



Berita NSM

A Publication of the Nutrition Society of Malaysia

PP18027/02/2013(033336) 2020



Highlights Expert Videos Virtual Booths Redeemptions Organizer Sponsors

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Virtual Nutrition Fair

Invest in Healthy Nutrition: Eat Right, Get Moving

virtualfair.nutritionmonthmalaysia.org.my

1 – 14 December 2020

5,000
FREE
Goodies!*

Live
Videos
by
Nutritionists &
Dietitians

Learning
Nutrition
In a
Fun Way

Lucky
Draw



Main sponsor:

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Malaysian Healthy Plate

This visual guide shows the proportions of food groups that should be eaten in one meal!

Use Quarter-Quarter-Plate Concept

Your guide to single meal intake

EXERCISE IS EASY
You Can Do It Anytime, Anywhere!

Break your sedentary lifestyle with quick exercises, such as steps, stretching and walking while waiting for a train or while at work during a break. These are some simple exercises you can do at home.

| | |
|--|--|
| <p>Home Workout Use it in your daily routine</p> <p>Water-up Call Remember to drink water throughout the day. It helps you stay hydrated and energized.</p> <p>Get Off Your Feet Remember to get up and move every 30 minutes. It helps improve circulation and boost energy.</p> <p>Use Your Feet Remember to use your feet to walk or stand for 30 minutes every day. It helps improve posture and reduce back pain.</p> | <p>Office Workout Kick up your productivity setting!</p> <p>Sit & Stand Up Get used to standing and sitting. It helps you stay active and healthy. Try to stand for 30 seconds and sit for 30 seconds.</p> <p>Think Stretch Remember to stretch your neck and shoulders. It helps you stay relaxed and reduces stress.</p> <p>Maintaining Stretch Remember to stretch your back and legs. It helps you stay active and healthy. Try to stretch for 30 seconds and repeat every 30 minutes.</p> |
|--|--|

Nutrition Month Malaysia 2020

1-14 December 2020

There's no stopping Nutrition Month... even during a global health crisis and a lockdown on most activities.

because it maintained the fun, family-oriented and educational aspects that Nutrition Month has always been known for.

The celebration went virtual from 1-14 December 2020. The fair was memorable

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A word from the President

A Challenging New Normal



The word 'unprecedented' may have become a little overused in 2020, but it certainly is the best word to describe what the whole world went through.

The COVID-19 pandemic, and the ensuing movement restriction orders, were a big blow to NSM's planned activities for 2020. However, we quickly adapted and moved our major activities online instead.

For the first time, the Annual Scientific Conference was held virtually, as were the Annual General Meeting (AGM), Nutrition Month 2020 and several scientific updates. By pivoting to virtual platforms, with the use of digital technologies, we were able to continue connecting with our members, as well as engage with the public through our educational and interactive programmes.

With it being a health crisis, we also contributed to efforts to disseminate accurate health advice for the public related to fighting the coronavirus, through

online articles, in the major national media, and also under the Nutrition Month activities.

Finally, we welcomed a new team that was elected during the 35th AGM. The 18th NSM Council sees a new Vice-President, new Hon Secretary, new Assist Hon Secretary, and two new council members. I'm grateful to the support of the members for giving me yet another opportunity to guide the new team, in continuing the society's activities to meet the objectives of NSM.

2021 will be yet another challenging year, but together, we can weather this crisis. I urge everyone to stay safe and healthy.

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

NSM Publications Committee

Chairman: Dr Tee E Siong
Members: Assoc Prof Dr Mahenderan Appukutty
Assoc Prof Dr Chin Yit Siew

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35th Annual General Meeting

27 November 2020

In 2020, NSM's Annual General Meeting was held virtually for the first time since the Society's inception. The original AGM was scheduled for 26 March at Hotel Istana, but due to the COVID-19 pandemic and the Movement Control Order that was imposed on 18 March 2020, it was ultimately postponed to 27 November.

The AGM was held via a virtual platform, and was managed by a professional meeting organiser, Medical Conference Partners. More than 110 members attended the virtual AGM.

The NSM Council Report 2019 and the Treasurer's Report 2019 were adopted during the meeting with no amendments.

One major item on the agenda was the resolution to amend the Rules of NSM. One proposal was to amend Article 8(b) (Management of the Society) and Article 22 (Trustees); while the second proposal was to amend Article 8(b) and (j) (Management of the Society), Article 9(b), (d) and (f) (Election of Council Members), Article 13(d), (e) and (f) (Annual General Meeting).

