

AKHBAR : BERITA HARIAN
MUKA SURAT : 13
RUANGAN : MINDA PEMBACA

Sikap ambil peduli tangani isu kesihatan mental remaja

Nur Syakinah
Shafrin,
Kolej Tingkatan
Enam Tuanku
Muhriz, Negeri
Sembilan

Kemurungan adalah masalah gangguan jiwa yang tidak mengenal jantina serta umur. Isu ini acap kali dipandang remeh segelintir masyarakat, tetapi secara tiba-tiba boleh mencetus insiden bunuh diri. Situasi ini berpunca daripada pelbagai faktor seperti masalah kewangan, menjadi mangsa buli, putus cinta dan tekanan hidup.

Ujian atau masalah hidup tidak dapat dielak manusia, namun jika tidak ditangani dengan baik secara tidak langsung ia akan mempengaruhi emosi dan cara berfikir.

Golongan remaja antara kumpulan sering mengalami kemurungan. Ada yang mengambil jalan singkat untuk menamatkan tekanan hidup dengan membunuh diri.

Hasil penelitian dilakukan penyelidik mendapati ada di antara mereka membunuh diri sebenarnya menderita gangguan jiwa seperti skizofrenia, bipolar, penyalahgunaan substans dan lebih membimbangkan ada di antara mereka sekadar ingin mengikut trend tanpa berfikir panjang.

Menurut Menteri Pendidikan, Fadhlina Sidek ketika merasmikan pertandingan Inovasi Sosial Kesihatan Mental baru-baru ini, peranan kaunselor dan ibu bapa amat penting dalam membendung tindakan sedemikian pada peringkat awal.

Beliau berkata, Kementerian Pendidikan (KEM) sudah melaksanakan beberapa langkah intervensi antaranya pelaksanaan profiling di sekolah mengenai psikososial murid bagi membangunkan ekosistem baik dan selamat untuk mereka.

Tinjauan Kesihatan Remaja (AHS) oleh Institut Kesihatan Umum Kementerian Kesihatan Malaysia (KICM) ke atas pelajar berusia 13 hingga 17 tahun mendapati bilangan pelajar ingin membunuh diri meningkat kepada 13.1 peratus pada 2022 membandingkan 4.300 orang berbanding 10 peratus pada

lima tahun sebelumnya.

Beri perhatian anak tragedi tak diingini

Terbukti di sini isu kesihatan mental dalam kalangan remaja perlu diberikan perhatian lebih serius bagi memastikan insiden tidak diingini berlaku atau berulang dengan mengambil langkah lebih proaktif.

Ibu bapa yang menjadi tunjang utama dalam kementerian anak-anak harus sentiasa peka terhadap sebarang perilaku negatif atau sifat janggal ditunjukkan anak mereka bagi membendung isu ini daripada menjadi lebih serius.

Misalnya, ibu bapa perlu mengambil tindakan

segera jika mendapati berlaku perubahan sikap dan pemikiran anak-anak jika dahulunya periang serta gemar bergaul, kini lebih memilih menjauhkan diri atau berkurung dalam bilik.

Masyarakat setempat juga dinasihatkan sentiasa memberikan sokongan moral kepada individu menunjukkan gejala kemurungan. Dengan bertindak sedemikian, penderita kemurungan akan beranggapan masih ada orang eakna keadaan kesihatan mental mereka.

Kita juga seharusnya memberikan ruang dan peluang kepada mereka untuk berkongsi perasaan serta masalah mereka tanpa perlu menghakimi mereka.



Pembaca yang ingin berkongsi pandangan dan membuat aduan boleh e-mel ke bhforum@bh.com.my

AKHBAR : HARIAN METRO
MUKA SURAT : 4
RUANGAN : LOKAL

9 kedai makan, restoran diarah tutup 14 hari

Bachok: Sebanyak sembilan premis makanan mem-bahitkan kedai makan dan restoran di daerah ini di-arahkan tutup selama 14 hari.

Ini berikutan premis ber-kenaan tidak mencapai ta-hap kebersihan yang dite-tapkan hasil pemeriksaan Jabatan Kesihatan Negeri Kelantan (JKNK) melalui pemeriksaan ke atas 56 pre-mis makanan di Bachok.

Pengarah Kesihatan ne-geri, Dntak Dr Zaini Hussin berkata, pemeriksaan yang dilaksanakan pada Selasa lalu memabihkan premis di sekitar Bandar Bachok, Jalan Melawi-Kandis, Jalan Bachok-Budi, Jalan Ba-chok-Beris Kubur Besar dan juga Jalan Jelawat-Gu-nong.

"Pemeriksaan berkenaan memabihkan 71 kakita-ngan JKNK dan hasilnya sembilan premis diarah tu-tup selama 14 hari di bawah Seksyen 11 Akta Makanan 1983.

