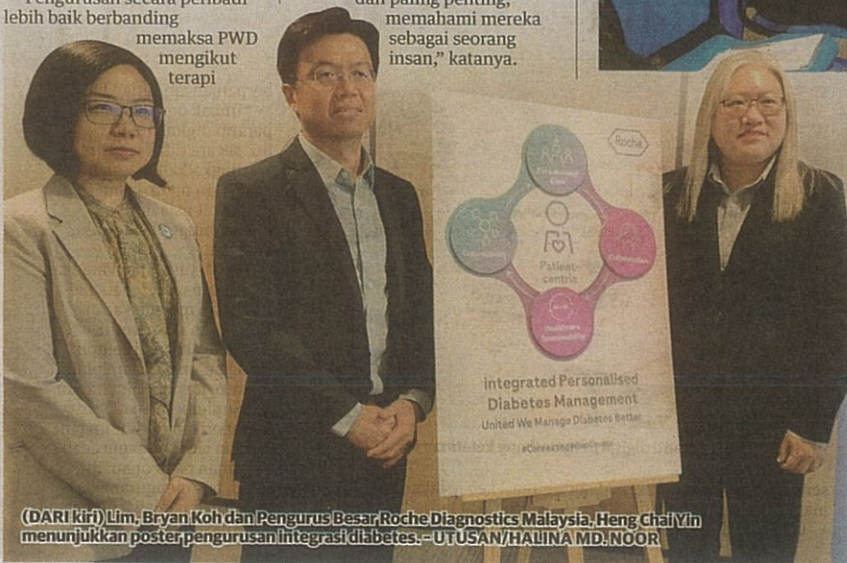
Koh berkata pesakit perlu diberi motivasi dan diperkasa mengawal diabetes.

Bagi mencapai tujuan itu, mereka perlu diberikan pendidikan dan digalakkan mengambil langkah mengawal kadar glukos dalam darah.

"Ia bukan mengenai pengambilan ubat semata-mata, sebaliknya kunci utama adalah memahami setiap pesakit secara individu dan paling penting, memahami mereka sebagai seorang insan," katanya.



BRYAN Koh menyampaikan ucapan kepada media.



(DARI Kiri) Lim, Bryan Koh dan Pengurus Besar Roche Diagnostics Malaysia, Heng Chai Yin menunjukkan poster pengurusan integrasi diabetes. - UTUSAN/HALINA MD. NOOR

Kerajaan membelanjakan banyak kos melawan diabetes tetapi setiap kali keluar statistik, jumlah pesakit kian bertambah.

Kaedah rawatan umum menyebabkan pesakit tiada motivasi, tidak peduli dengan diabetes kerana hidup mereka dianggap singkat lalu makan apa saja yang diingini.

"Pengurusan diabetes membabitkan pelbagai bidang. Tiada pilihan lain melainkan bekerjasama antara satu sama lain bagi mencegah daripada lebih banyak komplikasi lain," katanya.

Tambah Koh, semuanya bertitik tolak daripada pendidikan mengenai diabetes

bagi meningkatkan kesedaran mengawal dan menguruskan penyakit itu dalam kalangan PwD dan masyarakat.

"Terdapat keperluan pendidik diabetes atau jururawat khusus dalam bidang ini untuk membimbing pesakit. Ada ramai jururawat umum tetapi bukan semua berkebolehan menguruskan diabetes.

"Pengurusan yang baik secara tidak langsung memperkasa pesakit memahami dan menguruskan diabetes dengan lebih baik bagi meningkatkan kualiti kehidupan dan membolehkan mereka menjalani aktiviti seharian seperti orang lain," katanya.

DIABETIS:

- Sehingga 2021, seramai 537 juta orang dewasa di seluruh dunia, berumur antara 20-79 tahun menghidap diabetes.
- Ini bermakna, kadar prevalens (kelaziman) ialah 1 dalam kira-kira 10 orang (10.5%) menghidap diabetes.
- Ia dijangka meningkat ke 643 juta pada 2030 dan mencecah 783 juta menjelang 2045, iaitu peningkatan sebanyak 46%.
- Prevalens di Malaysia, 1 dalam 5 orang menghidap diabetes (18.3%) dengan hampir 3.9 juta dewasa berumur 18 tahun dan ke atas hidup sebagai pesakit diabetes.

SOROK SEBAB STIGMA

Sementara itu, Dr. Ling berkata, doktor dan penyedia kesihatan perlu dilatih memberi rawatan secara peribadi kepada PWD kerana diabetes penyakit kronik jangka masa panjang. Tanggungjawab berkenaan bukan 100 peratus atas bahu pesakit tetapi daripada doktor juga.

Dr. Ling berkata, stigma turut menyebabkan pesakit mengabaikan pengambilan ubat kerana mereka tidak mahu rakan sepejabat tahu mereka ada diabetes.

"Tidak membawa ubat ke pejabat dan kalau bawa pun, mereka akan mencucuk insulin di bilik air."

"Keadaan itu menyebabkan pesakit tidak memeriksa kadar gula apabila keluar makan bersama rakan kerana tidak mahu kawan-kawan tahu."

"Semua ini perlu diambil kira dalam penjagaan dan pengurusan diabetes termasuk budaya kerja dan gaya hidup mereka."