The proposals to amend Article 8(b), 9(b) and 22 were not accepted, due to fewer than two-thirds of members present voting for them. Meanwhile, the proposals to amend Articles 8(j), 9(d), 9(f), 13(d), 13(e) and 13(f) were accepted.

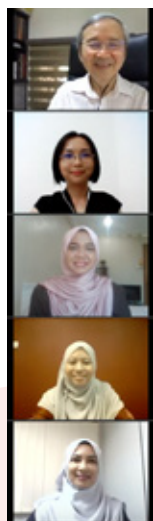
The 18th Council were elected, as follows:

| | |
|-------------------------------------|--|
| President | Dr Tee E Siong |
| Vice President | Assoc Prof Dr Mahenderan Appukutty |
| Honorary Secretary | Assoc Prof Dr Chin Yit Siew |
| Honorary Treasurer | Dr Roseline Yap Wai Kuan |
| Assistant Honorary Secretary | Dr Wong Jyh Eiin |
| Council Members | Prof Dr Norimah A Karim Assoc Prof Dr Gan Wan Ying Dr Yasmin Ooi Beng Houi Asst Prof Dr Satvinder Kaur Nachatar Singh |
| Honorary Auditors | Assoc Prof Datuk Dr Vellayan Subramaniam Dr Zaitun Yassin |

Three Fellows of NSM were elected in recognition of their significant contributions to nutrition in the country.

Congratulations to the new Fellows of NSM!

- Pn Zalma Abdul Razak
- Dr Tan Sue Yee
- Pn Megawati Suzari



35th Annual Scientific Conference

24-25 November 2020

How do you attend a conference, listen to presentations, and even visit sponsors' booths during a pandemic? Virtually, of course.

NSM adapted to the challenges presented by COVID-19, by organising the 35th Annual Scientific Conference on a fully virtual basis, using the GoToWebinar online platform.

The theme of the conference was 'Together Towards Optimal Nutrition', reflecting the importance of a whole-of-government and whole-of-society approach in addressing the burden of malnutrition. The conference brought together minds and ideas to look at the current challenges facing the country, including the lack of inter-sectoral and multi-stakeholder coordination, financial shortfalls, and the lack of human resource capacity.

The keynote lecture on 'Diet, happiness and longevity' was delivered by Prof Hardinsyah from IPB University & Federation of Asian Nutrition Societies.

Across the two days, there were four symposia, six invited lectures, young researchers' symposium and free paper presentations.

The annual NSM Prizes were also awarded to recipients.

Participants viewed the sponsors' trade exhibition via the "Virtual Exhibition" section of the NSM Conference 2020 Website.

PHD Thesis Prizes

1. **Dr Sharifah Intan Zainun Sharif Ishak**, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Effectiveness of "Eat right, be positive about your body and live actively" programme in preventing overweight and disordered eating among Malaysian adolescents.

MSc Thesis Prizes

1. **Ainaa Fatehah binti Ayob**, Faculty of Health Sciences, Universiti Kebangsaan Malaysia
Validity of electronic image-assisted food diary for dietary intake assessment of adults.
2. **Chang Wei Lin**, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Cardioprotective effects of yellowstripe scad compared to salmon among healthy overweight adults in a randomized crossover trial.
3. **Nur Nazahiah Binti Ali**, (Faculty of Health Sciences, Universiti Sultan Zainal Abidin)
Physical activity, sedentary behaviour and their relationship with adiponectin, leptin and health-related quality of life.

Best Prize for Young Researchers' Awards (Oral)

1. **Woon Fui Chee**, Universiti Putra Malaysia
Food allergy mediates the association between maternal vitamin D status during late pregnancy and wasting in infants during the first year of life - a birth cohort study.
2. **Chang Chung Yuan**, International Medical University
The role of familial resemblance in peak bone mass attainment among Malaysian children.
3. **Lim Sim Yee**, Universiti Kebangsaan Malaysia
Determination of umami taste perception and habitual intake of glutamate among primary school children in Klang Valley.
4. **Zunura'in Zahali**, Universiti Sains Malaysia
The association of serum adipokines and vitamin D level in newly diagnosed women with breast cancer: A case-control study.

