



EPERSATUAN PEMAKANAN MALAYSIA (NUTRITION SOCIETY OF MALAYSIA)

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

Registered Office

Division of Human Nutrition, Institute for Medical Research,
Jalan Pahang, 50588 Kuala Lumpur, Malaysia

website: www.nutriweb.org.my

17th NSM Council

(2018-2020)

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FNSM, FMSA

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FNSM

Assoc Prof Rokiah Don,
FNSM

Dr Wong Jyh Eiin

Dr Chin Yit Siew

Affiliations



Southeast Asia Public Health
Nutrition (SEA-PHN) Network



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



International Union of
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NSM Council Report 2018

The Nutrition Society of Malaysia turned 33 in 2018! NSM continued to implement nutrition science activities for all Malaysians. The Society expresses its sincere gratitude to various partners in enabling these activities to be successfully implemented, especially the Ministry of Health, and fellow professional bodies such as Malaysian Association for the Study of Obesity (MASO), Malaysian Pediatric Association (MPA), Malaysian Dietitians' Association (MDA), as well as the Society's corporate partners without whom the various programmes would not have been successfully implemented.

One of the major activities in 2018 was NSM 33rd Annual Conference which was held at Istana Hotel from 24 to 26 July 2018 with the theme, "*Investing in Nutrition: Act Now!*". This Conference served as prime scientific meeting for public health nutrition professionals, researchers, policymakers, postgraduate students and various stakeholders from the food, health and fitness industry. Other scientific meetings organised was a seminar on probiotics. NSM also co-organised the ILSI 10th seminar on nutrition labelling, claims and communication strategies and the ILSI 7th Expert Consultation on maternal, infant and young child nutrition.

NSM celebrated the 17th year of Nutrition Month Malaysia (NMM) programme, held on the 21-25 March 2018 in Sunway Velocity Mall Cheras which included the publication of the official NMM 2018 "*Your Only Choice: Eat Healthy & Be Active*". A series of educational articles with focused topics for the whole family were published in several newspapers and magazines. Other nutrition promotion programmes implemented include the Probiotics Education Programme, Healthy Kids Programme, Positive Parenting Programme, MyNutriBaby programme, Mi-Care Nurse Training programme. A Nutrition Education Programme for School Children (Good Nutrition, Key to Healthy Children) was implemented as a multi-country project under SEAPHN Network.

A landmark development for Malaysian Journal of Nutrition was the adoption of an online system (Scholar One) to manage the journal. MJN has successfully published three issues of Volume 24 (I, II & III) in 2018. Volume 25 will be published in March 2019. All articles published in MJN are freely accessible on NutriWeb.

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

The year 2018 has been another fruitful year for the Society, with many successful projects while some are being completed. A summary of these activities is given in Table 1 at the end of this report. Several important new initiatives began in 2018 and will continue in 2019.

1. NSM ANNUAL GENERAL MEETING, 30 MARCH 2018

The 33rd AGM took place on 30 March 2018 at Istana Hotel, Kuala Lumpur and was attended by 45 members. During the meeting, the minutes of the 32nd AGM, the NSM Council Report 2017 and the Treasurer's Report 2017 were adopted without any major issues.

A Nutrition Update was also held in conjunction with the 33rd AGM. Mr Ng Kim Keat, (L 240) Director, Scientific and Regulatory Affairs - Asia Coca-Cola Far East Limited and also NSM Fellow was the invited speaker to give a talk entitled "*Sharing from the corporate world: beyond the traditional role of a nutritionist*".

Election of the 17th Council of the Nutrition Society of Malaysia was successfully conducted at the 33rd AGM. The majority of the members of the 16th Council were re-elected, with 2 changes. Dr Mohd Nasir Mohd Taib and Dr Hanis Mastura Yahya did not seek re-election due to personal commitments. AP Rokiah Don and Dr Chin Yit Siew were elected into the 17th Council.

2. NSM COUNCIL MEETINGS

The 17th NSM Council held nine meetings from May 2018 till February 2019, Table 2 shows the attendance all Council members at the meetings.

Table 2: Attendance at NSM 17th Council Meetings (May 2018 – Feb 2019)

Council Member	Total*
Dr Tee E Siong	9/9
Emeritus Prof Dr Mohd Ismail Noor	8/9
Prof Dr Norimah A Karim	8/9
Dr Roseline Yap	9/9
Dr Mahenderan Appukutty	8/9
Dr Zaitun Yasin	9/9
Assoc Prof Rokiah Don	5/9
Dr Wong Jyh Eiin	6/9
Dr Chin Yit Siew	7/9

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

NSM MEMBERSHIP

The total NSM membership as of 31 December 2018 is shown in Table 3 below.

Table 3: NSM Membership in Year 2017 and 2018

Category of Membership	Number of members	
	Dec 2018	Dec 2017
Honorary	1	1*
Fellow	35	35
Life	253	208
Ordinary	1085	998
Associate	168	167
Corporate	17	14
Total**	1522	1387

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

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

Corporate Membership

There were 17 Corporate Members as at the end of December 2018, namely:

No	Corporate Members	Membership No
1.	Abbott Laboratories (M) Sdn Bhd	C 1409
2.	Ace Canning Corporation Sdn Bhd	C 1116
3.	Ajinomoto (Malaysia) Berhad	C 140
4.	Amway (Malaysia) Sdn Bhd	C 201
5.	Danone Dumex (M) Sdn Bhd	C 61
6.	Dutch Lady Milk Industries (M) Sdn Bhd	C 898
7.	F&N Beverages Manufacturing Sdn Bhd	C 2329
8.	Fonterra Brands (M) Sdn Bhd	C 1879
9.	Herbalife Products (M) Sdn Bhd	C 2195
10.	Kellogg South East Asia Sdn Bhd	C 853
11.	Mead Johnson Nutrition (M) Sdn. Bhd	C 1870
12.	Meat & Livestock Australia	C 597
13.	Nestle Products (M) Sdn Bhd	C 030
14.	Pepsico International (M) Sdn Bhd	C 675
15.	Ultraworks Sdn Bhd	C 1912
16.	Unilever (M) Holdings Sdn Bhd	C 827
17.	Yakult (M) Sdn Bhd	C 2327

3. NUTRITION MONTH MALAYSIA 2018

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

The objective of the programme is to promote greater awareness and practice of healthy eating, in line with the Government's efforts to build healthy families as the cornerstone for a healthy nation. It is meant as an extension of the Ministry of Health's Healthy Lifestyle Campaign. A National Steering Committee, which comprised representatives from the respective professional bodies, spearheaded the NMM. VersaComm Sdn Bhd is the NMM Secretariat. The Steering Committee is chaired by Dr Tee E Siong, President of NSM. For NMM 2018, the focus was mainly on the healthy wellbeing of the family with the theme: *Your Only Choice: Eat Healthy & Be Active*.

Highlights of activities for 2018

This year marked the 17th year of Nutrition Month Malaysia (NMM) family carnival held on 21-25 March 2018 at Sunway Velocity Mall, Cheras. Activities which were carried out included:

- Food-Fit-Fun Fair
- Instagram Challenge (@nutritionmonth_malaysia)
- Publication of Official NMM 2018
 - Infographic Kit Volume 3: Eat Healthy Be Active. The kit contained a main booklet and seven leaflets.
- Media Awareness
 - The awareness continued through a series of educational press articles in major newspapers, as well as health messages promoted via the Nutrition Month Facebook page, Instagram, website and selected radio stations.

