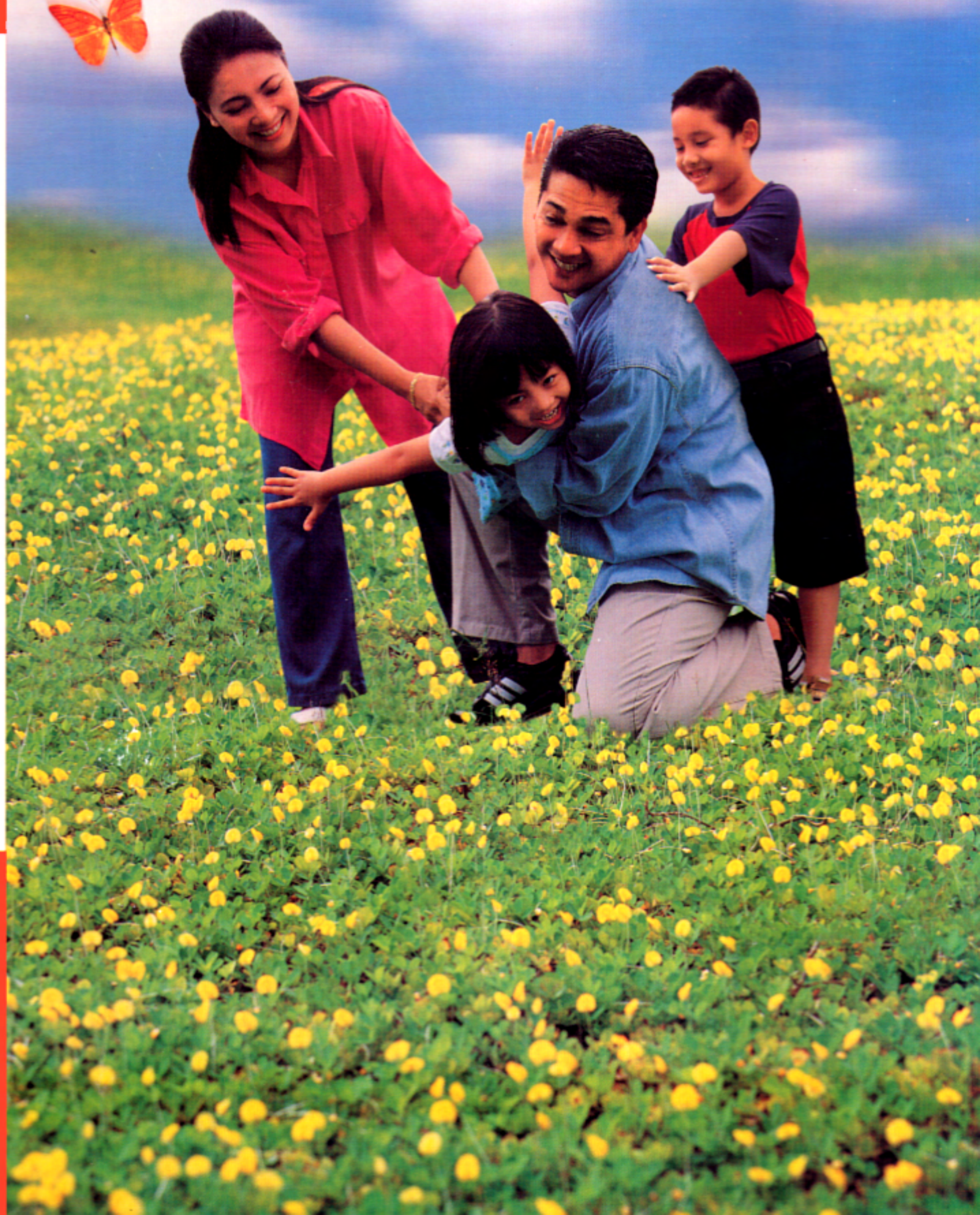


**HEALTHY LIFESTYLE CAMPAIGN
2002**

**Promotion
of
A Healthy Environment**



M A N U A L

AND SUPPORTING MESSAGES

P R I M E

INTRODUCTION	4
PROMOTION OF A HEALTHY ENVIRONMENT CAMPAIGN	5
SCOPE A: A CLEAN AND HEALTHY ENVIRONMENT	8
1. A clean environment enhances our health	9-10
1.1	A healthy environment encompasses clean air, water and land
1.2	A clean and healthy environment is important in ensuring a quality life
1.3	A clean and healthy environment decreases the Danger and risk of disease
2. A clean environment is our responsibility	11-13
2.1	A clean environment is both our responsibility and our right
2.2	The practice of keeping the environment clean is an exemplary practice
2.3	Avoid from polluting the environment
3. A clean environment begins with me	13
3.1	A clean environment reflects my personality
3.2	I am responsible for caring for the environment wherever I am
4. Rubbish is a source of diseases	14
4.1	Rubbish is the breeding ground for rats and disease-carrying insects
4.2	Improper disposal of rubbish increases the risk of diseases

5. Dispose rubbish in a proper manner

15-17

- 5.1 Identify the types of rubbish in your surroundings
- 5.2 Proper disposal of rubbish prevents pollution and breeding of rats and insects
- 5.3 Dispose rubbish only at the designated places

SCOPE B: CLEAN AIR FREE FROM CIGARETIE SMOKE 18

1. Clean and smoke-free air is essential for health 19-25

- 1 .1 Cigarette smoke contains 4000 chemicals, of which 200 are poisonous and 63 are carcinogenic
- 1 .2 At least 40 diseases are associated with cigarette smoke
- 1 .3 Cigarette smoke is the main cause of indoor air pollution in homes/buildings
- 1 .4 Smoking in public places is prohibited by law
- 1 .5 Cigarette smoke also harms the health of non-smokers
- 1 .6 Smoking is forbidden in all religions, and prohibited (haram) in Islam
- 1 .7 Smokers' carelessness is one of the main causes of domestic fires

2. Every individual has a right to breathe clean air, free from cigarette smoke

26-28

- 2.1 Passive smokers are also at risk of developing smoking related diseases

- 2.2 Non-smokers make up the majority in society
- 2.3 Voice your rights and ask smokers not to smoke when they are around you
- 2.4 Owners of premises have an important role to play in ensuring their premises a smoke-free environment
- 2.5 The family has an important role to play in helping fellow family members who smoke to quit smoking
- 2.6 Every family should keep their home free from cigarette smoke
- 2.7 The air in public and private transportation should be free of cigarette smoke

SCOPE C: CLEANLINESS OF COMMERCIAL FOOD PREMISES 29

- 1. Responsible food handlers will ensure the cleanliness of their food premises and good food hygiene 30-33
- 1.1 Food handlers should take care and maintain the cleanliness of their food premises
- 1.2 Food handlers must always take care of their health status
- 1.3 Food handlers must take care of their personal hygiene
- 1.4 Food handlers will handle food in a clean and safe way during:
 - Food preparation
 - Food storage
 - Serving of food
- 1.5 The practice of ensuring the cleanliness of the food premises and food hygiene will benefit food handlers

2. Smart consumers choose food that is safe from clean food premises 34-35

2.1 Choose food that is clean and safe

2.2 Only eat in clean food premises

2.3 The practice of giving priority to food hygiene and clean food premises will benefit consumers

NOTE OF APPRECIATION 36-37

CAMPAIGN WORKING COMMITTEE 38-39

The Healthy Lifestyle Campaign by the Ministry of Health, Malaysia, was first launched in 1991. Its objective was to promote good health and to prevent diseases caused by unhealthy lifestyle practices. The campaign reflects the government's new approach towards increasing the health status of its citizens, which will in turn increase their productivity and quality of life. Indirectly, this campaign should also contribute to the decrease in incidence of diseases and thus help curb rising healthcare costs in the country.

