

Nestlé Healthy Kids Programme in Malaysia – Phase II

The Healthy Kids Programme (HKP) in Malaysia, a collaborative education programme between NSM and Nestlé Malaysia, continued Phase II (Year 3) in 2016.

A workshop was conducted from 23-24 July 2016 to teach Level 3 nutrition modules to teachers to ensure that they understand the entire module and are able to deliver the nutrition knowledge effectively to their students. Besides teaching the modules, teachers are also asked to measure students' weight and height, and distribute questions related to nutrition knowledge, attitude and practice.

Since the launch of HKP in August 2010, Level 1 - Level 3 nutrition modules have been taught to approximately 5,000 primary school children, including in Sabah and Sarawak, from 2014- 2016.

Continuous efforts to implement a systematic nutrition education programme, such as HKP, in primary schools must be undertaken to address the increasing prevalence of childhood overweight and obesity, as this will help pave the way to a healthier nation.

Key findings of HKP's Year 3 Implementation:

- The prevalence of overweight and obesity among students in Sabah and Sarawak is 22.8%.
- The prevalence of underweight students during post-intervention (4.6%) is slightly lower compared to pre-intervention (5.9%).
- Nutrition knowledge, attitude and practice scores of students showed an improvement following the module implementation by the teachers.



ToT Workshop 2016: Participants listening to the trainers.



ToT Workshop 2016: Q&A session with the programme panel (from left to right): Prof Dr Norimah, Dr Zawiah, Tuan Hj Baharin (Ministry of Education, Malaysia), Ms Michelle Woon (Nestle Malaysia), and Dr Chin Yit Siew.



Students learning HKP Level 3 Module in school.