



BERITANSM

A Publication of the Nutrition Society of Malaysia

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26th Scientific Conference Healthy Children, Healthier Nation: Start Young 24-25 March 2011

In 2011, the Nutrition Society of Malaysia's annual scientific conference continued the theme of "Healthy Children, Healthier Nation: Start Young", reflecting the importance that the NSM gives to promoting childhood nutrition.

Over the past quarter century since its inception, NSM has conducted various community promotion programmes focusing on infants and children, in partnership with various stakeholders. These collaborative efforts with government agencies, other professional bodies and the private sector have one common objective: empowerment of the community with appropriate nutrition information.

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A word from the President

Continuing our efforts to promoting good nutrition

How time flies! It seems like only recently that the NSM was celebrating its Silver Jubilee, although a whole year has since passed.

Looking at all the exciting programmes and activities that the NSM has embarked upon in this past year, it is clear to all that we are more motivated than ever to continue promoting nutrition in Malaysia.

The highlight of 2010 and the first half of 2011 was our work on a new recipe book, titled 'Nutritionists' Choice Cookbook – Healthy Recipes for Your Little Ones'. This recipe book is a continuation of our highly successful 'Resipi Sihat Pilihan Bijak' volumes 1 and 2. However, this third book is not just a compilation of recipes, but is specially targeted at parents with children below, with lots of thought given to appropriateness of ingredients and meals, while providing useful tips. There will be a second issue of this 'Nutritionists' Choice Cookbook' produced later.

NSM was also involved in the 'TryMasak Sihat' campaign, a very exciting new development that symbolises our ability to keep up with modern technological trends. This was a project in collaboration with Geoflex Sdn Bhd, whereby video recipes from our Resipi Sihat Pilihan Bijak books are available through online portals (e.g. TryMasak portal and NSM portal), SMS, MMS, and, eventually, even on the iPad.



You can read about these projects and more in this issue of Berita NSM. We continued to contribute to the programmes of the Nutrition Division of the Ministry of Health, participated in the mid-term review of the National Plan of Action on Nutrition, as well as in the programmes of the Food Safety and Quality Division of MOH. We also contributed to the programmes of the Malaysian Health Promotion Board and embarked on community nutrition programmes, including the Nutrition Month Malaysia 2011.

I would like to thank the NSM Council for their support in carrying out all these activities. In addition, none of these would have been possible without our partners in the Ministries of Health, Education, and Women, Family and Community Development, our NGO collaborators, as well as our friends in the industry.

Thank you, and happy reading!

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

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NSM Prizes 2011



The NSM Prizes are awarded to undergraduate and postgraduate candidates from local universities completing their thesis projects in the area of Human Nutrition. This year, four Postgraduate Prizes and six Undergraduate Prizes were awarded.



Promoting child health and nutrition

...continued from page 1

The 26th annual scientific conference was officially launched by Dr Chong Yoon Hin, the Founding President of the NSM. Dr Chong also launched two special initiatives by the NSM: the Nutritionists' Choice Cookbook and the TryMasak Sihat mobile phone application (read more in this issue of Berita NSM).

The five symposia over the two days saw 24 presentations in total. Two symposia were dedicated to exploring children health and nutrition topics of the conference theme, where speakers shared research updates ranging from maternal-infant nutrition and breastfeeding to adolescent dietary status and the NutriStudy project.

Six students presented their research findings in the Young Investigator's Symposium, which gives budding researchers a platform to develop their presentation and speaking skills for their future career.

The other two symposia were Promoting Nutrition, Health and Wellness, and Nutrition Potpourri. In the former, NSM President Dr Tee E Siong highlighted the major community nutrition promotion programmes and activities of the NSM in recent years, in our mission to promote nutrition for life. This was followed by Datuk Dr Zulkifli Ismail, Chairman of the Positive Parenting Management Committee, who shared about the Positive Parenting education programme in which NSM is a partner.

The NSM Publication Prize 2011, for publications in the field of infant and childhood nutrition, was won by Prof Dr Khor Geok Lin, International Medical University. Awards were also given out to the students for the NSM prizes, the Young Investigator's Symposium and the poster prizes.

Approximately 400 participants attended the two-day conference.



Winners of Poster Prizes



Winners of Young Investigators Symposium



Undergraduate Prizes

1. **Yuhanis Auri Abd Karim**
"Relationship between screen time, snacking during screen time and physical activity with body weight status among Standard 5 students in Sekolah Kebangsaan Kamunting, Perak." (Dept of Nutrition and Dietetics, UPM)
2. **Nurul Shazini Ramli**
"Comparison of total phenolic, total flavonoid, ascorbic acid, beta carotene, lycopene contents and antioxidant activity in fresh and pickled papaya." (Dept of Nutrition and Dietetics, UPM)
3. **Nurul Fatimah Hanim**
"Ghani Association between nutritional status with cognitive function, academic achievement and behavior among primary school children aged 9-11 years old at Ledang District, Johor." (Dept of Nutrition and Dietetics, UKM)
4. **Fong Chieu Yen**
"Dietary intake, body composition and bone status in children." (Dept of Nutrition and Dietetics, UKM)
5. **Zulaikha Mohd Rashid**
"Evaluation of nutritional status and physical activity among army trainee in Public Institutions of Higher Education." (Faculty of Science and Technology, UKM)
6. **Voon Siok Hui**
"Efficacy of nutrition education intervention in food basket programme." (School of food Science & Nutrition, Universiti Malaysia Sabah)

