

Only discipline, determination can overcome obesity

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LETTERS: Obesity in Malaysia has become a pressing health concern and it's not something new.

The 2023 National Health and Morbidity Survey reported that over 54.4 per cent of Malaysian adults are overweight or obese.

This significant increase from 50.1 per cent in 2019 translates to roughly 11 million Malaysians.

It is also reported that over half a million civil servants in Putrajaya are obese.

The associated health and economic costs include reduced productivity, higher absenteeism rates, and greater demand for health facilities and personnel.

Both individuals and the economy are adversely affected by these trends.

The major contributors to obesity are unhealthy eating habits, lack of exercise and sedentary lifestyles. To combat this, Malaysians must change their daily routines.

Discipline and determination are crucial for these changes to be effective.

Discipline extends beyond exercise, and include portion control, mindful eating, and resisting unhealthy treats.

Even as the aroma of nasi lemak and roti canai beckons, I indulge in these delights sparingly, turning them into occasional treats rather than routine habits.

Public awareness campaigns to educate people about healthy eating and active lifestyles are important, but they can only do so much. They cannot replace real action.

Government and community support, including providing adequate fitness and recreational facilities and outdoor parks, is vital, but ultimately, the responsibility lies with each person.

Addressing obesity requires collective effort from individuals to policymakers.

For those who have reached their fitness milestones, it is undoubtedly a cause for celebration. However, the journey does not end there.

Maintenance is the unsung hero in our general health and the battle against the bulge.

Just as some seniors faithfully adhere to a lifetime of medication, maintaining a healthy physique demands continual work, effort and sacrifice.

I urge all Malaysians to manage their lifestyle through exercise and a healthy diet. Your future wellbeing is in your own hands.

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