

BIM'S EVENT



New Year Get Together Dinner with Board of Management & Exco Members, 18th January 2023



BIM's EVENT

Exco & Board of Management Meeting 2022/2023 18th January 2023



BIM's EVENT

Meeting with Malaysian Service Provider's Confederation (MSPC) 5th January 2023



BIM's EVENT

Meeting for Program Citra Rasa BIM with Yayasan Orang Buta Malaysia 2nd February 2023



The meeting for Program Citra Rasa BIM with Malaysian Foundation For The Blind on 2 February 2023 represented by BIM Vice President, Ir Gunasagaran Kristnan,. This program also in collaboration with The Chartered Institute of Logistics and Transport Malaysia (CILTM), which Dr Jessica Ong Hiaw Law is the representative from CILTM.

BIM's EVENT

TREE PLANTING PROGRAM Hutan Simpan Ayer Hitam, 25th February 2023



Date : 25 February 2023 (Saturday)
Time : 8:00 a.m. – 1:00 p.m.
Venue : Sultan Idris Shah Forest Education Centre (SISFEC),
Hutan Simpan Ayer Hitam, Selangor

Collaboration by:
Institut Rimbawan Malaysia, Balai Ikhtisas Malaysia, Universiti Putra Malaysia and
Jabatan Hutan Negeri Selangor.

BIM's EVENT

TREE PLANTING PROGRAM Hutan Simpan Ayer Hitam, 25th February 2023



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TREE PLANTING PROGRAM Hutan Simpan Ayer Hitam, 25th February 2023



MEMBERS ACTIVITY

IKM Donation to Flood Victims in Pakistan

BERITA IKM

December 2022

Issue No. 149

Chemistry
in Malaysia

In aid of the flood victims in Pakistan, IKM made a small donation

Pakistan suffered the deadliest floods in 2022. The floods affected 33 million people in Pakistan and destroyed 897,014 houses and damaged another 1,391,467. 1,739 people died, including 647 children, and an additional 12,867 were injured. Over 2.1 million people were left homeless because of the floods. Around 10–12% of Pakistan was flooded; the total area of standing floodwaters peaked between July and August 2022 at approximately 32,800 square miles. 1,164,270 livestock have been killed, most of them in the province of Balochista. Agricultural products were also devastated by the flooding.

Institut Kimia Malaysia (IKM) sympathized with the predicament of the Pakistan people and the Council decided to give a small donation of RM10,000 to the flood victims. On 17th November, 2022 an IKM delegation comprising Datuk ChM Soon Ting Kueh, Datin ChM Dr Zuriati Zakaria and ChM Dr Aqeel Saravanan met the High Commissioner of Pakistan, H.E. Ms Amna Baloch, at the Pakistan High Commission in Jalan Ampang, Kuala Lumpur, to present a cheque of RM10,000. H.E. expressed her sincere thanks to the members of IKM for being so kind and generous to help the people of Pakistan.



MEMBERS ACTIVITY

IEM Chinese New Year Open House



IEM Chinese New Year Open House was held on 13th February 2023 at D'Place, Wisma IEM, Petaling Jaya. Dr Wilmot Sasindran Dass, BIM President was present at the Open House hosted by The Institution of Engineers Malaysia (IEM).

NEWS

MMA: PREP MEDICINE SHOULD BE ACCESSIBLE FOR HIV HIGH-RISK GROUPS **NST, 24 January 2023**

KUALA LUMPUR: The Malaysian Medical Association (MMA) has urged the government to make pre-exposure prophylaxis (PrEP) medicine accessible to groups that have the highest risk of HIV infection.

Its president, Dr Muruga Raj Rajathurai, said this would be in line with Malaysia's commitment to universal health coverage, where everyone has equal access to healthcare, including preventive care, and that no one should be left behind.



MMA president, Dr Muruga Raj Rajathurai, said this would be in line with Malaysia's commitment to universal health coverage, where everyone has equal access to healthcare, including preventive care, and that no one should be left behind.

"With due respect to religious viewpoints expressed on the use of PrEP, the sole purpose of allowing people at highest risk of HIV infection access to PrEP is to prevent the spread of HIV in the population and save lives.

"The intended use of PrEP is to prevent HIV infections and the decision to allow high-risk groups access to it has to be a decision based on scientific evidence to achieve the best possible outcomes for the community," he said in a statement today.

According to the Health Ministry's Disease Control Division's report, "Global AIDS Monitoring —Country Progress Report (Malaysia) 2022, (Overview of HIV epidemic, Malaysia 2021)", the cumulative number of reported HIV cases was at 128,638, while the number of reported new HIV infections was at 2,760.

