



Inauguration of the Southeast Asia Public Health Nutrition (SEA-PHN) Network. From left: Assoc Prof Dr. Umaphorn Suthutvoravut (President of Nutrition Association of Thailand), Prof Dr Le Thi Hop (President of Vietnam Nutrition Association), Prof Dr Hardinsyah Ridwan (President of Food and Nutrition Society of Indonesia), Dr Rodolfo F. Florentino (Chairman-President of Nutrition Foundation of the Philippines, Inc.), Prof Dr Mohd Ismail Noor (Vice-President of Nutrition Society of Malaysia), YB Dato' Seri Dr Hilmi bin Haji Yahaya (Deputy Minister of Health, Malaysia) and Dr Tee E Siong (President of Nutrition Society of Malaysia and Chair of SEA-PHN Network).

SEA-PHN Network: A First for Nutrition in the Region

Recognising 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 Nutrition Society of Malaysia, the SEA-PHN Network was officially launched by YB Dato' Seri Dr Hilmi bin Haji Yahaya, Deputy Minister of Health, Malaysia, on 3 June 2014, in conjunction with NSM's 29th Scientific Conference.

There are existing networks of nutrition societies in the region that are focused on scientific exchanges in all fields of nutrition. However, there is a need for a network among nutrition societies in the region that focuses on promotion of public health nutrition, in partnership with government agencies and the private sector for more effective implementation of public health nutrition measures. It aims to go beyond organising a periodic scientific conference.

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Congratulations to two NSM stalwarts on being conferred Professor Emeritus:

Prof Dr Khor Geok Lin
by Universiti Putra Malaysia

Prof Dr Mohd Ismail Noor
by Universiti Kebangsaan Malaysia

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A word from the President

Another milestone!

The Nutrition Society of Malaysia prides itself on always pushing the envelope when it comes to advancing nutrition science and nutrition promotion activities in the country.

In 2014, NSM achieved another milestone, initiating the Southeast Asia Public Health Nutrition (SEA-PHN) Network, a collaboration of nutrition societies in SEA in public health nutrition matters. This network is the first of its kind in the SEA region and its inaugural meeting was held on 2 June 2014 in Kuala Lumpur, in conjunction with the NSM's 29th Annual Scientific Conference.

The establishment of this network is historical for several reasons: while there are existing networks of nutrition societies in the region that are focused on scientific exchanges in all fields of nutrition, there has been no network focusing on the promotion of public health nutrition. Furthermore, the SEA-PHN Network will facilitate partnership among the nutrition societies, government agencies and the private sector for more effective implementation of public health nutrition measures.



You can read more about the SEA-PHN Network in this issue's special feature.

I hope you will also take the time to read about NSM's other activities in the second half of 2013 and first half of 2014, such as the 29th Annual Scientific Conference in June 2014, Nutrition Month 2014 and the many community projects and scientific collaborations that NSM is involved in.

2014 also marked the sad passing of NSM's founding president, Dr Chong Yoon Hin. A mentor and dear friend to us all, he will be greatly missed by the nutrition community. However, his legacy lives on in the work that we do today, so let us honour his memory by continuing to promote the growth and advancement of nutrition science in Malaysia.

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

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29th Scientific Conference

Improving Lives Through Public Health Nutrition

3-4 June 2014



Good nutrition is a vital component of healthy lifestyles, and is the cornerstone to overall health and wellbeing of the community, as it contributes to the prevention of diseases. Nutrition, therefore, plays a key role in many areas of public health. Public Health Nutrition focuses on the application of food and nutrition knowledge, policy, and research for the primary prevention of nutrition-related disorders and the improvement of the health of the population.

With the theme 'Improving Lives Through Public Health Nutrition', the conference provided a platform for all stakeholders involved in all fields of PHN to share experiences and expertise in improving community health.

The conference was declared open by YB Dato' Seri Dr Hilmi bin Haji Yahaya, Deputy Minister of Health, Ministry of Health Malaysia. He also launched the 1st Regional Nutrition Network in Southeast Asia during the official opening ceremony (read more about SEA-PHN Network in this issue's special feature).

The conference was attended by over 350 participants and featured 27 oral presentations by local and international speakers, including the Young Investigator's Symposium. More than 150 scientific posters were displayed, covering a wide variety of research topics.

Presentation slides and posters from the conference are available at www.nsmconference2014.org.my



Winners of Undergraduate Prizes



Winners of Postgraduate Prizes

Undergraduate Prizes

1. **Nik Farhana Nik Khairu Zaman**
"Assessment of physical activity among pregnant women in Hospital USM." (School of Health Sciences, USM)
2. **Suraya Mahusin**
"Knowledge, attitude and practice of breastfeeding among pregnant mothers attending obstetrics and gynecology clinic, Hospital USM." (School of Health Sciences, USM)
3. **Lee Siew Siew**
"In vitro inhibitory potential of selected legumes against pancreatic lipase." (Faculty of Medicine & Health Sciences, UPM)
4. **Nur Sabrina Zulkefli**
"Factors associated with sarcopenia among institutionalized elderly aged 60 years and above at Rumah Seri Kenangan in Cheras and Seremban." (Faculty of Medicine & Health Sciences, UPM)
5. **Ng Say Teng**
"Relationship between Healthy Eating Index with weight status among older adults in Kuala Lumpur." (Faculty of Health Sciences, UKM)
6. **Nor Affah Shabri**
"Evaluation of food composition of salted fish in Terengganu and its relation with genotoxicity profile." (Faculty of Health Sciences, UKM)

