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POLICY OPTIONS TO COMBAT OBESITY IN MALAYSIA





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MINISTRY OF HEALTH MALAYSIA

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1. BACKGROUND

It is widely acknowledged that obesity has emerged as an epidemic in many countries including Malaysia. The rise in the prevalence of obesity in the community calls for immediate actions to combat obesity in Malaysia. The prevalence of obesity especially childhood obesity is increasing. The escalation of obesity in Malaysia, once thought to be an urban phenomenon, has now spread to rural population at an alarming rate. Obesity is closely associated with major diet-related diseases including type 2 diabetes mellitus, cardiovascular diseases and certain type of cancers. It is largely known that treatment of obesity and its complication has caused substantial increase in healthcare cost and reducing life expectancies.

In view of the above, Ministry of Health Malaysia has formed a Task Force to Combat Obesity in Malaysia chaired by Deputy Director General of Health (Public Health) with members are from several ministries, professional bodies and NGOs (Appendix I). The roles of this taskforce are to identify the root causes of the obesity problem in Malaysia and to materialize the Plan of Action to combat obesity in Malaysia incorporating food habits and physical activities of the Malaysian.

A series of meetings involving stakeholders from the relevant ministries, professional bodies and NGOs have been undertaken to discuss the prioritization of potential policy options to address obesity. As a result, a total of 26 food policy options, 29 physical activity policy options and 3 overarching policy options were presented and approved by the Obesity Task Force to Combat Obesity in Malaysia to be the potential policy options to combat obesity in Malaysia.

2. METHODOLOGY

In order to priorities the potential policy options to address obesity in Malaysia, one workshop involving a total of 32 stakeholders from the relevant ministries, professional bodies and NGOs was conducted (Appendix II). The policy options identified in this workshop is in line with National Plan of Action for Nutrition of Malaysia (2006-2015) under enabling strategies: Promoting healthy eating and active living. It is also in line with the seven strategic action areas contained in the Malaysia's own framework for operationalising the National Strategic Plan for Non-Communicable Diseases. Under Strategy 7: Policy and Regulatory Interventions; is the roles of other key ministries in Malaysia to be actively involved, both in creating policies and legislations to create a health promoting environment and also implementing programmes to prevent and control NCD and obesity in Malaysia

2.1. Objective of the workshop

2.2.1. General Objective

To prioritise policy options on food, physical activity and environment to combat obesity in Malaysia.

2.2.1. Specific Objectives

2.2.1.1. To prioritise hard policy options to combat obesity in Malaysia.

2.2.1.2. To prioritise soft policy programmes/ interventions to combat obesity in Malaysia.

2.2. Methodology of the workshop

2.2.1. Prior to the workshop

The Secretariat had reviewed several key documents on plans and strategies related to nutrition, physical activity, obesity and non-communicable diseases. Based on the reviews, all related possible policy options were listed down. The documents that was reviewed including:

1. Action Plan to Reduce the Double Burden of Malnutrition in the Western Pacific Region 2015 - 2020, World Health Organization (WHO).
2. Obesity Update 2014, Organization for Economic Cooperation and Development (OECD).
3. Western Pacific Regional Action Plan for Prevention and Control of Non-communicable Diseases 2014 - 2020, World Health Organization (WHO).
4. National Plan of Action for Nutrition of Malaysia (NPANM) 2006 - 2015, Ministry of Health, Malaysia.

5. Strategy for the Prevention of Obesity, Malaysia Association for the Study of Obesity (MASO).
6. National Strategic Plan for Non-Communicable Diseases (NSP-NCD) 2011-2015, Ministry of Health, Malaysia.
7. Mid-Term Review National Plan of Action for Nutrition of Malaysia (NPANM) 2016-2015, Ministry of Health, Malaysia.
8. Global Action Plan for the Prevention and Control of Non-communicable Diseases 2013 - 2020, World Health Organization (WHO).
9. Prioritizing Food Policy Options to Reduce Obesity in Malaysia (2013), Academy of Science Malaysia.

The potential policy options for food was grouped into five main policy areas; the fiscal, primary production and imports, food marketing and information, food distribution and retail and food service. At the meantime, the policy options for physical activity was grouped into another five policy areas, which include distribution, employment, education, infrastructure and planning and transport.

