

Nestlé Healthy Kids Programme in Malaysia – Phase II

The Healthy Kids Programme in Malaysia, a collaborative education programme between the Nutrition Society of Malaysia (NSM) and Nestlé Malaysia, entered its second phase in 2015.

Following the positive results obtained from the Phase I of the programme (longitudinal intervention study conducted from 2011-2013), NSM in collaboration with Nestlé and the Ministry of Education, extended the programme, utilising the modules developed during Phase I, and rolled-out to 77 selected primary boarding school children in Sabah & Sarawak.

Workshops were organised to train teachers on how to utilise the modules. Level 1 & Level 2 nutrition modules have been taught to approximately 5,000 primary school children in 2014 and the second year in 2015. Besides teaching the modules, teachers were also asked to measure students' weight and height, and distribute questions related to nutrition knowledge, attitude and practice.

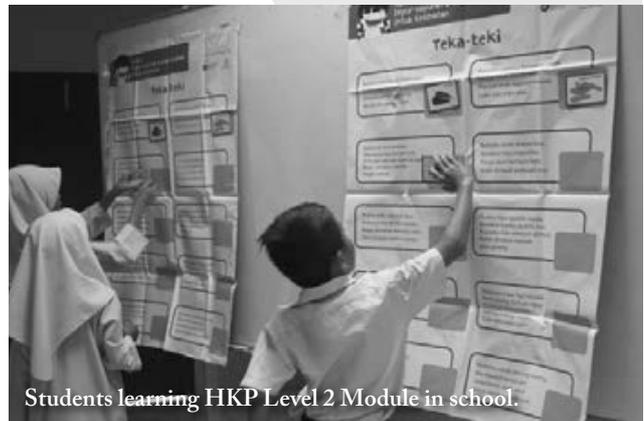
The key findings of HKP's Year 2 Implementation are as follows:

- The prevalence of overweight and obesity among students in Sabah and Sarawak is 21%.
- The prevalence of underweight students during post-intervention (5.5%) is slightly lower compared to pre-intervention (6.3%).
- Nutrition knowledge, attitude and practice scores of students showed an improvement following the module implementation by the teachers.

Level 3 nutrition modules will be taught to teachers via a workshop on 23rd & 24th July 2016 to ensure that the teachers understand the entire module and deliver the nutrition knowledge effectively to their students. Teachers will then implement the modules until end of 2016. Analysis will be conducted in 2017 to determine the effectiveness of the modules.



ToT Workshop 2015: Participants listening to the trainers.



Students learning HKP Level 2 Module in school.



ToT Workshop 2015: Q & A session with the programme panel (from left to right): Dr Zawiah, Ms Michelle Woon (Nestlé Malaysia), Pn Juraidah (Ministry of Education, Malaysia), and Dr Chin Yit Siew.



Students learning HKP Level 2 Module in school.