

Datuk Seri Dr S. Subramaniam, Minister of Health Malaysia, launching the 1st SEA-PHN Conference.



## 1st SEA-PHN Conference – ‘Together in Advancing Public Health Nutrition’



14-17 May 2017, Kuala Lumpur

**N**SM, under the auspices of the Southeast Asia Public Health Nutrition Network (SEA-PHN), organised the 1st SEA-PHN Conference from 14-17 May 2017.

Held in conjunction with NSM's 32nd Annual Scientific Conference, the 1st SEA-PHN Conference saw the participation of 477 delegates from 23 countries, including public health nutrition professionals, researchers, policymakers, and various stakeholders from the food, health and fitness industry from around the SEA region.



The opening ceremony of the conference was officiated by Yang Berhormat Datuk Seri Dr S. Subramaniam, Minister of Health Malaysia. Datuk Seri Subramaniam also launched the Recommended Nutrient Intake (RNI) Malaysia 2017.

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## A word from the President



### A step forward.

In 2017, the Nutrition Society of Malaysia was part of a significant milestone by the Southeast Asia-Public Health Nutrition (SEA-PHN) network – the landmark 1st Southeast Asia Public Health Nutrition Conference held from 14-17 May 2017 in Kuala Lumpur.

The SEA-PHN network is a concept based on collaboration among five Nutrition Societies in Southeast Asia, in partnership with corporate partners and supported by government agencies. The Network's main objective is to promote better public health nutrition in the region.

Three years after its establishment, the Network has demonstrated that a multistakeholder, public-private partnership is a viable and useful network for effective implementation of intervention programmes, as demonstrated by its activities and output.

NSM was proud to be a partner in organising the 1st SEA-PHN Conference, in conjunction with our 32nd Annual Scientific Conference. The Conference featured robust discussions on the latest scientific knowledge, effective intervention policies, strategies, research programmes and regulatory updates to promote and sustain public health

nutrition in the region. You can read more about the Conference in this issue's special feature.

In the spirit of regional collaboration, NSM also teamed up with the Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) to produce a recipe book on cooking with oats, featuring the unique ethnic cuisine of the three countries.

In other activities, NSM continued to have a busy year. We spearheaded several scientific seminars and played leading roles in contributing to Ministry of Health's activities. Nutrition Month Malaysia and NSM's other community programmes were among the highlights of the nutrition calendar.

In recognition of their contributions over the past year, and in anticipation of more achievements ahead, I thank the NSM Council and the members for their steadfast support.

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

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# 1st and 2nd Roundtable Discussion on Issues Related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU)

Agenda items discussed in the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) have wide implications for all stakeholders, including government agencies, academia and the food industry. As such, a clear understanding of the issues involved and having recent relevant scientific information would facilitate more effective discussions during the CCNFSDU sessions.



NSM organised two roundtable discussions on issues related to the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) in Kuala Lumpur. The first roundtable was held from 8-9 September 2016 to enable key stakeholders in Southeast Asian countries to interact and share views prior to the 38th CCNFSDU session in early December 2016.

This roundtable discussion was chaired by Ms Norrani Eksan, Deputy Director, Food Safety & Quality Division, Ministry of Health Malaysia. NSM President Dr Tee E Siong served as the Convenor of the session. The session was attended by participants from various sectors of four countries in the region, including officials from Codex Contact Points, regulatory authorities, government agencies, research institutions and food industry. Dr Pia Noble from the Federal Ministry of Food and Agriculture and Chair of the CCNFSDU also sat in on the discussion.

Following the encouraging feedback from the first roundtable, the second roundtable discussion was held on 15 May 2017 in conjunction with the 1st Southeast Asian Public Health Nutrition Conference. The second session only focused on a few selected issues, namely the revision of the standard for follow-up formula and proposed draft guidelines for Ready-to-use Therapeutic Foods (RUTF).

Mead Johnson Nutrition collaborated by providing an educational grant.



# Closed Door Experts Roundtable Discussion on Probiotic Science: Perspectives and Challenges

NSM organised a closed-door roundtable discussion on ‘Probiotic Science: Perspectives and Challenges’ on 8 November 2016 in Kuala Lumpur. The roundtable was organised in collaboration with DuPont Nutrition & Health.

In recent years, there has been growing interest in the potential role of probiotics in conferring health benefits and in the prevention of diseases. Due to the paucity of information regarding appropriate administrative regimens, probiotic interactions and probiotic product usage in Southeast Asia (SEA), NSM organised this roundtable session for experts, regulators and various stakeholders to gain a more thorough understanding of probiotic efficacy and safety of use.

The 22 participants included regulatory and government agencies, researchers from academic institutions and organisations in Indonesia, Malaysia, Singapore, Thailand and Vietnam, and food industry leaders from several multinational companies in the region.



The roundtable discussed four areas of probiotic science that are of concern for five SEA countries: (1) probiotic research updates to further enhance understanding of scientific aspects on the health benefits and safe use of probiotics; (2) probiotic regulatory framework especially substantiation of claims; (3) insights from industry leaders on consumer awareness and need for probiotics; and (4) insights into prescription habits and probiotic use among healthcare professionals.



## Symposium on Advances in Probiotic Science and Innovation

An evening symposium on advances in probiotic science and innovation was organised by MIMS Education, in collaboration with Nutrition Society of Malaysia and Digestive Health Malaysia and supported by DuPont Nutrition & Health on 8 November 2016.

The session provided the latest scientific, regulatory and clinical updates on probiotics. Dr Anders Henriksson, Principal Application Specialist DuPont Nutrition &

Health, presented on 'New Science on Probiotics in Health – Asian and Global Studies'. Assoc Prof Dr Raja Affendi Raja Ali, Consultant Physician & Gastroenterologist and Head of Gastroenterology & Hepatology Unit, Universiti Kebangsaan Malaysia Medical Centre, presented on the 'Role of Probiotics in Managing Gastrointestinal Conditions'. The 100 participants included doctors, pharmacists, dieticians and nutritionists.



