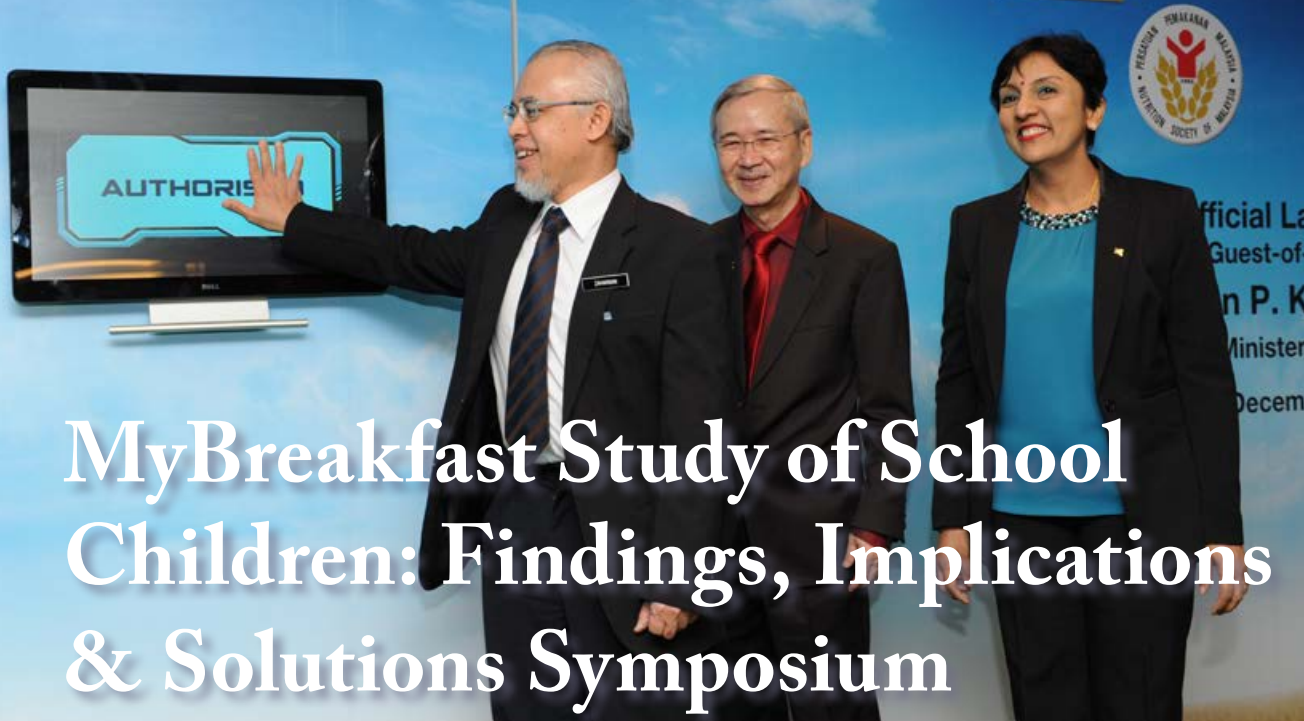


The Deputy Director of School Management Division, Ministry of Education, Dr Zaharian Zainuddin (representing YB Tuan P. Kamalanathan, the Deputy Minister of Education) graciously officiated the Media and Stakeholders Announcement ceremony.



## MyBreakfast Study of School Children: Findings, Implications & Solutions Symposium

3 December 2015, Hotel Istana, Kuala Lumpur



The MyBreakfast Study of School Children is the first comprehensive nationwide study on breakfast habits that involved a total number of 8,705 school children in Malaysia. The study which was funded by an unrestricted research grant from Cereal Partner Worldwide, Switzerland and Nestlé R&D Centre, Singapore, aimed to determine the socio-demographic background, breakfast habits (including the types of food and beverages that are most commonly consumed at breakfast among Malaysian school children and adolescents), as well as the associations between body weight status, physical activity and breakfast habits.

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[secretary@nutriweb.org.my](mailto:secretary@nutriweb.org.my)

## A word from the President

### The journey thus far!



As I write this message, it will be my 10th term as President of the Nutrition Society of Malaysia. In the past 20 years, I have been privileged to serve the nutrition profession and the community alongside my esteemed colleagues.

In the same amount of time, NSM has been working tirelessly with the relevant authorities and professional bodies to advocate for the Allied Health Professions Act. Finally, we have seen our efforts come to fruition with the passing of the Act by Parliament in 20 October 2015.

This Act is especially significant to NSM's work in elevating the profession's credibility. The proliferation of unqualified individuals who profess to be nutritionists has been of serious concern for NSM – we have seen far too many products and services being promoted inappropriately, as well as claims being made indiscriminately.

With the Act in place, we hope to eventually see such practices being phased out. In the section on NSM's contributions to Ministry of Health activities, you will read more about the next steps that are being taken to assist in the registration and implementation of this Act.

In 2015 and 2016, we continued to push ahead with the other aspects of NSM's work, which are to increase our body of knowledge on nutrition as well as inculcate awareness of healthy eating among the public. One of our key activities was the symposium held in December 2015 for the MyBreakfast Study of School Children. This symposium provided a platform for NSM to share the findings, implications and solutions of the study with the media and stakeholders.

In 2016, we also successfully organised the 31st Annual Scientific Conference, as well as the 15th Nutrition Month Malaysia celebrations. Our calendar continued to be packed with professional and community activities, which you will read more about in this issue of Berita NSM.

Let us keep working together to improve nutrition in Malaysia!

**Dr Tee E Siong**  
Editor-in-Chief  
President, NSM

#### NSM Publications Committee

Chairman: Dr Tee E Siong      Members: Prof Dr Norimah A Karim  
Dr Mahenderan Appukutty

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## ‘Better Nutrition, Healthier Malaysians’ 31st Annual Scientific Conference 2016 31 May-1 June 2016, Hotel Istana, Kuala Lumpur

Dr Tee E Siong (left) with Emeritus Prof Dr Mohd Ismail Noor (right) presenting a token of appreciation to YBhg Dato’ Seri Dr Hilmi bin Haji Yahaya, Deputy Minister of Health Malaysia (middle).

Good nutrition is a vital component of a healthy lifestyle, and the cornerstone of overall health and wellbeing of the community. Practising a healthy diet along with physical activity, especially amongst children, is the only way to ensure a healthier generation of Malaysians.

The 31st NSM Annual Scientific Conference provided a platform for all stakeholders to share research and intervention activities that contribute towards the implementation of the National Plan of Action for Nutrition of Malaysia (NPANM) III (2016-2025). The implementation of the national plan is the only way towards reducing the morbidity and mortality burden of nutritional disorders, and ensuring a healthier generation of Malaysians.

The 31st Annual Scientific Conference was officiated by Dato’ Seri Dr Hilmi bin Haji Yahaya, the Deputy Minister of Health Malaysia.

