



PERSATUAN PEMAKANAN MALAYSIA (NUTRITION SOCIETY OF MALAYSIA)

Registered under the Society's Act 1966 (Reg. No.189/85 WP) on 4 September 1985

Registered Office

Division of Human Nutrition, Institute for Medical Research,
Jalan Pahang, 50588 Kuala Lumpur, Malaysia
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16th NSM Council

(2016-2018)

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Mohd Taib, FNSM
Dr Roseline Yap Wai Kuan
Dr Wong Jyh Eiin
Dr Hanis Mastura Yahya

Affiliations



Southeast Asia Public Health
Nutrition (SEA-PHN) Network



Confederation of Scientific and
Technological Associations of
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Federation of Asian
Nutrition Societies



International Union of
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NSM Council Report 2016

The Nutrition Society of Malaysia turned 31 in 2016! Towards achieving its goal, NSM continued to be active in implementing activities targeted at promoting nutrition science as well as healthy nutrition for Malaysians. The Society expresses its sincere gratitude to various partners in enabling these activities to be successfully implemented, especially the Ministry of Health, and fellow professional bodies such as Malaysian Association for the Study of Obesity (MASO), Malaysian Pediatric Association (MPA), Malaysian Dietitians' Association (MDA), as well as the Society's corporate partners without whom the various programmes would not have been successfully implemented.

One of the major NSM activities for 2016 was organizing the 31st Annual Scientific Conference in Istana Hotel from 31 May- 1 June 2016 with the theme "Better Nutrition, Healthier Malaysian", which was the prime nutrition scientific meeting for nutritionists, dietitians and related health care professionals in the country. Other scientific meetings organised include the pre-conference symposium on dietary fibre, drivers of consumer food choices, roundtable discussion on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses, a closed door experts roundtable discussion on probiotics science and a probiotic evening symposium.

NSM celebrated the 15th year of Nutrition Month Malaysia (NMM) programme, held on the 6-10 April 2016 in 1 Utama Shopping Centre, which included the publication of the official NMM 2016 "Eat Smart, Get Fit, and Feel Great. A series of educational articles with focused topics for the whole family were published in several newspapers and magazines. Other nutrition promotion programmes implemented include the Healthy Kids Programme, Positive Parenting Programme, MyNutriBaby programme, Mi-Care Nurse Training programme and the Cooking from the Heart programme.

The publication of the Malaysian Journal of Nutrition was on schedule with three issues of Volume 22 (I, II & III) being published in 2016. All articles published in MJN have also been made accessible on NutriWeb.

Council members continued to serve and provide expert input in various Technical Committees of the Ministry of Health Malaysia which are tasked with preparing various food and nutrition regulations, action plans and guidelines. These included the NCCFN, Food Regulations Committee, TWG on Nutritional Guidelines, TWG on Nutrition Research, TWG on Health Promotion and Codex Sub-Committees.

The year 2016 has been another fruitful year for the Society, with many successful projects while some are being completed. A summary of these activities is given in Table 1 at the end of this report.

Several important new initiatives began in 2016 and will continue in 2017. A landmark development will be the 1st Southeast-Asia Public Health Nutrition Conference organized by NSM from 14-17 May 2017. Another significant milestone is the planned initiation of the NSM Malaysian Nutrition Leadership Programme (MyNLP). A new recipe book, focusing on oats is in full preparation for launching in first quarter of next year. Two new collaborations that will carry into next year is the Early Nutrition eAcademy - South East Asia (ENeA - SEA) and the Nutrition & Behaviour Modification for Picky Eaters Programme.

1. NSM ANNUAL GENERAL MEETING, 25 MARCH 2016

The 31st AGM took place on 25 March 2016 at Seri Pacific Hotel, Kuala Lumpur and was attended by 45 members. During the meeting, the minutes of the 30th AGM, the NSM Council Report 2015 and the Treasurer's Report 2015 were adopted without any major issues.

A Nutrition Update was also held in conjunction with the 31stth AGM. Ms Raja Zalina Raja Safran representing FMM was the invited speaker to give a talk entitled "Responsible Marketing: Changing our F&B Advertising in Children".

The 16th NSM Council was also elected during the AGM. The elected Council are as follows:

President	Dr Tee E Siong
Vice President	Emeritus Prof Dr Mohd Ismail Noor
Honorary Secretary	Prof Dr Norimah A Karim
Honorary Treasurer	Dr Zaitun Yassin
Honorary Asst Secretary	Dr Mahenderan Appukutty
Council Members	AP Dr Mohd Nasir Mohd Taib
	Dr Roseline Yap Wai Kuan
	Dr Hanis Mastura Yahya
	Dr Wong Jyh Eiin

Two honorary auditors were also elected. They are Assoc Prof Datin Dr Safiah Mohd Yusof and Dr Gan Wan Ying.

2. NSM COUNCIL MEETINGS

The 16th NSM Council held nine meetings from Apr 2016 till February 2017, Table 2 shows the attendance all Council members at the meetings.

Table 2: Attendance at NSM 16th Council Meetings (April 2016 – Feb 2017)

Council Member	Total*
Dr Tee E Siong	9/9
Emeritus Prof Dr Mohd Ismail Noor	6/9
Prof Dr Norimah A Karim	8/9
Dr Zaitun Yassin	6/9
Dr Mahenderan Appukutty	7/9
Assoc Prof Dr Mohd Nasir Mohd Taib	7/9
Dr Roseline Yap	7/9
Dr Wong Jyh Eiin	9/9
Dr Hanis Mastura Yahya	6/9

* Apologies and reason(s) were given by Council Members who were not able to attend the Council Meetings

NSM MEMBERSHIP

The total NSM membership as of 31 December 2016 is shown in Table 3 below.

Table 3: NSM Membership in Year 2015 and 2016

Category of Membership	Number of members	
	Dec 2016	Dec 2015
Honorary	1	1*
Fellow	33	31
Life	197	144
Ordinary	962	894
Associate	167	165
Corporate	14	14
Total**	1340	1217

* Founding President of NSM, Dr Chong passed away.(elected in the 1990's)

** The total is excluding the Honorary and Fellow Members.

Corporate Membership

The numbers of Corporate Members are 14 members as at the end of December 2016, namely:

No	Corporate Members	Membership No
1.	Abbott Laboratories (M) Sdn Bhd	C 1409
2.	Ace Canning Corporation Sdn Bhd	C 1116
3.	Ajinomoto (Malaysia) Berhad	C 140
4.	Amway (Malaysia) Sdn Bhd	C 201
5.	Danone Dumex (M) Sdn Bhd	C 61
6.	Dutch Lady Milk Industries (M) Sdn Bhd	C 898
7.	Fonterra Brands (M) Sdn Bhd	C 1879
8.	Kellogg South East Asia Sdn Bhd	C 853
9.	Mead Johnson Nutrition (M) Sdn. Bhd	C 1870
10.	Meat & Livestock Australia	C 597
11.	Nestle Products (M) Sdn Bhd	C 030
12.	Pepsico International (M) Sdn Bhd	C 675
13.	Ultraworks Sdn Bhd	C 1912
14.	Unilever (M) Holdings Sdn Bhd	C 827

3. NUTRITION MONTH MALAYSIA 2016

The Nutrition Month Malaysia (NMM) programme is a collaborative effort between fellow professional bodies, namely, NSM, MDA, and MASO with the support of Nutrition Division of the Ministry of Health. It started in 2002 and was launched by YB Dato Seri Liow Tiong Lai, Minister of Health Malaysia, in conjunction with the launch of Resipi Sihat, Pilihan Bijak, Volume 2.

The objective of the programme was to promote greater awareness and practice of healthy eating, in line with the Government's efforts to build healthy families as the cornerstone for a healthy nation. It is meant as an extension of the Ministry of Health's Healthy Lifestyle Campaign. A National Steering Committee, which comprised representatives from the respective professional bodies, spearheaded the NMM. VersaComm Sdn Bhd was the NMM Secretariat. The Steering Committee was chaired by Dr Tee E Siong, President of NSM. For NMM 2016, the

focus was on the healthy wellbeing of the family with the theme: Eat Smart, Get Fit, and Feel Great.

Highlights of activities for 2016

Nutrition Month Malaysia (NMM) organized a 4-day family carnival on 6-10 April 2016 at the 1 Utama Shopping Centre. Activities carried out included:

- Publication of Official NMM 2016 Infographic Kit : Eat Smart, Get Fit, and Feel Great.
- A series of educational articles with specific focused topics on, nutrition and healthy lifestyle were published in several newspapers and magazines, in Bahasa Malaysia, English and Chinese.
- Community activities in all States by State Health Departments.
- Nutrition and health awareness exhibitions and activities by other agencies.

Towards the end of the year, the first meeting of the Steering Committee (SC) for NMM was called to discuss activities for 2017. A marketing kit was prepared and sponsorship invitations for NMM 2017 was sent out to several companies who have been supporting NSM in its activities in the past. As of December 2016, progress has been made in the preparation for NMM 2017.

With a broad-based focus on healthy lifestyle, the theme of NMM 2017 is: Eat Smart + Move More = Recipe for Healthy Family. There has been a major change in the format for this year's NMM. It will however continue to have a broad coverage of activities for various target groups in the Malaysian community. NSM Members are urged to help promote NMM in their work place, amongst their families and friends and in all channels. NMM 2017 is at an advanced stage of preparation. The official launch shall be on 22 April 2017 by the Deputy Minister of Health.

More information regarding NMM and all educational materials published by the programme are available at the NMM website :<http://nutritionmonthmalaysia.org.my>.

4. The 31stNSM SCIENTIFIC CONFERENCE, 31 MAY-1JUNE 2016

NSM marked its 31st anniversary at its annual scientific conference, themed ""Better Nutrition, Healthier Malaysians"". The conference provided a platform to share research and intervention activities that contribute towards promoting optimal nutrition for future generations. Recognising that undernutrition still exists among some segments of Malaysians, while other groups are faced with the NCDs associated with overnutrition, no stone must be left unturned to look for ways and means to promote future generations of healthier Malaysians.