Undergraduate Thesis Prizes

1. **Rasyidah binti Ali**, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Associations of milk feeding practice, milk appetite, and dietary intake with nutritional status among young children aged 2 to 4 in Permatang Negar Zon Tengah.
2. **Zainorain Natasha Binti Zainal Arifien**, Faculty of Health Sciences, Universiti Kebangsaan Malaysia
Survey on salt content in food products of fast food restaurants and the determination of salt intake awareness among fast food consumers in Klang Valley.
3. **Nurul Syahidah Binti Mohd Nazri**, School of Health Sciences, Universiti Sains Malaysia
Relationship between behavioral beliefs, attitude, perceived behavioral control and intention with dairy products consumption among primary school children in Kota Bharu, Kelantan.
4. **Lee Lii Sin**, Division of Nutrition and Dietetics, International Medical University
Determination of in vitro starch digestibility, α -amylase and α -glucosidase inhibitory capabilities and glycaemic response of guava at different ripening stages.
5. **Mohammad Aleef Mohd Bakri**, Faculty of Health & Life Sciences, Management & Science University
Effects of Intermittent Fasting on Metabolic Syndrome Risk Markers in Rats Fed with High Sucrose and Saturated Fat Diet.
6. **Ong Hui Yi**, Faculty of Applied Sciences, UCESI University
Barriers to and facilitators for healthy meal preparation among children aged 9-10 in Kuala Lumpur, Malaysia.

Best Poster Prizes

1. **Ng Xin Qian**, International Medical University
Colonic fermentation of isomaltulose in healthy Malaysian adults: a single-blind, randomised, crossover pilot trial.
2. **Lee Ching Wei**, Universiti Putra Malaysia
Correlations of socio-demographic characteristics, parental feeding practices, parents' milk intake and children eating behaviours with milk intake among primary school children.
3. **Mok Kai Ting**, UCESI University
Association between picky eating behaviour with weight status and cognitive function among school children in Kuala Lumpur, Malaysia.
4. **Sasveni Subramaniam**, Management & Science University
Association of physical activity and stress level with weight status of secondary school teachers in Shah Alam, Malaysia.
5. **Elisa Eu Zhen Rong**, Universiti Kebangsaan Malaysia
Consumers' perceptions of healthy food availability in online food delivery applications (OFD apps) and its association with food choices among public university students in Malaysia.
6. **Foo Shi Ying**, Universiti Putra Malaysia
Associations of personal factors, maternal factors, and mother-daughter interaction with disordered eating among female adolescents in Petaling Perdana, Selangor.
7. **Putri Nabila Zulfakar**, Universiti Putra Malaysia
Prevalence of geriatric malnutrition and its associated factors among residents at Rumah Seri Kemuning Cheras Selangor.
8. **Afaf Syazwani Ahmad Satmi**, Universiti Sultan Zainal Abidin
Physicochemical analysis and sensory evaluation of different flavoured goat milk yoghurt.
9. **Rennusha Murugan**, Management & Science University
Evaluation of antioxidant Activities and phytoconstituents in crude oils of Pulasan and Salak By-Products.

NSM Publication Prize

Supported by : Fonterra Brands (M) Sdn Bhd

Maternal Nutrition

1. **Ms Woon Fui Chee**, Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Publication: Maternal vitamin D levels during late pregnancy and risk of allergic diseases and sensitization during the first year of life - a birth cohort study.
Nutrients, 12, 2418. doi:10.3390/nu12082418.

Dairy Nutrition

2. **Mr Leiu Kok Hong**, Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Publication: High body fat percentage and low consumption of dairy products were associated with vitamin D inadequacy among older women in Malaysia.
PLoS ONE 15(2): e0228803.

Supported by : Herbalife Products Malaysia Sdn Bhd

Healthy Eating and Physical Activity in Prevention of Non-communicable Diseases (NCDs)

1. **Ms Fatimah Sulong**, Nutrition Division, Ministry of Health
Publication: Consumer awareness and understanding of FOP energy icon labelling in Negeri Sembilan.
Mal J Nutr 25(2).



Nutrition Education in a Pandemic



Virtual Nutrition Fair

Invest in Healthy Nutrition: Eat Right, Get Moving

virtualfair.nutritionmonthmalaysia.org.my

1 – 14 December 2020



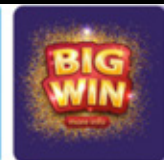
Online videos by experts
Q&A session with nutritionists and dietitians on current nutrition topics



Fun learning activities by experts and sponsors
Visit virtual booths and participate in interactive games and quizzes



Redemption of goodie bag from sponsors
For first 5,000 registered visitors who log in during 1 – 14 Dec



Nutri-Info-Hunt
Explore nutrition information in the virtual booth and answer an online quiz for a chance to win attractive prizes

Due to the pandemic, Nutrition Month 2020 was organised as a virtual fair from 1-14 December 2020.

