



The Role of Diet and Physical Activity in Combating Non-Communicable Diseases

26-27 March 2013

The first-ever national conference on non-communicable diseases (NCDs) was organised by the Nutrition Society of Malaysia from 26-27 March 2013.

Co-organised with the Ministry of Health Malaysia and the Malaysian Association for the Study of Obesity (MASO), the conference saw 480 delegates, comprising stakeholders from the public and private sectors, professional bodies and other organisations in the health and non-health sectors, coming together to discuss the challenges, best practices and strategies in the prevention of NCDs.

Contents

Malaysia's 1st Conference on NCDs	1
A word from the President	2
The Role of Diet and Physical Activity in Combating NCDs	3
28th Annual Scientific Conference	7
Nutrition Month Malaysia	10
Publications	13
Scientific Meetings	14
Community Service Projects	18
Scientific Collaborations	19
Calendar of Events	20

The contents of Berita NSM shall not be quoted without prior written permission from the Nutrition Society of Malaysia.

Findings and opinions expressed by the contributors in the Berita do not necessarily reflect the views of the Nutrition Society of Malaysia. The Publications Committee is not responsible for any errors contained therein.

Correspondence/contributions for the Berita should be sent to:

Chairman,
Publications Committee,
Nutrition Society of Malaysia,
c/o Division of Human Nutrition,
Institute for Medical Research,
50588 Kuala Lumpur.

Fax: 03 - 77287426

Email: president@nutriweb.org.my
secretary@nutriweb.org.my

A word from the President



Take up the torch!

In many countries around the world, the rising trend of non-communicable diseases (NCDs) is cause for concern at the highest level.

In Malaysia, we are no less determined to tackle NCDs at the macro and micro level, starting right at the top. The National Strategic Plan for Non-communicable Diseases, launched by the Ministry of Health, calls for collaboration and participation of various stakeholders in combating NCDs.

The fight against NCDs also has the support of professional bodies and other organisations. This fact was acknowledged during the country's first-ever conference on NCDs, which took place in Kuala Lumpur from 26-27 March 2013.

Organised by Nutrition Society of Malaysia, with co-organisers the Ministry of Health Malaysia and the Malaysian Association for the Study of Obesity (MASO), the NCD conference had a strong focus on the groundwork required to reverse this public health epidemic – research findings, experiences from intervention programmes and multi-stakeholder partnerships.

The last point on multi-stakeholder participation is the most crucial one as it takes more than just the government or an NGO to tackle NCDs. Everyone involved in nutrition and lifestyle – whether from the public and private sectors, academia, professional bodies or the community – has a role to play in creating enabling environments to change consumer behaviour and practices.

I urge all NSM members to contribute to NCD prevention in all the spheres that you work in. Read more about the landmark NCD conference in this issue of Berita NSM, as well as other significant activities that the society was involved in from the second half of 2012 to the first half of 2013.

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

NSM Publications Committee

Chairman: Dr Tee E Siong Members: Prof Dr Norimah A Karim
Dr Mahenderan Appukutty

Published by: Nutrition Society of Malaysia
c/o Division of Human Nutrition,
Institute for Medical Research,
50588 Kuala Lumpur.

Printed by: Academe Art & Printing Services Sdn Bhd
7, Jalan Rajawali 1-A, Bandar Baru Puchong,
Batu 8, Jalan Puchong, 47100 Petaling Jaya.

Design & layout: Darius Chan (darius@darius.my)

The Role of Diet and Physical Activity in Combating NCDs

Current Concerns and Challenges in Nutrition

24-25 May 2012

Non-communicable diseases (NCDs) have become the leading causes of death globally, killing more people each year than all other causes combined. Research over the past 3 decades, including data from the National Health and Morbidity Surveys, has shown that the prevalence of NCDs in Malaysia has been on the rise.

Much of the human and social impact caused each year by NCD-related deaths could be averted through well-understood, cost-effective and feasible interventions. International organisations, especially the World Health Organisation, have called on all stakeholders to work in partnership to prevent and control NCDs.

Being the main nutrition professional body in the country, the Nutrition Society of Malaysia (NSM) took the initiative to organise the country's first conference on NCDs to focus on the role of both diet and physical activity in combating NCDs. The co-organisers were the Ministry of Health Malaysia and the Malaysian Association for the Study of Obesity (MASO).



