



Berita NSM

A Publication of the Nutrition Society of Malaysia

PP18027/02/2013(033336) 2023

14th ACN 2023

ASIAN CONGRESS OF NUTRITION

FEEDING THE FUTURE BY SUSTAINABLE NUTRITION

CLOSING CEREMONY

Under the Auspices of: International Union of Nutritional Sciences (IUNS)
Organizers: Federation of Asian Nutrition Societies (FANS) and Chinese Nutrition Society (CNS)

CHENG...



15th ACN in Kuala Lumpur, Malaysia



SAVE THE DATE:

12-15 September 2027

Jumpa anda di Malaysia!
See you in Malaysia!
2027年，我们在马来西亚见!



15th Asian Congress of Nutrition Is Coming to Malaysia!

NSM successfully won the bid to host the 15th Asian Congress of Nutrition in 2027 in Kuala Lumpur! The 15th ACN will be held from 12-15 September 2027, with the theme, "Strengthening Regional Networks for Nutrition Action".

See you in 2027!

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A word from the President

A New Horizon Ahead!



2023 was a memorable year for NSM. Perhaps the biggest cause for celebration was NSM winning the bid to host the **15th Asian Congress of Nutrition in 2027!**

Malaysia last hosted the ACN in 1991. After 32 years, the society unanimously agreed that it was time for us to be the next host of this prestigious regional conference again. I would like to record my appreciation to the organising team for all the effort that was put into preparing for the bid. The announcement of the voting outcome at the 14th ACN in Chengdu, China, was indeed a moment of pride for the Malaysian delegation. Congratulations must also be recorded for several NSM members who received prestigious awards at the 14th ACN.

Throughout the year, NSM continued on a strong note with our annual activities, such as the scientific conference, Nutrition Month Malaysia, and roadshows. We continued to contribute to professional development of nutritionists in Malaysia, as well as regional advancement of public health programmes. NSM also remained committed to supporting the Ministry of Health and other ministries in policy development.

Finally, on a personal note, I pen this message with bittersweet emotions. 2023 marked my last year as President of NSM, after more than two decades

in this position. The changing of the guard took place during the 39th AGM on 1 March 2024, when the new President and the 20th NSM Council were elected into office.

My deepest congratulations to the new President, Associate Professor Dr Mahenderan Appukutty, whom I urge all members to support wholeheartedly. In handing over the baton to the 20th Council, I hope that they will continue to work for the best interests of members and the public at large, in collaboration with all stakeholders.

As one of the founding members that established NSM in 1985, I have seen the society grow by leaps and bounds. To move forward amid current challenges, members and those in leadership positions will have to act with true professionalism, and be guided by evidence, rather than emotions. With the full implementation of the Allied Health Professions Act next year, NSM will play a key role in uniting the nutrition profession to better serve the nation.

I look forward to more achievements by NSM in the years to come!

Dr Tee E Siong
Editor-in-Chief
Immediate-Past President

NSM Publications Committee

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

Published by: Nutrition Society of Malaysia
27C, Jalan PJS 1/48,
Taman Petaling Utama,
46150 Petaling Jaya,
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Design & layout: Darius Chan (darius@darius.my)

38th Annual General Meeting

From 'Sick Care' To Wellness - Healthy Nutrition Is Key

4-5 July 2023



NSM 19TH COUNCIL MEMBERS 2022 - 2024



Position	Name
President	Dr Tee E Siong
Vice-President	Assoc Prof Dr Mahenderan Appukutty
Hon. Secretary	Assoc Prof Dr Chin Yit Siew
Hon. Treasurer	Dr Roseline Yap Wai Kuan
Asst. Hon. Secretary	Asst Prof Dr Satvinder Kaur Nachatar Singh
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	3. Pn Khairul Zarina Mohd Yusop
	4. Dr Amutha Ramadas
Hon. Internal Auditors	1. Assoc Prof Dr Gan Wan Ying
	2. Assoc Prof Dr Sharifah Wajihah Wafa Syed Saadun Tarek Wafa

NSM's 38th Annual Scientific Conference focused on the theme **From 'Sick Care' To Wellness - Healthy Nutrition Is Key**.

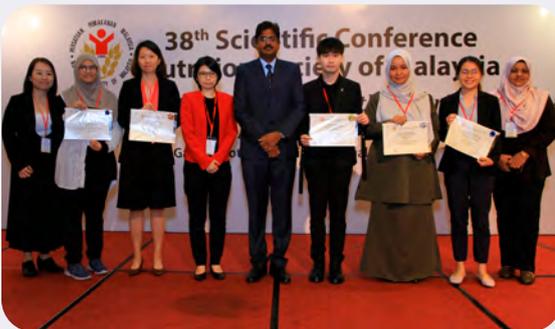
The country's healthcare system is burdened with a disproportionate number of people in the sick-care cycle, needing treatment to improve and control their diseases. Caring for the sick comes at a high cost to the country, putting a strain on healthcare providers and on taxpayers to accommodate the burden of illness on individuals and society as a whole. Concerted efforts need to be taken to shift the 'sick care' mindset of the population, to promote wellness, healthy habits, and preventive lifestyles in people.

Nutritionists play an important role in delivering sound nutrition advice to the public and encouraging them to take preventive measures to stay healthy, prevent or delay the development of preventable lifestyle-related diseases.