This workshop had adopted the approach used by the Academy of Science Malaysia in *Prioritizing Food Policy Options to Reduce Obesity (2013) in Malaysia*.

2.3. Outcomes

Table 1 (Appendix III and IV) presents the scoring of the stakeholder for the food, physical activity and overarching policy options. The assessments were done by every stakeholder.

3. PRIORITISATION OF POLICY OPTIONS ON FOOD AND PHYSICAL ACTIVITY TO COMBAT OBESITY BY SETTINGS

A total of 58 policy options that consist of 26 on food, 29 on physical activity and 3 overarching policies were presented in the Task Force to Combat Obesity Meeting. However, after further revision by The Task Force to Combat Obesity in Malaysia, following the request of The Honourable Minister of Health, the list was finalized to 48 policy options. The list for each policy option based on settings are as follows:

3.1. School Setting

Ranking	Food Policy Options	Proposed Leading Agency
1	Ban sales of food and beverages that are not encouraged to be sold in school canteen.	Ministry of Education Ministry of Health
2	Ban marketing of unhealthy food/ beverages to children in print and fixed outdoor advertising within 50 metres of schools (media, bus stops, billboards).	Ministry of Urban Wellbeing, Housing and Local Government Local Authorities
3	Mandatory to provide free, clean and safe (water fountain/ dispenser) in schools, higher learning institutions and workplaces.	Ministry of Health Ministry of Education Ministry of Higher Education Ministry of Finance
4	Improve provision of quality physical activity in educational settings (from preschool to tertiary level) including opportunities for physical activity before, during and after the formal school day.	Ministry of Education Ministry of Health
5	Voucher for sport/physical activity equipment.	Ministry of Finance Ministry of Health Ministry of Education

Ranking	Food Policy Options	Proposed Leading Agency
6	Mandatory employment of nutritionists in schools for each PPD employed by MOE.	Ministry of Education Ministry of Health Public Service Department
7	Recognition shall be given to schools for organising physical activity.	Ministry of Education Ministry of Health

3.2. Institution of Higher Learning and Workplace Setting

Ranking	Food Policy Options	Proposed Leading Agency
1	Mandatory to sell/ provide fruits in food outlets in government agencies.	Malaysian Administrative Modernisation and Management Planning Unit Prime Minister's Department Public Service Department Ministry of Health Ministry of Agriculture
2	Encourage to sell/ provide fruits in food outlets in private sectors.	Ministry of Health Ministry of Human Resource Malaysian Employers Federation

Ranking	Food Policy Options	Proposed Leading Agency
3	Mandatory for healthy food choices made available in workplace canteens and higher learning institutions.	Ministry of Higher Education <hr/> Malaysian Administrative Modernisation and Management Planning Unit <hr/> Public Service Department <hr/> Ministry of Human Resource <hr/> Malaysian Employers Federation
4	Mandatory establishment of sports and welfare club at department and ministries in government agencies.	Malaysian Administrative Modernisation and Management Planning Unit <hr/> Public Service Department <hr/> Prime Minister's Department <hr/> Ministry of Youth and Sports
5	Encourage physical activity after working hours to government servants in government agencies.	Ministry of Health <hr/> Ministry of Youth and Sports
6	Mandatory for every government servant to involve in physical activity.	Public Service Department <hr/> Ministry of Youth and Sports

Ranking	Food Policy Options	Proposed Leading Agency
7	Mandatory for government agencies to implement physical activity in every meeting/ seminar/ course that will set example to others.	Ministry of Health <hr/> Public Service Department
8	Specific allocation for procurement of physical activity/ sport related materials, equipment and organising related events in every agency.	Ministry of Finance <hr/> Ministry of Youth and Sports <hr/> Ministry of Human Resource
9	Healthy BMI as part of performance appraisal in the workplace.	Ministry of Health <hr/> Public Service Department
10	Qualified physical activity instructor is placed in every agency to implement physical activity.	Ministry of Youth and Sports <hr/> Ministry of Health
11	Promote work-life balance (work efficiently within working hours) in order to encourage employees to carry out physical activity.	Public Service Department <hr/> Ministry of Youth and Sports