The conference was declared open by YBhg Dato' Seri Dr Hilmi Hj Yahya Deputy Minister of Health. The conference was attended by about 360 participants and featured 32 oral presentations by local and international speakers, including the Young Researcher's Symposium. More than 150 scientific posters were displayed, covering a wide variety of research topics. In anticipation of the full enforcement of the Allied Professional Act 2016, the conference also held the "Meet-the-Experts" session: Implementation of the Allied Professional Act 2016. This session provided a platform for nutritionists to ask questions and seek answers to any queries they had about the Allied Professional Act 2016. Facilities were also provided at the conference to enable participants to pre-register as a nutritionist.

The winners for the oral presentations at the Young Investigators' Symposium were:

FIRST PRIZE (RM300 CASH + CERTIFICATE)

Name : **Koo Hui Chin**
Title : *The Great-Child Trial: A quasi-experimental intervention to improve knowledge, attitude and practice (KAP) towards whole grain among overweight/obese schoolchildren in Kuala Lumpur, Malaysia*
Supervisor : Prof Dr Ruzita Abd Talib & Prof Dr Poh Bee Koon
Institution : Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

SECOND PRIZE (RM200 CASH + CERTIFICATE)

Name : **Devanthini Dewi A/P Gunasekaran**
Title : *Juara Sihat: Effectiveness of a school-based childhood obesity nutrition education programme with intervention on eating habits and physical activity in Kuala Lumpur, Malaysia*
Supervisor : Prof Dr Ruzita Abdul Talib, Assoc Prof Dr Nik Shanita Safii, Dr Mahadir A & Prof Dr Poh Bee Koon
Institution : Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

THIRD PRIZE (RM100 CASH + CERTIFICATE)

Name : **Farah Nadira Binti Ahmad**
Title : *Screening of aflatoxin M1 metabolite in urine samples among residents in Terengganu, Malaysia*
Supervisor : Assoc Prof Rosita Jamaludin, Assoc Prof Dr Norhaizan Mohd Esa & Dr Mohd Redzwan Sabran
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor DE

CONSOLATION PRIZE (RM50 CASH + CERTIFICATE)

Name : **Lim Ying Jye**
Title : *Prevalence of functional constipation and symptoms characteristics among students in Universiti Putra Malaysia*
Supervisor : Assoc Prof Dr Rosita Jamaludin, Chieng JY, Assoc Prof Dr Hazizi Abu Saad, Yap P & Rajesh P
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor DE

Name : **Oui Pek Geik**
Title : *Prevalence of malnutrition, soil-transmitted helminth infection and anemia among aboriginal children aged 1 to 6 in Gua Musang, Kelantan*
Supervisor : Dr Razalee Sidek & Ahmad Faris A.
Institution : School of Chemical Sciences and Food Technology, Faculty of Science and Technology, Universiti Kebangsaan Malaysia, Bangi, Selangor DE

The winners for Poster presentations by undergraduate students were:

FIRST PRIZE (RM200 CASH + CERTIFICATE)

Name : **Ng Yeng Yi**
Title : *Dietary carbohydrate quality is associated with total and LDL cholesterol among young Malaysians*
Supervisor : Dr Sangeetha Shyam
Institution : Department of Nutrition & Dietetics, International Medical University, Kuala Lumpur

SECOND PRIZE (RM150 CASH + CERTIFICATE)

Name : **Lee Yong Zhuan**
Title : *Association between anthropometric indices and birth weight with blood pressure among Malay adolescents.*
Supervisor : Prof Dr Poh Bee Koon
Institution : Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

THIRD PRIZE (RM100 CASH + CERTIFICATE)

Name : **Joyce Tee Ying Hui**
Title : *Factors associated with picky eating among preschoolers aged 4 to 6 years in Petaling Perdana, Selangor.*
Supervisor : Dr Gan Wan Ying
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor DE

CONSOLATION PRIZE (RM50 + CERTIFICATE)

Name : **Nik Nuramalina Izati Binti Zulkifle**
Title : *Development and evaluation of 3E (education, enjoyable, engaging) interactive games module as a nutrition education tools among school children age 10 to 12 years old*
Supervisor : Dr Hanis Mastura Yahya, Dr Razinah @ Mohd Sharif, Prof. Dr Ruzita Abdul Talib
Institution : Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

Name : **Saadiah Binti Abu Bakar**
Title : *Inhibitory effects of pancreatic lipase, α -amylase and α -glucosidase in *Lasiacpinosa* in vitro*
Supervisor : Dr Nurul Husna Shafie
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

Name : **Nur Amalin Binti Juhari**
Title : *Factors associated with cognitive performance of preschoolers in KEMAS kindergarten, Petaling Perdana District, Selangor*
Supervisor : Dr Chin Yit Siew
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

Name : **Er Ying Ting**
Title : *The associations between platescapes, foodscapes and dietary intake among road transport department staffs in Muar, Johor.*
Supervisor : Assoc Prof Dr Rozita Jamaluddin
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

Name : **Chang Shi Qing**
Title : *Comparison between pomelo [Citrus grandis (L.) Osbeck] flavedo and albedo as source of potent antioxidant.*
Supervisor : Assoc. Prof. Dr Azrina Azlan
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

Name : **Chan Kai Sze**
Title : Validity and acceptability of image-based food record in assessing nutrient intake among undergraduates
Supervisor : Dr Chin Yit Siew
Institution : Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

4.1 NSM Prizes 2016

Local universities conducting undergraduate and postgraduate courses in Nutrition were invited to nominate a maximum of two candidates, who completed their thesis projects in the area of Human Nutrition, for each category of the NSM Prizes.

For the year 2016, five Postgraduate Prizes namely two for PhD thesis and three for MSc thesis with a total cash award of RM4,250. Three undergraduates received Undergraduate Prizes with a total cash award of RM1,500. The total cash award given for 2016 was RM5,750.

The NSM Post-Graduate Prizes (PhD) were awarded to (RM1000 CASH + CERTIFICATE):

1. **Dr Chong Pei Nee**

Body composition, metabolic phenotype and environmental factors in relation to obesity related gene polymorphisms among Malay children.

Supervisor: Prof Dr Poh Bee Koon

*Co-supervisors: Emeritus Prof Dr Mohd Ismail Noor & Prof Dato Dr Wan Zurinah Wan Ngah
Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur*

2. **Dr Tiew Kee Fong**

Efficacy of a plate model on glycaemic control among individuals with type 2 diabetes mellitus.

Supervisor: Assoc Prof Dr Chan Yoke Mun

Co-supervisors: Assoc Prof Dr Loke Seng Cheong & Prof Dato' Dr Lye Munn Sann

University: Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor

Two Post-Graduate Prizes (MSc) were awarded to the following candidates (RM750 CASH + CERTIFICATE):

1. Chong Kar Hau

Association between adiposity and physical activity with cognitive function among young Malay adolescents in Kuala Lumpur.

Supervisor: Prof Dr Norimah A. Karim

Co-supervisors: Prof Dr Poh Bee Koon & Dr Ponnusamy Subramaniam

Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

2. Nur Nadia Mohamed

Association of second-hand smoke exposure with maternal nutritional status.

Supervisor: Assoc Prof Dr Hamid Jan Jan Mohamed

Co-supervisors: Assoc Prof Dr Azizah Othman

University: School of Health Sciences, Universiti Sains Malaysia

3. Hiew Chu Chien

Development and validation of a questionnaire on knowledge, attitude and practice on healthy lifestyle for Malaysian adolescents in school hostels.

Supervisor: Dr Chin Yit Siew

Co-supervisors: Assoc Prof Dr Mohd Nasir Mohd Taib & Assoc Prof Dr Chan Yoke Man

University: Faculty of Medicine & Health Sciences, Universiti Putra Malaysia

Three Under-Graduate Prizes were awarded to the following candidates (RM500 CASH + CERTIFICATE):

1.1 Chen Yoke San

Development and usability of an electronic food diary to assess dietary intake among young adults.

Supervisors: Dr Won Jyh Eiin & Dr Nor Effendy Othman

University: Nutritional Sciences Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

2.1 Rebecca Wong Leh Ping

Association of dietary and lifestyle behavioural practices and quality of life among Malay survivors of breast cancer in Kelantan.

Supervisor: Dr Foo Leng Huat

University: School of Health Sciences, Universiti Sains Malaysia

3.1 Chai Wen Shin

Factors associated with food neophobia and fruit and vegetable consumption among pre-schoolers in Kuantan.

Supervisor: Dr Gan Wan Ying

University: Faculty of Medicine & Health Sciences, Universiti Putra Malaysia

4.2 NSM Publication Prize 2016

The NSM with financial support from a Corporate Member of the Society has continued to offer the NSM Publication Prize to help promote local research in nutritional sciences. Three categories of NSM prize were offered in 2016, namely maternal nutrition; dairy nutrition and bone health, sponsored by Fonterra Brands (M) Sdn Bhd.

Maternal nutrition

Name of recipient: Nurzalinda Zalbahar @ Zabaha [O 1765]
Faculty of Medicine & Health Sciences, Universiti Putra Malaysia
Publication: Association of parental body mass index before pregnancy on infant growth and body composition: Evidence from a pregnancy cohort study in Malaysia
Obes Res Clin Pract (2015) <http://dx.doi.org/10.1016/j.orcp.2015.08.002>

Name of recipient: Yang Wai Yew [L 1256]
School of Health Sciences, International Medical University
Publication: The Family Diet Study: A cross-sectional study into the associations between diet, food habits and body weight status in Malay families
J Hum Nutr Diet. doi: 10.1111/jhn.12356

5. NSM PUBLICATIONS

5.1 Malaysian Journal of Nutrition (MJN)

All the issues of the Malaysian Journal of Nutrition (MJN) for the years 2016-2017, comprising volumes 22 and 23 were all published on schedule. From volume 16 onwards, the number of issues per year has been increased to three. Emeritus Prof Dr Khor Geok Lin continues to serve as Editor of the journal. In addition to contributions by members of NSM, the journal also has several articles from foreign nutritionists. We invite all Asian nutritionists to submit articles for publication in our journal (write to: geoklin_khor@imu.edu.my). NSM does not impose any publication charges. MJN has been indexed in the Elsevier's database of the Scopus (EBiology and ECare Scopus), WHO West Pacific Region Index Medicus (WPRIM) database and recently accepted at Pubmed/Medline database. All MJN issues can be viewed, free of charge, as pdf files on the NSM website: <http://nutriweb.org.my/publications/mjn>. It is noted that MJN become top 5 Malaysian peer reviewed journal based MyCite under Ministry of Education.