The theme **From 'Sick Care' To Wellness - Healthy Nutrition Is Key** was chosen to emphasise the key role of healthy nutrition in ensuring wellness and prevention of diseases.



38th Annual Scientific Conference Focuses On Disease Prevention



NSM continued to encourage young and upcoming nutritionists to present their findings at NSM Young Researchers' Symposium, while the undergraduate students were encouraged to present in poster presentation session.

Young Researchers' Symposium Winners

1st Prize

Zainorain Natasha Binti Zainal Arifen, Universiti Kebangsaan Malaysia

Perceptions, barriers, and enablers on the salt reduction policy in the out-of-home sectors in Malaysia (MyOH): From the outlook of street food vendors, caterers, and consumers.

2nd Prize

Miow Yee Xuen, Universiti Putra Malaysia

Development of local food-based dietary recommendations using linear programming approach for urban poor undernourished children aged 48 to 71 months old in Seremban, Malaysia.

3rd Prize

Nur Syakirah Arissa Mohd Salleh, Universiti Sains Malaysia

The association between body composition, anthropometry, and depression with sarcopenia among community-dwelling older people in Kelantan: A cross-sectional study.

Consolation Prizes

Erica Ooi Ming Yi, International Medical University

Haemoglobin, HbA1C level and nutritional status among pregnant women on haematinics and its association with birth weight of neonates among selected urban B40) population group: A prospective cohort study.

Siti Madihah Binti Muhammad Royani, UCSI University

SALT@HOME: a new household salt intake assessment methodology and qualitative insight on salt reduction strategies.

NSM Prizes 2023

Postgraduate Prizes (PhD)

Dr Teoh Ai Ni, UCSI University

Circadian rhythm and its association with birth and infant outcomes: A prospective cohort study.
Supervisor: Assoc Prof Dr Satvinder Kaur A/P Nachatar Singh
Co-supervisors: Asst Prof Dr Normina Binti Ahmad Bustami, Dr Nurul Husna Mohd Shukri, Prof Dr Shigenobu Shibata

Dr Nurul Fatin Binti Malek Rivani, Universiti Kebangsaan Malaysia

Identification of cognitive frailty, the mediator and its predictive value on adverse health outcomes among Malaysian older adults.
Supervisor: Prof Dr Suzana Shahar
Co-supervisors: Prof Dr Nor Fadilah Rajab, Prof Dr Devinder Kaur Ajit Singh, Prof Madya Dr Normah Che Din

Dr Zunura'in Binti Zahali, Universiti Sains Malaysia

Association between vitamin D and obesity related adipokines with breast cancer occurrence among women patients in Kelantan.
Supervisor: Prof Dr Hamid Jan Bin Jan Mohamed
Co-supervisor: Prof Dr KNS Sirajudeen

Postgraduate Prizes (MSc)

Ain Widad Binti Abdullah, Universiti Sultan Zainal Abidin

Association between body composition, physical activity, complementary and alternative therapies (CATs) with depression symptoms among pregnant women in Terengganu.
Supervisor: Assoc Prof Dr Wee Bee Suan
Co-supervisors: Dr Rosliza Binti Yahaya

Rosmawati Binti Dora, Universiti Kebangsaan Malaysia

Determination of salty taste threshold and acceptance of low salt soups among children.
Supervisor: Assoc Prof Dr Hasnah Haron
Co-supervisors: Prof Dr. Poh Bee Koon

Nor Syaza Sofia Binti Ahmad, Universiti Putra Malaysia

Psychological distress as mediator in the relationship between food insecurity and academic performance among undergraduate students in UPM.
Supervisor: Prof Dr Norhasmah binti Sulaiman
Co-supervisor: Prof Dr Mohamad Fazli Sabri

Nurul Syahidah Mohd Nazri, Universiti Sains Malaysia

Prevalence of sarcopenia, empty nest, depressive symptoms and its association with diet quality among older adults with low socioeconomic status in Kelantan.
Supervisor: Dr Divya Vanoh
Co-supervisor: Dr Soo Kah Leng



NSM Poster Competition for Undergraduates 2023

1st Prize

Nurdina Afiqah Binti Zainal, Universiti Kebangsaan Malaysia

The relationship between nutritional status and DNA damage in women experienced infertility in Malaysia.

2nd Prize

Koh SuYuan, UCSI University

Maternal nutrition knowledge, infant feeding practices and linear growth of 6-12 months old infants in Kuala Lumpur and Putrajaya.

3rd Prize

Wong Sze Shi, Universiti Putra Malaysia

Changes in lifestyle and psychological health of young adults during and after the COVID-19 lockdown in Malaysia: A longitudinal study.

Consolation Prizes

Kuan Jin Yen, UCSI University

Maternal eating behaviours, feeding practices and appetitive traits of infants aged 1 to 6 months in Kuala Lumpur and Putrajaya.

Eman Hisham Mohamed Elzayyadi, UCSI University

Infant feeding behaviour and sleep as predictors of infant growth.

Aurelya Nicole Widjaja, UCSI University

Relationship of INSIG2 gene polymorphism and dietary and lifestyle factors with waist circumference among Malaysian adults.

Amanda Lim Wen Hui, International Medical University

Ultra-processed food consumption and its contribution to energy and macronutrients intake among university students in Klang Valley.

Tan Chee Yee, Universiti Putra Malaysia

Prebiotic potential of banana peel on the growth of Lactobacillus spp.