3.3. General Population Setting

Ranking	Food Policy Options	Proposed Leading Agency
1	Increase consumption and access to affordable and fresh vegetables (including ulam) and fruits by increasing the number of Pasar Tani outlet.	Ministry of Agriculture Federal Agricultural Marketing Authorities Local Authorities
2	Mandatory for cafeteria operators and caterers to be trained and certified on healthy food provisions and preparations (as a core module).	Ministry of Health
3	Banning television advertising of foods/ beverages high in fat and/ or high in sugar that is appealing to children.	Ministry of Health Ministry of Communications and Multimedia Malaysia Association of Accredited Advertising Agents of Malaysia
4	Mandatory for vending machines to sell healthier food and beverages options in public places.	Ministry of Urban Wellbeing, Housing and Local Government
5	Mandatory to display nutrition information for all vending machines.	Ministry of Urban Wellbeing, Housing and Local Government
6	Mandatory to display prominently nutrition information on menus at food outlet (e.g.: fast food restaurants, franchise restaurants).	Ministry of Health
7	Excise and/ or GST on unhealthy foods (foods high in fats, salt and sugars) e.g.: sweetened creamer, condensed milk, sugar sweetened beverages (SSBs) carbonated drinks, juices, processed foods.	Ministry of Health Ministry of Finance Royal Malaysian Customs Department

Ranking	Food Policy Options	Proposed Leading Agency
8	Impose extra charges for excess/ unfinished food taken in hotels/ restaurants (buffet).	Ministry of Tourism and Culture Malaysia Ministry of Health Malaysian Association of Hotels
9	Reduce import duty on fruits and vegetables.	Ministry of International Trade and Industry Ministry of Finance Ministry of Agriculture
10	Initiatives to reduce sitting time during working hours.	Health Education and Communication Center & Occupational and Environmental Health Ministry of Health Public Service Department Malaysian Employers Federation
11	Increase availability of facilities in the community to promote physical activity and exercise in safe environment (e.g.: public parks, public sport complexes, jogging and cycling paths and public gymnasium).	Ministry of Urban Wellbeing, Housing and Local Government Health Education and Communication Center & Occupational and Environmental Health, Ministry of Health
12	Mandatory for local authority to provide cyclists and pedestrians safe and accessible sidewalks, walking path and cycling paths.	Ministry of Urban Wellbeing, Housing and Local Government Ministry of Health

Ranking	Food Policy Options	Proposed Leading Agency
13	Implement public awareness activities to promote the benefits of physically active lifestyle.	Ministry of Youth and Sport
		Ministry of Communications and Multimedia Malaysia
		Ministry of Health
14	To manage weight and health through skill building in parenting, meal planning and behavioural management through training courses.	Ministry of Health
15	Establish a weight management program for overweight and obese individuals in workplace settings.	Ministry Of Health
16	Develop National Physical Activity Guidelines.	Ministry of Health
17	Every local authority has to organise Car Free Campaign once a month to create supportive environment for physical activity.	Ministry of Natural Resources and Environment
		Ministry of Health
		Ministry of Transport
18	Provide parking space for bicycle in every station of public transportations.	Ministry of Health
		Ministry of Urban Wellbeing, Housing and Local Government
		Ministry of Transport
19	Increase the limit of income tax deduction/ relief from RM300 to RM600 for procurement of on exercise equipment.	Ministry of Youth and Sport
		Ministry of Domestic Trade, Co-Operatives and Consumerism
20	Tax deduction to employers (private sectors) on the expenses made for sports and physical activity equipment as defined in Sport Development Act to the employees.	Ministry of Health
		Ministry of Finance

Ranking	Food Policy Options	Proposed Leading Agency
21	Mandatory for local media to allocate more airtime/ advertisement space during appropriate time for promotion of physical activity.	<p>Malaysian Communications and Multimedia Commission</p> <hr/> <p>All media agencies</p>
22	Establish public-private partnership to promote healthy eating and physical activity.	Ministry of Health
23	Incorporate nutrition and physical activity policy statements and programmes in the development plans of all relevant ministries and agencies.	Ministry of Health
24	Mandatory restriction of operating hours up to 12 midnight for all food outlets.	<p>Ministry of Health</p> <hr/> <p>Ministry of Home Affairs</p> <hr/> <p>Department of Islamic Development Malaysia</p> <hr/> <p>Ministry of Urban Wellbeing, Housing and Local Government</p> <hr/> <p>Ministry of Domestic Trade, Co-Operatives and Consumerism</p> <hr/> <p>Ministry of Tourism and Culture Malaysia</p>
25	Mandatory to relocate street stalls to hawker centres for the purpose of ensuring opening time, food safety and healthier choices.	<p>Ministry of Tourism and Culture Malaysia</p> <hr/> <p>Ministry of Health</p> <hr/> <p>Ministry of Urban Wellbeing, Housing and Local Government</p>