Towards the end of the year, the first meeting of the Steering Committee (SC) for NMM was called to discuss activities for 2019. A marketing kit was prepared and sponsorship invitations for NMM 2019 was sent out to several companies who have been supporting NSM in its activities in the past. As of December 2018, progress has been made in the preparation for NMM 2019.

The 5-day NMM 2019 Food-Fit-Fun Fair Carnival is scheduled to be held from 17--21 April 2019 at IOI City Mall, Putrajaya and the official launch is expected to be on Thursday, 18 April 2019. More information regarding NMM and all educational materials published by the programme are available at the NMM website :<http://nutritionmonthmalaysia.org.my>.

4. The 33rd NSM SCIENTIFIC CONFERENCE, 24-26 JULY 2018

NSM's 33rd Annual Scientific conference provided a platform for interaction and development of potential cross-sector collaboration and for strengthening current partnerships in combating public health nutrition issues. The conference was held on 25-26 July 2018 with the theme "*Investing in Nutrition: Act Now!*". A pre-conference on Nutrition Labelling: Regulatory Updates in Malaysia was held on 24 July at 5.00 to 8.00 pm. Invited speakers were Ms Norrani Eksan, FSQD, Fatimah Sulong, Nutrition Division and Ms Jocelyn Wong, ILSI SEA Region. The opening ceremony of 33rd NSM Scientific Conference was launched by YBhg Dato' Dr Hj Azman bin Hj Abu Bakar, Deputy DG of Health (Public Health) on 25 July 2018. He also gave a keynote lecture entitled "*National strategies and programmes to promote nutritional wellbeing of Malaysians – challenges and way forward*".

NSM continued to encourage young and upcoming nutritionists to present their findings at NSM Young Researcher's Symposium, while the undergraduate students were encouraged to present in poster presentation session. The winners were awarded cash and certificate. The prizes for oral and poster were sponsored by the International Life Sciences Institute Southeast Asia Region (ILSI SEA).

The Young Investigator's Symposium winners were as follow:

1st Prize – RM400

Name : Teo Choon Huey
Title : Evaluation of school-based Healthy Lifestyle Program (HLP) for primary school children in Batu Pahat
Institution : University Putra Malaysia

2nd Prize – RM300

Name : Melisa Leong En Ying
Title : Effects of 16 weeks vitamin D supplementation on serum 25-hydroxyvitamin D and parathyroid hormone among women: randomized clinical trial of efficacy
Institution : International Medical University

3rd Prize – RM200

Name : Lau Xiao Chuan
Title : Does C.E.R.G.A.S programme improve body composition and anthropometric measurements in overweight/obese adolescents?
Institution : Universiti Kebangsaan Malaysia

2 Consolation Prizes of RM100

Name : Nur Farhana Aminuddin
Title : Food Wastage in Malaysian public hospitals and the reasons behind it
Institution : Universiti Sains Malaysia

Name : Ng Choon Ming
Title : Higher fast food consumption and poor attitude towards healthy meal preparation are risk factors for childhood obesity/ overweight in Kuala Lumpur, Malaysia.
Institution : UCSI University

NSM Poster Competition Prizes 2018

The poster competition was only for undergraduates. Winners were awarded a certificate and the following cash prizes:

1st Prize – RM200

Name : Tan Chiu Yee
Title : Relationship between physical activity and early childhood development among children aged 1 to 3 years in Klang Valley.
Institution : Universiti Kebangsaan Malaysia

2nd Prize – RM150

Name : Joseph Cheah Mun Hong
Title : Factors correlated with food addiction symptoms among undergraduate students in Universiti Putra Malaysia
Institution : Universiti Putra Malaysia

3rd Prize – RM100

Name : Tanasha Azalea Suhundani
Title : Nutrition education for Rohingya students in Kuala Lumpur: a pilot study.
Institution : UCSI University

6 Consolation Prizes of RM50

Name : Noornabihah Nadhirah Binti Yahaya
Title : Factors associated with gestational weight gain among pregnant women in Sepang, Selangor.
Institution : Universiti Putra Malaysia

Name : Gan Hui Min
Title : Association between snacking frequency, dietary intake and body mass intake among undergraduate students at University Sains Malaysia health campus.
Institution : Universiti Sains Malaysia

Name : Tan Ying Chien
Title : Effect of cooking methods (conventional rice cooker and draining method) on amylose, amylopectin, resistant starch and total starch content of selected brown rice.
Institution : International Medical University

Name : Nur Fadhilah Binti Auzairuddin
Title : Association between socio-demographics, social media exposure, sleeping pattern and physical activity level with body weight status among students in faculty of medicine and health sciences.
Institution : Universiti Putra Malaysia

Name : Nur Syahira Binti Mohamad
Title : Determination of dietary practices associated with hydration status of state junior male athletes in Kelantan
Institution : Universiti Sains Malaysia

Name : Ho Wan Hui
Title : Association between dietary intake, physical activity level and macronutrient composition of breast milk among lactating women in Klang Valley.
Institution : International Medical University

4.1 NSM Fellows 2018

The Fellows of NSM are elected upon recommendation by the NSM Council based on the individuals' outstanding professional and meritorious contributions to the field of nutritional sciences. There was no election of NSM Fellows at the 33rd Annual General Meeting of the NSM on 30 March 2018.

4.2 NSM Prizes 2018

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

For the year 2018, eight Postgraduate Prizes namely three for PhD thesis and five for MSc thesis with a total cash award of RM5,250. Four undergraduates received Undergraduate Prizes with a total cash award of RM2,000. The total cash award given for 2018 was RM7,250.

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

- 1. Dr Nor Baizura Md Yusop**
Development of nutrition practice guidelines (NPG) and its efficacy in combination with N3-LCPUFA supplement for management of childhood obesity
Supervisor: Prof Dr Zalilah Mohd Shariff
Co-supervisors: Assoc Prof Dr Ting Tzer Hwu, Prof Dr Rozita Abd Talib and Prof Dr Nicola Spurrier
University: Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
- 2. Dr Satvinder Kaur Nachatar Singh**
Metabolic syndrome risk factors and effectiveness of a nutrition and physical activity educational programme to improve adiposity among Punjabi women in Klang Valley
Supervisor: Assoc Prof Dr Hamid Jan Jan Mohamed
Co-supervisors: Assoc Prof Dr Rohana Jalil
University: School of Health Sciences, Universiti Sains Malaysia
- 3. Dr Wee Bee Suan**
Body composition, energy expenditure, physical activity and association with metabolic syndrome in Malay children aged 9-14 years old
Supervisor: Prof Dr Poh Bee Koon
Co-supervisors: Datuk Prof Dr Awang Bulgiba Awang Mahmud, Emeritus Prof Dr Mohd Ismail Mohd Noor, Dr Paul Deurenberg and Dr Ailing Liu
University: Faculty of Health Sciences, Universiti Kebangsaan Malaysia

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

1. **Chan Chee Shan**
Metabolic Responses to Isomaltulose by Malaysian Chinese Adults: A Pilot Study
Supervisor: Prof Dr Peter Michael Barling
Co-supervisors: Dr Sangeetha Shyam and Assoc Prof Dr Verna Lee Kar Mun
University: Division of Nutrition and Dietetics, International Medical University

2. **Mohd Izham Mohamad**
Effects of application of nutrition education tool on nutritional status and physiological characteristics among Malaysian national cyclists
Supervisor: Assoc Prof Dr Nik Shanita Safii
Co-supervisors: Emeritus Prof Mohd Ismail Mohd Noor and Dr Yeo Wee Kian
University: Faculty of Health Sciences, Universiti Kebangsaan Malaysia