To ensure that people would still be able to enjoy the experience of “attending” Nutrition Month as they did every year, the virtual fair was filled with fun, interactive elements that brought the same experience of the physical event right to their homes and computer screens.

There were fun learning activities through Facebook Live sessions, including cooking demonstrations, exercise sessions, quizzes, talks and live chats with experts, as well as virtual tours.

Main Sponsor



Co-Sponsors

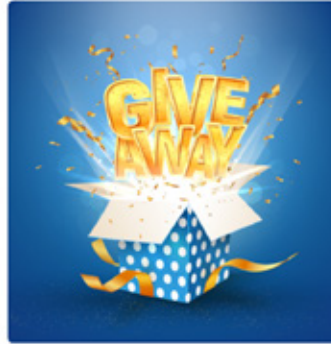


Virtual Fair Highlights

Explore and engage in various fun activities in the fair. Stand a chance to win attractive prizes by Sponsors!



Fun learning activities by Experts & Sponsors (Weekend)



Daily Redemption of Goodies



Videos by Experts

There were also expert videos, featuring talks by NSM members on specific topics of healthy eating and healthy cooking.

There was also a Nutri Info Hunt contest where participants could answer questions and win prizes.

The 2nd volume of the HE-AL magazine (Guide to Healthy Eating & Active Living) was published in English and Bahasa Malaysia, with more tips to help people eat healthily and lead an active lifestyle.

The official Facebook and Instagram accounts were also buzzing with activity to promote the virtual fair to our online followers.

Videos by Experts

Ask the Experts Sessions



Topic 1 (part 1):
Use nutrition information on packaged foods to make smarter food choices
by Dr Tee E Siong



Topic 1 (part 2):
Understand the Nutrition Information Panel (NIP) to make smarter food choices
by Ms Maizatul Azlina Che Din



Topic 1 (part 3):
Understand the Front of Pack (FOP) labels to make smarter food choices
by Mr Leong Han Yin



Topic 2:
Drinking water available in the market – what you need to know
by Dr Chin Yit Siew

Healthy Cooking with Nutritionists Series



Topic 1:
Cook delicious, healthy meals at home
by Dr Tan Sue Yee



Topic 2:
Wraps are versatile and healthy snacks
Dr Siti Raihanah Shafie



Topic 3:
Healthier smoothies with probiotics
Dr Siti Raihanah Shafie



Topic 4:
A quickie breakfast idea
by Ms Catarina Lynn



NSM Roadshows 2.0...in 2020!

What do you do when people can't come to your roadshow during a pandemic? You bring the roadshow to them!

Roadshows have long been a part of NSM's DNA, as a means to disseminate practical nutrition information to the community, guiding them to discover the benefits of good nutrition and a healthy lifestyle.

Due to the various movement control orders that were in place in 2020, NSM converted its physical on-ground roadshows into online activities. We initiated the online component from May 2020 and managed to garner strong followers via our social media platforms: [Facebook](#) and [Instagram](#).

Like our physical roadshows, the online activities were family-oriented and focused on nutrition education through nutrition education posters (infographics), recipe cards, and motivational nutrition quotes.

There was a high level of interactivity through activities like cooking demonstrations by nutritionists, live chats and Q&A sessions, virtual cooking competitions, quizzes, virtual fun run, and New Year goal-setting.

The activities were carried/provided in both BM and English through our social media platforms.





SEA-PHN Network 9th General Meeting

The Southeast Asia Public Health Nutrition Network (SEA-PHN Network) held its 9th General Meeting virtually on 29 September 2020. It was attended by 15 participants, comprising the council members, associate members and members of the secretariat.

The 2019 annual report and financial summary were presented during the meeting. The council members then presented brief updates on major food and nutrition activities, as well as programmes in their respective member countries.

Prof Dr Hardinsyah shared that Pergizi Pangan Indonesia conducted online nutrition talk show sessions before, during and after the Ramadan period, organised the 2nd International Symposium on Food and Nutrition (ISFAN) weekly webinar series from August to December 2020, and inaugurated the Pergizi Pangan-DuPont Nutrition Competitive Scholarship 2020, among others.

Emeritus Prof Dr Mohd Ismail Noor presented on the activities carried out by the Nutrition Society of Malaysia, which included the 35th Annual NSM Conference, the Symposium on Regulatory Updates of Malaysian Food Regulations, contribution to the Malaysian Allied Health Professions (AHP) Act, and

organising the 5th NSM Roundtable Discussion on matters related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU).