Prof Khor has proposed that MJN should change to a modern online management system such as Scholar One and this system is globally recognized as industry standard. She has been in discussions with Scholar One and the first year of payment is expected to be around USD5,800. NSM Council has agreed to her proposal and is prepared to invest in this upgrading to bring MJN to a higher level of professional standard.

The Council congratulates Emeritus Prof Khor Geok Lin, the Editor of MJN and the editorial board for doing a great job and bringing MJN to greater heights. Council extended the Chief Editor position for Prof Khor until 2017.

5.2 Berita NSM

The Berita NSM, or NSM newsletter, is published once a year. The latest issue for 2016-2017 has been published and is available to members through the NSM website (www.nutriweb.org.my). The issue contains news and information on all NSM activities carried out each year. The Berita NSM is managed by a small Publication Committee chaired by Dr Tee E Siong and comprising of Prof Dr Norimah A. Karim and Dr Mahenderan Appukutty. Members are encouraged to submit articles for Berita NSM. The Berita NSM has been uploaded onto the website.

5.3 NSM series of recipe books and others

In an attempt to provide consumers with actual practical examples of healthier recipes, NSM has produced 2 series of recipe books. These recipe books had modified recipes with healthier ingredients and cooking methods. Titled *Resipi Sihat, Pilihan Bijak* (Healthful Recipes, Wise Choice) Volumes 1 and 2, they were published two decades ago. They were hugely popular and

after several re-prints, NSM has stopped printing the book. There are no more copies of these two books.

A second series of recipe books were published commencing 4 years ago. Volume 1 of Nutritionists' Choice Cookbook (NCC), was launched in March 2011. The book contains more than 60 recipes and aims to provide useful tips and nutrition information to help mothers prepare healthier meals for their infants and young children. Volume 2 of NCC was published in late 2012 and provided 60 recipes for all the family.

NSM launched the first volume of the third series of healthy recipe books in June 2015. This series is to encourage children to be involved in preparing meals. The first volume of this series, titled "Junior Chef Cookbook: Let's Play Healthy Cooking" was launched at the NSM 30th Scientific Conference.

The cookbook, which is targeted for young children between the ages of 5 and 10 years (and their parents), features 35 fun and easy-to-prepare recipes for children to explore on their own or under adult supervision. Each recipe has major nutrient content analysis and comes with additional healthy eating tips. The cookbook also features principles of healthy eating and cooking methods as well as practical step-by-step methods of food preparation. NSM encourages parents to find time to cook together with their children and, at the same time, teach them the basics of healthy eating. Children who play a part in preparing their own meals with the help of their parents not only eat better, but healthier too.

Sale of these publications, as evident from table below, have declined significantly. We need to find new ways of promoting the books. NSM members are urged to help promote the book to the community, especially when giving talks and/or during other health events. Members are encouraged to contact the President for bulk purchases of this and other recipe books at discounted prices.

NSM continues to re-print and sell the Recommended Nutrient Intake (2005), and Malaysian Dietary Guidelines (2010). This is with the intention of providing wider dissemination of these two publications. These books are now being sold through Council Members who are also lecturers in their respective universities. Members who need these books can contact the President or the Hon. Secretary.

TABLE 4: SALES RECORDS FOR NUTRITIONISTS' CHOICE COOKBOOK AND JUNIOR CHEF COOKBOOK

	No. of copies		Money collected (RM)	
	2015	2016	2015	2016
Resipi Sihat vol 1	552	34	5,520	340.00
Resipi Sihat vol 2	25	22	2,940	264.00
Nutritionists' Choice vol 1	2,282*	394	27,420.00	4,724.16
Nutritionists' Choice vol 2	1,013	338	10,324.00	3,377.60
Junior Chef Cookbook vol 1	503	99	5,295.00	990.00
Money collected	NA	NA	53,514.00	9,695.76

*The Public Health Institute purchased 12,000 copies of Nutritionist's Choice Cookbook vol 1 in 2015 to be distributed to participants of a national survey they are conducted. As the budget available was limited, the book was sold to PHI at cost price, with no profit.

6 NUTRIWEB (www.nutriweb.org.my)

NSM's official website, Nutriweb, is still being maintained and is served as a useful source of information to members of NSM, other professionals, and the public. Publications of the NSM, eg W@H manual on women, variety of educational leaflets and articles, and all Nutrition Month Malaysia publications were all mounted on Nutriweb for easy access to all Malaysians.

To date, all issues of the Malaysian Journal of Nutrition has been uploaded onto the website. All articles are in PDF format. The MJN can be accessed via the following link:
<http://nutriweb.org.my/publications/mjn>

Nutriweb also serves to alert members of any upcoming scientific events and meetings locally and globally.

7 NSM EDUCATION FUND

In the year 2016, there was no NSM education fund was granted to members.

8 NSM MALAYSIAN NUTRITION LEADERSHIP PROGRAMME (MyNLP)

It is imperative that adequate resources be made available for the effective implemented of the identified programmes and activities of the National Plan of Action for Nutrition III (NPAN) of Malaysia (2016-2025). Availability of well-trained human resources, including strengthening institutional and community capacity for nutrition is crucial for successful execution of the NPAN. The Nutrition Society of Malaysia (NSM) has contributed significantly towards the development of NPAN of Malaysia since the 1990s. The NSM is committed to contribute towards the effective implementation of the NPANM III (2016-2025). To this end, the NSM is organising the Malaysia Nutrition Leadership Programme (MyNLP) to establish a critical mass of able leaders in nutrition in the country. The programme is been planned to be conducted in collaboration with several relevant stakeholders, and DuPont Nutrition & Health has confirmed partnering NSM in this programme.

First of its kind in the country and a milestone development of the NSM, MyNLP is expected to be launched in 3rd quarter of 2017. NSM recognises there is a need to enhance leadership skills and foster greater communication and networking among young nutrition professionals (who are in the early-mid career). Therefore MyNLP is conducted to provide knowledge and skills towards enhancing leadership competency among nutrition professionals.

The Nutrition Leadership Programme aims to assist the development of future leaders in the field of human nutritional sciences in Malaysia through proper training. It is hoped that the programme will be able to connect and provide networking opportunities among food and nutrition professionals across the country. The programme will focus on four core components, namely teambuilding, personality, communication and leadership.

If you are a "young" nutritionist, look out for invitations on Nutriweb to join the MyNLP in 2017! For a small fee, participants will benefit from four core components delivered during a 5-full day training session, namely teambuilding exercise, lectures, interactive workshops and discussions.

9 NSM-CEREAL PARTNERS WORLDWIDE, MyBreakfast STUDY

NSM collaborated with Cereal Partners Worldwide and Nestle in conducting a research on breakfast consumption and wholegrain intake among Malaysian children, aged 6-17 years. The primary objective of the research is to determine the types of foods and beverages consumed at breakfast by Malaysian children and adolescents as well as to evaluate the contribution of breakfast foods and beverages to the nutrient intake. The secondary objective is to determine the food categories for whole grain sources. A number of other parameters were also collected in this nationwide study that included over 8000 children, including daily nutrient intake, weight and height measurements and physical activity level.

The entire project has been completed. NSM organized a seminar to disseminate the results in December 2015, which was attended by more than 300 participants. Two articles from the research were published in PlosOne and BMC Public Health in 2015. Two articles have been accepted for publication in 2017; one in Asia Pacific Journal of Clinical Nutrition and another in Food & Nutrition Research. MyBreakfast Study plans to publish a series of paper to MJN in 2017.

10 SCIENTIFIC SEMINARS AND CONFERENCES

10.1 Pre conference symposium: Nutrition & Health Benefits of Fibre

The Nutrition Society of Malaysia organised a pre-conference symposium titled “Nutrition & Health Benefits of Fibre in conjunction with the 31st Scientific Conference of NSM. The symposium was supported Tate & Lyle Singapore. The half-day symposium was held on 30 May 2016 at Istana Hotel, Kuala Lumpur. The symposium featured three regional and international speakers who provided in depth look into the physiology and health effects of dietary fibres. Ms Koo Pei Fern from Tate and Lyle Singapore spoke on the ‘Innovative solutions for meeting today’s public health and nutrition needs. A renowned nutrition expert, Dr Connie Weaver from Purdue University, USA talked about exploring the nutrition and health benefits of added fibre. The symposium was concluded by addressing the fibre gap by Dr Kavita Karnik from Tate and Lyle UK. Each of the presentations ended with a Q&A session.

A total of 92 participants attended the symposium. Symposium participants were mainly nutritionists and dietitians from government departments and agencies, academia, research organisations, professional bodies and food industry.

10.2 NSM participation in 38th MPA Annual Congress and Pre-Congress Workshop

Several members of NSM participated in the 38th Malaysian Paediatric Association and a pre-congress workshop, 3-6 August 2016, Malacca. NSM organised the Pre-Congress workshop 3, with the theme “Complementary Feeding – We have to get it Right”. Five NSM members presented in this half-day workshop, namely Dr Tee E Siong, Prof Zalilah Mohd Shariff, Ms Rokiah Don, Ms Rashadiba Ibrahim and Dr Tan Sue Yee.

Prof Khor Geok Lin presented in a symposium on Hot Topics in Nutrition, with the title: “Micronutrient Deficiency in the Era of Plentiful”. Dr Tee also was a plenary speaker on “Preventing Double Burden of Under- and Overnutrition among Primary School Children in Malaysia”.

10.3 Roundtable Discussion on Issues Related to Codex Committee on Nutrition and Foods for Special Dietary Uses(CCNFSDU)

NSM organised roundtable discussion session on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 8-9 September 2016, in Kuala Lumpur. The session served as a pre-CCNFSDU meeting, aimed at providing a platform for key stakeholders to discuss agenda items in the CCNFSDU sessions of common interest to countries in Southeast Asia and sharing recent scientific data related to specific agenda items.

The Roundtable Discussion was chaired by Ms Norrani Eksan, Deputy Director Food Safety & Quality Division Ministry of Health Malaysia. Dr Tee E Siong, President of NSM, served as the Convenor of the session. The session was attended by 20 participants from various sectors from four countries in the region. These include officials from Codex Contact Points, regulatory authorities, government agencies, research institutions and food industry. The session was also attended by Dr Pia Noble from the Federal Ministry of Food and Agriculture and Chair of the CCNFSDU. Mead Johnson Nutrition collaborated by providing an unconditional grant.