The total number of people living with HIV (surveillance data) was at 67,822 and he said MMA estimated cases to be much higher as the rate of testing was low.

NEWS

Due to high numbers of HIV infections reported, he said there should be a more effective national prevention strategy, which includes PrEP medication.

He said other countries have included PrEP as part of their national strategy to prevent the spread of HIV, and some countries have recently launched a pilot project.

For instance, in Thailand, he said PrEP was first introduced by the Thai Public Health Ministry in 2017 as part of its government's strategy in tackling HIV.

"Alongside increased education and awareness programmes on HIV prevention, MMA believes efforts to reduce the spread of HIV will be significantly more effective.

"However, PrEP alone is not the answer. There is still a need for continuous awareness campaigns on HIV prevention."

Last month, the Health Ministry announced that it will carry out a pilot project on the use of the PrEP medicine in several hospitals to assess its effectiveness and safety in reducing the risk of HIV infection.

Health Minister Dr Zaliha Mustafa said the pilot project was necessary so that the drug can be certified by the ministry for public consumption.

When taken as prescribed, PrEP reduces the risk of getting HIV from sex by about 99 per cent.

NEWS

COMPENSATE DOCTORS GIVEN LAST-MINUTE POSTINGS, MMA TELLS GOVT

FreeMalaysiaToday, 1 February 2023



Doctors had recently complained about receiving last-minute placement notices from the health ministry, leaving them in a bind.

PETALING JAYA: The Malaysian Medical Association (MMA) has urged the government to take responsibility and compensate medical officers (MOs) given their placements at the last-minute.

MMA president Dr Muruga Raj Rajathurai said relocating to another state required advance notice for the junior doctors to

manage various financial commitments, such as paying rent and bills, making travel arrangements, finding accommodation, and packing.

He said it was unreasonable to expect MOs to report for duty in another state at such short notice, adding that some may even need to make arrangements to care for their loved ones.

“If they are parents, they may need to take their children with them and find a daycare or enroll them in new schools,” he said in a statement.

Muruga hoped that the public services department (JPA) and health ministry would look into the issue and hold the relevant department responsible for such poor planning accountable.

“JPA and the health ministry must take a serious view of the issue and ensure no repeat of such incidents,” he said.

NEWS

Yesterday, former deputy health minister Dr Lee Boon Chye said MOs should be given ample notice of their placements unless there were legitimate reasons, such as emergencies or disciplinary actions.

Lee said the transfer of doctors was pre-planned which meant that there was no excuse for informing the MOs at the last-minute.

On Twitter, a user who goes by thepettykutty had shared her experience of having to uproot at the eleventh hour due to a last-minute posting by the health ministry.

“This was me relocating my entire life from Pahang to Kedah, then downsizing to a few luggages to fly to Kuching, only to be given a placement three to four hours away and told to ‘lapor diri’ the very next day,” she tweeted, accompanied by a picture of her with her luggage by the roadside.

“Luckily a kind PKD (district health office) driver came to our rescue. I rarely speak about these experiences but this move was one of the lowest points in my career. The system has to change, how long are we expected to go on like this?”

FMT has reached out to health minister Dr Zaliha Mustafa for comment.

NEWS

ONLY 6% OF ADULT MALAYSIANS EAT ENOUGH FRUITS OR VEGETABLES DAILY

The Star, 27 February 2023

In a dimly lit hall at a convention centre in Bukit Kiara, an audience consisting of Pertubuhan Akitek Malaysia (PAM) members and students roars with elation and excitement as the winners of the PAM Student Awards (2022) are announced. The awards mark the end of the 2018 to 2022 cycle, which sees a benefactor sponsoring the prize money for a five-year run. The awards grant prizes that amount to RM100,000 per year, or a total RM500,000 for five years.



We need to invest more in making sure Malaysians are eating a healthy diet that includes enough fruits and vegetables.

Back in 2012 in Malaysia, you could buy a chicken burger meal with drinks and fries from a certain fast food restaurant for just under RM6. It was a good deal, but recently the government launched the Menu Rahmah initiative, which allows participating restaurants to offer lunch and dinner sets for even less.

This initiative to provide meals for only RM5 is a great idea that benefits consumers. Who doesn't want more for less?

There's been a lot of positive buzz surrounding the Menu Rahmah programme. Although it has its limitations, such as the requirement for restaurants to volunteer to participate, and diners being limited to one meal choice, it has still proven to be popular among both consumers and providers.