3. **Nurzaima Binti Zulaily**
Determinants of Obesity among Adolescents in Terengganu: A Population Study
Supervisor: Dr Aryati Ahmad
Co-supervisor: Dr Mohd Razif Shahril
University: Faculty of Health Sciences, Universiti Sultan Zainal Abidin

4. **Siti Soraya Mohd Elias**
Effects of Sports Nutrition Education on Knowledge, Attitude and Practice of Sports Nutrition and Nutritional Status among Elite Male Athletes in Malaysia
Supervisor: Assoc Prof Dr Hazizi Abu Saad
Co-supervisors: Assoc Prof Dr Mohd Nasir Mohd Taib and Dr Zubaidah Jamil
University: Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

5. **Tan Shu Wen**
The Knowledge and Awareness of Medical Doctors on Malaysian Dietary Guidelines 2010 and Early Development Stage of a New Pictorial Food Guide
Supervisor: Prof Dr Wan Manan Wan Mud
Co-supervisor: Dr Soo Kah Leng
University: School of Health Sciences, Universiti Sains Malaysia

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

1. **Muhammad Fawwaz Khairuddin**
Total polyphenol and nutrient contents in dried fruits in Selangor
Supervisor: Assoc Prof Dr Hasnah Haron
University: Faculty of Health Sciences, Universiti Kebangsaan Malaysia

2. **Winnie Tiong**
 Determination Of Healthiness of Pre-Packaged Foods Based on Traffic Light Colour-Coded Nutrition Labelling in Three Major Types of Retail Food Outlets in Kelantan
 Supervisor: Assoc Prof Dr Foo Leng Huat
 University: School of Health Sciences, Universiti Sains Malaysia

3. **Wong Mun Kin**
 In vitro determination of antioxidant content in Malaysian stingless bee propolis using WIL2-NS cells
 Supervisor: Dr Razinah Sharif
 University: Faculty of Health Sciences, Universiti Kebangsaan Malaysia

4. **Eva Yu Koh Xing**
 Factors Associated with Anemia among Third-Trimester Pregnant Women at Selected Health Clinics in Hulu Langat, Selangor
 Supervisor: Dr Chin Yit Siew
 University: Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

4.3 NSM Publication Prize 2018

The NSM with financial support from a Corporate Member of the Society continued to offer the NSM Publication Prize to help promote local research in nutritional sciences. Three categories of NSM prize were offered in 2018, namely maternal nutrition, dairy nutrition and mobility and musculoskeletal health sponsored by Corporate Member of NSM - Fonterra Brands (M) Sdn Bhd [C1879].

Maternal Nutrition

Name of recipient: **Dr Yang Wai Yew** [O 1256]
 Division of Nutrition and Dietetics, School of Health and Medicine, International Medical University

Publication: Parent-child feeding practices in a developing country: Findings from the Family Diet Study
Appetite
 doi: 10.1016/j.appet.2018.01.037.

Mobility and Musculoskeletal Health and Nutrition

Name of recipient: **Dr Mahenderan Appukutty** [L 718]
 Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam.

Publication: Colostrum supplementation protects against exercise-induced oxidative stress in skeletal muscle in mice
BMC Research Notes
<https://doi.org/10.1186/1756-0500-5-649>

5 NSM PUBLICATIONS

5.1 Malaysian Journal of Nutrition (MJN)

All the issues of the Malaysian Journal of Nutrition (MJN) for the years 2016-2017, comprising volumes 23 and 24 were all published on schedule. From volume 16 onwards, the number of issues per year has been increased to three. Emeritus Prof Dr Khor Geok Lin continued to serve as Editor of the journal. In addition to contributions by members of NSM, the journal also had several articles from foreign nutritionists.

MJN is fully operated under the Scholar One (online management system) and assisted by Versacomm Sdn Bhd. MJN has been indexed in the Elsevier's database of the Scopus (EBiology and ECare Scopus), and WHO West Pacific Region Index Medicus (WPRIM) database and also MyCite under Ministry of Education of Malaysia. All MJN issues can be viewed, free of charge, as pdf files on the NSM website: <http://nutriweb.org.my/publications/mjn>.

The Council congratulates and appreciate Emeritus Prof Khor Geok Lin, the Editor in Chief of MJN and the editorial board members for doing a great job and bringing MJN to greater heights.

5.2 Berita NSM

The Berita NSM, or NSM newsletter, is published once a year. The latest issue for 2018-2019 has been published and is available to members through the NSM website (www.nutriweb.org.my). The issue contains news and information on all NSM activities carried out each year. The Berita NSM is managed by a small Publication Committee chaired by Dr Tee E Siong and comprising of Prof Dr Norimah A. Karim and Assoc Prof Dr Mahenderan Appukutty. Members are encouraged to submit articles for Berita NSM. The Berita NSM has been uploaded onto the website.

5.3 NSM series of recipe books and others

In an attempt to provide consumers with actual practical examples of healthier recipes, NSM has produced 2 series of recipe books. These recipe books had modified recipes with healthier ingredients and cooking methods. Titled Resipi Sihat, Pilihan Bijak (Healthful Recipes, Wise Choice) Volumes 1 and 2, they were published two decades ago. They were hugely popular and after several re-prints, NSM has stopped printing the book. There are no more copies of these two books.

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

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

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

A new update is NSM has been given the rights to reprint the updated version of the Recommended Nutrient Intakes (RNI) for Malaysia 2017. In addition, NSM continues to re-print the Malaysian Dietary Guidelines (2010). This is with the intention of providing wider dissemination of these two publications. These books are now being sold through Council Members who are also lecturers in their respective universities. Members who need these books can contact the President or the Hon. Secretary.

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

	No. of copies		Money collected (RM)	
	2017	2018	2017	2018
Nutritionists' Choice vol 1	258	281	3,096	3,372
Nutritionists' Choice vol 2	237	145	2,370	1,450
Junior Chef Cookbook vol 1	186	121	1,860	1,210
Money collected	NA	NA	9,343	8,050

In addition to the above, the Public Health Institute (PHI) purchased the following recipe books from NSM in 2018:

TABLE 5. PURCHASE OF RECIPE BOOKS BY PUBLIC HEALTH INSTITUTE

	No. of copies	Money collected (RM)
Nutritionists' Choice vol 1	2,000	17,000
Nutritionists' Choice vol 2	3,000	22,590
Junior Chef Cookbook vol 1	2,000	1,5043
Money collected	NA	54,633

The books were purchased by PHI and distributed to participants of a national survey they were conducting. As the budget available was limited and as a gesture of goodwill to IKU, the books were sold to PHI at cost price, with no profit.

6 NUTRIWEB (www.nutriweb.org.my)

NSM's official website, Nutriweb was totally revamped and has a new facelift. Nutriweb will provide NSM members with several new features which are ability to view the website in the form of mobile version; NutriWeb for Health Professionals; NutriWeb for the Public; and several resources which can be downloaded for free. All issues of the Malaysian Journal of Nutrition have been uploaded onto the website in PDF format. The MJN can be accessed via the following link: <http://www.nutriweb.org.my/mjn/index.php>. In addition, Nutriweb continues to serve as platform to alert members of any upcoming scientific events and meetings locally and globally.