Objectives:

- 1 Further raise the level of awareness of NCDs in the country amongst all stakeholders, including the general public
- 2 Update on the prevalence and risk factors (especially in relation to diet and physical activity)
- 3 Share research experiences NCD-related research directions and findings
- 4 Exchange of experiences and approaches in intervention programmes to combat NCDs and outlining future plans
- 5 Explore opportunities for multi-stakeholder partnership in the prevention of these diseases

Highlights of the NCD Conference

Stakeholders' Intervention Programmes and Strategies (Nutrition and Physical Activity) in combating NCDs: Success and Challenges and Future Directions

Three contrasting, but complementary, perspectives were provided by speakers from the public and private sector. Representatives from the Ministry of Health shared the government's efforts to combat NCDs through intervention programmes and health promotion projects, while industry members spoke about the various initiatives undertaken by food, pharmaceutical and healthcare companies. Finally, NGOs and professional bodies like NSM, MASO, Yayasan Jantung Malaysia and National Cancer Society of Malaysia shared their experiences in the fight against NCDs.

5



Moving Forward in Combating NCDs: Multi-Stakeholders Partnership

A roundtable discussion between representatives from the Ministry of Health, NSM, Consumers International, Federation of Malaysian Manufacturers and Ministry of Education, to explore possible strategic multi-stakeholder partnerships to combat NCDs.

4

Multi-Stakeholder Approach to NCD Prevention

Datuk Dr. Lokman Hakim b. Sulaiman, Deputy Director General of Health (Public Health) from the Ministry of Health explains how a multi-sectoral approach is the only way forward, as it creates enabling environments that help people make healthier choices. This presentation provides the basis for the conference.

1

Presentation slides and posters from the NCD Conference are available at <http://www.nsm-ncd2013.org.my/after-conference-update/>

Current Situation on NCDs and its Associated Risk Factors

A snapshot of the incidence and trends of NCDs in the Asia and Pacific region, within ASEAN countries and in Malaysia, as well as an analysis of the social determinants of NCD risk factors in low- and middle-income countries.

2

Intervention Approaches to Combat NCDs

Speakers from Japan, Australia, New Zealand, Thailand and Malaysia share different interventions in the areas of salt reduction, promotion of healthy diet and physical activity, prevention of cardiovascular disease, obesity prevention in children and nutrition education for school children. One of the highlights was the presentation on 'Shokuiku – A Comprehensive Food and Nutrition Promotion Programme in Japan' by Dr Hidemi Takimoto from the National Institute of Health and Nutrition, Tokyo.

3

4



Building partnerships

The conference on ‘The Role of Diet and Physical Activity in Combating NCDs’ provided a forum for relevant experts from the public and private sectors, professional bodies and other organisations to share experiences and views on all aspects related to the prevention of NCDs.

The conference drew a great deal of interest amongst various sectors. Close to 600 participants from all stakeholders who have a role in providing better understanding of the diseases and the associated risk factors, in establishing policies and intervention programmes, as well as in implementation intervention activities, participated in the conference. As promoting appropriate dietary pattern and active lifestyles requires multi-disciplinary approaches, it was heartening to welcome such a diverse variety of professionals. This multi-stakeholder participation was an acknowledgement of the fact that while promoting greater awareness of the importance of healthy lifestyles is vital, creating enabling environments to change consumer behaviour and practices is crucial.

Over the two days, six symposia sessions, featuring 25 oral presentations by international and local speakers, provided lively exchanges on the latest research directions and findings on NCDs. There were also 60 poster presentations related to prevalence, research, and intervention programmes that deal with NCDs. Speakers and participants shared their successes and challenges in combating NCDs within their respective disciplines.

It is hoped that the conference provided further impetus to all stakeholders to work together towards preventing these scourges and strengthened their resolve to work collectively towards creating a healthier nation.





28th Scientific Conference

Promoting Better Nutrition for All

29-30 May 2013

Whose responsibility is it to create awareness about good nutrition to the public? Is it the role of the government, or that of the restaurants, food companies and supermarkets? Is it a job for universities, NGOs or the media?

In fact, promoting better nutrition is the responsibility of all stakeholders. Government ministries and agencies, private sector, academic institutions, professional bodies and non-governmental organisations all play crucial roles.

While appropriate government policies and action plans are in place to promote optimal nutrition for Malaysians, collaboration amongst stakeholders is the most effective approach towards promoting healthy nutrition for all.