At the last count, approximately 12,000 Mamak restaurants, 800 Indian restaurants, and 500 tom yam stalls are participating, along with food outlets run by the Mydin chain. The programme's success has even led to discussions with fast food restaurants, the Chinese Food Shops Association, and cafés at higher education institutions, indicating that the programme has the potential to expand further. Success breeds success, and it seems that the positive reaction to the Menu Rahmah programme will only continue to grow.

NEWS

And it's not junk food either. According to dietitians and nutritionists, the meals are well-balanced and contain an appropriate number of calories. While I personally believe that they could have added more vegetables, as long as you have fruit for dessert instead of a chocolate ice cream sundae, you should be in good shape.

It's likely that the meal planners took into consideration the fact that Malaysia has a high obesity rate. Approximately 20.9% of adult women and 15.9% of adult men in Malaysia are obese, which is higher than the regional average of 10.3% for women and 7.5% for men.

With a Menu Rahmah meal containing only 500 calories per serving, it's an ideal option for those who are trying to lose weight. Plus, since the meals are nutritious, you can rest easy knowing that you're not just consuming empty calories.

On the other hand, young people in Malaysia are facing the opposite problem from obesity and, arguably, need to be eating more. Shockingly, about a fifth of Malaysian children under the age of five are classified as "stunted", meaning they suffer from chronic undernutrition that leads to a failure to grow properly. Another 10% of children in this age group are considered to be "wasting", meaning they're also not getting adequate nutrition but over a shorter period.

These children require more food, ideally nutritious options. Unfortunately, a National Health and Morbidity Survey conducted in 2017 revealed that only 30% of Malaysian students eat breakfast daily before heading to school. The remaining 60% have breakfast irregularly, while 10% don't have it at all.

In 2019, the Education Ministry took note of this issue and established the free breakfast programme. The programme aimed to provide 2.7 million schoolchildren across Malaysia with free meals before classes began. The hope was that this initiative would not only improve student performance, but also provide them with a healthy foundation for growth.

The programme faced controversy for several reasons. First, some argued that while it would help low-income families, higher-income families did not need the assistance.

However, data shows that malnourishment is prevalent across all income groups. Although the B40 (lower) income group has the highest prevalence of malnourishment at 14.1% (as measured in the 2020 National Health Morbidity Survey 2020), the M40 (middle income) and T20 (top income) groups are not too far behind at 12.3% and 13.2% respectively.

NEWS

Additionally, while stunting is most prevalent in the lowest household income bracket, even those in a higher bracket have children with stunted growth. A report by the Jeffrey Cheah Institute on South-East Asia said, “The 17.4% prevalence of stunting in households with income greater than RM5,000 is still high, compared with the 6.9% benchmark of upper middle income countries”.

Clearly, all Malaysians need help in understanding good dietary choices: only 6% of adults reportedly consume an adequate amount of fruits or vegetables daily.

The second reason why the free breakfast programme may not have succeeded is that it came with a price tag of between RM1.5bil and RM2bil annually, or up to RM750 per child per year. However, the Menu Rahmah initiative costs the government nothing as it is based on the willingness of restaurant associations and owners to give back to the community.

The obvious issue – if it even needs to be said – is what happens when eatery owners feel that the Menu Rahmah is hitting their bottom line? What if the low profit choices mean their restaurants are full of people who aren't actually making them money? By the way, that fast food menu price I quoted in the first paragraph was just a temporary promotion from the usual price of RM9.35.

A more sustainable solution is needed, and one idea is to encourage shops to offer more nutritious food without the extra frills to keep costs down.

One thing I would like to see Mamak shops do more of is to offer more fresh fruits and vegetables. I know they don't do so because these are relatively expensive items and don't have a long shelf life. But if such items are coupled with a good programme promoting their benefits, then a bad idea may turn into an OK (ie, profitable) idea – and, hopefully, ordering such healthy available choices then turns into a lifelong habit for consumers.

Budget 2023 is due to be tabled on Friday. I am not saying the government should U-turn and immediately reinstate the free breakfast programme in schools. However, it needs to recognise that the programme was well-intentioned and very much needed.

If this new government is serious about building a better Malaysia, and if we recognise the value of a healthier Malaysia is one that continues to grow over the coming decades, then instead of trying to get something for nothing, we can invest a little bit to get a lot more in return.

FEATURES

#HEALTH: STAND GUARD AGAINST GOUT

NST, 27 January 2023

All in all,
avoid food that can trigger gout such as:



Seafood
(Anchovies, sardines, shrimps, mackerel)



Red meat
(Beef, lamb, pork)



Organ meats
(Liver, kidney, brain)



Alcohol
(Beer, hard liquor)



Sweetened beverages
(soft drinks, packet drinks, sport drinks)



GOUT is a form of inflammatory arthritis that can become very uncomfortable and painful if not properly managed.

