



KOSPEN Plus program at the workplace after 3 years of its implementation in Malaysia: From the implementers' perception.



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Introduction

The study assessed the implementation of the KOSPEN Plus (KP), one of the programmes introduced by the Ministry of Health in Malaysia to address non-communicable diseases (NCDs) and promote healthy behaviours among workers in the workplace. The programme was conducted since 2016 and 786 workplaces were registered in 2018 implementing the KP programme.

Method

A cross-sectional study was conducted in 2020 among KP implementers at the selected facilities such as government health facilities, other government agencies and private agencies. It was a voluntary participation. KP implementers were given a set of questionnaires with 5-level Likert scale to measure their perception on the implementation of eight KP scopes at their workplace (healthy eating, smoking, active living, weight management, screening, mental health, work environment and alcohol use).

Results

A total of 362 KP implementers participated in the study describing the perception at their workplace. The findings revealed that over 80% of these entities implemented six out of the eight KP scopes. KP implementers perceived that health screening was the most widely implemented scope (95.6%), followed by mental health (92.0%) and active living (89.2%). In terms of the level of perception towards the program, the Health Screening was perceived to be "Good" by 65.8% respondents, followed by Healthy Mind (63.6%) and Active Living (61.5%).

Table 1: Implementation of KOSPEN Plus in Health Facilities, Government and Private Agencies, by scopes

Scope	Frequency (Percentage)							
	Overall (N = 362)		Health facilities (N = 275)		Government agencies (N = 74)		Private agencies (N = 13)	
	Yes	No	Yes	No	Yes	No	Yes	No
1) Healthy eating	299 (82.6)	63 (17.4)	229 (83.3)	10 (16.1)	62 (83.8)	12 (16.2)	8 (61.5)	5 (38.5)
2) Smoke free	320 (88.4)	42 (11.6)	248 (90.2)	27 (9.8)	63 (85.1)	11 (14.9)	9 (69.2)	4 (30.8)
3) Active living	323 (89.2)	39 (10.8)	248 (90.2)	27 (9.8)	64 (86.5)	10 (13.5)	11 (84.6)	2 (15.4)
4) Weight management	297 (82.0)	65 (18.0)	227 (82.5)	48 (17.5)	60 (81.1)	14 (18.9)	10 (76.9)	3 (23.1)
5) Health screening	346 (95.6)	16 (4.4)	266 (96.7)	9 (3.3)	67 (90.5)	7 (9.5)	13 (100)	0 (0)
6) Mental health	333 (92.0)	29 (8.0)	260 (94.5)	15 (5.5)	62 (83.8)	12 (16.2)	11 (84.6)	2 (15.4)
7) Healthy work environment	285 (78.7)	77 (21.3)	218 (79.3)	57 (20.7)	59 (79.7)	15 (20.3)	8 (61.5)	5 (38.5)
8) Prevention and reduction of the harmful use of alcohol	198 (54.7)	164 (45.3)	147 (53.3)	128 (46.5)	45 (60.8)	29 (39.2)	6 (46.2)	7 (53.8)

