



# Berita NSM

A Publication of the Nutrition Society of Malaysia

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## 13th Asian Congress of Nutrition

4-7 August, 2019

Bali, Indonesia

The Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) organised the 13th Asian Congress of Nutrition in Bali from 4-7 August 2019, under the auspices of the Federation of Asian Nutrition Societies (FANS).

The theme of the ACN was “Nutrition and Food Innovation for Sustained Well-Being”, reflecting the importance of innovation and leadership in improving the field of nutrition. There is no great nutrition innovation without great researchers and communication – hence,

the goal of the congress was to promote nutrition and food innovation, and to encourage scientific interchange among food, nutrition and health researchers and professionals in Asia and worldwide.

The Nutrition Society of Malaysia participated in the 13th ACN through the SEA-PHN Network. Read more about the network’s activities at the ACN inside.

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Correspondence/contributions for the Berita should be sent to:

Chairman,  
Publications Committee,  
Nutrition Society of Malaysia,  
27C, Jalan PJS 1/48,  
46150 Petaling Jaya,  
Selangor.

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

## A word from the President

### Our Continued Contributions



2019 has not been an easy year, in terms of economic and political stability worldwide. However, NSM remained committed to implementing nutrition science activities in the country.

One of the major activities in 2019 was the 34th Annual Scientific Conference, held from 3-4 July with the theme "Healthy Nutrition: Key to Disease Prevention". As always, the Conference served as the leading nutrition scientific meeting in the country for public health nutrition professionals, researchers, policymakers, postgraduate students and various stakeholders from the food, health and fitness industry.

NSM also participated in the 13th Asian Congress of Nutrition, which was held in Bali from 4-7 August. NSM's contribution was through the SEA-PHN Network, which was given a dedicated symposium and booth space at the congress.

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.

We kept up a busy pace of community and public activities, with the highlight being Nutrition Month Malaysia. NMM was observed with the theme 'Make Time for Healthy Eating & Active Living (HE-AL)', featuring a

fair with fun activities for the public, a free publication and educational press articles.

NSM also published the 3rd volume of the Healthy Cooking with Oats Recipe Book, with recipes from Malaysia, Thailand, the Philippines, Indonesia and Vietnam. We also continued our community activities through various programmes undertaken on our own, in partnership with other organisations, as well as with various Ministries.

On that note, 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.

I thank all NSM members and Council Members for your contributions, and hope you will enjoy reading about our activities this past year.

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

#### NSM Publications Committee

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

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# 34th Annual Scientific Conference

3 – 4 July 2019,  
Hotel Istana, Kuala Lumpur



Committed to promoting nutrition science, NSM organised its 34th Annual Scientific Conference with the theme “Healthy Nutrition: Key to Disease Prevention”, from 3 – 4 July 2019 at Hotel Istana Kuala Lumpur. The theme was chosen to reiterate that disease prevention through healthy nutrition is the way forward to alleviate the disease burden in the country and to ensure a healthy generation of Malaysians in the future. We can prevent and even reverse chronic diseases if we systematically implement the identified strategies and action plans towards improving the nutritional status of all Malaysians.

Yang Berbahagia Dato’ Seri Dr Chen Chaw Min, Secretary General, Ministry of Health Malaysia officiated the conference. In his opening speech, he emphasised that it is imperative that all stakeholders, including the professional bodies, private sector, academia and other government sectors, work together in the spirit of public-private partnership to reduce the disease burden of NCDs.

The conference featured two plenary lectures, four symposia, a Young Researchers’ Symposium, two lunch symposia, three free paper presentations, and a poster presentation.

The key photos, programme and abstract book, presentation slides of invited speakers are available at the conference website: <http://www.nsmconference.org.my/>

## Postgraduate Prizes

- Dr Lau Xiao Chuan (PhD thesis)**  
“Development and effectiveness of C.E.R.G.A.S programme: a combined intervention (physical activity-nutrition) in combating overweight and obesity among Malaysian adolescents.” (Faculty of Health Sciences, UKM)
- Dr Serene Tung En Hui (PhD thesis)**  
“Comparison of mediating factors associated with cognitive function between normal weight and overweight/obese children in Kuala Lumpur, Malaysia.” (Faculty of Medicine and Health Sciences, UPM)
- Dr Wan Putri Elena Wan Dali (PhD thesis)**  
“Impact of interactive multimedia-based nutrition education programme (IMNEP) on nutrition KAP and anthropometric parameters among overweight and obese primary school children in Kota Bharu.” (School of Health Sciences, USM)
- Bong Mee Wan (MSc thesis)**  
“Physical activity, waist circumference and body composition of children in relation to metabolic syndrome indicators.” (Faculty of Health Sciences, UKM)
- Nurulhuda Abd Aziz (MSc thesis)**  
“Food preferences and perceptions of healthy food among primary school children and barrier factors for food selling guideline compliance in Kelantan school canteens.” (School of Health Sciences, USM)
- Siti Fatimah Murtaza (MSc thesis)**  
“Factors associated with cognitive performance among Orang Asli children aged 2 to 6 in Negeri Sembilan, Malaysia.” (Faculty of Medicine and Health Sciences, UPM)
- Melissa Leong En Ying (MSc thesis)**  
“Vitamin D Supplementation, Parathyroid hormone (PTH) and Plasma vitamin D response among Malaysian female adults: Double blinded, randomised clinical trial of efficacy.” (Division of Nutrition and Dietetics, International Medical University)
- Nur Izzatun Nasriah Nasruddin (MSc thesis)**  
“Nutritional Status and Physical Fitness among Royal Malaysia Police Personnel in Sepang District Police Headquarters, Selangor.” (Faculty of Science & Technology, UKM)

