

KUCHING HEALTHY CITY



ANNUAL REPORT 2000

State Planning Unit,
Sarawak, Malaysia
June 2001

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1.0 OBJECTIVE

The objective of this report is to highlight the Kuching Healthy City programmes and activities in the year 2000 as well as to provide some background information on Kuching City.

2.0 BACKGROUND INFORMATION ON KUCHING CITY

Kuching is the capital city of the State of Sarawak within the Federation of Malaysia. It was proclaimed a City on 1st August 1988, and at the same time it was reconstituted administratively into two city councils, namely, the Kuching North City Hall (DBKU) and the Council of The City of Kuching South (MBKS). These two administrative units cover a combined area of 430.5 square kilometres. However, over the years, as a physical entity, Kuching has developed substantially outside the administrative boundaries of the City, into the adjacent local authority areas under the jurisdiction of the Padawan Municipal Council, and Samarahan District Council. Taking into account all the built-up areas on the fringe, the current population of Kuching city is estimated to be around 400,000, while the total population of Kuching District is estimated to be around 496,000.

The City of Kuching, together with Johore Bahru, was officially invited by the WHO to participate in the programme in July 1994. Since then, various programmes and activities related to the Healthy City programme have been carried out. The programme has received strong supports from the State Government.

3.0 ORGANISATION OF KUCHING HEALTHY CITY PROGRAMME

At the Sarawak State Level, the Healthy City programme is coordinated by the *State Healthy City Steering Committee*. This committee is under the chairmanship of the Director of State Planning Unit with the State Secretary as advisor. The State Planning Unit, Chief Minister's Department was appointed as Central Secretariat for the programme while the State Health Department acts as the Technical Secretariat. The membership of the *State Level Healthy City Steering Committee* includes 27 participating agencies, which are mainly government departments/agencies (**see Appendix 1**). Beside that, a *Healthy City Core Team* has been formed to ensure more effective management and implementation of the programme (**see Appendix 2**).

4.0 KUCHING HEALTHY CITY PROGRAMME IN 2000

4.1 Focus

The Kuching Healthy City programme in year 2000 focused on the **Safety and Security** issues. The issues were highlighted in order to enhance awareness and concern of the members of public, government and non-government organisations, and the community at large on the importance of creating a safe and secure city.

Under this general theme, the programme focused more specifically on the following areas of concern:

- Freedom from Crime
- Freedom from Fire
- Freedom from Diseases
- Road Safety
- Neighbourhood Safety
- Safety at home
- Safety at workplace
- Safe Environment

4.2 Annual Programmes

4.2.1 *6th Inter-Agency Conference on Kuching Healthy City*

The annual Inter-Agency Conference is a forum that gathers together all the participating agencies and other relevant organisations to discuss issues related to urban development with the view to recommend solutions. The venue of the Conference rotates among different urban centres in the State, with the idea to spread the Healthy City concept throughout the State.

The 6th Inter Agency Conference on Kuching Healthy City was held in Miri on 20-22 June 2000. The theme of this conference was “**Kuching City – A Safe City**”. Several papers on safety, covering six major aspects namely, crime, pollution, fire, road safety, safety at workplace and disease outbreaks were presented at the conference (see **Appendix 3**). It was attended by 102 participants representing various government agencies and private associations in the State as well as from other states in Peninsular Malaysia (see **Appendix 4**).

The conference recommended a plan of actions to enhance safety and security in Kuching City through collaboration of every agency concerned.

4.2.2 *Healthy City Week*

Healthy City Week is an event held back to back with the annual

Kuching Festival in August. The main objective of this programme is to further enhance public awareness on the Healthy City concept through exhibition, demonstration, talks, etc.

In line with the focus of Healthy City programme this year, the theme of the Healthy City Week was “**Safe, Secure and Clean City**”. Healthy City Week was held from 30 July 2000 to 6 August 2000 and it was coordinated by the Council of the City of Kuching South (MBKS). A total of 15 government and private agencies participated in the programme (see **appendix 5**). Among the events organised during the week were exhibition, demonstration, video show and distribution of pamphlets related to the safety from fire, crime, diseases and accidents.

