

34<sup>th</sup>

Scientific

Conference



Theme

Healthy  
Nutrition:

# Key to Disease Prevention

3 – 4 July 2019 | Hotel Istana, Kuala Lumpur

First Announcement & Call for Abstract

## Important Dates

Conference:

**3 – 4 July 2019**

Deadline for abstract:

**6 May 2019**

Late fees applicable:

**12 June 2019**

## Conference Venue

For more information on the venue, Hotel Istana, Kuala Lumpur, go to the following website:

[www.hotelistana.com.my](http://www.hotelistana.com.my)

The official language of the conference shall be English.

## CALL FOR ABSTRACTS

Members of the Society who are interested to participate in the symposia or poster sessions are invited to submit an abstract of their paper (200-300 words in MS Word format) at [www.nsmconference.org.my](http://www.nsmconference.org.my).

Do not miss the chance to share your experience and research with colleagues and experts in this field.

Abstracts must follow exactly the format given in the official website.

Please note that we are utilising ONLINE ABSTRACT SUBMISSION. For more information, please visit the official website.

Details of the Conference will be updated from time to time through the NSM Conference's official website.

To check the acceptance status of your registration or submitted abstract, please log on to the website.

[www.nsmconference.org.my](http://www.nsmconference.org.my)

## About The CONFERENCE

The main causes of death and morbidity in the country for the past 3 decades have been diet-related non-communicable diseases (NCDs) such as heart disease, diabetes and cancers. These lifestyle-related diseases are estimated to account for almost three-quarters of total deaths in the country. There is ample evidence that the pervasiveness of NCDs and the associated risk factors (e.g. overweight and obesity, high blood glucose, hypertension and high blood cholesterol) have turned these into major health problems affecting large proportions of adults and children as well.

Various policies and action plans have been developed to address the nutritional problems in the country, including NPANM III (2016-2025), the National Strategic Plan for Non-Communicable Diseases (NSP-NCD) (2016-2025) and the Obesity Task Force proposed policy options. The 34<sup>th</sup> NSM Annual Scientific Conference provides a platform for all stakeholders to share research



and intervention activities that may contribute towards the tackling of NCDs across the lifespan, from pre-conception, pregnancy, infancy, childhood, adolescence, adulthood to senior age.

This conference serves to reiterate that disease prevention through healthy nutrition is the way forward for the alleviation of the disease burden in the country and to ensure a healthy generation of Malaysians in the future. The only choice we have is to systematically implement the identified strategies and action plans.

## CONFERENCE PROGRAMME at a glance

Time	WED, 3 JULY		THU, 4 JULY	
0800-0830	REGISTRATION		REGISTRATION/ POSTER VIEWING	
0830-0900	REGISTRATION		Plenary Lecture	
0900-0930	<b>OPENING CEREMONY</b>		Symposium 5	Symposium 6
0930-1000				
1000-1030	Coffee Break/Poster Viewing		Coffee Break/Poster Viewing	
1030-1100	Coffee Break/Poster Viewing		Coffee Break/Poster Viewing	
1100-1130	Keynote Address		Free Paper Presentation 3	Young Researchers' Symposium
1130-1200	Symposium 1	Symposium 2		
1200-1230	Symposium 1	Symposium 2	Lunch Symposium 3	Lunch Symposium 4
1230-1300	Lunch Symposium 1	Lunch Symposium 2		
1300-1330	Lunch Symposium 1	Lunch Symposium 2	Poster Viewing/ Trade Exhibition	
1330-1400	Poster Viewing/ Trade Exhibition		Poster Viewing/ Trade Exhibition	
1400-1430	Poster Viewing/ Trade Exhibition		Symposium 7	Symposium 8
1430-1500	Symposium 3	Symposium 4		
1500-1530	Symposium 3	Symposium 4	Round Table Discussion	
1530-1600	Symposium 3	Symposium 4	Round Table Discussion	
1600-1630	Symposium 3	Symposium 4	Round Table Discussion	
1630-1700	Free Paper Presentation 1	Free Paper Presentation 2	<b>PRIZE PRESENTATION &amp; CLOSING CEREMONY</b>	
1700-1730	Free Paper Presentation 1	Free Paper Presentation 2	<b>PRIZE PRESENTATION &amp; CLOSING CEREMONY</b>	
1730-1800	Coffee Break/Poster Viewing		Coffee Break	
1800-2000	End of Day 1		End	
2000-2200	<b>FACULTY DINNER</b>		End	

