



# Sick Leave Reduction through Chronic Disease Management

## INTRODUCTION:

Falling sick so often lately? Sick of having to spend a lot of money to treat your sickness? As for management, are you worried about sick staffs who don't stay at home, and spread illness to other workers? Or are you more concerned that all of these sick days is really costing your company? Each year, sicknesses cost individual and companies around the world billions of dollars. Sick days delay work, causing projects to fall behind schedule. Hence, creating stress for other workers, who must make up for lost productivity.

One of the reasons for high rates of absenteeism is an abnormal amount of illness. So, what is the cause? In addition to work-related risk factors, sickness absences are directly related to unhealthy lifestyle choices among employees which could lead to chronic diseases, if nothing is being done.

Healthy eating and being able to decide on healthier food choices have been proven to be one of the many crucial and practical ways to maintain a healthy weight as well as to lower risk of chronic diseases in life. A healthy diet is crucial throughout our lifetime and paying attention on one's eating habits and behaviours is a good step towards improving the overall health.

## LEARNING OUTCOME

Upon completion of this program, the participants should be able to:

- Understand the mechanism of dyslipidaemia, diabetes and hypertension and its complication
- Understand the causes of common diet-related diseases
- Learn about practical tips to prevent and manage high blood cholesterol, blood sugar levels and blood pressure via diet modifications
- Estimate how much fat, sugar and salt is in their meals
- Make decision on healthier food choices

## CONTENTS

### Module 1 – How to diet, without dieting

- Determine long term and sustainable objective and goals
- Understand the consequences of energy imbalance and poor dietary habits
- Clinical benefits of weight loss on chronic diseases
- Differences between Body Composition Index (BMI) and Body Composition Analysis works
- Set healthy weight goal by using Body Composition Analysis
- Kick-start your metabolism and maximizing your overall health

## **Module 2 – Basic of Food Science**

- Definition and classification of water soluble and fat-soluble vitamins
- Nutrient Reference Values & Healthy Eating Guidelines
- Functions of principal nutrients and functional foods
- Is water a nutrient? How important is hydration?
- Concept of malnutrition and health
- Review foods and supplements that contain these important nutrients
- Determine adequate fluid intake related with body weight\

## **Module 3 - Hidden Fat Part 1: Hidden Fat in Your Body That Kills**

- Learn and understand about dyslipidemia (high blood cholesterol)
- Importance of dietary fats and cholesterol in body
- Consequences of high blood cholesterol in body

## **Module 4 – Hidden Fat Part 2: Heart Healthy Diet**

- Therapeutic lifestyle changes
- Practical tips to manage blood cholesterol via diet modifications
- Guess the fat content in typical Malaysian cuisine & foods
- Uncover the Pros and Cons of High Fat Ketogenic Diet

## **Module 5 - Understanding Diabetes**

- What is diabetes mellitus?
- Types of diabetes mellitus
- What are the symptoms & complications of diabetes
- Factors affecting mechanism of glucose regulation in body

## **Module 6 - The Sweet Talk**

- Common high sugary snacks / foods
- Common sugary beverages and its sugar content
- Difference between refined carbohydrate and complex carbohydrate
- Blood sugar spike and energy levels

## **Module 7 - Combating High Blood Sugar**

- Practical tips to reduce sugar spike in blood
- Glycemic index
- How to manage sugar temptation
- Alternative to sweet snacks
- Usage of sugar substitute/alternative: are they better than sugar?

### **Module 8 – Hypertension: The Silent Killer**

- Learn and understand about hypertension (high blood pressure)
- Lifestyle factors that affect blood pressure
- Consequences of high blood pressure to body
- Introduction to DASH Diet
- Practical tips to manage blood pressure via diet modifications
- Guess the salt/sodium content in typical Malaysia foods

### **Module 9 – Trending Nutrition Myths**

- Does intermittent fasting help in weight loss?
- Should we stop eating eggs to manage blood cholesterol?
- Do soy products cause breast cancer?

### **AUDIENCE**

This program is suitable for any corporate individual wanting to lead a healthier lifestyle and at the same time achieve organizational goals.

### **METHODOLOGY**

ONLINE LEARNING – TALENT LMS. This programme is fully participative with a combination of activities ranging from online lectures, videos, assessments and quizzes.