## Undergraduate Thesis Prizes

1. **Yong Tze Ying**, Faculty of Medicine and Health Sciences, UPM  
"Associations of nutritional and socio-cultural factors with self-esteem among upper primary school children in Kuala Lumpur."
2. **Wong Lai Shan**, Faculty of Health Sciences, UKM  
"Development of a photographic food atlas prototype as a portion size estimation aid for Malaysian."
3. **Nik Nur Izyan Nik Mustapa**, School of Health Sciences, USM  
"Dietary diversity and nutritional status among primary school children aged between 7 to 10 years in Kota Bharu, Kelantan."
4. **Teo Chun Yi**, Division of Nutrition and Dietetics, IMU  
"The effect of using different spoon sizes on postprandial glycaemia, hunger and satiety of overweight and obese subjects consuming brown rice."
5. **Ooi Yong Xuan**, Faculty of Health & Life Sciences, MSU  
"The Association Between Meal Frequency with Diet Quality and Micronutrients Intake Among Young Adults at Northeast Penang."
6. **Loo Yen Chi**, Faculty of Applied Sciences, UCSI University  
"Lactic acid bacteria (LAB) as potential probiotics isolated from soy sauce."

## Best Prize for Young Researchers' Awards (Oral)

1. **Norliyana Aris**, Universiti Sains Malaysia  
"Effects of sunlight exposure and vitamin D supplementation on serum 25-hydroxyvitamin D concentrations, high molecular weight adiponectin and metabolic syndrome risk factors."
2. **Ng Choon Ming**, UCSI University  
"The KidChen Study: Effectiveness of a hands-on healthy meal preparation intervention among primary schoolchildren in Kuala Lumpur, Malaysia."
3. **Kanimolli Arasu**, International Medical University  
"Are Malaysian children with low calcium intakes having low bone mass?"
4. **Tan Pui Yee**, University of Nottingham Malaysia Campus  
"FTO gene variants (rs9930501, rs9930506 and rs9932754) and post-intervention differences in anthropometric and cardio-metabolic parameters after a 6-month Hipref diet intervention in overweight and obese Malaysian adults."
5. **Wirdah Mohamed**, Universiti Kebangsaan Malaysia  
"The impact of F.E.A.T weight reduction programme on health-related quality of life among obese adult."
6. **Lee Zhi Ling**, Universiti Putra Malaysia  
"Low daily energy intake, household smoke and sugar exposure increased the risk of dental caries in pre-schoolers."

## NSM Publication Prize

### Maternal Nutrition

1. **Ng Choon Ming**, Faculty of Applied Sciences, UCSI University  
Publication: Associations of pre-pregnancy body mass index, middle-upper arm circumference, and gestational weight gain. *Sexual & Reproductive Healthcare* 20 (2019) 60–65.
2. **Yong Heng Yaw**, Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM  
Publication: Associations between the dietary patterns of pregnant Malaysian women and ethnicity, education, and early pregnancy waist circumference: A prospective cohort study. *Nutrition Research and Practice* 2019 13(3):230–239.

### Mobility and Musculoskeletal Health and Nutrition

1. **Lim Sook Yee**, Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM  
Publication: Dietary Acid Load, IGF-1 Single Nucleotide Polymorphism and Bone Resorption among Postmenopausal Chinese Women. *Nutrients* 2018 10, 915.

## Best Poster Prizes

1. **Raewadee A/P Bon Rit**, Universiti Sains Malaysia  
"A gap analysis between expectations and perceptions on service quality of online food purchasing and delivery services in Kota Bharu among undergraduates in Health Campus of Universiti Sains Malaysia."
2. **Nurafiqah Binti Abdullah**, Universiti Putra Malaysia  
"Factors associated with body dysmorphic disorder among undergraduate students in Universiti Putra Malaysia."
3. **Rasyidah Binti Ali**, Universiti Putra Malaysia  
"Associations of milk feeding practice and appetite with nutritional status among young children aged 2 to 4 in Pusat Anak Permata Negara (PERMATA Negara) Zon Tengah."
4. **Nurul Amira Nabilah Binti Kamarudin**, Universiti Kebangsaan Malaysia  
"Suku Suku Separuh & Cergas (3SC) intervention on weight management among overweight and obese adults."
5. **Nurul Huda Binti Ali**, Universiti Putra Malaysia  
"Associations between socio-demographic factors, lifestyle factors, body weight status and night eating syndrome among undergraduates in Selangor."
6. **Wong Lai Shan**, Universiti Kebangsaan Malaysia  
"Development of a photographic food atlas prototype as a portion size estimation kit for Malaysian."
7. **Wong Pei Yun**, Management and Science University  
"Evaluation of total phenolic content and antioxidant activities of coloured plants (blue butterfly pea, roselle, yellow bell pepper and purple sweet potato)."
8. **Nur Syamimi Binti Zaini**, Universiti Putra Malaysia  
"Effect of brewers' rice in streptozotocin-induced hyperglycemic rats."
9. **Ong Jer Min**, UCSI University  
"Associations between picky eating, infant feeding practices and nutritional status of preschool children in Klang Valley, Malaysia."