The Healthy Lifestyle Campaign is divided into two phases. The first phase was executed from 1991 to 1996 with the objective of creating awareness among Malaysians regarding the following diseases and specific issues:

Year	Theme	Slogan
1991	Cardiovascular Diseases	Love your Heart
1992	AIDS	AIDS is a Killer
1993	Food Hygiene	Good Hygiene, Good Health
1994	Promotion of Child Health	Our Kids are the Pillars of Our Future
1995	Cancer	Stay Ahead of Cancer
1996	Diabetes	Prevent DIABETES

The second phase began in 1997 and will last till 2002. It focused more on promoting healthy lifestyle practices that will improve the community's health and well-being and bring about a change in lifestyle. The themes for the second phase are:

Year	Theme	Slogan
1997	Promotion of Healthy Eating	Healthy Eating, Recipe For Good Health
1998	Exercise and Physical Fitness	Exercise the Basis of Health
1999	Promotion of Safety and Lifestyle	Prevention of Injuries Practise a Healthy Lifestyle Prevent Injuries
2000	Promotion of Mental Health	Practise Good Mental Health

2001 Promotion of A Healthy Family Practise a Healthy Lifestyle

Towards a Healthy and Harmonious Family

For the year 2002, the Healthy Lifestyle Campaign will focus on promoting a Healthy Environment. This will be the final theme for the second phase of the Healthy Lifestyle Campaign.

DEFINITION OF A HEALTHY ENVIRONMENT

According to the World Health Organization, a healthy environment is a place where everyone strives to achieve an agreed vision on health and well-being of the community. It provides the community with the right physical, psychological, social and organizational conditions that protect and promote health and safety. A healthy environment focuses on the protection of individual from within and outside harm due to potentially hazardous, stressful or degraded surroundings. A healthy environment also means clean and safe settings which include home, school, food premises, workplaces, recreational parks, etc.

CAMPAIGN RATIONALE

'Promotion of A Healthy Environment' is an important theme because a clean, healthy and safe environment is mankind's basic need. The environment has to be protected so that we can enjoy a healthy life now and in the future. The interaction between man with the environment has to be in a state of equilibrium. This is because of the close relationship between one another. When this equilibrium is threatened, there is a large likelihood that mankind will face health problems like food and water-borne diseases, vector-borne diseases, respiratory illnesses and so on.

Our daily lifestyles and activities, whether at home, school, workplace or recreational areas, can influence the quality of the environment. Therefore, it is only right that we focus on this close relationship between our lifestyles and the environment through this Healthy Lifestyle Campaign: Promotion of A Healthy Environment.

Moreover, the promotion of simple and practical health promoting behaviours in relation to the environment can also contribute to the prevention and control of environmentally related diseases. This will help to improve the health status of Malaysians whilst sustaining a healthy environment.

This Campaign will also support and strengthen other existing health campaigns such as the Anti-Mosquito and National Cleanliness Campaign, Healthy City Campaign, Greening the Earth Campaign, Love Your River Campaign, Campaign “Bersih dan Indah” and many others. This cooperation between the Ministry of Health and other government and nongovernmental agencies is crucial as good health is for all.

THE CAMPAIGN'S SCOPE

Based on the above mentioned rationale, the Ministry of Health has chosen ‘Promotion of A Healthy Environment’ as the final theme for Phase 2 of the Healthy Lifestyle Campaign. Three scopes that have long-term implications on a healthy environment have been identified:

Scope A

Creating and maintaining clean and healthy indoor and outdoor environment whether at home, in school or at the workplace.

Health behaviours to be promoted:

- i. Proper and hygienic disposal of rubbish.
- ii. Identifying and destroying the breeding places of mosquitoes, cockroaches, flies and rats.

Scope B

Achieving good indoor air quality which is free of tobacco smoke at home, school, workplace and other non-smoking areas.

Health behaviours to be promoted:

- i. Smokers will refrain from smoking inside their homes, schools, workplaces and the gazetted non-smoking areas.

- ii. Non-smokers will exercise their right to breathe clean and tobacco smoke-free air.

Scope C

Creating and maintaining hygienic food premises which will sell safe food. Health behaviours to be promoted:

- i. Food handlers will take measures to ensure the cleanliness of their food premises and safety of the food they sell.
- ii. Consumers will select hygienic food premises.

CAMPAIGN OBJECTIVES

The general objective of the campaign:

- To enhance the health status of the Malaysian population through the promotion of environmentally-friendly and health sustaining practices.

The specific objectives are:

- To increase the awareness and knowledge of the target groups on the importance of a clean and healthy environment.
- To promote the adoption of environmentally-friendly and health sustaining practices among the population.
- To promote the creation of a supportive environment for health through the healthy settings approach.
- To reduce morbidity and mortality arising from environmentally-related diseases.

TARGET GROUPS

This campaign targets family members, students, the community and workers, especially food handlers.

SCOPE A: A CLEAN AND HEALTHY ENVIRONMENT

A CLEAN ENVIRONMENT ENHANCES OUR HEALTH

- 1 .1 A healthy environment encompasses clean air, water and land.
- 1 .2 A clean and healthy environment is important in ensuring a quality life.
- 1 .3 A clean and healthy environment decreases the danger and risk of disease.

A CLEAN ENVIRONMENT IS OUR RESPONSIBILITY

- 2.1 A clean environment is both our responsibility and our right.
- 2.2 The practice of keeping the environment clean is an exemplary practice.
- 2.3 Avoid from polluting the environment.

A CLEAN ENVIRONMENT BEGINS WITH ME

- 3 3.1 A clean environment reflects my personality.
- 3.2 I am responsible for caring for the environment wherever I am.

RUBBISH IS A SOURCE OF DISEASES

- 4.1 Rubbish is the breeding ground for rats and disease-carrying insects.
- 4.2 Improper disposal of rubbish increases the risk of diseases.