4.2.3 *Members-Visit-Members Programme*

The objective of this programme is to give opportunities to members of all participating agencies to find out about other agencies’ activities pertaining to the Healthy City programme. Three visits were made during the year 2000 to selected facilities and projects of member departments or agencies.

In line with the theme of *Safety and Security*, the first visit in year 2000 was to the Composting Centre and Septic Sludge Treatment Plant in the DBKU area. Twenty-nine participants from various agencies joined the visit. This visit aimed to enhance the knowledge and awareness among the members on the solid and septic waste management in the City. During the visit, members were given a briefing on the septic waste management system, and composting, recycling and reuse programmes.

The second visit was to the Agriculture Laboratory of the Agriculture Department and to Hospital Sentosa (mental hospital). There were 30 participants from various agencies. This visit has enlightened the participants on the preventive measures undertaken by the Department of Agriculture to control chemical uses (pesticides and insecticides) on the agriculture products. The visit to Hospital Sentosa has given an opportunity for members to get to know the mental hospital management, psychiatry method and mental health issues.

4.2.4 *On-going Programme of Member Agencies*

Various projects and activities related to the Healthy City concept were carried out in year 2000 by member agencies. Among the major areas of concerns were as follows:

4.2.4.1 *To create a Clean and Green City*

(a) Providing efficient solid waste management system

Various programmes were carried out during the year:

- Privatisation of scavenging services.
- Providing proper wheel bins to every house. A total of 17,615 units of wheel bins had been supplied in the year 2000.
- Encouraging garbage separation through 3R (reduce, reuse and recycle) and composting projects. A total of 100 drop-off centres had been set up at petrol kiosks, schools, shopping complexes, hotels, recreational centres and offices in Kuching.
- Educating school children on 3R through *School Green Clubs*. Funds were allocated for publicity campaign, provision of school recycling bins and operation of the recycling project.

(b) Promoting cleanliness of the Sarawak River

In addition to the on-going programme for the collection of floating wastes on Sarawak River, various programmes were carried out to increase public awareness on the importance of keeping rivers clean. These included dialogues, seminars, Radio Talks and River Environmental Education Programme, Love Your River Campaign.

(c) Monitoring and control of the waste water discharged to the rivers

The relevant authorities monitored and controlled the waste water discharged to the rivers regularly. The EIA process has also been enforced on riverbank development.

(d) Monitoring illegal dumping of solid wastes

The relevant authorities monitored the illegal dumping of solid wastes regularly and enforced the relevant laws and ordinances.

(e) Strict control on open burning

To ensure clean air, the relevant authorities controlled open burning strictly through on-going enforcement of relevant laws and ordinances.

(f) Landscaping and beautification

The local authorities continuously carried out the urban beautification programme through creation of more open space, landscaping and tree planting programme.

(g) Beautification and Cleanliness Competition

The annual beautification and cleanliness competition were organised for schools, villages and food premises by the local authorities.

(h) Provision of modern and quality public amenities and facilities

The local authorities provided more modern public amenities and facilities such as public toilets, modern hawker centres and parks.

4.2.4.2 To Enhance Public Safety

(a) Neighbourhood Watch Programme

Although the crime rate in the Kuching City was not high, the Neighbourhood Watch Programme was carried out to further enhance the safety of the citizens. To date the Neighbourhood Watch Programme has been established in several neighbourhoods such as Batu Lintang, Poh Kwong Park, Tabuan Jaya, Sungai Maong and India Street Pedestrian Mall. This programme has been running well. It is intended that similar programme would be established in other areas.

(b) Cohesive Neighbourhood Programme

This programme aims to enhance the neighbourhood spirit among the residents in specific neighbourhood areas with a view to creating a caring, responsible and friendly urban community. This programme was initiated in the DBKU area in year 2000.

(c) Educating the public on safe application of electricity appliances

This programme aims to increase public awareness on the dangers of electrical appliances. Safety campaign on general electrical safety was carried out during the year through distribution of home electrical safety pamphlets, safety talks to school children, etc.