## Save The Date!

Join us at the 35th Annual Scientific Conference:  
"Together Towards Optimal Nutrition"  
30 June-2 July 2020 | Hotel Istana, Kuala Lumpur

There is ample evidence that the prevalence of non-communicable diseases (NCDs) and their associated risk factors have been increasing in the past decades and now have reached alarming levels.

The main challenges towards fully realising the objectives of national policies and action plans include the lack of inter-sectorial and multi-stakeholder coordination, financial shortfall and lack of human resource capacity.

The theme of the 35th NSM Annual Scientific Conference underscores the importance of all stakeholders working together to promote optimal nutrition among Malaysians. This conference serves as a platform for all stakeholders to productively exchange and discuss research and intervention activities towards building healthier future generations.

Join us as we discuss issues ranging from maternal nutrition and infant & young child nutrition, to nutrition education and communication strategies.

For enquiries, contact the President of Nutrition Society of Malaysia at [president@nutriweb.org.my](mailto:president@nutriweb.org.my)

# Make Time for Healthy Eating and Active Living



**N**utrition Month Malaysia (NMM) continues its yearly tradition of contributing towards the Government's efforts to combat non-communicable diseases. The theme for 2019 was 'Make Time for Healthy Eating & Active Living (HE-AL)', which emphasises the urgency of making time to adopt a healthy diet and an active lifestyle.

The event was launched by YB Datuk Seri Dr Dzulkefly bin Ahmad, Minister of Health Malaysia.

## Food-Fit-Fun Fair

NMM 2019 featured a five-day Food-Fit-Fun Fair in IOI City Mall, Putrajaya, from 17 to 21 April 2019. The highlights of the event included free nutrition screening, where the public had the opportunity to have their body analysed using a full body composition analysis machine and complemented with expert dietary advice from nutritionists and dietitians. Giant educational panels with the 8 key messages of the campaign were displayed at the reading area and kids' corner. The public also learned how to

read food labels and make better food choices by joining the guided supermarket tour with a nutritionist/dietitian.



The fair also had a number of booths by sponsors, allowing the public to take part in various learning activities that were fun, interactive and informative. Besides that, other activities prepared by NMM, such as the Zumba fitness activity, in-mall step challenge, parent-child cooking workshop, were well-received by the public. Various NMM materials were also given out for free.



## HE-AL Volume 1: Make time for healthy eating and active living

As part of NMM's annual publication, an infographic-magazine titled 'HE-AL Volume 1: Make Time for Healthy Eating and Active Living' was published. It contains the campaign's key messages on healthy eating and active living, cooking tips and recipes, tips on choosing healthier foods, as well as a simple health screening guide. The publication was distributed for free at the Food-Fit-Fun Fair and is also available to be downloaded at the NMM website.

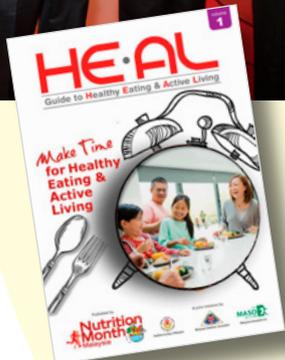


## Media Awareness

To convey NMM messages to a wider audience, a series of educational press articles on healthy lifestyle and nutrition was published with the support of our media partners.

The nutrition messages are also available on digital platforms to increase its reach to younger age groups. Various publications on healthy eating and active lifestyle can be found on NMM's website and social media platforms, namely Facebook and Instagram, including press articles, nutritional tips, and event updates.

The Infographic Kit and other educational materials are available from <https://nutritionmonthmalaysia.org.my>



## ILSI Seminar and Workshop 'Maternal, Infant and Young Child Nutrition'

The Nutrition Society of Malaysia co-organised a Seminar on Maternal, Infant & Young Child Nutrition (MIYCN) with the International Life Sciences Institute (ILSI) Southeast Asia Region on 13 & 14 November 2018.

The seminar was aimed at addressing issues related to major maternal and infant challenges in the Southeast Asian region, namely low birth weight and stunting, alongside the emerging prevalence of gestational diabetes mellitus (GDM).

The seminar and workshop discussed trend data, efforts and related issues pertinent to the persistence of low birth weight and stunting, and management of GDM in the Southeast Asian region. Participants also used the platform to share their respective country's experience, challenges faced and explored strategies to address these issues during the workshop.

## 'Role of Probiotics in Clinical Research and Practice'

The seminar, held at the Renaissance Kuala Lumpur Hotel, on 1 December 2018, provided participants with an update on the role of probiotics in clinical research and practice. It was also an opportunity for participants to network with experts from the field of probiotics.