Table 2: Perception of KOSPEN Plus, by groups

Health Programme	Frequency (Percentage)											
	Overall (n = 362)			Health facilities (n = 275)			Government agencies (n = 74)			Private agencies (n = 13)		
	Poor	Moderate	Good	Poor	Moderate	Good	Poor	Moderate	Good	Poor	Moderate	Good
1. Healthy Eating Practices i. Before ii. After	122 (33.7) 31 (8.6)	194 (53.6) 131 (36.2)	46 (12.7) 200 (55.2)	90 (32.7) 20 (7.3)	149 (54.2) 97 (35.3)	36 (13.1) 158 (57.5)	28 (37.8) 8 (10.8)	37 (50.0) 31 (41.9)	9 (12.2) 35 (47.3)	4 (30.8) 3 (23.1)	8 (61.5) 3 (23.1)	1 (7.7) 7 (53.8)
2. Non-Smoking Practice i. Before ii. After	133 (36.7) 40 (11.0)	175 (48.3) 130 (35.9)	54 (14.9) 192 (53.0)	97 (35.3) 24 (6.7)	136 (49.5) 97 (35.3)	42 (15.3) 154 (56.0)	32 (43.2) 13 (17.6)	31 (41.9) 29 (39.2)	11 (14.9) 32 (43.2)	4 (30.8) 3 (23.1)	8 (61.5) 4 (30.8)	1 (7.7) 6 (46.2)
3. Active lifestyle i. Before ii. After	117 (32.3) 28 (7.7)	188 (51.9) 124 (34.3)	57 (15.7) 210 (58.0)	91 (33.1) 17 (6.2)	140 (50.9) 89 (32.4)	44 (16.0) 169 (61.5)	24 (32.4) 10 (13.5)	38 (51.4) 30 (40.5)	12 (16.2) 34 (45.9)	2 (15.4) 1 (7.7)	10 (76.9) 5 (38.5)	1 (7.7) 7 (53.8)
4. Weight management i. Before ii. After	132 (36.5) 34 (9.4)	176 (48.6) 131 (36.2)	54 (14.9) 197 (54.4)	101 (36.7) 20 (7.3)	133 (48.4) 98 (35.6)	41 (14.9) 157 (57.1)	28 (37.8) 11 (14.9)	34 (45.9) 28 (37.8)	12 (16.2) 35 (47.3)	3 (23.1) 3 (23.1)	9 (69.2) 5 (38.5)	1 (7.7) 5 (38.5)
5. Health Screening i. Before ii. After	105 (29.0) 23 (6.4)	181 (50.0) 112 (30.9)	76 (21.0) 227 (62.7)	69 (25.1) 13 (4.7)	143 (52.0) 81 (32.5)	63 (22.9) 181 (65.8)	32 (43.2) 9 (12.2)	30 (40.5) 27 (36.5)	12 (16.2) 38 (51.4)	4 (30.8) 1 (7.7)	8 (61.5) 4 (30.8)	1 (7.7) 8 (61.5)
6. Healthy mind i. Before ii. After	124 (34.3) 30 (8.3)	178 (49.2) 113 (31.2)	60 (16.6) 219 (60.5)	91 (33.1) 19 (6.9)	138 (50.2) 81 (32.5)	46 (16.7) 175 (63.6)	29 (39.2) 9 (12.2)	32 (43.2) 29 (39.2)	13 (17.6) 36 (48.6)	4 (30.8) 2 (15.4)	8 (61.5) 3 (23.1)	1 (7.7) 8 (61.5)
7. Healthy work environment i. Before ii. After	108 (29.8) 29 (8.0)	196 (54.1) 141 (39.0)	58 (16.0) 192 (53.0)	82 (29.8) 19 (6.9)	149 (54.2) 103 (37.5)	44 (16.0) 153 (55.5)	22 (29.7) 9 (12.2)	40 (54.1) 33 (44.6)	12 (16.2) 32 (43.2)	4 (30.8) 1 (7.7)	7 (53.8) 5 (38.5)	2 (15.4) 7 (53.8)
8. Prevention & reduction of alcohol harm i. Before ii. After	138 (38.1) 61 (16.9)	181 (50.0) 172 (47.5)	43 (11.9) 129 (35.6)	109 (39.6) 44 (16.0)	139 (50.5) 133 (48.4)	27 (9.8) 98 (35.6)	26 (35.1) 15 (20.3)	33 (44.6) 32 (43.2)	15 (20.3) 27 (36.5)	3 (23.1) 2 (15.4)	9 (69.2) 7 (53.8)	1 (7.7) 4 (30.8)

Conclusions

Overall, the study indicated that the KOSPEN Plus program was well accepted by the organizations involved. The results suggest that a strong commitment from employers and the active cooperation of workers can contribute to improving the health of employees in the workplace.

Keywords

KOSPEN Plus, non-communicable diseases, workplace, Malaysia

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