Postgraduate Prizes

1. **Chin Yit Siew (PhD thesis)**
"Predictors of disordered eating behaviors in adolescent girls and the mediational effects of body image." (Dept of Nutrition and Dietetics, UPM)
2. **Siti Nur'Asyura Adznam (PhD thesis)**
"The effectiveness of nutrition education intervention program for reducing the risk of metabolic syndrome among Malay elderly in Sabak Bernam, Selangor." (Dept of Nutrition and Dietetics, UKM)
3. **Chong Pei Nee (MSc thesis)**
"Bone health status and the effect of citrus flavonoid supplementation in Chinese postmenopausal women in Kuala Lumpur." (Dept of Nutrition and Dietetics, UKM)
4. **Nurzalinda Zalbahar @ Zabaha (MSc thesis)**
"Nutritional status and pregnancy outcome between anaemic and non-anaemic pregnant women in Hulu Langat Selangor." (Dept of Nutrition and Dietetics, UPM)

NSM Congratulates the election of two new NSM Fellows:

1. Prof Dr Amin Ismail - L 1011, Universiti Putra Malaysia;
2. Ms Chor Yin Fun - O 0441, Mead Johnson Nutrition

NSM Publication Prize 2011

The NSM Publication Prize for the years 2008-2012, for publications in the field of infant and childhood nutrition, are funded by Dutch Lady Milk Industries Bhd. For the year 2011, the Selection Committee awarded only one prize, to:

Prof Dr Khor Geok Lin

Department of Nutrition & Dietetics, Faculty of Medicine and Health, International Medical University

For her publication titled 'High prevalence of vitamin D insufficiency and its association with BMI-for-age among primary school children in Kuala Lumpur, Malaysia' (BMC Public Health 11: 95, 2011)

Young Investigators' Symposium Winners

First prize – Noor Hasni Ismail

"Are dietary patterns related to acne vulgaris occurrence?" (Dept of Nutrition & Dietetics, Faculty of Allied Health Sciences, UKM)

Second prize – Wong Lee Thing

"Perception and preference for school canteen foods and beverages in relation with energy intake among adolescents (aged 12-16) at a secondary school in Putrajaya." (Dept of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM)

Third prize – Tang Sin Loon

"The relationship between dietary calcium intake and body mass index among adults in Kuala Lumpur." (Dept of Nutrition & Dietetics, Faculty of Allied Health Sciences, UKM)

Consolation prizes – Tan Min Yen

"Lactose tolerance and intolerance in Malaysians." (School of Food Science and Nutrition, Universiti Malaysia Sabah)

Consolation prizes – Lee Voon Chien

"Nutritional status and quality of life among gastrointestinal cancer survivors in Hospital Selayang, Selangor." (Dept of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM)

Consolation prizes – Hia Chun Yu

"Parental feeding styles and practices in association with fruits, vegetables, sugar sweetened foods and beverages consumption among primary school children in Gombak, Selangor." (Dept of Food Science and Nutrition, Faculty of Applied Science, UCSI University)

Poster Prizes

First prize – Lee Xiao Wen

"Effectiveness of structured weight management program at workplace." (Dept of Nutrition and Dietetics, Faculty of Allied Health Sciences, UKM)

Second prize – Lee Pei Wen

"Development of an educational module on energy requirement and body composition for health professionals." (Dept of Nutrition and Dietetics, Faculty of Allied Health Sciences, UKM)

Third prize – Tan Cheng San

"Determination of digestible carbohydrates in Malay and Chinese traditional kuih by HPLC." (Dept of Nutrition & Dietetics, Faculty of Medicine and Health Sciences, UPM)

Consolation prize – You Lee Kee

"Development of a digital nutritional education package for elderly people." (Dept of Nutrition and Dietetics, Faculty of Allied Health Sciences, UKM)

Consolation prize – Choo Yun Ling

"Body weight status, body image perception, gender-role orientation and eating behavior among adolescents in Kuala Lumpur." (Dept of Nutrition & Dietetics, Faculty of Medicine and Health Sciences, UPM)

Consolation prize – Yow Chor Yen

"The understanding of key messages in the Malaysian Dietary Guidelines (MDG) 2010 among Chinese adults in Klang Valley." (Dept of Nutrition and Dietetics, Faculty of Allied Health Sciences, UKM)

Consolation prize – Lee Teng Teng

"Development of Healthy Eating Index (HEI) for Malaysian adults." (Dept of Nutrition and Dietetics, Faculty of Allied Health Sciences, UKM)

Consolation prize – Song Yin Wa

"Assessment of nutritional status and calculated dietary glycemic index/glycemic load of patients with type 2 diabetes mellitus in UKM Medical Centre." (Dept of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM)

Consolation prize – Wan Roswani Wan Ibrahim

"Antioxidant capacities, total phenolic content and total flavonoid content of Ganoderma Lucidum and Flammulina Velutipes." (Dept of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM)

APPLY FOR THE NSM PUBLICATION PRIZE 2012!