"Sikap menyalahkan PWD, menyebabkan mereka tidak bersungguh-sungguh mengawal diabetes," tegasnya yang turut menegur mengenai penggunaan bahasa negatif seperti tidak memantau gula dalam darah, tidak mencapai sasaran, tidak menjaga pemakanan dan sebagainya kerana ia menyebabkan pesakit tidak bersemangat untuk berubah.

Penyedia kesihatan juga perlu memberikan PWD motivasi. Bukan hanya mendidik sekali kemudian biarkan mereka urus semuanya sendiri di rumah. Ahli keluarga yang tinggal bersama juga perlu menguruskan pesakit.

"Jika PWD terbangun tengah malam walaupun tidur selama lapan jam, masih rasa mengantuk, sakit kepala, bila bangun katil basah, semua ini adalah gejala kadar gula rendah."

"Sekiranya warga emas tinggal sendirian tanpa anak, aplikasi digital boleh membantu memantau kadar gula mereka. Gunakan meter pengukur gula yang boleh dihubungkan dengan aplikasi dalam telefon," katanya.

Stres dan kurang tidur menyumbang diabetes kerana ia mempengaruhi hormon.

Jalani ujian saringan diabetes sekiranya mempunyai sejarah keluarga seperti ibu bapa menghidap diabetes atau mereka sendiri ada sejarah diabetes ketika hamil, tekanan darah tinggi, tinggi kolesterol, berat badan berlebihan, sindrom PCOS terutama jika haid tidak teratur dan sukar hamil.

"Sebelum ini, usia ujian saringan diabetes untuk 40 tahun tapi sekarang, trend mendapati diabetes turut berlaku dalam usia semakin muda dan usia saringan diabetes diturunkan kepada 35 tahun," kata Dr. Ling.

2

um
4/6



AMALAN pemakanan sihat dan seimbang membantu mengatasi diabetes.



DIABETES krisis kesihatan sedunia yang tidak mengira sempadan geografi.

Perlu pendidik diabetes

LEBIH ramai pendidik diabetes diperlukan bagi membantu mereka yang hidup dengan diabetes mengawal pelbagai komplikasi akibat penyakit berkenaan.

Lai Mee berkata, pendidik diabetes berperanan mempengaruhi PWD membuat pilihan gaya hidup lebih sihat.

Mereka berperanan dalam menghubungkan anggota penjagaan kesihatan dengan maklumat untuk penyesuaian terapi serta penjagaan pesakit yang lebih baik.

"Bagaimanapun, setakat ini tiada data tertentu mengenai jumlah pendidik diabetes di negara ini, malah tiada definisi berkaitan peranan pendidik diabetes."

"Mereka yang mendapat latihan rasmi dalam penjagaan dan pengurusan diabetes kira-kira 1,000 orang. Namun, mereka tidak diletakkan dalam kedudukan sesuai di klinik atau hospital."

"Setiap dari kita mempunyai peranan dalam membimbing pesakit meniti perjalanan pengurusan diabetes mereka. Bukan mudah mengharungi



Segelintir beranggapan diabetes tidak serius terutama dalam kalangan orang muda."

laluan yang dipenuhi cabaran fizikal dan psikologi.

"Lantaran perjalanan setiap orang itu berbeza, kita perlu menyesuaikan terapi rawatan mengikut keperluan mereka. Dalam pengurusan diabetes, tiada istilah 'satu solusi untuk semua'," katanya.

Sebagai jururawat pendidik diabetes, mereka bertuah kerana dapat mendampingi penghidap diabetes dan penjaga mereka dalam mendidik, memberi galakan serta memotivasikan mereka supaya memahami regim pengurusan diabetes dan mematuhi.

Lai Mee berkata, apabila seseorang disahkan mengalami diabetes, ada takut makan ubat kerana beranggapan ubat dan insulin akan merosakkan buah pinggang hingga ada yang sanggup menundakan rawatan di hospital.

"Segelintir beranggapan diabetes tidak serius terutama dalam kalangan orang muda. Mereka fikir

mereka kuat, sihat dan merasakan komplikasi diabetes tidak akan berlaku ke atas diri mereka."

"Tapi mereka tidak tahu diabetes boleh menghancurkan badan mereka. Bila mereka menyedarinya, ia sudah terlambat. Jadi, pendidikan memainkan peranan penting dalam memperkasakan orang ramai," katanya.

Sementara itu, ujanjara orang ramai juga jangan takutkan PWD sampai mereka tidak mahu makan nasi kerana takut kena potong kaki.

"Ramai menyalahkan pesakit dan meneken mereka dengan soalan bacaan gula yang menyebabkan mereka tertekan."

"Makanan hanya salah satu faktor. Ada banyak faktor lain menjadi punca diabetes. Berikan sokongan dengan mengatakan mereka melakukan yang terbaik. Diabetes bukan penghujung dunia, ramai yang menghidap diabetes."

"Saya galakkan PWD menyertai kumpulan sokongan dan forum dalam sosial media yang memberikan jawapan kepada persoalan mereka."

"Tidak perlu terlalu memberi tumpuan pada satu bacaan tinggi, sebaliknya pantau corak tahap gula untuk hari itu. Berdasarkan corak berkenaan, doktor akan membuat pengubahsuaian rawatan," katanya.

Sedentari undang penyakit kronik

416

80 rakyat Malaysia
amal gaya hidup
tidak aktif

SHAH ALAM

Amalan gaya hidup sedentari atau tidak aktif adalah antara punca peningkatan jumlah rakyat Malaysia yang mempunyai berat badan berlebihan serta obesiti.