A wide range of topics were discussed in the session, including: Revision of the General Principles for the Addition of Essential Nutrients to Foods; Additional or Revised Nutrient Reference Values for Labelling Purposes in the Guidelines on Nutrition Labelling; Review of the Codex Standard for Follow-up Formula; Proposed NRV for additional nutrients in relation to the risk of NCD, including potassium, EPA and DHA long chain omega-3 fatty acids; Claim for “free” of Trans Fatty Acids; and definition of bio-fortification.

10.4 Closed Door Experts Roundtable Discussion on Probiotic Science: Perspectives and Challenges

NSM organised a closed-door roundtable discussion on Probiotic Science: Perspectives and Challenges on 8 November 2016 in Aloft Kuala Lumpur Sentral, in collaboration with DuPont Nutrition & Health. The roundtable discussion served as a platform for the experts, regulators and various stakeholders to share their views and experiences in the field of probiotic science. In recent years, there has been growing interests in the potential role of probiotics in conferring health benefits and for preventing disease. It is therefore important to have a thorough understanding of their efficacy and safety of use. Due to the paucity of information regarding the appropriate administrative regimens, probiotic interactions and probiotic product usage in Southeast Asia (SEA), the roundtable session was organised.

The session was attended by 22 participants, including regulatory and government agencies, researchers from academic institutions and organisations in Indonesia, Malaysia, Singapore, Thailand and Vietnam. The session was also attended by food industry leaders from several multinational companies in the region, including scientists and officials from DuPont Nutrition & Health. Dr Tee E Siong, President of NSM, moderated the session. The agenda items included 4 sessions to discuss probiotic science in 5 Southeast Asian countries: (1) probiotic research updates to further enhance understanding of scientific aspects on the health benefits and safe use of probiotics, (2) probiotic regulatory framework especially substantiation of claims, (3) discuss and share insights from industry leaders on consumer awareness and needs for probiotics, and (4) insights into prescription habits and probiotic use among health care professionals.

10.5 Symposium on Advances in Probiotic Science and Innovation

An evening symposium on advances in probiotic science and innovation was organised by MIMS Education, in collaboration with Nutrition Society of Malaysia and Digestive Health Malaysia and supported by DuPont Nutrition & Health on 8 November 2016, Aloft Kuala Lumpur Sentral. The session aimed to provide the latest scientific, regulatory and clinical updates on probiotics. Two presentations were made in this focused symposium: (1) New Science on Probiotics in Health – Asian and Global Studies by Dr Anders Henriksson, Principal Application Specialist DuPont Nutrition & Health and (2) Role of Probiotics in Managing Gastrointestinal Conditions by Assoc Prof Dr Raja Affendi Raja Ali, Consultant Physician & Gastroenterologist Head of Gastroenterology & Hepatology Unit, Universiti Kebangsaan Malaysia Medical Centre. The session was chaired by Dr Tee E Siong, President of NSM. It was attended by 100 doctors, pharmacists, dieticians and nutritionists.

10.6 9th Scientific Seminar on Drivers of Consumer Food Choices

The Nutrition Society of Malaysia co-organised a Scientific Seminar with ILSI Malaysia Country Committee on Drivers of Consumer Food Choices on the 15 November 2016 at Istana Hotel, Kuala Lumpur.

The one day seminar featured local speakers from the FMM, Ministry of Health, Taylor's University and Malaysia Advertisers Association, while international speakers were from Singapore Institute for Clinical Science and China National Centre for food safety risk assessment. A roundtable discussion on issues and challenges in improving consumer food choices through multi stakeholder approach: how can we work together? was also held. Panel members for the discussions were from MOH, FMM and NSM.

The seminar was attended by 250 participants. Symposium participants were mainly nutritionists, dietitians, the food industry, food scientists, policy makers and programme managers from government departments and agencies, academia, research organisations, professional bodies and food industry.

11 COMMUNITY NUTRITION PROMOTION PROGRAMMES INVOLVING THE NSM

NSM continued to organize several nutrition promotion programmes for the community in year 2016. Many of these projects were in collaboration with other professional societies, as well as with several corporate companies.

a. Healthy Kids Programme (HKP)

The Healthy Kids Programme in Malaysia, a collaborative education programme between the Nutrition Society of Malaysia (NSM) and Nestle Malaysia was launched in August 2010 with the objective to improve nutrition knowledge and promote a healthy lifestyle among school-going children in the country. This programme is timely in view of the significant prevalence of nutrition-related problems, such as nutrient deficiencies and obesity, among school children.

The programme consists of two phases. Phase I of HKP (research component) was a three-year longitudinal intervention study that commenced early 2011 and concluded in December 2013. It was aimed to develop and evaluate the effectiveness of a nutrition education package in improving nutrition knowledge, attitude and practice among selected primary school students in Klang Valley. The positive results obtained from the research component have clearly proven the effectiveness of the nutrition educational package.

Therefore, in line with the programme's long-term goal of rolling out the programme to benefit more students in the country, NSM and Nestlé extended the programme into its second phase (Phase II) utilising the modules developed during Phase I.

Phase II of the Programme is a three-year programme that commenced early 2014 and concluded in 2016. It involves the collaboration of the Ministry of Education by rolling out the three levels of modules to 77 selected primary boarding schools in Sarawak and Sabah. To enable effective implementation, teachers from the selected primary boarding schools who were expected to implement the nutrition modules in their respective boarding schools were trained on the use of the modules through annual Train-the-Trainer (TOT) Workshops. The three years (2014-2016) of rolling out of the HKP Level 1-3 modules successfully reached approximately 5,000 primary school children in Sarawak and Sabah.

b. Positive Parenting Programme

The Positive Parenting (PP) programme of the Malaysian Paediatric Association (MPA) celebrates 15 years of success in 2015. The NSM has been an active expert partner of Positive Parenting since its inception and has been collaborating closely with MPA and various other professional bodies, in championing matters related to maternal wellness, infant and childcare.

In the PP programme, NSM has been imparting nutritional and dietary-related knowledge on various platforms, relevant for the whole family. The PP Programme has adopted multi-faceted channels –including educational articles in major English, Malay and Chinese print dailies, the quarterly Positive Parenting Guide, parenting seminars, CPD continuous nursing educational seminars, mini-booklets, website, social media and a quarterly guidebook.

More information of the PP programme can be obtained from the official website: <http://mypositiveparenting.org>

c. Mi-CARE CPD Nurses' Training Workshop

Specialising in aspects pertaining to maternal and infant care, Mi-CARE Nurse Training Workshop has emerged to become Malaysia's largest and most authoritative CPD Nurses Programme. Mi-CARE is jointly-spearheaded by the Nutrition Society of Malaysia, Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society Malaysia (OGSM) and National Midwifery Association Malaysia.

Launched in early 2012, Mi-CARE is a nationwide, two-day programme, encapsulating various modules with latest updates and information in the field of paediatric nutrition, vaccinations & paediatric healthcare, child development, obstetrics and gynaecology, and infant care and hygiene. These modules are delivered by the nation's leading medical and healthcare professionals. Modules are highly- interactive, utilising various methods of learning such as role play sessions, clicker systems and group projects.

The NSM continues to collaborate in this programme from 2016. The modules have been revamped and educational materials in the topic of "the first 1000 days" and epigenetics. Workshops will commence in 2017.

d. MyNutriBaby (MNB) Programme

From mid-2014, Mother's Smart Choice was rebranded as MyNutriBaby (MNB), a pillar programme under the MyNutriChild initiative. Spearheaded by NSM and working in collaboration with Philips Avent, it continued to be implemented in collaboration with Obstetrical & Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and National Population & Family Development Board (LPPKN). MyNutriBaby is designed to promote breastfeeding, complementary feeding and table food.

In the effort to continue promoting good infant and young child nutrition, as well as to reach out to more modern parents, the MyNutriBaby (MNB) website now serves as an online guide to infant nutrition (www.mynutribaby.org.my). The guide is tailored to meet the needs of new mothers and covers 3 main topics: breastfeeding, complementary feeding and table foods. It is also supported by videos, downloadable aids and recipes. Articles on the site are available in both English and Bahasa Malaysia. In addition, the MNB Facebook page is regularly updated with interesting posts on infant and child nutrition as well as feeding for mothers.

In partnership with selected private hospitals, MNB also hosted over 200 new parents at MNB Day Parent Seminars featuring talks on breastfeeding and complementary feeding, as well as lactation diet for mothers where were cooking demonstrations/hands-on sessions by a professional chef and nutritionist, which proved to be popular among the parents.

MNB has demonstrated a promising potential in terms of combining digital media and on-ground activities to increase parental awareness of ideal infant feeding practices.

e. Good Gut Health Awareness

NSM collaborated with Digestive Health Malaysia and supported by Vitagen, launched a media campaign to promote good gut health awareness. The programme, launched officially on 3 June 2016, involved publication of a number of press articles on good gut health. NSM has invited NSM to partner in their programme. NSM appointed Dr Tee, Prof Norimah and Dr Mahenderan to vet through these articles prior to publication.

f. Cooking from the Heart programme

The MyBreakfast Study of over 8000 primary and secondary school children conducted by the Nutrition Society Malaysia (NSM) revealed a significant level of undernutrition and a high prevalence of overweight and obesity among the children. These findings indicate an overall lack of awareness and practice of healthy eating habits amongst the children and their caregivers. Hence, to cultivate healthy dietary habits in young children, NSM, DuPont Nutrition & Health along with the Young Chefs Academy of Malaysia jointly collaborated to organise the “Cooking from the Heart” workshop. The workshop aimed at emphasising to parents the importance of preparing healthy meals for children and to encourage parents to involve their children in preparing meals.

During the workshop, organised on 20 November 2016, a total of 20 pairs of participating parents and their kids, were given a free, fun-filled cooking and nutrition lesson. The aim was to promote healthy eating among children and to stimulate their interest in food and cooking with their parents. The fun was not just limited to the kitchen; they also took part in fun mini games conducted by the nutritionist throughout the workshop. Not only they learned new things about healthy eating but also spent quality family time they'll be talking about for years to come.

