EP000

ROAD 2 KEBAYA : WHAT YOU SHOULD KNOW



KEMENTERIAN KESIHATAN MALAYSIA
PEJABAT KESIHATAN DAERAH JOHOR BAHRU

Authors:
Inin Roslyza Rusli[1], Anis Anina Samhan[1], Mohamad Fa'izee Shohadi[1], Eryanti binti Zakaria[1], Norbihah binti Mohd.Salleh[1], Norakartina Sakri[1], Norazlina Hassan[1], Dahlia Abdul Hamid[1], Faizah Jurimi[2]

Affiliations:
[1]Pejabat Kesihatan Daerah Johor Bahru; [2]Jabatan Kesihatan Negeri Johor

INTRODUCTION

The weight management program, known as IFitEr (I Fit and Eat Right), was implemented among nurses at the Johor Bahru District Health Office. To enhance motivation and promote healthy lifestyle practices, this specific initiative was branded as "Road to Kebaya". The program aims to foster behavioral changes by focusing on the synergy between physical fitness ("I Fit") and nutritional discipline ("Eat Right").

OBJECTIVE

- To implement a structured weight management intervention (IFitEr) for healthcare personnel.
- To monitor the physical health status and exercise capacity of participants through fitness assessments.
- To reduce body fat percentage among nurses by the conclusion of the program.

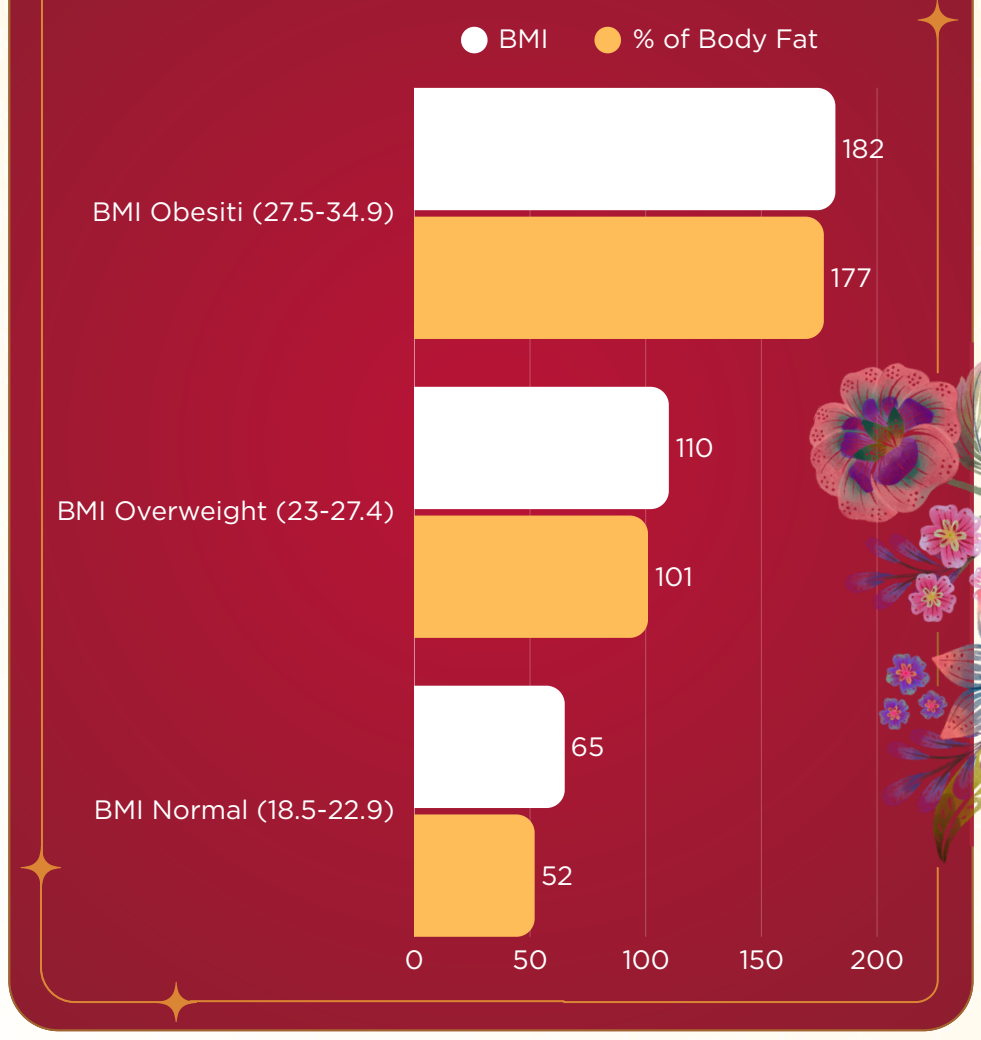
METHODOLOGY

- A total of 402 nurses underwent initial screening.
- Phase: A three-week baseline screening for physical health and BMI. IFitEr Strategy:
  - Eat Right: Daily food intake tracking in personal diaries.
  - I Fit: Step challenges monitored via the BookDoc app.
  - Monitoring: Progress tracking through weekly scorecards and exercise guidelines.
  - Goal: Structured support to overcome challenges and ensure effective results.

RESULTS

- BMI Classifications: Findings showed that 133 participants were classified as obese (BMI > 30.0), 127 were overweight (BMI 25.0–29.9), and 107 were within the normal range.
- Body Fat Analysis: In contrast, 327 participants recorded high body fat percentages (above 32%), while only 34 fell within the normal range (20%–32%).
- Summary: There is a significant discrepancy between BMI and body fat levels. Although only 133 individuals were classified as "obese" via BMI, the number of participants with excessive body fat was much higher at 327. This indicates that many participants with a "normal" or "overweight" BMI actually possess unhealthy levels of body fat.

Figure 1: Distribution of Participants by BMI Category and Body Fat Percentage.



DISCUSSION AND CONCLUSION

While BMI indicates an obesity rate of 33%, baseline data reveals a much higher prevalence of high body fat (81.3%). This highlights the risk of "normal-weight obesity" within this cohort, proving that BMI alone is an insufficient health indicator. To address this, the IFitEr program utilizes structured behavioral interventions—such as digital step challenges and food diaries—to improve body composition rather than just weight. It is anticipated that these strategies will successfully reduce body fat and enhance long-term physical fitness among nurses by the end of the six-month intervention.

ACKNOWLEDGEMENT

The authors wish to express their sincere gratitude to the Johor Bahru District Health Office and the Johor State Health Department for their support and cooperation in the successful implementation of the Road 2 Kebaya program.

REFERENCES

American College of Sports Medicine. (2016). ACSM's guidelines for exercise testing and prescription. Lippincott Williams & Wilkins.

