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HOW WELL IS OUR B40 GROUP?

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INTRODUCTION

PeKa B40 is a government initiative introduced in 2019 for the recipient (and spouse) of cash transfer assistance for the B40 (now call *Sumbangan Tunai Rahmah*) age **40 years and above**. PeKa B40 Health Screening Benefit primarily aim for early detection of **Non-Communicable Diseases (NCDs)** and early intervention which can improve the well-being and prevent diseases progression among low-income individuals. However, there is a lack of information about program participation rate and disease burden distribution by different demographic characteristics.

OBJECTIVES

- To fill that gap by understanding demographic characteristics of beneficiaries screened
- To exploring factors affecting program participation
- To describing health screening outcomes
- To identifying the most common diseases reported

MATERIALS & METHOD

The health screening process involved two clinic visits.

FIRST VISIT:

- History Taking
- Physical Examination
- Physical Activity Assessment
- Mental State Assessment
- Blood and Urine Tests

The **Second Visit** was a follow-up to review the laboratory results, consultation, and referrals for further management if indicated.

The analysis were conducted using available data from the **Benefit Management System (BMS).** It included the beneficiaries that complete their health screening (HS1 and HS2) between April 2019 and December 2022. The following aspects are investigated:

- Health Screening Outcomes
- Socio-Demographic Characteristics
- Prevalence Non-Communicable Diseases (NCD)

The **Chi Square test** was conducted to determine the association between gender and age, ethnicity, employment, education, body mass index (BMI), smoking and physical activity. All data were analysed using STATA version 17.0.