DISPOSE RUBBISH IN A PROPER MANNER

- 5.1 Identify the types of rubbish in your surroundings.
- 5.2 Proper disposal of rubbish prevents pollution and breeding of rats and insects.
- 5.3 Dispose rubbish only at the designated places.

A CLEAN ENVIRONMENT ENHANCES OUR HEALTH

1.1 A HEALTHY ENVIRONMENT ENCOMPASSES CLEAN AIR, WATER AND LAND.

- Air, water and land are gifts from God and represent mankind's basic needs on earth.
- Daily human activities can pollute the air, water and land.
- Air pollution is the result of the failure of industries to control the release of dust and gases into the atmosphere, carbon monoxide emissions from vehicles, and the burning of forests and fields. Open burning of solid waste at clearings and construction sites and the practice of people burning rubbish arbitrarily also contribute to air pollution.
- Water pollution is caused by industrial and development activities through the dumping of industrial waste, pesticides, fertilizers and oil spillage. It is also caused by the improper disposal of domestic waste that includes household rubbish, waste water and detergents.
- Land pollution occurs when the land system is polluted by hazardous substances like organic substances, heavy metals and radioactive substances as a result of human activities.
- Air, water and land pollution is hazardous to our health as it will affect the functions of our primary organs like the nervous system, lungs, kidneys, heart and skin too.
- Air, water and land pollution also harms all forms of aquatic life, livestock and plants (flora & fauna).

1.2 A CLEAN AND HEALTHY ENVIRONMENT IS IMPORTANT IN ENSURING A QUALITY LIFE.

- A quality life encompasses physical, social and mental aspects. According to the World Health Organisation, health is a state of wellbeing that encompasses

the physical, mental and social aspects and not merely the absence of disease or infirmity.

- A clean and healthy environment facilitates physical activities like sports and recreation.
- A clean and healthy environment enhances good mental health.
- A clean and healthy environment is one of the external factors that contribute to emotional well-being.
- Unity and cooperation in the community is necessary in creating a clean and healthy environment.
- Clean and healthy surroundings increase work satisfaction and productivity. The atmosphere of a clean workplace increases enthusiasm and provides conducive surroundings for keen, focused work and indirectly decreases mistakes and stress.

1.3 A CLEAN AND HEALTHY ENVIRONMENT DECREASES THE DANGER AND RISK OF DISEASE.

- A clean and healthy environment reduces the number of breeding places of mosquitoes, rats, flies and cockroaches.
- A clean and healthy environment reduces the number of breeding places of mosquitoes - in particular the Aedes mosquito. The Aedes mosquito is the vector in spreading dengue fever and dengue haemorrhagic fever. The Aedes mosquito breeds inside and outside houses especially in containers that collect clear water.
- Rats spread diseases through their fur, urine and faeces. They spread a host of diseases like the plague, typhus, worm infestations, leptospirosis, viral and bacterial infections. Rats breed in places where they have access to food and shelter. Unkempt rubbish areas will aggravate the rat problem.
- Flies can be found around houses which lack cleanliness. Flies are vectors of diseases like dysentery, diarrhoea, typhoid, worm infestations, enteritis

and food poisoning. Flies will breed in human and animal faeces as well as in rubbish heaps and food remains.

- Cockroaches that live in dirty places can contaminate food when they crawl over uncovered food. They have a bad habit of regurgitating half-digested food and dropping their faeces while they eat. The fine hairs on their legs spread viruses, worm eggs, fungus and dirt.

A CLEAN ENVIRONMENT IS OUR RESPONSIBILITY

2.1 A CLEAN ENVIRONMENT IS BOTH OUR RESPONSIBILITY AND OUR RIGHT.

- Keeping the environment clean is not just the responsibility of government agencies. Every individual shares this responsibility and should take the necessary action to keep their surroundings clean.
- Some of the actions that can be taken to keep the environment clean are:
 - a) Dispose rubbish only at designated places.
 - b) Reduce the quantity of rubbish.
 - c) Reuse old items like clothes, plastic containers and books.
 - d) Recycle waste materials like paper, bottles, tin cans and plastic containers.
- Religious teachings also remind us to keep our environment clean.
- The community loves and appreciates a clean environment.
- By genuinely caring for the environment and keeping our surroundings clean, we become good role-models to our children.

2.2 THE PRACTICE OF KEEPING THE ENVIRONMENT CLEAN IS AN EXEMPLARY PRACTICE.

2.2.1 A clean and healthy home fulfills the concept of “My Home is My Heaven”.

- A clean home is a home that is comfortable, healthy and ideal for family members to live in.

Steps towards creating and maintaining a clean home:

- Ensure that the floor is always clean and free from dust and rubbish.
- Ensure that toys, kitchen equipment and garden tools are kept in appropriate places.
- Wash toilets daily so that they are always clean and do not stink.
- Cover containers that are used to collect and store water like earthen water barrels, to prevent the breeding of dengue-spreading Aedes mosquitoes.

- Bury your rubbish or collect all solid waste in a plastic bag, which is properly tied and disposed in a rubbish bin.
- Ensure that rubbish is collected by the relevant authorities on schedule.
- Wash your drains so that the drain water does not stagnate.
- Plant flowering plants to beautify and add some greenery to the surroundings.

2.2.2 Steps towards creating and maintaining a clean school:

- Keep the canteen clean and free from rats and insects that spread diseases.
- Ensure that the floor, tables, chairs and windows in the classroom and teachers' room are always clean.
- Wash toilets as often as possible and ensure that they are maintained regularly.
- Cut the grass regularly.
- Dispose rubbish in rubbish bins.
- Ensure that rubbish is collected by the relevant authorities on schedule.
- Identify and destroy Aedes mosquito breeding places.
- Wash the drains so that the drain water does not stagnate.
- Plant flowering plants to beautify and add some greenery to the surroundings.
- Recycle waste where possible.

2.2.3 Steps towards creating and maintaining a clean workplace:

- Keep the canteen and food preparation areas clean and free from rats and disease-carrying insects.
- Dispose rubbish only in the designated places.
- Ensure that the floor, tables, chairs and equipment in the workplace are always clean, safe, neatly arranged and maintained regularly.
- Wash toilets as often as possible and ensure that they are maintained regularly.

- Identify and destroy Aedes mosquito breeding areas.
- Recycle waste where possible.
- Ensure that there is adequate light and ventilation.

2.3 AVOID POLLUTING THE ENVIRONMENT.

Steps to take towards achieving a clean and healthy environment:

- Do not dispose waste indiscriminately. Throw your rubbish into proper rubbish bins.
- Collect all solid waste and rubbish and dispose them in the designated places.
- Collect all solid farming wastes to be buried and used as compost fertilizer.
- Do not throw rubbish into ponds, lakes, rivers and the sea.
- Do not smoke as smoking pollutes the air.

