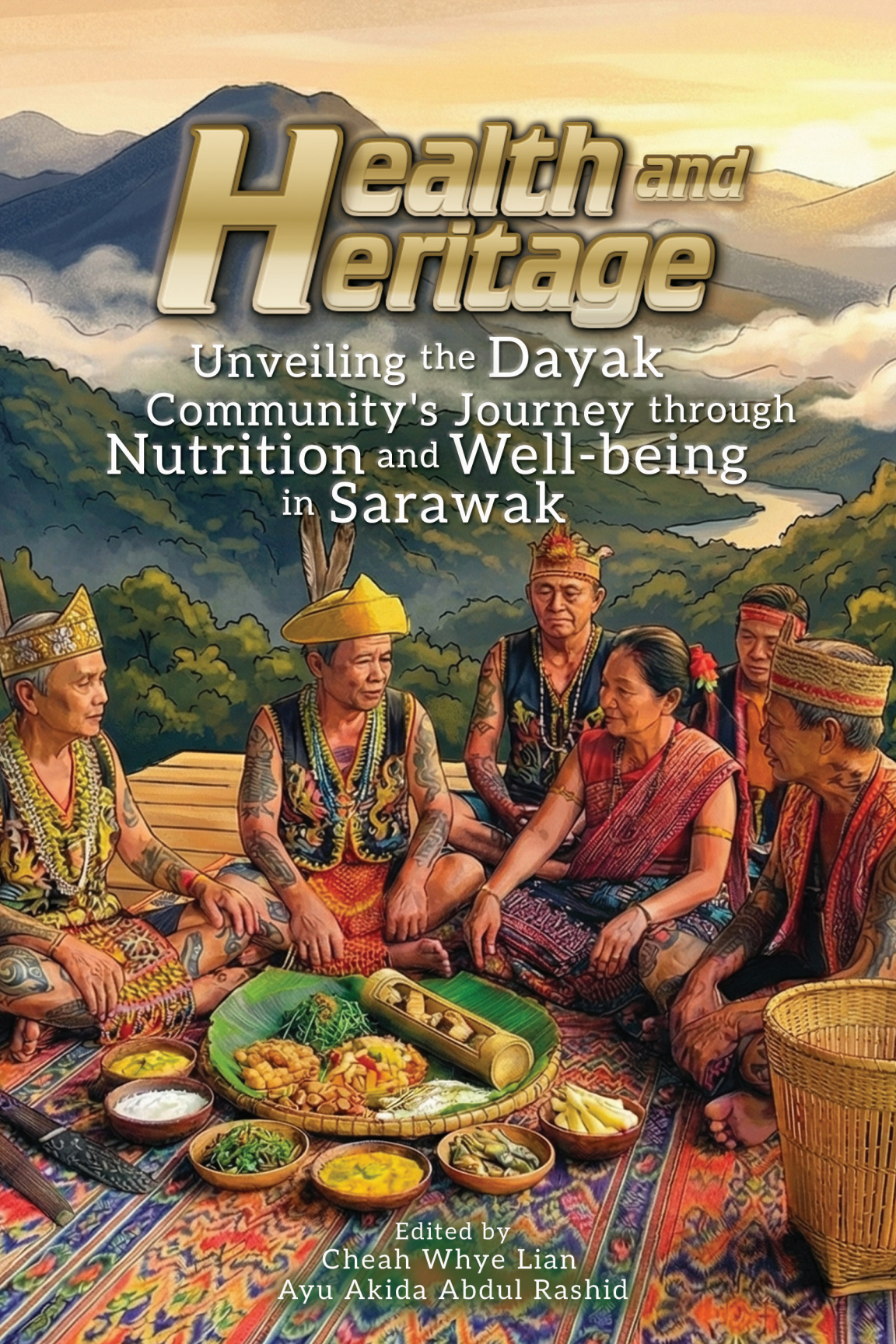
Health and Heritage

Unveiling the Dayak Community's Journey through Nutrition and Well-being in Sarawak



Edited by
Cheah Whye Lian
Ayu Akida Abdul Rashid

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Preface

In the heart of Sarawak, a narrative unfolds that bridges the past with the present, tradition with modernity, and health with heritage. "Health and Heritage" embarks on an exploratory journey into the lives of the Dayak communities, revealing how their health and nutritional practices are being reshaped in the face of contemporary challenges. This book is a comprehensive compilation of research, stories, and insights divided into five thematic parts, each shedding light on different facets of the Dayak's health and nutritional landscape.

Chapter 1 opens the dialogue on digital health literacy, emphasising its significance among the elderly Dayak, a demographic traditionally secluded from the digital revolution yet increasingly reliant on it for health information and services.

Chapter 2 delves into the heart of Dayak culinary tradition, exploring the complex relationship between the consumption of traditional foods, the advent of modern dietary habits, and their collective impact on health outcomes such as obesity and metabolic diseases.