The NSM Publication Prize is aimed at encouraging and promoting local research publications in nutrition science. Members of NSM are invited to apply for the 2012 prizes under the following categories:

Infant and Child Nutrition – cash prize of RM2,000 and certificate from NSM

Whole Grain Nutrition – cash prize of RM3,000 and certificate from NSM

The prize for publications about infant and child nutrition will be sponsored by Dutch Lady Milk Industries Berhad, while the prize for whole grain nutrition will be sponsored by Kraft Food Scientific Affairs, Regulatory Affairs and Nutrition Group, Philippines.

Applications must be received before 28 Feb 2012.

Visit Nutriweb (www.nutriweb.org.my) for more details on the submission procedure.

Nutritionists' Choice Cookbook

Vol 1: Healthy Recipes for Your Little Ones



Recognising the importance of childhood nutrition and the everyday challenges faced by parents, the NSM members donned their thinking caps and produced its third recipe book, 'Nutritionists' Choice Cookbook: Healthy Recipes for Your Little Ones'.

This first volume focuses on a child's first few years of life, from infancy to toddlerhood and the preschool years. This phase of life marks a stage of rapid growth and development, and children have greater nutritional needs at this age. Both the quantity and quality of nutrition are crucial in determining how well young children grow and develop.

Over the years, the NSM has sold more than a hundred thousand copies of *Resipi Sihat, Pilihan Bijak, Vol 1 and 2*, and received numerous demands for more recipe books.

Many of these requests came from parents of young children, who were looking for interesting and nutritious ways to feed their children. They were concerned about providing adequate nutrients for their children's growth and development, while making food attractive to their kids.

It is the responsibility of parents to provide adequately nutritious meals for their young children. This cookbook has been published to guide parents in preparing simple yet nutritious meals. It is not only parents who will find this book useful, but also child carers such as in preschool, as well as grandparents, relatives or house helpers who take care of the kids at home.

There are also relevant nutrition information and practical tips on healthy eating and cooking methods.

Unveiling the book!

Dr Chong Yoon Hin, the Founding President of the NSM, launched the 'Nutritionists' Choice Cookbook: Healthy Recipes for Your Little Ones' at the 26th Annual Scientific Conference on 24 March 2011.

"All parents should get hold of this book and try out the recipes for their young children. The members of NSM have a great deal of expertise and experience in child nutrition issues. After all, we are all nutritionists and many of us are parents ourselves!" says Dr Chong.

More than 400 copies of the book were distributed during the conference.



A peek inside...



Your Baby's First Meals

The first two years of life is when a baby experiences the greatest amount of growth and development. This section of the book explains the importance of proper breastfeeding and complementary feeding to ensure that babies get the best nutrients. Introducing complementary foods can be a head-scratching task for some parents, but this chapter is full of delicious and fun suggestions, such as fish with kei-chi porridge, plum and banana oatmeal porridge, and chocolate honey dew milkshake.

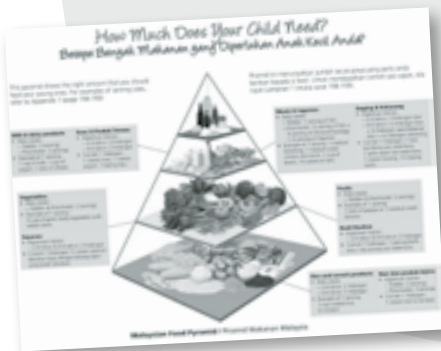
Feeding Small Tummies

During the preschool years, children are exploring the world beyond home and have 'packed itineraries' every day. This chapter talks about how a preschooler's nutritional needs are vastly different from that of younger kids. The recipes, snack ideas and meal plans in this section all guide parents to meet these additional needs.



Toddler's Tiny Bites

Toddlers are more physically active, while their minds are actively exploring, understanding and learning about the world around them. At this age, they need optimal nutrition to support these processes. In this chapter, tips are provided on how to plan meals for toddlers and include family foods as part of their growing-up diet. Among the interesting recipes are vegetable quiche with instant noodles, chicken kurma and fried macaroni.



Get your copy now!

The 'Nutritionists' Choice Cookbook: Healthy Recipes for Your Little Ones' is available for sale to the public through NSM members. Help to promote this book to parents, child caregivers and preschool operators. You can make bulk orders by contacting the President of NSM, Dr Tee E Siong by emailing: president@nutriweb.org.my