A CLEAN ENVIRONMENT BEGINS WITH ME

3.1 A CLEAN ENVIRONMENT REFLECTS MY PERSONALITY.

- Cleanliness is an important virtue in life and every religion upholds this virtue.
- An individual who cares about his/her personal hygiene will also strive to keep his/her surroundings clean.
- However small the effort, maintaining cleanliness will bring greater meaning into our lives.
- An attitude that prioritizes cleanliness can be a role model to others.

3.2 I AM RESPONSIBLE FOR CARING FOR THE ENVIRONMENT WHEREVER I AM.

- The environment is the place where I am.
- The environment has to be protected so I can continue living in harmony.
- Everyone profits from a clean environment.
- Do not practise open burning of rubbish.
- I am responsible for caring for the environment wherever I am because my daily activities and lifestyle can influence the state of my surroundings.

- For example, if I smoke, I will pollute the air, but on the other hand, if I plant a tree, I will enhance the environment.

RUBBISH IS A SOURCE OF DISEASES

4.1 RUBBISH IS THE BREEDING GROUND FOR RATS AND DISEASE-CARRYING INSECTS.

- Improper dumping of rubbish at clearings and construction sites contributes to the breeding of mosquitoes, flies, cockroaches and rats.
- Waste items which can collect water like empty tin cans, bottles, pots and old tyres can become breeding places for Aedes mosquitoes.
- Food remains which are not disposed properly can encourage the breeding of cockroaches, flies and rats.

4.2 IMPROPER DISPOSAL OF RUBBISH INCREASES THE RISK OF DISEASES.

- Improper disposal of rubbish increases the risk of diseases.
- The Aedes mosquito is the vector for dengue fever and dengue haemorrhagic fever.
- Rats spread diseases like plague, typhus, worm infestations, leptospirosis, viral and bacterial infections.
- Flies are carriers of diseases like dysentery, diarrhoea, cholera, typhoid, worm infestations, enteritis and food poisoning.
- Cockroaches spread viruses, and other disease agents like worm eggs, bacteria and fungus.

DISPOSE RUBBISH IN A PROPER MANNER

5.1 IDENTIFY THE TYPES OF RUBBISH IN YOUR SURROUNDINGS

- On an average, every person produces 0.75 kg of waste daily and it is predicted that this increases every year. About 50% of domestic waste are generated from residential areas.
- Rubbish falls into 2 categories:

- Domestic Waste - Waste items generated from homes, for example, bottles, glasses, paper, plastic bags, aluminium tins, food remains and so on.
- Non-Domestic Waste - Waste items generated by industries, construction and agricultural sites that include various kinds of rubbish like packaging, commercial materials, construction materials, solid wastes from industrial processes as well as agricultural waste.
- Toxic or hazardous wastes have become a part of our lives because these are produced by industrial progress and growing economies. Hazardous wastes are easily inflammable, corrosive, poisonous and can easily react or explode when combined with another substance. Examples of hazardous substance!; found in domestic waste are insecticides, powder or liquid detergents (antiseptic liquid and soap), expired medicines, car batteries, diesel oil, petrol, paint cans, varnish and many other pesticides and weedkillers.
- Steps towards reducing hazardous wastes:
 - Use these products only when necessary.
 - Buy these products according to your needs and not in excess.
 - Use according to instructions written on the label.
 - Use safer alternatives where possible.
- Less rubbish can be produced through the concept of “3R - Reduce, Reuse and Recycle”. We can recycle used products or take early action to avoid waste - such as not buying products that cannot be recycled again.
- Items that can be recycled are:
 - i. Paper - 30% to 40% of rubbish is made up of paper. Photostated papers, cardboards, newspapers and other kinds of papers can be recycled. However paper that has been combined with other substances like plastic, wax and glue cannot be recycled. Processing recycled paper reduces water usage by 60%, increases energy savings by 70%, and reduces pollution by 50% compared to processing of paper from wood pulp.

- ii. Aluminium Tins - recycling tin cans and aluminium pieces into new tins and aluminium pieces saves energy cost and reduces water and air pollution by as much as 95%.
 - iii. Glass - glass is 100% recyclable and there is no limit to its recycling lifespan. By recycling glass, we reduce the use of water by 50% and mining materials by as much as 75%. It also reduces the use of fuel as recycled glass melts at a lower temperature than the raw glass material.
 - iv. Plastic - recycling plastic helps to save fuel because plastic contains oil. This will reduce pollution.
- Collecting materials to be recycled can also provide an additional side income.

5.2 PROPER DISPOSAL OF RUBBISH PREVENTS POLLUTION AND THE BREEDING OF RATS AND INSECTS.

- Proper disposal of rubbish will prevent the breeding of mosquitoes, flies, cockroaches and rats.
- By disposing rubbish in the right and proper manner, we prevent the rubbish from being raided and strewn all over by animals like dogs, cats and crows. Rubbish strewn all over the place is a sight for sore eyes and will affect the cleanliness of the environment.
- Rubbish and waste materials that contain toxic substances like batteries or pesticide containers have to be disposed of in the right place. These substances are easily inflammable, corrosive and poisonous.
- Rubbish disposed indiscriminately will pollute underground water sources. When it rains, rainwater filters through the rubbish before seeping underground, thus carrying along toxic chemical substances that pollute the underground water.
- Rainwater will also absorb chemical substances and sweep along all the organisms that can be found in rubbish as it flows into the river. As a result, our rivers get polluted and will harm those using the water as well as the lifeforms in the river, like fish.

- The burning of rubbish pollutes the air. When burned, plastic materials release smoke which contains dust and toxic gases as well as a strong odour.
- Burning rubbish also increases the level of carbon dioxide in the air. Carbon dioxide is a gas that contributes to the Greenhouse Effect which leads to an increase in the temperature on earth.
- Improper and untimely disposal of rubbish gives rise to strong and uncomfortable odours.

5.3 DISPOSE RUBBISH ONLY AT THE DESIGNATED PLACES.

- Rubbish that contains food substances should be separated from solid wastes. Steps to take to separate food waste from solid waste is:
 - i. Separate your food waste from the fluid by using the sink drainer.
 - ii. Throw the food waste into a plastic rubbish bag and tie it properly.
 - iii. Dispose the plastic rubbish bag in a closed rubbish bin outside the house. In rural areas where there is no rubbish collection facility, the food waste can be buried and turned into compost fertilizer.
- Waste items like paper, glass bottles, aluminium/tin cans and plastic items should be separated for reuse or for recycling and sent to the nearest recycling centre located in places like schools or shopping centres.
- Wooden branches, dry leaves and agricultural waste can be used as organic fertilizer in the form of compost.
- Rubbish bins should always be securely closed.
- Use easy-to-decompose paper bags or plastic rubbish bags to dispose domestic rubbish.

