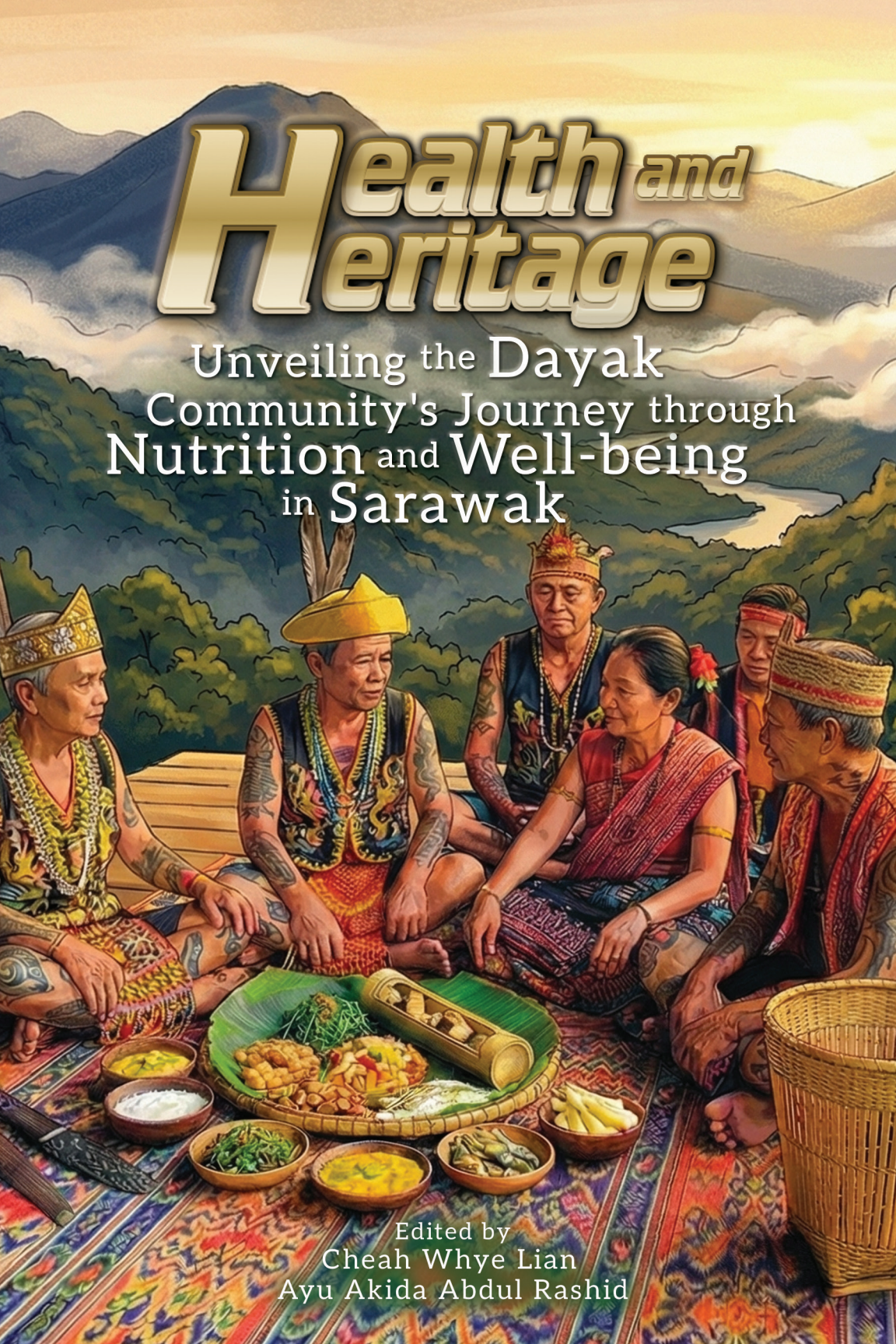
Health and Heritage

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

Cardiovascular Risk Factors and Association with Increased Carotid Intimal Thickness Among Dayak Communities in Sarawak

Koa Ai Jiun, Cheah Whye Lian, Yew Ting Ting, Mazlifah Ahadon, Ayu Akida Abdul Rashid

The silent warning : Carotid plaque

Dr AM was just finishing her shift at the emergency department when a patient, Mr John, was wheeled in. The 45-year-old man appeared dazed, his speech slurred, and he couldn't lift his right arm. His wife, standing by his side, was frantic. Dr AM quickly examined Mr John. His face drooped on one side with paralysis of the right arm, a clear sign of stroke. "We need a CT scan of the brain," she ordered, recognising the urgency.

As the imaging result came in, Dr AM's suspicions were confirmed: Mr John had suffered an ischaemic stroke, where a blood clot blocked the flow of oxygen to part of his brain. But the question remained – why had this clot formed in the first place? To find the source, Dr AM decided to order a carotid ultrasound, which checks for the blockages in the arteries that supply the brain. The radiologist turned to Dr AM. "There's a significant plaque buildup in the left carotid artery, and it's narrowing the artery quite a bit". The plaque, made of fatty deposits, had built up over time due to Mr John's high cholesterol, hypertension and sedentary lifestyle. These risk factors had slowly narrowed his carotid arteries, but it was the sudden rupture of the plaque that led to the clot and, ultimately, the stroke. Dr AM turned to Mr John and his wife. "This is a serious condition. The plaque in the carotid artery caused the stroke, but with proper treatment and lifestyle changes, we can prevent another one."

So, what is carotid plaque? And how does it cause a stroke?

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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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One tree planted for every book published