7 NSM EDUCATION FUND

In the year 2018, NSM education fund was granted to members to attend several conferences totalling RM1000.00

Asia-Pacific Nutrigenomics and Nutrigenetics Organization 2018 Biennial Conference 2-4 Dec 2018, Tokyo Japan

No	Name	Institution
1	Dr Roseline Yap Wai Kuan (L 1061) Gene-environment interaction effects of VEGFR-2 gene polymorphisms with job stress, mental health and stress coping on metabolic risk factors of CVD in Chinese Malaysians	Taylor's University
2	Ms Ching Yuan Kei (O 2268) The interaction of rs174547 in <i>FADS1</i> gene with linoleic acid and α -linolenic fatty acid on metabolic syndrome among Malaysian vegetarians	Universiti Putra Malaysia

8 NSM MALAYSIAN NUTRITION LEADERSHIP PROGRAMME (MyNLP)

Nutrition Society of Malaysia organised the first Malaysia Nutrition Leadership Programme (MyNLP) in the country in 2017, with the objective to enhance leadership skills and to foster greater communication and networking among young nutrition professionals in the country. Following the success of the 1st MyNLP (4-8 August 2017), the 2nd MyNLP is in the preparation and joining together with SEAPHN Nutrition Leadership. A new committee has been setup as the technical working group (TWG) comprises; Advisors will be the Chairman and Council Members of SEA-PHN Network, NLP chairperson (Assoc Prof Dr Mahenderan Appukutty) and vice chairperson (Dr Wong Jyh Eiin), members are Prof Norimah, Dr Roseline, Ms Lim Siew Ping and Mr Ng Chee Kai.

After careful deliberation, it was decided that the 2nd MyNLP will be postponed to next year. The main factors considered by the TWG were that there will be two other regional nutrition leadership programmes organised this year (iYouLead, SEA NLP) and it could be challenging to obtain sufficient sponsorship. In its place, a local leadership session will be held in conjunction with the 34th NSM conference in July 2019 and members are encouraged to participate in that session.

9 NSM-CEREAL PARTNERS WORLDWIDE, MyBreakfast STUDY

The entire project has been completed. NSM organized a seminar to disseminate the results in December 2015, which was attended by more than 300 participants. Two articles from the research were published in PlosOne and BMC Public Health in 2015. An article was published in Food & Nutrition Research in 2017; and another in Asia Pacific Journal of Clinical Nutrition in Feb 2018. MyBreakfast Study plans to publish a series of paper in MJN soon.

10 SCIENTIFIC SEMINARS AND CONFERENCES

10.1 ILSI 10th SEAR Seminar: Seminar on Nutrition Labeling, Claims and Communication Strategies

NSM co-organized ILSI's 10th seminar on nutrition labelling, claims and communication strategies on the 28-29 August 2018 at Renaissance Hotel, Kuala Lumpur. The programme included regulatory updates on nutrition labelling, health claims from countries in SEA, discussion on front-of-pack labelling, consumer communications and scientific substantiation and harmonisation of health claims. More information on the seminar and presentations made at the seminar can be obtained from the ILSI website: <http://ilsisea-region.org/event/10th-nutrition-labeling/>

10.2 ILSI Seminar and workshop on Maternal, Infant and Young child nutrition

The Nutrition Society of Malaysia co-organised with the International Life Sciences Institute (ILSI) Southeast Asia Region in bringing to Kuala Lumpur yet another seminar and workshop of public health importance, a Seminar on Maternal, Infant & Young Child Nutrition (MIYCN) held at Hotel Istana, Kuala Lumpur from 13-14 November 2018. The seminar addresses two main problems related to MIYCN, namely underweight and stunting as well as gestational diabetes mellitus. More information on the seminar and presentations made at the seminar can be obtained from the ILSI website: <http://ilsisea-region.org/event/miycn2018/>

10.3 Scientific Update on Role of Probiotics in Clinical Research and Practice

The seminar was held at the Renaissance Kuala Lumpur Hotel, on 1 December 2018. The speakers were Prof Dr Bruno Pot (Yakult Europe, Netherlands), Prof Dr Hiroshi Ichimura (Kanazawa University, Japan), Dr Mohd Redhwan (UPM) and moderated by Dr Tee E Siong. The seminar was organised as one of the activities of the NSM Probiotics Education Programme.

10.4 3rd CCFNSDU Roundtable Discussion

NSM organized a third roundtable discussion on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 27 August 2018. It was chaired by Ms Norrani Eksan, Deputy Director of Food Safety & Quality Division of MOH and convened by Dr Tee E Siong. It was attended by 26 representatives from 11 countries, mostly officers from regulatory agencies in SEA, as well as from the food industry. All the agenda items of 2018 session of CCFNSDU in Germany were discussed in this 1-day session on exchanges of views and updating of information.

COMMUNITY NUTRITION PROMOTION PROGRAMMES INVOLVING THE NSM

NSM continued to organise several nutrition promotion programmes for the community in year 2018. Many of these projects were in collaboration with other professional societies, as well as with several corporate companies.

a. Healthy Kids Programme (HKP)

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

Therefore, in line with the programme's long-term goal of rolling out the programme to benefit more students in the country, NSM and Nestlé extended the programme into its Phase III (2017-2018) utilising the modules developed during Phase I. It involves the collaboration of the Ministry of Education by rolling out the HKP Level 1-3 modules to primary school children in Peninsular Malaysia. The modules have successfully implemented to 19,349 children from 54 schools in 11 states/federal territories.

b. Positive Parenting Programme

The Positive Parenting (PP) programme of the Malaysian Paediatric Association (MPA) celebrates 18 years of success in 2018. The NSM has been an active expert partner of Positive Parenting since its inception and has been collaborating closely with MPA and various other professional bodies, in championing matters related to maternal wellness, infant and childcare.

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

In 2018, the NSM representatives in the PP Management Committee were Dr Tee E Siong and Dr Roseline Yap. A total of 10 articles, covering a wide variety of topics were authored by NSM members for publication in PP programme. More information of the PP programme can be obtained from the official website: <http://mypositiveparenting.org>.

c. Mi-CARE CPD Nurses' Training Workshop

Specialising in aspects pertaining to maternal and infant care, Mi-CARE Nurse Training Workshop is jointly-spearheaded by the Nutrition Society of Malaysia, Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society Malaysia (OGSM) and National Midwifery Association Malaysia.

Launched in early 2012, Mi-CARE is a nationwide, two-day programme, encapsulating various modules with latest updates and information in the field of paediatric nutrition, vaccinations & paediatric healthcare, child development, obstetrics and gynaecology, and infant care and hygiene.

These modules are delivered by the nation’s leading medical and healthcare professionals. Modules are highly- interactive, utilising various methods of learning such as role play sessions, clicker systems and group projects.

In 2018, seven Mi-CARE workshops were conducted in Government hospitals, Klinik Kesihatan and Klinik Kesihatan Ibu & Anak in Klang Valley, Penang, Johor Bharu, Kota Bahru, Kuching, Kota Kinabalu and Miri. The workshops focused on the importance of nutrition for mother and child. These workshops were targeted to benefit about 630 nurses. The representatives for NSM in 2018 were Dr Tee E Siong, Dr Zawiah Hashim and Dr Roseline Yap.

d. Probiotics Education Programme (PEP)

The Probiotics Education Programme (PEP) was officially launched on 12 April 2018 by Dr Tee E Siong, President of NSM at Eastin Hotel PJ. The highlight of the event was the unveiling of the Probiotics - The Friendly Gut Bacteria for Your Health booklet, followed by a Q&A session with members of the media. Two companies supported this initiative, Yakult (M) Sdn Bhd who is also corporate member of NSM (C 2327) and Malaysia Milk Sdn Bhd (Vitagen). The PEP aims to provide the public with accurate information on probiotics, sources of probiotics, potential health benefits and regulatory aspects. Booklet titled “Probiotics: The Friendly Gut Bacteria for Your Health” which is available for the public in English, Bahasa Malaysia and Mandarin. The booklets contain easy-to-understand information on good gut health and probiotics for the public. Infographic posters on gut health and probiotics for adults and children, placed at selected clinics and schools. A series of educational press articles were published in selected newspapers. For further details on this initiative, members can refer to webpage www.nutriweb.org.my/probiotics.

e. Healthy Cooking with Oats Recipe Book

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

Recognising this, the Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up on the publication of the Healthy Cooking With Oats cookbook. The book focuses on Southeast Asian ethnic cuisine in Malaysia, Thailand, and the Philippines. This first-of-its-kind recipe book is a joint collaboration between nutrition professional organisations and academic institution in Southeast Asia and in collaboration with Pepsico Services Asia Ltd (Quaker). The recipe book encourages the consumption of healthier food ingredients, especially oats, and the use of healthier cooking methods, which is an important step towards healthy eating. Dr Tee E Siong was Editor-in-Chief of the cookbook. Volume 1 of the cookbook comprised of 15 recipes from each of the three countries mentioned above was launched during the 1st SEA-PHN conference in 2017.