Postgraduate Prizes

1. **Loy See Ling (PhD thesis)**
"A prospective study on maternal oxidative stress in pregnancy and post partum and infant adiposity development during the first year of life." (School of Health Sciences, USM)
2. **Yvonne Tee Yee Siang (PhD thesis)**
"Determinants of bone mineral density and the effect of soy isoflavones in premenopausal women in the Klang Valley." (Faculty of Medicine & Health Sciences, UPM)
3. **Nurul Fadhilah Abdullah (MSc thesis)**
"The influence of body composition, pubertal growth status and dietary food pattern on bone health among adolescents in Kota Bharu, Kelantan." (School of Health Sciences, USM)
4. **Law Leh Shii (MSc thesis)**
"Factors associated with body weight status among 15-17 year old school-going adolescents in Sibul, Malaysia." (Faculty of Medicine & Health Sciences, UPM)
5. **Ng Boon Koon (MSc thesis)**
"Relationship between nutritional status, physical activity and iron status with cognitive ability among Malaysian school children aged 7 to 11 years." (Faculty of Health Sciences, UKM)

Poster Prizes

First prize – Tan Jie Wei

“Assessment of total body water, fat-free mass and fat mass using bioelectrical impedance analysis (BIA) among distance runners.” (School of Health Sciences, IMU)

Second prize – Pong Wan Shing

“The contents of minerals, total polar compounds and free fatty acids in fresh cooking oil and recycled cooking oil.” (Faculty of Medicine and Health Sciences, UPM)

Third prize – Wong Sook Fong

“Development and evaluation of nutrition guidebook for pregnant women.” (Faculty of Health Sciences, UKM)

Consolation prize – Nur Izzani Kordeary

“The obesogenic environment and its relationship with nutritional status and physical activity level among secondary school students in Kuala Lumpur.” (Faculty of Health Sciences, UKM)

Consolation prize – Nurul Hidayah Mat Yusoff

“Dietary acculturation and anthropometric measurements among orang asli adults in Gombak, Selangor.” (Faculty of Medicine and Health Sciences, UPM)

Consolation prize – Suhaida Che Yahya

“Association of early life and early feeding practices on nutritional status of Malay preschoolers independently of socio-demographic status, parental body mass index and dietary behavioral practices.” (School of Health Sciences, USM)

Consolation prize – Siti Fatimah binti Murtaza

“Picky eating, food neophobia, and body weight status among preschoolers aged 4 to 6 years old in Tabika Perpaduan Tampin, Negeri Sembilan.” (Faculty of Medicine and Health Sciences, UPM)

Consolation prize – Fong Pui Chee

“Determination of proximate and sugar composition of selected glutinous rice flour-based Chinese snacks.” (Faculty of Medicine and Health Sciences, UPM)

Young Researcher’s Symposium Winners

First prize – Chong Kar Hau

“Obesity and Metabolic health: are they associated with cognitive function in healthy young adolescents?.” (Faculty of Health Sciences, UKM)

Second prize – Hiew Chu Chien

“Development and validation of Knowledge, Attitude and Practice on Healthy Lifestyle Questionnaire (KAP-HLQ) for Malaysian adolescents staying in school hostels.” (Faculty of Medicine and Health Sciences, UPM)

Third prize – Chong Pei Nee

“Physical activity and sleeping duration attenuates the effect of FTO but not MC4R on body mass index and eating behaviour in Malay children.” (Faculty of Health Sciences, UKM)

Consolation prizes – Lydiatul Shima Ashari

“The association between metabolic syndrome risk factors and high-molecular-weight adiponectin among the endangered Orang Asli population in Malaysia.” (School of Health Sciences, USM)

Consolation prizes – Lai Soke Ching

“Association between body image perception and overweight and obesity among Malaysian adolescents staying in boarding schools.” (Faculty of Medicine and Health Sciences, UPM)



Winners of Young Researcher’s Symposium



Winners of Poster Prizes

NSM Publication Prize 2014

Four categories of NSM Publication Prize were offered in 2014. These are for different fields of nutrition research, namely: Infant and Childhood Nutrition; Maternal Nutrition; Dairy Nutrition; and Bone Health & Nutrition. Prizes were only awarded for one category this year.

