EP053

THE POWER OF TRAINING OF TRAINERS APPROACH FOR PROGRAM SISWA SIHAT (PROSIS)



MINISTRY OF HEALTH MALAYSIA
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INTRODUCTION

The Training of Trainers (ToT) approach plays a vital role in enhancing health literacy among students in higher learning institutions and promoting healthy lifestyle practices. Through this approach, students are empowered to become peer mentors on campus, thereby supporting the sustainability of Program Siswa Sihat (PROSIS).

Nexø et al. (2024) highlights ToT significantly improved learning outcomes, particularly in terms of knowledge acquisition. In the higher learning institution context, Hoang et al. (2025) emphasize that ToT enhanced peer educators' effectiveness and supported the wider dissemination of health-related knowledge among students.

METHODOLOGY

This study employed a quantitative pre–post design using a health assessment questionnaire comprising six health scopes. The training was conducted across three zones (Central & Southern Zone, East Malaysia Zone, and Northern & East Coast Zone), involving students from 27 Institutes of Teacher Education Malaysia (IPGM).

During the sessions, students were divided into three groups and rotated through six health scope and each session was delivered interactively by facilitators using the PROSIS module.

OBJECTIVES

This study aims to assess students' health knowledge related to healthy lifestyle across six health scopes namely self-appearance, environmental cleanliness, physical activity, healthy and safe eating habits, mental health and high-risk behavior.

DISCUSSION AND CONCLUSION

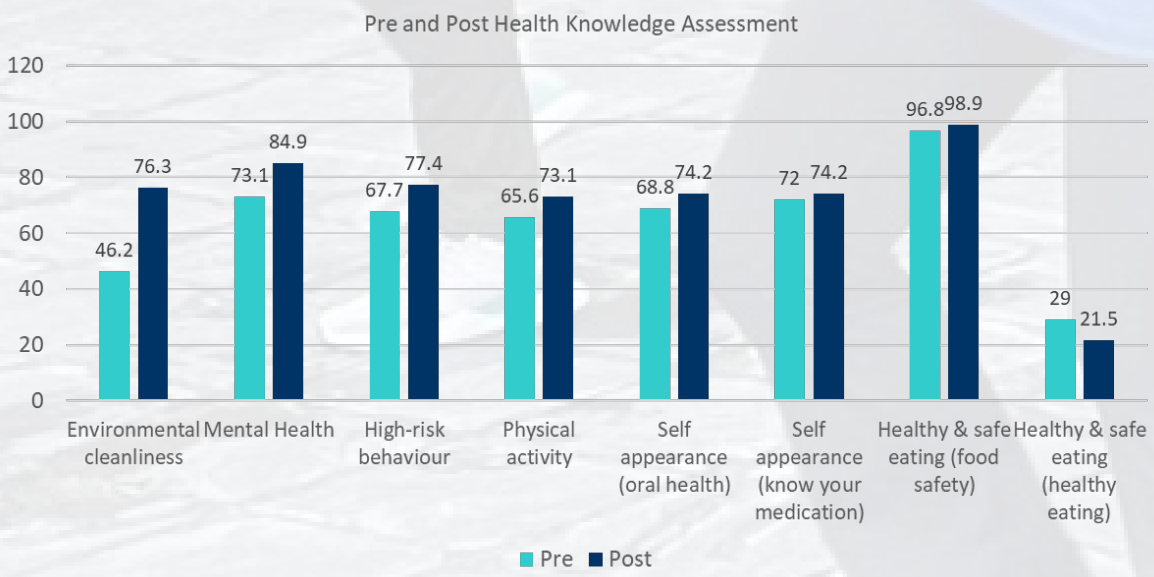
The ToT approach has demonstrated strong effectiveness in improving health literacy among students in higher learning institutions, supporting the development of healthier lifestyle practices. Recent studies highlight that structured peer training significantly enhance health perceptions and promote positive behavioral change (Col et al., 2024).

Findings showed the greatest improvement in environmental cleanliness knowledge (+30.1%), likely driven by structured campus settings, institutional regulations and consistent behavioral cues that reinforce practice. These environmental supports may enable easier adoption of behaviors compared to more cognitively demanding scopes (Kuhn et al., 2022). In contrast, healthy eating knowledge declined (-7.5%), reflecting the persistent gap between nutrition knowledge and actual dietary behavior among university students. This may be influenced by structural barriers such as cost, time constraints, and limited food accessibility, which make dietary change more challenging (Lai et al., 2021).

Assessing health knowledge across six health scopes with the least or no improvement offers critical and valuable insights for optimizing and refining more targeted and effective training in the future in order to nurture a healthier younger generation.

RESULTS

Data were collected from 93 respondents from 27 IPGM campuses who completed the health knowledge assessment. Overall, the findings demonstrated an improvement in students' health literacy, particularly in environmental cleanliness, however, healthy eating recorded a significant decline.







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