Leading in the kitchen was Chef Sarah Halim, who demonstrated how to prepare the healthy recipes while NSM Council member, Dr Roseline Yap, handled the interactive sessions. She gave practical tips on how to cook a healthy meal and conducted various interactive games. The engagement level during both the cooking and interactive session was phenomenal with a lively back and forth of questions and explanations.

g. Healthy Cooking with Oats Recipe Book

Most countries in the Southeast Asia region face similar nutrition problems, faced with a double burden of malnutrition, with persisting undernutrition and an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition. These similarities in the threat of malnutrition problems, underscores the importance for collaboration in promoting community nutrition. The need to promote consumption of healthier foods, healthier cooking methods becomes even more acute.

Recognising this, the Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up to publish the Healthy Cooking With Oats cookbook. The book focuses on Southeast Asian ethnic cuisine in Malaysia, Thailand, and the Philippines. This first-of-its-kind recipe book is a joint collaboration between nutrition professional organisations and academic institution in Southeast Asia and in collaboration with Pepsico Services Asia Ltd (Quaker). The recipe book encourages the consumption of healthier food ingredients, especially oats, and the use of healthier cooking methods, which is an important step towards healthy eating.

Volume 1 of the cookbook which will comprise 15 recipes from each of the three countries mentioned above is expected to be launched in the first quarter of 2017.

h. Nutrition & Behaviour Modification for Picky Eaters Programme

The NSM collaborating with the Malaysian Paediatrician Association and supported by an unrestricted educational grant from Wyeth Nutrition, is developing a Nutrition & Behaviour Modification for Picky Eaters (NBMPE) module. It aims to support paediatricians and general practitioners by providing the science and knowledge to educate parents concerned with their children's picky eating habits and take actions using the management plan outlined. The programme is the result of the time and effort contributed by a panel of multidisciplinary experts who have worked extensively with children in their respective clinical practice.

NBMPE is comprehensive, covering areas of development and feeding skills, nutrition, growth and counselling principles among others. NSM provided the nutritional content of the module, based on the Malaysian Recommended Dietary Intake and the Malaysian Dietary Guidelines for Children and Adolescents. Additionally, the recently launched Malaysian Healthy Plate or MyPlate is also promoted in the module to emphasize appropriate portion size of the different food groups to consume during meals, as made popular by the catchphrase 'Quarter-quarter-half' or "Suku-suku-separuh".

The NSM expert panel tasked with reviewing the module contents are Dr Tee E Siong, Dr Roseline Yap and Dr Wong JyhEiin. The modules are expected to be completed and launched in the first quarter of 2017.

12 COLLABORATIONS WITH OTHER MINISTRIES AND ORGANISATIONS

a. Technical Working Group on Nutritional Guidelines (NCCFN)

i. TWG Dietary Guidelines (NCCFN) for pregnant mothers, elderly and vegetarians

NSM council members have been actively involved in the TWG on Dietary Guidelines for pregnant mothers, elderly and vegetarians. Emeritus Prof. Ismail chairs this TWG and Dr Tee and Dr Zaitun represent NSM. Members of the TWG have been assigned specific messages to prepare supporting information. Several meetings were held over the year to discuss and fine-tune the messages and the write up of the Dietary Guideline. Other Council Members involved in the development of MDG, each representing their respective universities are Dr Tan Sue Yee, Prof Dr Norimah, Dr Mahenderan and Dr Roseline Yap.

ii. TWG for Recommended Nutrient Intake (NCCFN)

NSM council members have been actively involved in the TWG on Dietary Guidelines for Recommended Nutrient Intake. Emeritus Prof. Ismail chairs this TWG and Dr Tee and Dr Zaitun represent NSM. Members of the TWG have been assigned specific topics to prepare and update information on energy and nutrient requirements. Several meetings were held over the year to discuss and update new development and evidence with regards to the requirements of energy, macronutrients, vitamins and minerals. Other Council Members involved in the RNI write up, each representing their respective universities are Dr Tan Sue Yee, Prof Dr Norimah, Dr Mahenderan, Dr Nasir, Dr Roseline Yap and Dr Wong Jyh Eiin.

b. Allied Health Professions (AHP) Act

A Technical Working Group on Nutrition under the AHP continued its discussions on various matters related to the proposed AHP. Ms Rokiah Don, the Director of Nutrition Division of MOH, chairs the TWG. There are 11 members in this TWG and Dr Tee, President of NSM, represents NSM and served as the alternative Chair of the Working Group.

The main terms of reference of the TWG is to assist in the registration and implementation of the AHP regulations that will be gazetted now that the Act has been passed in Parliament. The WG discussed the definition of Nutritionists and the Code of Professional Conduct and Code of Ethics for this profession. A system to monitor continuing professional development of nutritionists is

also being prepared. The CPD points for nutritionists either in government or private sectors, need to follow the CPD guideline that been established by Division of Allied Health, MOH. The TWG held several meetings to discuss drafting of a regulation to implement the Allied Health Professions Act. The draft is now being coordinated by the Allied Health Sciences Division of MOH to align with the other allied health professions.

A pre-registration of nutritionists has been carried out by the Allied Health Sciences Division. This exercise was also carried out by the Division during the 31st Scientific Conference of the NSM (see above).

c. Ministry of Health Sub-committees

i. National Coordinating on Food and Nutrition (NCCFN)

NSM has been a member of the National Coordinating on Food and Nutrition (NCCFN) since its inception in 1996 and has been playing an active role in the development of various policies and national action plan. Dr Tee represents NSM in its annual meeting, chaired by the Deputy Director of Health (Public Health). The NCCFN oversees the implementation of various activities and programmes identified in the NPAN. The NPAN was launched in MOH, Putrajaya on the 29 November 2016.

NCCFN also tasked a drafting committee to review the National Plan of Action for Nutrition (NPAN) II of Malaysia (2006-2015) and prepare a revised Plan of Action for Nutrition. NPAN Malaysia III (2016-2025) was completed and launched in early December 2016. Dr Tee represented NSM in the drafting committee and editorial committee for the publication. Several other NSM Council members are also involved representing their respective institution.

ii. Technical Advisory Committee on Food Regulations

Prof Dr Norimah A. Karim and Dr Tee represent NSM in the Technical Advisory Committee on Food Regulations of the MOH. This Committee, chaired by the Senior Director of the Food Safety and Quality Division of MOH considers recommendations from the various Expert Groups of the MOH and approves regulations based on these recommendations.

Dr Tee also represents NSM in the Codex National Sub-Committee on Nutrition and Foods for Special Dietary Uses. This sub-committee discusses agenda items and prepares national position papers for meetings of the Codex Committee on Nutrition and Foods for Special Dietary Uses. The NSM is also a member of the Food Safety and Nutrition Council. Dr Tee represents NSM on the Council which holds a yearly meeting Chaired by the Minister of Health.

iii. Technical Working Group on Nutrition Promotion

Dr Zaitun Yassin and Dr Wong Jyh Eiin are alternate representatives of NSM in the Technical Working Group on Nutrition Promotion. This Committee is chaired by Ms Siti Shuhaila, MOH. The TWG group is one of the working groups under the main body of National Coordinating Committee on Food and Nutrition (NCCFN). The main aim of this TWG is to integrate and work collectively with government sectors, NGOs and private in promoting healthy eating among public.

iv. MyBFF@school and MyBFF@home

The Ministry of Health, Prime Minister's Department and Sackler Institute of Nutrition, Academy Science of New York, USA has a special intervention program for obesity in Malaysia. NSM has been invited to join the obesity intervention group. Emeritus Prof Ismail, Prof Norimah and Assoc Prof Dr Nasir have participated in the MyBFF@school and Dr Mahenderan has been involved in MyBFF@home intervention program. The program is specially prepared for different target groups whom were overweight/obese and anticipated there will be a reduction in overweight among this intervention group. A few NSM members from university are also involved in this project.

v. Obesity Task Force, Ministry of Health Malaysia

This Taskforce is chaired by Datuk Lokman Hakim, Deputy Director General of Health Malaysia (Public Health). Dr Tee represents NSM while Emeritus Prof Ismail and Prof. Norimah represent MASO and TWG Nutrition Research, NCCFN, respectively. The Task Force has met twice, with the objective of identifying the “root causes” of obesity in Malaysia and mapping out policy options to combat the problem.

d. National Diabetes Institute (NADI)

Diabetes Empowerment In Women Initiative (DEWI)

The DEWI Project is initiated by the National Diabetes Institute (NADI) which is led by Emeritus Professor Dato’ Dr. Mustaffa Embong. It involves experts from Ministry of Health, Nutrition Society of Malaysia, Malaysian Paediatrics Association, Malaysian Dietitians Association, Obstetrical & Gynaecological Society of Malaysia, and Malaysian Physiotherapy Association.

The main of the project is to empower women with pre-existing diabetes and those with pre-diabetes who are planning to conceive to take responsibility for their health before and during pregnancy so as to prevent progression of diabetes and development of complications to mother and baby during pregnancy, at delivery, and over long term

The project is carried out through a structured, pre-planned intervention to empower women with pre-existing diabetes or those with potential diabetes (pre-diabetes) to optimise management of their blood sugar levels and other metabolic abnormalities before and during as well as after pregnancy. Intervention module includes dietary education, lifestyle modification, health literacy and counselling.

A total of 10 centres been identified from major government hospitals and University hospitals in Malaysia. Around 50 subjects will be recruited in each centre. Currently, the project is at recruitment stage. The project is planned to end in 2019.

e. Early Nutrition eAcademy- South East Asia (ENeA - SEA)

The double burden of malnutrition is a major public health problem in South East Asia. Research has shown that early life nutrition, starting in the womb, contributes to this shift, through a “programming” effect on the later risk of non-communicable diseases, with major economic and societal consequences. Hence, the aim of Early Nutrition eAcademy - South East Asia (ENeASEA) project is to address these problems via an e-learning programme comprising of various modules on early nutrition, which will be developed by EU, Thai and Malaysian partners. This project funded by the European Commission and led by Ludwig Maximilian University in Munich has a total of 7 institutional partners from EU, Malaysia, and Thailand, and 2 nutrition professional organisation partners (NSM and Nutrition Association of Thailand). The major role of NSM as a consortium partner is to disseminate and encourage NSM members to be users of this e-learning programme. The development of this e-learning programme/package will commence with a kick-started meeting in March 2017 in Munich. Members are encouraged to make regular visits to nutriweb as announcements will be made there when modules are ready.

