

'Pay RM1, Receive Everything' Cause Of Poor Health Management Among Malaysians

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KUALA LUMPUR, March 30 (Bernama) -- Over reliance on treatment and medicines in government hospitals is among the causes for a lack of sense of responsibility among Malaysians towards effective health management.

Malaysian Health Promotion Board (MySihat) chief executive officer Dr K.Manimaran said the attitude discouraged them from practising a healthy lifestyle to prevent diseases such as diabetes, hypertension and heart disease, that were major problems in the society today.

"We found them (the people) to be too reliant on hospitals and the Health Ministry... we want them (the people) to manage their own health. Do not think if you are sick, you can go the hospital, pay RM1 and receive everything," he told Bernama after officiating the 'KL-Maran Marathon 2015 (204km)' championship here last night.

He said that such attitudes must be shed, because prevention was better than cure.

"Actually, it is not difficult to manage diseases such as diabetes... (it can be done) just by doing physical activity, exercise and eating responsibly," he said.

Dr Manimaran said employers should also play an important role in promoting a healthy lifestyle among their employees at their workplace to maintain good health.

He said there should be specific policies at the workplace for ensuring a healthy workforce like providing free gymnasium services and creating a smoke-free workspace.

"If an employee is sick, takes a medical certificate (MC) often it will be detrimental to the department," he said.

In the meantime, he said MySihat would launch the 'Let's be Thin and Healthy' programme after the Hari Raya celebrations in an effort to help Malaysians who were obese to lose weight.

Dr Manimaran said that through the programme, seminars on physical activity and healthy eating would be organised throughout the country and participants who were eligible to participate in the programme would be identified.

"We have found that approximately 60 per cent of Malaysians do not perform physical activities like exercise... they are inactive and obesity is among the main problems in this country right now.

"So we will conduct seminars in major cities and select eligible participants (participants who are obese) from the seminars to enter this programme," he said.

The KL-Maran Marathon 2015 (204km)' championship organised by Marathon United Sports Club from Kuala Lumpur, is being participated by 250 contestants, aged between 11 and 60, from today until Thursday.

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