Ranking	Food Policy Options	Proposed Leading Agency
26	Reduce cooking oil subsidies.	Ministry of Domestic Trade, Co-Operatives and Consumerism Ministry of Finance Ministry of Health Ministry of Plantation Industries and Commodities
27	Restrict the number of new food outlets including 24 hours food outlets within 400 metres radius of new resident areas.	Ministry of Urban Wellbeing, Housing and Local Government Ministry of Health
28	Provide incentive (e.g.: provision of raw agricultural inputs, tax discounts for producers) for local production, processing and distribution or importation, and marketing of healthier food options.	Ministry of Finance Ministry of Agriculture Ministry Of Health
29	Mandatory employment of nutritionists/ dietitians in major food outlets.	Federation of Malaysian Manufacturers Ministry of Health Ministry of Urban Wellbeing, Housing and Local Government
30	Every local authority to provide billboards, advertising space at strategic sites for promotion of physical activity.	Ministry of Youth and Sports Local Authorities Ministry of Health

4. CONCLUSION

All the policy options has been presented and approved by the Task Force for Preventing Obesity Meeting and was endorsed by Honourable Minister of Health. Further engagement with the relevant stakeholders was carried out to operationalise the policy options.

TASK FORCE TO COMBAT OBESITY IN MALAYSIA

No	Name	Organization
1	Datuk Dr. Lokman Hakim Sulaiman	Deputy Director General Of Health Malaysia (Public Health)
2	Mrs Rokiah Don	Director, Nutrition Division, Ministry of Health
3	Dr. Chong Chee Kheong	Director, Disease Control Division, Ministry of Health
4	Mr Abdul Jabar Ahmad	Director, Health Education Division, Ministry of Health
5	Dr Fatanah bt Ismail	Senior Principal Assistant Director, Family Health Development Division, Ministry of Health
6	Mr Cyril Christopher Singham	Principal Assistant Director, School Management Division, Ministry of Education
7	Dr Abdul Halim Mohd Hussin	Director, Psychology Division, Public Service Department
8	Mrs Siti Farida Azhar	Deputy Director General, Sports Development Division, Ministry of Youth and Sports
9	Ms Masni Mustapa Kamarul Basah	Principal Assistant Secretary, Family and Community Development Division, Ministry of Women, Family and Community Development
10	Prof. Emeritus Dr. Mohd Ismail Noor	President, Malaysian Association for the Study of Obesity (MASO)
11	Dr Tee E. Siong	President, Nutrition Society of Malaysia
12	Mr Jong Koi Chong	Chairman, Malaysia Council for Obesity Prevention (MCOM)
13	Mr Ikmal Azam Thanaraj Abdullah	Vice President, Malaysian Trade Union Congress (MTUC)
14	Dr Mohd Zaidi Saleh	EXCO, Malaysia Association of Sports Medicine
15	Mrs Munirah Muhtar	Secretary, Federation of Malaysia Manufacturers (FMM)
16	Ms Rusidah Selamat	Deputy Director, Nutrition Division, Ministry of Health

No	Name	Organization
17	Mrs Zaiton Daud	Deputy Director, Nutrition Division, Ministry of Health
18	Mrs Zalma Abdul Razak	Senior Principal Assistant Director, Nutrition Division, Ministry of Health
19	Mr Nazli Suhardi Ibrahim	Senior Principal Assistant Director, Nutrition Division, Ministry of Health
20	Dr Feisul Idzwan Mustapha	Senior Principal Assistant Director, Disease Control Division, Ministry of Health
21	Mr Mohamed Farouk Abdullah	Senior Principal Assistant Director, Health Education Division, Ministry of Health
22	Dr Saidatul Norbaya Buang	Chief Senior Assistant Director, Family Health Development Division, Ministry of Health
23	Mrs Norliza Zainal Abidin	Principal Assistant Director, Food Safety and Quality Division, Ministry of Health
24	Mrs Mahani Wahab	Assistant Director, Division of Educational Planning and Research, Ministry of Education
25	Prof Dr Norimah A. Karim	Chairman, Technical Working Group (Research) Nutrition Division, Ministry of Health