Pensyarah Kanan Jabatan Sains Makanan, Fakulti Sains dan Teknologi Makanan Universiti Putra Malaysia, Dr Nurul Shazini Ramli berkata, obesiti berupaya meningkatkan risiko menghidap penyakit tidak berjangkit (NCD) seperti penyakit kardiovaskular, kanser, penyakit pernafasan kronik dan diabetes.

Menurutnya, setiap individu perlu mengetahui keperluan kalori mengikut badan masing-masing selain melakukan senaman atau bergerak aktif.

"Kalau tengok statistik tahun ini lebih 80 peratus rakyat Malaysia tidak mengamalkan

gaya hidup sihat dengan melakukan aktiviti sedentari. Mereka perlu amalkan konsep 'tenaga masuk' dan 'tenaga keluar' setiap hari.

"Kalau kita nak kekalkan berat badan, pemakanan dan senaman perlu seimbang tetapi jika mahu turunkan, mereka kena kurangkan jumlah kalori dan bergerak aktif," katanya kepada *Sinar Harian*.

Nurul Shazini berkata, faktor lain yang menyumbang kepada berat badan berlebihan adalah disebabkan umur, genetik, perubatan dan jantina.

Tambah beliau, langkah pencegahan perlu dimulakan oleh individu itu sendiri menerusi senaman dan amalan pemakanan seimbang 'suku-suku separuh' iaitu suku pinggan untuk nasi, suku untuk lauk, setengah lagi untuk sayur dan buah-buahan.

"Amalkan pemakanan sihat dan lakukan olahraga dalam 30 hingga 60 minit sebanyak lima kali seminggu sudah memadai.



NURUL SHAZINI

Keperluan kalori badan juga perlu diambil kira supaya tidak melebihi had sepatutnya.

"Sekarang ini bukan sebab makanan tidak sihat tetapi kita sendiri kena tahu kaedah untuk elak daripada mendapat kesan amalan makan secara berlebihan.

"Kena berhati-hati sebab apa yang kita makan hari ini kesannya bukan esok tetapi lima hingga 10 tahun akan datang," ujar beliau.

Nurul Shazini memaklumkan, faktor persekitaran turut memainkan peranan untuk membantu mengurangkan masalah tersebut iaitu sokongan daripada orang sekeliling serta kemudahan.

Menurut beliau, paling utama adalah ibu bapa yang harus menjadi suri teladan dan mendidik anak-anak untuk mengamalkan gaya hidup sihat sejak mereka kecil.

"Satu perkara yang menjadi kebimbangan kini adalah kanak-kanak obesiti, sewaktu kecil me-

BENARKAH MAKAN MALAM PUNCA KENAikan BERAT BADAN?

KEPENTINGAN MAKAN MALAM

- Sama penting dengan sarapan & makan tengah hari
- Bagi bekalkan tenaga & nutrien untuk keperluan tubuh badan
- Seiz hidangan bersesuaian dalam 400 - 500 kalori
- Masa yang sesuai dari 8.30 petang - 8.30 malam
- Utamakan makanan seimbang yang mengandungi pelbagai zat termasuk:

- Serat
- Protein
- Karbohidrat

MEMBONGKAR MITOS

- Makan malam tidak boleh ketir (tidak penting)
- Tidak melabur keperluan kalori harian
- Mengandung makanan tinggi lemak
- Antara faktor penyebab obesiti
- Makanan berlemak & berkalori tinggi
- Gaya hidup sedentari



INGAT!

- Makanan mungkin diambil berlebihan jika disuapkan cara melepaskan tekanan
- Makan dalam kumpulan ramai menganggu saiz hidangan berbanding sendirian
- Tidak perlu makan semua hidangan jika hadir jemuan makan malam
- Pilih makanan lebih sihat, utamakan buah-buahan & sayur-sayuran
- Makan ikut saranan Plat Makanan Malaysia

JIKA MASIH TERASA LAPAR

- Ambil snack ringan yang sihat & rendah kalori jika lapar pada waktu lewat malam, antaranya:

- Buah-buahan
- Roti
- Susu
- Sayuran rebus

Sumber: myhealth.gov.my

Ditubuhkan 21 November 2021
Kementerian Kesihatan

mang kita lihat comel tetapi ibu bapa perlu sedar bahawa kesan sampingannya sangat besar.

"Begitu juga dengan pengambilan sayur dan buah-buahan dalam pemakanan harian, sangat penting.

"Dapatan Tinjauan

Kebangsaan Kesihatan dan Morbiditi 2023 juga menunjukkan 95.1 peratus daripada rakyat Malaysia tidak mengambil makanan serat itu mengikut saranan lima hidangan setiap hari dan keadaan tersebut sangat membimbangkan," katanya.

UTUSAN MALAYSIA
Tarikh: ...04 JUN 2024....

Tidak akan jejas pencen kakitangan awam sedia ada

Skim caruman masih dalam kajian

Oleh MAISARAH SHEIKH RAHIM
maisarahrahim@mediamulla.com.my

PUTRAJAYA: Kerajaan masih membuat kajian berhubung skim lantikan tetap penjawat awam bercarum bagi menggantikan skim pencen di bawah Kajian Sistem Saraan Perkhidmatan Awam (SSPA).