Paying attention to what one consumes and eliminating certain foods which are known as "gout-triggers" is one way to manage the condition.

Here are some suggestions for handling gout courtesy of the online medical consultation platform, Doc2Us

FEATURES

Choose/use low-purine ingredients for meals

Choose foods that reduce uric acid in the body. These include tofu, vegetables, and specific seafood such as salmon, tuna, white fish or tilapia and lean cuts of chicken.

1 Choose Low-Purine Ingredients



Tofu



Vegetables



Specific Seafood
(Salmon, Tuna, White fish, or Tilapia)



Lean cuts of meat
(chicken)



Avoid bone or seafood broths during meals

Opt for vegetable or chicken broth instead

2 Opt for a broth with lower levels of purines



Avoid bone and seafood broth.
Choose vegetable or chicken broth.



FEATURES

Avoid alcohol and sugary beverages

Switch to black or green tea, coconut water, lemon infused water and unsweetened barley

Drink at least eight glasses of water a day

This will help flush out uric acid from the body, which in turn will reduce the risk of gout attacks.

3 Avoid Alcohol and Sugary Beverages

Stick to:



Black or green tea



Lemon infused water



Coconut water



Unsweetened barley



Be mindful of portion control

Eating too much can trigger a gout attack so plate up wisely.

5 Portion Control



Eating too much can increase the risk of a gout flare-up. **Be mindful of how much you're eating.**



FEATURES

EATING LESS IS MORE EFFECTIVE FOR LOSING WEIGHT THAN INTERMITTENT FASTING

The Star, 3 February 2023

Eating smaller meals and cutting calories is a more effective way to manage weight than intermittent fasting, when consumption is restricted to a narrow window of time.

That's the conclusion of researchers from Johns Hopkins University School of Medicine who studied the eating, sleeping and waking patterns of 547 adults over a six-month period. Their findings appeared last week in the *Journal of the American Heart Association*.

Participants were asked to track their activities and meals on a bespoke mobile app, giving researchers insight about the amount of time they spent between waking up and eating, the span between their first and last meals of the day and the period between their last meal and sleeping.



Researchers at Johns Hopkins University School of Medicine find that eating fewer, small meals is associated with dropping weight instead of intermittent fasting.

The scientists concluded meal times weren't associated with weight change.

"Our findings did not support the use of time-restricted eating as a strategy for long-term weight loss in a general medical population," they concluded.

That may throw a wrench in popular diets, including intermittent fasting, which can involve skipping meals for as long as a day. The study found fewer, small meals were associated with dropping weight.

FEATURES

New approaches and drug treatments to hasten weight loss are being sought globally, as obesity rates continue to grow in developed economies. About 40% of Americans are obese, with severe obesity also increasing among children.

The study also found:

- The average time from waking up to eating was 1.6 hours
- The average time from first meal to last meal was 11.5 hours, and wasn't associated with weight change
- The average time between the last meal of the day and going to bed was four hours
- Average sleep duration was 7.5 hours.

The research has some caveats.

The average age of those studied was 51, and the majority – about eight in ten – were white. Most were college-educated women in the mid-Atlantic region of the United States, and it's unclear if the findings apply to other groups.

Still, the researchers found a link between eating more frequent, large meals and weight gain throughout the six years of follow-up study.

BIM MEMBER INSTITUTIONS

- Malaysian Pharmacists Society (MPS)
- Royal Institutions of Surveyors Malaysia (RISM)
- The Institutions of Engineers Malaysia (IEM)
- Pertubuhan Akitek Malaysia (PAM)
- Malaysian Medical Association (MMA)
- Malaysian Institute of Planners (MIP)
- Malaysian Veterinary Medical Association (MAVMA)
- Agriculture Institute of Malaysia (AIM)
- Institut Kimia Malaysia (IKM)
- Malaysian Society of Soil Science (MSSS)
- Malaysian Association of Social Workers (MASW)
- The Plastics & Rubber Institute of Malaysia (PRIM)
- The Chartered Institute of Building Malaysia (CIOBM)
- Institute of Landscape Architects Malaysia (ILAM)
- Institut Rimbawan Malaysia (IRIM)
- The Institute of Internal Auditors Malaysia (IIAM)
- The Chartered Institute of Logistics and Transport Malaysia (CILTM)
- International Institution of Plantation Management (IIPM)
- Malaysian Institute of Human Resource Management (MIHRM)
- Association of Malaysian Optometrists (AMO)

CORPORATE AFFILIATE

- Malaysian of Social Impact Assessment (MSIA)