The conference was attended by over 360 participants and featured 32 oral presentations from a mixture of international and local speakers from the academia, government agencies as well as the private sector. More than 150 scientific posters were on display at the conference covering a wide variety of research topics.

There were 160 poster presentations covering a wide range of nutrition-based research.

In anticipation of the full enforcement of the Allied Health Professions Act 2016, the Conference also featured a ‘Meet the Experts Session: Implementation of the Allied Health Professions Act 2016’. Facilities were provided during the Conference to enable participants to pre-register as a nutritionist.

Speaker’s presentation slides, conference abstracts and programme books as well as photos of the conference are available at <http://nsmconference2016.org.my/>.

## Recipients of NSM Fellows Award 2016



Recipients of NSM Fellows Award 2016

1. Dr Mahenderan Appukutty
2. Associate Prof Dr Hamid Jan Bin Jan Mohamed



Winners of NSM Postgraduate Prizes 2016

### Undergraduate Prizes

1. **Chen Yoke San**  
"Development and usability of an electronic food diary to assess dietary intake among young adults." (Faculty of Health Sciences, Universiti Kebangsaan Malaysia)
2. **Rebecca Wong Leh Ping**  
"Association of dietary and lifestyle behavioural practices and quality of life among Malay survivors of breast cancer in Kelantan." (School of Health Sciences, Universiti Sains Malaysia)
3. **Chai Wen Shin**  
"Factors associated with food neophobia and fruit and vegetable consumption among pre-schoolers in Kuantan." (Faculty of Medicine & Health Sciences, Universiti Putra Malaysia)



Winners of NSM Undergraduate Prizes 2016

### Postgraduate Prizes

1. **Dr Chong Pei Nee (PhD Thesis)**  
"Body composition, metabolic phenotype and environmental factors in relation to obesity related gene polymorphisms among Malay children." (Faculty of Health Sciences, Universiti Kebangsaan Malaysia)
2. **Dr Tiew Kee Fong (PhD Thesis)**  
"Efficacy of a plate model on glycaemic control among individuals with type 2 diabetes mellitus." (Faculty of Medicine & Health Sciences, Universiti Putra Malaysia)
3. **Chong Kar Hau (MSc Thesis)**  
"Association between adiposity and physical activity with cognitive function among young Malay adolescents in Kuala Lumpur." (Faculty of Health Sciences, Universiti Kebangsaan Malaysia)
4. **Nur Nadia Mohamed (MSc Thesis)**  
"Association of secondhand smoke exposure with maternal nutritional status." (School of Health Sciences, Universiti Sains Malaysia)
5. **Hiew Chu Chien (MSc Thesis)**  
"Development and validation of a questionnaire on knowledge, attitude and practice on healthy lifestyle for Malaysian adolescents in school hostels." (Faculty of Medicine & Health Sciences, Universiti Putra Malaysia)

## Poster Prizes

**First prize – Ng Yeng Yi**

“Dietary carbohydrate quality is associated with total and LDL cholesterol among young Malaysians.” (Department of Nutrition & Dietetics, International Medical University)

**Second prize – Lee Yong Zhuang**

“Association between anthropometric indices and birth weight with blood pressure among Malay adolescents.” (Faculty of Health Sciences, Universiti Kebangsaan Malaysia)

**Third prize – Joyce Tee Ying Hui**

“Factors associated with picky eating among preschoolers aged 4 to 6 years in Petaling Perdana, Selangor.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prize – Nik Nuramalina Izati Binti Zulkifle**

“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” (Faculty of Health Sciences, Universiti Kebangsaan Malaysia)

**Consolation prize – Saadiah Binti Abu Bakar**

“Inhibitory effects of pancreatic lipase,  $\alpha$ -amylase and  $\alpha$ -glucosidase in *Lasia spinosa* in vitro.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prize – Nur Amalin Binti Juhari**

“Factors associated with cognitive performance of preschoolers in KEMAS kindergarten, Petaling Perdana District, Selangor.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prize – Er Ying Ting**

“The associations between platescapes, foodscapes and dietary intake among road transport department staffs in Muar, Johor.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prize – Chang Shi Qing**

“Comparison between pomelo [*Citrus grandis* (L.) Osbeck] flavedo and albedo as source of potent antioxidant.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prize – Chan Kai Sze**

“Validity and acceptability of image-based food record in assessing nutrient intake among undergraduates from Department of Nutrition and Dietetics, Universiti Putra Malaysia.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

## Young Researcher's Symposium Prizes

**First prize – Koo Hui Chin**

“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.” (Faculty of Health Science, Universiti Kebangsaan Malaysia, Kuala Lumpur)

**Second prize – Devanthini Dewi A/P Gunasekaran**

“Juara Sihat: Effectiveness of a school-based childhood obesity nutrition education programme with intervention on eating habits and physical activity in Kuala Lumpur, Malaysia.” (Faculty of Health Science, Universiti Kebangsaan Malaysia, Kuala Lumpur)

**Third prize – Farah Nadira Binti Ahmad**

“Screening of aflatoxin M1 metabolite in urine samples among residents in Terengganu, Malaysia” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prizes – Nur Nabilla A Rahim**

“Factors associated with body weight status among welfare home children in Selangor, Malaysia.” (Faculty of Medicine & Health Sciences, UPM)

**Consolation prizes – Lim Ying Jye**

“Prevalence of functional constipation and symptoms characteristics among students in Universiti Putra Malaysia.” (Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

**Consolation prizes – Ooi Pek Geik**

“Prevalence of malnutrition, soil-transmitted helminth infection and anemia among aboriginal children aged 1 to 6 in Gua Musang, Kelantan.” (Faculty of Science and Technology, Universiti Kebangsaan Malaysia)



Winners of NSM Young Researcher's Symposium Prizes 2016



Winners of NSM Poster Competition Prizes 2016

## NSM Publication Prize 2015

Sponsored by Corporate Member of NSM - Fonterra Sdn Bhd (C 1879) for:

*Maternal*

**Nurzalinda Zalbahar @ Zabaha [O 1765]**

(Faculty of Medicine and Health Sciences, Universiti Putra Malaysia)

“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>

**Yang Wai Yew [O 1256]**

(School of Health Sciences, International Medical University)