Dr Rodolfo F. Florentino shared that the Nutrition Foundation of the Philippines, Inc, has been involved in several initiatives, including organising capacity-building training-cum-practicum programme for day care centre teachers, Community Nutrition Practicum, the general assembly for 'Scaling up Nutrition-Civil Society Alliance Philippines', as well as providing consultancy services for the assessment of food fortification in the Philippines.

Meanwhile, the Nutrition Association of Thailand, represented by Assoc Prof Dr Nalinee Chongviriyapha, shared that they have conducted knowledge-sharing activities online, including producing videos and infographics, as well as organised the 14th Thailand Congress of Nutrition.

Prof Dr Le Thi Hop shared that the Vietnam Nutrition Association had organised the National Nutrition Conference, undertaken several initiatives in helping national efforts in the prevention of Covid-19, as well as completed publication of 6 issues of Volume 8 of the Journal of Food and Nutrition Sciences.

Following that, the associate members presented their respective activities and programmes. BENEIO-Institute shared that they actively addressed public health interests in the area of immunity support and blood glucose management through scientific conferences and webinars.

DuPont Nutrition and Biosciences presented on their community and consumer health activities, as well as their regional collaborations in promoting scientific education and community engagement.

PepsiCo Services Asia Ltd presented their support for nutrition activities in the region, including several initiatives for food security and sustainability.

The attendees then discussed updates regarding ongoing activities of the Network, starting with the review of the National Plans of Action for Nutrition in Southeast Asian countries, which was published in the Malaysian Journal of Nutrition. The meeting also proposed to submit a concise version of the monograph to be published as an invited review in the journal.

The next activity discussed was the monograph to review and analyse the RDA/RNIs in 5 member countries, whereby the proposed publication outline was discussed.

Mal J Nutr 26(3): 501-524, 2020

REVIEW

A review of national plans of action for nutrition in Southeast Asian countries

Tee E Siong^{1,2}, Rodolfo F Florentino^{1,3}, Hardinayah^{1,4}, Ismail Mohd Noor^{1,5}, Lwin Mar Hlaing⁶, Saipin Chotivichien⁶ & Le Thi Hop^{1,7}

¹SEA-PHN Network; ²Nutrition Society of Malaysia; ³Nutrition Foundation of the Philippines, Inc; ⁴Food and Nutrition Society of Indonesia; ⁵National Nutrition Centre, Ministry of Health and Sports, Myanmar; ⁶Bureau of Nutrition, Ministry of Public Health, Thailand; ⁷Vietnam Nutrition Association, Vietnam

The meeting also looked at the progress regarding the 1st SEA-PHN Leadership Programme, which will be postponed to August 2021, as well as the implementation of the 'Good Nutrition – Key to Healthy Children' multi-country school nutrition initiative in member countries.

The next item on the agenda was the discussion of the Network's potential future activities, including a proposal to organise a webinar on school child nutrition.

The final major issue that was discussed during the meeting was the election of the Chairman and Vice-Chairman for the 3rd Council of SEA-PHN Network (2020-2023). Dr Tee E Siong and Prof Dr Nalinee Chongviriyapha retained their positions, respectively.

Save the Date
FREE Registration

Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 2/2021

National Plans of Action for Nutrition (NPANs) in Southeast Asia Countries

29 June 2021, Tuesday

4pm – 7pm (Kuala Lumpur, Manila Time)

3pm – 6pm (Bangkok, Jakarta, Hanoi Time)

GoToWebinar Online Platform

Description: This webinar aims to share the available NPANs in SEA widely with all public health workers in the region, and provide a platform for an exchange of experiences in the development and implementation of NPANs in the six countries.

FREE REGISTRATION for members of partner Societies/Associations* of SEA-PHN Network and invited guests.

Registration link: <https://forms.gle/kjR5v82k9PRZnWXT7>

Registration deadline: 18 June 2021





Southeast Asia Probiotics Scientific & Regulatory Experts Network

Probiotics have become an increasingly popular functional food. However, the lack of harmonised regulations and scientific guidelines based on clinical studies have been recognised to lead to issues and concerns for the regulators, industry and even consumers.

In view of these developments, the Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) with partners initiated the formation of a network among experts of key stakeholder organizations in the Southeast Asia, called Southeast Asia Probiotics Scientific and Regulatory Experts Network (SEA Probiotics SREN). The other stakeholder organisations are the Nutrition Society of Malaysia (with our President Dr Tee E Siong as Co-Chair of the Network), DuPont Nutrition & Biosciences, and the Indonesian Food and Beverage Association (GAPMMI).