Nurul Hafizah Mohd Ali Azmin, Universiti Kebangsaan Malaysia

Entomophagy practices among insect eaters in Malaysia – A qualitative study.

Nur Batrisyia Binti Rafiz Azuan, Universiti Malaysia Sabah

Assessment of nutritional status and food insecurity among children in Kota Kinabalu and Tawau, Sabah.



NSM Prizes 2023

Undergraduate Prizes

Lee Chiu Ying, International Medical University

Knowledge and attitude on salt iodisation programme among Malaysian adults in Klang Valley, Malaysia.

Supervisor: Dr Megan Chong Hueh Zan

Co-Supervisors: Assoc Prof Dr Tan Kok Leong

Qistina Binti Osmand, Management and Science University

Association between physical activity and eating behaviour with weight change among Malaysian adults in the COVID-19 Pandemic.

Supervisor: Dr Tan Seok Tyug

Caleb Mok Jun Wen, UCSI University

Association of food environment and weight status in urban poor communities in Kuala Lumpur.

Supervisor: Dr Vaidehi Ulaganathan

Co-Supervisor: Dr Serene Tung En Hui

Thien Chai Nei, Universiti Kebangsaan Malaysia

Acceptance of grasshoppers and other insects as food and its influencing factors among adults in Kuching and Klang Valley.

Supervisor: Dr Lim See Meng

Co-Supervisor: Prof Dr Poh Bee Koon, Assoc Prof Dr Abdoul Karim Toure

Fredrica Vun Li Ling, Universiti Malaysia Sabah

Dietary supplement intakes among adults in Kota Kinabalu before and during the COVID-19 pandemic: A cross-sectional study.

Supervisor: Dr Khor Ban Hock

Nur Syakirah Arissa Binti Mohd Salleh, Universiti Sultan Zainal Abidin

Association between body composition and lipid profiles among UniSZA students aged 18 to 19 years old.

Supervisor: Assoc Prof Dr Wee Bee Suan

Lee Le Zhen, University of Nottingham Malaysia

Impact of COVID-19 on dietary intake, sleeping patterns and physical activity levels among Malaysian University students.

Supervisor: Dr Cheng Shi Hui

Ng Jia Hui, Universiti Putra Malaysia

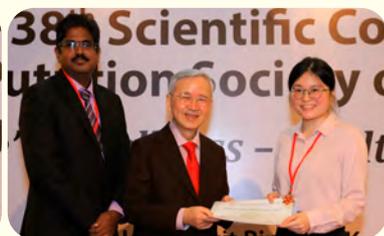
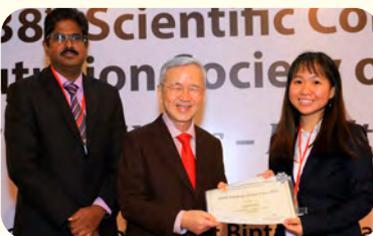
Assessment of food security, dietary diversity and malnutrition in young children aged 2 to 6 years old from B40 families in Seremban.

Supervisor: Assoc Prof Dr Gan Wan Ying

Cheong Yi En, Universiti Sains Malaysia

Effect of sacha inchi oil supplementation on blood lipid profile and blood pressure in middle age and elderly group population: An uncontrolled before after study.

Supervisor: Dr Soo Kah Leng



NSM Publication Prize 2023

Maternal Nutrition

(sponsored by Fonterra Brands (M) Sdn Bhd)

Assoc. Prof. Dr Foo Leng Huat, Universiti Sains Malaysia

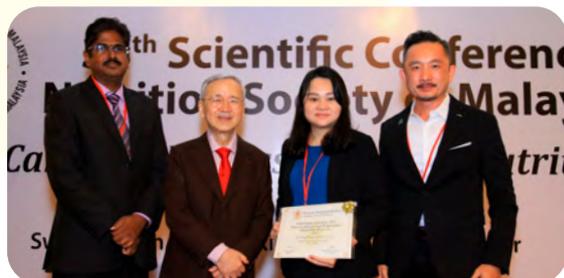
Publication: Assessments of sarcopenia and its associated factors in community-dwelling middle-aged and older Chinese adults in Kelantan, Malaysia. Scientific Reports 2023, 13(1):7498 <https://doi.org/10.1038/s41598-023-34668-w>

Physical Activity and Postprandial Metabolism Responses

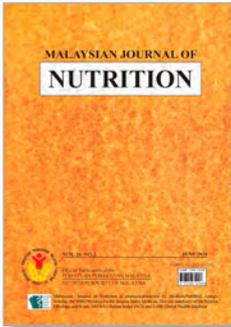
(sponsored by Herbalife Malaysia)

Dr Yong Heng Yaw, International Medical University

Publication: High physical activity and high sedentary behavior increased the risk of gestational diabetes mellitus among women with excessive gestational weight gain: A prospective study BMC Pregnancy and Childbirth 2020, 20:597 <https://doi.org/10.1186/s12884-020-03299-8>



Malaysian Journal of Nutrition (Mal J Nutr)



In 2023, volume 29 of the Malaysian Journal of Nutrition (issues 1, 2 and 3) were published on schedule, with a total of 39 articles. All issues can be viewed and downloaded on the NSM website (<http://nutriweb.org.my/mjn/index.php>).

A new website is being developed for the journal, and will include editorial board members' profiles, journal newsletter signup, reviewer signup column, Plum Analytics data for articles, and separate pages for current volume, online first, and archived articles.