Appendix II

WORKSHOP PARTICIPANTS/STAKEHOLDERS - FOOD POLICY

No	Name	Organization
1	Ms Rusidah Selamat	Nutrition Division, Ministry of Health
2	Mrs Siti Shuhailah Shaikh Abd Rahim	Nutrition Division, Ministry of Health
3	Dr Mohammad Nazarudin Bahari	Disease Control Division, Ministry of Health
4	Dr Fatanah bt Ismail	Family Health Development Division, Ministry of Health
5	Dr Aizuniza bt Abdullah	Family Health Development Division, Ministry of Health
6	Mr Nasrullah Abdul Halim	Consumer Research and Policy Division, Ministry of Domestic Trade, Co-operatives and Consumerism
7	Mr Ahmad Nasim Mohd Sidek	Policy and Strategic Planning Division, Ministry of Communications and Multimedia
8	Hj. Zanudin bin Hj. Abd. Aziz	Division of Inspectorate, Ministry of Urban Wellbeing, Housing and Local Government
9	Mr Griffith Jones Goba	Trade Support and Industry Division, Ministry of International Trade and Industry
10	Prof Winnie Chee	Malaysia Dietitian Association
11	Prof Dr Mohd Ismail Noor	Academy of Science Malaysia
12	Mrs Chenchill Kho	Federation of Malaysia Manufacturers
13	Mrs Grace Soon	Federation of Malaysia Manufacturers
14	Mrs Nur Hanani Muhammad	Division of Planning, Research and Policy, Public Service Department
15	Mrs Noor Ul-Aziha Muhammad	Food Safety and Quality Division, Ministry of Health
16	Mrs Mahani Wahab	Division of Educational Planning and Research, Ministry of Education
17	Mrs Nur Arifah Abdul Wahab	Strategic Planning and International Division, Ministry of Agriculture and Agro-based Industry Malaysia

No	Name	Organization
18	Prof Madya Dr Mohd Yazid Jalaludin	Faculty of Medicine, University of Malaya
19	Mr Abdul Jamal Abdul Razak	Local Government Department, Ministry of Urban Wellbeing, Housing and Local Government
20	Dr Nurhaliza Zakaria	Disease Control Division, Ministry of Health
21	Mrs Jay Jamaludin	Parent-Teacher Association
22	Dr Feisul Idzwan b Mustafa	Disease Control Division, Ministry of Health

WORKSHOP PARTICIPANTS/STAKEHOLDERS - PHYSICAL ACTIVITY POLICY

No	Name	Organization
1	Mr Nazli Suhardi Ibrahim	Nutrition Division, Ministry of Health
2	Mr Mohamed Farouk bin Abdullah	Health Education Division, Ministry of Health
3	Dr Amirullah Mohd Arshad	Pahang State Health Department, Ministry of Health
4	Mr Cyril Christopher Singham	School Management Division, Ministry of Education
5	Mrs Naniyati Syuib	Psychology Division, Public Service Department
6	Dr Azmizam Abdul Rashid	Department of Town and Country Planning, Ministry of Housing and Local Government
7	Prof Madya Dr Mohd Nasir Mohd Taib	Nutrition Society of Malaysia
8	Tn Hj. Khailani	Majlis Pengetua Sekolah Malaysia
9	Mr Saiful Adli Suhaimi	Health Education Division, Ministry of Health
10	Mr Mohd Rashdan Abd Rashid	Parent-Teacher Association
11	Mr Mohammed Ishamudin Ismail	Policy of Women, Family and Community Development Division, Ministry of Women, Family and Community Development
12	Mr Mohd Hafdzam bin Osman	Sports Development Division, Ministry of Youth and Sports