This was the theme explored at the 28th Annual Scientific Conference of the NSM, which provided a platform for all stakeholders involved in promoting nutrition in the country to share experiences and

views on approaches to reach the communities. This was an opportunity to explore partnerships among different stakeholders to enable more effective intervention programmes.

The Conference was declared open by Dato' Dr Azmi bin Shapie, Director of Medical Development, Ministry of Health Malaysia. A special item during the opening ceremony was a tribute to the late Professor Nevin Scrimshaw (1918-2013), the global nutrition pioneer.

The conference was attended by over 400 participants and featured 26 oral presentations by local and international speakers, including the Young Investigator's Symposium. More than 150 scientific posters were on display in the conference covering a wide variety of research topics.

Presentation slides and posters from the conference are available at <http://www.nsmconference2013.org.my/after-conference-updates/>

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



Winners of Undergraduate Prizes



Winners of Postgraduate Prizes

Undergraduate Prizes

- Loo Pei Jian**
"Nutritional status and health-related quality of life among hemodialysis patients in Petaling Jaya and Puchong." (Faculty of Medicine & Health Sciences, UPM)
- Lim Huoi Jien**
"Nutritional status and health-related quality of life among hemodialysis patients in Kota Bharu." (Faculty of Medicine & Health Sciences, UPM)
- Nurulasyikin binti Mokhtar**
"Whole grain consumption patterns among Malay and Indian adults in Klang Valley." (Faculty of Health Sciences, UKM)
- Lim Siew Fen**
"Determination of total phenolic content, antioxidant activities and inhibitory effect of phytate on minerals bioavailability in selected local soy product based dishes." (Faculty of Health Sciences, UKM)
- Noor Khalijah Mohd Kalil**
"Maternal macronutrient intake and physical activity levels among healthy pregnant and gestational diabetic women." (School of Health Sciences, USM)
- Nur Azurinrah Ismail**
"Malnutrition screening tool for cancer patients in chemotherapy: A validation study." (School of Health Sciences, USM)

Postgraduate Prizes

- Dr Tan Sue Yee (PhD thesis)**
"Energy requirement and metabolic determinants of paediatric patients with leukaemia." (Faculty of Health Sciences, UKM)
- Farah Wahida binti Za'abar (MSc thesis)**
"Effects of an intervention program on knowledge, attitude and self-efficacy related to nutrition and physical activity among in-school adolescents in Kuantan Malaysia." (Faculty of Medicine & Health Sciences, UPM)
- Saw Wen Shang (MSc thesis)**
"Relationship between diet composition and meal frequency with dental caries among patients in the dental clinic of UKM Kuala Lumpur Campus." (Faculty of Health Sciences, UKM)

Poster Prizes

First prize – Lee Siew Siew

“In vitro inhibitory potential of selected legumes against pancreatic lipase.” (Faculty of Medicine and Health Sciences, UPM)

Second prize – Gan Xiang Ling

“Effect of different cooking methods on potassium content in selected green leafy vegetables.” (Faculty of Medicine and Health Sciences, UPM)

Third prize – Lim Soon Li

“Development and validation of an energy expenditure estimation model using physical activity index among male undergraduates in Universiti Kebangsaan Malaysia, Kuala Lumpur.” (Faculty of Health Sciences, UKM)

Consolation prize – Nurul Hidayah Whakiddin

“Development and Evaluation of a Booklet on Feeding Guidelines ‘Sayang, Marilah Makan’ for Picky Eating Children Aged Two to Five Years.” (Faculty of Health Sciences, UKM)

Consolation prize – Nur ‘Amirah ‘Inani Sabri

“Health-related behaviors were different between overweight and normal-weight female undergraduate students in Universiti Putra Malaysia.” (Faculty of Medicine and Health Sciences, UPM)

Consolation prize – Fong Sow Ling

“Anthropometric indices and body fat percentage of adolescents aged 12 to 14 years in Kuala Lumpur.” (Faculty of Health Sciences, UKM)

Consolation prize – Nor Nabilah Abd Ghani

“Assessment of printed nutrition educational materials.” (Faculty of Health Sciences, UKM)

Consolation prize – Wan Nurul Farhanah Wan Mohd Azmi

“Whole grain consumption patterns among Malay adults in rural area.” (Faculty of Health Sciences, UKM)

Consolation prize – Ng Ai Ping

“The association between A Body Shape Index (ABSI) and body fat composition.” (School of Health Sciences, USM)