Prof Dr Bruno Pot (Yakult Europe, Netherlands) presented on recent research activities on *Lactobacillus casei* strain Shirota in Europe, and whether probiotics can deliver on their promise. This was followed by a presentation by Prof Dr Hiroshi Ichimura (Kanazawa University, Japan), on the effects of probiotics ingestion on immune profiles and microbial translocation among HIV-infected children.

For a local perspective, Dr Mohd Redhwan (Universiti Putra Malaysia) spoke on the dietary approach using probiotic *Lactobacillus casei* Shirota for the prevention of aflatoxin exposure. NSM President Dr Tee E Siong provided the opening and closing remarks, as well as moderated the sessions.



The seminar was attended by nutritionists, dietitians, food scientists, policymakers from government departments and agencies, academia, and professional bodies.

The seminar was organised as one of the activities of the NSM Probiotics Education Programme, supported by Yakult (M) Sdn Bhd.

## ILSI Science Symposium on Smart Eating 'Harnessing Innovative Approaches & New Technologies for Health and Sustainability'

ILSI SEA Region and ILSI Malaysia Country Committee co-organised a Science Symposium on Smart Eating, in collaboration with the Nutrition Society of Malaysia on 23 April 2019.

The one-day symposium explored the definition of smart eating and sustainability, discussed how technologies like artificial intelligence, digitalization, genomics, and the Internet of Things (IoT) have revolutionised the agri-food

industry and how they can be further harnessed to improve our populations' health and nutritional well-being.

There were two keynote speakers: Emeritus Professor Richard Head (University of South Australia) and Professor Purwiyatno Hariyadi (Bogor Agricultural University, Indonesia). The keynote addresses were followed by three panel sessions.

## Dutch Lady Symposium 'Current Nutritional Issues & Intervention Programmes For School Children in Malaysia'

Dutch Lady Milk Industries Berhad (DLMI) organised a symposium in collaboration with Nutrition Society of Malaysia (NSM), focusing on "Current Nutritional Issues & Intervention Programmes For School Children in Malaysia."

The symposium was held on 14 November 2019, gathering more than 100 representatives from multiple government agencies, professional bodies, academicians and nutritional experts to exchange ideas and views on addressing nutritional issues of school children in Malaysia, in line with the National Plan of Action on Nutrition of Malaysia (NPNM III, 2016-2025).



The symposium was chaired by Prof Dr Mohd Ismail Noor, Vice-President of NSM. Assoc Prof Dr Chin Yit Siew presented a talk on: 'NSM Contributions Towards School Children's Nutrition Promotion'.

# APPLICATIONS NOW OPEN FOR YOUNG NUTRITIONISTS!

## 1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP) & 2nd Malaysia Nutrition Leadership Programme (MyNLP)

**Date:** 14-18 August 2020

**Venue:** Institute of Leadership & Development, UiTM,  
Bandar Enstek, Negeri Sembilan

Young, aspiring professionals in the field of food & nutrition are invited to submit their application to be selected as part of the Nutrition Leadership Programme, organised by the Southeast Asia Public Health Nutrition Network & Nutrition Society of Malaysia.

The Programme focuses on honing the participants' application of soft-skills and enhancing leadership competency among nutrition professionals.

### KEY LEARNING OUTCOMES:

- Apply the concept and framework of leadership.
- Practise effective communication.
- Apply leadership and management knowledge for problem solving.
- Establish professional and social networks.

### WHO SHOULD ATTEND?

- Active members of the member Society/ Association of the SEA-PHN Network
- Highly motivated and passionate nutritionists
- < 40 years of age
- At least 5 years working experience
- A postgraduate degree would be an added advantage

### REGISTRATION FEES\*:

Government sector: RM1,000

Private sector: RM2,000

*(inclusive of course fee and training materials, full-board and lodging (5D, 4N twin sharing))*

### HOW TO APPLY:

Complete the application form (download from SEA-PHN's website: [sea-phn.org](http://sea-phn.org) or NSM's website: [www.nutriweb.org.my](http://www.nutriweb.org.my)) and attach a written Personal Statement (not more than 500 words), on why you wish to be a participant in this programme, and a particular aspect of nutrition which you are highly passionate about. Email your application to: [president@nutriweb.org.my](mailto:president@nutriweb.org.my) and [mynlp@nutriweb.org.my](mailto:mynlp@nutriweb.org.my)

**Application Opens From: 30 March 2020**

**Application Closes On: 5 June 2020**

# SEA-PHN Network at Asian Congress of Nutrition 2019



**S**outheast Asian Public Health Nutrition (SEA-PHN) Network, a unique partnership of five nutrition societies/associations in the Southeast Asia region and corporate companies, is already in its 6th year and has made some tangible achievements.

At the 13th Asian Congress of Nutrition (ACN) in Bali, Indonesia, SEA-PHN Network was given a dedicated symposium titled 'SEA-PHN Network – A Strategic Partnership for the Advancement of Public Health Nutrition' and a booth at the exhibition area, to communicate its vision and achievements.