TryMasak Sihat – Going mobile

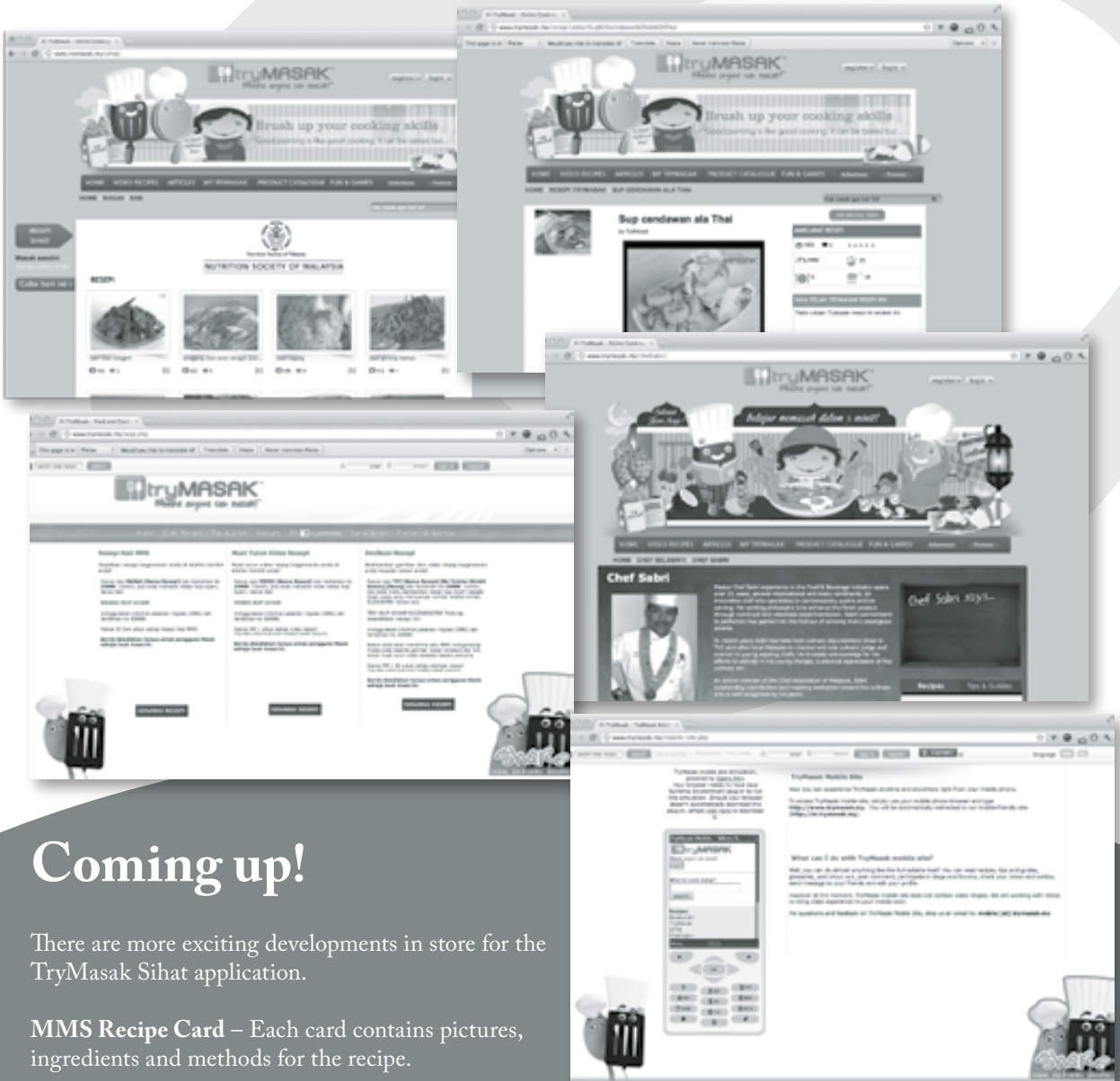
Technology is redefining the way we learn, communicate and share information. So why not the way we cook as well?

While the NSM Resipi Sihat books are probably a staple item in many household kitchens by now, the NSM thought that it was time for an innovative way to disseminate these recipes and nutrition information to even more people.

Imagine having all those recipes at your fingertips at any time, even without the books by your side. What's more, imagine that you can watch videos that show you how to prepare each dish, step-by-step.

Now you can, with the 'TryMasak Sihat with NSM' application, which is the result of a collaboration between NSM and Geoflex Sdn Bhd, a new media application and content development company. Geoflex operates a cooking video channel, 'TryMasak', which has the tagline "Where everyone can masak!".

With the TryMasak Sihat application, users can now watch the 3- to 5-minute cooking videos for the Resipi Sihat meals on the TryMasak (www.trymasak.my/sihat/) or NSM (www.nutriweb.org.my) websites.



Coming up!

There are more exciting developments in store for the TryMasak Sihat application.

MMS Recipe Card – Each card contains pictures, ingredients and methods for the recipe.

Mobile 3G Video Recipe Download – Watch TryMasak Sihat cooking videos from the mobile phone.

Mobile 3G Video Recipe Greetings – User can send and dedicate TryMasak Sihat video recipes to their friends or spouse.

Nutritional information by SMS – Get the nutritional information for each recipe by SMS. Each SMS will cost RM0.50, and part of that sum will be channeled back to NSM.

iPhone Application – Mini recipe book app for iPhone users. User can browse, search for, and watch video recipes, bookmark favorite recipes and generate grocery list. Nutritional tools like BMI calculator and calorie-burning calculator, will also be available.

iPad Recipe Book Application – The iPad recipe book will contain all recipes from the printed books, plus the video recipes.



Nutrition Month Malaysia

Healthy Children Healthier Nation

Start **Young**

This year marks the 10th year of Nutrition Month Malaysia (NMM), the nationwide event celebrated every April to promote a greater awareness and the practice of healthy eating.

In 2011, NMM continues to focus on promoting healthy eating and active living among children from 4 to 12 years old, with the theme 'Healthy Children, Healthier Nation – Start Young'. This focus remains crucial to address the worrying findings from the Third National Health and Morbidity Survey 2006 that 5.4% of children are overweight, and 15% are underweight, stunted or wasted.

Faced with this double dilemma of over- and under-nutrition, the NMM programme is timely and extremely relevant to provide appropriate education to children and parents about healthy eating.