Malaysian Healthy Diet Score Online Survey (MHDOS)

The Malaysian Healthy Diet Score Online Survey is an international research project led by NSM in collaboration with The Commonwealth Scientific and Industrial Research Organisation (CSIRO) and Nutrition Division, Ministry of Health Malaysia (MOH). The project aims to evaluate the diet quality of Malaysian adults and their compliance with the Malaysian Dietary Guidelines 2020 through an online survey.

MHDOS was completed by over 11,000 participants over nine months (1 December 2022 – 31 August 2023). The research project rationale and methodology has been published in the Malaysian Journal of Nutrition, ([https://nutriweb.org.my/mjn/publication/29-2/Vol%2029\(2\)%205.mjn.2022.0101%20Wong.pdf](https://nutriweb.org.my/mjn/publication/29-2/Vol%2029(2)%205.mjn.2022.0101%20Wong.pdf)) while survey findings will be disseminated through future publications.



Nutrigenetics and Nutrigenomics Research and Training Unit (N²RTU)

The Centre for Biomedical and Nutrition Research, Universiti Tunku Abdul Rahman, together with the Institute for Food, Nutrition and Health, University of Reading, UK, established a [Nutrigenetics and Nutrigenomics Research and Training Unit \(N²RTU\)](#) (<http://n2rtu.com/>) in partnership with the Malaysian Industry-Government Group for High Technology (MIGHT). NSM and the Nutrition, Metabolism & Cardiovascular Research Centre (NMCRC) of the Institute for Medical Research, MOH, are the associate partners of this initiative.

In 2023, the N²RTU conducted training workshops on Nutrigenetics, Nutrigenomics and Precision Nutrition, as well as community outreach programmes:

- Hands-on Workshop on Blood Nutrient Biomarkers at Gnosis Lab Sdn Bhd, Hospital Seri Botaini Ipoh (12 Jan 2023).
- Dissemination Meeting for the Nutrigenetics and Nutrigenomics Research and Training Unit project, National Institute of Health (NIH), Setia Alam, (17 Feb 2023).
- Workshop on Critical Appraisal Skills for Nutrition Research, Faculty of Science UTAR (5 May 2023).
- Workshop training on Nutrigenetics, Nutrigenomics and Data Analysis for Precision Nutrition, Institute for Medical Research, NIH, Setia Alam (7 to 11 August 2023).
- Community Outreach Programme, Yayasan Ipoh (30 Oct 2022), and at Institut Pendidikan Guru, Ipoh Campus (13 October 2023).
- Nutrition Seminar Series II and III, Zoom Platform (18 Nov 2023).

NSM Roadshows 2.0



NSM Roadshows, the community nutrition promotion programme that conducts online activities, and in-person community events, continued in 2023.

Plenty of action took place via the Facebook, Instagram and TikTok pages. Posts were centred around the main festivals of Malaysia, including videos, recipe cards, quizzes and other educational messages being posted.

The “Healthy Nutrition Goals and Practices with NSM” activity was also continued in 2023 with two series: Series 1 with a total of eight Healthy Nutrition Goals; while Series 2 was a Bingo Challenge with nine Healthy Nutrition Goals.

Three virtual events were also organised, namely “NSM Healthy Cooking TikTok Competition”, “NSM Nutrition Poster Contest” and “NSM Virtual Fun Run/Walk”.



Probiotics Education Programme (PEP)

The Probiotics Education Programme (PEP) continued to carry out activities in 2023 to provide the public with accurate information on probiotics, sources of probiotics, potential health benefits and regulatory aspects.

One of the highlights was a Q&A video featuring an expert discussing about ‘Prebiotics – the what, why and how’, and six short video snippets answering key questions on probiotics.

There were also four infographic posters that provided interesting content, e.g. myth vs facts on probiotics and how to identify products with probiotics. The programme also published two educational articles on current concerns about probiotics.

View from: <https://nutriweb.org.my/probiotics/>

Malaysia School Nutrition Promotion Programme (MySNPP)

The Malaysia School Nutrition Promotion Programme (MySNPP) continued its engagement with primary schools in Johor. Throughout the year, seven MySNPP sessions were conducted, led by Teo Choon Huey and three state nutritionists (Goh Hwee Teng, Koo Shi Jia, and Ng Shirley), reaching 723 students, 57 teachers, and 543 parents.

On 16 September 2023, Teo Choon Huey presented the MySNPP project in the 14th Asian Congress of Nutrition in Chengdu, China, entitled "Malaysia School Nutrition Promotion Programme (MySNPP):

diversifying strategies during COVID-19 pandemic".

In conjunction with the 14th ACN, NSM also conducted a half-day field visit to Huayang Experimental Primary School in Tianfu New Area, Sichuan, China. Serving as an extension programme to exchange ideas with the School Meal Programme, the visit provided valuable insights into the school's meal programme, fostering collaboration and knowledge exchange between MySNPP and schools in China. A total of 17 NSM members participated in this enriching cross-cultural experience.

MyDigitalMaker Fair

NSM participated in the MyDigitalMaker Fair 2023 event, from October 6 to 8 at Quill City Mall, Kuala Lumpur. The event featured an interactive computer game, "Suku Suku Separuh", which had been developed by a subgroup of the Technical Working Group on Nutrition Training to educate both children and the general public about the "Quarter Quarter Half" concept.