## 9th Scientific Seminar on Drivers of Consumer Food Choices

NSM and ILSI Malaysia Country Committee co-organised a scientific seminar on 'Drivers of Consumer Food Choices' on 15 November 2016 in Kuala Lumpur. The seminar was focused on gaining insight into studies on consumer food choices in Malaysia, as well as the challenges to review programmes and food regulations in promoting healthier food choices. The seminar provided a platform for participants to understand the drivers, identify research gaps and discuss ways to improve consumer food choices through a multi-stakeholder approach.

The one-day seminar featured local speakers from the FMM, Ministry of Health, Taylor's University and Malaysia Advertisers Association, as well as international speakers from the Singapore Institute for Clinical Science and China National Centre for Food Safety Risk Assessment. There were also 9 short communications by

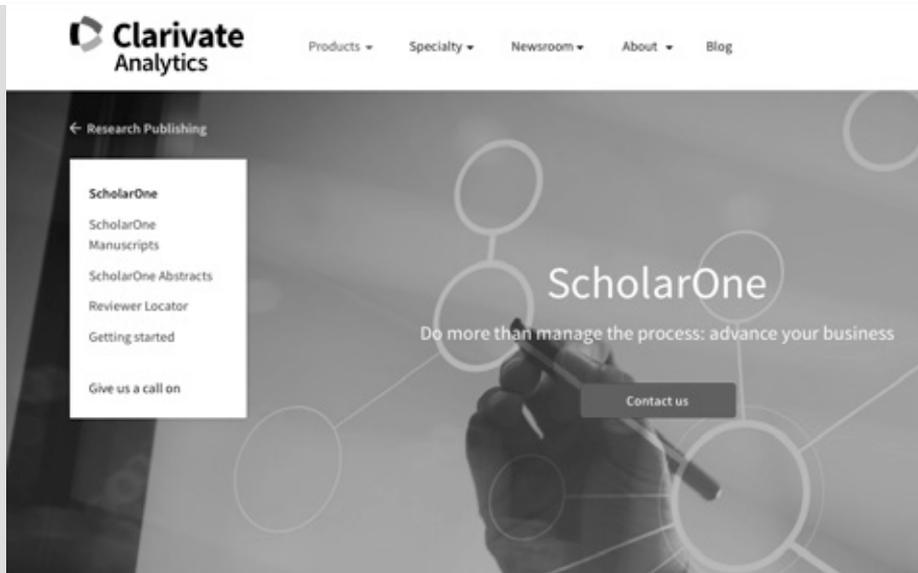
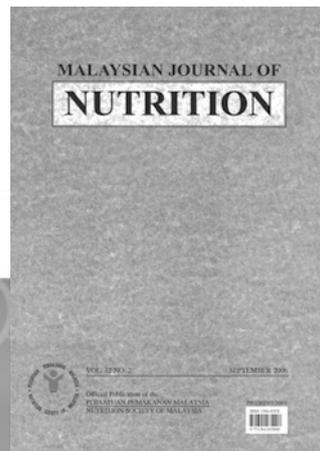
local researchers on a variety of topics related to consumer food choice.

The seminar was attended by 139 participants from various organisations including research institutions, academia, government agencies and several food companies.

The Seminar ended with a roundtable discussion for speakers and participants to further deliberate on issues and challenges in improving consumer food choices. There was a general agreement on the need for multi-stakeholder approach towards promoting healthier eating patterns.

Speaker's presentation slides, seminar summary report and event programme of the Seminar are available at <http://ilsisea-region.org/>

# Malaysian Journal of Nutrition



The Malaysian Journal of Nutrition (MJN) will be migrating to a modern online management system, Scholar One. This is a valuable investment by NSM as it will upgrade MJN to a higher level, with a system that is globally recognised as the industry standard in scientific publishing.

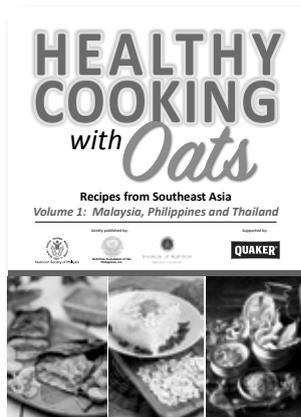
For 2016-2017, volumes 22 (no 1-3) and 23 (no 1) of MJN were published on schedule. Three issues of MJN are published annually. Emeritus Prof Dr Khor Geok Lin continues to serve as Editor of the journal. Asian nutritionists are invited

to submit articles for publication in MJN by writing to [khor.geoklin@gmail.com](mailto:khor.geoklin@gmail.com)

MJN is indexed in the Elsevier's database of the Scopus (EBiology and ECare Scopus), WHO West Pacific Region Index Medicus (WPRIM) and Pubmed/Medline. MJN is one of the top 5 Malaysian peer-reviewed journals based on MyCite under Ministry of Education.

Visit <http://nutriweb.org.my/publications/mjn> to read MJN online.

## Healthy Cooking with Oats Recipe Book



Nutrition professionals are faced with the increasingly challenging task of imparting healthy eating advice to the public. Evidence-based dietary guidelines have to compete with more varied food choices and a dizzying amount of information on social and digital media.

Most countries in the Southeast Asian region face the same challenges, along with the similar problem of persisting undernutrition and an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition.

These similarities in the threat of malnutrition underscore the importance for regional collaboration in promoting community nutrition.

For the first time, the Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up to produce a recipe book focusing on the Southeast Asian ethnic cuisine of the three countries.

Published in collaboration with Pepsico Services Asia Ltd (Quaker), the 'Healthy Cooking with Oats' cookbook encourages the use of healthier cooking methods through the creative way of using healthier ingredients, namely oats.

Volume 1 of the cookbook contains 15 recipes from each of the three countries. View the cookbook at: <http://nutriweb.org.my>



## MyNLP – A Programme for Young Budding Nutritionists

The Nutrition Society of Malaysia is proud to announce the establishment of the Malaysia Nutrition Leadership Programme (MyNLP), a new initiative and brainchild of the Society with the objective of assisting the development of future leaders in the field of human nutritional sciences in Malaysia through proper training.

Realising the need to enhance leadership skills and to foster greater communication and networking among young nutrition professionals, MyNLP was established to provide knowledge and skills towards enhancing leadership competency among nutrition professionals.

