

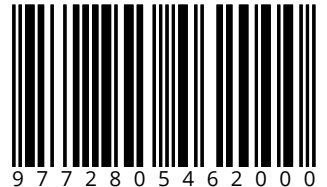
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# EMPOWERING HOLISTIC HEALTH: UiTM HEALTH PROMOTION CARNIVAL 2024 IN SABAK BERNAM

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The UiTM Health Promotion Carnival 2024, themed “*Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera*” took place on October 12, 2024, at the Al-Abrar Mosque compound in Kampung Batu 2 Sepintas, Sabak Bernam. Over 200 participants attended the event, which was coordinated by fourth-year medical students from UiTM and organized in collaboration with the mosque’s committee, Sabak Bernam District Health Office, Clinical Simulation Centre (CSC), UiTM, and other partners. Associate Professor Dr. Hazlyna Baharuddin, the Deputy Dean of Academic Affairs, Faculty of Medicine, UiTM, officiated the carnival. Notable attendees included Dato’ Dr. Khalid bin Ibrahim, a Senior Lecturer and Program Advisor in Public Health Medicine; Dr. Zahir Izuan Azhar, Head of the Public Health Medicine Department; Dr. Dalila Roslan and Dr. Meram Mohammed Ali Azzani, both Lecturers and Program Advisors. Muhammad Izwan bin Mohd Rashid served as the program director.



**ASSOCIATE** Professor Dr. Hazlyna Baharuddin, the Deputy Dean of Academic Affairs, Faculty of Medicine, UiTM officiated the carnival.

The slogan “*Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera*” emphasizes the link between healthy families and community well-being, highlighting the importance of holistic health for resilient communities. It aimed to promote holistic health within the community through various activities, including health screenings, educational booths, and practical sessions.

The medical team from the Sabak Bernam District Health Office provided free health screenings for blood pressure, glucose levels, and body mass index (BMI) at the carnival. Participants received personalized feedback on their health, and some were identified as having undiagnosed hypertension, diabetes, or obesity.

The event also featured a series of interactive educational booths covering a variety of health topics. Five stations were featured, each focusing on key aspects of holistic health, including mental well-being, the effects of excessive screen time, the importance of quality sleep, smoking cessation, joint health, and healthy eating habits.



One booth, titled “Masa Berkualiti, Hidup Harmoni,” encouraged visitors to discuss ways to balance screen time with other activities. This aimed to help participants understand the impact of screen time on their physical and mental health. Another booth, “Tidur Lena, Bangun Ceria,” offered tips for improving sleep hygiene, including interactive demonstrations that highlighted how sleep quality affects daily functioning.

Additionally, healthcare professionals conducted talks on joint health and arthritis, smoking cessation, and managing screen time, emphasizing the community’s role in promoting healthier behaviors at home. The booths were designed to inform and encourage active participation, featuring hands-on activities to reinforce the lessons learnt.

The event featured practical sessions like Basic Life Support (BLS) for cardiopulmonary resuscitation skills and games such as “Oopsie! No Phones Allowed” to promote healthy habits and reduce screen time. Traditional games like “Bowling Kelapa” encouraged physical activity, while lucky draw sessions rewarded participants with household items and gifts, enhancing engagement.



**HEALTH** screening from Simpang 5 Health Clinic.

These activities fostered positive behaviors, strengthened community bonds, and supported a healthier lifestyle.

The success of the UiTM Health Promotion Carnival 2024 was largely due to strong collaboration with local authorities, which boosted community participation. Engaging community leaders and addressing local needs fostered trust and involvement. Hosting the event at a central location, like a religious site, improved accessibility. Political support, including attractive lucky draw prizes, also helped retain participants and encouraged active involvement in activities, contributing to the program’s overall impact.

We were inspired by a committee member’s request for a similar program in the future due to the overwhelmingly positive community response and significant benefits achieved.

Overall, the program was successfully conducted, and positive feedback was received from collaborators and participants. The objectives can be considered achieved. This experience offered students valuable insights into the workings of community programs. Nevertheless, in ideal community programs or interventions, there should be a continuous effort to collaborate better with local health service providers, which will help integrate these initiatives into the broader context of public health.