13 AFFILIATIONS IN YEAR 2016

NSM spearheaded the formation of the Southeast Asia Public Health (SEA-PHN) Network in 2014. It is also still actively affiliated with two international bodies and one national body, namely the Federation of Asian Nutrition Societies (FANS) and International Union of Nutritional Sciences (IUNS), and the Confederation of Scientific and Technological Associations in Malaysia (COSTAM).

A. SEA-Public Health Nutrition Network

Recognizing the need for a regional nutrition network focused on public health nutrition, the Southeast Asia Public Health Nutrition (SEA-PHN) Network was set up with the aim of bringing together members interested in researching, applying and promoting public health nutrition among the population in the effort of alleviating the nutrition problems in the region. Initiated by the NSM, the SEA-PHN Network was officially launched by YB Dato' Seri Dr Hilmi bin Haji Yahaya, Deputy Minister of Health on 3 June 2014, in conjunction with NSM's 29 Scientific Conference. The five nutrition societies in the SEA region which have joined the Network are: Food and Nutrition Society of Indonesia (Pergizi Pangan Indonesia), Nutrition Society of Malaysia (NSM), Nutrition Foundation of the Philippines Inc., Nutrition Association of Thailand (NAT) and Vietnam Nutrition Association (Vinutas). The five Associate members of the Network in 2016 were: Beneo GmbH, Danone Asia Pacific Holdings Ptd Ltd, DuPont Nutrition & Health, Nestle Products Sdn Bhd. and PepsiCo Asia Services Ltd.

The inaugural meeting of the SEA-PHN Network was held on 2 June 2014 in Kuala Lumpur attended by five Presidents of the 5 member nutrition societies mentioned above and representatives from 6 associate members (comprising 6 corporate companies) as well as nutrition officials from departments of health in SEA countries. The 2nd SEA-PHN Network annual meeting was successfully held in Jakarta, Indonesia on 4 June 2015, in conjunction with the International Symposium on Food and Nutrition organised by the Food and Nutrition Society of Indonesia. The 3rd Annual Meeting of the Network was held in Manila, Philippines on 26 July, 2016, in conjunction with the Symposium on Food-based Dietary Guidelines organised by the ILSI Philippines Country Committee. The fourth meeting of the Network was held in Hanoi on 21 October 2016, in conjunction with the Scientific Conference of the Vietnam Nutrition Association.

The annual meetings were attended by the 5 member societies/ associations and representatives from associate members (comprising of corporate companies) as well as nutrition officials from the departments of health in Southeast Asian countries. During the meeting, attendees shared updates on the nutrition activities carried out by each society/organisation. Council members and associate members also discussed the progress of activities/programmes being implemented as well as planning for future activities of the Network.

The 5th Annual Meeting of the Network has been scheduled to be organised on 18 May 2017, immediately after the 1st Southeast Asia Public Health Nutrition Conference in Kuala Lumpur on 14-17 May 2017.

i. SEA-PHN Network Website

The Network has established a dedicated website from 2014: <http://sea-phn.org>. It serves as a good platform for sharing of resources as all member associations and associate member corporate partners upload various publications on the website. These include research publications, journals, national policy and action plans, dietary guidelines. It also serves as a channel to announce upcoming activities. NSM members are encouraged to utilise the site to obtain publications from Malaysia as well as other countries in SEA. Users need to do a one-time registration in order to utilise the resources uploaded.

ii. Compilation of Food-Based Dietary Guidelines (FBDG)

Compilation of 6 FBDGs in the SEA region was one of the network activities initiated in year 2014. The compilation of the FBDGs consisted of methodology, format of the FBDGs in the SEA countries, grouping of key messages, comparison of similarities, differences and rationale of the key messages as well as pictorial guides used by each SEA countries. The project was completed in mid 2016 and two articles derived from this project were published in the supplement of Malaysian Journal of Nutrition, vol 22(2), August 2016. The 1st article compared the key messages of the FBDGs of 6 SEA countries whereas the 2nd article compared the pictorial guide that accompanies the FBDGs. The supplement can be downloaded from: http://www.nutriweb.org.my/publications/mjn0022_supplement/default.php

iii. Collaborative Child Nutrition Project 2016

The prevailing dual burden of malnutrition in the SEA countries justify the need to provide health and nutrition interventions to the school age children as both undernutrition and overnutrition during the school age years have detrimental impacts on the development and health of children. School children have also been found to be an appropriate target group for nutrition promotion. The Network discussed the possibility of conducting a collaborative intervention programme among school children in the region. It was agreed that the project be carried out in multi-countries of the Network using a common protocol/approach. Discussions are continuing on finalising the selection of schools and the intervention approach.

iv. 1st Southeast Asia Public Health Nutrition Conference 2017

Several Southeast Asian (SEA) countries are experiencing numerous nutrition challenges with an increasing number of them facing a double burden of malnutrition. Realising the threat, the idea behind organising the Southeast Asian Public Health Nutrition Conference was to help promote the productive exchange of information, ideas through dialogue among multiple stakeholders. Through these components, participating countries in the region would be able to coordinate their efforts in combating public health nutrition issues and implement nutrition research and effective intervention programmes.

The Nutrition Society of Malaysia, under the auspices of Southeast Asia Public Health Nutrition Network, will be organising the 1st Southeast Asia Public Health Nutrition Conference at Kuala Lumpur on 14 – 17 May, 2017, in conjunction with the Nutrition Society of Malaysia's 32nd Annual Scientific Conference.

With the theme 'Together in Advancing Public Health Nutrition', the Conference will be an important milestone in promoting public health nutrition. Being the first of its kind regionally, the conference will bring together a diverse group of stakeholders from the region to share and discuss the latest scientific knowledge, effective intervention policies and strategies to promote and sustain public health nutrition. It will also provide the platform for nutrition societies, government agencies and the private sector to engage and find ways to work together in combating public health nutrition issues. Three roundtable discussions will also be taking place during this Conference focusing on nutrition promotion programmes at school, maternal nutrition and childhood obesity.

Registration is now open and the closing date for submission of abstracts for oral or poster presentations is fast approaching. Check out the conference website at: www.seaphnconference2017.org regularly for updates.

B. International Union of Nutritional Sciences (IUNS)

The IUNS is the umbrella body that provides a network for all nutrition societies globally.

The Mission and Objectives of the International Union of Nutritional Sciences are:

1. To promote advancement in nutrition science, research and development through international cooperation at the global level.
2. To encourage communication and collaboration among nutrition scientists as well as to disseminate information in nutritional sciences through modern communication technology.

The key contacts for IUNS Secretariat are as below:

President:

Dr Anna Lartey

Secretary-General:

Prof Catherine Geissler

Secretariat of IUNS

c/o The Nutrition Society

10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

Direct Line: +44 (0)207 605 6554

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IUNS is governed by a Council of five (5) Officers and Six (6) Council Members who are elected by the general Assembly. Details of the IUNS Council and its activities are available at the homepage: www.iuns.org

In addition to other scientific activities, the IUNS organizes a 4-yearly international conference, the International Congress of Nutrition (ICN) series. The 21st ICN shall be held in Buenos Aires, Argentina, 15-20 October 2017. Information available at www.icn2017.com

Emeritus Prof. Dr Ismail is the NSM representative since we joined IUNS in 1985. Malaysia has been selected as a member of IUNS Nominating Committee who will vet through the nominations of the IUNS Council for 2017-2021 session and Prof. Ismail will represent NSM.

C. Federation of Asian Nutrition Societies (FANS)

With the successful convening of the 12th Asian Congress of Nutrition, Japan Society of Nutrition and Food Science (JSNFS) took over as the secretariat of FANS effective from May 2015.

The contact of FANS secretariat:

President

Dr.Teruo Miyazawa

Secretary General

Dr. Hisanori Kato

Attn : **Japan Society of Nutrition and Food Science**

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FANS website: <http://www.fans-nutr.asia/index.html>

The 2015 FANS Executive Council Meeting and the FANS General Assembly were also held in conjunction with the 12th ACN, on 14 and 15 May, respectively. Dr Tee and Emeritus Prof Ismail, as Council Member and Honorary Council Member, respectively, attended both meetings.

Election of FANS Executive Council for the period 2015-2019 was held during the General Assembly on 15 May 2015. President of NSM, Dr Tee was re-elected into the Council. Emeritus Prof Ismail remained as Hon. Member of the Council.

It was also confirmed during the General Assembly that the 13th Asian Congress of Nutrition shall be Bali, Indonesia, in 2019. It shall be hosted by the Food and Nutrition Society of Indonesia.

D. Confederation of Scientific and Technological Associations in Malaysia (COSTAM)

The NSM continued to be a member and the support of COSTAM activities. Dr Mahenderan Appukutty and Dr Wong Jyh Eiin are the representatives of NSM for COSTAM. The COSTAM organised the Malaysian Science & Technology Congress (2015) and COSTAM also have its own journal publication – Journal of Science & Technology in Tropics (JOSTT) that is listed in

Scopus whereby Dr Mahenderan serve as Associate Editor of JOSTT. Members are welcomed to submit papers to JOSTT. The COSTAM office is based at Pusat Sains Negara.

E. Malaysian Confederation of Allied Health Professional Associations (Konfederasi Persatuan Sains Kesihatan Bersekutu Malaysia) (MyCAHP)

NSM is also a member of this umbrella body for allied health professional associations in the country that was officially registered on 20 January 2014. The objectives of the confederation are:

- i. Protect the interests and enhance the values of the allied health professions
- ii. Make concerted efforts through mutual understanding and solidarity towards improving the quality of service delivery and health care
- iii. Spearhead the development and growth of the allied health profession

14 ACKNOWLEDGEMENTS

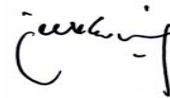
The 16th NSM Council would like to express its sincere gratitude and wish to put on record the support from members of the Society, Ministry of Health Malaysia, Ministry of Education Malaysia, academic institutions, Bodhi Vision, VersaComm Sdn Bhd, Ultraworks Sdn Bhd and other professional bodies / NGOs, and respective industries for assisting the Society in one way or another, to accomplish the Society's planned activities and milestones for the year 2016.