In 2018, Volume 2 of Healthy Cooking with Oats was published, with 30 different oat-based recipes from Indonesia and Vietnam. Both volumes can be viewed on Nutriweb. Volume 3 is planned to be published in 2019, with all new recipes from the 5 countries.

f. The Star – Fit for Life publication

NSM recommends credible nutritionists / expert members to the Star for publication of articles that focuses on food and health. In 2018, Dr Roseline Yap and Dr Hanis Mastura Yahya have contributed to the column by providing their views on the given topics by editor of The Star.

	Title	Published date	NSM member
1.	It’s the year to veg out	4 Jan 2018	Dr Roseline Yap
2.	Give me the honey!	12 Jan 2018	Dr Hanis Mastura Yahya

g. SEA-PHN, GNKHC initiative, Good Nutrition, key to Healthy Children

The SEA-PHN Network implemented a multi-country nutrition education initiative for school-going children, 'Good Nutrition, Key to Healthier Children' (GNKHC) in 2018. This is a multi-country initiative of the Network, utilising the same educational module developed by the Network and the same approach in the identified schools in all the 5 member countries of the Network. More information re the GNHC is given below in the sub-section on international affiliations.

NSM is the implementing partner to execute the GNKHC module 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. Training-of-Trainer (TOT) workshop was conducted on 30 and 31 May 2018, participated by about 10 teachers from the two schools selected – SK Padang Jawa and SK Puchong. The nutrition module was rolled out in the two schools and completed towards the end of 2018. A report is being prepared.

11 COLLABORATIONS WITH OTHER MINISTRIES AND ORGANISATIONS

a. Technical Working Group on Nutritional Guidelines (NCCFN)

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

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

b. Allied Health Professions (AHP) Act

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

The main terms of reference of the TWG is to assist in the registration and implementation of the AHP regulations that will be gazetted now that the Act has been passed in Parliament. The WG continued to fine-tune the definition of Nutritionists and the Code of Professional Conduct and Code of Ethics for this profession. A system to monitor continuing professional development of nutritionists is also being prepared. The CPD points for nutritionists either in government or private sectors, need to follow the CPD guideline that been established by Division of Allied Health, MOH. The TWG held several meetings to discuss drafting of a regulation to implement the Allied Health Professions Act. The draft is now being coordinated by the Allied Health Sciences Division (BSKB) of MOH to align with the other allied health professions.

A pre-registration of nutritionists has been carried out by the Allied Health Sciences Division. This exercise was also carried out by the Division during the 33rd Scientific Conference of the NSM (see above). Several public engagement/consultation sessions were organised by the TWG and BSKB to reach out to practising nutritionists in all sectors.

c. Ministry of Health Sub-committees

i. National Coordinating on Food and Nutrition (NCCFN)

NSM has been a member of the National Coordinating on Food and Nutrition (NCCFN) since its inception in 1996 and has been playing an active role in the development of various policies and

national action plan. Dr Tee represents NSM in its annual meeting, chaired by the Deputy Director of Health (Public Health). The NCCFN oversees the implementation of various activities and programmes identified in the NPAN. The NPAN was launched in MOH, Putrajaya on the 29 November 2016.

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

ii. *Technical Advisory Committee on Food Regulations*

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

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

iii. *Technical Working Group on Nutrition Research*

Assoc Prof Dr Mahenderan Appukutty is the representative of NSM in the Technical Working Group on Nutrition Research. This Committee is chaired by Prof Norimah, UKM. 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 coordinate and prioritise nutrition research in Malaysia. The TWG also identify research gaps and request for data collection in NHMS and MANS.

iv. *Technical Working Group on Nutrition Promotion*

Dr Zaitun Yassin and Dr Wong Jyh Eiin are alternate representatives of NSM in the Technical Working Group on Nutrition Promotion. The Committee is chaired by Mr Nazli, 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.

v. *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.

vi *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.

vii 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) carry out an intervention program for obesity ie Suku Suku Separuh Cergas Project (3SC). The 3SC program is led by MASO. NSM has been invited to join the obesity intervention and is represented by Prof Norimah. The program is targeted for overweight/obese participants and anticipated there will be a reduction in overweight among this intervention group. A few NSM members from university such as Emeritus Prof Ismail, Assoc Prof Dr Mahenderan and Assoc Prof Dr Chin are also involved in this intervention.

d. National Diabetes Institute (NADI)

Diabetes Empowerment In Women Initiative (DEWI)

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

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

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

A total of 10 centres have been identified from major government hospitals and University hospitals in Malaysia. Around 50 subjects will be recruited in each centre. Originally planned to end in 2019, the project obtained a grant extension until April 2021. Recruitment process will be continued from the existing centres. However, to improve recruitment rate, 5 new centres have been added, making it a total of 15 centres.

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

Early Nutrition eAcademy - South East Asia (ENeA-SEA) was formed in late 2016 after obtaining a grant by the European Commission. The aim of ENeA-SEA is to reduce early nutrition and lifestyle-related health problems and non-communicable diseases in Southeast Asia by offering an e-learning programme comprising of modules on early life nutrition to health care professionals such as physicians, nurses, midwives, nutritionists and dietitians. ENeA-SEA led by Ludwig Maximilians University (LMU) in Germany comprised institutional partners from EU (University of Southampton, UK and University Politehnica of Bucharest, Romania), Malaysia (University of Malaya and Universiti Kebangsaan Malaysia), and Thailand (Chulalongkorn University and Mahidol University), including two nutrition professional organisation partners (NSM and Nutrition Association of Thailand).

NSM is a consortium partner of ENeA-SEA, which contributes to the review of the e-learning module content development and support the dissemination and networking activities of the ENeA-SEA. NSM is represented by Dr Tee E Siong, Dr Roseline Yap and Dr Wong Jyh Eiin.

The ENeA-SEA platform has been officially launched in October 2018 as NSM members can have free access to the e-Learning modules on early life nutrition at the website: <http://www.enea-sea.eu/en/the-project/>. The five e-Learning modules which are European CME accredited include: Nutrition and Lifestyle in Pregnancy; Breastfeeding; Breast Milk Substitutes; Nutritional Care of Preterm Infants; and Malnutrition.

