



**FACULTY OF MEDICINE AND HEALTH SCIENCES**

**UNIVERSITI MALAYSIA SABAH**

**(UMS)**

**REPORT**

**EC1773: HEALTH PROMOTION**

**HEALTH PROMOTION AT KAMPUNG ROSOB, PITAS**

**2015**

**GROUP 3**

<b>NAME</b>	<b>MATRIC NO.</b>
MOHD JOHARI BIN MOHD SHAFUWAN	BM14110073
NAVIEN A/L SUPRAMANIAM	BM14110035
AHMAD IZZUDDIN BIN ANUAR	BM14110059
IVORENNE YVONNE JOANNES AKIM	BM14110002
JUSTINA JOSEPH	BM14110068
KHOO CHIN WEI	BM14110025
LAW YEE CHING	BM14110028
LEONG SIN CHI	BM14110029
THIRASHINI CHANLA A/P CHANDRAN	BM14110086
MAHANIM SUNDANG	DN13110037
NORHAFIDAH BINTI MOHAMAD TAHIR	DN13110045
OZIEANA NANCY MEROS	DN13110052
SITI AZIZAH BTE WILLY	DN13110057
VALLENTINE XAVIER MAJANGGIM	DN13110064

**COORDINATOR : DATUK DR. YUSOF HJ IBRAHIM**

**SUPERVISOR : DR. MYO THURA ZAW**

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better life in future, such as seminar on breast cancer, cervix cancer ,family planning, benefits of not smoking and others. Other than that, we also plan to do fun learning activity which involves teaching students of standard 5 and giving a motivation talk to the students of standard 6. Hopefully, this health promotion will be successful and everyone can cooperate and do their best.

### **1.1 Summary of Health Promotion**

We, group 3 members which consist of 9 medical students, 8 who recently finished 1st year Medical program and 1 who recently finished 2<sup>nd</sup> year Medical program and 5 nursing students went to Kg Rosob, Pitas for health promotion from 24<sup>th</sup> August 2015 to 2<sup>nd</sup> September 2015.

During our visit in the village, we started with opening ceremony once we reached the village as we have already planned with the head of the village to do opening ceremony before any activities in the village. The next day, we started our rapid rural appraisal (RRA) to get overview of the village and health problems and then we planned activities according to information from RRA to promote the health of villagers by various actions such as

1. RRA which includes direct or field observation, secondary data resources, key informant Interview, individual interview, group meeting or interview and discussion, house-house visit, and social mapping.
2. Health education by means of talk such as breast and cervix cancer , demonstration , exhibitions , and health screening .
3. Life style and behavioral changes; for example: talk for high blood pressure , personal hygiene practice, school activities ,mini sports day and aerobic exercise.
4. Nutritional education; for example: talk on balanced diet, proper way to take medicine and good eating habits.
5. Education ; fun learning for year 5 students as a preparation for them to sit for next year UPSR examination. And involved in motivation camp for year 6 students as a preparation for their UPSR examination in August.



6. Voluntary works ; such as gotong royong to clean the compound of the village for the benefits of their health, and also killing the hair louse for the infected girls in the dorm.