The symposium was chaired by Prof Dr Hardinsyah, Council Member of SEA-PHN Network and President of Food and Nutrition Society of Indonesia. Below were the topics and speakers:

## **'SEA-PHN Network: Rationale, objectives, organisational framework, key achievements'**

Dr Tee E Siong, Chairman of SEA-PHN Network and President of Nutrition Society of Malaysia

## **'Food-Based Dietary Guideline in Southeast Asian countries'**

Assoc Prof Dr Ladda Mo-Suwan, Council Member of SEA-PHN Network and President of Nutrition Association of Thailand

## **'Good Nutrition – Key to Healthy Children, a multi-country school nutrition initiative. A. Rationale, concept and SEA PHN Network nutrition education package'**

Prof Le Thi Hop, Vice-Chairman of SEA-PHN Network and President of Vietnam Nutrition Association

## **'Good Nutrition – Key to Healthy Children, a multi-country school nutrition initiative. B. Implementation, key findings and learnings'**

Emeritus Prof Dr Mohd Ismail Noor, Council Member of SEA-PHN Network Vice-president of President of Nutrition Society of Malaysia



### 'National Plan of Action of Nutrition in Southeast Asian countries'

Dr Rodolfo Florentino, Council Member of SEA-PHN Network and Nutrition Foundation of the Philippines Inc.

Both the symposium and the booth successfully created visibility for the Network. It was made possible by the generosity of the organiser of ACN 2019 - PERGIZI PANGAN, under the leadership of Prof Dr Hardinsyah.

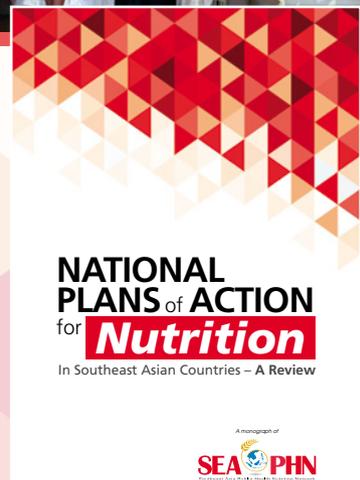
The SEA-PHN Network will continue to conduct collaborative projects among members of the Network and corporate partners to support government efforts in community nutrition improvement, in the spirit of public-private partnership and multi-stakeholder collaboration.

Compilation of National Plans of Action for Nutrition SEA-PHN Network had completed the compilation and analysis of the National Plans of Action for Nutrition of various countries in Southeast Asia, and published as a monograph.

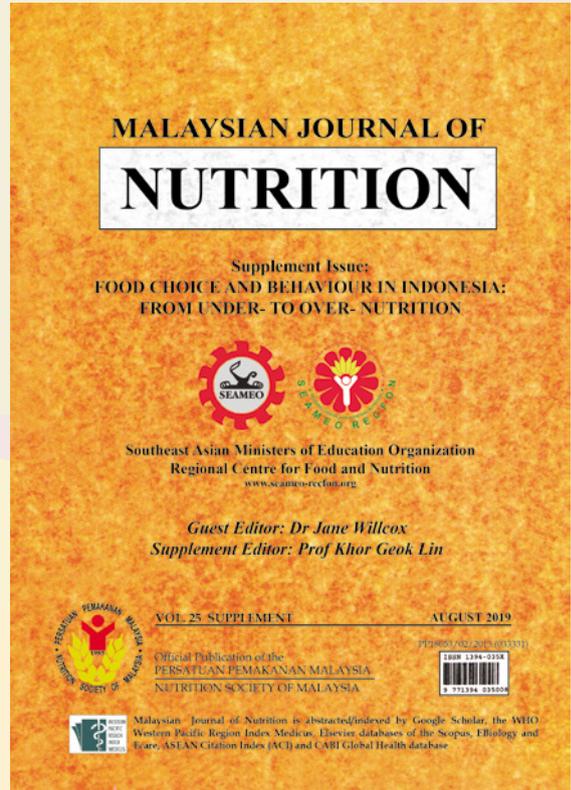
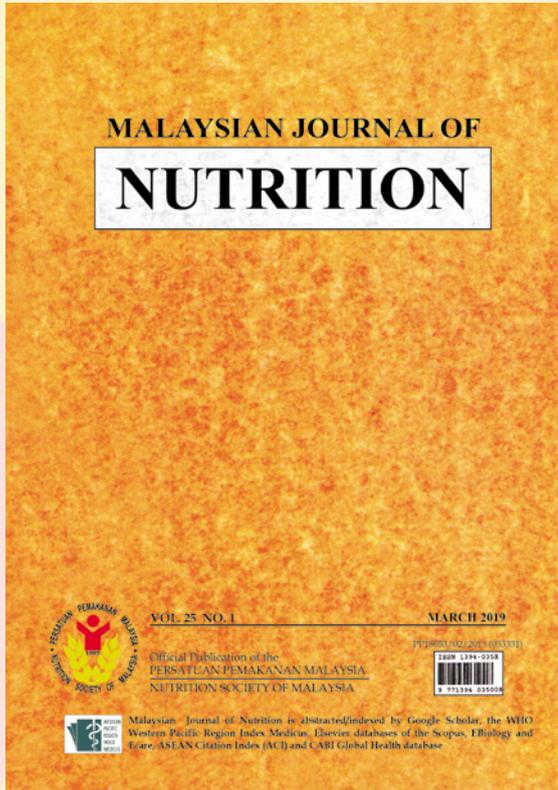
The monograph looked into the differences and similarities of the NPNs across the region. It also included insight into

the approaches other countries have used in planning nutrition programmes. The countries involved were Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam.