It is envisioned that MyNLP will be able to provide a platform of convergence to provide networking opportunities among food and

nutrition professionals across the country and also within the South-East Asia region.

Through MyNLP, young budding nutritional graduates will be equipped, inspired, and motivated with modules that will propel their individual leadership and management capacity with the aim of enabling them to fulfil their potential to become competent, confident, and courageous leaders of calibre – individuals who are able to critically and effectively champion the nutrition agenda of Malaysia in the future years.

NSM organised the 1st MyNLP from 4-8 August 2017 at the Eagle Ranch Resort, Port Dickson, Negeri Sembilan. Details of this programme will be included in the next issue of Berita NSM.



Nutrition Month Malaysia 2017  
19 – 23 April 2017, IOI City Mall Putrajaya

# Eat Smart + Move More =



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

Well into its 16th consecutive year, NMM 2017 carried the theme “Eat Smart + Move More = Recipe for Healthy Families”, bringing the exciting “Food-Fit-Fun Fair” event to the community of Putrajaya.

The event was launched by Yang Berusaha Dr Zainudin b. Abdul Wahab, State Director of Health of the Federal Territory KL and Putrajaya State Health Department, representing the Deputy Minister of Health Malaysia, Yang Berhormat Dato' Seri Dr Hilmi Bin Haji Yahaya.



## Food-Fit-Fun Fair

NMM 2017 featured a five-day Food-Fit-Fun Fair in Putrajaya. The main activity of the fair was the free health screening, where the visitors underwent BMI and body fat check, blood pressure monitoring, blood glucose and cholesterol tests, and received healthy eating advice from the nutritionists/dietitians.

# Recipe for Healthy Families

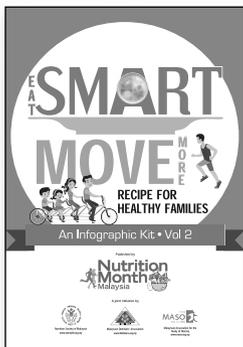


The visitors also had the opportunity to engage with nutritionists/ dietitians during the nutri-info hunt and free interactive sessions at the giant book/ panel area. Other highlights of the fair included a parent-child cooking workshop with a chef and nutritionist, free cardio dance session, as well as many other fun activities and games organised by the sponsors.



## Infographic Kit: Volume 2

## Media and communications



The main publication entitled “Eat Smart + Move More = Recipe for Healthy Families” featured pictorial, easy-to-read messages on healthy eating and active living as keys to achieve quality of life.



NMM 2017 also reached out to the general Malaysian public through a series of educational articles on healthy eating and active living from March to May 2017 in major newspapers, i.e. The Star – Fit4Life and Harian Metro.



# SEA-PHN Network Makes Significant Progress

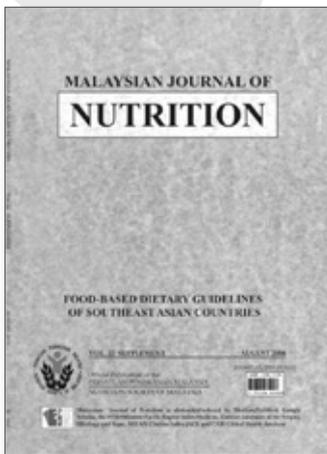
Southeast Asia Public Health Nutrition (SEA-PHN) Network is a unique partnership aimed at establishing and maintaining an interactive network among nutritionists in the region, promoting periodic exchange of experiences and activities in all public health nutrition issues, including nutrient deficiencies and diet-related chronic diseases.

Current members of the Network include Food and Nutrition Society of Indonesia, Nutrition Society of Malaysia, Nutrition Foundation of the Philippines, Inc., Nutrition Association of Thailand and Vietnam Nutrition Association while private sector companies are invited to participate in Network activities as associate members.



3rd Annual General Meeting of SEA-PHN Network at Edsa Shangri-La Manila, 26 July 2016

## SEA-PHN Network – Activities in 2016/2017



2016/2017 has been another busy and productive time for the SEA-PHN Network. The Network organised one teleconference and three physical meetings in July & October 2016 and May 2017, respectively.

One of the Network's on-going activities is the maintenance of a dedicated website for sharing of nutrition information and documents in member countries (<https://sea-phn.org>).

In 2016, the Network also compiled and analysed the Food-Based Dietary Guidelines (FBDG) of six SEA countries. This analysis was successfully published as a supplement in the Malaysian Journal of Nutrition ([http://www.nutriweb.org.my/publications/mjn0022\\_supplement/default.php](http://www.nutriweb.org.my/publications/mjn0022_supplement/default.php)). This analysis serves as a useful reference for countries that are reviewing their guidelines or establishing new ones.

Under the auspices of SEA-PHN Network, the 1st Southeast Asia Public Health Nutrition Conference was held on 14-17 May, 2017, Kuala Lumpur. With the theme "Together



4th Annual General Meeting of SEA-PHN Network at Hilton Opera Hotel, Hanoi, 21 October 2016

in Advancing Public Health Nutrition”, this landmark public health nutrition event brought together diverse stakeholders to share and discuss the latest scientific knowledge, effective intervention policies, strategies, research programmes and regulatory updates to promote and sustain public health nutrition in the region (see centrespread in this issue of Berita NSM).

Other on-going projects by the Network include the ‘Be Healthy and Active Kids

Programme’ – a multi-country nutrition education programme for school-going children, conducted by teachers, utilising a specially designed nutrition education package developed by SEA-PHN Network. The prevailing dual burden of malnutrition in the SEA countries justifies the need to provide health and nutrition interventions to school-age children as both under-nutrition and over-nutrition during the school-age years have a detrimental impact on the development and health of children in later adulthood.

The Network is also working to compile the nutrition policies and action plans (NPAN) of various countries in the SEA region. This project aims to highlight the differences and similarities of the NPANs from different countries in the region, as well as to provide useful insight into the approaches taken by other countries in planning nutrition programmes.