Prepared by:



Prof Dr NorimahA Karim
Honorary Secretary, NSM

Confirmed by:



Dr Tee E Siong
President, NSM

15 March 2017

Table 1. Summary of Nutrition Society of Malaysia projects 2016

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
A. Main NSM Publications				
1	Malaysian J of Nutrition	The official scientific journal of NSM. MJN is now indexed into several major databases	On-going, volume 22 nos. 1-3, 2016 published	Editor: Emeritus Prof Dr Khor Geok Lin
2	Berita NSM	Provides members with updates of activities of the NSM, published yearly	On-going, issue 2015-2016 published	Editors: Dr Tee E Siong Prof Dr Norimah A Karim Dr Mahenderan Appukutty
B. Contribution to Nutrition Leadership Training				
1	NSM Malaysian Nutrition Leadership Programme (MyNLP)	NSM is organising the Malaysia Nutrition Leadership Programme (MyNLP) to establish a critical mass of able leaders in nutrition in the country. Planned to be conducted in collaboration with several relevant stakeholders, DuPont Nutrition & Health has confirmed partnering NSM in this programme.	Training programme is being developed. Invitations to participate in the MyNLP shall be sent out mid 2017 and the programme is expected to take off in the 3 rd quarter of 2017	1. Chair MyNLP Technical Working Group: Dr Mahenderan Appukutty 2. Deputy Chair, MyNLP Technical Working Group: Dr Wong Jyh Eiin 3. Advisor, MyNLP Technical Working group: Dr Tee E Siong
C. Scientific Conferences/meetings Organised/Co-Organised				
1	Pre-conference symposium: 30 th May 2016. 31 st NSM Annual Scientific Conference, 31 st May-1 st June 2016, Istana Hotel, Kuala Lumpur	The symposium featured three regional and international speakers who provided an in-depth look into the physiology and health effects of dietary fibres. Supported by Tate & Lyle Provide platform to highlight nutrition issues in the country, sharing of nutrition findings and experiences and for networking and interaction of NSM members.	Successfully concluded. Title of symposium: Nutrition and Health Benefits of Fibre. Attended by 92 participants. Successfully concluded. Theme: Better Nutrition, Healthier Malaysians. Attended by 360 participants from various organisations, from different parts of the country	Organising Committee: 16 th NSM Council Members

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
2	38th MPA Annual Congress and Pre-Congress Workshop, 3-6 August 2016, Malacca	Several NSM members contributed to the symposium, plenary lecture and a dedicated pre-congress workshop on complementary foods	Successfully concluded	Contact persons: Prof Khor Geok Lin and Dr Tee E Siong
3	Roundtable Discussion on Issues Related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU), 8-9 September 2016, Kuala Lumpur	Aimed at providing a platform for key stakeholders to discuss agenda items in the CCNFSDU sessions of common interest to countries in Southeast Asia and sharing recent scientific data related to specific agenda items. Variety of topics relevant to CCNFSDU were discussed. Supported by MeadJohnson Nutrition	Successfully concluded. Attended by 20 participants from various sectors from four countries in the region, including officials from Codex Contact Points, regulatory authorities, government agencies, research institutions and food industry.	Contact person: Dr Tee E Siong who also served as convener of roundtable session
4	Closed Door Experts Roundtable Discussion on Probiotic Science: Perspectives and Challenges, 8 November 2016, Kuala Lumpur	Closed door roundtable discussion on Probiotic Science: Perspectives and Challenges, aimed at serving as a platform for the experts, regulators and various stakeholders to share their views and experiences in the field of probiotic science. Supported by DuPont Nutrition & Health	Successfully concluded. Attended by 22 participants, including regulatory and government agencies, researchers from academic institutions and organisations in Indonesia, Malaysia, Singapore, Thailand and Vietnam.	Contact person and chair of session: Dr Tee E Siong
5	Symposium on Advances in Probiotic Science and Innovation, 8 November 2016, Kuala Lumpur	This evening symposium was organised by MIMS Education, in collaboration with Nutrition Society of Malaysia and Digestive Health Malaysia. The session aimed to provide the latest scientific, regulatory and clinical updates on probiotics. Two presentations were made in this focused symposium supported by DuPont Nutrition & Health	Successfully concluded. It was attended by 100 doctors, pharmacists, dieticians and nutritionists.	Contact person and chair of symposium: Dr Tee E Siong

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
6	9 th ILSI Malaysia Country Committee Scientific Seminar on Drivers of Consumer Food Choice, 15 November 2016, Kuala Lumpur	The one day seminar featured local speakers from the FMM, Ministry of Health, Taylor's University, NSM and Malaysia Advertisers Association, while international speakers were from Singapore Institute for Clinical Science and China National Centre for food safety risk assessment. A roundtable session discussed issues and challenges in improving consumer food choices through multi stake holder approach.	Successfully concluded. The seminar was attended by 250 participants, most of whom were nutritionists, dietitians, doctors, food scientists, policy makers and programme managers from government departments, academia, research organisations and food industry.	16 th NSM Council Members
D. Research Project				
1	MyBreakfast Study	The primary objective of this nation-wide study is to determine the types of foods and beverages consumed at breakfast by Malaysian children and adolescents as well as to evaluate the contribution of breakfast foods and beverages to the nutrient intake. Other aspects studied include weight and height measurements, physical activity level, food frequency and 24-hr recall. Sponsored by CPW Worldwide and Nestle.	Project successfully concluded. Two articles from the research were published in PlosOne and BMC Public Health in 2015. Two articles have been accepted for publication in 2017; one in Asia Pacific Journal of Clinical Nutrition and another in Food & Nutrition Research. It is planned to publish a series of paper to MJN in 2017 .	Research Committee: 1. Dr Tee E Siong 2. Prof Norimah A.Karim 3. A/P Dr Mohd Nasir Mohd Taib 4. Dr Mahenderan Appukutty 5. Dr Tan Sue Yee 6. A/P Dr Hamid Jan Jan Mohamed
E. Community Nutrition Promotion Programmes				
1	Nutrition Month Malaysia 2016	Partners of this nation-wide community nutrition promotion programme: NSM, MASO, MDA. Multiple activities, including launch carnival, guide book, and several press articles. The theme for NMM 2016 was :Eat Smart, Get Fit & Feel Great. As in previous years, a signature guide book was published in 2016: Eat Smart, Get Fit & Feel Great: An Infographic Kit.	A number of activities were successfully concluded, including: family carnival, 6-10 April; publication of educational guidebook and press articles Publications and activities available from: http://nutritionmonthmalaysia.org.my	Dr Tee E Siong (Chair of National Steering Committee) NSM representatives on the Steering Committee: Assoc Prof Dr Zaitun Yassin Dr Roseline Yap

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
2	Healthy Kids Programme, Phase II	In line with the long term objective of implementing the HKP modules developed and demonstrate effective in Phase I, the programme rolled out to more schools in Phase II. This phase of the Programme is a three-year programme that commenced early 2014 and is expected to conclude in 2016.	Phase II of the programme (2014-2016) was successfully concluded. Rolling out of the HKP modules successfully reached approximately 5,000 primary school children in 77 selected primary boarding schools in Sarawak and Sabah.	Representatives from NSM: 1. Dr Tee E Siong 2. Prof Dr Norimah A Karim 3. Dr Zawiah Hashim 4. Dr Chin Yit Siew
3	MyNutriBaby Programme	Spearheaded by NSM, the programme is being implemented in collaboration with Obstetrical &Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and National Population & Family Development Board (LPPKN). MyNutriBaby is designed to promote breastfeeding, complementary feeding and table food.	Programme is on-going. A comprehensive web portal offering useful resources for parents to learn more about nutrition for young children below 2 has been established: www.mynutribaby.org.my . MNB also hosted over 200 new parents at MNB Day Parent Seminars featuring talks on breastfeeding and complementary feeding, as well as lactation diet for mothers	Representatives from NSM: 1. Dr Tee E Siong 2. Ms Fatimah Salim 3. Dr Tan Sue Yee
5	Mi-Care CPD Nurses' Training Workshop	Mi-CARE Nurse Training Workshop, aCPD Nurses Programme, specialises in aspects pertaining to maternal and infant care. The programme entered into phase 2 in 2014. Mi-CARE is jointly-spearheaded by NSM, Malaysian Paediatric Association (MPA), Obstetrical &Gynaecological Society Malaysia (OGSM) and National Midwifery Association Malaysia.	The NSM continues to collaborate in this programme from 2016. The modules have been revamped and educational materials in the topic of "the first 1000 days" and epigenetics. Workshops will commence in 2017.	Representatives from NSM in Expert Committee/lecturers: 1. Dr Tee E Siong 2. Dr Zawiah Hashim 3. Ms Fatimah Salim 4. Dr Gan Wan Ying 5. Dr Roseline Yap 6. Dr Yasmin Ooi

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
6	Positive Parenting Programme	NSM has been an active expert partner of Positive Parenting since its inception and has been collaborating closely with MPA and various other professional bodies, in championing matters related to maternal wellness, infant and childcare.	NSM nutritional and dietary-related knowledge of the Programme. The PP Programme has adopted multi-faceted channels –including educational articles in major English, Malay and Chinese print dailies, the quarterly Positive Parenting Guide, parenting seminars, CPD continuous nursing educational seminars, mini-booklets, website, social media and a quarterly guidebook.	Representatives from NSM in PP Management Committee: 1. Prof Norimah A Karim 2. Prof Poh Bee Koon
7	Good Gut Health Awareness	NSM collaborated with Digestive Health Malaysia and supported by Vitagen, launched a media campaign to promote good gut health awareness. The programme, launched officially on 3 Junen2016, involved publication of a number of press articles on good gut health.	All planned activities successfully implemented	Dr Tee E Siong, Prof Norimah and Dr Mahenderan
8	Cooking from the Heart programme	Aimed at cultivating healthy dietary habits in young children, NSM, DuPont Nutrition & Health along with the Young Chefs Academy of Malaysia jointly collaborated to organise the “Cooking from the Heart” workshop. The workshop aimed at emphasising to parents the importance of preparing healthy meals for children and to encourage parents to involve their children in preparing meals.	During the workshop, organised on 20 November 2016, a total of 20 pairs of participating parents and their kids, were given a free, fun-filled cooking and nutrition lesson. They also took part in fun mini games conducted by the nutritionist throughout the workshop.	Dr Roseline Yap, Dr Tee E Siong

