

UNIVERSITI TEKNOLOGI MARA

**EFFECTIVENESS OF A HEALTH
INTERVENTION PROGRAM IN YAN
DISTRICT**

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“Bismillahirrahmanirrahim”

In the name of Allah, The Most Gracious, The Most merciful

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ABSTRACT

This study was to determine effectiveness of implementation Non-Communicable Disease health intervention which is program *Komuniti Sihat Pembina Negara* (KOSPEN) in a district. These study was carried out in Yan district in Kedah and 169 participants was selected as sample. There are 3 objective will be answer in the end of study. Three indicator used in this study was body mass index, blood pressure and glucose level. The first objective is to measure the reading of those three indicator and for objective number 2 was the comparison of those three indicator from baseline to one, two and three years of implementation program. The third objectives was to measure the community awareness and acceptance regarding this program. The questionnaire was given to all participant and their awareness and acceptance will be analyze from that questionnaire. For the objective one and two, secondary data in KOSPEN program was used to analyze the result. As result, participants show improvement in their health status from baseline to one, two and three years of implementation program. All of them had positive perceptions about this program and applied well in their lifestyle .In addition, although most of them find this program benefits them well, some of them had reported difficulties in participating due to time and other issues. Overall KOSPEN as intervention program are very well accepted by community despite of several misconception of the program.

Keywords : *community- based intervention program, body mass index, blood pressure, glucose level, awareness*

CHAPTER 1

INTRODUCTION

1.1 Background

Non-Communicable Diseases (NCDs) can be referred as a chronic diseases which last for long periods of time and shows slow progress or symptoms over time. Sometime people with NCDs doesn't even know they have it because there are cases which they do not experience any symptom before diagnose. NCDs not caused by infectious agents and distinguished only by their non-infectious causes. This NCDs require chronic care management and in last 5 years, NCDs are the leading cause of death in Malaysia and globally. Based on the WHO's World Health Report 2002, there are 5 important risk factors related to NCDs which are raised blood pressure, raised cholesterol, and overweight also another high risk factors include a person's social and economic conditions. In year 2012, NCDs caused 68% of all deaths and it's up to 60% in year 2000(WHO, 2015). As mention in WHO's World Health Report, the most likelihood of NCDs risk factors is a person's backgrounds.

The people of all age groups, regions and countries are affected by NCDs not only certain people or place (WHO, 2015). NCDs also didn't take sides, because children, adults, and elderly are all vulnerable to the risk factors contributing to NCDs, whether from unhealthy diets, lack of physical activity or unhealthy behavior such as smoking. Another cause of NCDs includes rapid unplanned urbanization, globalization of unhealthy lifestyles and population ageing. Unhealthy diets and lack of physical activity may lead to a raised blood pressure, increased blood glucose and obesity. These are called metabolic risk factors that can lead to cardiovascular disease.