This year's programme was filled with educational and outreach activities for preschool and primary-aged children, parents and even kindergarten teachers.

NMM stands strong today due to the steadfast commitment of three professional bodies, namely NSM, Malaysian Dietitians' Association (MDA) and Malaysian Association for the Study of Obesity (MASO), who have joined hands to help Malaysians attain nutrition well-being and raise their quality of life through this nutrition education programme.

NMM also would not be possible without the support of the Education and Health Ministry, especially the Nutrition Division of the Ministry of Health. Support from caring corporate citizens have also provided valuable resources to ensure a meaningful and relevant programme every year.



For the family – Nutrition Month Carnival

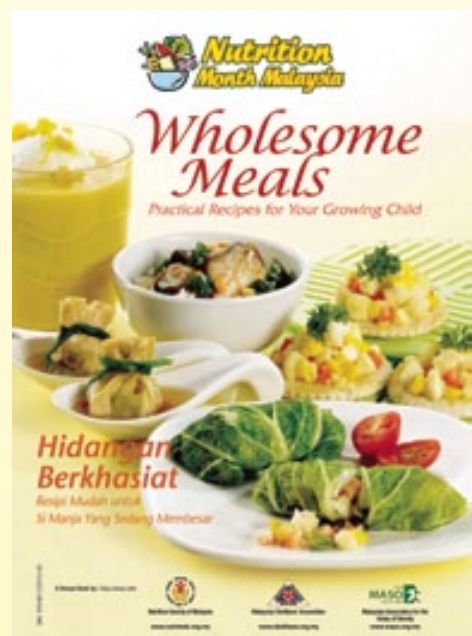
Officially launched by Dr Anjli Doshi Gandhi, Deputy Director-General (Policy) of the National Population and Family Development Board (LPPKN), this two-day carnival had a wide range of fun-filled educational activities and games for families. Health screening was provided for adults to check their BMI, body fat, blood pressure, blood glucose and cholesterol, while children could also have their BMI measured. Nutrition counselling was available for these interested members of the public.

The highlight of the carnival was the NutriActive Corner, where children could play interactive games and activities to learn about nutrition in a fun way. There were also performances, quizzes for children, as well as samplings and give-aways at the sponsors' booths.



For parents – articles and books

This year's NMM featured a recipe book titled 'Wholesome Meals – Practical and Healthy Recipes for Your Growing Child'. This book features 23 healthy home-cooked recipes suitable for school-going children as well as meal-planning tips.



A series of educational articles were published in April and May in major newspapers and magazines. These articles were targeted at parents and caregivers of young children, focusing on various aspects of nutrition for young children, including tips to empower parents to practise healthy eating and active living within the family.

For preschool and primary-school children

A lot of interactive materials have been produced for primary-aged children. The NutriFun school roadshows are the key activity, where a series of school events take place in 70 selected primary schools in the Klang Valley and in other states. In these roadshows, there are story-telling and interactive sessions with the children, and educational materials such as books, posters and bookmarks are distributed. One of the materials distributed will be an activity book called 'Ceria Dengan Gaya Hidup Sihat'.

The roadshows will also be extended to 75 kindergartens in the Klang Valley, with a simpler module for preschool children.

Following last year's overwhelming response, NMM will also be implementing a pilot activity this year, called the Nutrition Interactive Club. Organised in collaboration with the Doktor Muda Club in selected primary schools, this club gives children the opportunity to participate in a wide range of physical and educational activities, such as physical activity, interactive games on nutrition, simple lessons on meal preparation and much more.



For kindergarten teachers

As kindergarten teachers play a crucial role in determining children's meals and eating practices while they are in preschool, the programme also reaches out to them.

A training seminar for kindergarten teachers was organised in June, where the teachers were given guidance on how to use the 'Memupuk Gaya Hidup Sihat' DVD and worksheets that were produced for NMM last year.

Healthy Kids Program

NSM collaborated with Nestle to implement the Healthy Kids Programme (HKP) in Malaysia, which was launched on 7 August 2010.

HKP is a global programme by Nestle as part of the company's initiative to raise awareness about nutrition, health and wellness among school-age children. Around the world, the programme is designed and implemented in collaboration with national health authorities, health and nutrition professional bodies, child nutrition experts and education authorities.

In Malaysia, HKP consists of an awareness campaign "Let's Be Healthy / Jom Sihat", and a research component. "Let's Be Healthy" is a campaign on nutrition and physical activity for children between the ages of 7 and 12 years old. The campaign is aimed at improving the nutrition knowledge of these children and inculcating healthy eating habits among them.

The main tool in this campaign is the website (www.healthykids.org.my), which is designed in a fun, child-friendly manner to provide tips, animated articles, as well as interactive games and tools for both children and parents.

Members are urged to encourage the public to visit a dedicated HKP website for useful nutrition information: www.healthykids.org.my



The research project runs concurrently with the awareness campaign. The research is carried out to develop and determine the effectiveness of appropriate educational materials to facilitate the teaching of nutrition to primary schoolchildren. Ultimately, the aim is to develop approaches and materials that can be shared with the Ministry of Education for implementation in the primary school syllabus.



NutriBus and NutriStudy

NSM carried out a collaboration with Dutch Lady Sdn Bhd in 2009 to carry out a young child nutrition programme with two components. In the NutriBus project, a specially equipped bus visited various parts of the country to provide nutrition education to toddlers and pre-schoolers. In the second component, the NutriStudy, children were measured for their weight and height and cognitive performance and child feeding practices.