Infant and Childhood Nutrition (sponsored by Dutch Lady Milk Industries Bhd):

Dr Foo Leng Huat

School of Health Sciences, Universiti Sains Malaysia, Health Campus

For his publication titled 'Relationship between anthropometric and dual energy X-ray absorptiometry measures to assess total and regional adiposity in Malaysian adolescents', *Asia Pacific Journal of Clinical Nutrition* 2013;22(3):348-56

Nurliyana binti Abdul Razak

Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

For her publication titled 'Dietary patterns and cognitive ability among 12- to 13-year-old adolescents in Selangor, Malaysia', *Public Health Nutrition* 2013; doi: 10.1017/S1368980014000068

Prof Dr Poh Bee Koon

Nutrition Programme, School of Health Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia

For her publication titled 'Nutritional status and dietary intakes of children aged 6 months to 12 years: findings of the Nutrition Survey of Malaysian Children (SEANUTS Malaysia)' *British Journal of Nutrition* 2013; 110:S21-S35

Dr Sharifah Wajah Wafa bt Syed Saadun Tarek Wafe

Faculty of Medicine and Health Sciences, Universiti Sultan Zainal Abidin

For her publication titled 'Randomised controlled trial of a good practice approach to treatment of childhood obesity in Malaysia: Malaysian Childhood Obesity Treatment Trial (MASCOT)', *International Journal of Pediatric Obesity* 2011; 6: e62-e69

APPLY FOR THE NSM PUBLICATION PRIZE 2015!

Visit Nutriweb (<http://www.nutriweb.org.my>) or email NSM President at president@nutriweb.org.my for more details on the submission procedure.



In Memoriam

Dr Chong Yoon Hin

(1918-2014)

**Founding President,
Nutrition Society of Malaysia**

The Nutrition Society of Malaysia shares the loss of Dr Chong Yoon Hin, Founding President, who passed away on 30 January 2014, at the age of 82.

Dr Chong joined the Nutrition Division of the Institute for Medical Research in 1958. In 1965, he became the first Malaysian to be appointed as the Head of the Nutrition Division in the IMR. He took on the challenge of building up the Division with local scientists and technical staff. For almost 3 decades, he led the Division in conducting various nutrition investigations, ranging from undernutrition in the early days to the emergence of non-communicable diet related diseases in the 1970s. His significant research contributions are clearly evident from the numerous publications on various areas of nutrition, notably in the area of lipid nutrition and community nutrition.

Recognising the need for a professional body in the field of nutrition in the country, Dr Chong initiated the formation of the Nutrition Society of Malaysia in 1985. He was elected the Founding President of NSM and led the promotion of nutrition science in the country. For the advancement of nutrition science in the region, Dr Chong led the NSM in the remarkable success of organising the 6th Asian Congress of Nutrition (ACN) in 1991. Dr Chong has therefore set the foundation for the growth and expansion of this professional body in the country, in the promotion of nutrition science and community nutritional wellbeing.

The contributions of Dr Chong Yoon Hin to the birth and growth of nutrition in the country will always be remembered and valued. As founder of nutrition in Malaysia, he has paved the way for us to further promote nutrition in the country. We should continue the work that he has started and ensure that nutrition is strengthened and recognised as an important discipline in health promotion and maintenance by all health workers in the country.

Update: Vitamin D in Human Nutrition

ILSI SEAR Malaysia Country Committee

7th Scientific Seminar

12 November 2013

Vitamin D, long known for its role in maintaining normal blood levels of calcium and phosphorus in the body, has come under the research limelight again. Current research suggests that vitamin D may play a much broader disease-fighting role, e.g. in muscular health, in diet-related chronic diseases, and in promoting immune health.

There are also scientific debates around other aspects of vitamin D, including the daily requirements, the appropriate methodology, cut-off for assessment of vitamin D status and vitamin D insufficiency amongst various population groups in Malaysia.

ILSI SEAR Malaysia Country Committee, in collaboration with NSM, organised this seminar to provide an update on the scientific understanding of vitamin D in human nutrition, discuss gaps in knowledge, and to enhance networking for future work on vitamin D.

The seminar started with a session on 'Update on Vitamin D in Human Nutrition'. The current scientific findings on the benefits of vitamin D and the re-emergence of vitamin D as a public health concern were presented by Professor Robin Daly of Deakin University, Australia, and Mr. Geoffrey Smith from Essential Micronutrients Foundation,

Singapore. Ms. Fatimah Sulong, Food Safety and Quality Division, Ministry of Health Malaysia, provided a review of the regulatory aspects of vitamin D.

Then, five speakers from Malaysia presented their findings on vitamin D studies in the country: Prof Poh Bee Koon, Universiti Kebangsaan Malaysia; Dr Soma Mitra, University of Nottingham Malaysia Campus; Dr Hamid Jan, Universiti Sains Malaysia; Dr Mazliza Ramly, University of Malaya; and Prof Khor Geok Lin, International Medical University, Malaysia.

The seminar ended with a panel discussion chaired by Prof. Khor Geok Lin and panel members Prof Robin Daly, Mr Geoffrey Smith, Prof Poh Bee Koon and Ms. Megawati Suzari of Fonterra Brands (M) Sdn Bhd. Seminar participants discussed the studies on vitamin D status of Malaysians, the main research gaps and proposals for future activities and actions.

