

People must undergo further health checks

By JENNE LAJUN/11-06-07

PENAMPANG: Random health screening on 1,017 residents here showed that nearly half of them must take better care of their health as well as pay a visit to clinics or hospitals to undergo further health checks.

The organizing chairman of the third Healthy Lifestyle Campaign held at Taman Chemei near here, Dr Roland Chia Ming Shen told reporters at the event's venue yesterday that their study were confined to the residents of Taman Chemei, carried out in April, this year, and Donggongon, which was carried out last month.

"We found that 47 percent of those who came to Taman Chemei for the checks were overweight, while in Donggongon, the percentage was 19 percent," he said. The events were co-organised by the Malaysian Chinese Association (MCA)- Penampang Division and Rafflesia Medical Centre Sdn Bhd.

Their study also revealed that 30 percent of the patrons from Taman Chemei were also suffering from hypertension and that 34 percent of them also had high blood sugar level. As for Donggongon, they found that 22 percent of those who had the health screening checks were suffering from hypertension and that only 0.6 percent suffered from high sugar level.

Roland urged those who fell into these categories to pay a visit to their neighbouring clinics or hospitals to



Donald (seated) getting his blood level checked at the lifestyle campaign held at Taman Chemei in Lido yesterday.

undergo further investigations on their health.

Meanwhile, Penampang MP, Donald Mojuntin who visited the event yesterday said that such events are crucial for the health wellbeing of the people.

"A study recently has shown that Malaysians are the most obese people in Asia," he said.

He added that the organizing of such events is relevant to the needs of the people, as many are becoming more health conscious.

He cited that many people are living stressful living conditions,

which includes him.

"There the pressure of our jobs. There is also the tendency of taking food out of moderation," he said.

He urged the folks living within the vicinity and beyond to take advantage of such events and get their health screened.

Because, even if we have all the wealth, everything will be futile if we are unhealthy, he said.

The next health screening will be held on July 15, 2007 in Kg. Nosoob, which is also held in conjunction with the World Breast Feeding Day.