Chapter 3 focuses on the prevalence of specific health conditions within the community, including fatty liver disease, gallstone disease, and cardiovascular risks. It examines how these conditions correlate with nutritional habits and lifestyle choices, offering a critical look at the health challenges facing the Dayak today.

Chapter 4 addresses the critical issues of food security and nutritional status, highlighting the vulnerability of the Dayak elderly and the broader indigenous communities to food insecurity and malnutrition. This section dips into the tactics utilised by these communities to traverse the intricacies of

resource availability, loss, and coping processes through cross-sectional studies and analysis.

Chapter 5 rounds off the discussion by investigating metabolic health markers, specifically adiponectin, and their association with vascular risk factors. This section underscores the importance of understanding metabolic health in the context of community-wide health assessments and interventions.

"Health and Heritage" goes beyond being a mere book; it serves as a call to action and a plea for empathy, urging readers, researchers, and policymakers to recognise and address the unique health and nutritional challenges faced by the Dayak communities in Sarawak. Through this detailed exploration, the book aims to contribute valuable knowledge to the fields of nutrition, public health, and indigenous studies, fostering a deeper understanding of how tradition and modernity coalesce in the realm of health and well-being.

Acknowledgement

First and foremost, I must thank myself for managing to complete this book before my retirement. It turns out that writing a book is a bit like running a marathon—except with more backaches from sitting too long and fewer medals. A heartfelt thanks to my co-editor, Ayu Akida, whose motivation and encouragement were pivotal in starting this book project.

To my amazing colleagues and graduate students, thank you for your invaluable contributions to the chapters of this book. Your insights, encouragement, and camaraderie have been instrumental, especially during the challenging phases of my life. Your support has been like a warm cup of teh tarik on a rainy day—comforting and essential.

A heartfelt thank you goes to my wonderful mum, whose unwavering support and years of perseverance have shaped me into the person I am today. Since the passing of my father, she has been the cornerstone of our family, guiding me with her strength and wisdom. Although she may not fully see my achievements as she once did, her influence and love are deeply woven into every page of this book. I dedicate this book to her.

Finally, here's to fulfilling a lifelong dream and proving that it's never too late to write a book. Cheers to ticking this off the bucket list!

谢伟莲

Non-Alcoholic Fatty Liver Disease and Gallstone Disease in Dayak Communities

Yew Ting Ting, Cheah Whye Lian, Koa Ai Jiun, Chow Han Bing, Ayu Akida Abdul Rashid

The Story

In a remote village nestled deep within Siburan, there lived a native man named Robert. Known for his wisdom and deep connection to the land, Robert was a respected healer who utilised the forest's resources to cure ailments. Despite his knowledge and skills, Robert began to experience persistent abdominal pain, fatigue, and a yellowish tint to his skin. Concerned, he decided to seek medical attention, realising that his condition was beyond his own remedies.

Robert travelled to the nearby town, Tapah, where a medical clinic had recently been set up. Dr. Julia, a compassionate and knowledgeable doctor, examined Robert thoroughly. She conducted several tests, including a blood check-up, and performed an ultrasound. It revealed that Robert had a fatty liver along with multiple gallstones. Dr. Julia explained that these conditions required immediate attention with a comprehensive treatment plan in the hospital.

Dr. Julia outlined a two-fold treatment plan for Robert. First, she prescribed medication to relieve the abdominal pain and reduce the liver inflammation. She also recommended a low-fat, high-fibre diet to help manage his fatty liver and prevent further gallstone formation. Additionally, she scheduled Robert for a minimally invasive procedure called endoscopic retrograde cholangiopancreatography (ERCP), a minimally invasive procedure, to remove the gallstones at Sarawak General Hospital (SGH).

A few days later, Robert went to the SGH. He was reviewed by the surgeon, Dr. Ehla, who then scheduled him for

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Cheah Whye Lian is a Professor of Nutrition at the Department of Community Medicine and Public Health, Faculty of Medicine and Health Sciences. She holds a degree in Nutrition, a Master's in Public Health, and a Ph.D. in Community Nutrition. Cheah's research focuses on nutrition and well-being from childhood to adulthood, specializing in community settings. She is skilled in quantitative, qualitative, and mixed-methods research. Her work includes studies among Sarawak's indigenous groups, exploring cultural and health behavior interactions, particularly among the Iban and Bidayuh communities. She has co-established a research cluster on health and well-being under the Institute of Borneo Studies.



Ayu Akida Abdul Rashid is a senior lecturer at the Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (UNIMAS), and a research fellow at the Malaria Research Centre, UNIMAS. She holds an MD and an MPH, with interests in family, mental, and community health. Ayu co-edited "Health and Heritage: Unveiling the Dayak Community's Journey Through Nutrition and Well-being in Sarawak" with Professor Dr Cheah Whye Lian, whose leadership she greatly appreciates. She thanks all chapter authors for their dedication. Passionate about public health, Ayu believes in teamwork, creativity, and humor. Through research, teaching, and editorial work, she is committed to advancing community well-being and fostering positive change.

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