The monograph of this compilation is available online for free download at the SEA-PHN Network website.



# Malaysian Journal of Nutrition



The Malaysian Journal of Nutrition (MJN), the official research publication of NSM, continues to strive to improve the quality and standard of its services for nutrition scientists in the region. The publication is now led by Dr Tee E Siong acting as the new Editor-in-Chief of the journal.

For 2018-2019, Volume 24 (no 3-4) and Volume 25 were published. Additionally, a supplement issue titled 'Food Choice and Behaviour in Indonesia: From Under- to Over- Nutrition', was published in collaboration with Southeast Asian Ministers of Education Organization Regional Centre for Food and Nutrition (SEAMEO-RECFON), with Dr Jane Willcox as the guest editor and Prof Dr Khor Geok Lin as the supplement editor.

Since February 2018, the journal has been upgraded to a modern online management system (Scholar One) for reviewing and processing manuscripts.

2019 saw further enhancements introduced to the journal. From issue 2 of volume 25 onwards, all papers have been assigned a doi (digital object identifier) for easy location of articles. In addition, MJN has also begun publishing articles as soon as they are approved by the Editor-in-Chief as Online First so that the author does not have to wait till a full issue is completed (<http://nutriweb.org.my/mjn/online-first.php>).

All MJN issues can be viewed, free of charge, as pdf files on the NSM website. Authors are invited to submit articles for publication online at <http://nutriweb.org.my/mjn/index.php>

## Healthy Cooking with Oats Recipe Book (Vol III)



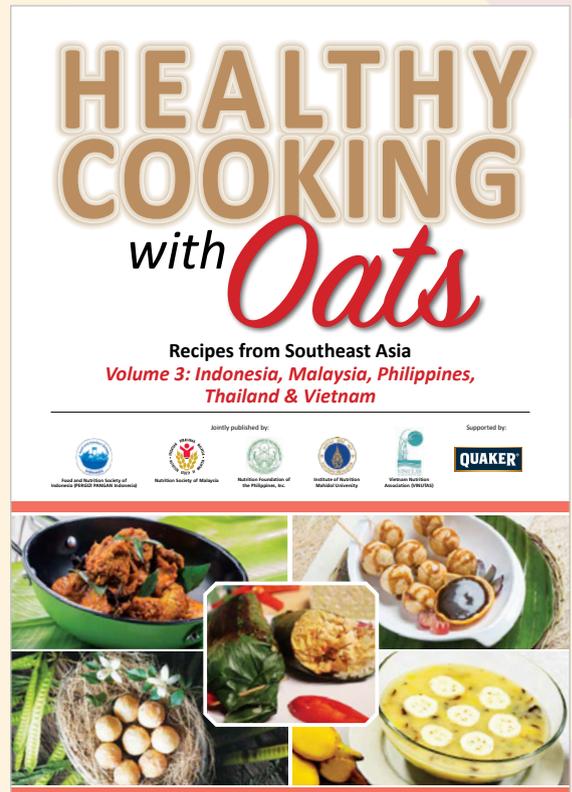
Numerous researches have demonstrated that adding whole grains to our diet can significantly lower our risk of chronic diseases and illnesses. However, consumption of whole grain foods is low in the Southeast Asian countries.

Five professional bodies and academic institutions in Southeast Asia, namely NSM, Institute of Nutrition Mahidol University, Nutrition Foundation of Philippines (NFP), Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) and Vietnam Nutrition Association (VINUTAS) have teamed up to publish a series of cookbooks focusing on the promotion of healthier food ingredients and the use of healthier cooking methods.

Volumes 1 and 2 of the 'Healthy Cooking with Oats' cookbooks were published in 2017 and 2018, respectively. This year, Volume 3, with recipes from the five countries, was published. It was launched and distributed at the 13th Asian Congress Nutrition in Bali. The cookbook also has a section on whole grains and oats to provide useful information and to encourage readers to choose whole grains.

The initiative is supported by an unconditional educational grant from Pepsico Services Asia Ltd.

Volumes 1 to 3 of the cookbooks are available for download here: <https://sea-phn.org/resources/>



## 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 Prof Dr Norimah, Assoc Prof Dr Mahenderan, Dr Roseline Yap Dr Wong Jyh Eiin and Assoc Prof Dr Chin Yit Siew.

## MyBFF Ministry of Health @school & @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 and Prof Norimah 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. MyBFF@home group published some the findings in BMC Women's Health as special supplement in 2018.

## Healthier Choice Logo (HCL)

Dr Tee E Siong served as member of the Expert Group on HCL, representing the NSM. Several meetings were held by Nutrition Division, MOH to review the criteria for HCL system. Engagement sessions were also held with the Federation of

Malaysian Manufacturers (FMM). The new criteria are to be implemented in 2019. Dr Tee also represents NSM in a number of meetings of the MOH to review the criteria for the marketing of foods to children.