"jika tidak menurut arahan penutupan, peniaga boleh dikenakan tindakan penjara tidak lebih lima tahun atau denda atau kedua-duanya"

Dr Zaini Hussin

"jika tidak menurut ara-han penutupan, peniaga boleh dikenakan tindakan penjara tidak lebih lima ta-hun atau denda atau ke-dua-duanya," katanya' da-lam kenyataan kepada me-dia.

Zaini berkata, operasi berkenaan turut menge-luarkan sebanyak 137 notis tawaran kompaun di atas pelbagai kesalahan yang melanggar Peraturan Pe-



KEADAAN di premis makanan memabihkan kedai makan dan restoran di Bachok yang diperiksa Jabatan Kesihatan Negeri Kelantan (JKNK).

ATURAN Kebersihan Mala-nun 2009 berjumlah RM48,000.

Katanya, antara kesala-han paling banyak adalah 15 notis berhubung kesalahan

di bawah Peraturan perka-ra 11(1) membenarkan pen-gendali makanan tidak

menghadiri latihan pen-gendali makanan atau ti-dak membuat pemeriksa-an perubatan dan mendapat-kan vaksin bekerja, Perkara 32(1) kesalahan tidak me-matuhi kehendak berhu-bung pemakalan dan Per-akara 38 tidak memenuhi kehendak berhubung pe-nyimpanan makanan.

Kesalahan lain adalah Pe-raturan Perkara 3(1) iaitu tidak mendaftar premis makanan dengan Kem-entrian Kesihatan Malaysia (KKM), Perkara 30(1) tidak mematuhi kehendak yang berhubung dengan latihan pengendalian makanan, Perkara 31(1) tidak mem-huat pemeriksaan kesiba-han pengendali makanan dan mendapatkan vaksin, Perkara 32(1) tidak mem-enuhi kehendak berhubung dengan amalan pengenda-lian makanan dan sebagai-nya.

AKHBAR : KOSMO
MUKA SURAT : 18
RUANGAN : NEGARA

Johor gempur penjual rokok, vape

JOHOR BAHRU – Jabatan Kesihatan Negeri Johor sedang menjalankan operasi bersepadu bagi mengoson individu degil yang masih menghisap rokok di kawasan larangan dan menjual bahan tembakau itu kepada orang belum dewasa (OBD).

Pengarah Jawatankuasa Kesihatan Dan Alam Sekitar negeri, Ling Tian Soon berkata, ia bertujuan memastikan pematuhan terhadap larangan promosi, pengiklanan dan tajuan produk rokok khususnya vape dalam kalangan belia.

Katanya, sehingga Selasa lalu, pihaknya telah mengeluarkan 415 notis selepas memeriksa 4,275 premis sejak Akta 852 dikuatkuasakan.

"Sembaran notis dikeluarkan kepada OBD yang didapati merokok, pemilik premis menggalak orang merokok dan menjual rokok kepada OBD.

"Kita telah menyita 26 produk rokok bernilai RM926. Kita dapati ada aktiviti pemasaran dan promosi tidak beretika yang menyasarkan kanak-kanak serta remaja," katanya.

Tambahnya, pengusaha dan pemilik premis menjual rokok dibari enam bulan untuk memenuhi syarat bagi mengekalkan kabinet atau bekas bertutup di dalam tidak mempromosikan rokok secara terbuka.

Johor melarang penjualan vape dan rokok yang didapati berbutir demikian boleh didakwa mengikut Undang-Undang Kad1 Pelesenan Pihak Berkuasa Tempatan menurut Akta Kerajaan Tempatan 1976.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 33
RUANGAN : DALAM NEGERI

Dalam Negeri



LING TIAN SOON (kanan) menyerahkan tanda larangan merokok kepada pemilik sebuah kedai di Larkin, Johor Bahru.

415 notis kesalahan merokok

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JOHOR BAHRU: Jabatan Kesihatan negeri Johor mengeluarkan sebanyak 415 notis kesalahan di bawah Akta Kawalan Produk Merokok Demi Kesihatan Awam 2024 [Akta 852] hasil pemantauan di 4,275 premis sejak akta itu dikuatkuasakan hingga kelmarin.

Pengerusi Jawatankuasa Kesihatan Dan Alam Sekitar negeri,

Ling Tian Soon berkata, sebanyak 403 daripada notis itu melibatkan kesalahan merokok di kawasan luar.

"Sembilan notis kesalahan dikeluarkan kepada pesalah bawah umur yang didapati merokok, pemilik premis menggalakkan orang merokok sebanyak dua keci dan satu keci menjual rokok kepada pembeli bawah umur", katanya selepas menyertai Operasi Mega Bersepadu di Larkin, semalam.

