EP052

PROSIS INTERVENTION PROGRAMME: ENHANCING STUDENT FITNESS AND BMI AT IPG RAJA MELEWAR

MINISTRY OF HEALTH MALAYSIA
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Introduction

Overweight and obesity among students are rising due to sedentary lifestyles, unhealthy dietary habits, and high psychological stress, increasing the risk of non-communicable diseases and affecting wellbeing (Alrubaiee et al., 2025). However, structured intervention programmes within educational institutions remain limited (Psarouli et al. 2022). To address this, the PROSIS (Program Siswa Sihat) intervention programme was introduced at IPG Raja Melewar.

Objectives

To improve BMI, physical fitness, and overall wellbeing among students, particularly those with a BMI over 30.

Methodology

A total of 20 students (8 male, 12 female; aged 20–22) participated in this 17-month programme (January 2024 to May 2025).

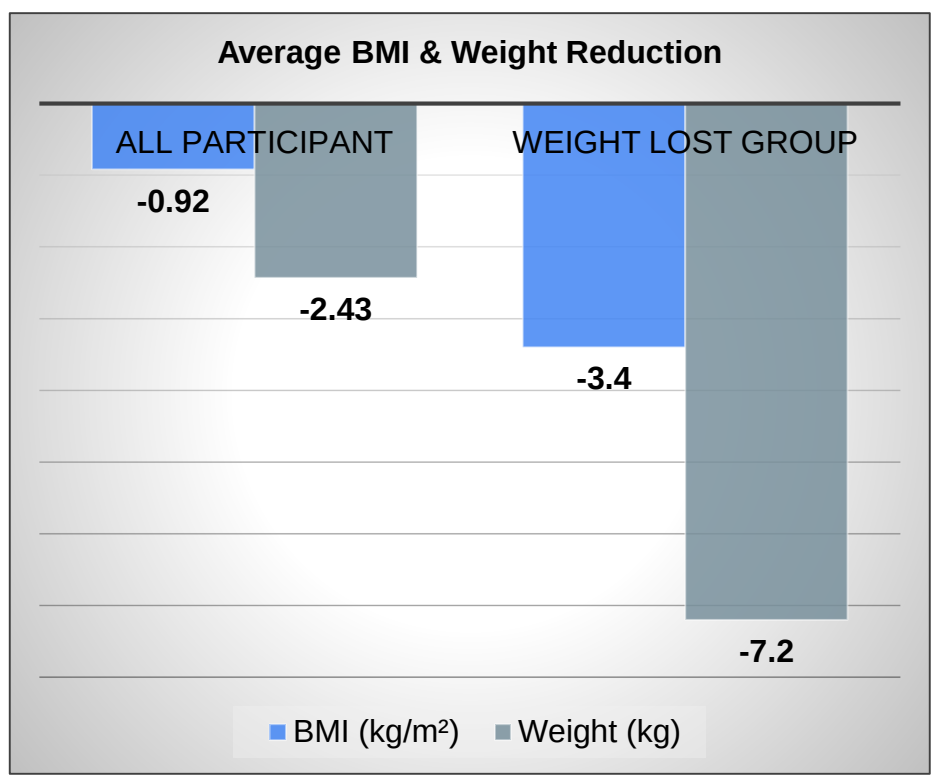
The multi-component approach, assisted by PROSIS members:

a) Monthly body weight monitoring
b) Weekly physical activity sessions (aerobics, Zumba, brisk walking)
c) Health education on weight management
d) Supplementary activities such as campus walking campaigns, fun runs,
e) Social media health promotion
f) WhatsApp support group was established to provide ongoing motivation and guidance.

Body weight & BMI of participants were collected before and after intervention.

Results

Results showed that 50% of participants reduced their BMI, with 10 students achieving weight loss. Participants also reported increased engagement in physical activities and improved understanding of healthy lifestyle habits.



Discussion and Conclusion

Among all participants, the **average BMI decreased by 0.92 kg/m²** and average weight decreased by 2.43 kg. Among the 10 students who lost weight, the **average BMI decreased by 3.4 kg/m²** and weight decreased by 7.2 kg. The results showed that targeted intervention significantly improves BMI and weight outcomes among students.

The PROSIS intervention programme with peer mentor support demonstrates that a well-structured health intervention in educational settings can effectively support students in improving physical fitness and overall wellbeing (Jeftic et al., 2023). Active engagement and continuous monitoring are essential for sustainability and long-term success.

Acknowledgement

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References

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