“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



Winners of NSM Publication Prizes 2016

# Nutrition & Health Benefits of Fibre: A Pre-Conference Symposium

30 May 2016 – Hotel Istana, Kuala Lumpur



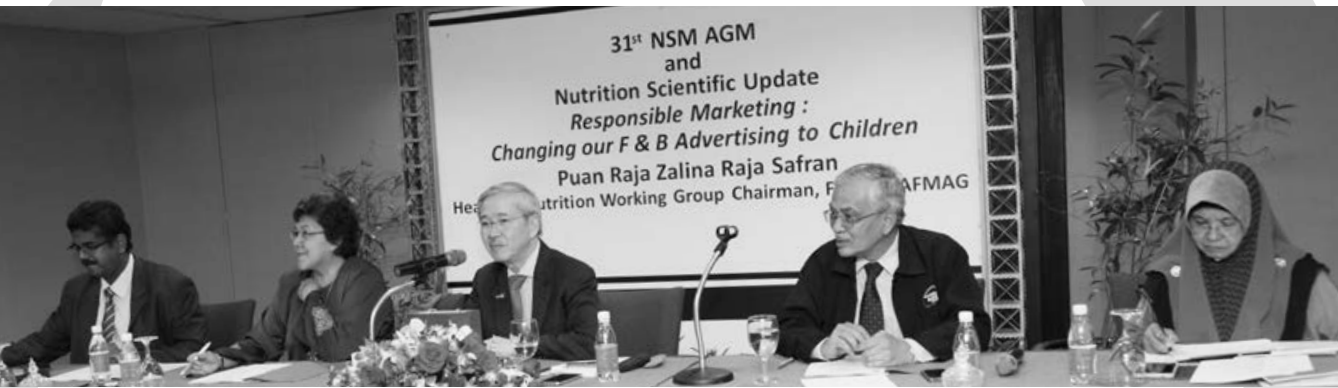
In conjunction with the 31st Scientific Conference of the Nutrition Society of Malaysia, Tate & Lyle organised a pre-conference scientific symposium on the ‘Nutrition & Health Benefits of Fibre’.

The symposium featured three regional and international speakers who provided an in-depth look into the physiology and health effects of dietary fibres.

Koo Pei Fern, from Tate & Lyle Singapore, started the session with a look at ‘Innovative Solutions for Meeting Today’s Public Health & Nutrition Needs’. Next, renowned nutrition expert Dr Connie Weaver from Purdue University, USA, talked about ‘Exploring the Nutrition & Health Benefits of Added Fibre’. Finally, Dr Kavita Karnik, Principal Scientist for Global Nutrition (Tate & Lyle UK) presented on ‘Addressing the Fibre Gap’.

# 31st Annual General Meeting

25 March 2016, Seri Pacific Hotel, Kuala Lumpur



Among the issues discussed at the 31st Annual General Meeting were the Malaysian Confederation of Allied Health Professional Associations, the Malaysian Journal of Nutrition, and the Allied Health Professions Act.

A scientific update on 'Responsible Marketing: Changing our F&B



Advertising to Children' was held in conjunction with the AGM, presented by Puan Raja Zalina Raja Safran, Health & Nutrition Working Group Chairman, FMM Malaysian Food Manufacturing Group (FMM MAFMAG).

The 16th NSM Council was also elected during the AGM.

## 16th NSM Council



President

Vice President

Honorary Secretary

Honorary Treasurer

Assistant Honorary Secretary

Council Members

Dr Tee E Siong

Prof Dr Mohd Ismail Noor

Prof Dr Norimah A Karim

Assoc Prof Dr Zaitun Yassin

Dr Mahenderan Appukutty

Assoc Prof Dr Mohd Nasir Mohd Taib

Dr Roseline Yap Wai Kuan

Dr Wong Jyh Eiin

Dr Hanis Mastura Yahya

## Congratulations to two new NSM Fellows!

Assoc Prof Dr Hamid Jan Jan Mohamed (L 0776) (USM) and Dr Mahenderan Appukutty (L 0718) (UiTM) were nominated and unanimously accepted as NSM Fellows. They received their certificates at the 31st Annual Scientific Conference on 31 May 2016.



## MyBreakfast Study of School Children: Findings, Implications & Solutions

3 December 2015, Hotel Istana, Kuala Lumpur

The MyBreakfast Study of School Children is the first comprehensive nationwide study on breakfast habits that involved a total number of 8,705 school children in Malaysia. The study which was funded by an unrestricted research grant from Cereal Partner Worldwide, Switzerland and Nestlé R&D Centre, Singapore, aimed to determine the socio-demographic background, breakfast habits (including the types of food and beverages that are most commonly consumed at breakfast among Malaysian school children and adolescents), as well as the associations between body weight status, physical activity and breakfast habits.

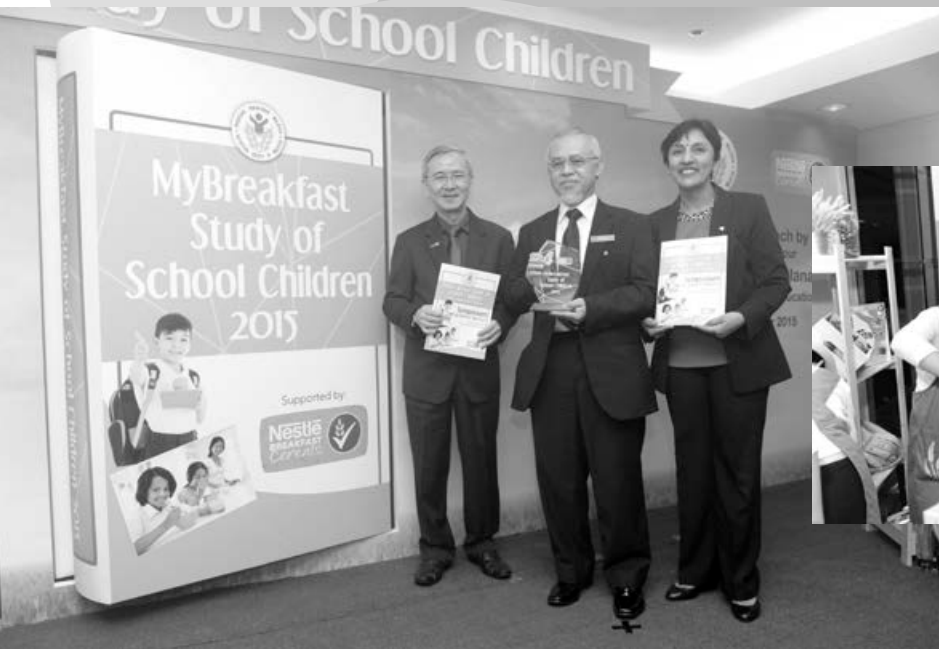
A media & stakeholders announcement event was organised on 3 December 2015, followed by a 1-day symposium on the same day to highlight key findings of the study at Hotel Istana, Kuala Lumpur.

The Deputy Director of School Management Division, Ministry of Education, Dr Zaharian Zainuddin (representing YB Tuan P. Kamalanathan, the Deputy Minister of Education) graciously officiated the Media and Stakeholders Announcement ceremony. Over 230 nutritionists attended the symposium from the academia, research institutes, government agencies as well as private companies.