(d) Monitoring the uses of pesticides

This programme aims to minimise the use of pesticides to the acceptable level. During the year, various activities such as field monitoring of pesticide usages, farmers education, registration of farmers under the Vegetable Certification Scheme and promotion of the use of netting system in vegetable farms were carried out.

(e) Construction of motorcycle lanes in the City

This programme aims to enhance the safety of motorcyclists as well as to improve traffic flows on the roads. The programme focuses on the provision of motorcycle lanes to the existing roads, which were very busy and had a large proportion of motorcycle traffic.

The first project (along Jalan Astana) was completed during the year. This programme will be continued in subsequent years.

(f) Road Safety Programme

This programme has been organised annually during the Kuching Festival. The relevant agencies such as Local Authorities, Police, Road Transport Department and Commercial Vehicle Licensing Board are engaged with on-going dialogues among themselves and through the Road Safety Council.

(g) Crime Prevention Programme of the Police Department

The Police Department has an on-going programme for crime prevention and for enhancing cooperation between the police and community. The programmes include dialogues, campaigns (i.e. Crime Prevention Week, Crime Prevention Club, etc.), Police Cadets in School, etc.

4.2.4.3 To Ensure a Healthy Population

(a) Improvement of the health services coverage of the City population

This programme included upgrading of the existing polyclinics and Urban Maternity and Child Health Care clinics so as to enhance the accessibility of the services.

(b) Upgrading of Infrastructure and Service at *Sarawak General Hospital*

The upgrading of infrastructure and service at *Sarawak General Hospital* was carried out to meet the needs, the growing population and rising expectations. The upgrading works completed in year 2000 included new central plant facilities, new Clinical Services Block, new Accident and Emergency Unit and a new ward block.

(c) Implementation of yearly *Healthy Lifestyle Campaign*

The Health Department carried out this campaign through exhibition, media coverage, talks and weekly exercise.

(d) Introduction of *Health Promoting School Concept*

This programme was initiated in year 2000. A pilot project has been carried out at five selected schools. A sum of RM22,000 has been allocated to these schools during the year.

(e) Display of Healthy Messages at the Parks and Recreational Areas

Healthy messages have been put up at the *Taman Budaya* and *Taman Wisma Bapa Malaysia* areas as well as many public buildings.

(f) Resettlement and Relocation of Squatters

As in previous years, the programme to relocate the squatters within the City was carried out to enhance human dignity and quality of life.

4.3 Activities of Kuching Healthy City

4.3.1 Visitors

- (a) Since the inception of the Healthy City Programme in 1994, Kuching has attracted some interest from the Healthy City fraternity in other parts of the world, in particular the Asia Pacific Region. During the year, Kuching has received groups of visitors from various parts of the Western Pacific Region such as Cambodia, China and other parts of Malaysia.
- (b) In addition, the Kuching Healthy City programme has been included as a reference in the *International Course on Promotion of Healthy Environment in Urban Areas* organised jointly by INTAN, JICA and WHO. The facilitators and the participants of the course visited Kuching in 18 July 2000 as part of their study programme. The participants came from many countries, including Bhutan, Fiji, Indonesia, Mongolia, Papua New Guinea, Philippines and Vietnam.

4.3.2 Consultancy Service

- (a) Kuching Healthy City has become a model in setting up of the Healthy City programme in the Philippines and Cambodia. During the year, Dr. Andrew Kiyu and Dr. Jamilah Hashim from Sarawak Health Department (Healthy City Technical Secretariat) played a very active role as Healthy City Consultants for both countries.
- (b) In view of the experience in Kuching Healthy City programme, the Secretariat (State Planning Unit and Sarawak Health Department) was invited to contribute in the preparation of *Healthy City Guideline for Malaysia*. Our representatives (Dr. Andrew Kiyu, Mr. Liu Thian Chon, Dr. Jamilah Hashim and Mr. Elly Lawai) played an active role in the *Experts Committee on Healthy Cities* during the year.