The seminar was attended by 120 participants from research institutions, academia, government agencies and the private sector. Seminar presentations are available from:
http://www.ilsa.org/SEA_Region/Pages/ViewEventDetails.aspx?WebId=4D540914-EEB6-40E4-89EB-0B73BA3D76C1&ListId=478BE3CB-581B-4BA2-A280-8E00CCB26F9C&ItemID=82

Join us for the 9th Asia Pacific Conference on Clinical Nutrition!

26-29 January 2015, Kuala Lumpur

The Nutrition Society of Malaysia has been given the honour to host the 9th Asia Pacific Conference on Clinical Nutrition (APCCN), from 26-29 January 2015, Kuala Lumpur. The theme is "Prevention and management of diseases through the life cycle: The role of nutrition and physical activity".

9th APCCN will provide a platform for clinicians, nutritionists, dietitians and other health-care professionals to deliberate, exchange views and experiences in tackling prevailing under- and over-nutrition problems. This gathering of experts will serve up a great deal of useful information and provide valuable learnings for the prevention and management of these disorders.

For more info, go to: <http://www.apccn2015.org.my>

Getting to know the SEA-PHN Network

The 1st SEA-PHN Network annual meeting was successfully held in Kuala Lumpur on June 2, 2014 in conjunction with the 29th NSM Annual Scientific Conference, attended by the 5 member societies/associations and representatives from 6 associate members (comprising of 6 corporate companies) as well as nutrition officials from departments of health in Southeast Asian countries.

The meeting reviewed the SEA-PHN objectives, operational framework and proposed network activities. Attendees also discussed potential collaboration programmes for promotion of public health nutrition. Members and Associate Members also shared the main food and nutrition issues in the member countries and relevant activities.



SEA-PHN Network's Council Members, representatives from Associate Members (corporate companies) and representatives from Government Ministries.

1st council of the SEA-PHN network (2014 – 2017)

- | | |
|------------------------|---|
| Chairman | : Dr Tee E Siong (NSM) |
| Vice-chairman | : Prof. Dr Ir. Hardinsyah Ridwan (PERGIZI PANGAN) |
| Council members | : Prof. Dr Mohd Ismail Noor (NSM) |
| | Dr Rodolfo. F Florentino (NFP) |
| | Assoc. Prof. Dr Umaporn Suthuvoravut (NAT) |
| | Prof. Dr Le Thi Hop (VINUTAS) |

Operational framework of SEA-PHN Network

Members of the Network shall comprise Nutrition Societies/Associations affiliated to the Federation of Asian Nutrition Societies (FANS). Currently, five nutrition societies in the SEA region have joined as Members: 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).

Objectives of SEA-PHN Network

- ▶ Establish and maintain an interactive network among public health nutritionists in the Southeast Asia region.
- ▶ Promote the periodic exchange of experiences, activities in all public health nutrition issues, including nutrient deficiencies and diet-related chronic diseases.
- ▶ Consolidate efforts among nutritionists, both in the public and private sector, for the advancement of public health nutrition.
- ▶ Share available information and documentation with all stakeholders involved in public health nutrition, including professional bodies, government agencies and private sector.
- ▶ Conduct activities to promote public health nutrition to benefit the communities in Southeast Asia region while ensuring avoidance of potential conflicts of interest
- ▶ Promote and conduct collaborative projects amongst members of the SEA-PHN Network, government agencies and private sector for community nutrition improvement, in the spirit of public-private partnership.

Government ministries and agencies shall be invited to participate in Network activities as Associate Members, and private sector companies as Associate Members, including providing financial support for the activities of the Network. The Network provides a platform and opportunities for collaboration among its members, government agencies and private sector in conducting community nutrition improvement programmes, in the spirit of public-private partnership.

A council shall be established to manage the activities of the Network, with representatives from the member Societies/Associations serving as members. The activities of the Network shall be agreed upon by majority of the Council and managed by the said Council. The conduct/running of the Network activities shall be facilitated by a Secretariat, with oversight by the Council.

Key Activities

Regular contact among members to implement activities in pursuance of objectives of the Network:

1. Conduct annual meetings among members of the Network, preferably in conjunction with a scientific meeting. The organisation of annual meetings will be rotated among members of the Network.
2. Interaction through a dedicated website: www.SEA-PHN.org.
3. Teleconferences as and when needed
4. Conduct collaborative projects among members of the Network and its partners
5. Organise scientific meetings or conferences



SEA-PHN Network website (<http://sea-phn.org>)

A dedicated website has been established to serve as the main channel of communication among Network members in between annual physical meetings and teleconferences. It shall serve as a platform for exchange of views and experiences on specific projects or topics.

The website shall also serve as a repository of public health nutrition documents and activities to be uploaded by Network members. These include announcements of current and upcoming projects and scientific meetings, reports/abstracts of completed projects and scientific meetings, as well as relevant documents and publications from government agencies or member societies/associations.



Members of NSM are encouraged to utilise the information made available on the website: <http://sea-phn.org/>. Users need to do a one-time registration in order to utilise the resources uploaded.



Eat Right, Move



2014 marked the 12th consecutive year of Nutrition Month Malaysia (NMM), with the theme 'Eat Right, Move More; Fight Obesity'.