Lantikan Tetap Bercarum merupakan satu kaedah baharu di bawah SSPA, iaitu lantikan tidak berpencen dan pengam-

bilan pada tahun ini adalah secara kontrak, hanya bersifat sementara sebelum penetapan kaedah baharu lantikan tetap dimuktamadkan.

Bercakap kepada *Utusan Malaysia*, Ketua Pengarah Perkhidmatan Awam, Datuk Seri Wan Dahlan Wan Abdul Aziz berkata, kajian yang sedang dijalankan ini tidak akan menjejaskan pencen pegawai awam sedia ada.

"Sebaliknya, ia terpakai kepada lantikan baharu sahaja. Namun, perincian

caruman masih dalam pertimbangan kerajaan.

"Untuk itu, pada masa ini lantikan adalah berdasarkan peraturan dan dasar semasa yang berkuat kuasa iaitu Pekeliling Perkhidmatan Sumber Manusia (MyPPSM) Urusan Perkhidmatan (UP) termasuk penetapan gaji dan kemudahan," katanya ketika dihubungi di sini, kelmarin.

Bersambung di muka 3

UTUSAN MALAYSIA

Tarikh: ...04JUN2024...

Skim caruman masih dalam kajian

② MM 4/6

Dari muka 1

Baru-baru ini tular mengenai Skim Pencen Baharu yang mendakwa semua kakitangan kerajaan baharu akan berada dalam skim Kumpulan Wang Simpanan Pekerja (KWSP) dan tiada lagi skim pencen.

Bagaimanapun, kenyataan tular itu disahkan adalah palsu.

Wan Ahmad Dahlan berkata, kaedah baharu pelantikan tetap ini adalah penambah-

baikan terhadap sistem saraan perkhidmatan awam untuk memacu kecekapan dan keberkesanan penyampaian perkhidmatan awam.

Pada masa sama, ia demi menjaga kebajikan pegawai awam selari dengan aspirasi Malaysia Madani.

Inisiatif kaedah baharu itu dalam fasa kajian sekali gus dilihat mampu mengurangkan tanggungan fiskal negara dalam tempoh jangka masa

panjang.

Kerajaan sebelum ini memaklumkan, inisiatif itu selaras dengan komitmen negara dalam menangani isu peningkatan tanggungan pencen.

Menjelang 2040, jumlah pencen yang terpaksa ditanggung kerajaan akan mencecah RM120 bilion setahun jika sistem saraan sedia ada tidak dipinda.

Dalam persidangan Dewan Rakyat lalu, memetik kenya-

taan Menteri di Jabatan Perdana Menteri (Wilayah Persekutuan), Dr. Zaliha Mustafa, kos sistem saraan penjawat awam berasaskan caruman adalah 4.5 kali ganda lebih rendah berbanding skim pencen sedia ada.

Katanya, sekiranya sistem saraan baharu itu dilaksanakan, ia dapat memberi penjimatan dan kelegaan kepada beban fiskal kerajaan dalam tempoh jangka panjang.

UTUSAN MALAYSIA
Tarikh: 10 JUN 2024

Teknologi dron, AI kerja masa depan

Oleh MOHD. HAFIZ
ABD. MUTALIB

hafiz.mutalib@mediamula.com.my

ARAU: Bidang teknologi tinggi seperti dron, kecerdasan buatan (AI) dan robotik adalah peluang kerja masa depan serta menarik minat ramai lepasan Sijil Pelajaran Malaysia (SPM) menyambung pengajian dalam jurusan berkaitannya berbanding bidang Sains Tulen.

Justeru, bagi memenuhi keperluan tenaga kerja masa depan, disyorkan fakulti sains tulen, sains sosial, kejuruteraan dan kesihatan di universiti-universiti di negara ini mewujudkan fakulti khusus serta program-program berkaitan bidang berkenaan yang selaras dengan polisi kerajaan.

Statistik Kementerian Pengajian Tinggi (KPT) 2021 mendapati, majoriti lepasan SPM iaitu sebanyak 19,721 pelajar atau kira-kira 21 peratus memilih bidang pengajian Sains Sosial, Perniagaan dan Perundangan.

Pengajian dalam bidang Sains, Matematik dan Komputer sebanyak 8,361 pelajar atau kira-kira 15.5 peratus manakala bidang Kejuruteraan, Pembuatan dan Pembinaan pula 14,679 pelajar atau

Perubatan bukan pilihan lepasan SPM, bakal cetus krisis kesihatan

Ramai yang layak tapi tidak minat

Utusan Malaysia

3 Jun 2024

kira-kira 18.7 peratus selain bidang Kesihatan dan Kebajikan merekodkan 912 pelajar atau kira-kira 6.3 peratus.

Bercakap kepada *Utusan Malaysia*, pensyarah kanan Fakulti Pengurusan dan Perniagaan Universiti Teknologi Mara (UiTM) cawangan Perlis, Dr. Shamshul Anaz Kassim berkata, selaras dengan perkembangan semasa, teknologi dron terus berkembang dan semakin banyak digunakan dalam industri pemetaan, survei, pertanian dan keselamatan.

Menurut beliau, bidang AI pula menjadi kunci dalam sektor-sektor

seperti perniagaan dan kesihatan selain robotik menarik minat dengan peranan dalam automasi industri.

Katanya, minat terhadap program berkenaan mencerminkan perubahan dalam keperluan pasaran tenaga kerja pada masa kini dan perkembangan teknologi yang berlaku.