Appendix III

RANKING OF POLICY OPTIONS – FOOD

Overall Rank	Policy options (PO) ¹	Policy area
1	Ban sales of food and beverages that are not encouraged to be sold ¹ in school canteen (PO17).	Food Distribution and retail
2	Mandatory to provide free clean and safe (water fountain/dispenser) in school, higher learning institutions and workplaces (PO19).	Food Distribution and retail
3	Mandatory healthy food choices made available in workplace canteens and higher learning institutions (PO18).	Food Distribution and retail
4	Ban marketing of unhealthy food/ beverages to children in print and fixed outdoor advertising within 50 metres of schools (media, bus stops, billboards) (PO15).	Food Marketing/ Information
5	Mandatory to have fruit stalls in food outlets in government agencies (PO20).	Food Distribution and retail
6	Provide incentives for farmers to grow local fruits and vegetables (PO6).	Primary Production and Import
7	Mandatory for cafeteria operators and caterers to be trained and certified on healthy food provisions and preparations (as a core module) (PO23).	Food Distribution and retail
8	Banning television advertising of foods/ beverages high in fat and/or high in sugar that is appealing to children (PO12).	Food Marketing/ Information
9	Provide incentive (e.g. provision of raw agricultural inputs, tax discounts for producers) for local production, processing and distribution or importation, and marketing of healthier food options (PO9).	Primary Production and Import
10	Mandatory employment of nutritionists in schools for each PPD employed by MOE (PO24).	Food Distribution and retail

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical 17%	Political 37%	Cost 20%	Socio- cultural 26%				
	3.33	3.06	3.11	3.06	2.67	3.53	4.12	10.32
	3.33	3.00	2.67	3.72	2.72	3.41	4.18	10.31
	3.33	3.28	3.00	3.39	2.79	3.29	3.94	10.03
	3.22	3.11	2.94	3.33	2.70	3.35	3.94	10.00
	3.44	3.22	3.00	3.44	2.81	3.18	4.00	9.98
	3.33	3.22	2.67	3.39	2.72	3.18	4.00	9.90
	3.33	3.17	2.94	3.22	2.71	3.24	3.88	9.83
	3.33	2.78	2.61	3.06	2.50	3.35	3.94	9.79
	3.11	2.78	2.17	3.28	2.44	3.24	4.12	9.79
	3.06	2.67	2.33	3.39	2.45	3.18	3.94	9.56

Overall Rank	Policy options (PO) ¹	Policy area
11	Improvise Fight Against The Middleman (Jihad Memerangi Orang Tengah) programme for fruits and vegetables (PO2).	Fiscal
12	Mandatory for vending machines to sell healthier food and beverages options in public places (PO13).	Food Marketing/ Information
13	Subsidise the whole grain products (rice, cereals, bread) at the consumer level (PO5).	Fiscal
14	Implement basic agriculture club in school (PO7).	Primary Production and Import
15	Mandatory to display prominently nutrition information on menus at food outlet (fast food restaurants, franchise restaurants) (PO16).	Food Marketing/ Information
16	Restrict the number of new food outlets including 24 hours food outlets within 400 metres radius (PO21).	Food Distribution and retail
17	Subsidies for fruits and vegetables (PO1).	Fiscal
18	Mandatory employment of nutritionists/ dietitians in major food outlets (PO25).	Food Distribution and retail
19	Mandatory to display nutrition information for all vending machines (PO14).	Food Marketing/ Information
20	Impose extra charges for excess/unfinished food taken in hotels and restaurants (buffet) (PO11).	Food Distribution and Retail
21	Reduce import duty on fruits and vegetables (PO8).	Primary Production and Import
22	Restrict serving size/refilling/value meals in fast food outlets (PO10).	Primary Production and Import

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical 17%	Political 37%	Cost 20%	Socio- cultural 26%				
	2.89	2.83	2.61	2.94	2.42	3.29	3.82	9.54
	3.06	2.89	2.83	3.33	2.59	3.00	3.88	9.47
	3.06	2.89	2.22	3.17	2.45	3.29	3.71	9.45
	3.06	3.00	2.94	3.22	2.62	3.06	3.76	9.44
	3.17	2.89	2.89	3.28	2.60	3.00	3.76	9.37
	2.94	2.28	2.78	2.67	2.22	3.35	3.71	9.28
	3.06	2.61	2.22	3.39	2.53	2.88	3.82	9.24
	2.94	2.67	2.28	3.06	2.35	3.12	3.76	9.23
	3.33	3.11	2.67	3.17	2.64	2.82	3.71	9.16
	3.28	2.89	3.11	2.67	2.52	2.82	3.65	8.99
	3.11	2.39	2.44	3.33	2.37	3.12	3.47	8.96
	3.00	2.89	3.06	2.61	2.46	2.82	3.65	8.93