## Suku Suku Separuh Cergas Project (3SC), MASO-MySihat

The Ministry of Health, My Sihat and several NGOs namely Nutrition Society of Malaysia (NSM), Malaysian Association for the Study of Obesity (MASO) and Malaysian Dietitian Association (MDA) carried out a six-month obesity intervention programme, Suku Suku Separuh Cergas Project (3SC). The 3SC program is led by MASO. NSM is represented by Prof Dr Norimah.

The programme is targeted at overweight/obese participants and anticipates that there will be a reduction in overweight participations among the intervention group. A few NSM members from academia such as Emeritus Prof Ismail, Assoc Prof Dr Mahenderan and Assoc Prof Dr Chin are also involved in this intervention.



## Good Nutrition – Key to Healthy Children

Recognising the double-burden of malnutrition in Southeast Asian countries, SEA-PHN Network has initiated a multi-country nutrition education initiative, Good Nutrition – Key to Healthy Children (GNKHC). The goal is to empower school children with appropriate nutrition knowledge to enable them to adopt healthier eating habits and be physically active.



The five member countries of the SEA-PHN Network participated in this initiative. NSM is the implementation partner of GNKHC in Malaysia and a Technical Working Group (TWG) was established to oversee the planning and implementation. The TWG members are Dr Tee E Siong, Prof Norimah A Karim, Dr Zawiah Hashim and Dr Chin Yit Siew.

This initiative involves conducting nutrition lessons for primary school children using a specially designed nutrition module developed by member societies / associations of the SEA-PHN Network. Teachers in these schools will be trained to conduct the nutrition lessons, which consist of 9 topics.



In Malaysia, three Primary 3 classes (with students aged 9 years) from two schools were selected to participate in the GNKHC nutrition intervention programme in 2018. Teachers and students provided feedback that the lessons were interactive and educational. The results of the intervention were presented at the 34th NSM Scientific Conference 2019 and 13th Asian Congress of Nutrition 2019.

It is hoped that experience gained in the implementation of GNKHC can be used for implementing larger scale interventions in more schools to empower school children with knowledge on healthy eating and active living.



# Malaysia School Nutrition Promotion Programme (MySNPP)

The Malaysia School Nutrition Promotion Programme (MySNPP) is a joint school nutrition programme between NSM and the Johor state nutritionists. It adopts a holistic approach towards preventing malnutrition problems among school children in the country. The programme has two prongs: (i) nutrition education, using NSM's Good Nutrition Key to Healthy Children programme; and (ii) nutritious meals in schools, under the School Meal Programme implemented by nutritionists in Johor.

Under the MySNPP, the state nutritionists will be trained to conduct the TOT for teachers, who will then carry out the education camp for Standard 3

students. The state nutritionists will also conduct a one-day healthy catering workshop and a series of menu planning and tasting activities for selected parents-teachers association (PTA) representatives and canteen operators. Subsidised healthy meals will be prepared by the trained PTA representatives and canteen operators, to be served to students during the school's recess.

The MySNPP is first to be rolled out in 5 districts in Johor, involving a total of 18 primary schools in Batu Pahat, Muar, Tangkak, Johor Bahru and Kulai. The programme will reach over 1,300 Standard 3 students, as well as teachers, PTA representatives and canteen operators.

## Positive Parenting

Since 2002, NSM has been partnering with the Malaysian Paediatric Association (MPA) in their largest and longest-running expert-driven parenting programme called Positive Parenting (PP).

PP actively conveys its messages through various channels such as Positive Parenting Guide, nutrition, health and parenting seminars/talks, the educational website and educational articles in the press by a panel of experts. In September 2018, PP held a Media

Dialogue event at Eastin Hotel, with the topic 'Raising emotionally strong and resilient children through Positive Parenting'.

Through the PP programme, NSM provides expert advice and guidance in the field of nutrition for mothers and children of all ages. Together with other expert collaborators, NSM hopes to give our children the best start in life to ensure a brighter future.



# Mi-CARE Nurse Training Programme



For the 8th year running, NSM collaborated with the Obstetrics and Gynaecological Society of Malaysia (OGSM) and Malaysian Paediatric Association (MPA) for the Mi-CARE Nurse Training Programme, initiated in 2012.



Mi-CARE is specifically designed as a continuous professional development course for midwives, nurses and nurse aides working in O&G department, paediatric department, nurseries and maternity centres from Government and Private hospitals and clinics. Mi-CARE has successfully implemented almost 60 workshops nationwide, and has trained over 8,900 nurses.

Six Mi-CARE workshops were conducted for 2019, participated by nurses from Government hospitals, Klinik Kesihatan and Klinik Kesihatan Ibu & Anak in Klang Valley, Penang, Kedah, Perak, Sabah, Kelantan, Terengganu, Johor, Malacca and Sarawak. These workshops reached 800 participants.



## Community Nutrition Awareness Seminar – Ministry of Rural Development



NSM co-organised a nutrition exhibition and health seminar with the Community Development Department (KEMAS), Ministry of Rural Development, as well as Persatuan Suri dan Anggota Wanita Perkhidmatan Awam Malaysia (PUSPANITA), on 29 November 2019. The aim of the programme was to provide scientific knowledge about food and nutrition to the participants, and to increase awareness on the importance of healthy lifestyle practices.