Selain itu, kata beliau, terdapat beberapa faktor yang mungkin menyebabkan pelajar lepasan SPM kurang tertarik pada bidang Sains Tulen antaranya seperti kurangnya pendedahan dan kesedaran, persepsi negatif dan ketidakpas-

tian tentang peluang kerja selain kurangnya sokongan serta sumber daya.

"Untuk mengatasi cabaran ini, perlu ditingkatkan kesedaran tentang pentingnya Sains Tulen dan disediakan pendedahan yang mencukupi serta sokongan selain sumber daya yang mencukupi bagi pelajar.

"Dengan langkah-langkah ini, diharapkan minat terhadap bidang Sains Tulen dapat ditingkatkan sekali gus menyumbang kepada pembangunan Sains dan teknologi di Malaysia.

"Kalau dilihat, minat pelajar terhadap bidang Sains di negara ini merosot dengan ketara kepada 40 peratus pada 2018 berbanding 66.7 peratus 2019 dengan dijangka trend itu terus meningkat," katanya.

Isnin lalu, seramai 373,525 calon SPM sudah mendapat keputusan masing-masing dengan daripada jumlah itu, 11,713 orang memperoleh keputusan semua A.

Secara keseluruhannya, seramai 349,297 orang atau 93.5 peratus layak mendapat sijil dengan 226,358 orang lulus semua mata pelajaran yang diduduki.

Siaran muka depan *Utusan Malaysia* semalam melaporkan,

berdasarkan keputusan SPM 2023, seramai 21,157 lepasan layak menyambung pengajian dalam bidang perubatan, sekali gus boleh mengatasi masalah kekurangan doktor yang dihadapi negara ketika ini.

Namun, golongan tersebut didakwa tidak berminat untuk meneruskan pengajian dalam jurusan itu mungkin disebabkan kos yang tinggi dan bimbang sukar tamatkan pengajian.

Mengikut laporan Analisis Keputusan Peperiksaan SPM 2023, kira-kira 23 peratus pelajar yang mendapat keputusan cemerlang untuk semua subjek atau sekurang-kurangnya satu subjek Elektif STEM iaitu Sains Tulen dan Matematik Tambahan berpotensi mengambil jurusan tersebut.

Shamshul Anaz berkata, pada masa ini, majikan merekrut lepasan graduan yang mempunyai pengetahuan, kemahiran dalam konteks inovasi, bakat dan bersifat keusahawanan dalam diri.

"Justeru, cabaran masa depan universiti dan majikan ialah bersifat teknologi tinggi, pengurusan teknologi dalam semua bidang dan program yang ditawarkan bersesuaian dengan kehendak industri serta pasaran," katanya.

UTUSAN MALAYSIA

Tarikh: 10.4.2024

Majikan disarankan ambil berat waktu rehat pekerja

UM
4/6

SHAH ALAM - Rakyat Malaysia yang sudah terbiasa sibuk ketika bekerja sehingga terlupa untuk makan pada waktu sepatutnya adalah antara penyumbang masalah berat badan di negara ini.

Tinjauan *Sinar Harian* mendapati orang ramai mengakui faktor tersebut menyebabkan mereka makan pada lewat malam selepas selesai waktu bekerja.

Susulan itu, majikan dan pekerja digesa menggunakan waktu rehat dengan sebaiknya sama ada untuk makan atau berehat sekali gus membantu mengelakkan stres, yang juga satu lagi punca masalah berat badan.

Penolong setiausaha syarikat, Muhammad Syafiq Rojiei, 34, berkata, majikan disarankan memastikan kakitangan makan dan berehat pada waktu yang sepatutnya.

"Perkara ini juga membantu kestabilan emosi dan kesihatan pekerja. Sekiranya kebajikan mereka dijaga, sudah pasti kualiti kerja bertambah baik," katanya kepada *Sinar Harian*.

Jurujual siaran langsung, Viviera Veicia Nelson, 25, me-



MUHAMMAD SYAFIQ



VIVIERA VEICIA



MUHAMMAD DANIEL

nyarankan pihak majikan menyediakan sistem penggera atau notifikasi yang dapat memberitahu waktu rehat kepada kakitangan yang terlalu fokus terhadap tugas.

Katanya, ini kerana ada pekerja yang sanggup mengabaikan waktu makan sehingga menyebabkan menghidap penyakit lain seperti gastrik atau tekanan darah tinggi.

"Tidak salah majikan menggalakkan budaya kerja sihat dalam kalangan kakitangan," ujarnya.

Pekerja swasta, Muhammad Daniel Zolkefry, 29, berkata, pihak berkuasa boleh melaksanakan kempen di platform media sosial bagi meningkatkan kesedaran tentang pentingnya

makan secara teratur dan makan makanan berkhasiat.

Sementara itu, pekerja sumber manusia syarikat swasta, Emreanjeet Singh, 29, berkata, setiap pekerjaan mempunyai permintaan tugas yang ketat menyebabkan kakitangan tidak mempunyai waktu rehat yang mencukupi.

Katanya lagi, ada segelintir pekerja kurang kesedaran mengenai kepentingan makan pada waktu yang teratur dan mengabaikannya demi menyelesaikan kerja masing-masing.

"Pihak berkaitan boleh mengadakan kempen selain memanjangkan waktu rehat supaya pekerja dapat menikmati masa itu dengan sebaiknya," ujarnya.