Launched by YB Datuk Seri Dr S. Subramaniam, Minister of Health Malaysia at the Mid-Valley Exhibition Centre, the NMM programme strives to promote healthy eating and active living among Malaysian families in order to prevent non-communicable diseases (especially obesity) that have been on the rise in Malaysia.

NMM is the collaborative effort of three professional bodies, namely NSM, Malaysian Dietitians' Association (MDA), and Malaysian Association for the Study of Obesity (MASO). This programme also receives support from the Ministry of Health Malaysia (MOH), particularly the Nutrition Division.

NMM 2014 Activities

Nutri-Fun Land Family Carnival

The NutriFun Land showcased an interactive, educational, yet fun area where families could come over and uncover the truth about obesity and learn ways to prevent it. Families could also learn more about the Food Pyramid and the Physical Activity Pyramid, how to choose healthier foods and how to jumpstart their fitness regimes.

The two-day Carnival also showcased free nutrition screenings (BMI, blood pressure, blood cholesterol, blood glucose and body fat) and provided free dietary advice by trained professionals as well as many other fun activities and games organised by the sponsors.

More: Fight Obesity



Guide book

A new NMM guide book entitled 'Eat Right, Move More; Fight Obesity' was given free to visitors who participated in the NutriFun Land exhibition.

Media and communications

For the whole month, press articles on obesity awareness, nutrition and healthy lifestyle were published in the major newspapers (Star, Berita Harian and Sin Chew Daily) as well as health magazines (Health Today, Only Health, Urban Health, Rapi, Long Life, Naturale).

NMM also posted various educational posters on its NMM Facebook page to reach out to those who are more tech-savvy.

School roadshows

School roadshows were held at 4 primary schools (SK Kiaramas, SK Seri Selangor, SK Bukit Jelutong, and SK Taman Sea). Educational nutri-combo kits containing materials such as the Kembara Alam Sam comic book and the educational DIY nutritional props (foldable pyramid) were distributed to students who participated in the activity.



Reliving the Journey with Mother's Smart Choice



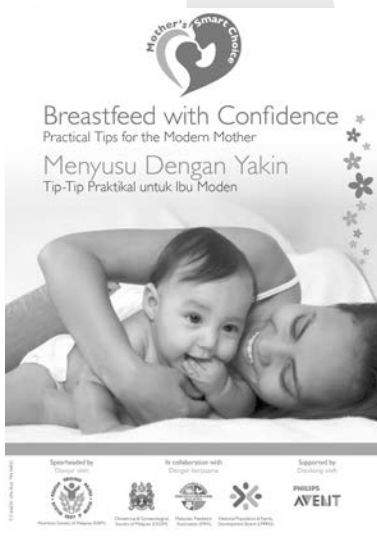
The Mother's Smart Choice programme by NSM, in collaboration with Obstetrical & Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and National Population & Family Development Board (LPPKN) has finally come to a close after three successful years. The programme was dedicated to supporting parents by providing practical advice and information on all aspects of infant and child nutrition, which include breastfeeding, complementary feeding and table foods.

The programme had developed three educational booklets: *Breastfeed with Confidence*, *Baby's First Bites*

and, this year, *Healthy Spoonfuls for Toddlers*. More than 40,000 booklets were printed and disseminated through NSM's various networks.

Throughout the programme, 24 talks were conducted for nurses and 6 talks for parents. Furthermore, advertorials were published in major newspapers to reach out to the public.

From mid-2014, Mother's Smart Choice was rebranded as MyNutriBaby, a pillar programme under the MyNutriChild initiative. More information about this programme can be found on the following page.



MyNutriChild: A New and Exciting Initiative on Child Nutrition Promotion

NSM has always advocated the practice of good nutrition from young. With the impetus provided by the Ministry of Health's Malaysian Dietary Guidelines for Children and Adolescents (MDGCA), the Society is reiterating the call for good nutrition through a new long-term programme, MyNutriChild.

The programme will be launched in collaboration with leading child experts, including the Obstetrical

and Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA), and National Population & Family Development Board (LPPKN).

As the majority of Malaysians are spending more time online, MyNutriChild offers a strong digital core component (alongside various on-the-ground activities) that focuses on reaching out to Malaysians via its three major pillar programmes:

MyNutriBaby (0-24 months): Best Start for Baby

My
NutriBaby

An expansion of the Mother's Smart Choice programme, designed to promote breastfeeding, complementary feeding and table food. MyNutriBaby is supported by Philips Malaysia.

MyNutriJunior (2-6 years old): Nutrition for Learning and Development

My
NutriJunior

Aims to promote good eating habits and practices among toddlers. To date, the collaboration opportunity for this pillar programme is still open to suitable corporate companies.

MyNutriKid (7-12 years old): Watch out for Nutrition Gaps

My
NutriKid

To help parents identify signs of hidden hunger in primary school-aged children and optimise their children's nutrition. MyNutriKid will debut in 2015 with support from GSK Consumer Healthcare.

MyNutriBaby - Launched in 2014!

MyNutriBaby Website



A comprehensive web portal offering useful resources for parents wishing to learn more about nutrition for young children below 2. Discover more at www.mynutribaby.org.my

MyNutriBaby Facebook

Monthly highlights and activities will be promoted through MyNutriBaby Facebook page to reach out to more parents.