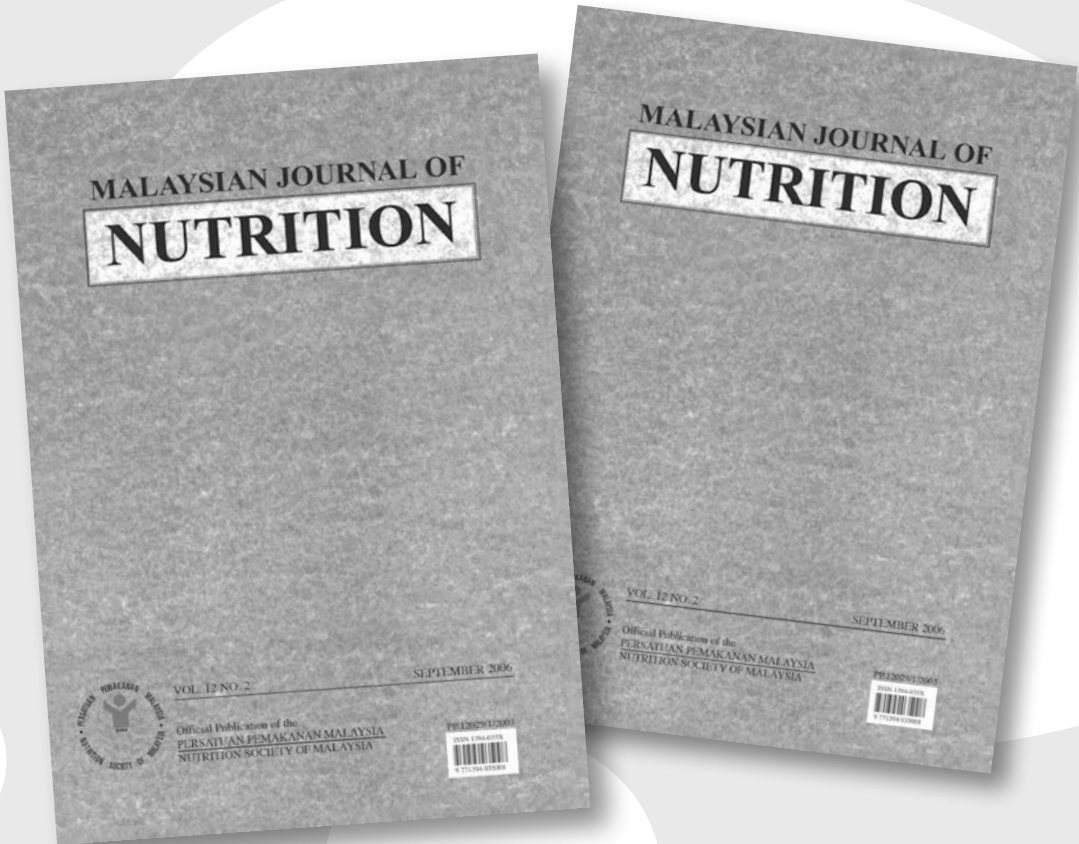


### Key findings of the MyBreakfast Study:

1. **1 in 4** children was either **overweight or obese**, with more boys being overweight than girls.
2. **1 in 4** children **skipped breakfast**, with more girls skipping breakfast than boys.
3. Breakfast skippers were **1.34 times** more likely to be **overweight/obese**.
4. **1 in 3** school children had **low physical activity** levels.
5. Low physical activity levels were higher among breakfast skippers than breakfast eaters.
6. **1 in 5** school children consumed **Ready to Eat Cereal (RTEC)** and breakfast with RTEC contributed a greater amount of daily micronutrients than other breakfast.
7. **Malted drink** consumers had **higher micronutrients** intakes than non-consumers
8. **99%** of the school children **did not meet** the recommended intake for **wholegrain** consumption.



# Malaysian Journal of Nutrition



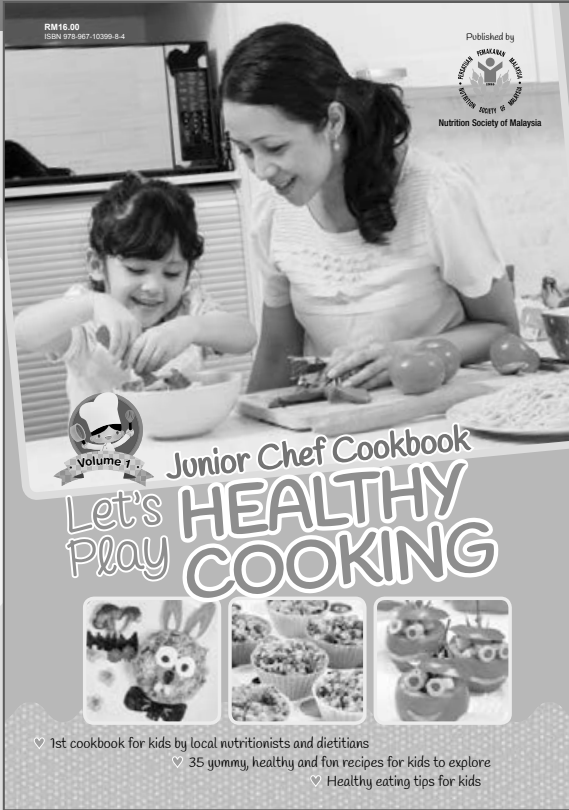
In the second half of 2015, one issue of MJN was published (vol 21 no 3 in December 2015), while one issue was published in the first half of 2016 (vol 22 no 1).

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 as pdf files on the NSM website: <http://nutriweb.org.my/publications/mjn> free of charge. It is noted that MJN become one of the top five Malaysian peer-reviewed journals based on Mycite under the Ministry of Education.

Prof Dr Khor Geok Lin continues to serve as Editor of the journal, and with the support of the editorial board, has done a tremendous job bringing MJN to greater heights. In recognition of Prof Dr Khor's successful efforts, the Council extended her Chief Editor position until 2017.

All Asian nutritionists are invited to submit articles for publication in MJN (write to: [khor.geoklin@gmail.com](mailto:khor.geoklin@gmail.com)). NSM does not impose any publication charges.