UTUSAN MALAYSIA

Tarikh: 10.4 JUN 2024

Atasi masalah dari sekolah rendah

SHAH ALAM- Kerajaan perlu melihat kepada dasar dalam menangani masalah obesiti di peringkat akar umbi berbanding tertumpu kepada kempen semata-mata.

Pengerusi Persatuan Pencegahan Obesiti Kanak-Kanak dan Dewasa Malaysia, Kevin Zahri berkata, apa yang berlaku di negara ini ialah pembelajaran di sekolah lebih tertumpu kepada akademik dan ujian semata-mata berbanding kepentingan kepada penjagaan kesihatan.

Menurutnya, walaupun pendidikan jasmani dan kelab-kelab sukan ada ditawarkan di sekolah, ia kurang diberikan keutamaan.

"Puncanya bagi saya bermula dari sekolah itu sendiri. Kalau ada kelab sukan sekali-pun, ia seakan tidak hidup. Contohnya penekanan terhadap satu murid untuk satu sukan.

"Nampak mudah, tapi realitinya ialah pelajar mendaftar dengan kelab tapi tak ada tunjuk ajar, panduan dan kepimpinan

yang sepatutnya dan ia menjadi semata-mata sebagai syarat.

"Jadi, pelajar itu membesar dengan fikiran bahawa kesihatan dan pendidikan jasmani ini tidak penting sebab tidak diberikan keutamaan. Bila membesar dari sekolah rendah, menengah dan masuk alam dewasa, dia sudah lalui tabiat yang kurang aktif," katanya kepada *Sinar Harian*.



KEVIN ZAHRI

Kevin yang juga selebriti kesihatan dan kecergasan berkata, laporan bahawa kira-kira 11 juta rakyat Malaysia mengalami masalah berat berlebihan bukanlah sesuatu yang baharu.

"Namun, saya lihat kerajaan lebih suka kepada rancangan yang berbentuk ada pelancar-

an, gimik dan kempen untuk melihat orang ramai melakukan sesuatu.

"Kita kena tengok punca sebenarnya. Apabila anak-anak ini masuk alam dewasa, mereka akan jadi kurang aktif dan sukar untuk membuang tabiat itu kerana sepanjang kehidupannya, dia tak pentingkan kesihatan dan pendidikan jasmani," ujar beliau.

UTUSAN MALAYSIA
Tarikh: 10 JUN 2024

PUBLIC SECTOR MUST ADOPT ESG PRINCIPLES

THE 12th Malaysia Plan (2021-2025) has "advancing sustainability" as its key theme, and shows the country's commitment to the United Nations Sustainable Development Goals and the 2015 Paris Agreement on climate change.

This plan sets Malaysia's path to become a carbon-neutral country by 2050, which is among the earliest in Asean.

Despite these developments, Malaysia still faces challenges related to environmental, social and governance (ESG), such as deforestation, biodiversity loss and labour rights.

The challenge of balancing economic growth and sustainability remains a key obstacle in the country. Consequently, efforts are needed to integrate ESG principles into business and policy-making.

The public sector plays a crucial role in shaping the sustainable development trajectory of the country.

Adopting ESG principles impacts the nation's ability to achieve its

Malaysia Madani vision and the broader sustainable development goals.

By integrating environmental considerations into public policies and practices, a balance is struck between economic progress and the preservation of natural resources, thus, ensuring long-term sustainability and resilience.

The appreciation of the environment is the foundation of the first ESG principle.

In addition, by adopting ESG principles, public sector organisations can prioritise addressing social inequalities, promoting access to education and healthcare, and ensuring that Malaysians can participate in and benefit from the nation's development.

Inclusivity strengthens the social fabric and builds a more cohesive and equitable society, which is a reflection of the second principle of ESG.

It is important to note that social inclusivity is a cornerstone of the Malaysia Madani vision, and the public sector has a significant role



Taking care of the environment can ensure the nation's long-term sustainability and resilience. FILE PIC

in realising this.

The third pillar of the ESG framework is effective governance and accountability, which are critical components of the Malaysia Madani vision.

The public sector's adoption of ESG principles enhances transparency, reduces corruption and promotes ethical conduct.

By adhering to high standards of governance, public sector organisations can build trust among citizens and investors, fostering an environment for sustainable development.

Integrating ESG principles in the public sector aligns Malaysia

with global sustainability standards and commitments.

Malaysia's adherence to ESG principles enhances its international reputation and competitiveness, and opens up opportunities for foreign investment, international collaboration and access to global markets.

As it can be seen, the adoption of ESG principles in the public sector is not just a necessity but a strategic imperative for Malaysia.

It is fundamental to achieving the Malaysia Madani vision and ensuring that the nation's development is sustainable, inclusive, and governed by high standards of

integrity.

By prioritising environmental sustainability, social inclusivity and good governance, Malaysia is paving the way for a future that is prosperous, sustainable and just.

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NEW STRAITS TIMES
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POWER OVER ALL GOVT BODIES

EAIC says agencies with similar functions should be disbanded or placed under the ombudsman

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THE proposed Ombudsman Malaysia should have jurisdiction over all government agencies, including enforcement bodies, to ensure its effectiveness in tackling maladministration and curbing leakages.