Healthy Mealtime Magic

Feeding young children can be a very challenging affair. But tantrums, poor appetites and playfulness are part and parcel of children growing up. Instead of getting upset, parents would do well to focus on how to prevent or manage such situations.

Nutrition Society of Malaysia and Philips AVENT teamed up in 2011 to produce a fun booklet especially for parents with children aged 6 to 36 months. The booklet takes a light-hearted approach, using cartoon animals, story-telling and games, to help parents make mealtimes magical and enjoyable for children.

'Handy Tips and Happy Tales to make kids (and mummies) smile' begins with five 'model' moms sharing their secrets for happy, healthy mealtimes. After that, the booklet offers nutrition facts, creative recipes, tips for selecting an appropriate toddler feeding range, as well as stories to nourish young minds while whetting the appetite. The booklet is bi-lingual (English and Bahasa Malaysia).

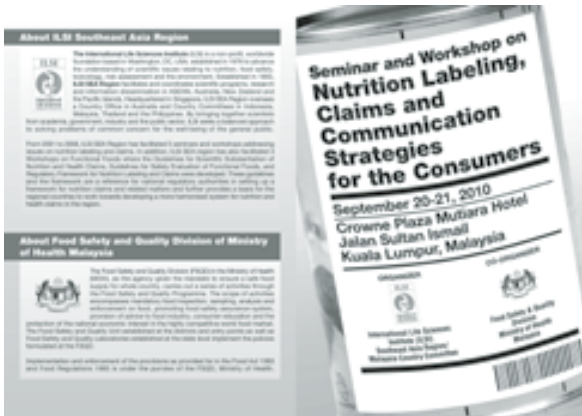


Maternal Obesity Weight Gain in Pregnancy Birth Weight

The first NSM Scientific Update of 2010 took place on 6 July, with a seminar on 'Maternal Obesity Weight Gain in Pregnancy Birth Weight'. The seminar was organised with support from NSM Corporate Member, Danone Dumex (M) Sdn Bhd.

The seminar featured guest speaker Prof Dr Gail Harrison from the School of Public Health, University of California, Los Angeles (UCLA) and Dr S Raman, Obstetrical and Gynaecological Society of Malaysia.

Seminar and Workshop on Nutrition Labeling, Claims and Communication Strategies for the Consumers



NSM participated in the Seminar and Workshop on Nutrition Labeling, Claims and Communication Strategies for the Consumers organised by the International Life Sciences Institute (ILSI) SEA to update key stakeholders on the recently updated guidelines by Codex on nutrition labeling and use of nutrition and health claims.

This 6th Seminar and Workshop was part of a series of seminars and workshops held regularly by ILSI SEA Region to discuss issues on nutrition labeling and claims and to

explore opportunities for harmonization. The meeting also discussed the concept and use of nutrient profiling for claims and Front-of-Pack posting schemes as communication tools in the region.

During the closed-door workshop sessions, participants shared their respective local experiences with regard to labeling and claims, novel functional ingredients, nutrient profiling, front-of-pack signposting and consumer communication and research. Participants brainstormed ideas and discussed the effectiveness of various strategies to improve industry practices for the benefit of the consumers.

Over 180 participants attended the seminar on September 20th and about 30 invited regulators and scientists participated in the workshop discussion on September 21st, 2010. NSM supported Assoc Prof Dr Amin Ismail (UPM) to attend the seminar since he has been attending CODEX meeting on behalf of NSM.

Nutrition and Cognition Symposium

Advances in research have increasingly shown that nutrition may play a crucial role not only in the physiological development of our brain even before birth, but also the development and maintenance of our cognitive functions, mental performance and behavior throughout life, even into old age.

To address the growing interest in cognitive health, particularly the role of nutrition on cognition, NSM collaborated with the International Life Sciences Institute (ILSI) SEA to organise the Symposium on Nutrition and Cognition: Towards Research and Application for Different Life Stages.

Exciting research was shared on the relationship between nutrition and cognition. The symposium also highlighted current methodologies in assessing cognitive functions, with specific discussion on the applicability of these assessment tools and research consideration for the region. Finally, issues relating to scientific substantiation of claims and consumer understanding in the area of nutrition and cognition were discussed.

The panel discussions provided valuable insight into the challenges and opportunities for those involved in conducting nutritional research and cognitive assessment. The panel agreed that the ability of the cognitive functions assessment tools to measure changes due to nutritional influences is very crucial. The applicability or validity of these assessment tools also need to be considered. There is no “one size fits all” cognitive battery tests for use in the nutrition intervention studies as assessment tools need to be tailored to the target groups and the research need.

The panel discussion also covered the opportunities and challenges in the region with regards to claims and consumer understanding on nutrition and cognition. It is clear that there are opportunities in the region to apply for function claims as processes and systems are in place to review such applications by relevant experts appointed by the authorities. It is not only the review process of claims that are important, but the enforcement also has to be upheld.

Guest speakers, including experts from Malaysia, UK, USA, Korea, Indonesia, Thailand, Australia and India, shared their knowledge and experiences during the 3-day symposia.

Over 160 participants attended the symposium. NSM supported the participation of a few Council and Ordinary members.