NSM supported this event by providing in-kind support, including NSM shopping bags and HE-AL magazines, as well as NSM postcards for participants who successfully completed the computer game at the booth. Several NSM council members and volunteers, including Assoc Prof Dr Chin Yit Siew, Nur Amalin Juhari, Ang Zheng Feng and Su Pei Wen assisted at the booth, contributing to the success of this educational initiative.

Program Xporia Sains 2023 (16-17 December 2023)

NSM was invited as one of the 20 exhibitors for Program Xporia Sains 2023 organised by Pusat Sains Negara from 16-17 December. Teo Choon Huey and Assoc Prof Dr Chin Yit Siew represented NSM in planning and organising the event, with the assistance of 28 volunteer nutritionists. The event aimed to increase public awareness of healthy eating and introduce NSM and the nutritionist profession.

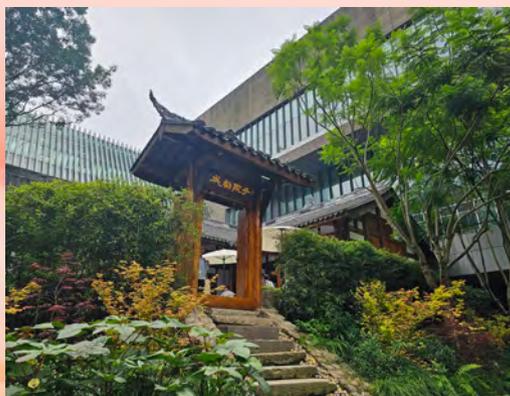
NSM's booth featured four main stations, which included health screening (body weight, height, body fat percentage, growth chart plotting for children, and nutrition consultation), as well as three interactive and fun games that focused on the food guide pyramid, the 'Quarter-Quarter-Half' nutritional guide, and the nutritional guide on salt, oil, and sugar intake.

Approximately 1,000 attendees visited the programme per day, and provided positive feedback regarding NSM's interactive, fun, and informative activities. The event not only raised awareness within the community about the nutrition profession but also garnered significant coverage for NSM.

NSM was also invited to share materials related to the latest scientific discoveries and promotional materials, including infographics, to display on PSN's advertising board.



NSM Sends Largest Delegation to 14th Asian Congress of Nutrition



The 14th Asian Congress of Nutrition was held in Chengdu, China, from 14-17 September 2023.

Malaysia had the largest delegation at the congress compared to other countries. This can be attributed to the NSM Subsidy, which was provided to members interested in attending the congress.

As NSM won the bid to host the 15th ACN in Kuala Lumpur in 2027, we used the occasion to celebrate our win and extend our gratitude for the support given to

us. NSM hosted a tea ceremony at Cheng Du Yuan Zi, a tea house within the conference venue. A total of 30 attendees from almost all the Asian nutrition societies were present to witness the tea-making and Kung-Fu Tea Master demonstrations.

We had the privilege of savouring traditionally brewed tea and witnessing the act of serving tea from the 16th-generation tea master. At this networking session, we cemented support for our upcoming conference with key people from each country.



Dr Tee E Siong and Prof Yuexin Yang, President of the Chinese Nutrition Society, exchanged tokens of appreciation during this event.

NSM also had another reason for celebration during the 14th ACN. Several of our members received prestigious awards during the congress:

- **FANS Life Time Achievement Award:**
Emeritus Professor Dr. Mohd Ismail Noor
- **FANS Fellow Award:** Professor Hamid Jan bin Jan Mohamed
- **FANS Outstanding Nutritionist Award:**
Assoc. Prof. Dr. Chin Yit Siew
- **FANS Young Nutrition Leader Award:**
Assoc. Prof. Dr. Satvinder Kaur

Young Investigator Travel Award Recipients (This award supports their travel expenses to attend the conference):

- Dr. Lee Siew Siew,
University of Nottingham Malaysia

- Dr. Ng Choon Ming,
Monash University Malaysia
- Mr. Eow Shiang Yen,
Universiti Putra Malaysia

Postgraduate Student Awards:

- **Best Poster Award:** Mr. Yeo Giin Shang,
Universiti Kebangsaan Malaysia
- **Best Oral Presentation Award:** Ms. Mok Kai Ting,
UCSI University





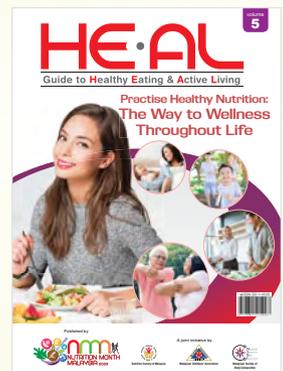
Practise Healthy Nutrition: The Way to Wellness Throughout Life

Nutrition Month Malaysia came with another big bang for the 22nd year in a row.

The theme, **Practise Healthy Nutrition: The Way to Wellness Throughout Life**, highlighted the importance of nutrition for each stage of the human life cycle, targeting all to make lifestyle changes and investing in their health and their overall well-being.

Before the official launch, the event was promoted online and on social media, through educational press articles, and announcements at the state levels.

Then, Nutrition Month Malaysia officially kicked off from 22-25 June, in conjunction with the Food-Fit-Fun Fair at Sunway Velocity Mall, Kuala Lumpur. The carnival featured fun and educational activities for the public and families, including nutrition screening, Nutri-Edu-Quest, parent-child cooking workshop, 'Smart Food Choices' supermarket tour, Count-Your-Steps Challenge, fitness dance, kids' corner, colouring contest, as well as sponsors' stage activities and booths.