RESULTS &DISCUSSIONS

5.9 MILLIONS
Malaysian population are categorised under B40 groups and eligible for PeKa B40

670,747
beneficiaries have completed PeKa B40 screenings

HIGHEST NUMBER OF BENEFICIARIES

14.4%   13.2%   11.4%

The socio-demographic analysis showed that the highest number of beneficiaries were from **Sarawak** (14.4%) followed by **Kedah** (13.2%) and **Perak** (11.4%). Many beneficiaries were female (57.6%).
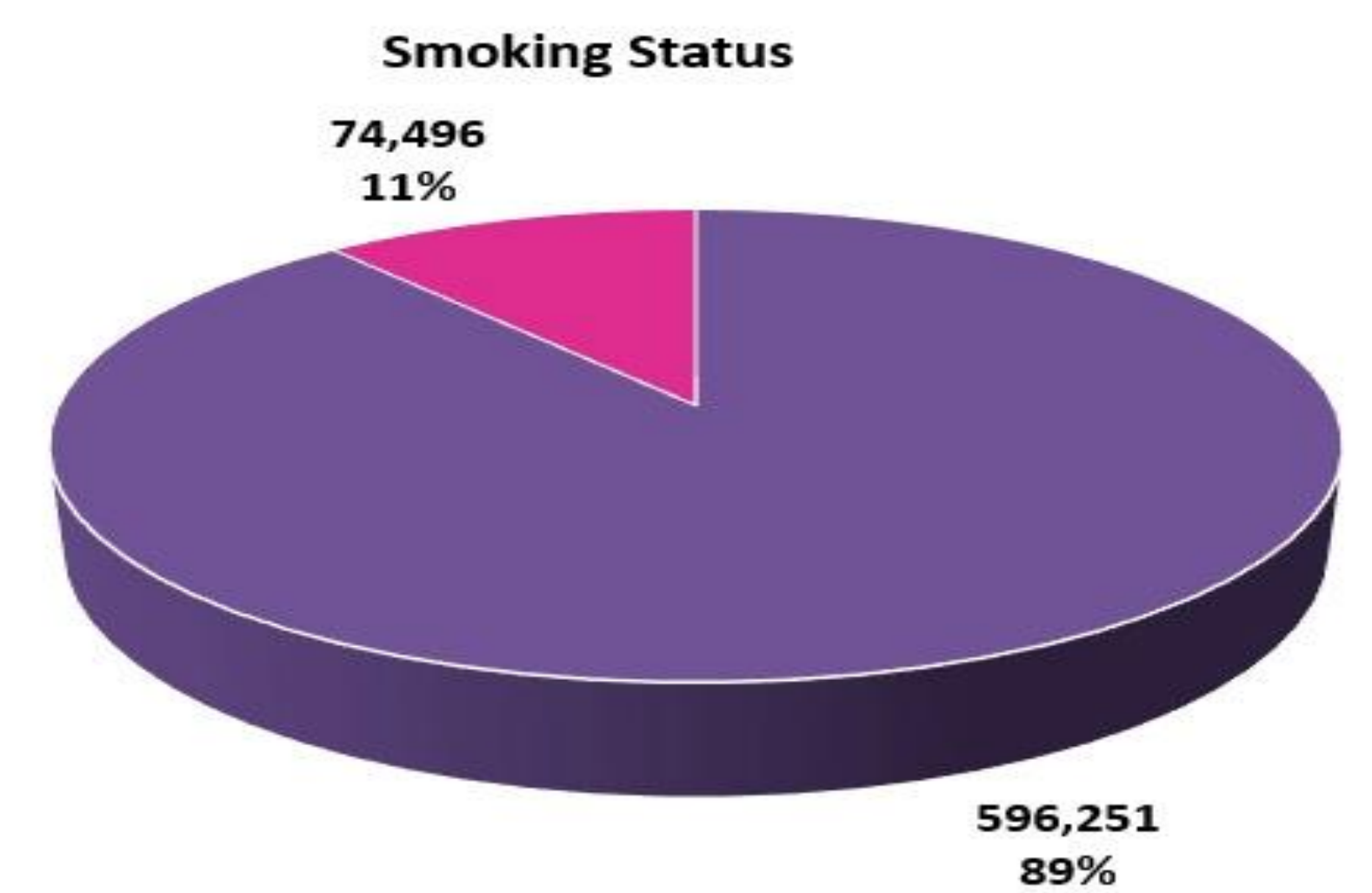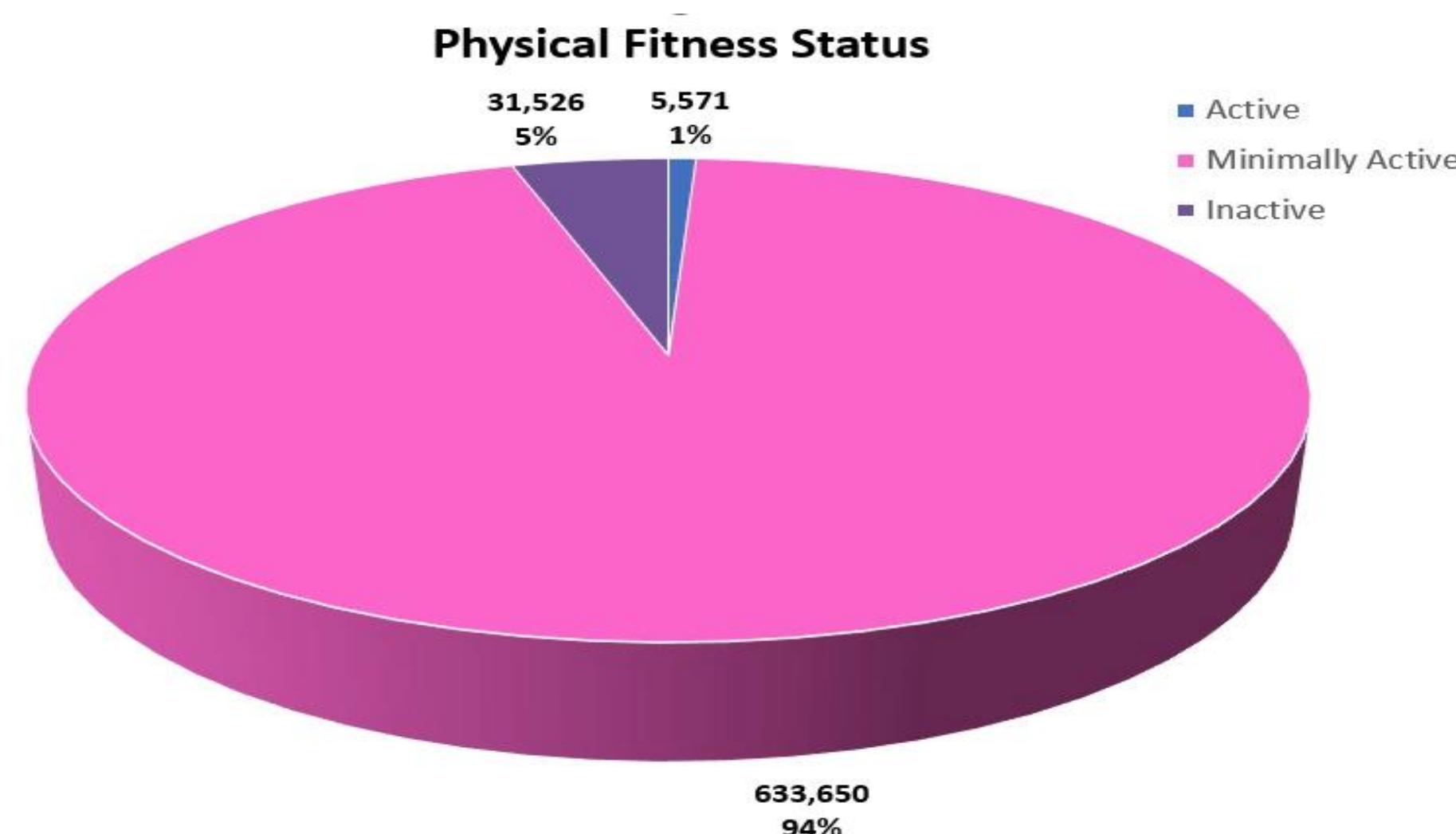
The largest age group was **60-69 years old** (35.5%). **Malays** constituted the largest ethnic group (52.2%), and most beneficiaries had upper secondary education (78.2%).

The highest proportion of newly diagnosed NCDs was for **hypercholesterolemia** (30.0%), **hypertension** (13.9%) and **diabetes mellitus** (10.5%).

Additionally, there are significant differences in health screening participation between **gender and age group, ethnicity, work, education level, smoking status, BMI group,** and **physical fitness status.**

BMI Group	(male)	(female)	Chi-Square	P-Value
Less than 20	24,926	31,382	8.0×10^3	<0.05
20-24	113,037	129,550		
25-29	103,324	134,221		
30 and more	42,880	91,427		

Age Group	(male)	(female)	Chi-Square	P-Value
40-49 years old	35,581	8,065	2.3×10^3	<0.05
50-59 years old	73,656	111,539		
60-69 years old	104,011	134,034		
70 years old & above	70,919	82,942		

Physical Fitness Status
- Active: 31,526 — 5%
- Minimally Active: 5,571 — 1%
- Inactive: 633,650 — 94%

Smoking Status
- No: 596,251 — 89%
- Yes: 74,496 — 11%

CONCLUSIONS

Since its inception in 2019, the PeKa B40 initiative has screened 11.3% of PeKa B40 beneficiaries aged 40 and above, detecting a notable number of newly diagnosed NCDs. Early intervention and treatment for these conditions prevent disease progression and complications, ensuring better quality of life and reducing healthcare costs.

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