



SHAPING A HEALTHY FUTURE



UCSI
FAMILY CARNIVAL
AND CHARITY DRIVE

SATURDAY
14 MAY 2016

9AM – 4PM

UCSI UNIVERSITY
SOUTH WING

For more information on UCSI Family Carnival and Charity Drive,
visit: http://30years.ucsiuniversity.edu.my/index_18.htm

PUTRAJAYA TOPS OBESE LIST

It has been long known that Malaysia is the fattest country in South-East Asia. Now, it has been proven that the administrative capital of Putrajaya has the highest rate of overweight and obese people in the country.

Findings from the 2015 National Health and Morbidity Survey (NHMS) placed Putrajaya as the city with the highest percentage of overweight, obese and abdominally obese people in the country.

The study also suggests that the administrative capital's population has a 37% chance of being overweight, while the obesity rate stood at 43%.

Even more startling, the NHMS said government and semi-government employees took the cake as those struggling most with obesity, with a 40.3% rate.

This could mean two out of every five of Malaysia's civil servants may be obese.

Malaysia's civil service has 1.4 million employees, according to the Prime Minister's Office, and is the largest civil service in South-East Asia.

Other obesity demographics pointed out in the survey were Indians (43.5%), married adults (33.8%) and those who only studied up to secondary school (32.1%).

Click here for the full story at thestar.com.my.