12 AFFILIATIONS IN YEAR 2018

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

A. SEA-Public Health Nutrition Network

Recognizing the need for a regional nutrition network focused on public health nutrition, the Southeast Asia Public Health Nutrition (SEA-PHN) Network was set up with the aim of bringing together members interested in researching, applying and promoting public health nutrition among the population in the effort of alleviating the nutrition problems in the region. Initiated by the NSM, the SEA-PHN Network was officially launched on 3 June 2014, in conjunction with NSM's 29 Scientific Conference. The five nutrition societies in the SEA region which have joined the Network are: Food and Nutrition Society of Indonesia (Pergizi Pangan Indonesia), Nutrition Society of Malaysia (NSM), Nutrition Foundation of the Philippines Inc., Nutrition Association of Thailand (NAT) and Vietnam Nutrition Association (Vinutas). The five Associate members of the Network in 2018 were: Beneo GmbH, Danone Asia Pacific Holdings Ptd Ltd, DuPont Nutrition & Health, Mondelez International and PepsiCo Asia Services Ltd. The Network continued with regular general meetings to discuss activities of the Network. The 7th AGM of SEA-PHN was held on the 18 July 2018 in Bangkok. The next meeting will be held on 8 August in conjunction with 13th ACN on 4-7 August 2019 in Bali, Indonesia. Detailed information of the Network can be obtained from <http://sea-phn.org>.

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

i. SEA-PHN Network Website

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

ii. Collaborative Child Nutrition Project 2018

The double burden of malnutrition is a serious public health problem in Southeast Asian countries. Recognising this, the SEA-PHN Network implemented a multi-country nutrition education initiative for school-going children, 'Good Nutrition, Key to Healthier Children' (GNKHC).

GNKHC aims to empower school children with appropriate nutrition knowledge to enable them to adopt healthier eating habits and be physically active. This was implemented via a specially designed nutrition module developed by member societies/ associations of the SEA-PHN Network in Indonesia, Malaysia, Philippines, Thailand and Vietnam. The module, comprising nine topics on the basics of healthy eating and active living, were implemented by the school teachers in selected schools, trained to conduct the lessons and carry out various interactive activities.

At the same time, the initiative aims to send a message to other key stakeholders as well. It will increase parental awareness on the importance of healthy eating and active living among school children. It will also emphasise to health and education authorities regarding the importance of improving nutrition knowledge among school children. Finally, it will encourage schools and national nutrition societies to utilise this nutrition module for future promotion to other school children.

The modules were at various stages of implementation in the 5 countries as at end of 2018. Implementation of the project in Malaysia is described above under the sub—section on community nutrition promotion programmes. A full report on the implementation of the modules in all countries shall be prepared when the schools have completed implementation.

iii. Review of national plans of action on nutrition in SEA

SEA-PHN initiated the compilation and analysis of the National Plans of Action for Nutrition of the various countries in the network. The project examined the differences and similarities of the NPANs across the region, as well as to provide useful insight into the approaches other countries have used in planning nutrition programmes.

The countries involved are Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam. A template for the data compilation and analysis (which includes the introduction of NPAN, general objectives and details such as strategy, indicator, activities, etc) has been developed and the manuscript of this review was in the final process of preparation. A monograph of this compilation will be published in early 2019.

B. International Union of Nutritional Sciences (IUNS)

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

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

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

The key contacts for IUNS Secretariat are as below:

President:
Dr Anna Lartey

Secretary-General:
Prof Catherine Geissler

Secretariat of IUNS

c/o The Nutrition Society
10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

Direct Line: +44 (0)207 605 6554

Fax: +44 (0)207 602 1756

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

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

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

C. Federation of Asian Nutrition Societies (FANS)

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

The contact of FANS secretariat:

President

Dr. Teruo Miyazawa

Secretary General

Dr. Hisanori Kato

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

Favor Field Ikebukuro 203,

3-60-5 Ikebukuro, Toshima-ku, Tokyo 171-0014 Japan

Email:info@fans-nutr.asia

TEL:+81-3-6902-0072 **FAX:**+81-3-6902-0073

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

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

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

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

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

The NSM continued to be a member and the support of COSTAM activities. Assoc Prof Dr Mahenderan Appukutty and Dr Wong Jyh Eiin are the representatives of NSM for COSTAM. The COSTAM organised the Malaysian Science & Technology Congress and COSTAM also have its own journal publication – Journal of Science & Technology in Tropics (JOSTT). Members are welcomed to submit papers to JOSTT. The COSTAM office is based at Pusat Sains Negara.

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

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

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

13 ACKNOWLEDGEMENTS

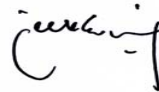
The 17th NSM Council would like to express its sincere gratitude and wish to put on record the support from members of the Society, Ministry of Health Malaysia, Ministry of Education Malaysia, academic institutions, Bodhi Vision, VersaComm Sdn Bhd, Ultraworks Sdn Bhd and other professional bodies / NGOs, and respective industries for assisting the Society in one way or another, to accomplish the Society's planned activities and milestones for the year 2018.

Prepared by:



Prof Dr Norimah A Karim
Honorary Secretary, NSM

Confirmed by:



Dr Tee E Siong
President, NSM

12 March 2019

Table 1. Summary of Nutrition Society of Malaysia projects 2018

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
A. Main NSM Publications				
1	Malaysian J of Nutrition	The official scientific journal of NSM adopted an online system for management of manuscripts in 2018. MJN is now indexed into several major databases	On-going, volume 24 nos. 1-2, 2018 published	Editor: Emeritus Prof Dr Khor Geok Lin
2	Berita NSM	Provides members with updates of activities of the NSM, published yearly	On-going, issue 2017-2018 published	Editors: Dr Tee E Siang Prof Dr Norimah A Karim AP Dr Mahenderan Appukutty
B. Contribution to Nutrition Leadership Training				
1	NSM Malaysian Nutrition Leadership Programme (MyNLP):	NSM will organise the 2 nd Malaysia Nutrition Leadership Programme (MyNLP) to establish a critical mass of able leaders in nutrition in the country. It was planned to be organised in conjunction with the first nutrition leadership programme of the SEA-PHN Network	The plan to organise the 2 nd MyNLP has been postponed due to the challenge in obtaining sponsorship for the project. There are two other regional nutrition leadership programs which will be held in 2019, i.e. iYouLead and SEA NLP. A leadership event will be held in conjunction with the 34 th NSM conference in July.	1. Chair MyNLP Technical Working Group: AP Dr Mahenderan Appukutty 2. Deputy Chair, MyNLP Technical Working Group: Dr Wong Jyh Eilin 3. Advisor, MyNLP Technical Working group: Dr Tee E Siang

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
C. Scientific Conferences/meetings Organised/Co-Organised				
1	33 rd NSM Annual Scientific Conference, 25-26 July 2018, Istana Hotel, Kuala Lumpur	Provide platform to highlight nutrition issues including sharing of nutrition findings and experiences, and for networking and interaction of various stakeholders from the food, health and fitness industry from around the SEA region.	Successfully concluded. Attended by 477 participants.	Organising Committee: 17 th NSM Council Members
2	3 rd Roundtable Discussion on Issues Related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU), 27 August 2018, Kuala Lumpur	NSM organized a third roundtable discussion on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU). Aimed at providing a platform for key stakeholders to discuss agenda items in the CCNFSDU sessions of common interest to countries in Southeast Asia and sharing recent scientific data related to specific agenda items. Variety of topics relevant to CCNFSDU were discussed.	Successfully concluded. It was attended by 26 representatives from 11 countries, mostly officers from regulatory agencies in SEA, as well as from the food industry.	Contact person: Dr Tee E Siong who also served as convener of roundtable session
3	ILSI 10th SEAR Seminar: Seminar on Nutrition Labelling, Claims and Communication Strategies, 28-29 August 2018	NSM co-organized this seminar. The programme included regulatory updates on nutrition labelling, health claims from countries in SEA, discussion on front-of-pack labelling, consumer communications and scientific substantiation and harmonisation of health claims.	Successfully concluded. The seminar was attended by 244 participants, from 19 countries of various organisations	17 th NSM Council Members
4	ILSI Seminar and workshop on Maternal, Infant and Young child nutrition, 13-14 November 2018	NSM co-organised this seminar and workshop which addressed two main problems related to MITYCN, namely underweight and stunting as well as gestational diabetes mellitus.	Successfully concluded. The seminar and workshop was attended by 120 participants, from 9 countries	17 th NSM Council Members