4.3.3 Attendance at International Conferences and Courses

- (a) Kuching Healthy City Secretariat has been actively involved in international conferences and courses. In year 2000, Kuching Healthy City representatives (Dr. Andrew Kiyu and Dr. Jamilah Hashim) participated in the *Australian Pacific Healthy Cities Conference – “From Global Policy to Community Experience: The First Twelve Years of Healthy Cities in Our Region”* on 26-28 June 2000 at the National Convention Centre, Canberra, Australia.
- (b) Two officers from Kuching Healthy City Secretariat (Mr. Julin

Alen and Mr. Elly Lawai) attended the *Healthy Cities and Communities Short Course* in Flinders University, Australia on 28 August – 1 September 2000.

5.0 CONCLUSION

The Kuching Healthy City programme is an active programme, which has received the full support from the State Government and is generally accepted by the people. In view of this, the Kuching Healthy City programme is being replicated in other towns in the State such as Miri and Serian.

**Secretariat Of Kuching Healthy City Programme
State Planning Unit
Chief Minister's Department
14 th Floor Wisma Bapa Malaysia
Petra Jaya, 93502 Kuching,
Sarawak, Malaysia**

**Tel : 6082-492278
Fax : 6082-449481**

June 2001

HEALTHY CITY STREERING COMMITTEE

Advisor:

The State Secretary of Sarawak

Chairing Organisation:

State Planning Unit

Technical Secretariat:

Sarawak Healthy Department

Kuching North City Hall

Kuching South City Council

Padawan Municipal Council

PARTICIPATING DEPARTMENTS

Agriculture Department

Department of Environment

Drainage & Irrigation Department

Department of Occupational Safety & Health

Education Department

Fire & Rescue Department

Housing Development Commission Sarawak

Kuching Water Board

Labour Department

Land & Survey Department

Marine Police, Sarawak Contingent

Ministry of Industrial Development

Ministry of Tourism

Museum Department

Natural Resource Environment Board (NREB)

Police Department

Public Works Department

Sarawak Development Institute

Sarawak Electricity Supply Corporation

Sarawak Rivers Board

State Social Welfare Department

Telecoms Department (Sarawak Branch)

HEALTHY CITY CORE TEAM

State Planning Unit

Sarawak Health Department

Kuching North City Hall

Kuching South City Council

Padawan Municipal Council

Appendix 3

**LIST OF PAPERS PRESENTED AT 6TH HEALTHY CITY CONFERENCE,
20-22 JUNE 2000, RIHGA ROYAL HOTEL, MIRI**

- Paper 1: *Towards A Crime Free Kuching City Through Community Policing*, by Royal Malaysian Police
- Paper 2: *The Neighborhood Watch Programme Review*, by MBKS
- Paper 3: *Case Study of Neighbourhood Watch in India Street*, by Chairman of India Street Pedestrian Committee
- Paper 4: *Kejiranan Mesra : Pengwujudan Program Kemasyarakatan (Cohesive Neighbourhood : Community Programme)*, by DBKU
- Paper 5: *Peranan Jabatan BOMBA Ke Arah Bandaraya (Role of Fire Department in Moving Towards A Fire Free City)*, by Fire and Rescue Department
- Paper 6: *Toward Safe and Healthy Workplaces*, by SHELL MIRI
- Paper 7: *Cara-cara Meningkatkan Keselamatan Jalan Raya di Sarawak (Enhancing Road Safety in Urban Areas in Sarawak)*, by Royal Malaysian Police
- Paper 8: *Jalan Astana Motorcycle Lane: A Case Study*, by DBKU
- Paper 9: *Re-Emerging Diseases*, by State Health Department
- Paper 10: *Making Sg. Sarawak Free From Pollution*, by NREB
- Paper 11: *Implementation of Local Agenda 21 in Miri*, by MMC