SCOPE B: CLEAN AIR FREE FROM CIGARETTE SMOKE

CLEAN AND SMOKE-FREE AIR IS ESSENTIAL FOR HEALTH

- 1.1 Cigarette smoke contains 4000 chemicals, of which 200 are poisonous and 63 are carcinogenic.
- 1.2 At least 40 diseases are associated with cigarette smoke.
- 1.3 Cigarette smoke is the main cause of indoor air pollution in homes/buildings.
- 1.4 Smoking in public places is prohibited by law.
- 1.5 Cigarette smoke also harms the health of non-smokers.
- 1.6 Smoking is forbidden in all religions, and prohibited (haram) in Islam.
- 1.7 Smokers' carelessness is one of the main causes of domestic fires.

INDIVIDUAL HAS A RIGHT TO BREATHE CLEAN AIR, FREE FROM CIGARETTE SMOKE

- 2.1 Passive smokers are also at risk of developing smoking related diseases.
- 2.2 Non-smokers make up the majority in society.
- 2.3 Voice your rights and ask smokers not to smoke when they are around you.
- 2.4 Owners of premises have an important role to play in ensuring their premises a smoke-free environment.
- 2.5 The family has an important role to play in helping fellow family members who smoke to quit smoking.
- 2.6 Every family should keep their home free from cigarette smoke.
- 2.7 The air in public and private transportation should be free of cigarette smoke.

CLEAN AND SMOKE-FREE AIR IS ESSENTIAL FOR HEALTH

1.1 CIGARETTE SMOKE CONTAINS 4000 CHEMICALS OF WHICH 200 ARE POISONOUS AND 63 ARE CARCINOGENIC.

Poisonous substances found in cigarette smoke include:

- Tar (the material used to build roads)
- Nicotine (a pesticide)
- Carbon Monoxide (the gas released by vehicle exhaust)
- Acetone (nail polish remover)
- Naphthylamine (found in mothballs)
- Tolukline (carcinogen)
- Methanol (ingredient in rocket fuel)
- Arsenic (ant killer)
- Ammonia (floor cleaner)
- Toluene
- Dibenzarcridine (carcinogen)
- Hydrogen Cyanide (poisonous gas used to kill death row inmates)
- Benzo (a) pyrene (carcinogen)
- Butane (lighter fluid)
- Polonium - 210 (radioactive carcinogen)
- Potassium - 40 (radioactive carcinogen)
- Cadmium (found in car batteries)
- Vinyl Chloride (raw material for plastic)
- Dimethinistrosmine (carcinogen)
- D.D.T (a pesticide)
- Formaldehyde (used to preserve corpses)
- Urethane

- Pyrene
- Dioxin (carcinogen)
- Furan (carcinogen)
- Plumbum (retards brain development)

Identified cancer-causing ingredients include:

- Tar
- Naphthylamine
- Toluene
- Urethane
- Pyrene
- Dibenzarcridine
- Potassium-40
- Cadmium
- Benzo (a) pyrene
- Vinyl Chloride
- Nphthalene
- Dioxin
- Polonium -210
- Furan
- Nickel

Nicotine causes addiction. It also causes high blood pressure and accelerated heartbeat. Carbon dioxide affects the brain, disturbs vision and weakens muscles. It also prevents sufficient oxygen from reaching these organs (hypoxia) thus preventing them from functioning optimally. Other than that, it harms the self-cleansing function of the lungs and causes chemicals from the cigarette smoke to adhere throughout the entire respiratory system.

1.2 AT LEAST 40 DISEASES ARE ASSOCIATED WITH CIGARETTE SMOKE.

- Cigarettes cause many kinds of cancer (at least 18 types).
- Chronic Obstructive Airway diseases (3 types).
- Heart diseases (4 types).
- Infertility.
- Stomach ulcers.
- Crohn's disease.
- Ulcerative colitis disease.
- Stroke.
- Artherosclerosis.
- High blood pressure.
- Teeth and gum diseases.
- Macular degeneration of the eyes.
- Cataracts.
- Miscarriage.
- Pre-natal death.
- Osteoporosis.
- Reduces women's fertility.
- Respiratory infections.
- 30% of all cancer-related deaths are due to smoking.
- 25% of all cardiovascular disease deaths are due to smoking.
- 25% of all deaths by stroke are due to smoking.
- 80% of all Chronic Obstructive Airway Disease deaths are due to smoking.
- 90% of all lung cancer deaths are due to smoking.

40 TYPES OF DISEASES CAUSED BY SMOKING AND THE INCREASED RISK FACED BY SMOKERS COMPARED TO NON-SMOKERS

TYPES OF DISEASES	INCREASED RISK
Chronic Bronchitis	9 - 10 times more
Emphysema	9 - 10 times more
Lung Cancer	5 - 10 times more
Larynx Cancer	7 - 8 times more
Pharynx Cancer	4 - 5 times more
Ischaemic Heart disease	4 - 5 times more
Stroke	4 - 5 times more
Crohn's Disease	4 - 5 times more
Oesophagus Cancer	4 - 5 times more
Renal Pelvis Cancer	3 - 4 times more
Anus Cancer	3 - 4 times more
Vulva Cancer	3 - 4 times more
Urinary Bladder Cancer	2 - 3 times more
Atherosclerosis	2 - 3 times more
Penis Cancer	Almost twice
Renal Cancer	Almost twice
Pancreas Cancer	Almost twice
Cervix Cancer	Almost twice
Ovarian Cancer	Almost twice
Breast Cancer	Almost twice
Vaginal Cancer	Almost twice
Endometrium Cancer	Almost twice

Leukemia	Almost twice
Non-Hodgkin Lymphoma	Almost twice
Liver cancer	Almost twice
Cholelithiasis	Almost twice
Ectopic Pregnancy	Almost twice
Antepartum Bleeding	Almost twice
Miscarriage	Almost twice
Osteoporosis	Almost twice
Stomach cancer	Almost twice
Sudden Infant Death Syndrome	Almost twice
Premature baby	Almost twice
Low Birth Weight	Almost twice
Still Birth	Almost twice
Abnormal development of foetus	Almost twice
Premature rupture of membrane	Almost twice
Prenatal death	Almost twice
Pneumonia	Almost twice

Sumber: The American Council on Science and Health, 1 995.

1.3 CIGARETTE SMOKE IS THE MAIN CAUSE OF INDOOR AIR POLLUTION IN HOMES/BUILDINGS.

- Cigarette smoke contributes to 80% of indoor air pollution in homes/buildings.
- Air pollution within homes/buildings causes the “sick building syndrome” that is characterised by headaches, nausea, eye irritation, fatigue, fever, cough and lack of appetite.
- It also causes home furnishings such as curtains to collect dust, smelly and also to fade.

