

All set to improve workplace health

May 25, 2021

Rokiah Mahmud

A contract was inked between the Health Promotion Centre (HPC) with DotRoot Technologies to build a website for the Workplace and Health (WAH) Programme during a ceremony yesterday.

Signing on behalf of the Ministry of Health (MoH) was HPC Head Dr Hajah Norhayati binti Haji Kassim witnessed by Assistant Head (I) Haji Zakaria bin Haji Kamis. DotRoot Technologies Chief Executive Officer Muhammad Saufi bin Haji Jamahat signed on behalf of DotRoot Technologies witnessed by its Chief Technical Officer Muhammad Adli bin Tebian.

The website is for civil servants taking video courses on health topics in the form of video series and quizzes. Civil servants will also be entitled to a lucky draw entry upon passing the question-and-answer quiz.

The WAH 2.0 programme is a private-public-partnership (PPP) joint venture programme between the MoH and Gleneagles Jerudong Park Medical Centre (JPMC) for the second series.

The programme will be conducted in 13 ministries – the Prime Minister’s Office, Ministry of Finance and Economy, Ministry of Defence, Ministry of Foreign Affairs, Ministry of Home Affairs, Ministry of Education, Ministry of Primary Resources and Tourism, Ministry of Development, Ministry of Culture, Youth and Sports, MoH, Ministry of Religious Affairs, Ministry of Transport and Infocommunications and Ministry of Energy.

One of the WAH programme components is the online health education on the website with video courses on the risk of non-communicable diseases (NCDs) including heart disease and diabetes, healthy eating practices, basics of exercise and physical activity, the dangers of smoking and smoking cessation measures as well as measures to tackle stress and mental health.

In addition, the programme aims to establish and strengthen the Workplace Promotion Programme (WHPP) in ministries by the end of the year. Benefits include expanding knowledge and competencies on healthy lifestyle, especially in the workplace; and promoting physical activity to maintain a healthy bodyweight and contribute to a positive well-being.

The MoH anticipates that the programme will increase and expand the knowledge and competencies of civil servants on a healthy lifestyle at work as well as to promote physical activity as a way to maintain a healthy weight and contribute to the reduction of NCDs in the country while realising the MoH vision ‘Together towards a Healthy Nation, and Brunei Vision 2035’s second goal of High Quality of Life.



Contract signing between the Health Promotion Centre and DotRoot Technologies. PHOTO: BAHYIAH BAKIR