Overall Rank	Policy options (PO) ¹	Policy area
23	Mandatory to relocate street stalls to hawker centres for the purpose of ensuring opening time, food safety and healthier choices (PO22).	Food Distribution and retail
24	Mandatory restriction of operating hours up to 12 midnight for all food outlets (PO26).	Food Distribution and retail
25	Excise and/or sales tax on unhealthy foods (foods high in fats, salt and sugars) eg: sweetened creamer, condensed milk, SSBs carbonated drinks, juices, processed foods (PO4).	Fiscal
26	Reduce cooking oil subsidies (PO3).	Fiscal

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical 17%	Political 37%	Cost 20%	Socio- cultural 26%				
	2.89	2.44	2.39	2.67	2.20	3.12	3.41	8.73
	2.88	2.24	2.88	2.59	2.08	3.13	3.50	8.70
	2.89	2.17	2.56	2.56	2.12	2.65	3.06	7.82
	2.56	1.67	2.50	2.22	1.82	3.12	2.76	7.71

Appendix IV

RANKING OF POLICY OPTIONS – PHYSICAL ACTIVITY

Overall Rank	Policy options (PO) ¹	Policy area
1	Mandatory for local media to allocate more airtime/ ad space during appropriate time for promotion of physical activity (PO20).	Social Marketing
2	Increase availability of facilities in the community to promote physical activity and exercise in a safe environment (e.g.: public parks, public sport complexes, jogging and cycling paths and public gymnasium) (PO22).	Sport and Recreation
3	Develop National Physical Activity Guidelines (PO19).	Planning
4	Improve provision of quality physical activity in educational settings (from preschool to tertiary level) including opportunities for physical activity before, during and after the formal school day (PO1).	Education
5	Every local authority to provide billboards, advertising space at strategic sites for promotion of physical activity (PO21).	Social Marketing
6	Government shall maintain and sustain facilities in recreational areas (PO10).	Facilities
7	Mandatory sport and recreational club at department and ministries in the government sectors (PO27).	Workplace
8	Mandatory for all employers to organise and schedule physical activity for all employees in the workplace (minimum one session, one hour per week) during office hours as part of work-life balance (PO29).	Workplace
9	Recognition shall be given to individuals for organising physical activity at school (PO14).	Fiscal
10	Implement public awareness activities to promote the benefits of physically active lifestyle (PO2).	Education

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical	Political	Cost	Socio-cultural				
	3.33	3.33	2.50	3.42	3.16	3.67	3.17	9.99
	3.33	3.08	2.25	3.25	2.99	3.67	3.17	9.83
	3.50	3.50	3.33	3.58	3.48	3.50	2.83	9.81
	3.25	3.00	3.00	3.50	3.19	3.33	3.25	9.77
	3.75	3.42	2.83	3.17	3.31	3.58	2.83	9.72
	3.18	3.50	2.42	3.33	3.05	3.50	3.17	9.72
	3.33	3.00	3.33	3.50	3.29	3.42	3.00	9.70
	2.92	2.75	3.17	3.08	2.97	3.42	3.25	9.64
	3.67	3.50	3.17	3.33	3.43	3.25	2.92	9.59
	3.75	3.67	3.17	3.58	3.55	3.42	2.58	9.55