#LetsSupportBreastfeeding Campaign

In conjunction with World Breastfeeding Month in August 2014, MyNutriBaby launched a campaign comprising an educational video and a community contest to promote support for breastfeeding mothers. The contest required participants to tag a breastfeeding mother and share a story of how they helped the mother's breastfeeding effort.

MyNutriBaby Roadshows

A series of fun educational roadshows at hospitals, work places and other high traffic outlets. Breastfeeding talks will also be conducted at hospitals.

**For more information, please contact
the MyNutriChild Secretariat at 03 7931 1868 or
send an email to secretariat@mynutrichild.my**

BrightStart4Life: Nutrition from Infancy to Age 6

BrightStart4Life, which was launched in October 2013, is an expert-driven educational programme. It is spearheaded by NSM as the lead initiator, in collaboration with Malaysian Paediatric Association (MPA), Malaysian Medical Association (MMA) as joint initiators, and supported by the National Population & Family Development Board (LPPKN).

BrightStart4Life (B4L) is a long-term programme targeted at both public (young parents) and healthcare professionals. It aims at increasing awareness among young parents on the

nutritional needs of infants, especially those with special feeding requirements, as well as promoting optimal nutrition for young children up to 6 years old. The main activities of the programme include publishing a series of articles/advertorials in major newspapers, producing clinic posters and educational booklets.

Look out for more educational materials and activities lined up in the near future.

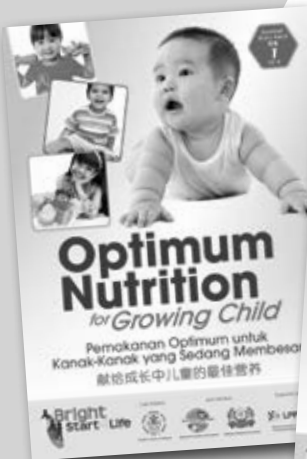
BrightStart4Life Activities in 2013-2014

Four educational articles and advertorials in The Star and Sin Chew Daily



Two educational booklets

One clinic poster



Positive Parenting: 14 Years of Success

This year, as the Positive Parenting (PP) programme celebrates 14 years of success, the NSM is extremely proud to be collaborating closely with the Malaysian Paediatric Association and various other professional bodies, in championing matters related to maternal wellness, infant and childcare.

As an active expert partner of Positive Parenting since its inception, NSM, with the ardent support of several key members, 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.

On April 12, 2014, we were honoured to have Yang Amat Berbahagia Tun Dr Siti Hasmah Hj Mohd Ali launch the new Phase III segment, kick-starting a brand new chapter of PP, and the “Positive Parenting Pledge” initiative (facebook.com/positiveparentingmalaysia). The media launch ceremony was held at KidZania, Kuala Lumpur and was well attended by the media together with the Presidents of all PP expert partners. The Positive Parenting website (www.mypositiveparenting.org) has also undergone a massive revamp, cementing its platform as the ‘WebMD’ of Malaysia on all information related to maternal, parenting and family wellness. As part of the expansion plans, a section called “My Positive Teen” has been introduced in the Positive Parenting Guide and website.

The screenshot displays the website's header with navigation links: Parenting Articles, E-PP Guides, News, FAQ, Gallery, Experts, and Take a Pledge! Below the navigation is the 'Positive Parenting' logo and tagline: 'Malaysia's Pioneer Expert Educational Programme for Parents on Maternal, Child & Family Care'. A row of partner organization logos includes the Malaysian Society of Maternity, LPPKN (National Foundation and Family Development Board Malaysia), Malaysian Paediatric Association, MAMBA (Malaysian Maternal Health Association), National and International Society of Malaysia, and the Malaysian Association of Paediatricians. A search bar is present with the text 'Search parenting guide...' and a 'Search' button. Below the search bar is a featured article titled 'Dear Parents, Let's Disconnect Digitally and Reconnect Emotionally with our Children.' with a 'Join the Pledge' button and a 'Facebook App' icon. To the right is a 'SUBSCRIBE OUR PARENTING NEWSLETTER' section with a form for 'First Name', 'Last Name', and 'E-mail Address', and a 'Subscribe Newsletter' button.

Mi-Care: Phase 2 on Medical/ Nutritional Specialisation

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.

Launched in early Year 2012, Mi-CARE carries out nationwide, two-day programmes, encapsulating various modules with latest updates and information in the field of paediatric

nutrition, vaccinations and 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.

To date, Mi-CARE has successfully implemented over 30 workshops throughout Malaysia, training over 4,900 nurses.

With such forthcoming response, Mi-CARE incorporated a Phase II segment in year 2013, targeted at specific areas of medical/nutritional specialisation within the areas of pregnancy, maternal wellness and infant care. Also pushing beyond its previous years' successes, Mi-CARE ventured to East Malaysia and other often-neglected states in North and East Coast of Peninsular Malaysia.