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



5th Annual General Meeting of SEA-PHN Network at Hotel Istana, Malaysia, 18 May 2017



## 1st SEA-PHN Conference – ‘Together in Advancing Public Health Nutrition’

14-17 May 2017, Hotel Istana, Kuala Lumpur



Several Southeast Asian countries are experiencing a rapid nutrition transition, resulting in a double burden of malnutrition, where persistent issues of undernutrition especially among children co-exist with an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition.

Recognising that countries across SEA share a similar public health threat, it is important to promote productive exchange of information, ideas and dialogue among multiple stakeholders in coordinating efforts, implementing nutrition research and intervention programmes in the region.

The 1st SEA-PHN Conference provided a platform for interaction and development of potential cross-sector collaboration; and for strengthening current partnerships in combating public health nutrition issues of the region.

Featuring 12 symposia, five plenary lectures, eight sponsored lunch symposia, four free paper presentation sessions and poster presentations, the conference was a valuable opportunity for participants to share and discuss the latest scientific knowledge, experiences, effective intervention policies, strategies, research programmes and regulatory updates on promoting and sustaining public health nutrition



in SEA. The scientific programme featured a total of 54 speakers from 17 countries.

The keynote address on 'Regional partnership and collaboration: Together in advancing public health nutrition' was delivered by Prof Dr Teruo Miyazawa, President, Federation of Asian Nutrition Societies (FANS).



A special feature of the conference was the three roundtable discussions that focused on nutrition promotion programmes at school, maternal nutrition and childhood obesity.

After the end of the successful four days, the conference wrapped up with the presentation of the NSM prizes.

## NSM elects 2 new Fellows!



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.

Two new NSM Fellows were elected at the 32nd Annual General Meeting of the NSM on 31 March 2017:

**Assoc Prof Dr Foo Leng Huat**  
**Assoc Prof Dr Hazizi Abu Saad**



Winners of NSM Publication Prizes 2017



Winners of NSM Postgraduate Prizes 2017

### NSM Undergraduate Prizes

1. **Cheng Khor Err**, Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, UPM  
*Food addiction and its associated factors among white collar workers in Small and Medium-sized enterprises (SMEs)*  
 Supervisor: Dr Chin Yit Siew
2. **Syaznie Enre**, Nutrition Science Programme, School of Healthcare Sciences, Faculty of Health Sciences, UKM  
*Motivators and Barriers in Weight Reduction Among Overweight and Obese Adults in Alor Gajah, Malacca: A Qualitative Study*  
 Supervisor: Prof Dr Ruzita Abd Talib
3. **Erliza Nur Bt Md Kamarulzaman**, Nutrition and Dietetics Programme, School of Health Sciences, USM  
*The association between eating habits and physical activity with depression among school-going adolescents in Kelantan*  
 Supervisor: Dr Soo Kah Leng
4. **Ng Yeng Yi**, Division of Nutrition & Dietetics, School of Health Sciences, IMU  
*Association of salivary amylase activity with dietary carbohydrate quality and fasting blood glucose among healthy Indian adults in Malaysia*  
 Supervisor: Dr Sangeetha Shyam  
 Co-Supervisor: Dr Valsala R & Dr. Snigdha Misra



Winners of NSM Undergraduate Prizes 2017

### NSM Postgraduate Prizes

#### PhD Prizes

1. **Dr Sarega Nadarajan**, Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, UPM  
*Anti-hypercholesterolemia and antioxidant effects of Belalai Gajah (Clinacanthus Nutans) extracts and Proto-catechuic acid rich fraction, in vivo and in vitro*  
 Supervisor: Prof Dr Maznah Ismail  
 Co-supervisors: Assoc Prof Dr Norhaizan Mohd Esa & Dr Nor Hasnidaw Zawawi
2. **Dr Koo Hui Chin**, Nutrition Science Programme, School of Healthcare Sciences, Faculty of Health Sciences, UKM  
*The Great-Child Trial™: Whole Grain and Healthy Balanced Diet Intervention to Manage Childhood Obesity*  
 Supervisor: Prof Dr Ruzita Abd Talib  
 Co-supervisors: Prof Dr Poh Bee Koon

#### MSc Prizes

1. **Lydiatul Shima Ashari**, Nutrition and Dietetics Programme, School of Health Sciences, USM  
*The Association of Metabolic Syndrome Risk Factors with Serum High-Molecular Weight Adiponectin and Urinary Metabolites Among the Orang Asli in Malaysia*  
 Supervisor: Assoc Prof Dr Hamid Jan Jan Mohamed  
 Co-supervisors: Assoc Prof Dr Zafarina Zainuddin & Prof Dr Teh Lay Kek
2. **Shu Ping Soon**, Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, UPM  
*Factors associated with glycemic level among individuals with Type 2 diabetes mellitus in Hospital Serdang*  
 Supervisor: Assoc Prof Dr Chan Yoke Mun  
 Co-supervisors: Assoc Prof Dr Mary Huang, Dr Muhammad Mikhail Joseph & Dr Ng Ooi Chuan
3. **Nur Nadzirah Binti Aziz**, School of Nutrition and Dietetics, Faculty of Health Sciences, Universiti Sultan Zainal Abidin (UniSZA)  
*The Objective Measurement of Sedentary Behaviours Using ActiPALTM Professional Physical Activity Monitor and its Association with Dietary Intake and Health-Related Quality of Life Among Obese*  
 Supervisor: Dr Sharifah Wajihah Wafa Binti Hj. Syed Saadun Tarek Wafa  
 Co-supervisor: Dr Mohd Razif Shahril

### NSM Poster Prizes

1. **Eow Shiang Yen**, Universiti Putra Malaysia  
*Social media use, body image and body weight status: comparison between university students with and without disordered eating in Universiti Putra Malaysia*
2. **Siti Sarah Nazrudin**, Universiti Sains Malaysia  
*Nutritional composition and sensory acceptability of traditional kueh (Cek Mek Molek) incorporated with pumpkin*  
Supervisor: Prof Dr Ruzita Abd Talib
3. **Nor Aqilah Mohamed Azmi**, Universiti Sains Malaysia  
*Determination of total microorganisms count and Vibrio species profile in freshwater fish*