**LIST OF AGENCIES PARTICIPATED IN 6TH HEALTHY CITY
CONFERENCE,
20-22 JUNE 2000, RIHGA ROYAL HOTEL, MIRI**

AGENCIES

1. Kuala Lumpur City Hall (DBKL)
2. Kuching North City Hall (DBKU)
3. Habitat Malaysia
4. Fire and Rescue Department
5. Labour Department
6. Social Welfare Department
7. Public Works Department
8. Johore Health Department
9. Pahang Health Department
10. Perlis Health Department
11. Sabah Health Department
12. Sarawak Health Department
13. Trengganu Health Department
14. Perak Darul Ridzuan Health Department
15. Pulau Pinang Health Department
16. Sarawak Education Department
17. Drainage and Irrigation Department
18. Road Transport Department
19. Agriculture Department
20. Land and Survey Department
21. Ministry of Environment and Public Health
22. Ministry of Tourism
23. Ministry of Infrastructure Development and Communication
24. Ministry of Industrial Development
25. Kuching Water Board
26. Bintulu Development Authority
27. Kuching South City Council (MBKS)
28. Lundu District Council
29. Serian District Council
30. Kuantan Municipal Council, Pahang
31. Miri Municipal Council (MMC)
32. Padawan Municipal Council (PMC)
33. Sibu Municipal Council
34. Natural Resources Environment Board (NREB)
35. Kuching District Office
36. Lundu District Office
37. Serian District Office
38. Alor Gajah Health Office, Melaka
39. Kuching Divisional Health Office
40. Limbang Divisional Health Office
41. Miri Divisional Health Office

42. Samarahan Divisional Health Office
43. Sarikei Divisional Health Office
44. Sibu Divisional Health Office
45. Sri Aman Divisional Health Office
46. Bintulu Divisional Health Office
47. Johor Bahru Divisional Health Office, Johor
48. Kuching Divisional Education Office
49. Kuching District Police Office
50. Kuching Resident Office
51. Sibu Resident Office
52. Bintulu Resident Office
53. Miri Resident Office
54. Samarahan Resident Office
55. Sarikei Resident Office
56. Trengganu State Secretary Office (Local Government)
57. Kelantan State Secretary Office
58. Royal Malaysian Police, Sarawak
59. Project DANCED
60. Sarawak Development Institute
61. Sarawak Electricity Supply Corporation (SESCO), Kuching
62. Sarawak Electricity Supply Corporation (SESCO), Miri
63. Sarawak Shell Ltd., Miri
64. Sarawak Housing Commission
65. United Oriental Assurance Ltd.
66. Utusan Malaysia Miri

PARTICIPANT AGENCIES IN HEALTHY CITY WEEK

Bil.	Agencies	Scope Of Exhibits
1.	SESCO	Consumer Education and safety application of electrical appliances.
2.	State Health Department	Disease and Food Safety etc. (to coordinate with MBKS to prevent duplication)
3.	Tourism	Promotion of Tourism
4.	Housing Commission	Healthy and cleanliness in housing pesticides, safe food preparation and home management.
5.	Agriculture Department	Display of Agriculture product, pesticides, safe food preparation and home management.
6.	PMC	General cleanliness, landscaping on open spaces and safety of parks.
7.	Police Department	Road safety & drugs abuse etc.
8.	Trienekens	Information on privatisation of waste removal (to confirmation by management. Confirmation to take part received on 10.7.2000)
9.	Fire and Rescue Department	General info on danger of fire and cause of fire. Display of equipments for fire fighting, etc.
10.	NREB	Open burning, illegal dumping, live stock pollution and waste management.
11.	Education Dept.	Pictures for display of cleanliness at school compound, etc.
12.	Kuching Water Board	Public education on vandalism to their service
13.	Red Crescent	Demo of CPR, etc.
14.	DBKU	Food Safety
15.	MBKS	Neighbourhood Watch and Food Safety

CONTACTS DIRECTORY

Mr. Liu Thian Chon

State Planning Unit

Chief Minister's Department

14th Floor, Wisma Bapa Malaysia

Petra Jaya, 93502 Kuching

Sarawak

Tel : 6082-492286

Fax : 6082-449481

E-mail : liutc@sarawaknet.gov.my

Dr. Andrew Kiyu

Deputy Director

Sarawak Health Department (Public Health)

Jalan Tun Abang Haji Openg

93590 Kuching

Sarawak

Tel : 6082-256566

Fax : 6082-246470 / 6082-424959

E-mail : andrew.kiyu@sarawak.health.gov.my