

THE EFFECTIVENESS OF TRIM AND FIT PROGRAM AMONG HEALTHCARE WORKERS IN KLUANG DISTRICT HEALTH OFFICE 2023: AN INTERVENTIONAL STUDY

Nurul Hidayati Saidi
Kluang District Health Office

Noraini Jamaludin
Kluang District Health Office

Linayanti Rosli
Kluang District Health Office

Hamenudin Hamzah
Kluang District Health Office

ABSTRACT

Introduction: Kospen WoW health screening of healthcare workers (HCW) in Kluang District Health Office in 2023 revealed 37.7% of HCW were obese and overweight. To address this, the "Trim & Fit Weight Management Program" was conducted to promote healthy weight and prevent non-communicable diseases among employees. Objective: This study aims to evaluate the effectiveness of the Trim and Fit Program in improving the weight and fitness levels of healthcare workers at the Kluang District Health Office in 2023. Method: The Trim and Fit program, offered to HCWs with a BMI of 25-34.9 kg/m² (excluding certain criteria), was conducted from 1st July 2023 to 31st December 2023. It included continuous intervention, regular monitoring, and evidence-based strategies such as nutritional education, physical activity promotion, and behavioural support. Main measured parameters include anthropometric monitoring, body composition analysis, and fitness level. Results: By the end of the program, 35% of participants (n=6) dropped out. At six months post-intervention, 82% of participants lost weight, with an average loss of 4.4 kg. The highest weight loss was 19% of initial body weight. Waist circumference reduction averaged 7.3 cm, with a maximum reduction of 17.4 cm. Body fat percentage decreased by an average of 3.6%, with the highest reduction at 10.2%. 100% of participants showed improvement in terms of fitness level. Conclusion: The "Trim & Fit Weight Management Program" demonstrated significant success, indicating its potential to improve overall health and mitigate the risks associated with obesity. Given the positive outcomes, it is recommended to continue and expand the program, focusing on strategies to reduce dropout rates and enhance participant engagement. Additionally, integrating more personalized support and follow-up could further improve the effectiveness of the program for long term weight management sustenance.

Keywords: weight management, healthcare worker, obesity, overweight