SINGULAR OVERSIGHT BODY

Enforcement Agency Integrity Commission (EAIC) chairman Tan Sri Dr Ismail Bakar said all agencies with similar functions, including EAIC, should either be disbanded to make way for a single body or merged under the ombudsman umbrella.

While Ismail agreed that the agency should be placed under Parliament to guarantee its independence, he said it should also be given enforcement authority.

"Ombudsman Malaysia should act as a single body to receive and manage public complaints, as well as accorded the power to investigate the agencies involved.

"To make it an effective oversight body, it should be given more bite, otherwise it will become a toothless organisation that does not bring the desired impact as hoped by the public."

STREAMLINED LAWS

He added that the existing laws needed to be streamlined with the establishment of the ombudsman.

He agreed with the Centre to Combat Corruption and Cronyism, which had highlighted similar roles and functions of the commission and the Public Complaints Bureau, resulting in redundancy.

There are currently 20 government agencies under EAIC supervision. Enforcement bodies not under EAIC purview include the Malaysian Anti-Corruption Commission (MACC) and police, the latter of which is monitored by the Independent Police Conduct Commission (IPCC).

The IPCC only deals with public grievances against the force and its personnel.

The PCB, meanwhile, oversees complaints and feedback on civil service, except those involving MACC, Public Accounts Committee and Legal Aid Department, as well as matters related to government policies, civil claims against individuals and companies and personal problems.

Ultimately, the oversight bodies are aimed at improving public service delivery.

MITIGATING LOSSES

Ismail, who is the former chief secretary to the government, said the ombudsman would play a vital role in curbing misconduct and leakages that had cost Malaysia billions of ringgit.

He said the people end up paying for losses due to the corruption.

He said ratepayers would have to deal with more taxes as one of the ways for the government to make up for loss in national revenue due to these leakages.

"Some say corruption cases do not concern them as they didn't lose any money in their bank accounts.

"What they don't realise is that the people will end up paying extra taxes if the country continues to suffer leakages.

"Imagine if one agency loses RM2 billion due to leakages, how



Enforcement Agency Integrity Commission chairman Tan Sri Dr Ismail Bakar speaking in an interview in Putrajaya in April. PIC BY EIZAIRI SHAMSUDIN

much are we looking at if several others are involved in corruption as well?"

He said EAIC was willing to become the lead agency in the setting up of Ombudsman Malaysia, and believed that it should not follow the traditional concept adopted in other countries.

He suggested that the scope of public complaints channelled to the ombudsman covered not just maladministration, but also components in the EAIC Act 2009 since the commission would be rendered obsolete after Ombudsman Malaysia is established.

The Prime Minister's Department's Legal Affairs Division (BHEUU) recently said the government, through the Law and Institutional Reforms Agenda Implementation Committee, held its first meeting on April 29 and would engage stakeholders at the state and federal levels within the next three months.

The committee, through the

engagement sessions, seeks to refine details about the scope, structure and functions of Ombudsman Malaysia, as well as a proposed centralised agency for whistleblower protection, before the proposals are submitted to the cabinet.

The government aims to table the Ombudsman bill in the Dewan Rakyat this year.

IMPROVEMENT EFFORTS

Meanwhile, the PCB, in response to an inquiry by the *New Straits Times*, said the draft bill, which is now with BHEUU, had been prepared by the PCB and submitted to the Attorney-General's Chambers through the National Centre for Governance, Integrity and Anti-Corruption on Jan 1 last year.

It was sent back to allow for improvements to be made based on feedback gathered from the engagement session.

It said the bill, among others,

covered the structure, functions and powers of Ombudsman Malaysia.

It said engagement sessions on the bill were last held with the non-governmental organisations on May 8, and members of parliament on June 14 last year.

"Several matters need to be studied, especially those related to functions and roles of Ombudsman Malaysia that have similarities and redundancy with existing agencies such as EAIC.

"Currently, the roles of the ombudsman are being carried out by PCB, which could be enhanced."

Chief Secretary to the Government Tan Sri Mohd Zuki Ali in October last year said substantive complaints, which had merit and reasonable grounds, should be used to improve any weaknesses in procedures, customer charters, organisational management and the service delivery system.

NEW STRAITS TIMES
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According to the Finance Ministry, individuals, small farmers and commodity smallholders from the Bottom 40 and Middle 40 groups in the peninsula owning private diesel vehicles are eligible to apply for government cash contributions through the Madani Subsidy Assistance Programme.



FUEL SUBSIDY RATIONALISATION

'NEW VEHICLE SALES MAY FALL'

Demand for pickup trucks to drop as most models run on diesel, say analysts

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THE fuel subsidy rationalisation, which will start with diesel, may affect sales of new vehicles, especially diesel-powered pickup trucks, said industry analysts.

They believe that the fuel subsidy rationalisation will likely hurt demand for mid-market models and shift the preference of car buyers.

With the recent announcement of diesel subsidy removal for private vehicles, car owners will have to pay more than RM3 per litre, compared to the RM2.15 subsidised price currently.

Industry analyst Hezari Samsuri said this significant increase was bound to impact the purchasing pattern of car buyers, particularly those considering diesel vehicles.

He said the immediate impact was likely a dip in sales of diesel vehicles, especially pickup trucks.

"However, given the indispensable nature of these vehicles for certain types of work, the impact may be mitigated. With 99.9 per cent of the pickup trucks in the market being diesel variants, consumers may have no choice but to continue buying them despite the higher fuel costs.