The experts from this multi-stakeholder network comprise regulatory officials, experts in standards/guidelines, clinical epidemiologists, and microbiologists from Southeast Asia countries. There are also four advisors from the region. The Network provides a platform for discussions on scientific and regulatory aspects of probiotics.



BACKGROUND

Considering various developments in the region, including: increasingly popularity of and market growth of probiotics; increased availability of scientific evidence of health benefits; the independent and differing approaches in promulgation of probiotics regulations in a few countries as well as a proposal to develop a harmonized probiotics guideline under the Codex Alimentarius framework, the 1st Workshop on Southeast Asia Probiotics Scientific and Regulatory Experts Network (SEA Probiotics SREN) was organized in Jakarta, 16 December 2019.

Twenty five experts in various fields of probiotic research and regulations, from five countries in Southeast Asia participated in the first workshop. They recognized the significant developments on the studies and regulations on Probiotics in among countries in the Asia Pacific region, as well as the importance of the Network of probiotics to the various sectors, namely government, academia, professional bodies and industries. In view of these developments, the Workshop initiated the establishment of Southeast Asia Probiotics Scientific and Regulatory Experts Network (SEA Probiotics SREN). The Network provide a platform for discussions on scientific and regulatory aspects of probiotics. The workshop agreed that Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) shall serve as the Secretariat to organize the program of SEA Probiotics SREN. When future meetings are organized in other countries, a local host and co-host shall be identified to co-organize the meeting with PERGIZI PANGAN Indonesia.

SEA PROBIOTICS SREN

Be a credible network in advancing probiotics science and regulations for human well-being in Southeast Asia

To share updates on the latest probiotics and microbiome research and knowledge through publications and scientific meetings.

To provide a common platform for sharing of probiotics clinical trial guidelines and regulations within the region.

To provide information for updating Southeast Asian probiotics regulations in line with latest international standards and guidelines.

ORGANIZATION



OBJECTIVES OF THE NETWORK

1. To provide a forum for discussion on scientific matters related to probiotics, including clinical trials, among experts of key stakeholders (government, academia, professional organization and private sector)
2. To enable sharing of regular updates on global and regional status of regulatory framework for probiotics including Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) and other related Codex Committees
3. To enable sharing of appropriate approaches to study and regulate probiotics, including applications for health claims
4. To develop a roadmap for continuous engagement among related probiotics key stakeholders

SEA PROBIOTICS SREN MAIN ACTIVITIES

Strengthen communications among participants and stakeholders of the Network

Organize series of Network meetings in conjunction with related seminars, symposia and congress

Support updating of probiotics regulations in the region

Publish books and articles related to The Network activities

Find & Follow Us: SEA PROBIOTICS SREN

Secretariat:
 Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia)
 3rd floor of the Department of Community Nutrition Building, FEM, IPB
 Dramaga – Bogor, 16680
 Tel / Fax: (0251) 8628304
 Email: dpp.pergizi@gmail.com

The inaugural workshop of the Network among the key stakeholders was held in Jakarta on 16 December 2019 to chart its directions. In a follow-up workshop on 16 February 2020 in Surabaya, the Network was formally launched. The third workshop was held online on 30 July.

Three main work streams have been initiated and are on-going: (i) Review of status of regulations on probiotics in Southeast Asia; (ii) Compilation and review of clinical studies on probiotics in Southeast Asia; (iii) Studies on understanding consumer trends in probiotics in countries in the region.

An Organization Profile

... advancing probiotics science and regulations for human well-being...

Background

Probiotics have become an increasingly popular functional food, with growing clinical evidence supporting the effectiveness of probiotics in general health maintenance and disease prevention, especially conditions related to digestive health.

Regulation on probiotics have been published only in a few countries in Southeast Asia (SEA). These regulations have been developed independently and have taken an different approaches. Although there is a historical precedent of probiotics, the use of probiotics for the control of probiotics has been reported. The use of harmonized regulations and health claims on probiotics in SEA countries has not been reported. The use of probiotics and health claims on probiotics in SEA countries has not been reported.

The Network provides a platform for discussions on scientific and regulatory aspects of probiotics, to follow-up workshops on 16 February 2019 in Jakarta, the Network was formally launched and its activities planned with specific actions for the coming 5 years in accordance to the Network's vision, mission and core values.

... advancing probiotics science and regulations for human well-being.