Overall Rank	Policy options (PO) ¹	Policy area
11	To manage weight and health through skill building in parenting, meal planning and behavioural management through training courses (PO3).	Education
12	Specific allocation for procurement of physical activity/ sport related materials, equipment and organising related events (PO13).	Fiscal
13	Mandatory for every personnel to be involved in one physical activity (PO28).	Workplace
14	Mandatory for local authority to provide cyclists and pedestrians safe and accessible sidewalks, walking path and bicycle paths (PO18).	Infrastructure and Planning
15	Provide recognition to government agencies to promote cycling to work (PO15).	Fiscal
16	Every local authority has to organise Car Free Campaign once a month to create supportive environment for physical activity (PO7).	Facilities
17	Government agencies should allocate at least one hour during working hours for physical activity twice a week (PO26).	Workplace
18	Voucher for sport/physical activity equipment (PO12).	Fiscal
19	Increase the limit of income tax exemption from RM 300 to RM 500 for procurement of equipment of physical activity.	Fiscal
20	Qualified physical activity instructor is placed in every agency to implement the physical activity (PO25).	Workplace

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical	Political	Cost	Socio- cultural				
	3.17	3.33	2.58	3.33	3.11	3.42	3.00	9.53
	3.17	3.00	2.50	3.33	3.01	3.33	3.17	9.51
	3.33	3.25	3.33	3.00	3.23	3.33	2.92	9.48
	3.00	3.00	2.25	3.25	2.88	3.33	3.17	9.38
	3.33	3.42	3.08	3.25	3.28	3.08	3.00	9.36
	2.58	3.08	3.08	2.92	2.91	3.42	3.00	9.33
	3.17	2.75	3.50	2.83	3.05	3.25	3.00	9.30
	3.08	2.92	2.75	3.25	3.00	3.17	2.92	9.08
	3.50	2.83	2.83	3.42	3.15	3.08	2.67	8.90
	2.83	2.67	2.17	2.67	2.59	3.25	2.92	8.76

Overall Rank	Policy options (PO) ¹	Policy area
21	Establish a weight management programme for overweight and obese individuals in workplace settings.	Employment
22	Incorporate nutrition and physical activity policy statements and programmes in the development plans of all relevant ministries and agencies (PO5).	Employment
23	Tax exemption for sport and physical activity equipment (types of equipment: gym equipment, sport attires) to encourage physical activity (PO17).	Fiscal
24	Income tax deduction (for tax payers)/ rebate for joining local fitness centres (PO16).	Fiscal
25	Mandatory security for bicycle parking space (Police force, private security, CCTV) (PO9).	Facilities
26	Initiatives to reduce sitting time during working hours (PO24).	Workplace
27	Mandatory for government agencies to implement physical activity in every meeting/seminar/ course that will set examples to others (PO4).	Employment
28	Policies to limit the use of private transportation in the city centres to promote which will encourage physical activity (PO23).	Transport
29	Provide parking space for bicycle in every station of public transportations (PO8).	Facilities

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical 17%	Political 37%	Cost 20%	Socio- cultural 26%				
	2.67	2.83	2.83	2.67	2.75	3.25	2.75	8.75
	3.17	3.00	3.33	3.25	3.18	3.25	2.25	8.68
	3.42	2.75	2.83	3.17	2.81	3.17	2.67	8.64
	3.25	2.67	2.83	3.08	2.96	3.00	2.58	8.54
	2.67	2.83	2.75	2.83	2.77	2.75	3.00	8.52
	3.25	2.83	3.25	2.58	2.98	2.92	2.58	8.48
	2.92	2.92	2.92	2.67	2.64	3.00	2.83	8.47
	2.67	2.42	2.83	2.58	2.62	3.00	2.83	8.45
	2.67	2.50	2.33	2.50	2.50	3.02	2.62	8.34

Appendix V
RANKING OF POLICY OPTIONS – OVERARCHING

Overall Rank	Policy options (PO) ¹	Policy area
1	Establish policy on public-private partnership to promote healthy eating and physical activity (po3).	
2	Promote work-life balance (work efficiently within working hours) in order to encourage employees to carry out physical activity (PO2).	
3	Healthy BMI as part of performance appraisal in the workplace (PO1)	

	Feasibility mean scores according to criteria (Weightings assigned)				Overall feasibility scores ²	Potential Impact	Side effects	Overall total scores ³
	Technical	Political	Cost	Socio- cultural				
	3.48	3.44	3.07	3.37	3.25	3.59	3.78	10.62
	3.33	3.07	3.30	3.22	3.12	3.37	3.89	10.38
	3.26	2.78	3.56	2.48	2.88	3.30	3.48	9.66

