



KOMUNITI SIHAT  
PERKASA NEGARA



**KEMAS**



# Empowering Malaysians

**Hilmi Yahaya**

Deputy Minister of Health, Malaysia  
Ministerial Meeting on Universal Health Coverage  
Singapore

11 February 2015

# Health Services Delivery in Malaysia

Then....



Now...



# Malaysia has one of the best healthcare systems in the world

## Malaysia's healthcare system hailed

Country is third best and practitioners 'equal to or better than most Western countries'

By G. SURACH  
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**PETALING JAYA:** The country's achievement at being rated third best in the world for healthcare

services of, said Dr S. Subramanian. He also in the sector of treatments and computer other parts. "Medicine the Government direct in off effect ping sector. The Star

Net

**PETALING** voiced ag publication Malaysia's third best

day that a study by the American publication *International Living* rated Malaysia's healthcare system as the third best out of 24 countries in its 2014 Global Retirement Index, beating Spain, Italy, Ireland and

points, respectively. On the methodology of the index's ratings, the magazine said both the cost and quality of healthcare were evaluated. Another report in *International*

Malaysia Medical Association (MMA) president Datuk Dr N.K.S. Tharmaseelan also acknowledged the findings, saying that the country has one of the best healthcare systems in the world.

### World healthcare system index

Country

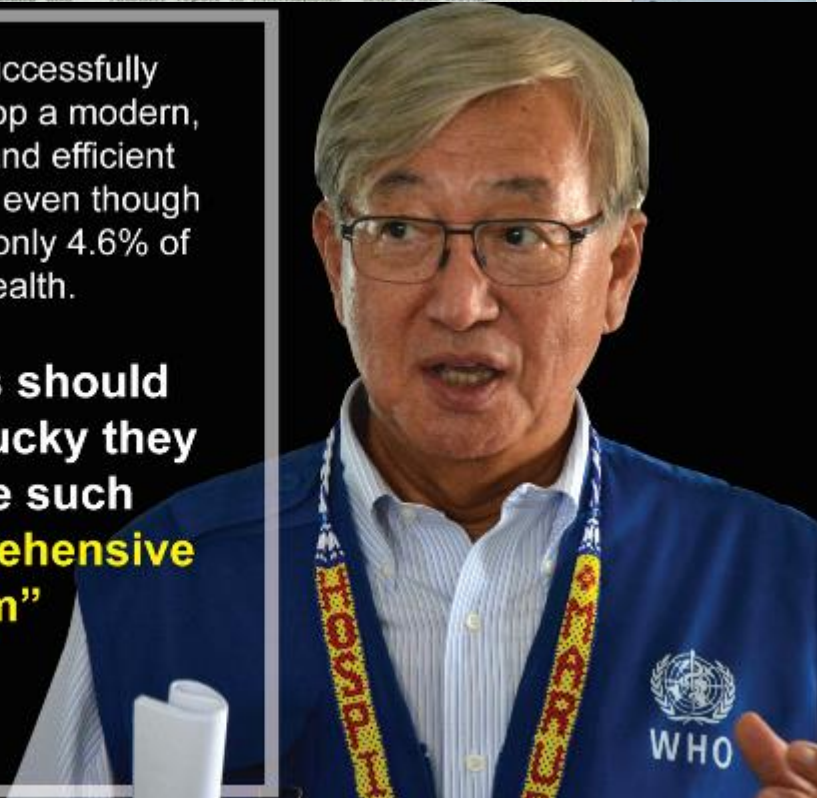
## Malaysia's healthcare world class

A STUDY by the American publication, "International Living", has rated Malaysia's healthcare system as the third best (after France and Uruguay) out of 24 countries in the 2014 Global Retirement Index, "beating Spain, Italy, Ireland, New Zealand and other countries." (*The Star*, 11 Feb).

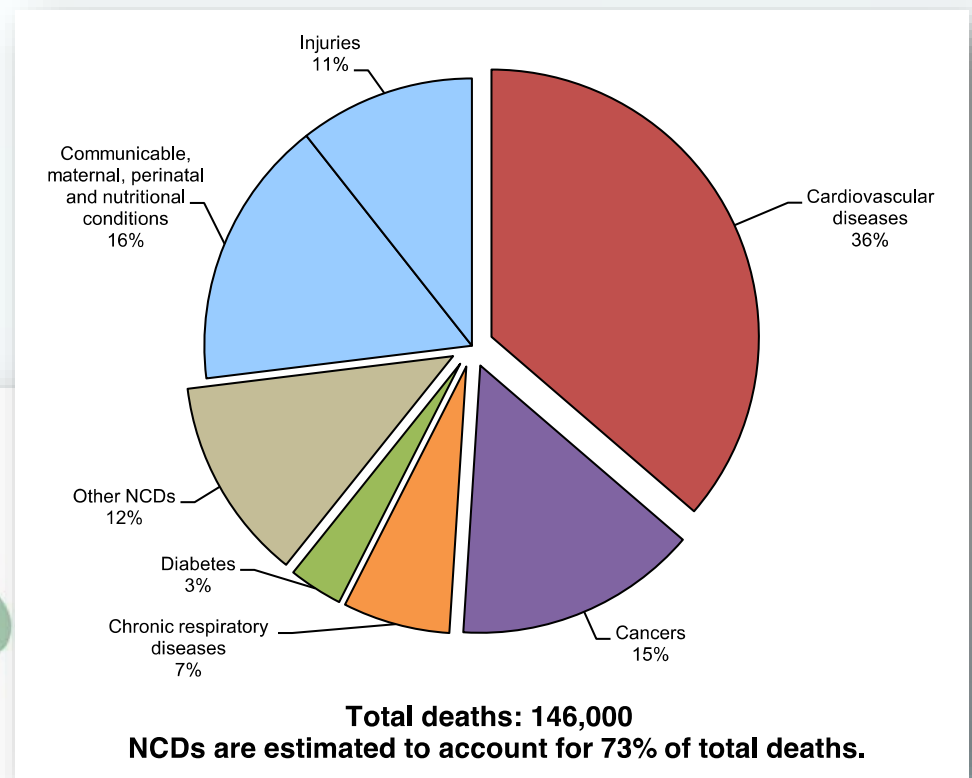
Malaysia has successfully managed to develop a modern, comprehensive and efficient healthcare system even though Malaysia spends only 4.6% of GDP on Health.

