

EVALUATING WEIGHT LOSS OUTCOMES OF A COMMUNITY-BASED PROGRAM IN SEGAMAT: RESULTS FROM A SIX-MONTH INTERVENTION

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ABSTRACT

INTRODUCTION: Weight disorders are a critical global health concern, affecting both developed and developing countries. In Segamat District, a recent health screening revealed that 62.7% of participants were overweight, reflecting a broader trend seen in Malaysia where 54.4% of adults are overweight or obese. OBJECTIVE: This study evaluated the effectiveness of a six-month weight management program in Segamat, aimed at achieving a $\geq 10\%$ weight loss from baseline among participants. METHODOLOGY: This study conducted from January to June 2023 in collaboration with Pejabat Kesihatan Daerah Segamat and the State Assemblyman of Tenang, the program involved Kospen members with BMI criteria indicating overweight or obesity. RESULTS: Data were collected monthly and analyzed using SPSS v.24. The study included 70% female and 30% male participants, predominantly under 60 years old and of Malay ethnicity. Results showed that 58.8% of women and 23.5% of men lost weight, while a small percentage gained weight. The average weight loss was 2.49 kg, with a maximum loss of 13.2 kg and a maximum gain of 3.5 kg. Only 2 participants achieved a $\geq 10\%$ weight loss. CONCLUSION: The findings indicate that the KOSPEN Weight Management Program effectively reduced weight and may lower non-communicable disease (NCD) risk factors. The program successfully promoted self-awareness and behavioral changes toward healthier lifestyles. Continued engagement with community leaders and Kospen volunteers is essential for sustaining and enhancing the program's impact.

Keywords: Obesity, overweight, Kospen, weight loss, community-based intervention