Vision

“Be a credible network in advancing probiotics science and regulations for human well-being in Southeast Asia”

Mission

1. To share updates on the latest probiotics and microbiome research and knowledge through publications and scientific meetings.
2. To provide a common platform for sharing of probiotics clinical trial guidelines and regulations within the region.
3. To provide information for updating Southeast Asian probiotics regulations in line with latest international standards and guidelines.

Core Values

The core values of the network are intelligence, local wisdom, confidence, trust and respect that are beneficial to members and stakeholders with a collaborative spirit.

... advancing probiotics science and regulations for human well-being.

Objectives

1. To provide a forum for discussion on scientific matters related to probiotics, including clinical trials, among experts of key stakeholders (government, academia, professional organization and private sector)
2. To enable regular updates on global and regional status of regulatory framework for probiotics including Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) and other related Codex Committees
3. To enable sharing of appropriate approaches to study and regulate probiotics, including applications for health claims
4. To develop a roadmap for continuous engagement among related probiotics key stakeholders

Main Initiatives

1. Strengthen communications among participants and stakeholders of the Network
2. Support updating of probiotics regulations in the region
3. Organize series of Network meetings in conjunction with related seminars, symposia, and congress
4. Conduct original study on consumer perception and understanding on probiotics in Southeast Asia
5. Publish books and articles related to the Network activities

... advancing probiotics science and regulations for human well-being.

Herbalife Nutrition Webinar



On 24 October 2020, NSM and Herbalife Nutrition collaborated in hosting a Scientific Update on the topic of ‘Nutrient Density: Addressing the Challenge of Obesity’. Due to the pandemic, the update was organised as a webinar.

The speakers were Prof Dr Adam Drewnowski, Director of the Center for Public Health Nutrition and Professor of Epidemiology at the University of

Washington, and Dr Simon Sum, Director of North America Scientific Affairs at Herbalife Nutrition. NSM President Dr Tee E Siong moderated the session.

The webinar was attended by 187 participants comprising students, nutritionists, dietitians and academics, most of whom were affiliated to educational institutions and the Ministry of Health.

5th Roundtable Discussion on Issues Related to Codex Committee on Nutrition & Foods for Special Dietary Uses (CCNFSDU)



NSM organised the 5th roundtable session on issues related to the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 25 August 2020.

In view of the ongoing pandemic, the session was organised on a virtual platform. The meeting was chaired by Ms Norrani Eksan, Director of Compliance and Industrial Development, Food Safety & Quality Division, Ministry of Health Malaysia, and convened by Dr Tee E Siong, President of NSM. It was attended

by 28 participants from 8 countries representing the key stakeholders from regulatory agencies, academic institutions and corporate companies.

The CCNFSDU is one of the six general subject committees within the Codex Alimentarius Commission. Items under discussion in CCFNSDU cover a wide range of topics related to nutrition and have wide implications to food industry, regulators and health care professionals.



Implementation of the Allied Health Professions Act

Following the gazette of the Allied Health Professions Act (Act 774) in 2016, the Act came into force on 1 July 2020. The Act will apply to 23 allied health professions, including nutritionists.

The Allied Health Professions Regulations (Fees) 2020 P.U. (A) 188 has also been gazetted and will similarly come into operation on 1 July 2020.

In preparation for its implementation, the Malaysian Allied Health Professions Council (MAHPC) has been officially established. For the duration of 2020–2023, Dr Tee E Siong has been nominated to represent nutritionists.

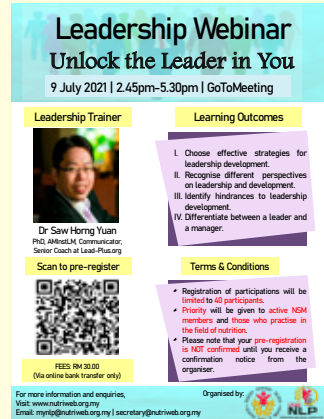
A first meeting of the Council was held on 6 August 2020, chaired by Y. Bhg. Tan Sri Datuk Dr Noor Hisham bin Abdullah, Director-General of Health Malaysia.

The MAPHC and the Allied Health Sciences Division of MOH are making preparations for the full implementation of the AHP, including registration of nutritionists.

NSM has been keeping its members informed of progress through various relevant documents uploaded on the NSM website. Members are encouraged to read the [“Agreement on Scope of Practice of Nutritionists and Dietitians”](#) in preparation for the implementation of the AHP (look under the ‘Health Professionals’ tab of the NSM [website](#)).

Follow the NSM website to keep up-to-date with developments on this matter, in the coming months.