Operasi Mega Bersepadu giat

dilaksanakan di seluruh negeri yang melibatkan kerjasama pelbagai agensi seperti pihak berkuasa tempatan (PBT), Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN), Kastam Diraja Malaysia (KDRM) dan Polis Diraja Malaysia (PDRM).

Operasi itu bertujuan memastikan pematuhan terhadap larangan promosi, pengiklanan dan tajaan produk merokok serta kawalan penjualan dan penggunaan produk merokok, khususnya rokok elektronik dalam

larangan bela dan di kawasan-kawasan yang ditetapkan sebagai larangan merokok.

Tian Soon berkata, sepanjang operasi dijalankan, pihak penguat kuasa turut menyita 26 produk rokok berjumlah RM926.

Katanya, pengusaha dan pemilik premis yang menjual rokok diberi tempoh enam bulan untuk memenuhi syarat yang ditetapkan Kementerian Kesihatan bagi menyediakan kabinet atau bekas bertutup dan tidak mempromosikan rokok secara terbuka.

AKHBAR : THE STAR
MUKA SURAT : 6
RUANGAN : NATION

Sugar tax not enough to keep diabetes at bay, says health expert

By LO TERN CHERN
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GEORGE TOWN: Sugar-sweetened beverages will cost more in ten months' time as Malaysia's war on sugar goes up a notch, but dieticians say the uncontrolled intake of carbohydrates is a bigger cause of diabetes.

"Some dishes aren't even sweet, but they are loaded to the brim with carbohydrates," dietician Lucas Lim said.

As such, he said the heavier sugar tax would be helpful but the battle to help Malaysians avoid diabetes is far from over.

Under Budget 2025, the excise duty for sugar-sweetened beverages will go up from 50sen to 90sen per litre starting Jan 1 next year.

Lim said diabetes is due to the overall consumption of carbohydrates from grains, rice, noodles, bread, cakes and even fruits



Tempting display:

Lim arranging drinks in his shop refrigerator in Ayer Itam, Penang.
— ZHAFFARAN NASIR/The Star

and milk:

"Our bodies break carbohydrates down into blood sugar, nothing else.

"Other factors like obesity and lack of health screening also increase the risk of diabetes, which becomes like a time bomb ticking inside us," he said.

Given the dangers of uncon-

trolled diabetes and the rising rate of obesity among Malaysians, Lim urged the government to set aside funds for a large scale public awareness campaign on the disease instead of just imposing a higher sugar tax.

"Don't just focus on sugar. Diabetes is also caused by calorie intakes and excessive fats in our

everyday meals," said Lim, who is an affiliate dietician to Kek Lok Si Charitable Hospital, Georgetown Specialists Hospital and TMC Fertility and Women's Specialist Centre.

According to him, the higher sugar tax would be imposed only on ready-to-drink and factory-made beverages.

As such, he believed the tax could be ineffective as there were even sweeter drinks being sold at beverage outlets, food trucks and hawker centres.

Lim, 31, suggesting consuming sugary foods and drinks in reasonable amounts to satisfy one's sweet tooth instead of indulging excessively on a "cheat day".

He advised consumers to be more alert about nutrition labels of packaged food which would indicate the amount of sugars and carbohydrates.

Malaysia first introduced the tax on sugar-sweetened beverage

es in July 2019 at 40sen per litre, which applies to ready-to-drink packaged beverages that contain more than 5g of sugar per 100ml.

Under Budget 2024, there was another 10sen increase, meaning that it went up from 40sen to 50sen per litre.

Checks by *The Star* on drinks sold at mini markets found that many ready-to-drink packaged beverages are exempted from the tax as their sugar content was below the threshold.

Sundry shop owner Tan Chiew Beng, 40, said almost 95% of the sweetened beverages that he sells contained less than 5g of sugar per 100ml.

"Many drink manufacturers have turned their products into 'low sugar' variations. Most of these drinks contain between 4.7g and 4.9g of sugar per 100ml.

"For drinks which are over that limit, yes, they cost 10% more since last year," he said.

AKHBAR : THE STAR
MUKA SURAT : 19
RUANGAN : VIEWS

Food hygiene requires coordinated approach at all levels

I REFER to the front page of *Sunday Star* on Oct 27 and the report headlined "Outcry over food safety" ([online at tinyurl.com/4wsr5wm8](https://www.sundaystar.com.my/news/4wsr5wm8))

In light of the recent surge in food poisoning cases reported across various parts of the country, it is imperative that we strengthen our food hygiene protocols to protect public health and maintain the trust of consumers. Ensuring the safety of the food we consume is a shared responsibility among government regulators, food handlers, and the public.