**"Malaysians should realise how lucky they are to have such a very comprehensive system"**

**Dr Shin Young-soo,**  
WHO Regional Director for  
Western Pacific Region



# Challenge: Increasing Burden of Non-Communicable Diseases





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***KOSPEN***

*Empowering Communities,  
Strengthening the Nation*

# Basic concept of KOSPEN

Coverage of  
MOH

Staff of KEMAS, RT & Volunteers as **agent of change**

Positive behavioural change at the  
community level through effective  
interventions

Extensive coverage through collaboration between  
KEMAS, RT & Volunteers



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**Target:**  
**50,000** trained  
volunteers by  
2016

# Strategies



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## Scope

1. Healthy eating
2. Active living
3. Smoke-free
4. Weight management
5. Early detection of NCD risk factors

# Behavioural Changes through KOSPEN

Scope	Behavioural changes
Healthy eating	<ol style="list-style-type: none"><li>1. Separating sugar/creamer from hot beverages</li><li>2. Increasing availability of fruits and vegetables</li><li>3. Increasing availability of plain drinking water</li><li>4. Increasing understanding on relationship between intake, calories and activity physical</li></ol>
Smoke-free	<ol style="list-style-type: none"><li>1. Smoke-free areas – enforcement of existing regulations and voluntary smoke-free areas</li></ol>
Active living	<ol style="list-style-type: none"><li>1. Walking 10,000 steps</li><li>2. Regular and planned physical activity/exercise sessions</li></ol>
Weight management	<ol style="list-style-type: none"><li>1. Regular self-monitoring of BMI</li></ol>
Early detection of NCD risk factor	<ol style="list-style-type: none"><li>1. Regular self-monitoring of BMI, blood pressure and blood sugar</li><li>2. Use of “health diary” – regularly updated</li></ol>



# Environmental Changes through KOSPEN

Scope	Health-promoting living environment
Healthy eating	<ol style="list-style-type: none"><li>1. Community events – separates sugar/creamer from hot beverages</li><li>2. Community events – availability of fruits &amp; vegetables</li><li>3. Community events – availability of plain drinking water</li><li>4. Healthy stalls or food vendors</li></ol>
Smoke-free	<ol style="list-style-type: none"><li>1. Enforcement of smoke-free areas gazetted under regulations</li><li>2. Smoke-free announcement for community events</li><li>3. Recognition for voluntary smoke-free homes</li></ol>
Active living	<ol style="list-style-type: none"><li>1. Creation of walking tracks with health messages notices on eating, calories and physical activities</li></ol>
Weight management	<ol style="list-style-type: none"><li>1. Self-monitoring facilities</li></ol>
Early detection of NCD risk factor	<ol style="list-style-type: none"><li>1. Self-monitoring facilities</li></ol>



# Current Status of Implementation

- KOSPEN now involves two major government agencies: (1) Department of Rural Development (KEMAS) and (2) Neighbourhood Watch (*Rukun Tetangga*)
- Training of volunteers are on-going. So far, **13,912** volunteers have been trained.
- Number of KOSPEN sites: **2,829 localities**

# Challenges

- Lack of perceived priority for health by the community
  - Health is more of the health sector responsibility
  - Need more moderation, advocacy, lobbying and sensitisation
- Need to motivate health volunteers
  - Number of active volunteers still needs to be increased
- Lack perceived priority for NCD within the health sector.
- Large scale implementation
  - 3,300 localities (2014), 6,300 localities (2015) and 10,000 localities (2016)

# Solutions & Next Steps

- Establishment of an administrative structure dedicated for KOSPEN within the Public Health organization
  - National, state and district level
- More exposure on NCD to public health doctors
  - Leadership and advocacy in NCD
  - Collaboration with WHO
  - Develop more NCD champions

*[continued]*

# Solutions & Next Steps

[continued]

- KOSPEN Committees at various level
  - Regular discussion between health, collaborating agencies, community organizations and the volunteers
- Study on Level of Perception on KOSPEN
  - To identify areas to improve implementers and community readiness to accept and participate in KOSPEN
- Incentives for volunteers
  - Second Class admission to MOH Hospitals
  - KOSPEN Convention

*Thank you for your kind attention*