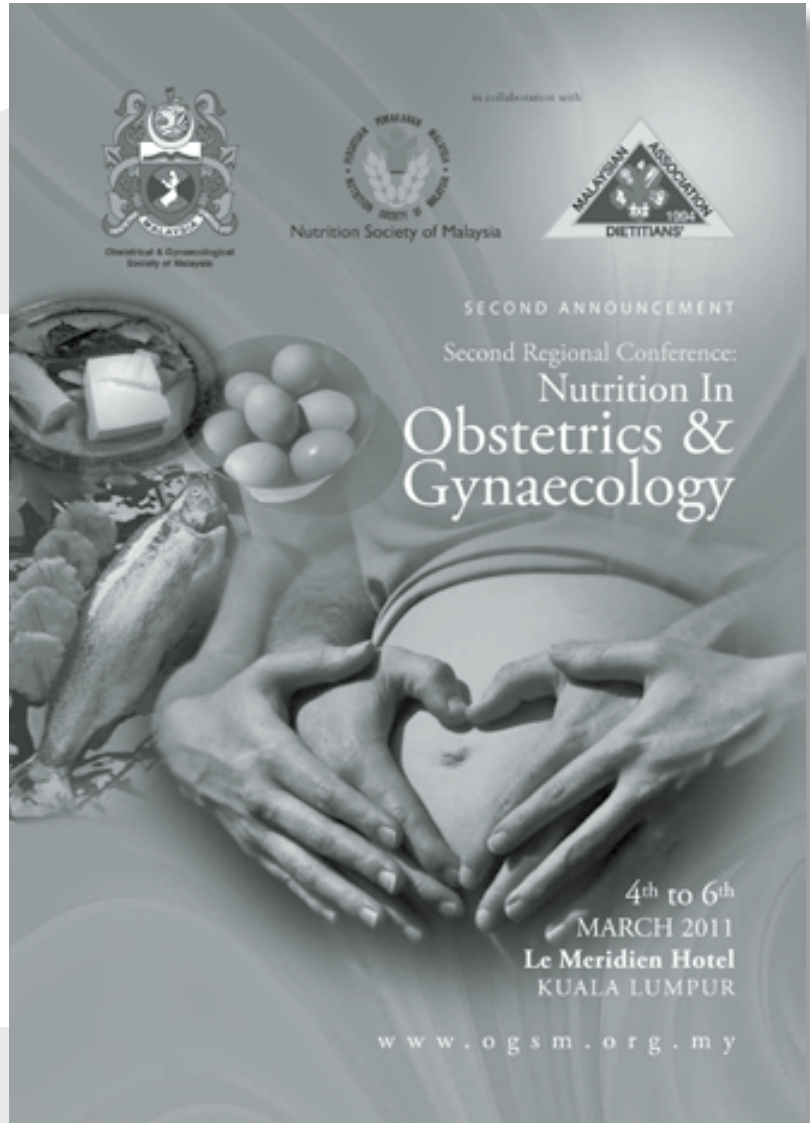
2nd Regional Conference: Nutrition In Obstetrics And Gynaecology

Nutrition plays a key role in the optimum health of a woman. The influence of nutrition in the everyday practice of Obstetrics and Gynaecology cannot be denied.

Recognising this, the Obstetrical and Gynaecological Society of Malaysia organised the 2nd Regional Conference on Nutrition in Obstetrics & Gynaecology from 4-6 March 2011. NSM and the Malaysian Dietitians' Association (MDA) were invited to be the co-organisers of this conference.

This conference followed a very successful first congress in 2009, and continued to explore the latest knowledge on many pertinent issues which are current and essential to obstetricians and gynaecologists, nutritionists, dietitians, midwives and staff nurses.

Dr Mohd Nasir Mohd Taib represented the NSM on the Organising Committee for this conference. Prof Dr Mohd Ismail Noor and Prof Dr Norimah Karim were among the speakers for the conference, delivering their presentations on "Recommended Nutrient Intake for Malaysia" and "Nutritional Problems among Vegans and Vegetarians During Pregnancy", respectively.



Whole Grains in Human Nutrition – A scientific update

Cereal whole grains have formed the basis of diets in many different cultures and cuisines for 3,000 to 4,000 years. In order to promote the consumption of whole grains, it is essential to provide consumers with a good understanding of what whole grains are and their health benefits. At the same time, the regulatory system needs to look into the development, marketing and advertising of whole grain products. All stakeholders, including nutritionists, dietitians, medical professionals, consumer organisations, and the food industry have a role to play in helping consumers meet the recommendations to consume more whole grain foods.

The International Life Sciences Institute (ILSI) SEA collaborated with NSM to organise a scientific seminar on 'Whole Grains in Human Nutrition' on 22 April 2011. The seminar provided a platform for all stakeholders to understand the current status of whole grains consumption, dietary

guidelines and regulations in the country, and to discuss efforts for all stakeholders to promote greater consumption of whole grain foods.

The seminar was attended by 100 participants, including relevant stakeholders like public health nutritionists, researchers, regulators and members of the food industry. By the end of the seminar, participants had gained a better understanding of the data required, and the actions needed to enable further promotion of whole grains consumption.