The HE-AL Volume 5 magazine was also unveiled at the fair, and copies of the Bahasa Melayu version were shared with the Nutrition Division of the Ministry of Health (MOH) to be used in their programmes and activities.

Other educational initiatives included a series of 8 press articles in major newspapers (The Star & Sin Chew Daily), as well as health messages promoted via the Nutrition Month Facebook page, Instagram account and official website.





SAVE THE DATE

Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 1/2023
ADDRESSING FOOD AND NUTRITION SECURITY IN CHALLENGING TIMES: EXPERIENCES IN SOUTHEAST ASIA COUNTRIES

8 August 2023 | Tuesday | Zoom Online Platform
2:30pm – 6pm (Kuala Lumpur, Manila, Singapore Time)
1:30pm – 5pm (Bangkok, Hanoi, Jakarta Time)

Access to nutritious, safe and affordable food is fundamental for good nutrition and health of the population, to end hunger and cover all forms of malnutrition. However, the urban underclass and low-income households are struggling for many individuals and families worldwide, including Southeast Asian cities. An unprecedented 10% of the population in the ASEAN region has been unable to afford a healthy diet, and 10% of the population in Southeast Asia has been unable to afford a healthy diet. The 2022 global nutrition targets, many of the barriers to food and nutrition security e.g. poverty, inequality have worsened over time and exacerbated by the COVID-19 pandemic, humanitarian crises and climate change, alongside other challenges such as the impact of aging youth and generational food insecurity. These conditions and developments further impede the slow, steady and healthy food systems needed to improve food and nutrition security. Action across the SEA region to drive progress and address food and nutrition security through ensuring sustainability of the food system, innovative evidence-based approaches, policies and measures are crucial and more important than ever.

Food & Nutrition Security in the Philippines

MICHAEL R. SOLERA
Officer-in-Charge, Planning and Marketing Services
DEPARTMENT OF AGRICULTURE



SAVE THE DATE

Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 2/2023
WHOLE GRAINS IN SOUTHEAST ASIA: HEALTH BENEFITS, REGULATIONS, DIETARY GUIDELINES AND CONSUMPTION

23 November 2023 | Thursday | Zoom Online Platform
2:30pm – 6:00pm (Kuala Lumpur, Manila, Singapore Time)
1:30pm – 5:00pm (Bangkok, Hanoi, Jakarta Time)

Whole grains are valuable sources of fiber, and have been linked to lower risks of chronic diseases, and are important health outcomes. However, most of the specific evidence on the health benefits of whole grains, especially in Southeast Asia, is limited. This webinar will explore the health benefits of whole grains, discuss the role of whole grain consumption levels in Southeast Asia, and examine the barriers to whole grain consumption. The webinar will also discuss the role of whole grain consumption in the context of the ASEAN region, and the role of whole grain consumption in the context of the ASEAN region. The webinar will also discuss the role of whole grain consumption in the context of the ASEAN region, and the role of whole grain consumption in the context of the ASEAN region.

Whole Grains & Health: Scientific & Regulatory Aspects

Dr Tee E Siong
SEA-PHN Network, Chairman
Nutrition Society of Malaysia, President

23 November 2023



SEA-PHN Public Health Nutrition Webinar Series

The Southeast Asia Public Health Nutrition (SEA-PHN) Network entered its 9th year in 2023. Apart from the 12th General Meeting four other major activities were undertaken throughout the year.

NSM spearheaded two webinars under the public health nutrition webinar series:

- **Addressing Food and Nutrition Security in Challenging Times: Experiences in Southeast Asia**

Access to nutritious, safe, and affordable food is crucial for good health and combating hunger and malnutrition, yet it remains a significant challenge globally, particularly in Southeast Asia. Around 46% of the ASEAN population can't afford a healthy diet, hindering progress towards 2025 global nutrition targets. Factors like poverty, inequality, COVID-19, humanitarian crises, climate change, and shifts towards less healthy eating habits are exacerbating these issues.

This webinar on 8 August 2023 shared innovative and evidence-based solutions, discussed the challenges and lessons learned, and explored the role of various sectors in enhancing food and nutrition security. It was

attended by 251 professionals, including nutritionists, dietitians, researchers, and policymakers.

- **Whole Grains in Southeast Asia: Health Benefits, Regulations, Dietary Guidelines and Consumption**

Whole grains are under-consumed when measured against recommended levels in many countries, including Southeast Asia. Bridging the gap between actual intake and recommended levels of whole grains could potentially mitigate the risks of NCD risks.

The Whole Grains webinar on 26 November 2023 was organised to enhance understanding of the health benefits of whole grains, assess the status of whole grain regulations and dietary guidelines, and examine whole grain consumption patterns across SEA. The event aimed to identify barriers, share lessons learned, discuss innovative strategies for promoting whole grain consumption, and explore the multisectoral roles in this effort. Attended by 298 professionals including nutritionists, dietitians, researchers, and policy makers, the webinar focused on actionable insights for increasing whole grain intake, public health policy initiatives, and the development of innovative wholegrain products.