Healthy Kids Programme

The Healthy Kids programme (HKP) in Malaysia, a collaborative education programme between the Nutrition Society of Malaysia (NSM) and Nestle Malaysia was launched in August 2010 with the aim to improve nutrition knowledge and promote healthy lifestyle among school children in the country. It consists of two components, namely the awareness component to reach out to masses; and the research component to develop, implement and evaluate effectiveness of a nutrition educational package. The ultimate goal at the end of the 3-year research

component is to develop an interactive nutrition educational package that the Ministry of Education can utilize for implementation in all primary schools in the country.

The awareness component focused on building and improving the dedicated website (www.healthykids.org.my). Interactive games for children were added to make learning for children more fun and engaging. Articles and recipes were also added to make the website relevant and interesting for parents.

HKP Research Component

The 3-year research component of HKP commenced early 2011 and concluded last December 2013. About 300 children from 6 primary schools in the Klang Valley were selected for the intervention group and a similar number from 6 other schools were identified for the control group. The intervention group received 6 educational sessions spread out over several months in each year. The educational modules developed focused on basic principles in healthy eating and active living as well as basic hygiene and disease prevention. Worksheets and goal cards were prepared to reinforce the modules. Parents were provided summary leaflets of the modules.

Positive results were obtained after the 3 years of intervention. A Knowledge, Attitude and Practice (KAP) survey conducted at the beginning and at the end of each year showed significant improvement in scores after 3 years of module implementation. Besides, the immediate impact surveys that were conducted before and after each educational session showed an increase in the mean score for all topics. Children who received the educational sessions also had lower prevalence of overweight and obesity over the 3-year period as compared to the control group.

What's next for HKP?

The positive results obtained from the research component have clearly proven the effectiveness of this nutrition educational package. NSM and Nestle are taking steps to roll out the developed package to more schools in the country. We have confirmed the collaboration of the Ministry of Education to initiate implementation of the package in more than 70 day-boarding schools in Sarawak and Sabah, to cover 6000 primary school children.

By systematically implementing this programme in schools, we believe that it will have a positive impact by inculcating good nutrition knowledge, attitude, and healthy eating and lifestyle habits among Malaysian children, which may contribute to arresting the prevalence of childhood overweight and obesity. We hope that this will pave the way to a healthier nation and that the teachers would amplify our efforts!

NSM-Cereal Partners Worldwide: MyBreakfast Study

NSM, in collaboration with Cereal Partners Worldwide (CPW) and Nestec, have just completed a nationwide study on breakfast habits among Malaysian school children and adolescents. Data collection was conducted from April to October 2013 in 58 urban schools and 28 rural schools around Malaysia, including Sabah and Sarawak. A total number of 8,705 children and adolescents, aged 6 to 17 years, participated in the study.

The MyBreakfast Study aimed to determine breakfast habits among children and adolescents, with an emphasis on consumption of whole grain foods, ready-to-eat cereals (RTEC) and fortified beverages, especially at breakfast. The study also aimed to determine the contribution of breakfast towards energy and nutrient intake, and the association between body weight status, physical activity and breakfast consumption among the children.

The results of the study are currently being analysed for several publications (expected to be published by 2015) and will be presented by the research committee in upcoming conferences.



Prof Norimah presenting the top-line findings of the MyBreakfast Study at the 29th NSM Conference in Kuala Lumpur



Allied Health Profession (AHP) Bill 2012

Discussions on the Allied Health Profession (AHP) Bill continued to take place in 2013 and 2014. Dr Mahenderan Appukutty represents NSM in the discussions related to the drafting of the Bill and the associated Regulations. Several meetings and workshops were organised by Bahagian Amalan Perubatan, Nutrition Division, and the Allied Health Division of MOH.

The Technical Working Group (TWG) on Nutrition is currently looking at Nutrition programme curricula from all Institutes of Higher Learning, with an objective of producing a “standard” curriculum to be used as guidance for institutions offering the BSc Nutrition. The CPD points for nutritionists, either in the government or private sector, need to follow the CPD guidelines that have been established by Division of Allied Health, MOH. The Bill is still at the legal office for review before being presented to the Cabinet.

MyBFF@school and MyBFF@home

The Ministry of Health, the Prime Minister’s Department and the Sackler Institute of Nutrition, Academy Science of New York in USA are collaborating on a special intervention programme for obesity in Malaysia, focusing on schools and homes.

The programmes are specially prepared for different target groups who are overweight/obese, with the aim of achieving a reduction in overweight participants among the intervention groups. A few NSM members from various universities are also involved in this project.

NSM has been invited to join the obesity intervention group. Prof Ismail, Prof Norimah and Assoc Prof Dr Nasir have actively participated in the MyBFF@school programme and Dr Mahenderan has been involved in the MyBFF@home programme.

Publications

Malaysian Journal of Nutrition

In the second half of 2013, two issues of the Malaysian Journal of Nutrition (MJN) were published: Vol 19(2) and (3). In the first half of 2014, Vol 20(1) was published.

As usual, the journal features research papers by members of the NSM, local scientists, as well as foreign nutritionists.

All MJN issues can be viewed as pdf files on the NSM website: <http://nutriweb.org.my/publications/mjn>

Calling For Submissions!