"I believe that those who want a pickup truck for recreational purposes will start considering other options."

Hezari said sales of diesel multi-purpose vehicles and sport utility vehicles could also be affected, although there were only a few diesel options in the market from the Hyundai, Kia and Mazda brands.

"However, diesel vehicles still offer the better fuel economy compared to internal combustion engine vehicles, except for hybrids.

"On this note, the prices of used diesel vehicles are expected to see a

dip because demand will be lower. This presents an opportunity for those who want to buy a diesel vehicle as they can expect bigger discounts," he added.

Last month, the Finance Ministry announced a diesel subsidy aid programme involving a monthly allocation of RM200 for eligible individuals as well as agriculture and commodity smallholders.

The ministry said individuals, small farmers and commodity smallholders from the Bottom 40 (B40) and Middle 40 (M40) groups in the peninsula owning private diesel vehicles were eligible to apply for government cash contributions through the Madani Subsidy Assistance Programme (Budi Madani).

Applicants who registered yesterday could expect to receive their first cash assistance by the middle of this month.

Meanwhile, new vehicle sales fell 18 per cent month-on-month to 57,991 units in April due to the shorter working month. However, the total industry volume (TIV) grew 21 per cent year-on-year.

Kenanga Investment Bank Bhd (Kenanga Research) said the TIV for

the first four months came in at 37 per cent of its full year projection of 710,000 units.

This compares to the Malaysia Automotive Association's full-year TIV target of 740,000 units.

"We also believe that it will be business as usual for the affordable segment as its target customers, i.e. the B40 group, will be spared the impact of the fuel subsidy rationalisation," said Kenanga Research analyst Wan Mustaqim Wan Ab Aziz in a note.

"However, the same cannot be said for the mid-market segment as its target customers, i.e. the M40 group, may hold back from buying a new car (or even trade down to a smaller car to cut their fuel bills) upon the introduction of the fuel subsidy rationalisation," he added.

CIMB Securities expects a softer TIV in the second half of the year due to the planned fuel subsidy rationalisation.

However, it said the introduction of the Employees Provident Fund's Account 3 and civil servants' salary hikes, coupled with an accommodative interest rates environment, could support new vehicle sales.

On this note, prices of used diesel vehicles are expected to see a dip because demand will be lower.

HEZERI SAMSURI
Industry analyst

"We project 2024 TIV to fall nine per cent year-on-year."

It expects the national brands Proton Holdings Bhd and Perusahaan Otomobil Kedua Sdn Bhd to fare relatively better, with a 4.4 per cent year-on-year decline compared to a wider 16 per cent drop for the non-national segment.

"Our 2024 TIV forecast of 727,000 units is marginally higher than the 2022 level of 721,000. Our 2024 forecast is on the upper end of the street's estimates, which is between 625,000 and 720,000 units," CIMB Securities added.

Greater flexibility for EPF contributors

KUALA LUMPUR: The Employees Provident Fund's (EPF) account restructuring is a "win-win proposition", providing contributors with enhanced flexibility in accessing their funds and bolstering their retirement savings, said economists.

Bank Muamalat Malaysia Bhd chief economist Dr Mohd Afzanizam Abdul Rashid said under the revamped scheme, EPF members would enjoy newfound freedom in utilising their funds according to their needs and preferences.

Moreover, Afzanizam said this restructuring was anticipated to serve as a motivational impetus for members, as continued contributions would lead to the accumulation of funds in their EPF accounts.

Notably, contributors now have the autonomy to manage up to 10 per cent of their EPF money, signalling a significant shift towards greater individual responsibility, he told *Business Times*.

However, with increased auton-

omy comes the imperative for heightened financial literacy among EPF members.

Recognising this need, Afzanizam said the EPF and allied agencies, including banks, were poised to play a pivotal role in educating contributors on various financial principles.

Things like risk and return on investment, compounding factor, inflation and purchasing power are

some of the issues that need to be emphasised to EPF members so that they become better decision-makers when it comes to money matters," he said.

EPF's restructuring of members' accounts, effective May 11, seeks to enhance their in-

come security after retirement while addressing their current life-cycle needs.

The pension fund has put in place

measures to ensure members' long-term wellbeing is not compromised, such as increasing the allocation for Akaun Persaraan from 70 per cent to 75 per cent.

Economist Dr Geoffrey Williams said many EPF members had depleted their Account 2 before retirement, leaving only Account 1 with about 70 per cent of their savings.

Under the new initiative, he said the contributors might exhaust Akaun Sejahtera and Akaun Fleksibel but were projected to retain 75 per cent of their savings in Akaun Persaraan (Account 1) at retirement, a promising increase compared to previous scenarios.

This shift is anticipated to result in augmented retirement funds, especially with withdrawals reduced from 30 per cent to 25 per cent," he said.

However, Williams cautioned that while the restructuring presented a long-term strategy, it did not fully address the underlying issue of inadequate pension savings for millions of people. He suggested



Dr Mohd Afzanizam Abdul Rashid



Dr Geoffrey Williams



The Employees Provident Fund seeks to enhance members' income security after retirement while addressing their current life-cycle needs. PIC BY ASWADI ALIAS

that the EPF try to increase its active membership and improve its services.

"This will still leave millions of people without pensions, so the government must plug this gap."

"The only option on the table is the establishment of a universal basic pension funded through a Malaysian superfund. EPF and the Finance Ministry should fund a full study on this," he added.

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