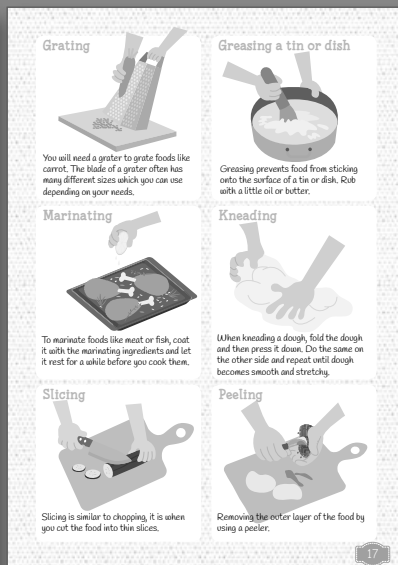
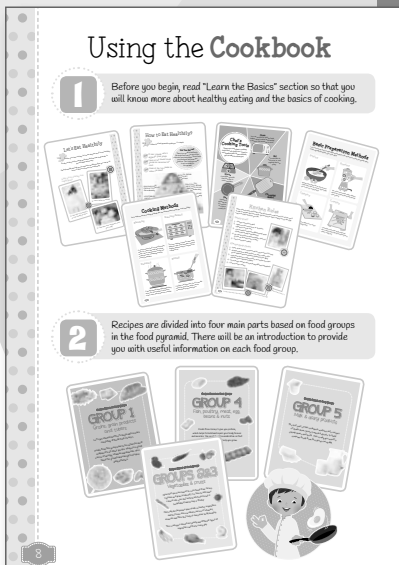
# Promote the Junior Chef Cookbook!



The 'Junior Chef Cookbook: Let's Play Healthy Cooking', is a cookbook launched by NSM in 2015 for young children between the ages of 5 and 10 years (and their parents). It features 35 fun and easy-to-prepare recipes for children to explore on their own or under adult supervision.

NSM members can help promote the book to the community, especially when giving talks and/or during other health events.

The "Junior Chef Cookbook Vol 1: Let's Play Healthy Cooking" can be viewed online at NSM's website <http://www.nutriweb.org.my/>. For members who wish to get a copy of the cookbook, it can be purchased by emailing [president@nutriweb.org.my](mailto:president@nutriweb.org.my). The cookbook is priced at RM16.00 and a lower price will be given for NSM members who purchase in bulk.





# Eat Smart, Get Fit

Nutrition Month Malaysia 2016  
6-10 April 2016, 1 Utama Shopping Centre

Nutrition Society of Malaysia continued its tradition of organising the annual Nutrition Month Malaysia (NMM) celebration, in collaboration with Malaysian Dietitians' Association (MDA), and Malaysian Association for the Study of Obesity (MASO) and with the support of the Ministry of Health.

Year 2016 marked the 15th consecutive year of NMM, with the theme "Eat Smart, Get Fit and Feel Great" which brought the all-new-exciting "Food-Fit-Fun Fair" event to the community.

The event was launched by Yang Berbahagia Dato' Saiful Anuar bin Lebai Hussien, Deputy Secretary General (Management), Ministry of Health representing Yang Berhormat Datuk Seri Dr. S. Subramaniam, the Minister of Health Malaysia. The NMM programme strives to promote healthy eating and active living as keys to maintain healthy weight, reduce risk of diseases and promote overall health among general population.



## Food! Fit! Fun!

NMM 2016 featured a five-day Food-Fit-Fun Fair that showcased free interactive sessions with nutritionists, dietitians and physical activity experts, a series of healthy cooking demonstration by chefs and nutritionists, a series of cooking workshops for kids, a free Zumba session as well as many other fun activities and games organised by the sponsors.



# Get Fit and Feel Great!



## Your Essential Infographic Guide

In keeping with its annual tradition, NMM 2016 launched another useful publication with simple tips to help people lead a healthy lifestyle. 'Eat Smart, Get Fit & Feel Great: An Infographic Kit' featured a different approach from the previous publications, using fun, attractive and easy-to-understand illustrations to present its messages on healthy eating and active living as the key to achieve quality of life.

Many people find it difficult to understand or remember technical information about dietary and lifestyle modifications. Presenting the information in graphic format is one way to help people absorb and retain the knowledge.

With poor lifestyle habits being the main culprit for non-communicable diseases (NCDs), we must continue to find innovative ways to deliver key messages about a healthy lifestyle.

These are the tips featured in the Guide:

- Energise your day with breakfast
- Recharge with healthy lunch and dinner
- Go light when you grab a bite
- Healthy cooking, healthy bites
- Go whole grains
- Reduce cholesterol for a healthy heart
- Caring for your digestive health
- Balance the bacteria in your intestine
- Good bacteria and your immune system
- Milk is nutritious and delicious
- Be active and shape up
- My Health Calendar



## Sustained public education

A series of educational articles on healthy eating and active living were published in the major newspapers (The Star's Fit4Life section and Harian Metro) as well as in health magazines (Health Today, RAPI, I-Sihat and Long Life) from March to May 2016.

## Mark Your Diary!

# 1st Southeast Asian Public Health Nutrition Conference

14-17 May 2017, Kuala Lumpur

Several Southeast Asian (SEA) countries are experiencing numerous nutrition challenges with an increasing number of them facing a double burden of malnutrition. There have been persisting issues of undernutrition especially among children, while at the same time obesity, diabetes and other non-communicable diseases have become endemic. Realising the threat, the idea behind organizing 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.

A local organising committee has been formed to lead this initiative. Some initial information on the conference, including the preliminary announcement is available at its website at [www.seaphnconference2017.org](http://www.seaphnconference2017.org).

Members of NSM are encouraged to attend SEA's first public health nutrition conference and visit the conference website regularly for more updates.

Preliminary Announcement



## 1st Southeast Asia Public Health Nutrition Conference

In conjunction with  
**Nutrition Society of Malaysia 32nd Annual Scientific Conference**  
**"Together In Advancing Public Health Nutrition"**


May 14 (Sun) – 17 (Wed), 2017 • Hotel Istana, Kuala Lumpur, Malaysia

Conference Chair:  
Dr Tee E. Siong, Nutrition Society of Malaysia

Conference Advisors:  
Prof Dr Ir. Hardingsyah Ridwan, Food and Nutrition Society of Indonesia  
Emeritus Prof Dr Mohd Ismail Noor, Nutrition Society of Malaysia  
Dr Rodolfo F. Florentino, Nutrition Foundation of the Philippines, Inc  
Assoc Prof Dr Umaporn Suthutvoravut, Nutrition Association of Thailand  
Prof Dr Le Thi Hop, Vietnam Nutrition Association


Conference Secretariat:  
VersaComm Sdn Bhd  
12A, Jalan PJS 8/4, Mentari Plaza, Bandar Sunway,  
46150 Petaling Jaya, Selangor Darul Ehsan.  
T: +603-5632 3301 F: +603-5639 9909  
[www.seaphnconference2017.org](http://www.seaphnconference2017.org)

Under the auspices of:








Southeast Asia Public Health Nutrition Network




Organised by:



Co-organised by:

Supported by:

## CONFERENCE GOAL

Bring together diverse stakeholders to share and discuss latest scientific knowledge, experiences, effective intervention policy and strategies, research programmes and regulatory updates to promote and sustain public health nutrition in the SEA region.

