

# Health screening for Orang Asli

THE National Kidney Foundation has been conducting free health screenings and kidney awareness programmes in urban and rural areas nationwide. In the last few years, the programme has also included Orang Asli communities.

From December 2011 to January 2015, 846 participants from the Orang Asli communities were screened. Tests included on waist circumference, blood pressure, urine, body mass index (BMI), blood glucose reading and optional blood cholesterol.

The results showed that a startling 38 per cent of males and 44 per cent of females among the Orang Asli communities were obese, 30 per cent of the participants showed abnormal results for the blood glucose and urine while 39 per cent of participants had abnormal blood pressure, which required further investigation.