Virtual Leadership Training



Join the leadership webinar organised by NSM and Malaysia Nutrition Leadership Programme (MyNLP) to 'Unlock the Leader in You'.

This webinar will be organised on 9 July 2021, and the virtual training will be conducted by Dr Saw Horng Yuan, Senior Coach at Lead-Plus.org. Participants will learn how to choose effective strategies for leadership development, recognise different perspectives on leadership and development, identify hindrances to leadership development, and differentiate between a leader and a manager.

Registration of participations will be limited to 40 participants, and priority will be given to active NSM members and those who practise in the field of nutrition.

Register now by scanning the QR code!



For more information, visit nutriweb.org.my or email mynlp@nutriweb.org.my or secretary@nutriweb.org.my

POSTPONEMENT

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

The Nutrition Leadership Programme, organised by the Southeast Asia Public Health Nutrition Network, and the Nutrition Society of Malaysia, has been postponed to a later date, due to the COVID-19 pandemic.

This programme is aimed at enhancing the skills and leadership competency of young, aspiring professionals in the field of food and nutrition.

Check nutriweb.org.my, where we will be announcing the new dates for the programme!

Diary of Conferences and Seminars

2021

6th World Congress of Paediatric Gastroenterology, Hepatology and Nutrition (Hybrid)
2 – 5 June 2021; Vienna, Austria and ONLINE
<https://www.wcpghan2021.org/>

ISBNPA XChange Initiative (ONLINE)
8-10 June 2021
<https://annualmeeting.isbnpa.org/>

Nutrition 2021(ONLINE)
7 - 10 June 2021
<https://meeting.nutrition.org/>

22nd Annual Harvard Nutrition Obesity Symposium: Global Food Systems and Sustainable Nutrition in the 21st Century (ONLINE)
15 June 2021
<https://dev.norch.org/center-events/2021-symposium-global-food-systems-and-sustainable-nutrition-in-the-21st-century/>

Irish Section Conference 2021: Nutrition, health and ageing - translating science into practice (ONLINE)
22 – 24 June, 2021
<https://www.nutritionssociety.org/events/irish-section-conference-2021-nutrition-health-and-ageing-translating-science-practice>

7th International Conference on Public Health (ONLINE)
04 – 05 Aug 2021
<https://publichealthconference.co/>

Society for Nutrition Education and Behavior Annual Conference
7-10 August 2021; New Orleans, USA
<https://www.sneb.org/2021>

4th International Conference On Obesity And Metabolic Diseases
30 Aug – 1 Sept 2021; Istanbul, Turkey
<https://momentera.org/conferences/upcoming-conferences/obesity-conference-2021.html>

8th International Conference on Nutrition and Growth (N&G 2021)
26-28 August 2021; Lisbon, Portugal
<https://nutrition-growth.kenes.com/>

International Congress of Dietetics (ICD)
1 – 3 Sept 2021; Cape Town, South Africa
<http://www.icda2020.com/>

36th NSM Annual Scientific Conference (ONLINE)
7-8 September 2021; Kuala Lumpur
<https://www.nsmconference.org.my/conference/>

8th International Society for Physical Activity and Health (ISPAH) Congress
12 – 14 October 2021; Vancouver, Canada
<https://ispah2020.com/>

Food & Nutrition Conference & Expo (FNCE) (ONLINE)
16 – 19 Oct 2021
<https://eatrightfnce.org/>

7th Whole Grain Summit
25-27th October 2021; Rome, Italy
<https://www.wholegrainsummit.com/en/>

14th European World Health Congress on Public Health 2021
10 – 12 Nov 2021; Dublin, Ireland
<https://ephconference.eu/>

11th International DIP Symposium on Diabetes, Hypertension, Metabolic Syndrome & Pregnancy
10-14th November 2021; Dubai United Arab Emirates
<https://dip.comtecmed.com/>

15th London International Eating Disorders Conference 2021
8 – 10 Dec 2021, London, UK
<https://www.eatingdisordersconference.com/home>

Joint Meeting of the Nutrition Societies of New Zealand and Australia
Dec, 2021; Massey University
<http://www.nutritionssociety.ac.nz/newsandevents/society-meeting-2021>

2022

DOHaD World Congress 2022 in Vancouver, Canada
27th – 31st August 2022; Vancouver, Canada
<https://www.dohad2022.com>

22nd IUNS-ICN International Congress of Nutrition
6 – 11 Dec 2022; Tokyo Japan
<https://icn22.org/>