1.4 SMOKING IN MOST PUBLIC PLACES IS PROHIBITED BY LAW.

Smoking is prohibited in many places, as listed in the Control of Tobacco Products Regulations (Amendment) 1997:

- Entertainment centres or theatres
- Hospitals or clinics
- Public lifts
- Air-conditioned eating houses
- Public transport
- Air-conditioned shops
- Shopping complexes
- Airports
- Government premises
- Public halls
- Institutions of higher learning
- Kindergartens and nurseries
- Public transport terminals
- Schools
- Banks or financial institutions
- Petrol kiosks
- Sports complexes
- Stadiums

The penalty for smoking in these places, can be a compound fine of up to RM1000 or be charged in court and if found guilty, one can be fined up to RM5000 or jailed up to a maximum of 2 years.

1.5 CIGARETTE SMOKE ALSO HARMS THE HEALTH OF NON-SMOKERS.

- Passive smoke is the combination of side-stream smoke released from the lit end of cigarettes and mainstream smoke exhaled by smokers.
- Non-smokers who are exposed to passive smoke are known as passive smokers.
- Passive smokers face a higher risk for developing diseases associated with cigarette smoke compared to others who are not exposed to passive smoke. Among these diseases are lung cancer, heart disease, Chronic Obstructive Airway Diseases and others.
- Side-stream cigarette smoke contains a higher concentration of chemicals compared to mainstream smoke that is inhaled by the smoker. Among these are:
 - Nicotine concentration is twice higher
 - Tar concentration is thrice higher
 - Carbon Monoxide concentration is five times higher
 - Cancer-causing chemical concentration is fifty times higherIn general, other effects suffered by a passive smoker are:
 - Irritation of the eye
 - Coughing and sneezing
 - Sore throat
 - Headache
- A smoker's wife has a 30% higher risk of developing lung cancer compared to the wife of a non-smoker.
- Pregnant women exposed to cigarette smoke face the risk of:
 - giving birth to premature babies,
 - giving birth to low birth weight babies,
 - miscarriages and stillbirths,

- giving birth to malformed babies (cleft lip).
- A significant effect of passive smoke on babies is the Sudden Infant Death Syndrome (SIDS).
- Children who are exposed to cigarette smoke are more likely to suffer from frequent respiratory tract, ear and lung infections. They also frequently suffer from asthma.
- Children who watch adults smoking are more likely to have the urge to follow their example and pick up smoking.
- People who are sick can also be harmed by cigarette smoke, for example:
 - heart patients: get heart attacks more easily and frequently.
 - asthma patients: get severe asthma attacks more frequently.
- Cigarette smoke can also harm work colleagues as they are exposed to the dangers of diseases related with cigarette smoke.

1.6 SMOKING IS FORBIDDEN IN ALL RELIGIONS, AND PROHIBITED (HARAM) IN ISLAM.

- The National Council of Religious Rulings ruled that “smoking is religiously prohibited (haram)”. Many Islamic nations in the world like Saudi Arabia, United Arab Emirates, Kuwait, Sudan, Pakistan and Bangladesh have issued a similar religious ruling.
- The Great Allah decrees, “Spend your life on Allah’s path and do not throw yourself to the path of destruction and constantly do good. Allah is greatly pleased with those who do good.” (Translation from Al-Baqarah - 1 95)
- A Hadith by Prophet Mohamad s.a.w., which means “Whoever kills themselves by drinking poison will find the poison always in their clutches and will continue drinking it in hell” (Narrated by Abu Hurairah r.a.)
- “They ask with goodness and resist from going against his will, and Allah has made permissible to you all that is good and forbidden all that is gross and dirty.” (Translation from Al-A’raf - 1 57).

- Religions like Buddhism, Sikhism, Hinduism, Christianity and many others also forbid or are not pleased with followers who smoke.

1.7 SMOKERS' CARELESSNESS IS ONE OF THE MAIN CAUSES OF DOMESTIC FIRES.

- Still-lit cigarettes that are carelessly discarded can cause fires, the destruction of your valuables and loss of lives.
- Figures from the Fire Department show that carelessness of smokers have contributed to as many as 1 0% of all domestic fires in Malaysia.

EVERY INDIVIDUAL HAS A RIGHT TO BREATHE CLEAN AIR, FREE FROM CIGARETTE SMOKE

2.1 PASSIVE SMOKERS ARE ALSO AT RISK OF DEVELOPING SMOKING-RELATED DISEASES.

- Passive smokers are non-smokers who are exposed to cigarette smoke.
- 75% of all cigarette smoke is comprised of side-stream smoke.
- 80% of smoke (main stream smoke) inhaled by a smoker is exhaled.
- Side-stream smoke is not filtered and is a result of incomplete combustion.
- Concentration of chemicals in side-stream smoke are generally higher:
- Nicotine concentration is twice higher
- Tar concentration is thrice higher -
- Carbon Monoxide concentration is five times higher
- Cancer-causing chemical concentration is fifty times higher

Because of this, passive smokers face a high risk of developing smoking related diseases compared to non-smokers who are not exposed to cigarette smoke.

2.2 NON-SMOKERS MAKE UP THE MAJORITY IN SOCIETY.

- 70% of adults (15 years and above) in this country do not smoke (survey by Ministry of Health Malaysia, 2000).
- For every smoker there are three other people who do not smoke.
- Only 5% of adult females (15 years and above) smoke (95% do not smoke).
- Those below 15 years old make up 35% of the Malaysian population and most of them are non-smokers.
- 54% of adult males (15 years and above) do not smoke.

Therefore women, children and non-smoking adult males must voice out their right to enjoy clean and smoke-free air.

2.3 VOICE OUT YOUR RIGHTS AND ASK SMOKERS NOT TO SMOKE WHEN THEY ARE AROUND YOU.

- Non-smokers have the right to breathe clean and smoke-free air. This right overwhelms the right to smoke when there is a conflict (a smoker's rights are overruled when a non-smoker's rights are violated).
- It's the non-smokers who have the right to voice out their need. You have the right to voice out in a courteous but firm manner of your discomfort with cigarette smoke. You also have the right to object if a smoker lights up without your permission.
- Non-smokers have the right to take action. You can take legal action, exert social pressures or do whatever is permissible to stop people from smoking in public places, especially at places where smoking is prohibited by law.

2.4 OWNERS OF PREMISES HAVE AN IMPORTANT ROLE TO PLAY IN ENSURING THEIR PREMISES A SMOKE-FREE ENVIRONMENT.

- Employers are responsible for creating a safe and healthy environment (Occupational Safety and Health Act, 1994).
- A healthy and smoke-free work atmosphere helps increase productivity.

- Employers must launch anti-smoking campaigns and help employees who smoke to quit smoking through a special program or refer them to the Quit Smoking Clinic that has been established by the Ministry of Health, Malaysia.
- The presence of cigarette smoke along with other hazards will multiply the risk of diseases among employees at the workplace.
- Employers must put up or increase the number of No Smoking signs at their premises.
- Employers must ensure that all employees do not smoke during working hours.