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
5	Scientific Update on Role of Probiotics in Clinical Research and Practice, 1 December 2018	The seminar was organised as one of the activities of the NSM Probiotics Education Programme.	Successfully concluded. The seminar was attended by 46 participants, mostly from the academia	17 th NSM Council Members
D. Research Project				
1	MyBreakfast Study	The primary objective of this nation-wide study is to determine the types of foods and beverages consumed at breakfast by Malaysian children and adolescents as well as to evaluate the contribution of breakfast foods and beverages to the nutrient intake. Other aspects studied include weight and height measurements, physical activity level, food frequency and 24-hr recall. Sponsored by CPW Worldwide and Nestle.	Project successfully concluded. Two articles from the research were published in PlosOne and BMC Public Health in 2015. Two articles have been accepted for publication in 2017; one in Asia Pacific Journal of Clinical Nutrition and another in Food & Nutrition Research. It is planned to publish a series of paper to MJN in 2018.	Research Committee: 1. Dr Tee E Siong 2. Prof Norimah A.Karim 3. A/P Dr Mohd Nasir Mohd Taib 4. A/P Dr Mahenderan Appukutty 5. Dr Tan Sue Yee 6. A/P Dr Hamid Jan Jan Mohamed
E. Community Nutrition Promotion Programmes				
1	Nutrition Month Malaysia 2018	Partners of this nation-wide community nutrition promotion programme: NSM, MASO, MDA. Multiple activities, including launch carnival, guide book, and several press articles. The theme for NMM 2018 was: <i>Your Only Choice: Eat Healthy & Be Active</i> . As in previous years, a signature guide book was published, as well as several educational press articles and social media information	A number of activities were successfully concluded, including: family carnival, 19-23 April 2018; publication of educational guidebook and press articles Publications and activities available from: http://nutritionmonthmalaysia.org.my	Dr Tee E Siong (Chair of National Steering Committee) NSM representatives on the Steering Committee: Dr Zaitun Yassin Dr Roseline Yap

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
2	Healthy Kids Programme, Phase III	In line with the long term objective of implementing the HKP modules developed and demonstrate effective in Phase I, the programme rolled out to more schools in Phase II. In Phase III, the Programme is to be extended to reach to more schools in the country using a shorter intervention time in each school.	In 2018, the rolling out of the HKP modules successfully reached approximately 19,349 primary school children in 54 selected schools in Peninsular Malaysia	Representatives from NSM: 1. Dr Tee E Siong 2. Prof Dr Norimah A Karim 3. Dr Zawiah Hashim 4. AP Dr Chin Yit Siew
5	Mi-Care CPD Nurses' Training Workshop	Mi-CARE Nurse Training Workshop, a CPD Nurses Programme, specialises in aspects pertaining to maternal and infant care. Mi-CARE is jointly-spearheaded by NSM, Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society Malaysia (OGSM) and National Midwifery Association Malaysia.	The NSM continued to collaborate in this programme in 2018. A total of 7 workshops were conducted in East and West Malaysia:	Representatives from NSM in Expert Committee/lecturers: 1. Dr Tee E Siong 2. Dr Zawiah Hashim 3. Dr Roseline Yap 4. Dr Tan Sue Yee 5. Assoc Prof Dr Hamid Jan 6. Ms. Supanee Sararaks 7. Dr Yasmin Ooi
6	Positive Parenting Programme	NSM has been an active expert partner of Positive Parenting since its inception and has been collaborating closely with MPA and various other professional bodies, in championing matters related to maternal wellness, infant and childcare. NSM provides the nutritional and dietary-related knowledge of the Programme.	In 2018, a total of 10 articles, covering a wide variety of topics were authored by NSM members for publication in PP programme. These articles will be uploaded in NSM website for sharing with its visitors.	Representatives from NSM in PP Management Committee: 1. Dr Tee E Siong 2. Dr Roseline Yap

Item	Programme/ Project name	Highlights	Status	Sub-committee/Expert Committee members
9	Healthy Cooking with Oats Recipe Book	The Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up to publish the Healthy Cooking With Oats cookbook. The book focuses on Southeast Asian ethnic cuisine in Malaysia, Thailand, and the Philippines.	Volume II of the recipe book was published and launched during the 33 rd NSM conference 2018	Dr Tee E Siong Ms Mageswary Dr Zawiah Hashim Dr Roseline Yap
10	Probiotics Education Programme (PEP)	NSM initiated the PEP in April 2018, to provide the public with accurate information on probiotics, sources of probiotics, potential health benefits and regulatory aspects.	Booklet entitled: "Probiotics: The Friendly Gut Bacteria for your Health" was published and available in 3 languages (English, B. Malaysia and Chinese). Educational press articles on probiotics were also published. More information on PEP in: www.nutriweb.org.my/probiotics .	PEP Expert Panel members: 1. Dr Tee E Siong (Chair of panel) 2. AP Dr Mahenderan Appukutty 3. AP Dr Rosita Jamaludin 4. Prof Dr Raja Affendi Raja Ali
F. Collaborations with Other Ministries and Organisations				
a. Ministry of Health sub-Committees				
1	Allied Health Professionals (AHP) Bill	A Technical Working Group on Nutrition under the AHP continued its discussions on various matters related to the proposed AHP. The TWG is chaired by the Director of Nutrition Division of MOH. There are 11 members in this TWG and NSM is a member.	The TWG held several meetings to discuss drafting of a regulation to implement the Allied Health Professions Act, in collaboration with the Allied Health Sciences Division of MOH. Several public engagement/consultation sessions were organised by the TWG and BSKB to reach out to practising nutritionists in all sectors.	NSM representatives: 1. Dr Tee E Siong (as member and alternative chair) and 2. A/P Dr Mahenderan Appukutty

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2	National Coordinating on Food and Nutrition (NCCFN)	An intersectoral, high-level committee, chaired by the Deputy Director of Health (Public Health), to plan and oversee the implementation of activities within the National Plan of Action for Nutrition (NPAN). Regular meetings are held amongst various stakeholders, at least twice a year.	NCCFN also tasked a drafting committee to review the National Plan of Action for Nutrition (NPAN) II of Malaysia (2006-2015) and prepare a revised Plan of Action for Nutrition. NPAN Malaysia III (2016-2025) was completed and launched in early December 2016.	NSM representative: Dr Tee E Siong (as NCCFN member)
3	Technical Working Group (TWG) on Nutritional Guidelines	This TWG is tasked with publishing dietary guidelines for Malaysians and various age/physiological groups. A separate TWG on Recommended Nutrient Intake reviewed the RNI 2005	Three new guidelines are under development, namely: (1) elderly; (2) pregnant and lactating women; (3) vegetarians. Revised RNI 2017 and the above dietary guidelines are expected to be completed in 2017	NSM representatives: 1. Dr Tee E Siong 2. Dr Zaitun Yassin
4	TWG on Nutrition Promotion	This TWG is tasked with discussing community nutrition promotion activities by various stakeholders in different organisations. The main aim of this TWG is to integrate and work collectively with government sectors, NGOs and private in promoting healthy eating among public.	Members of TWG share community nutrition promotion projects through regular meetings	NSM representative: Dr Zaitun Yassin Dr Wong Jyh Eiin
5	TWG on Nutrition Research	This TWG is tasked with coordinating and prioritising nutrition research in Malaysia. The TWG also identify research gaps and request for data collection in NHMS and MANS.	Members of TWG review research articles to be published in the next volume of Selected Bibliography of Published Articles	NSM representative: A/P Dr Mahenderan Appukutty