First, there must be a robust enforcement of existing food safety laws. Authorities should conduct more frequent and rigorous inspections of food establishments to ensure compliance with hygiene standards.

Establishments found in violation should face substantial penalties to reinforce the seriousness of food safety. Additionally, stricter oversight on food preparation processes, especially for street vendors and smaller outlets, is crucial in preventing contamination.

Equally important is the role

of food handlers. Every individual involved in food preparation must be fully trained in safe food handling practices. This includes understanding proper hygiene, maintaining cleanliness in preparation areas, and adhering to temperature control guidelines to prevent the growth of harmful bacteria. For this purpose, we must consider mandatory food safety certification courses for all food handlers.

Moreover, food businesses should be held accountable for regular monitoring of their staff's health, as infections

among food handlers can spread rapidly to consumers. In particular, food handlers must be educated on the risks of working while ill and encouraged to take the necessary precautions.

Public awareness campaigns on food hygiene are also essential to empower consumers to make informed choices. By educating the public on identifying safe and hygienic food practices, we can create a demand for higher standards and encourage food handlers to prioritise safety.

Addressing food hygiene

issues requires a coordinated approach from all stakeholders. By enforcing the law rigorously, instilling responsibility among food handlers, and educating the public, we can ensure that food safety remains a priority and that all Malaysians are safeguarded from preventable food-borne illnesses. Together, let us work towards a healthier and safer food environment for all.

TAN SRI LEE LAM THYE
 Chairman
 Alliance for a Safe
 Community

AKHBAR : THE SUN
MUKA SURAT : 3
RUANGAN : NATIONAL

Beware of pesticide residues in imported produce: Lecturer

BY QIRANA NABILLA
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PETALING JAYA: An agriculture entomologist has urged consumers to be mindful of pesticide residues in imported fruits and vegetables as they could be harmful to health.

Universiti Teknologi Mara Plantation and Agrotechnology Faculty lecturer Assoc Prof Dr Siti Noor Hajar Md Latip said: "The public should familiarise themselves with the maximum residue limits (MRL) and Codex, the food code guidelines, to protect against health risks.

"The exact nature of the health risks depends on the type of chemical residues ingested and amount of contaminated fruit or vegetables consumed."

She said most chemical residues found in contaminated fruit due to

long-term exposure to pesticides have been linked to neurological disorders, hormonal imbalances, reproductive problems, respiratory conditions, kidney and liver damage, and certain types of cancer.

She was commenting on a warning from the Thailand Pesticide Alert Network (TPAN) that many samples of Shine Muscat grapes imported from Japan contained harmful chemical residues exceeding permitted levels.

On Oct 27, TPAN and the Thailand Consumer Council called on the Thai Public Health Ministry to advise importers and distributors to label the country of origin for imported Shine Muscat grapes.

Siti Noor Hajar said pesticide

residues should not pose health risks if they are below the MRL threshold.

"In Malaysia, the listed MRL are based on information from registered pesticides. The list of pesticides and MRL for each listed commodity is subject to Schedule Statens (Regulation 41) of the Food Regulations 1985."

She said awareness of MRL standards and Codex guidelines, established by the Food and Agriculture Organisation (FAO) and World Health Organisation (WHO), is vital as they ensure products meet health and safety criteria.

"By applying these guidelines, consumers could protect themselves from potential health risks associated with pesticide exposure.

"In some cases, pesticide residues could have side effects on children and pregnant women as exposure during pregnancy may lead to issues such as miscarriages and birth defects."

She called on authorities to conduct regular inspections and testing, particularly for imported non-processed items, such as fruits and vegetables.

"Importers should demand testing of pesticide residues in imported agricultural products following FAO and WHO guidelines to ensure acceptable residue levels are maintained."

She said the most common harmful residues detected in grapes are metolachl, myclobutanil and penconazole, which are fungicides normally used to address powdery mildew in grapevines.

She said Shine Muscat grapes were first commercially grown in Japan in 2006.

"Its seeds have since spread to China and Korea, with China now dominating the global market by offering lower prices."

"Malaysia has been importing Shine Muscat grapes from China, Japan and Korea for the past 10 years."

The Health Ministry said on Oct 28 that it would monitor and enforce food safety under the Food Act 1983 and its regulations through the Food Safety and Quality Programme at all 70 entry points into the country.

"This involves various control and compliance activities for imported foods through certified documents, physical and label inspection, sample collection, and detention at importers' warehouses."

The ministry encouraged consumers to examine labels on packaged imported foods for key information, including the country of origin, to make informed choices.

MRL info can be checked at my.mrl.doa.gov.my/.



Siti Noor Hajar said common harmful residues detected in grapes are metolachl, myclobutanil and penconazole, which are fungicides commonly used to address powdery mildew in grapevines. - ADIB RAMI YAHYA/THESUN