

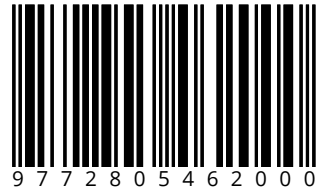
No.1/2025

IMED BULL'

FACULTY OF MEDICINE UTM



eISSN 2805-4628



9 772805462000



THE SUKAF Carnival organizing committee and the top management of the Faculty of Medicine, UiTM.

UiTM HEALTH FESTIVAL 2024: EMPOWERING COMMUNITIES THROUGH HEALTH AWARENESS AND ACTION

By: Dr. Asma' Khalil, Dr. Aimi Nadira Mat Ruzlin,
Dr. Zahir Izuan Azhar & Assoc. Prof. Dr. Chen Xin Wee

On October 12th to 13th, 2024, the Department of Public Health Medicine, Faculty of Medicine, hosted its annual Health Festival—a series of health carnivals across Selangor aimed at promoting community health and wellness. Led by fourth-year medical students, this initiative emphasized awareness, prevention, and community engagement.

With six locations and diverse health themes, the festival reached hundreds of participants, providing essential health screenings, educational sessions, and interactive activities. The objectives included enhancing public health awareness, educating communities on preventive healthcare practices, and offering early screening opportunities for common health issues.

UiTM collaborated with various partners, including the Majlis Bandaraya Shah Alam (MBSA), district health offices, the Rumpun Nurani Foundation Indonesia, and several local organizations such as Majlis Perwakilan Penduduk (MPP) and COMBI teams. Additionally, the event engaged with community institutions such as mosques and

local councils and received support from health specialists, including cardiologists, endocrinologists, and public health experts from Hospital Al-Sultan Abdullah (HASA) and other affiliated healthcare providers.

The “Jauhi Obesiti” carnival in Sungai Buloh focused on obesity awareness, involving local community organizations and featuring activities such as virtual fun walks, free screenings, and an expert forum on the dangers and management of obesity. This online event attracted over 150 participants, demonstrating the power of digital platforms in health promotion. Meanwhile, the “Jantung Aktif, Hidup Produktif” carnival in Shah Alam centered on heart health, offering blood pressure and cholesterol screenings, a dental check-up station, and interactive forums led by cardiologists and religious scholars.

In Paya Jaras, the “Karnival Sifar Denggi” addressed dengue prevention, a critical issue in this dengue-prone area. Participants engaged in an Explorace event, health exhibitions, and a forum featuring a dengue survivor’s testimony. The carnival



TRADITIONAL games at the Sabak Bernam carnival to promote a healthy lifestyle.



A light exercise session during the Seksyen 18, Shah Alam health carnival under the theme “*Jantung Aktif, Hidup Produktif*”.

highlighted community-driven solutions to vector-borne diseases through education and hands-on activities.

The “Kesihatan Holistik: Keluarga Sihat, Komuniti Sejahtera” carnival in Sabak Bernam promoted holistic wellness. Participants benefitted from health screenings and interactive health booths covering topics such as sleep and mental health, along with physical activities. By addressing diverse health needs, this carnival encouraged long-term behavioral change through community collaboration.

The Karnival Sukan

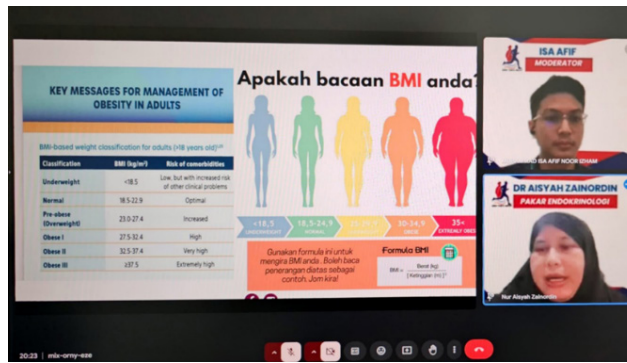
Antara Fasa (SUKAF) Carnival in Bandar Puncak Alam, themed “Community Rallies for Health and Wellbeing,” offered comprehensive screenings and activities, attracting participants of all ages. Educational booths provided information on non-communicable diseases (NCDs), while a cooking competition highlighted healthy eating. This carnival emphasized the importance of preventive care and community unity.

The “Kanser: Tahu, Cegah, Lawan” event in Bandar Baru Sungai Buloh focused on cancer awareness. Informative

booths and screenings for breast, lung, and cervical cancers provided vital knowledge and resources. Interactive sessions and smoking cessation counseling empowered attendees to make healthier choices.

A cross-border initiative was also undertaken in partnership with Indonesian health experts to create educational resources focused on dementia care for the elderly. This effort led to the development of a booklet featuring content from the 'DemensiaKITA' application. The collaboration was further enhanced by a one-day virtual health promotion event themed "Memeluk Kenangan, Berdamai dengan Demensia."

The UiTM Health Festival 2024 successfully reinforced health education, preventive care, and community cohesion. By addressing local health priorities, it left a lasting impact on community well-being, establishing a model for future public health initiatives. These events also provided significant benefits for students, helping them build essential skills such as leadership, teamwork, and cultural awareness. By applying their classroom knowledge



ONLINE Forum with the Specialists via Google Meet during the "Jauhi Obesiti" carnival in Sungai Buloh with the slogan 'Lemak Siapa? Bukan Saya!!! Let's Show That Fat and Us Are Not Compatible.'



VIRTUAL Webinar session titled 'Memeluk Kenangan, Berdamai dengan Demensia'.



MULTIPLE partners collaboration in Paya Jaras carnival.

in real-world settings, students improved their communication and professional skills while engaging in meaningful community service. This experience nurtured empathy and a deeper understanding of community health needs, preparing students to become proactive advocates for public health as they progress in their medical careers.



HEALTH screening including blood pressure, BMI, blood sugar, and cholesterol checks at the "Kanser: Tahu, Cegah, Lawan" carnival, Sg Buloh.