### Preliminary Conference Programme at a Glance

Time	14 <sup>th</sup> May, Sunday	15 <sup>th</sup> May, Monday	16 <sup>th</sup> May, Tuesday	17 <sup>th</sup> May, Wednesday		
0800-0900		REGISTRATION	REGISTRATION	REGISTRATION		
0900-0930		<b>KEYNOTE ADDRESS &amp; OPENING CEREMONY</b>	Plenary Lecture 3		Plenary Lecture 5	
0930-1000			Symposium 5	Symposium 6	Plenary Lecture 6	
1000-1030					Coffee Break / Poster Viewing	
1030-1100			Coffee Break / Poster Viewing	Coffee Break / Poster Viewing		
1100-1130		Plenary Lecture 1		Symposium 11	Symposium 12	
1130-1200		Symposium 1	Symposium 2	Symposium 7	Symposium 8	
1200-1230				Lunch Symposium 3	Lunch Symposium 4	
1230-1300				Plenary Lecture 4	Free Paper Presentations 3	Free Paper Presentations 4
1300-1330		Lunch Symposium 1	Lunch Symposium 2		Lunch symposium 5	Lunch symposium 6
1330-1400		Poster Viewing / Trade Exhibition		Poster Viewing / Trade Exhibition	Poster Viewing / Trade Exhibition	
1400-1430		Plenary Lecture 2		Symposium 9	Symposium 10: Young Researcher's Symposium	
1430-1500		Symposium 3	Symposium 4	Free Paper Presentations 1	Free Paper Presentations 2	
1500-1530				Round Table Discussion 1	Round Table Discussion 2	
1530-1600				Coffee Break / Poster Viewing		
1600-1630	REGISTRATION					
1630-1700						
1700-1730						
1730-1800						
1800-1930	WELCOME RECEPTION	End of Day 1	Coffee Break / Poster Viewing			
1930			Conference Dinner			

### Plenary Lectures/Symposium/Topics:

- Maternal, infant and child nutrition
- Adolescent nutrition
- Micronutrient deficiencies
- Obesity and other diet-related NCDs
- Nutrition and healthy aging
- Physical activity in promoting optimal health
- Sustainable food systems for food and nutrition security
- Food innovations and renovations to promote healthy diets
- Functional ingredients and foods in nutrition promotion
- Nutrition policy and programmes
- Food-based dietary guidelines: development & implementation
- Nutrition education & communication strategies
- National nutrition surveys and food composition database
- Success factors in public health nutrition programme
- Food safety

### Competition for Young Researchers (Oral and Poster)

#### Regional Roundtable on

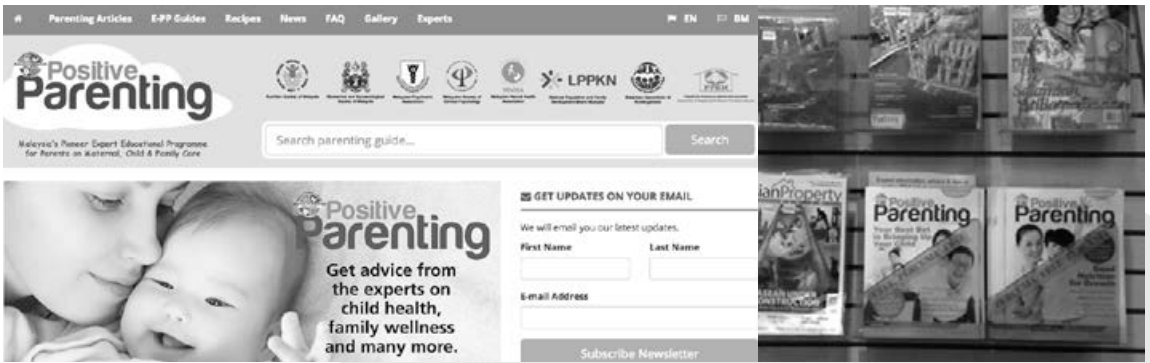
- ① School nutrition promotion programmes    ② Maternal nutrition    ③ Childhood obesity

#### About SEA-PHN Network

The Southeast Asia Public Health Nutrition (SEA-PHN) Network is a collaboration among nutrition societies/associations in the region to promote periodic exchange of experiences and activities. It aims to partner with key stakeholders in the region, namely government agencies and corporate companies to promoting public health nutrition among the population and alleviating nutrition problems in the region. To view our objectives, organisation and key activities, please visit [www.sea-phn.org](http://www.sea-phn.org).



# Empowering Today's Parents



For the past 16 years, NSM has been part of the Positive Parenting (PP) programme to provide young parents nationwide with expert guidance.

## Positive Parenting Guide

The Positive Parenting guide, published quarterly in English and Bahasa Malaysia, is now available at the cashier counters and entrances of Hamleys toy stores, at Borders bookstores and at the customer service counter and parents' lounge in KidZania Kuala Lumpur.

The electronic version of the guide is also available on the website ([www.mypositiveparenting.org](http://www.mypositiveparenting.org)).

## Positively filled with activities

In 2015, PP programme collaborated with Borders Malaysia and had its first Meet-the-Experts (MTE) session at Borders in The Gardens, Mid Valley (15 March 2015), followed by The Curve, Mutiara Damansara (20 September 2015).

In 2015 and 2016, PP organised several parenting forums in collaboration with KidZania Kuala Lumpur, where parents could meet and interact with top experts in psychology and parenting.

The PP programme also established its partnership with Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) for its pledge “Disconnect Digitally, Reconnect Emotionally” by conducting on-ground pledge at their Nur Sejahtera clinics besides contributing articles for their E-parenting portal on a fortnightly basis.

PP has also produced a series of infographic posters and other educational articles, which are available on the PP website and on [www.facebook.com/positiveparentingmalaysia](http://www.facebook.com/positiveparentingmalaysia)



# Nestlé Healthy Kids Programme in Malaysia – Phase II

The Healthy Kids Programme in Malaysia, a collaborative education programme between the Nutrition Society of Malaysia (NSM) and Nestlé Malaysia, entered its second phase in 2015.

Following the positive results obtained from the Phase I of the programme (longitudinal intervention study conducted from 2011-2013), NSM in collaboration with Nestlé and the Ministry of Education, extended the programme, utilising the modules developed during Phase I, and rolled-out to 77 selected primary boarding school children in Sabah & Sarawak.

Workshops were organised to train teachers on how to utilise the modules. Level 1 & Level 2 nutrition modules have been taught to approximately 5,000 primary school children in 2014 and the second year in 2015. Besides teaching the modules, teachers were also asked to measure students' weight and height, and distribute questions related to nutrition knowledge, attitude and practice.

