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FACULTY OF MEDICINE UiTM



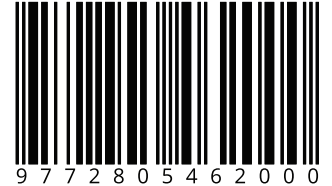
**A new
column
inside!**

Featuring
Assoc. Prof. Dr.
Norhafiza Razali



**Through the
Medical Lens**

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SESSION 1: Zumba session to kick off 'Move with Me' module at PPR Pantai Ria.

Dr. Hayatul Najaa Miptah, Dr. Nafiza Mat Nasir & Dr. Aiza Nur Izdihar Zainal Abidin

ACTIVE 1.0 (Active Choices Towards Values and Health) is a community-based intervention targeting adolescents aged 13 to 19 within Malaysia's low-income urban communities. The primary objective is to cultivate a cohort of teen advocates and peer influencers dedicated to promoting healthy lifestyles. Organized by the Departments of Primary Care at UiTM and UKM, in collaboration with Pejabat Kesihatan Cheras and Pusat Pemerkasaan Remaja (PERKASA) UKM, the program was hosted at the PERMATA Youth Community Centre in PPR Pantai Ria.

ACTIVE 1.0: EMPOWERING ADOLESCENTS AS COMMUNITY HEALTH ADVOCATES



SESSION 1: Expressing thoughts on 'Healthy Lifestyle'

The program was structured into three half-day sessions conducted between September 2025 and January 2026.

Session 1: "Move with

Me" (20 September 2025)

Focusing on physical activity, the session kicked off with a high-energy Zumba workout led by a certified coach to boost adrenaline and improve



SESSION 2: Empowering the next generation: FMS specialists and facilitators guiding teens through the 'Modul Cakna Diri' on sexual and reproductive health.

mood. This was followed by an "Explorace," a gamified learning experience that tested participants' knowledge of healthy eating, the risks of smoking and vaping, and exercise physiology. The session concluded with a breakout group discussion titled "What is a Healthy Lifestyle?," allowing participants to exchange ideas and redefine health within their personal contexts.

Session 2: "My



SESSION 2: "My Body, My Rights"

Body, My Rights" (8 November 2025)

This session centred on sexual and reproductive health. Three Family Medicine Specialists (FMS) from UiTM

delivered the *Modul Cakna Diri* from the National Population and Family Development Board (LPPKN), supported by six UiTM medical student facilitators.

Adolescents explored topics including high-risk behaviours and gender identity, and were introduced to the medical aspects of Disorders of Sex Development



Across these three sessions, ACTIVE 1.0 successfully engaged 25 adolescents from the PPR community. These participants "graduated" not just as informed individuals, but as empowered health advocates equipped to promote wellness among their families and peers.

(DSD). A key highlight was the role-playing of *Teknik Penolakan* (Refusal Skills), empowering teens with the agency to "say no" to unwanted sexual advances.

Session 3: "Teen Talks" (7 January 2026)

The final instalment focused on adolescent mental health. Led by FMS from UiTM and UKM—and facilitated by UKM medical officers and UiTM alumni—the session demystified mental health issues. Participants practiced evidence-based stress management techniques in small groups. The program culminated in a "TED-Talk" style presentation, where participants analysed mental health challenges



SESSION 3: Bridging the gap: FMS, medical officers and medical graduates with the participants during the session



SESSION 3: One of the 'graduates', ready to be a Teen Community Health Advocate.

and proposed practical, community-level solutions.

Conclusion and Impact

Across these three sessions, ACTIVE 1.0 successfully engaged 25 adolescents from the PPR community. These participants "graduated" not just as informed individuals, but as empowered health advocates equipped to promote wellness among

their families and peers. By bridging the gap between clinical expertise and community outreach, ACTIVE 1.0 sets a precedent for sustainable health promotion in urban settings. This achievement was made possible through the collaboration with PERKASA UKM, Pejabat Kesihatan Cheras, and the dedicated staff and medical students from UiTM and UKM, as well