Malaysian Journal of Nutrition

Three volumes of the Malaysian Journal of Nutrition (MJN) were published in 2010: Vol 16, Nos 1, 2 and 3. The first issue of the year (Vol 16, No 1, March 2010) featured an editorial by the founding president Dr Chong Yoon Hin to commemorate the 25th anniversary of the NSM and the 15th anniversary of the MJN.

All issues included a wide range of local and foreign original research articles, review articles, as well as short communication pieces. Among the original research articles were 'Messages of the Newly Proposed Malaysian Dietary Guidelines: Do Adults in Kuala Lumpur Understand Them?' by Normah AK et al (Vol 16, No 1, Mar 2010); 'Consumer Understanding and Preferences for Different Nutrition Information Panel Formats'

by Fatimah S et al (Vol 16, No 2, Aug 2010); and 'Preliminary Study of the Nutritional Content of Malaysian Edible Bird's Nest' by Norhayati MK et al (Vol 16, No 3, Dec 2010).

All issues of the MJN are available on NutriWEB (www.nutriweb.org.my) for download as PDF files.



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Ministry of Health Sub-Committees and Technical Working Groups

Prof Dr Mohd Ismail Noor, Vice-President, represented NSM in the Technical Advisory Committee on Food Regulations of the MoH. This Committee, chaired by the 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.

Assoc Prof Dr Amin Ismail continued to represent 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.

On 1 December 2010, Dr Tee E Siong, President, represented NSM to attend the 'Mesyuarat ke-9 Majlis Keselamatan Makanan dan Pemakanan Kebangsaan (MKMPK)' at Ministry of Health. Dr Tee briefed the meeting about Nutrition Month Malaysia 2011 and urged all relevant agencies, especially MOH, to support NMM.

In 2010, the Technical Working Group on Nutritional Guidelines commenced work on publishing a set of dietary guidelines for children (0-18 years). Prof Dr Mohd Ismail Noor remained as Chair of this TWG. Dr Tee continued to represent NSM in this TWG and participated in the preparation of the key messages and recommendations.

Dr Hazizi represented NSM in the Technical Working Group on Nutrition Promotion, which is chaired by Pn Rokiah Don, MoH. This TWG is one of the working groups under the main body of the 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 sector in promoting healthy eating among members of the public.

Allied Health Profession (AHP) Bill 200_

In 2010, NSM had several meetings with the Nutrition Division and the Allied Health Division of the Ministry of Health to finalise the definition, recommended nutrition degrees and code of professional conduct for nutritionists. A Technical Working Committee on Nutrition has been established under the Nutrition Division and is chaired by Puan Rokiah Don (MOH) as Head of the Nutrition Profession in Malaysia. This committee will serve as the advisory panel to the AHP Council on matters related to nutrition. Dr Tee was nominated by the Council to represent NSM in this Committee.

Diary of Conferences and Seminars

2011

Public Health International Conference 2011

8 to 9 September 2011, London, United Kingdom
<http://www.rsph.org.uk>

16th World Congress on Clinical Nutrition

10 to 13 September 2011, New Delhi, India
<http://16thwccnindia.com>

9th International Food Data Conference

14-17 September, Norwich, UK
<http://www.eurofir.eu/?q=node/123>

American Dietetic Association Food & Nutrition Conference

Sept 24-27, San Diego, USA
<http://www.eatright.org/fnce/>

18th National Public Health Colloquium & 1st International Public Health Conference

27 to 28 September 2011, Kuala Lumpur, Malaysia
<http://www.pubhealthcollo.org/>

5th ISN International Sports Medicine and Sports Science Conference 2011 (SMSS2011)

27 to 30 September 2011, Kuala Lumpur, Malaysia
<http://www.isn.gov.my/>

International Conference of Sports Science and Recreation 2011

4 to 6 October 2011, Shah Alam, Selangor DE
<http://www.icssr2011/>

International Symposium on Health Benefits of Foods

5 to 7 October 2011, Prague, Czech Republic
<http://www.ilsa.org/Europe/Pages/FunctionalFoodsSymposium2011.aspx>

International Congress of Tropical Pediatrics

18 to 20 October 2011, Bangkok, Thailand
<http://www.ictp2011.org>

4th Pan American Congress of Gerontology and Geriatrics

21 to 23 October 2011, Ottawa, Ontario, Canada
<http://bit.ly/panam2011>

11th European Nutrition Conference

Oct 26-29, Madrid, Spain
<http://www.fensmadrid2011.com>

Masterskill International Scientific Conference 2011: Advancement in Health Sciences

2 to 4 November 2011, Port Dickson, Negeri Sembilan
<http://www.much-healthconference.com>

The AICR Annual Research Conference 2011 on Food, Nutrition, Physical Activity & Cancer

3 to 4 November 2011, Washington, DC, USA
<http://www.aicr.org/conference>

21st Asia Pacific Cancer Conference 2011 (APCC)

10 to 12 November 2011, Kuala Lumpur, Malaysia
<http://www.apcc2011.com>

MPOB International Palm Oil Conference (PIPOC 2011)

15 to 17 November 2011, Kuala Lumpur, Malaysia
<http://www.mpob.gov.my>

Functional Foods Conference: Nutrition & Health Implications

16-17 November 2011, Putrajaya, Malaysia
Email: functionalfoods2011@medic.upm.edu.my

International Conference on Food Factors

Nov 20-23, Taipei, Taiwan
<http://www.icoff2011.org>