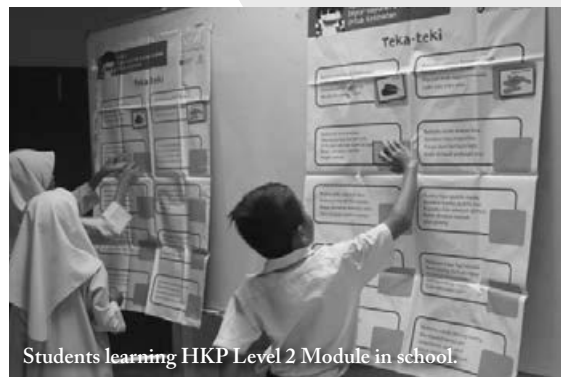
## The key findings of HKP's Year 2 Implementation are as follows:

- The prevalence of overweight and obesity among students in Sabah and Sarawak is 21%.
- The prevalence of underweight students during post-intervention (5.5%) is slightly lower compared to pre-intervention (6.3%).
- Nutrition knowledge, attitude and practice scores of students showed an improvement following the module implementation by the teachers.

Level 3 nutrition modules will be taught to teachers via a workshop on 23rd & 24th July 2016 to ensure that the teachers understand the entire module and deliver the nutrition knowledge effectively to their students. Teachers will then implement the modules until end of 2016. Analysis will be conducted in 2017 to determine the effectiveness of the modules.



ToT Workshop 2015: Participants listening to the trainers.



Students learning HKP Level 2 Module in school.



ToT Workshop 2015: Q & A session with the programme panel (from left to right): Dr Zawiah, Ms Michelle Woon (Nestlé Malaysia), Pn Juraidah (Ministry of Education, Malaysia), and Dr Chin Yit Stew.



Students learning HKP Level 2 Module in school.



# Nurse Training Programme

Mi-CARE is the first CPD Training Workshop conceptualised and conducted by four of Malaysia's leading Expert Bodies on maternal & infant health: Obstetrics and Gynaecological Society of Malaysia (OGSM), Nutrition Society of Malaysia (NSM), National Midwifery Society of Malaysia (NMSM) and Malaysian Paediatric Association (MPA).

Mi-CARE is a continuous professional development course for midwives, nurses and nurse aides working in O&G clinics/wards, paediatric clinics/wards, nurseries and maternity centres. Since the inception of Mi-CARE in 2012, the programme has successfully implemented over thirty workshops nationwide including East Malaysia and has trained over 6,500 nurses.

In 2015, Mi-CARE conducted a total of eight workshops nationwide; namely two in Klang Valley, one each in Penang, Johor Bharu, Melaka and Kota Kinabalu.



Dr Roseline Yap sharing her views during the presentation on 'Complementary Feeding' at the Mi-CARE workshop.



Dr Zawiah Hashim, council member of NSM, delivering the module 'Nutrition for Mother & Baby' in a Mi-CARE workshop held in Hotel Midah, KL.

Uterine contractions	<ul style="list-style-type: none"> <li>The contractions occur due to oxytocin hormone released during breastfeeding, but the amount is usually not significant enough to cause the cervix to open before the appropriate time.</li> <li>Usually it will not lead to a miscarriage / pre-term labour.</li> </ul>
Change in milk taste	<ul style="list-style-type: none"> <li>Pregnancy hormones cause a reduction in the amount of lactose in the milk produced, while sodium content increases; this makes the milk taste bitter.</li> <li>Breastfeeding child may not like it and switch to higher carbs, but some children don't mind the change in taste.</li> </ul>
Wearing	<ul style="list-style-type: none"> <li>Some nursing could may occur before the delivery of a baby due to the recent mastectomy approach or because of your child's feeding position gradually becomes more uncomfortable because of your enlarging abdomen which causes your top to sagging.</li> </ul>

## MyNutriBaby: Promoting Good Nutrition & Healthy Feeding Practices For Young Children Below 2

The MyNutriBaby (MNB) programme is a collaboration between NSM and Philips Avent to educate Malaysian parents on infant and young children feeding. Since 2014, the programme has released four educational videos, as well as interesting articles, on breastfeeding and complementary feeding – these are available on the MNB website and Facebook page, which is updated regularly.

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. There 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.



Baby's First Bites talk by Dr Tan Sue Yee.



New parents at the MNB Day hands-on cooking workshop.

## 2015 Breastfeeding Month Campaign: Let's Make Breastfeeding & Work, Work!

MNB launched an awareness campaign, comprising a social experiment video and an online poll for working mothers to find out about breastfeeding challenges working mothers face. The video received a reach of more than half a million people.

Results from the online poll reported that 54.9% of the mothers stopped breastfeeding less than 6 months after returning to work. Approximately 24% of poll respondents cited unsuitable facilities and environment at work as the main reason for discontinuing breastfeeding.

Visit [www.mynutribaby.org.my](http://www.mynutribaby.org.my) or Like MyNutriBaby Facebook for more updates.



## Allied Health Profession (AHP) Act

Good news for nutrition professionals in Malaysia! The Allied Health Professions (AHP) Act was passed in Parliament on 20 October 2015.

The purpose of the Act is to ensure that nutrition science is practised by appropriately qualified professionals. Only graduates from university programmes that provide adequate training to enable them to carry out the required roles shall be recognised for registration as a Nutritionist under the AHP.

A Ministry of Health Technical Working Group on Nutrition under the AHP continued its discussions on various matters related to the AHP. The main terms of reference of the TWG are to assist in the registration and implementation of the AHP regulations that will be gazetted after the Act is passed in Parliament.

The TWG 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 guidelines that have been established by the Division of Allied Health, MOH.

The TWG held several meetings to review the nutrition programme curricula from all Institutes of Higher Learning. Towards the end of 2015, a “standard” curriculum to be used as guidance for institutions offering BSc Nutrition degrees was developed.

There are 11 members in this TWG and Dr Tee E Siong, President of NSM, represents NSM. The Allied Health Professions (AHP) Act, known as Act 774, can be viewed in the website of the Attorney General’s Chamber of Malaysia: <http://www.agc.gov.my/agcportal/> (download from List of Federal Gazettes).

## **MOH TWG Dietary Guidelines for pregnant mothers, elderly and vegetarians**

NSM council members have been actively involved in the MOH TWG on Dietary Guidelines for pregnant mothers, elderly and vegetarians. Prof Ismail chairs this TWG and Dr Tee represents NSM. Members of the TWG have been assigned specific messages to prepare supporting information. Several meetings were held over the year 2015 to discuss and fine-tune the messages and the write up of the Dietary Guidelines. Other Council Members involved in the development of MDG are Assoc Prof Dr Zaitun Yassin, Dr Tan Sue Yee, Prof Dr Norimah Karim, Dr Mahenderan Appukutty, Dr Roseline Yap, Dr Wong Jyh Eiin and Dr Gan Wan Ying.

## **Malaysian Qualification Agency (MQA) update for programme standards: Medical and Health Science**

Nutrition Society of Malaysia has been invited to be the expert panel for Nutrition in the updating of the programme standards. Prof Norimah Karim and, alternately Dr Mahenderan Appukutty, represents NSM. MQA has called for several meetings to discuss and improve the content of the standards. For Nutrition, other than Prof Norimah and Dr Mahenderan, MQA has also invited representatives from both IPTA and IPTS offering Nutrition degrees, to attend workshops to discuss the standards and provide further input. The updated document is now in its final stages of editing and should be published by this year. All universities offering Nutrition degrees must adhere to this updated programme standards.

