

Popot Lalanggahon Alcohol Community Program On Risky Alcohol Consumption 2024

Introduction: Community awareness program on alcohol use is essential to enhance knowledge and empower community to achieve low risk drinking behaviour or alcohol abstinence. Located at Kampung Popot lalanggahon, Kudat, we organised half day program on 23 March 2024 in collaboration with Rural Medication Education Center, Faculty of Medicine and Health science, University Malaysia Sabah. **Objective:** The primary objectives included increasing awareness of risky alcohol use and alcohol prevention among teens and adolescent **Methods:** Activities carried out including exhibition of alcohol education, alcohol involvement screening, alcohol consumption brief intervention and forum on risky alcohol consumption and its' complication. The program reached over 150 participants. **Results:** Preliminary results indicated about 9 in 10 participant reports increase in their knowledge about risky alcohol use and about 8 in 10 participants agree to make some changes in their drinking behaviour. **Conclusion:** These findings underscore the program's impact on community behaviour outcomes and highlight the need for continuous efforts in achieving community free risky alcohol consumption. Future program will focus on increasing more participation especially among young population.

Keywords: Alcohol Community Program, Popok Lalanggahon

Brief Description

Community alcohol program related to risky alcohol use and alcohol prevention. The event is organized by Rural Medical Education Center, FPSK, UMS with rural community in Kampung Popot-Lalanggahon, Kudat district, Sabah, on 23 March 2024. The local community acknowledged the present of alcohol issues among people and the urgent need to address alcohol complication and to protect young people from alcohol intake.