The NSM booth at the exhibition was one of the most popular booths among participants. Nutritionists from NSM provided nutritional assessment using the body composition analyser, followed by one-on-one nutrition consultations for participants based on the results.

Nutritionists also conducted healthy food demonstrations to share practical tips for preparing healthy meals, such as overnight oats and banana spring rolls. The nutritionists also disseminated healthy eating tips, nutrition knowledge and information to the participants through the published nutrition education materials and recipe books.



# Community Medical Camp – Rotary Club



NSM was invited to collaborate with Rotary Club of Klang Valley to participate in the Community Medical Camp that provided free health screening for the urban, underprivileged community in Klang Valley. The camp was held on 15 December 2019 at SJK (Tamil) Seaport, Kampung Lindungan, Petaling Jaya, Selangor.

A total of 12 nutritionists from NSM assessed the nutritional status of 176 participants based on their BMI and body fat percentage. Other free health assessments included blood glucose and blood pressure tests, oral health assessment, eye examination, and cancer risk assessments (breast and colorectal cancers). Following that, the participants were given one-on-one nutrition consultation based on the results.

Nutritionists also conducted healthy food demonstrations to share practical tips for preparing healthy meals, such as overnight oats and banana spring rolls. The nutritionists also disseminated healthy eating tips, nutrition knowledge and information to the participants through the published nutrition education materials and recipe books.



## Diary of Conferences and Seminars

### 2020

#### Micronutrient Forum 5th Global Conference 2020

23-27 March 2020; Bangkok, Thailand  
<https://conference.micronutrientforum.org/>

#### 7th International Conference on Nutrition and Growth (N&G 2020)

26-28 March 2020; London, United Kingdom  
<https://nutrition-growth.kenes.com/>

#### World Public Health Nutrition (WPHN) Congress 2020

29 March – 2 April 2020; Brisbane, Australia  
<https://www.wphncongress2020.com/>

#### IFST Spring Conference (SC20): The appliance of food science

1 April 2020; Imperial College London, London  
<https://www.ifst.org/events/841/ifst-spring-conference-sc20-the-appliance-of-food-science>

#### 3rd International Nutrition and Breastfeeding Conference 2020

25-28 April 2020; Dhaka, Bangladesh  
<http://www.inbc2020.org.bd>

#### ECO-ICO 2020 - European and International Congress on Obesity

17-20 May 2020; Dublin, Ireland  
<https://www.ecoico2020.com/?p=home>

#### International Conference on Diet and Activity Methods (ICDAM)

17-20 May 2020; Wageningen/Ede, Netherlands  
<https://www.icdamportal.org/>

#### 3rd International Conference on Public Health 2020

22-23 May 2020; Bangkok, Thailand  
<http://publichealthconferences.co/>

#### Nutrition 2020

30 May – 2 June 2020; Washington, USA  
<https://meeting.nutrition.org/>

#### 26th Malaysian Dietitians' Association

14-15 June 2020; Kuala Lumpur  
<http://conference.dietitians.org.my/>

#### 19th Scientific Meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA)

17-20 June, 2020; Auckland, New Zealand  
<https://annualmeeting.isbnpa.org/>

#### 35th NSM Annual Scientific Conference

30 June – 2 July 2020; Kuala Lumpur  
<https://www.nsmconference.org.my/conference/>

#### Advanced Course in Dietary Assessment Methods

8-11 July, 2020; University of Aberdeen, UK  
<https://www.abdn.ac.uk/events/conferences/acdam/index.php>

#### Pre-Olympic International Conference for Adaptations and Nutrition in Sports in 2020

10-13 July 2020; Taipei, Taiwan  
<http://www.icans2020.com/index.php>

#### 52nd APACPH Conference

25-27 August 2020; Surabaya, Indonesia  
<https://www.apacph.org/wp/2019/11/52nd-apacph-conference-in-surabaya-indonesia/>

#### 2020 International Congress on Obesity and Metabolic Syndrome

3-5 September, 2020; Seoul, Korea  
[http://www.icomes.or.kr/register/2020\\_icomes/society/sub01.html](http://www.icomes.or.kr/register/2020_icomes/society/sub01.html)

#### International Congress of Dietetics 2020

15-18 September 2020; Cape Town, South Africa  
<http://www.icda2020.com/>

#### 8th International Society for Physical Activity and Health (ISPAH) Congress

28-31 October 2020; Vancouver, Canada  
<https://ispah.org/congress-history/vancouver-2020/>

#### Asia Pacific Nutrigenomics Nutrigenetics Organisation 3rd Biennial Conference 2020

12-14 December, 2020; Qingdao, China  
<https://www.apnno.com/biennial-conference>

### 2021

#### Asia-Oceania Conference on Obesity (AOCO 2021)

5 -7 April 2021; Kuala Lumpur Malaysia  
[www.maso.org.my](http://www.maso.org.my)

#### 22nd International Congress of Nutrition (ICN)

14-19 Sept 2021; Tokyo, Japan  
<http://icn2021.org>