### NSM Publication Prize: Dairy Nutrition

1. **Emeritus Prof Dr Khor Geok Lin**, Department of Nutrition and Dietetics, International Medical University, Kuala Lumpur  
Publication: Correlation between dietary intake and serum ganglioside concentrations: a cross sectional study among Malaysian toddlers, BMC Nutrition 2:74, 2016; DOI: 10.1186/s40795-016-0113-3
2. **Dr Mohd Redzwan Sabran**, Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, UPM  
Publication: Effect of supplementation of fermented milk drink containing probiotic Lactobacillus casei Shirota on the concentrations of aflatoxin biomarkers among employees of Universiti Putra Malaysia: a randomised, double-blind, cross-over, placebo-controlled study, British J of Nutrition 115:39–54, 2016; DOI:10.1017/S0007114515004109

### NSM Regional Young Researchers Awards

#### Oral

1. **Syed Mahfuz Al Hasan**, Jessore University of Science and Technology, Bangladesh  
*Dietary phytate, zinc to iron molar ratio, fat, iron, and calcium significantly predict the bioavailability of iron in the diets of pregnant women in rural Bangladesh: a cross-sectional study*
2. **Nurul Husna Mohd Shukri**, Universiti Putra Malaysia  
*A randomised trial to test the effectiveness of breastfeeding relaxation therapy on maternal stress, breast milk composition and infant outcomes*

#### Poster

1. **Satvinder Kaur**, UCSI University, Malaysia  
*Metabolic syndrome risk factors and effectiveness of a nutritional and lifestyle educational programme for Punjabi women in Central Malaysia*
2. **Nuryani**, Gorontalo University, Indonesia  
*The relation between breastfeeding and complementary feeding with nutritional status of children under five years old in Tinelo Village, Gorontalo Regency*



Winners of NSM Young Researcher's Awards 2017



Winners of NSM Poster Prizes 2017

### ANNOUNCEMENT NSM PUBLICATION PRIZES 2018

NSM members are invited to apply for the NSM Publication Prizes 2018 in the following categories:

- Maternal nutrition
- Dairy nutrition
- Mobility and musculoskeletal health and nutrition

Visit [www.nutriweb.org.my](http://www.nutriweb.org.my) for more information on application procedures and deadlines.

## NSM 32nd Annual General Meeting

The 32nd Annual General Meeting (AGM) of the Nutrition Society of Malaysia was held on 31 March 2017 at Bunga Room, Seri Pacific Hotel in Kuala Lumpur.

In his welcoming speech, the President of NSM Dr Tee E Siong, urged young nutritionists to take part in the society's activities and propel NSM to greater heights. Among the issues discussed at the AGM included the online management system for the Malaysian Journal of Nutrition, the 1st Southeast-Asia Public Health Nutrition conference and the first Malaysian Nutrition Leadership Program (MyNLP).

The AGM was followed with a talk by Puan Zalma Abdul Razak, Director of Nutrition Division, Ministry of Health Malaysia with on "Nutrition Division of MOH: Current Programmes and Future Thrusts". Puan Zalma explained the Division's overall operational approaches and the Division's future thrust through collaboration on various platforms to improve the nutritional status of all Malaysians.

# Cooking from the Heart from the Heart



Children proudly showing off their Bento boxes with the organiser: (from back row left to right) Mr Azham Zahid, DuPont Malaysia Corporate Communications Leader; Dr Tee E Siang, President of Nutrition Society Malaysia (NSM); Ms Cyndy Au, DuPont Nutrition and Health Regional Director for Regulatory and Scientific Affairs; Dr Roseline Yap, Nutritionist & NSM Council Member; Chef Sarah Halim, Young Chefs Academy Malaysia.

NSM, DuPont Nutrition & Health along with the Young Chefs Academy of Malaysia jointly collaborated to organise the “Cooking from the Heart” workshop for young children on Sunday, 20 November 2016.

During the workshop, 19 pairs of parents and their kids were given a free, fun-filled cooking and nutrition lesson. The aim was to cultivate healthy dietary habits in children and to spark their interest in food and cooking with their parents. The fun was not just limited to the kitchen; the participants also took part in fun mini games conducted by the nutritionists throughout the workshop. Leading in the kitchen was Chef Sarah Halim, who demonstrated how to prepare the healthy recipes while NSM Council member, Dr Roseline Yap, handled the interactive sessions.

The floor lit up with interest when Dr Roseline gave practical tips on how to cook healthy meals and conducted various interactive nutrition games. The participants not only learned new things about healthy eating but also spent quality family time with each other.

This project was made possible with the support from DuPont Corporate and DuPont Nutrition & Health.



Media coverage of the workshop

# Nutrition & Behaviour Modification for Picky Eaters Programme

Picky eaters are a cause for great worry among parents, as it could increase the risk of poor growth in children. NSM collaborated with the Malaysian Paediatric Association to develop a training module on Nutrition & Behaviour Modification for Picky Eaters, to help paediatricians and general practitioners guide parents in improving their children's eating habits. The programme was launched on 2 March 2017.

This module provides the science and knowledge to educate parents concerned with their children's picky eating habits and take actions using the management plan outlined. The comprehensive module covers areas of development and feeding skills, nutrition, growth, and counselling principles.

NSM provided the nutritional content of the module, based on the Malaysian Recommended Dietary Intake, the Malaysian Dietary Guidelines for Children and Adolescents, and the recently-launched Malaysian Healthy Plate (MyPlate). MyPlate emphasises the appropriate portion size of the different food groups, as made popular by the catchphrase 'Quarter-quarter-half' or "Suku-suku-seperuh".

Supported by an unrestricted educational grant from Wyeth Nutrition, the programme was developed with guidance from a panel of multidisciplinary experts. NSM is represented by Dr Tee E Siong, Dr Roseline Yap and Dr Wong Jyh Eiin.

