

# MoU inked to promote healthy living

April 13, 2021

Rokiah Mahmud

The Ministry of Health (MoH) and Gleneagles JPMC Sdn Bhd inked a memorandum of understanding (MoU) at Tarindak D'Polo of the Royal Brunei Polo and Riding Club, Jerudong yesterday.

Deputy Permanent Secretary (Professional) at the MoH Dr Haji Zulaidi bin Haji Abdul Latif signed on behalf of the Government of His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddien Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Brunei Darussalam while Gleneagles JPMC was represented by CEO Dr Peter Tay.

Health Promotion Centre (HPC) Head Dr Hajah Norhayati binti Haji Md Kassim and Gleneagles JPMC Chief Operating Officer Izzul Hamzi bin Haji Jomari witnessed the signing.

Minister of Health Dato Seri Setia Dr Haji Mohd Isham bin Haji Jaafar was present at the ceremony.

MoH received a cheque for BND250,000 for the collaborative venture with Gleneagles JPMC. It is a continuation of a public-private partnership (PPP) initiated in 2019 between both parties.



Minister of Health Dato Seri Setia Dr Haji Mohd Isham bin Haji Jaafar applauds as Deputy Permanent Secretary (Professional) at the MoH Dr Haji Zulaidi bin Haji Abdul Latif and Gleneagles JPMC CEO Dr Peter Tay exchange the signed document. PHOTO: BAHYIAH BAKIR

The collaborative venture comprises three programmes to be implemented by the HPC.

The first is Workplace and Health (WAH) Programme encouraging workplaces to provide for and support active lifestyle, healthy eating, becoming smoke-free and have good mental well-being.

The Happy Environment and Lifestyle (HEAL) Programme is intended to facilitate and support physical activity interventions in community settings leveraging on partnerships and networking with local stakeholders.

The third programme, the Health Lifestyle Programme, is intended to complement the other two programmes in raising awareness on lifestyle risk factors including unhealthy eating and smoking.

Since August 2020, over 10,000 government personnel from 13 ministries participated in WAH health screening focussing on Body Mass Index (BMI) and blood pressure checks.

Gleneagles JPMC also provided random blood sugar (RBS) and atrial fibrillation tests as part of the screening process. Nearly 200 WAH exercise sessions were conducted amongst the ministries led by fitness studio facilitators. The HEAL Programme has attracted some 1,000 participants to its six events since August 2020.