2.5 THE FAMILY HAS AN IMPORTANT ROLE TO PLAY IN HELPING FELLOW FAMILY MEMBERS WHO SMOKE TO QUIT SMOKING.

- Family members must remind smokers of the dangers of smoking, advise them to quit smoking and encourage them to take the necessary steps.
- Family members have to help smokers select the appropriate method to quit smoking, whether it is via using behavioural techniques, Nicotine Replacement Therapy (NRT) or other alternatives.

2.6 EVERY FAMILY SHOULD KEEP THEIR HOME FREE FROM CIGARETTE SMOKE.

- The home should represent a clean and happy atmosphere. It should be free from any source of pollution that will affect the health of family members.
- Cigarette smoke represents the main cause of indoor air pollution.
- Every family member has a role to play in ensuring that nobody in the family smokes.
- Every family member has a role to play in ensuring that guests are not permitted to smoke in the home.
- The head of the family must set-a good example for the rest of the family by not smoking.

- Family members, especially children, should be taught about the dangers of smoking so they will not pick up smoking. They should also be taught to be assertive and act appropriately when faced with a smoker.
- Every family should not have any items such as lighter or ashtray or whatever item that supports smoking in the house so as not to encourage smoking at home.

2.7 THE AIR IN PUBLIC AND PRIVATE TRANSPORTATION SHOULD BE FREE OF CIGARETTE SMOKE.

- Fresh air in vehicles is essential to ensure the comfort and health of the passengers as well as the driver. Smoke-filled air can affect the driver's concentration and cause accidents.
- Smoking in a public vehicle is an offence (Control of Tobacco Products Regulations [Amendment] 1 997).
- Non-smoking passengers in public vehicles have the right to object any discomfort in the vehicle due to cigarette smoke.
- Passengers in private vehicles should also voice out similar objections.

SCOPE C: CLEANLINESS OF COMMERCIAL FOOD PREMISES

RESPONSIBLE FOOD HANDLERS WILL ENSURE THE CLEANLINESS OF THEIR FOOD PREMISES AND GOOD FOOD HYGIENE

- 1 .1 Food handlers should take care and maintain the cleanliness of their food premises.
- 1 .2 Food handlers must always take care of their health status.
- 1 .3 Food handlers must take care of their personal hygiene.
- 1 .4 Food handlers will handle food in a clean and safe way during:
 - Food preparation
 - Food storage
 - Serving of food
- 1 .5 The practice of ensuring the cleanliness of the food premises and food hygiene will-benefit food handlers.

SMART CONSUMERS CHOOSE FOOD THAT IS SAFE FROM CLEAN FOOD PREMISES

- 2.1 Choose food that is clean and safe.
- 2.2 Only eat in clean food premises.
- 2.3 The practice of giving priority to food hygiene and clean food premises will benefit consumers.

RESPONSIBLE FOOD HANDLERS WILL ENSURE THE CLEANLINESS OF

THEIR FOOD PREMISES AND GOOD FOOD HYGIENE

1.1. FOOD HANDLERS SHOULD TAKE CARE AND MAINTAIN THE CLEANLINESS OF THEIR FOOD PREMISES.

- Clean the interior and exterior of the food premises in a systematic and timely manner, to ensure the following are always clean,

- floor
- ceiling
- roof
- fan
- lights
- drains
- tables and chairs
- corridor
- toilets
- Use water from clean and safe sources.
- Provide wash basins/sinks with taps and soap to wash hands and crockery.
- Display “No-Smoking” signs so that customers and staff do not to smoke in the food premise.
- Ensure the food premise is free from cockroaches, flies and rats (for example, by fixing traps)
- Do not allow pets to roam inside and outside the food premise.
- Close gaps or holes that can allow cockroaches, flies, rats or pests to pass through.
- Have a proper sullage system to ensure that drains are clean and not clogged to allow free flow of water.
- Rubbish and food remains must be disposed in a proper manner. Throw rubbish and food remains into a plastic bag, tie the bag tightly and dispose it into a rubbish bin with cover.
- Clean and maintain the toilets regularly.

1.2 FOOD HANDLERS MUST ALWAYS TAKE CARE OF THEIR HEALTH STATUS.

- Food handlers must go for medical examination.
- Food handlers must get a Typhim VI injection.

- Food handlers must attend training courses on food handling that have been approved by the Ministry of Health.

1.3 FOOD HANDLERS MUST TAKE CARE OF THEIR PERSONAL HYGIENE.

- Wash hands with soap and clean water before preparing food and after going to the toilet.
- Keep nails short and clean.
- Do not handle food if you have the following illnesses:
 - respiratory ailments/cough
 - diarrhoea
 - skin diseases
- Wear clean clothes.
- Wear clean aprons and head gear.
- Wear proper shoes while handling/serving food.
- Keep any wounds or injuries bandaged neatly and properly.
- Do not cough or blow the nose near food.
- Do not touch the nose, hair or mouth while preparing food.
- Do not lick fingers, chew sireh/chewing gum or smoke while preparing/serving food.

1.4 RESPONSIBLE FOOD HANDLERS WILL PREPARE FOOD IN CLEAN AND SAFE WAY.

I. FOOD PREPARATION

Food will only be clean and safe if prepared in a clean manner within clean food premises. The steps food handlers must observe and practise when preparing food are:

- Use clean utensils.
- Cook food properly.

- Preparation of the raw ingredients should be done on a clean table top and not on the floor. The food preparation area should also be far from the toilets.
- Cooking utensils like crockery, cutlery, pots and pans and other kitchen items, especially the chopping board and knives, must be washed with soap and clean water. Better still, use hot water.

Use one set of chopping boards and knives for cutting vegetables, fruits and bread and other food that can be eaten raw, and another set for cutting raw meat like chicken, mutton and fish.

- Use separate clean towels for wiping cutlery, wiping hands and wiping tables to prevent cross infection.
- The food preparation area should constantly be wiped and cleaned.

II. FOOD STORAGE

Raw food and cooked food have to be kept in the right manner to prevent contamination and spoilage (maintain the freshness and lifespan of the food).

- Cooked food and raw food items should be kept separately in the refrigerator. Cooked food should be stored above, and raw food stored below.
- Store cooked food at a safe temperature that is below 4°C or above 60°C, if not being served immediately.
- Do not keep cooked food for more than 4 hours at room temperature.
- Do not store food in an exposed manner. Cover all cooked food before serving.
- Do not store food in containers that have been formerly used for chemicals.

III. SERVING OF FOOD

- Ensure that food is not served by hand.
- Use utensils like ladles, tongs and spoons to serve food.
- Plates filled with food cannot be stacked upon one another during display or while serving.
- Food on display should be covered properly.

- Do not use chipped, cracked or broken utensils while serving.
- Halal food should not be placed in a container that has been used for non-halal food.