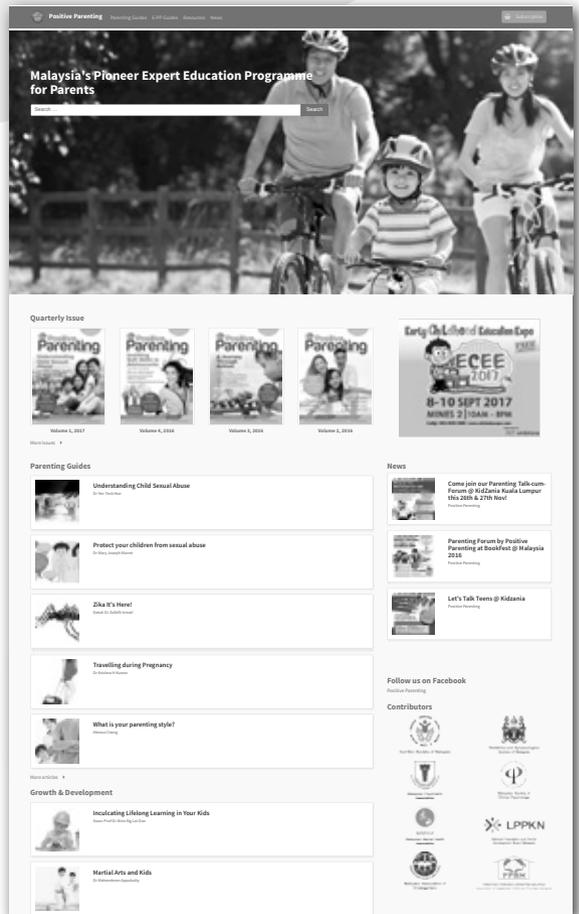
## Positive Parenting

Since 2000, NSM has been partnering with the Malaysia Paediatric Association (MPA) in their major parent education programme called Positive Parenting (PP). Through the PP programme, NSM provides expert's advice and guidance in the field of maternal nutrition, as well as nutrition for children of all ages through the programme's activities, including the Positive Parenting Guide, educational press articles, the website and Facebook page, as well as talks and seminars.

With the support of several key members such as Dr Tee E Siong, Prof Dr Norimah Karim and Prof Dr Poh Bee Koon, NSM is proud to be part of PP's 17-year journey in its efforts to provide young parents nationwide with expert guidance on maternal and child health and nutrition. Through this programme, NSM together with other expert collaborators hope to give our children the best start in life to ensure a brighter future.



Positive Parenting Guide, a quarterly publication



The revamped website, <https://mypositiveparenting.org> has hundreds of articles, infographics, recipes, etc.

# Nestlé Healthy Kids Programme in Malaysia – Phase II

The Healthy Kids Programme (HKP) in Malaysia, a collaborative education programme between NSM and Nestlé Malaysia, continued Phase II (Year 3) in 2016.

A workshop was conducted from 23-24 July 2016 to teach Level 3 nutrition modules to teachers to ensure that they understand the entire module and are able to deliver the nutrition knowledge effectively to their students. Besides teaching the modules, teachers are also asked to measure students' weight and height, and distribute questions related to nutrition knowledge, attitude and practice.

Since the launch of HKP in August 2010, Level 1 - Level 3 nutrition modules have been taught to approximately 5,000 primary school children, including in Sabah and Sarawak, from 2014- 2016.

Continuous efforts to implement a systematic nutrition education programme, such as HKP, in primary schools must be undertaken to address the increasing prevalence of childhood overweight and obesity, as this will help pave the way to a healthier nation.

## Key findings of HKP's Year 3 Implementation:

- The prevalence of overweight and obesity among students in Sabah and Sarawak is 22.8%.
- The prevalence of underweight students during post-intervention (4.6%) is slightly lower compared to pre-intervention (5.9%).
- Nutrition knowledge, attitude and practice scores of students showed an improvement following the module implementation by the teachers.



ToT Workshop 2016: Participants listening to the trainers.



ToT Workshop 2016: Q&A session with the programme panel (from left to right): Prof Dr Norimah, Dr Zawiah, Tuan Hj Baharin (Ministry of Education, Malaysia), Ms Michelle Woon (Nestle Malaysia), and Dr Chin Yit Siew.



Students learning HKP Level 3 Module in school.



## Nurse Training Programme

In 2017, NSM continued its collaboration with the Obstetrics and Gynaecological Society of Malaysia (OGSM, National Midwifery Society of Malaysia (NMSM) and Malaysian Paediatric Association (MPA) for the Mi-CARE Nurse Training Programme.

The first workshop was held on 20 and 21 May 2017 at The Royale Bintang Hotel, Petaling Jaya. A total of seven Mi-Care workshops have been planned for 2017, with two in Klang Valley and one each in Penang, Johor Bharu, Kota Bahru, Kuching and Kota Kinabalu.

Mi-CARE is specifically tailored and designed as a continuous professional development course for midwives, nurses and nurse aides working in O&G departments, paediatric departments, nurseries and maternity centres.

Since the inception of Mi-CARE in 2012, the programme has successfully conducted almost 40 workshops nationwide including in East Malaysia, and has trained over 7,500 nurses.



1. Dr Roseline Yap, Council Member of NSM, explaining about body regulation and calorie intake based on Dutch Hunger Winter case study for 'Nutrition in the First 1000 Days' module.
2. Dr Tan Sue Yee, NSM member, sharing the contents of the recently-launched RNI 2017 to the Kuching participants.
3. Dr Zawiah Hashim, NSM member, delivering the module 'Nutrition for Mother & Baby' in an Mi-CARE workshop in KL.

## MyNutriBaby

The MyNutriBaby (MNB) programme was initiated by NSM to enable mothers to breastfeed with confidence and to continue appropriate infant feeding practices throughout the first two years of life. The programme has been supported by Philips Avent Malaysia.

Paediatricians have welcomed MyNutriBaby enthusiastically. During the Malaysian Paediatric Association (MPA) Congresses of 2015 and 2016, over 120 paediatricians placed orders for MNB programme leaflets, feeding guide tools and over 20,000 copies of the parent education booklets.

