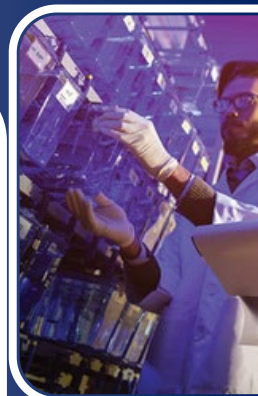


# 1<sup>st</sup> EDITION UiTM GLOBAL PENANG Newsletter

## GLOBAL INSIGHTS: NAVIGATING UNIVERSALITY WITH UiTM PULAU PINANG



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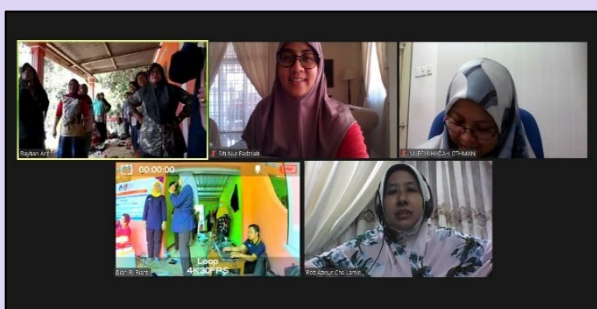
## Unveiling the Silent Threat: Community Awareness on Non-Communicable Diseases

\*Nursyuhadah Othman, Roz Azinur Che Lamin, Siti Nur Fadzilah Muhsain, Nur 'Ainun Mokhtar and Mohd Nadzri Mohd Najib

Non-communicable diseases (NCDs) or chronic illnesses are characterised by their prolonged nature and are usually brought on by a combination of behavioural, physiological, environmental, metabolic and genetic variables. In this context, the World Health Organisation (WHO) and other international organisations are coordinating efforts to prevent and control complications of noncommunicable diseases (NCDs), such as diabetes mellitus and Alzheimer, with an emphasis on lowering risk factors as well as improving access to essential interventions. Moreover, The United Nations recognises that NCDs pose a substantial barrier to sustainable development and aims to decrease premature mortality from NCDs by one-third by 2030. Furthermore, besides the management by healthcare professionals, individuals with NCDs need to understand their disease along with the management of their illness. It is crucial for individuals in a society without NCDs to adopt preventive measures to avoid developing NCDs. In addition, having an in-depth knowledge and awareness of NCDs could aid individuals in assisting their loved ones with NCDs in managing their condition.

From an epidemiological perspective, population culture, socioeconomic status, and geographic location are contributing factors to health. For instance, the equatorial temperature that Southeast Asia experiences and the region's rapidly developing socioeconomic structure can have an impact on both physical and mental health. Notably, Malaysia and Indonesia share many similarities from a cultural and socioeconomic perspectives. Their language and lifestyle are quite similar, with rice being a staple food, and their economies are largely dependent on industry and agriculture. In addition, the similarities in culture and socioeconomic might contribute to the similar aspects in health conditions, such as diabetes, hypertension, and mental health problems.

Taking into account the importance of knowledge and awareness for society, the **Akademi Farmasi Indonesia Yogyakarta (AFIYO)** initiated a one-day programme to enhance awareness of non-communicable diseases in the Indonesian community in Yogyakarta. In addition to this programme, AFIYO invited Faculty of Pharmacy at Universiti Teknologi MARA (UiTM) Bertam Campus, Pulau Pinang, to share information about NCDs with the participants who were from **Desa Binaan, Yogyakarta, Indonesia**.



Discussion session between panel members in Malaysia and the community at Desa Binaan, Yogyakarta, Indonesia.



Mrs. Roz Azinur sharing insights on Alzheimer's disease.



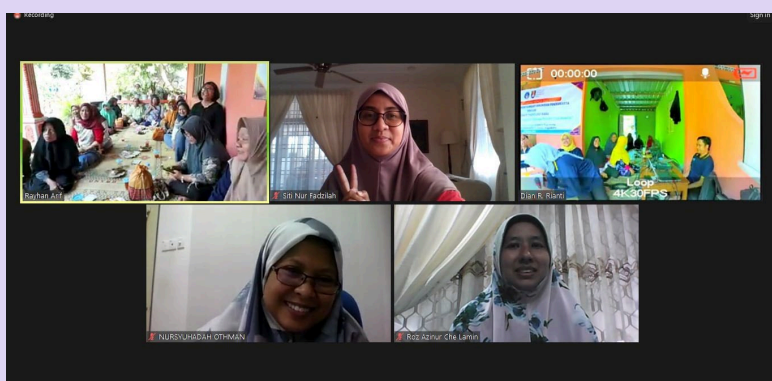
The sharing session took place on August 27, 2024, and was conducted through a hybrid method. The programme began with registration and blood sugar monitoring at 1:30 pm Indonesian time. The **AFIYO** facilitators and speakers organised activities such as icebreaker sessions, and pre- and post-tests to assess participants' comprehension of the programme. Two senior lecturers from UiTM, Nursyuhadah Othman and Roz Azinur Che Lamin, discussed NCDs, and Dr. Siti Nur Fadzilah Muhsain, moderated the online sharing session with the **AFIYO** facilitators.

Nursyuhadah Othman shared her experience in conducting research on diabetes self-management, focusing on type 2 diabetes (T2DM) population. The participants were briefed about the definition of T2DM and T2DM its prevalence in the world. In addition, the seven steps in diabetes self-care activities as recommended by American Association of Diabetes Educator was also shared during the session.

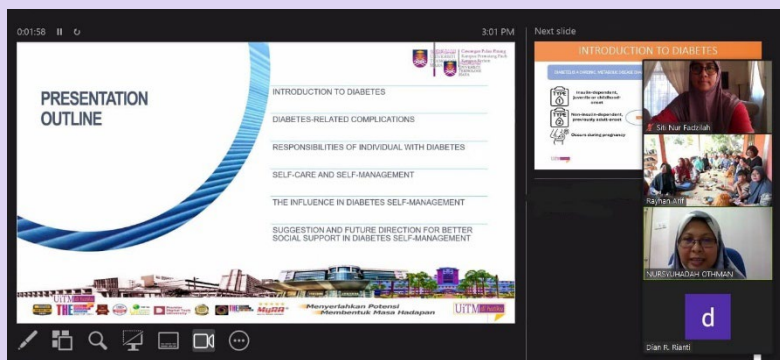
In addition, Roz Azinur Che Lamin focused on Alzheimer's disease. This sharing session was about awareness of Alzheimer's disease. The presentation started with the definition of Alzheimer's disease and the pathology of Alzheimer's disease. The factors that cause Alzheimer's disease are also explained in the sharing session. Next, important points such as the three stages of Alzheimer's symptoms (mild, moderate and severe) were discussed in more depth. Finally, strategies for managing Alzheimer's disease are discussed from the perspectives of complementary and alternative medicine, dietary habits, social and physical activities, and mainstream treatment.

Throughout the virtual sessions, participants were encouraged to ask questions, share their experiences, and engage in meaningful discussions with the speakers. This interactive format not only enhances knowledge retention but also fosters a sense of community and support among participants.

The collaboration between UiTM and **AFIYO** is an important initiative designed to promote healthier and more fulfilling lifestyles in rural communities. Collaborating through online platforms allows us to go beyond geographical barriers and deliver crucial health information and resources to people in need. In the future, global partnerships provide optimism for establishing healthier and more robust communities on a global scale.



Closing session with community members and panel participants



Dr. Nursyuhadah Othman presenting on diabetes self-management

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