



Muhammad Thaqif (centre) and Luthfiyyatul (left) suited up in firemen's gear as they learn how to use a fire extinguisher from a firefighter. — Photos: ZAINUDIN AHAD/The Star

Health camp to help people make good lifestyle choices

PENANG

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THE Kem Nak Sihat “Bersama Komuniti Kekal Sihat” programme in Penang was aimed at creating awareness of the importance of taking care of one's health.

At the event held at SJK(C) Chong Cheng in Sungai Ara, Bayan Lepas, visitors took part in numerous activities and visited various booths set up by non-governmental organisations.

Land assistant officer Erman Hazlan Faizal Sakhaban, 33, whose son Muhammad Thaqif, seven, and daughter Luthfiyyatul Faqihah, four, enjoyed dressing up in firemen's gear, said the event was beneficial.

“It not only gives us an insight into what is good and bad for one's health, but also exposes us to safety measures.

“We usually only see things like this on television. I never thought they would

have costumes for children to play dress-up and learn about safety.

“It is a good community programme,” he said at the event.

The annual programme organised by the Health Ministry was held to promote health awareness emphasising lifestyle choices.

Southwest district health officer Dr Mohamed Iqbal Hamzah said the event, which kicked off with a 10,000-step walk up Fig Tree Hill in Sungai Ara, also had health screening and a colouring competition apart from numerous booths.

Deputy Health Minister Datuk Seri Dr Hilmi Yahaya said the rise in non-communicable diseases in Malaysia was worrying. “Younger people are having hypertension, heart disease and diabetes.

“It is worrying as they are life-threatening. Obesity is also another issue in Malaysia.

“I encourage everyone to undergo basic health screening at least once a year,” he said.



Visitors checking out exhibition booths at the event.