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06 SEP, 2026

UMS nursing students raise health awareness in Kota Belud

Borneo Post (KK), Malaysia



Chong (right), Dr Baidi (third right), Dr Fairrul (fourth right) and Salleh (fourth left) pose for a group photo with sponsors' representatives during the programme.

UMS nursing students raise health awareness in Kota Belud

KOTA BELUD: The 2026 Health Promotion Programme (EC1773), organised by second-year Diploma in Nursing students from Universiti Malaysia Sabah's (UMS) Faculty of Medicine and Health Sciences (FPSK), has helped raise awareness among the local community on the importance of maintaining good health.

Held at Dewan SSK Centre here, the programme aimed to encourage the public to adopt healthy lifestyles and undergo regular health screenings.

A range of activities was held, including free health screenings covering Body Mass Index (BMI), anthropometric measurements, blood pressure and blood sugar levels.

Participants were also briefed on Breast Self-Examination (BSE), while nursing students delivered health talks and a career exhibition was held.

The programme was officiated by SSK Centre Kota Belud patron Datuk Seri Salleh Said Keruak, who also visited the health promotion booths and interacted with participants and students.

Also present were UMS Faculty of Medicine and Health Sciences dean Associate Professor Dr Fairrul bin Masnah @ Kadir; FPSK UMS Diploma in Nursing Programme coordinator Chong Li Tsu; and senior lecturer and EC1773 course coordinator Dr Baidi bin Baddiri.

The programme received support and sponsorship from Yit Foh Tenom Coffee, Hamed Mini Market and NKA Café & Catering.

The organisers said the initiative was expected to strengthen collaboration between FPSK UMS, SSK Centre and the Kota Belud community in promoting greater awareness of healthcare and healthy lifestyle practices.

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SUMMARIES

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