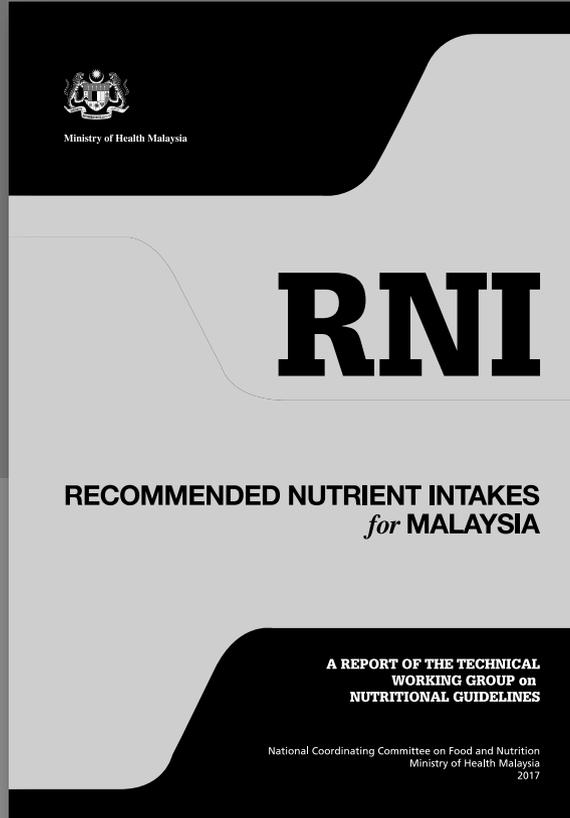
Response from mothers has been similarly encouraging, as evidenced by over 150,000 pageviews garnered by the website to date. MNB Day workshops have also been very popular. The one organised in early 2017 saw parents listening to a talk on complementary feeding and attending a cooking demonstration jointly hosted by a nutritionist and a celebrity chef.

MyNutriBaby is Nutrition Society of Malaysia's contribution to infant feeding and nutrition. We encourage all members to promote the website ([www.mynutribaby.org.my](http://www.mynutribaby.org.my)) to the public, family members and friends.



Dr Tan Sue Yee giving parents some tips on complementary feeding.

# TWG for Recommended Nutrient Intake



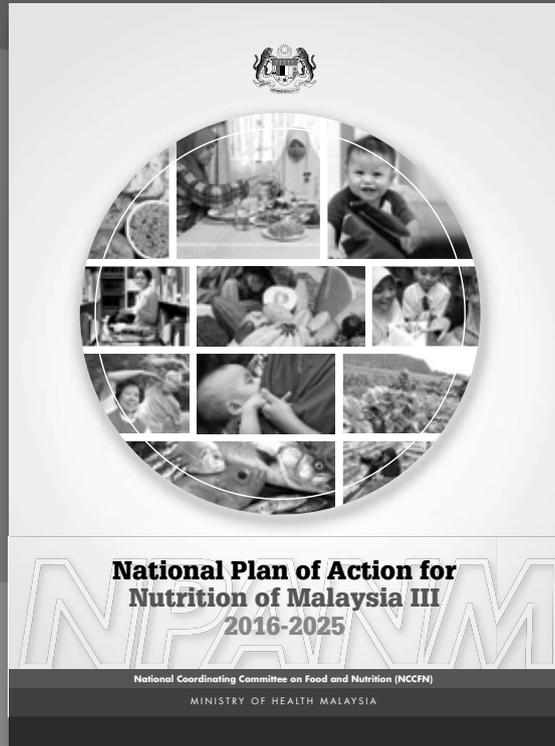
The updated version of the Recommended Nutrient Intakes (RNI) for Malaysia was launched on 15 May 2017, in conjunction with the 1st SEA-PHN Conference.

NSM council members have been actively involved in the Technical Working Group on Nutritional Guidelines for Recommended Nutrient Intake, under the National Coordinating Committee on Food and Nutrition, Ministry of Health. Chaired by Emeritus Prof Dr Mohd Ismail Noor, the TWG updated the information on energy

and nutrient requirements, based on new developments and evidence with regard to the requirements of energy, macronutrients, vitamins and minerals.

NSM has been given the rights to reprint the RNI for sale. Members who are interested in purchasing the publication can contact Dr Tee E Siong at [president@nutriweb.org.my](mailto:president@nutriweb.org.my)

# National Plan of Action for Nutrition of Malaysia III (2016-2025)



The National Plan of Action for Nutrition of Malaysia III (2016-2025) was launched by the Ministry of Health on 29 November 2016.

The NPANM III is the framework for action to address food and nutrition challenges in the country. The Plan has identified 46 nutrition indicators and set targets to be achieved by 2025 under the following specific areas; Promoting Maternal, Infant and Young Child Nutrition; Promoting Healthy Eating and Active Living; Preventing and Controlling Nutritional Deficiencies; and Preventing and Controlling Obesity and Diet-related NCDs. To achieve the targets, the Plan has proposed three main strategies, namely Foundation Strategy; Enabling Strategies and Facilitating Strategies.

The development of the NPANM III was spearheaded by the Ministry of Health under the purview of the National Coordinating Committee of Food and Nutrition (NCCFN), with active participation and consensus from all stakeholders in food and nutrition in the country. NSM contributed towards the drafting of NPANM III, with Dr Tee E Siong and other council members involved in the drafting committee and editorial committee.

Download the NPANM III at [http://nutrition.moh.gov.my/wp-content/uploads/2016/12/NPANM\\_III.pdf](http://nutrition.moh.gov.my/wp-content/uploads/2016/12/NPANM_III.pdf)

## Diabetes Empowerment In Women Initiative (DEWI)

NSM is involved in the Diabetes Empowerment in Women Initiative (DEWI), which was initiated by the National Diabetes Institute (NADI). Apart from NSM, other experts are from the Ministry of Health, Malaysian Paediatrics Association, Malaysian Dietitians Association, Obstetrical & Gynaecological Society of Malaysia, and Malaysian Physiotherapy Association.

The objective of DEWI is to empower women who have pre-existing diabetes or pre-diabetes, including those who are planning to conceive, to take responsibility for their health before and during pregnancy. The aim is to prevent the progression of diabetes and the development of complications in the mother and baby during pregnancy, at delivery, and over the long term.

The project is carried out through a structured, pre-planned intervention to empower the women to optimise management of their blood sugar levels and other metabolic abnormalities before, during and after pregnancy. Intervention module includes dietary education, lifestyle modification, health literacy and counselling.