1.5 THE PRACTICE OF ENSURING THE CLEANLINESS OF THE FOOD PREMISES AND FOOD HYGIENE WILL BENEFIT FOOD HANDLERS.

- Consumers will be protected from getting food and water-borne diseases.
- Prevent the breeding of rats, flies, cockroaches and other pests that can cause diseases.
- Reduce food spoilage by proper food preparation.
- Prevent food wastage.
- Build a good image for the food premises.
- Attract more customers.
- Make more profit.
- Safe from any court action by adhering to the rules.

On the other hand, food handlers who do not maintain a clean food premise or food hygiene, will encounter the following problems:

- Loss of customers
- Closure of food premises by relevant health authorities. This could affect one's livelihood.
- Facing legal action or fines by the authorities.
- Spending more money to revive the food premises and the business again.

SMART CONSUMERS CHOOSE FOOD THAT IS SAFE FROM CLEAN FOOD PREMISES

2.1 CHOOSE FOOD THAT IS CLEAN AND SAFE.

Eating out has become a norm for many people who are busy at work or with other activities. So when you have to eat out or buy food, make the smart choice and choose:

- Fresh food that is not contaminated.
- Food that is still hot.
- Food that has been cooked properly.
- Food that has been properly covered.
- Food that has not been exposed to dust and dirty environments.
- Food that has been served using tongs, ladles, spoons, forks or other clean utensils.
- Food that has not been handled with bare hands.
- Food that has not been mixed with other raw or cooked food.
- Food that is served or packed using suitable utensils and packaging. (for example: not using newspaper, tissue, plastic bags or plastic plates that cannot withstand high temperatures).

2.2 ONLY EAT IN CLEAN FOOD PREMISES.

A clean food premise promises food that is safe. When choosing to eat out, consumers must choose a food premise that:

- Has basic amenities like water and electrical supply, sewage system, rubbish bins, toilets and plastic disposal bags.
- Has a source of clean water, sinks/basins and soap/liquid handwash for customer's use.
- Has staff that wear aprons, headgears, shoes and are always looking clean.

- Use clean and appropriate utensils (for example, cutlery that is not chipped or discoloured).
- Always cover cooked food and use cutlery like ladles and tongs to serve food.
- Has a clean floor, ceiling, roof, chairs, tables and fans.
- All the surrounding drains are clean, not clogged and smelly.
- Free from animals.
- Do not dispose rubbish or food remains within the food premises.
- Has good lighting and ventilation.
- Is located away from major roads and rubbish dumps (excluding premises that are air-conditioned).
- Displays a valid business license.

To ensure that the food premise is always clean, customers should also be responsible for its cleanliness by:

- Not spitting or throwing food remains indiscriminately all over the place.
- Not smoking or throwing cigarette butts carelessly.
- Being brave enough to reprimand any person who makes the environment dirty.

2.3 THE PRACTICE OF GIVING PRIORITY TO FOOD HYGIENE AND CLEAN FOOD PREMISES WILL BENEFIT CONSUMERS.

- Customers get the satisfaction of enjoying food within clean surroundings.
- Customers do not get infected with food and water-borne diseases like food poisoning, cholera, typhoid, diarrhoea and Hepatitis A.
- Customers do not encounter any bad experiences.
- Customers do not have to bear medical costs and their productivity is not affected.

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RESOURCE PERSONNEL:

- En. Sarjit Singh
- Dr. Arumugam Lingam
- Dr. Hanjeet Kaur
- Dr. Hj. Yahya Hj. Baba
- Datuk Ir. Dr. M. S. Pillay
- Dr. P. Doraisingam
- Dr. Stephen Ambu

SCOPE 1: A CLEAN AND HEALTHY ENVIRONMENT

Facilitator:

- En. Edmund Ewe

Members:

- Dr. Abu Bakar Abd. Majid
- Dr. Sirajuddin Hashim
- Pn. Norliza Jannes
- Pn. Hjh. Zawaha Hj. Idris
- Cik Kauthar Ahmad
- Cik Hjh. Azizam Mohd. Ali
- Dr. Satwant Singh

Dr. Bernard Benedict

Pn. Ropiah Jara'ee

En. Tham Ah Seng

Pn. Hapsah Mohd. Dusa

En. Jamal Baharuddin

SCOPE 2: CLEAN AND CIGARETTE SMOKE-FREE AIR

Facilitator:

Dr. Hj. Sallehuddin Abu Bakar

Members:

Dr. Zainul Abidin Mohd. Hussain

Dr. Wan Mansoor Hamzah

En. Ab. Razak Md. Noh

En. K. Chandran

En. K. Manimaran

En. Shukri Bakar

Pn. Kireen Marshall

En. Abdul Jabar Ahmad

Dr. Zariah Mohd. Zain

Tn. Hj. Khairuddin Muhd. Saman

Tn. Hj. Abd. Manan Mat Dahan

En. Munshi Abdullah

Tn. Hj. Nordin Saad

Pn. Wan Rozita Mahiyuddin

SCOPE 3: CLEANLINESS OF COMMERCIAL FOOD PREMISES

Facilitator:

Dr. Hanjeet Kaur

Pn. K. Silvarani

Members:

Dr. Ku Yussof Engku Ismail

Dr. Agus Salim Mohamad Banon

En. Andrew Sia Kie Cheng

Cik Sanimah Abdul Rahman

En. Mohd. Farouk Abdullah

En. Aziman Mahdi

En. Ajau Danis

Dr. Leela Anthony

En. Mohd. Pauze Mohd. Taha

En. Shaari Ahmad junid

Pn. Rebecca Soh Mui Foong

En. Hameed Noor Norddin

Cik Mariana Mohd. Yusoff

Pn. Usha Devi

NATIONAL WORKING COMMITTEE
PROMOTION OF A HEALTHY ENVIRONMENT
HEALTHY LIFESTYLE CAMPAIGN 2002
MINISTRY OF HEALTH MALAYSIA

Advisor:

En. Sarjit Singh Dr. Shafie Ooyub
Director
Health Education Division Disease Control Division

Chairman:

En. Edmund Ewe
Deputy Director
Health Education Division

Members:

Datuk Ir. Dr. M. S. Pillay
Director
Engineering Services Division

Dr. Arumugam Lingam
Deputy Director
Non-Communicable Disease Control Branch, Disease Control Division

Dr. P. Doraisingam
Principal Assistant Director
Non-Communicable Disease Control Branch, Disease Control Division

Dr. Hj. Yahya b. Hj. Baba
Principal Assistant Director
Food Quality Control Division

Dr. Zariah bt. Md. Zain

Principal Assistant Director

Non-Communicable Disease Control Branch, Disease Control Division

Dr. Roslan b. Ishak

Principal Assistant Director

Non-Communicable Disease Control Branch, Disease Control Division

En. Salim Dulati

Principal Assistant Director

Food Quality Control Division



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