# Tentative SYMPOSIUM TOPICS

No	Symposium title	Tentative topics
1	<b>Maternal nutrition</b>	<ul style="list-style-type: none"> <li>● Promoting healthy maternal nutrition</li> <li>● Maternal anaemia</li> </ul>
2	<b>Infant &amp; young child nutrition</b>	<ul style="list-style-type: none"> <li>● Stunting and low birth weight – tackling the persistent problem</li> <li>● Breastfeeding</li> </ul>
3	<b>School child nutrition &amp; Adolescent nutrition</b>	<ul style="list-style-type: none"> <li>● Understanding and prevention of disordered eating</li> <li>● Good Nutrition Key to Healthy Children – a multi-country school nutrition intervention in SEA</li> </ul>
4	<b>Nutrition of the elderly</b>	<ul style="list-style-type: none"> <li>● Healthy nutrition for healthy ageing</li> <li>● Active living for healthy ageing</li> </ul>
5	<b>Functional Ingredients</b>	<ul style="list-style-type: none"> <li>● Health benefits of tocotrienols</li> <li>● Peptides</li> <li>● Probiotics</li> <li>● Dietary fibres and prebiotics</li> <li>● Regulatory aspects of functional ingredients</li> </ul>
6	<b>Nutrition education &amp; communication strategies</b>	<ul style="list-style-type: none"> <li>● Education modules on early nutrition and lifestyle during pregnancy and early childhood – by Early Nutrition eAcademy Southeast Asia (ENeA – SEA)</li> <li>● Healthy Lifestyle Programmes for primary school children – experiences and learnings</li> <li>● Nutrition Month Malaysia – a multi-stakeholder collaborative community nutrition promotion programme</li> </ul>
7	<b>Physical activity and sedentary behaviour</b>	<ul style="list-style-type: none"> <li>● NASPAL 2018 – towards a healthy and active nation</li> <li>● Toybox Malaysia – improving healthy energy balance and obesity-related behaviours among pre-schoolers</li> </ul>





# REGISTRATION FEES

Category		Conference (3-4 July)
NSM Members	Member**	RM550.00
	Post-graduate Student***	RM350.00
Non-Members	Undergraduate Student	RM300.00
	Participant	RM900.00
	Fully Registered Exhibitor	RM550.00
	Group Registration**** Students (Undergraduate) (20 and above)	RM250.00

## HOW TO REGISTER

Please register for the conference at

**[www.nsmconference.org.my](http://www.nsmconference.org.my)**

Note that we are fully utilising **ONLINE REGISTRATION**.

All participants, except for invited speakers, **MUST** register for the Conference. Participants submitting abstracts should also submit an online registration form with the required fees. Registration fees cover conference material, lunch and snacks during coffee breaks.

All registration fees should be paid by online bank transfer/cheque/government LPO/ guarantee letter from organisation made payable to **"Nutrition Society of Malaysia"**.

Please email/fax us a proof of payment (photo/scan/screenshot) of government LPO or guarantee letter in order to confirm your registration. Outstation cheques should include the required commissions.

Registrations received after 12 June 2019 will be accepted subject to availability of space.

- \* Payment received after 12 June 2019 must include a late fee of RM100 per participant to confirm registration
- \*\* All members (except life members) must have paid up annual membership fees, including that for 2019, to be eligible for member's rate.
- \*\*\* Postgraduate students must be members of NSM to be eligible for this reduced rate.
- \*\*\*\* For group registration enquiry, please call 03-5632 3526 or email to [secretariat.nsm.conference@gmail.com](mailto:secretariat.nsm.conference@gmail.com)

For enquiries, contact:

**Conference Chairman**

**Tee E Siong, PhD**

President, Nutrition Society of Malaysia

Email: [president@nutriweb.org.my](mailto:president@nutriweb.org.my)

*OR*

**Conference Secretariat**

**Versacomm Sdn Bhd**

12A, Jalan PJS 8/4, Mentari Plaza,  
Bandar Sunway, 46150 Petaling Jaya.

Tel: 03 5637 3526 / 03 5632 3301;

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