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
9	Healthy Cooking with Oats Recipe Book	Recognising this, the Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up to publish the Healthy Cooking With Oats cookbook. The book focuses on Southeast Asian ethnic cuisine in Malaysia, Thailand, and the Philippines.	Recipes are being prepared and tested. Progress in publishing the book is satisfactory and volume 1 of the book is expected to be launched in first quarter of 2017	Dr Tee E Siong Ms Mageswary Dr Zawiah Hashim Dr Roseline Yap
10	Nutrition & Behaviour Modification for Picky Eaters Programme	The NSM collaborating with the Malaysian Paediatrician Association and supported by an unrestricted educational grant from Wyeth Nutrition, is developing a Nutrition & Behaviour Modification for Picky Eaters (NBMPE) module. It aims to support paediatricians and general practitioners by providing the science and knowledge to educate parents concerned with their children's picky eating habits and take actions using the management plan outlined	The module is being developed by a panel of multidisciplinary experts who have worked extensively with children in their respective clinical practice. The modules will be reviewed by a panel appointed by NSM	Dr Tee E Siong, Dr Roseline Yap and Dr Wong Jyh Eiin.
F. Collaborations with Other Ministries and Organisations				
a. Ministry of Health sub-Committees				
1	Allied Health Professionals (AHP) Bill	A Technical Working Group on Nutrition under the AHP continued its discussions on various matters related to the proposed AHP. The TWG is chaired by the Director of Nutrition Division of MOH. There are 11 members in this TWG and NSM is a member.	The TWG held several meetings to discuss drafting of a regulation to implement the Allied Health Professions Act. The draft is now being coordinated by the Allied Health Sciences Division of MOH to align with the other allied health professions.	NSM representatives: 1. Dr Tee E Siong (as member and alternative chair) and 2. Dr Mahenderan Appukutty

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
2	National Coordinating on Food and Nutrition (NCCFN)	An intersectoral, high-level committee, chaired by the Deputy Director of Health (Public Health), to plan and oversee the implementation of activities within the National Plan of Action for Nutrition (NPAN). Regular meetings are held amongst various stakeholders, at least twice a year.	NCCFN also tasked a drafting committee to review the National Plan of Action for Nutrition (NPAN) II of Malaysia (2006-2015) and prepare a revised Plan of Action for Nutrition. NPAN Malaysia III (2016-2025) was completed and launched in early December 2016.	NSM representative: Dr Tee E Siong (as NCCFN member and member of drafting committee and editorial committee of NPAN III)
3	Technical Working Group (TWG) on Nutritional Guidelines	This TWG is tasked with publishing dietary guidelines for Malaysians and various age/physiological groups. A separate TWG on Recommended Nutrient Intake reviewed the RNI 2005	Three new guidelines are under development, namely: (1) elderly; (2) pregnant and lactating women; (3) vegetarians. Revised RNI 2017 and the above dietary guidelines are expected to be completed in 2017	NSM representatives: 1. Dr Tee E Siong 2. Dr Zaitun Yassin
4	TWG on Nutrition Promotion	This TWG is tasked with discussing community nutrition promotion activities by various stakeholders in different organisations. The main aim of this TWG is to integrate and work collectively with government sectors, NGOs and private in promoting healthy eating among public.	Members of TWG share community nutrition promotion projects through regular meetings	NSM representative: Dr Zaitun Yassin Dr Wong Jyh Eiin
6	Expert Technical Working Committee on Nutrition, Health Claims and Advertisement, Food Safety & Quality Division, MOH	This Committee is chaired by a Deputy Director of FSQD, MOH and is charged with the task of advising the MOH on matters related to nutrition in the Malaysian Food Regulations. This includes regulations related to nutrition labeling, nutrition and health claims	The Committee meets almost monthly. Most of the matters relate to applications from food industry for new nutrition and health claims	NSM representative: Dr Tee E Siong

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
7	Technical Advisory Committee on Food Regulations, MOH	This Committee is chaired by the Senior Director of the Food Safety and Quality Division of MOH to receive and discuss reports and recommendations for amendments to Malaysian Food Regulations from various Technical Working Committees, including on Nutrition and Health Claims, Food Additives, Food Labeling, Microbiology, Commodity.	The Committee had 3 meetings in the year to discuss amendments to the Food Regulations.	NSM representatives: 1. Prof Dr Norimah A Karim 2. Dr Tee E Siong
8	MyBFF@school and MyBFF@home	The Ministry of Health, Prime Minister's Department and Sackler Institute of Nutrition, Academy Science of New York, USA has a special intervention program for obesity in Malaysia. NSM has been invited to join the obesity intervention group.	The program is specially prepared for different target groups who were overweight/obese and anticipated there will be a reduction in overweight among this intervention group. The planned activities have been carried out in stages.	<ul style="list-style-type: none"> • MyBFF@school - Emeritus Prof Ismail, Prof Norimah and Assoc Prof Dr Nasir • MyBFF@home - Dr Mahenderan
9	Obesity Task Force, Ministry of Health Malaysia	The Task Force has met twice, with the objective of identifying the "root causes" of obesity in Malaysia and mapping out policy options to combat the problem.	Several policy options have been prepared and are now being considered for implementation by the MOH and other	Dr Tee E Siong
b. National Diabetes Institute (NADI)				
1	Diabetes Empowerment In Women Initiative (DEWI)	The main of the project is to empower women with pre-existing diabetes and those with prediabetes who are planning to conceive to take responsibility for their health before and during pregnancy so as to prevent progression of diabetes and development of complications to mother and baby during pregnancy, at delivery, and over long term	A total of 10 centres been identified from major government hospitals and University hospitals in Malaysia. Around 50 subjects will be recruited in each centre. Currently, the project is at recruitment stage. The project is planned to end in 2019.	Assoc Prof Dr Hamid Jan Jan Mohamed

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
c. Collaboration with Ludwi Maximilian University, Munich				
1	Early Nutrition eAcademy – SoutheastAsia (ENeA – SEA)	The aim of Early Nutrition eAcademy - South East Asia (ENeASEA) project is to address these problems via an e-learning programme comprising of various modules on early nutrition, which will be developed by EU, Thai and Malaysian partners.	The development of this e-learning programme/package will commence with a kick-started meeting in March 2017 in Munich. Members are encouraged to make regular visits to nutriweb as announcements will be made there when modules are ready.	<ol style="list-style-type: none"> 1. Dr Tee E Siong 2. Dr Roseline Yap (as the Legal Entity Appointed Representative) 3. Dr Wong JyhEiin
G. Regional and International Collaborations/Networks				
1	SEA-Public Health Nutrition (SEA-PHN) Network	Initiated by NSM in June 2014, this Network is to establish closer collaboration among nutrition societies, ministries of health and private sector in South East Asia, in promoting public health nutrition in countries in the region	Annual meetings of the Network have been successfully carried out in 2015 (Jakarta), 2016 (Manila and Hanoi). The 5 th meeting shall be in Kuala Lumpur on 18 May 2017. The Network is also organising the 1st Southeast Asia Public Health Nutrition Conference, 14-17 May 2017 in Kuala Lumpur. Detailed information of the Network can be obtained from http://sea-phn.org .	NSM representatives: <ol style="list-style-type: none"> 1. Dr Tee E Siong is the Chairman of the Network, and 2. Emeritus Prof Dr. Mohd Ismail Noor is NSM representative in the Network Council
2	International Union of Nutritional Sciences (IUNS)	This is an international network of nutrition societies around the globe. Established in 1948, it now has 83 national adhering bodies, including NSM. The Mission and Objectives of the International Union of Nutritional Sciences: <ol style="list-style-type: none"> 3. To promote advancement in nutrition science, research and development through international cooperation at the global level. 	In addition to other scientific activities, the IUNS organizes a 4-yearly international conference, the International Congress of Nutrition (ICN) series. The 21 st ICN shall be held in Buenos Aires, Argentina, 15-20 October 2017. Information available at www.icn2017.com	NSM representative to the IUNS General Assembly as a voting member during the 2013 ICN in Granada: Emeritus Prof. Dr Mohd Ismail Noor, Vice-President of NSM

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
		4. To encourage communication and collaboration among nutrition scientists as well as to disseminate information in nutritional sciences through modern communication technology.		
3	Federation of Asian Nutrition Societies (FANS)	FANS aims to foster international fellowship among nutrition scientists of the region. One of its main activities is to organise the series of Asian Congress of Nutrition (ACN). With the successful convening of the 12 th Asian Congress of Nutrition, Japan Society of Nutrition and Food Science (JSNFS) took over as the secretariat of FANS effective from May 2015.	The 2015 FANS Executive Council Meeting and the FANS General Assembly were also held in conjunction with the 12th ACN, on 14 and 15 May, respectively. It was also confirmed during the General Assembly that the 13th Asian Congress of Nutrition shall be Bali, Indonesia, in 2019, hosted by the Food and Nutrition Society of Indonesia.	NSM representatives to FANS Council: 1. Emeritus Prof Dr Mohd Ismail Noor as Honorary member 2. Dr Tee E Siong as elected member (2015-2019)
4	Confederation of Scientific and Technological Associations in Malaysia (COSTAM)	COSTAM was established in 1980 for the advancement and promotion of science and technology in Malaysia. It organises the Malaysian Science & Technology Congress (MSTC) and publishes a journal – Journal of Science & Technology in Tropics (JOSTT).	The series of Congress continued as well as the Journal	Dr Mahenderan Appukutty is the representative of NSM for COSTAM and Associate Editor for JOSTT.
5	Malaysian Confederation of Allied Health Professional Associations (Konfederasi Persatuan Sains Kesihatan Bersekutu Malaysia) (MyCAHP)	The objectives of the confederation are: i. Protect the interests and enhance the values of the allied health professions ii. Make concerted efforts through mutual understanding and solidarity towards improving the quality of service delivery and health care iii. Spearhead the development and growth of the allied health profession	NSM is also a member of this umbrella body for allied health professional associations in the country which was officially registered on 20 January 2014.	Emeritus Prof Dr Mohd Ismail Noor attended the inaugural general meeting of MyCAH, representing NSM