## **National Coordinating Committee on Food and Nutrition (NCCFN)**

NSM has been a member of the National Coordinating Committee on Food and Nutrition (NCCFN) since its inception and has been playing an active role in the development of various policies and national action plan. Dr Tee E Siong 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. Two meetings of the NCCFN were held in the year, ie on 11 May and 6 October 2015.

## Other MOH Sub-Committees

Prof Dr Norimah A. Karim and Dr Tee E Siong 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. On 13 December 2015, the 13th meeting in the series, several important items were presented and discussed, including the National Plan of Action for Nutrition of Malaysia (III) (2016-2025); status of national food safety; achievements of Skim Pensijilan Makanan Selamat Tanggungjawab Industri (MESTI); MySave Food Network; and achievements of Malaysia in the work of Codex Alimentarius.

## Technical Working Group on Nutrition Promotion

Dr Zaitun Yassin and Dr Gan Wan Ying are alternate representatives of NSM in the Technical Working Group on Nutrition Promotion. This Committee is chaired by Puan Zalma Abd Razak, 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.

## UNICEF Malaysia Country Programme Action Plan 2016-2020 – Civil Society Consultation

Dr Roseline Yap represented NSM to assist UNICEF Malaysia in the development of the Country Programme Action Plan for 2016-2020. Dr Roseline participated and provided input in the mapping activity for one of the emerging issues affecting children in Malaysia, which is Malnutrition and Obesity. A final report of the UNICEF Civil Society Consultation was then shared to the various stakeholders.

## Diary of Conferences and Seminars

### 2016

**11th International Diabetes Federation Western Pacific Region Congress (IDF-WPR Congress)**  
27 – 30 Oct 2016, Taipei, Taiwan  
<http://www.idfwpr2016.org/>

**7th International Symposium on Wellness, Healthy Lifestyle and Nutrition**  
3 – 4 Nov 2016, Yogyakarta, Indonesia  
<http://iswhln2016.fk.ugm.ac.id/>

**Advanced Course On Obesity 2016**  
9 Nov 2016, Mexico City, Mexico  
Please email [office@amcien.com](mailto:office@amcien.com) for more information

**AICR 2016 Research Conference on Nutrition, Physical Activity, Obesity, and Cancer**  
14 – 16 Nov 2016, North Bethesda, MD  
<http://www.aicr.org/cancer-research/conference/>

**6th ISPAH International Congress on Physical Activity and Public Health**  
16 – 19 Nov 2016, Bangkok, Thailand  
<http://www.ispah2016.org>

**FOOD & SOCIETY International Conference**  
18 – 20 Nov 2016, Selangor, Malaysia  
<http://www.food-and-society.com/>

**XIV International Conference on Food Science and Biotechnology**  
25 – 26 Nov 2016, Istanbul, Turkey  
<http://waset.org/conference/2016/11/istanbul/ICFSB>

**3rd International Conference on Food Sciences and Health (ICFSH 2016)**  
26 – 28 Nov 2016, Sydney, Australia  
<http://www.icfsh.org/>

**18th International Conference on Behavioral Nutrition and Physical Activity (ICBNPA 2016)**  
5 – 6 Dec 2016, Sydney, Australia  
<https://www.waset.org/conference/2016/12/sydney/ICBNPA>

**Asia-Pacific Nutrigenomics & Nutrigenetics Organisation Biennial Conference**  
5 – 6 Dec 2016, Gyeongju, South Korea  
[www.apnno.com](http://www.apnno.com)

**8th International Conference on Clinical Nutrition**  
8 – 10 Dec 2016, Dubai, UAE  
<http://clinicalnutrition.conferenceseries.com>

**International Conference on Non Communicable Diseases**  
16 Dec 2016, Colombo, Sri Lanka  
<http://serendivusconference.com/index.php/main/internationalconferenceonnoncommunicablediseases>

**International Sports + Exercise Nutrition Conference**  
19 – 21 Dec 2016, Northumbria University Newcastle upon Tyne, UK  
<http://www.isenc.org/index.html>

### 2017

**2nd International Functional Food Conference**  
20 – 22 Feb 2017, Selangor, Malaysia  
<http://www.taylors.edu.my/IFFC/IFFC.htm>

**3rd International Conference on Food and Environmental Sciences (ICFES 2017)**  
25 – 27 Feb 2017, Hanoi, Vietnam  
<http://www.icfes.org/>

**4th International Conference on Nutrition and Growth**  
2 – 4 Mar 2017, Amsterdam, Netherlands  
<https://go.evvnt.com/62649-0>

**XV International Conference on Food Security and Nutrition**  
8 – 9 Mar 2017, Pattaya, Thailand  
<http://waset.org/conference/2017/03/pattaya/ICFSN>

**19th International Conference on Global Food Security**  
9 – 10 Mar 2017, Miami, Florida  
<http://waset.org/conference/2017/03/miami/ICGFS>

**Functional Foods and Bioactive Compounds in Health and Disease: Science and Practice**  
25 – 26 Mar 2017, San Diego, USA  
<http://functionalfoodcenter.net/21st-int--conference-of-ffc.html>

**19th International Conference on Food Science and Nutrition**  
26 – 27 Mar 2017, Madrid, Spain  
<http://waset.org/conference/2017/03/madrid/ICFSN>

**Experimental Biology 2017**  
22 – 26 Apr 2017, Chicago, USA  
<http://www.choosechicago.com/ExperimentalBiology2017/>

**1st Southeast Asia Public Health Nutrition Conference**  
14 – 17 May 2017, Kuala Lumpur, Malaysia  
<http://nutriweb.org.my/>

**Introductory Course On Dietary Assessment Methods**  
22 May 2017, University of Aberdeen, Aberdeen, UK  
<http://www.abdn.ac.uk/acdam/>

**Advanced Course In Dietary Assessment Methods**  
23 – 25 May 2017, University of Aberdeen, Aberdeen, UK  
<http://www.abdn.ac.uk/acdam/>

**9th World Nutrition & Food Sciences Congress**  
29 – 31, May, 2017, Osaka, Japan  
<http://www.nutritionalconference.com/2017>

**ACSM Annual Meeting, World Congress on Exercise is Medicine® and World Congress on The Basic Science of Energy Balance**  
30 May – 3 June, 2017, Denver, Colorado, USA  
<http://www.acsm.org/attend-a-meeting/upcoming-meetings>

**2017 International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference**  
7-10 Jun 2017, Victoria, Canada  
<https://www.isbnpa.org/index.php?r=annualMeeting/index&year=2017>