VINUTAS-SEA PHN Network International Scientific Conference on Nutrition

NSM supported and assisted the Vietnam Nutrition Association (VINUTAS) in organising the International Scientific Conference on Nutrition, focusing on Nutrition and Health of the Elderly, on 3 November 2023 in Hanoi. NSM member Assoc Prof Dr Hanis Mastura Yahya attended and presented a

paper, **Assessment and strategies to improve nutrition for older adults: Malaysian perspectives**. Dr Tee E Siong presented a recorded presentation highlighting the SEA-PHN Network and its recent activities during the opening of the Seminar.

Publication of Review of Recommended Energy and Nutrient Intake Values in SEA Countries

In 2023, SEA-PHN officially published the Recommended Energy and Nutrient Intake Values in five SEA countries namely Indonesia, Malaysia, Philippines, Thailand and Vietnam. The review provides an overview of the availability, similarities and differences of nutrient recommendations in SEA countries, and the approaches and scientific principles undertaken by countries to formulate their own national energy and nutrient recommendations, as well as future opportunities for collaboration and harmonisation in the region. The review was published as a special

Mal J Nutr 29(2): 163-241, 2023

SPECIAL INVITED REVIEW

Review of recommended energy and nutrient intake values in Southeast Asian countries

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invited review in the [Malaysian Journal of Nutrition](https://doi.org/10.31246/mjn-2023-29-2-rni-rda-sea-review) (<https://doi.org/10.31246/mjn-2023-29-2-rni-rda-sea-review>).

Symposium at the 14th Asian Congress of Nutrition (ACN)

The Network participated in the 14th Asian Congress of Nutrition (ACN) in Chengdu, China, through a symposium session on the theme **Making a difference in public health nutrition in Southeast Asia**. Through this symposium, the Network reached out to wider stakeholders and audiences in the region, to share its vision and commitment to advocating and promoting public health nutrition in Southeast Asia. Council members of the Network presented several activities of the Network, especially those of public health nutrition importance to the region.



JOIN US AT

2nd SEA-PHN SOUTHEAST ASIA PUBLIC HEALTH NUTRITION CONFERENCE

"Nutrition in Fostering Health and Well-Being"

11-13 November 2024 • Arnoma Grand Bangkok, Thailand

Visit <https://sea-phn.com/home> for registration and more information.

Seminar on Soy Protein Utilization and Health

On 14 June 2023, the US Soybean Exports Council (USSEC) Asia collaborated with NSM to organise a Seminar on Soy Protein Utilization and Health at the Sama-Sama Hotel, Kuala Lumpur.

The seminar aimed to uncover research on soy nutrition and health, the latest trends and soy product innovations, the application of soy ingredients in food and beverages, and culinary demonstrations featuring soy and soy food products. Nine speakers covered diverse topics, emphasising research findings and health benefits associated with soy consumption. A live cooking demonstration by a culinary chef and nutritionist showcased soy's versatility, featuring a Malaysian favourite, sambal, with tempeh and tofu, and a notable substitution of coconut milk with soymilk.



The seminar was attended by 81 participants, comprising of nutritionists, dietitians, and food scientists from various organisations, including the Ministry of Health, universities, food industries, hospitals and the NSM. Most attendees were mainly from Kuala Lumpur/Selangor, with a handful from Singapore and Indonesia. Positive feedback from participants highlighted the seminar's success in fostering knowledge and appreciation of soy's culinary applications.



NSM Malaysian Nutrition Leadership Programme (MyNLP)

MyNLP is a programme by NSM to enhance leadership skills, and foster greater communication and networking among young nutrition professionals in the country.

In 2023, the MyNLP committee organised two Nutrition Career Journey webinars on 3 and 18 March, attracting participation from nutrition students (undergraduate and postgraduate) from public and private universities, along with early-career nutritionists.

Additionally, a two-day Nutrition Communication Training Workshop was conducted on 6-7 July, with

the participation of 26 nutritionists from corporate, retail, and government sectors. The MyNLP Activity Report of 2023 is available via [Nutriweb \(https://nutriweb.org.my/index.php?achievements\)](https://nutriweb.org.my/index.php?achievements).

MyNLP also joined hands with the SEA-PHN Network to organise the 2nd Southeast Asia Public Health Nutrition Leadership Programme and 2nd MyNLP at the Institute of Leadership and Development (ILD), Universiti Teknologi MARA, from 6 to 10 September 2024.

Community Nutrition Internship Programme

2023 marked the fourth year of NSM's Community Nutrition Internship Programme, aimed at enhancing nutrition capacity by involving local undergraduate students in community nutrition promotion programmes and other NSM activities.

In 2023, a total of two undergraduate students completed their internship under this programme: Ms Nur Ameera Farhana binti Mohamed Sabri from Universiti Sabah Malaysia for 22 weeks (1 March – 28 July 2023), and Ms Su Pei Wen from USCI University for 12 weeks (4 September – 30 November 2023).

Interested and qualified candidates should submit their CV together with a name and contact information of one referee through their respective university internship coordinator to president@nutriweb.org.my and secretary@nutriweb.org.my at least eight (8) weeks prior to the internship date. More details are available in the [flyer \(https://nutriweb.org.my/index.php?internship\)](https://nutriweb.org.my/index.php?internship).

ANNOUNCEMENT:

Nutrition Society of Malaysia Postgraduates Initiative

The Nutrition Society of Malaysia Postgraduates Initiative (NSM PG Initiative) was proposed by an active NSM postgraduate member (Mr. Eow Shiang Yen, L2340) in 2023. With the support of the NSM council, the Initiative will kick off in 2024, serving as a platform for proactive information sharing, fostering friendships, and encouraging collaboration among postgraduate students.