Asian nutritionists are invited to submit articles for publication in the MJN. Write to the Editor, Prof Dr Khor Geok Lin at geoklin_khor@imu.edu.my

Diary of Conferences and Seminars

2014

Aging and Society: Fourth Interdisciplinary Conference
7th to 8th November 2014, Manchester, United Kingdom
<http://agingandsociety.com/the-conference>

III World Congress of Public Health Nutrition
9 - 12 November 2014, Las Palmas de Gran Canaria, Spain
<http://www.nutrition2014.org/>

13th Iranian & 1st International Nutrition Congress
30 Nov - 3 Dec 2014, Tehran, Iran
<http://irannutrition2014.net/en/>

2nd International Health Conference IIUM
3 - 4 Dec 2014, Kuantan, Pahang, Malaysia
<http://www.iium.edu.my/ihci/>

2015

ICGFS 2015 : XII International Conference on Global Food Security
8 - 9 January 2015, Singapore
<https://www.waset.org/conference/2015/01/singapore/ICGFS>

ICFSN 2015 : XII International Conference on Food Security and Nutrition
26 - 27 January 2015, Istanbul, Turkey
<https://www.waset.org/conference/2015/01/istanbul/ICFSN>

9th Asia Pacific Conference on Clinical Nutrition
26 - 29 January 2015, Kuala Lumpur, Malaysia
<http://www.apccn2015.org.my/>

2015 International Conference on Food and Environmental Sciences (ICFES 2015)
8th to 9th February 2015, Rangoon, Myanmar
<http://www.icfes.org/>

ICFA 2015 : XII International Conference on Food Analysis
26 - 27 February 2015, Dubai, UAE
<https://www.waset.org/conference/2015/02/dubai/ICFA>

14th World Congress on Public Health
11 - 15 February 2015, Kolkata, India
<http://www.14wcp.org/>

4th Global Congress for Consensus in Pediatrics and Child Health (CIP)
19 - 22 March 2015 Marrakech, Morocco
<http://2015.cipdiagnostics.org/>

2nd Arab Public Health Congress 2015
12 - 14 April 2015, Dubai
<http://www.publichealthdubai.com/>

3rd Annual International Conference on Health & Medical Sciences
4 - 7 May 2015, Athens, Greece
<http://www.atiner.gr/healthsciences.htm>

22nd European Congress on Obesity
6 - 9 May 2015, Prague, Czech Republic
<http://eco2015.easo.org/>

12th Asian Congress of Nutrition (ACN) 2015
14 - 18 May 2015, Yokohama, Japan
<http://acn2015.org/>

ICPESS 2015 : XII International Conference on Physical Education and Sport Science
25 - 26 May 2015, London, United Kingdom
<https://www.waset.org/conference/2015/05/london/ICPESS/call-for-papers>

ICO 2015 : XII International Conference on Obesity
25 - 26 May 2015, London, United Kingdom
<https://www.waset.org/conference/2015/05/london/ICO>

30th Annual Scientific Conference of Nutrition Society of Malaysia
3 - 4, June 2015, Kuala Lumpur, Malaysia
www.nutriweb.org.my

ICFNT 2015 : XII International Conference on Food and Nutrition Technology
28 - 29 June 2015, London, United Kingdom
<https://www.waset.org/conference/2015/06/london/ICFNT>

8th Biennial Childhood Obesity Conference
29 June - 2 July 2015, San Diego, California
<http://www.childhoodobesity2015.com/index.cfm?pid=871>

11th Annual International Conference on Kinesiology and Exercise Sciences,
27-30 July 2015, Athens, Greece
<http://www.atiner.gr/fitness.htm>

XII International Conference on Nutrition and Food Sciences (ICNFS) 2015
29 - 30 July 2015, Zurich, Switzerland
<https://www.waset.org/conference/2015/07/zurich/ICNFS>

9th International Symposium on Nutritional Aspects of Osteoporosis
June 17-20, 2015, Montreal, Canada
<http://http://www.cvent.com/events/isnao-2015-9th-international-symposium-on-nutritional-aspects-of-osteoporosis/event-summary-7d1b628933b6460a8b12f2785db7e69f.aspx>

International Conference on Diet and Activity Methods (ICDAM 9)
1 - 3 September 2015, Brisbane, Australia
http://www.icdam9australia.com/about_ICDAM.html

ISPAD + APEG 2015 Joint Annual Conference
7 - 10 October 2015, Brisbane, Australia
<http://www.ispad.org/jointispad-apeg2015/home>

12th European Nutrition Conference FENS 2015
20 - 23 October 2015, Berlin, Germany
<http://www.fensberlin2015.org/>

4th International Conference and Exhibition on Nutrition
26 - 28 October 2015, Chicago, USA
<http://www.nutritionalconference.com/2015/>

9th World Congress of Developmental Origins of Health and Disease (DOHaD)
8 - 11 November 2015, Cape Town, South Africa
<http://www.dohad2015.org/>

World Diabetes Congress 2015
30 November - 4 December 2015, Vancouver, Canada
<http://www.idf.org/worlddiabetescongress/>