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6	Expert Technical Working Committee on Nutrition, Health Claims and Advertisement, Food Safety & Quality Division, MOH	This Committee is chaired by a Deputy Director of FSQD, MOH and is charged with the task of advising the MOH on matters related to nutrition in the Malaysian Food Regulations. This includes regulations related to nutrition labelling, nutrition and health claims	The Committee meets almost monthly. Most of the matters relate to applications from food industry for new nutrition and health claims	NSM representative: Dr Tee E Siong
7	Technical Advisory Committee on Food Regulations, MOH	This Committee is chaired by the Senior Director of the Food Safety and Quality Division of MOH to receive and discuss reports and recommendations for amendments to Malaysian Food Regulations from various Technical Working Committees, including on Nutrition and Health Claims, Food Additives, Food Labeling, Microbiology, Commodity.	The Committee had 3 meetings in the year to discuss amendments to the Food Regulations.	NSM representatives: 1. Prof Dr Norimah A Karim 2. Dr Tee E Siong
8	MyBFF@school andMyBFF@home	The Ministry of Health, Prime Minister's Department and Sackler Institute of Nutrition, Academy Science of New York, USA has a special intervention program for obesity in Malaysia. NSM has been invited to join the obesity intervention group.	The program is specially prepared for different target groups who were overweight/obese and anticipated there will be a reduction in overweight among this intervention group. The planned activities have been carried out in stages.	<ul style="list-style-type: none"> • MyBFF@school - Emeritus Prof Ismail, Prof Norimah and Assoc Prof Dr Nasir • MyBFF@home - Dr Mahenderan
10	Suku suku separuh & cergas (3SC)	The Ministry of Health, Mysihat and several NGOs carry out this 3SC 6 months intervention program for obesity in 5 localities in Selangor and Johore respectively. NSM has been invited to join the 3SC.	The 3SC has completed 2 of the 5 localities in Selangor, while 3 localities are ongoing. The 3SC will start in Johore in 2019.	

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b. National Diabetes Institute (NADI)				
1	Diabetes Empowerment In Women Initiative (DEWI)	The main of the project is to empower women with pre-existing diabetes and those with prediabetes who are planning to conceive to take responsibility for their health before and during pregnancy so as to prevent progression of diabetes and development of complications to mother and baby during pregnancy, at delivery, and over long term	A total of 10 centres been identified from major government hospitals and University hospitals in Malaysia. Around 50 subjects will be recruited in each centre. Currently, the project is at recruitment stage. The project has been extended till 2021	Assoc Prof Dr Hamid Jan Jan Mohamed
c. Collaboration with Ludwi Maximillian University, Munich				
1	Early Nutrition eAcademy – SoutheastAsia (ENeA – SEA)	The aim of Early Nutrition eAcademy - South East Asia (ENeA-SEA) project is to address these problems via an e-learning programme comprising of various modules on early nutrition, which will be developed by EU, Thai and Malaysian partners.	The kick-start meeting was held in March 2017 in Munich followed by the 1 st Biennial meeting in November 2017, Bangkok. Members are encouraged to make regular visits to nutriweb as announcements will be made there when modules are ready.	1. Dr Tee E Siong 2. Dr Roseline Yap (as the Legal Entity Appointed Representative) 3. Dr Wong Jyh Eiin
G. Regional and International Collaborations/Networks				
1	SEA-Public Health Nutrition (SEA-PHN) Network	Initiated by NSM in June 2014, this Network is to establish closer collaboration among nutrition societies, ministries of health and private sector in South East Asia, in promoting public health nutrition in countries in the region. Annual meetings have been held regularly to discuss progress of projects and plan for new activities.	The next general meeting will be held on 8 August in conjunction with 13 th ACN on 4-7 August 2019 in Bali, Indonesia. Two projects given focus in 2018 was the 'Good Nutrition, Key to Healthier Children' (GNKHC) and the review of NPANs in SEA. Detailed information of the Network can be obtained from http://sea-phn.org .	NSM representatives: 1. Dr Tee E Siong is the Chairman of the Network, and 2. Emeritus Prof Dr. Mohd Ismail Noor is NSM representative in the Network Council

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2	International Union of Nutritional Sciences (IUNS)	This is an international network of nutrition societies around the globe. Established in 1948, it now has 83 national adhering bodies, including NSM. The Mission and Objectives of the International Union of Nutritional Sciences: 3. To promote advancement in nutrition science, research and development through international cooperation at the global level. 4. To encourage communication and collaboration among nutrition scientists as well as to disseminate information in nutritional sciences through modern communication technology.	In addition to other scientific activities, the IUNS organizes a 4-yearly international conference, the International Congress of Nutrition (ICN) series. The 21 st ICN shall be held in Buenos Aires, Argentina, 15-20 October 2017. Information available at www.icn2017.com	NSM representative to the IUNS General Assembly as a voting member during the 2013 ICN in Granada: Emeritus Prof. Dr Mohd Ismail Noor, Vice-President of NSM
3	Federation of Asian Nutrition Societies (FANS)	FANS aims to foster international fellowship among nutrition scientists of the region. One of its main activities is to organise the series of Asian Congress of Nutrition (ACN). With the successful convening of the 12 th Asian Congress of Nutrition, Japan Society of Nutrition and Food Science (JSNFS) took over as the secretariat of FANS effective from May 2015.	The 2015 FANS Executive Council Meeting and the FANS General Assembly were also held in conjunction with the 12th ACN, on 14 and 15 May, respectively. It was also confirmed during the General Assembly that the 13th Asian Congress of Nutrition shall be Bali, Indonesia, in 2019, hosted by the Food and Nutrition Society of Indonesia.	NSM representatives to FANS Council: 1. Emeritus Prof Dr Mohd Ismail Noor as Honorary member 2. Dr Tee E Siong as elected member (2015-2019)
4	Confederation of Scientific and Technological Associations in Malaysia (COSTAM)	COSTAM was established in 1980 for the advancement and promotion of science and technology in Malaysia. It organises the Malaysian Science & Technology Congress (MSTC) and publishes a journal – Journal of Science & Technology in Tropics (JOSTT).	The series of Congress continued as well as the Journal	Dr Mahenderan Appukutty is the representative of NSM for COSTAM and Associate Editor for JOSTT.

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5	Malaysian Confederation of Allied Health Professional Associations (Konfederasi Persatuan Sains Kesihatan Bersekutu Malaysia) (MyCAHP)	<p>The objectives of the confederation are:</p> <ul style="list-style-type: none"> i. Protect the interests and enhance the values of the allied health professions ii. Make concerted efforts through mutual understanding and solidarity towards improving the quality of service delivery and health care iii. Spearhead the development and growth of the allied health profession 	NSM is also a member of this umbrella body for allied health professional associations in the country which was officially registered on 20 January 2014.	Emeritus Prof Dr Mohd Ismail Noor attended the inaugural general meeting of MyCAH, representing NSM