A total of 10 centres from major government hospitals and university hospitals in Malaysia have been identified. Around 50 subjects will be recruited in each centre. Currently, the project is at the recruitment stage and is targeted to end in 2019. Assoc Prof Dr Hamid Jan Mohamed represents NSM in this project.

## Allied Health Profession (AHP) Act

Since the Allied Health Profession Act was passed by Parliament in 2015, the Technical Working Group on Nutrition has been assisting in the registration and implementation of the AHP that is soon to be gazetted.

The TWG continued discussing the definition of nutritionists, as well as the Code of Professional Conduct and Code of Ethics for this profession. They are also preparing a system to monitor continuing professional development (CPD) of nutritionists, where the CPD points for nutritionists, either in the government or private sector, need to follow the CPD guidelines that have been established by the Division of Allied Health Sciences, MOH. The TWG also held several meetings to discuss the drafting of a set

of regulations to implement the AHP Act. The draft is now being coordinated by the Division of Allied Health Sciences to align it with the other allied health professions.

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

Members may wish to log on to the website of the Allied Health Sciences Division of MoH regularly to check on updates related to the AHP Act: <http://alliedhealth.moh.gov.my/index.php/ms/>

# Early Nutrition eAcademy- South East Asia (ENeA - SEA)

**Early Nutrition eAcademy  
Southeast Asia**  
eLearning for Healthcare Professionals

The Early Nutrition eAcademy Southeast Asia (ENeA<sup>TM</sup>) develops innovative eLearning for practicing doctors in the field of early nutrition.

EU, Thai and Malaysian partners are jointly developing science-based education, tailored to the needs of the Southeast Asian region. Our goal is to offer the latest recommendations for everyday practice and maximize outreach to the wider healthcare community (HCPs e.g. obstetricians, gynaecologists, paediatricians).

ENeA<sup>TM</sup> addresses this need by offering:

- a curriculum dedicated to the specific public health concerns and professional requirements in Southeast Asia
- targeted eLearning modules in English language
- individualized training packages to specifically meet the user's needs using an automated content matching processes (mass customization).

ENeA<sup>TM</sup> is designed for professional sub-specialisation and integration in pre- and post-graduate study programmes.

*By working together we can improve health and wellbeing one person at a time!*

[www.enea-sea.eu](http://www.enea-sea.eu)

@EarlyNutrition

In collaboration with

LMU, NUS, and other partner institutions.

The double burden of malnutrition is a major public health problem in South East Asia. Research has shown that early life nutrition, starting in the womb, contributes to this shift, through a “programming” effect on the later risk of non-communicable diseases, with major economic and societal consequences.

NSM is a consortium partner in the Early Nutrition eAcademy – South East Asia (ENeA SEA) project, which is an e-learning programme for healthcare professionals on early nutrition that aims to address the root causes of malnutrition.

The project, to be developed by EU, Thai and Malaysian partners, is funded by the

European Commission and led by Ludwig Maximilian University in Munich. It involves seven institutional partners from EU, Malaysia, and Thailand, and two nutrition professional organisation partners (NSM and Nutrition Association of Thailand). The development of this e-learning programme commenced with a kick-off meeting in March 2017 in Munich.

NSM members are encouraged to become users of this innovative e-learning programme. For more information, visit nutriWEB ([www.nutriweb.org.my](http://www.nutriweb.org.my)) regularly to look out for announcements when the modules are ready.

## Diary of Conferences and Seminars

### 2017

#### **XV International Conference on Food Science and Biotechnology**

4-5 Oct 2017, Lisbon, Portugal  
<http://waset.org/conference/2017/10/lisbon/ICFSB>

#### **IUNS 21st International Congress of Nutrition**

15-20 Oct 2017, Buenos Aires, Argentina  
<http://www.icn2017.com/>

#### **International Conference on Food Science and Nutrition 2017 (ICFSN 2017)**

25-26 Oct 2017, Kota Kinabalu, Sabah, Malaysia  
<http://www.icfsnmalaysia2017.org>

#### **The Korean Nutrition Society 50th Anniversary International Conference 2017**

2-3 Nov 2017, Seoul, Korea  
<http://kns2017.org/invitation.asp>

#### **International Conference on Nutritional and Genetic Epidemiology (GEN 2017)**

6-7 Nov 2017, Colombo, Western, Sri Lanka  
<http://nutritionconference.co/>

#### **31st EFFoST International Conference**

13-16 Nov 2017, Meliá Sitges, Sitges, Spain  
<http://www.effostconference.com>

#### **10th Asia Pacific Conference on Clinical Nutrition**

26-29 Nov 2017, Adelaide, South Australia  
<http://apccn2017.com>

#### **3rd International Conference on Global Food Security**

3-6 Dec 2017 Cape Town, South Africa  
<http://www.globalfoodsecurityconference.com>

### 2018

#### **5th International Conference on Nutrition & Growth**

1-3 March 2018, Paris, France  
<http://2018.nutrition-growth.kenes.com>

#### **19th International Congress on Nutrition and Health**

13-15 April, 2018, Amsterdam, Netherlands  
<http://health.nutritionalconference.com/>

#### **American Society of Nutrition's Scientific Sessions at Experimental Biology**

22-26 April 2018, Chicago, United States  
<http://scientificsessions.nutrition.org/>

#### **20th World Congress on Nutrition, Food Science & Public Health**

14-16 May, 2018 Tokyo, Japan  
<http://www.nutritionalconference.com/registration.php>

#### **17th International Society of Behavioral Nutrition and Physical Activity Annual Meeting**

3-6 June 2018, Hong Kong  
<https://www.isbnpa.org/index.php?r=annualMeeting/index&year=2018>

#### **Nutrition 2018**

9-12, June 2018, Boston, MA  
<http://nutrition.org/n18/>

#### **20th International Conference on Food Science and Nutrition**

27-28 Aug 2018, Paris, France  
<https://www.waset.org/conference/2018/08/paris/ICFSN>

#### **7th ISPAH Congress**

15-17 Oct 2018, London, United Kingdom  
<http://www.ispah.org/London-2018/>

### 2019

#### **13th Asian Congress of Nutrition 2019**

4-9 Aug 2019, Bali, Indonesia  
<https://acn2019.org/>