Look out for information on this initiative on Nutriweb and via email!

16th Session of the National Food Safety and Nutrition Council

NSM attended the 16th Session of the National Food Safety and Nutrition Council on 11 April, which was chaired by then-Minister of Health Malaysia, YB Dr. Zaliha binti Mustafa. The meeting focused on discussions around 6 working papers; of these, three papers are relevant to NSM, and NSM is committed to work alongside MOH on these policies:

- Dasar Keselamatan Makanan Kebangsaan 2.0
- Online monitoring system for National Plan of Action for Nutrition, NPANM
- Approval of revised nutrient content claim for trans fatty acids and approval for new nutrient function claim for Palm-Tocotrienol Rich Fraction (TRF) under the Malaysian Food Regulations 1985.

Allied Health Professions (AHP) Act 774

The term of the 1st Malaysian Allied Health Professions Council (MAHPC) ended on 8 July 2023, after one meeting in March.

The 2nd Council was appointed by the Minister of Health to serve from 9 July 2023-8 July 2026. Dr Tee E Siong was re-elected into the council to represent NSM.

Several actions were implemented in 2023. The registration process, which began in mid-2022, continued as per the schedule, according to the various professions, and place of work (for more information, visit the MAHPC [website](#)). Practitioners in the clinical sector were given priority to register, while nutritionists in the public sector and academia were registered following that. Those in the private sector are expected to be able to register from mid 2024.

The list of the nine nutrition courses recognised by the MAHPC was updated and published on the website on 17 April 2023. Practitioners in nutrition possessing

degrees outside of this list were also considered for registration in accordance with section 46 of the Act. A working group, comprising senior nutritionists in the public and private sector, has been established to vet these degrees and reviewed each application individually.

Discussion is on-going vis-a-vis the registration of Malaysians who graduated with foreign degrees, as well as practitioners who are non-Malaysians.

The MAHPC was informed of several unrecognised nutrition and dietetic courses for persons not possessing the required minimum qualifications. MAHPC released a notice to indicate that unrecognised courses are not permitted, and will continue to monitor such courses.

Members are urged to follow developments of the AHP through [Nutriweb](https://nutriweb.org.my) (<https://nutriweb.org.my>) and the [MAHPC website](https://alliedhealth.moh.gov.my/Mahpc/) (<https://alliedhealth.moh.gov.my/Mahpc/>).

National Coordinating Committee on Food and Nutrition (NCCFN)

The National Coordinating Committee on Food and Nutrition (NCCFN), which plans and oversees the implementation of activities within the National Plan of Action for Nutrition (NPAN), held two meetings in 2023: 27 June and 14 November.

Updates were shared on the progress of the technical working groups as well as other activities/initiatives such as incentives for School Meal Programme, Kebun Komuniti Bandar, Global Food Security Index, and the monitoring system for NPANM.

MOH Technical Working Groups

Assoc Prof Dr Satvinder Kaur and Puan Rokiah Don represent NSM in the Technical Working Group (TWG) on Nutrition Advocacy. A meeting was held on 23 May 2023 to discuss nutrition programmes in the country. In this meeting, reduction of sugar strategies was discussed extensively, including the use of Healthier Choice Logo on products, training for healthy cafeterias, and research on sugar consumption among Malaysians carried out by UPM and WHO. There are also several initiatives to disseminate nutrition key messages to children and adolescents in schools, including a segment on Didik TV and plans to update the school curriculum.

NSM also participates in the TWG on Nutrition Research, represented by Assoc Prof Dr Mahenderan Appukutty. In 2023, two meetings were held on 27 March and 5 October 2023. The

focus of these meetings was to revise the RNI, and to plan for RNI 2027. It was identified that more data should be included into MyFCD, specifically from the food industry. A team led by Dr Norliyana Abdul Aris (UMS) is tasked with a systematic review on Minerals and Traces Elements Intake among children in Southeast Asia.

The TWG on Nutrition Training held a meeting on 3 March 2023 to share and discuss the training activities conducted in 2022 and to discuss training activities to be implemented in 2023. Assoc Prof Dr Chin Yit Siew led a sub-technical working group for interactive training and education material development, whereby the interactive computer game named 'Suku-Suku-Separuh' was developed. The game was showcased at the MyDigitalMaker Fair 2023 event.

Visionary Workshop Untuk Kajian Blueprint Sekuriti Makanan Negara

NSM was represented by Council Member, Dr Yasmin Ooi, in the 3rd session of the Visionary Workshop on the National Food Security Blueprint study. The workshop was convened by the Ministry of Agriculture and Food Security, and held from 3-4 August 2023 in Putrajaya.

In the session, NSM and the Nutrition Division, MOH, emphasised the importance of ensuring access to all food groups for a balanced diet in the population, as well as inter-agency collaboration beyond MOH. Dr Yasmin also addressed questions on whole grains, local sources, and nutrient content, focusing on local heirloom rice.

Healthier Choice Logo

The Expert Group on the Healthier Choice Logo held two virtual meetings in 2023 (12 June and 24 August), chaired by the Nutrition Division, MOH, where they reviewed the criteria for the HCL

system. A follow-up meeting on 16 February 2024 was held to discuss comments by the food industry on the criteria. NSM was represented in the EG by Dr Tee E Siong.

