

ABSTRACT FOR 3rd WORLD CONGRESS ON INTEGRATION AND ISLAMICISATION 2021

MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

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Non-Communicable Diseases (NCDs) and Modifiable Risk Factors Profiling Among Adults in a Selected FELDA Settlement in East Coast of Pahang

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ABSTRACT

Current data shows an increment of the NCDs and its modifiable risk factors, resulting in an increasing number of related deaths. We sought to measure the proportion of adults with NCDs and its modifiable risk factors among residents of FELDA Lepar Hilir 1, Kuantan, Pahang. A cross-sectional study was conducted among 216 consented adults aged 18 years old and above in the selected houses, using a simple random sampling. A face-to-face, interviewer-administered questionnaire adapted from National Health and Morbidity Survey, 2015 was used. Clinical assessment was measured using weighing scale SECA 762, height measuring tool SECA 242, measuring tape, manual mercury sphygmomanometer, and Rightest GM 550 Blood Glucose Monitoring System. We use SPSS (version 24.0) for data analysis. The proportions were highest for hypertension (31.9%), followed by hypercholesterolemia (27.8%) and diabetes mellitus (20.4%). For risk factors, 39.4% were inactive, while 88.4%, 91.2%, and 39.8% have inadequate daily fruits, vegetables, and plain water intake, respectively. For smoking status, 25.5% are current tobacco smokers, 4.2% ever smokers, and 6.0% are ex-smokers, while 4.6% have consumed alcohol. Body mass index showed overweight was 30.6%, obese class 1; 16.2%, obese class 2; 6.5% and obese class 3; 1.9%. In addition, 50.5% male and 74.0% female respondents have central obesity. This study revealed that the overall proportion of NCDs and their modifiable risk factors among adults in FELDA Lepar 1 is high. Therefore, prevention activities towards these diseases should be intensified by the respective authorities.

Keywords: Non-communicable diseases, Proportions, Adults, FELDA, Risk factor, Cross-sectional study