Young Investigators’ Symposium Winners

First prize – Chan Sin May

“Dietary intake and urinary excretion of sodium and potassium among female adults in a university, Kuala Lumpur.” (School of Health Sciences, IMU)

Second prize – Noor Atikah Aizan Abdul Kadir

“Antioxidant capacity, total phenolic content and total flavonoid content in tamarillo (*Cyphomandra betacea*), cherry tomato (*Solanum lycopersicum* var. *cerasiforme*), and tomato (*Lycopersicon esculentum*).” (Faculty of Medicine and Health Sciences, UPM)

Third prize – Lim Yoke Har

“Female adolescents are at-risk of eating disorders in rural area of Kota Bharu, Kelantan.” (School of Health Sciences, USM)

Consolation prizes – Ng Say Theng

“Relationship between Healthy Eating Index (HEI) and weight status among older adults.” (Faculty of Health Sciences, UKM)

Consolation prizes – Yap Chee Kong

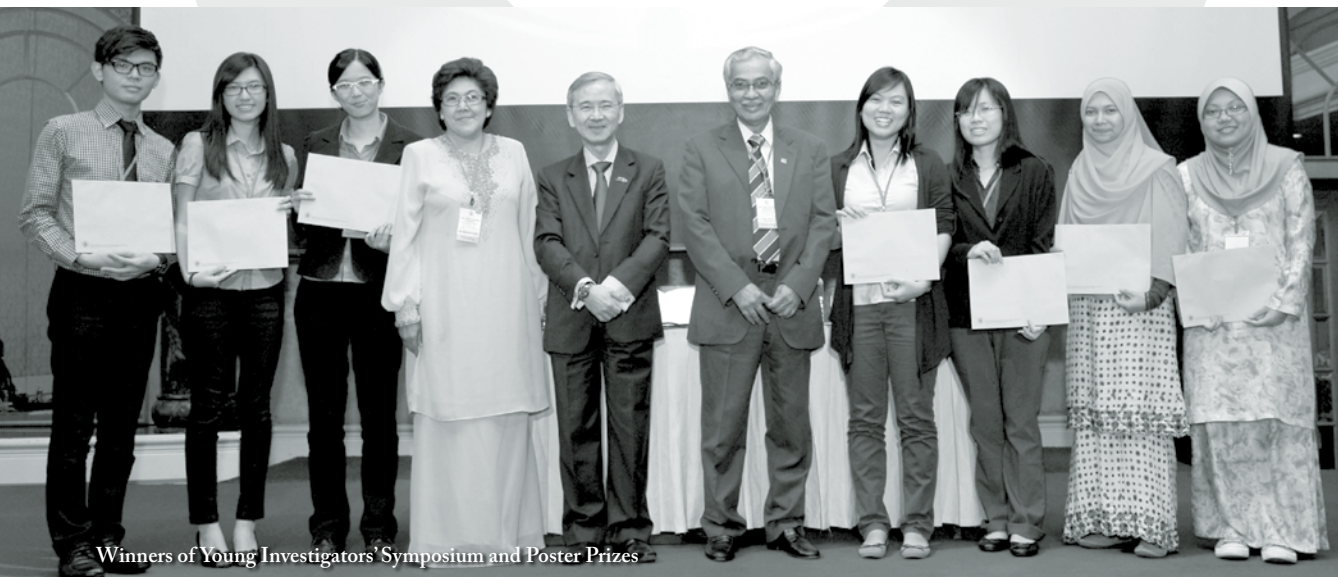
“Beverage consumption pattern and body weight status among male students in a private university in Kuala Lumpur.” (Faculty of Applied Science, UCSI University)

Consolation prizes – Noor Kamsina Aziz

“Obesity in men and its associated risk factors: A sample from selected Felda in Pahang.” (Faculty of Medicine and Health Sciences, UPM)

Consolation prizes – Beh Chee Mein

“Low consumption of milk and dairy foods is associated with lower bone mass among postmenopausal Chinese women in Kelantan.” (School of Health Sciences, USM)



Winners of Young Investigators’ Symposium and Poster Prizes

Eat Right, Be Active: Stay Free from Diet-Related Diseases



In the month of May 2013, “nutrition” was the buzzword in Malaysia. It was the annual Nutrition Month Malaysia (NMM) celebration, organised by the NSM, Malaysian Dietitians’ Association and the Malaysian Association for the Study of Obesity, supported by the Ministry of Health.

NMM 2013 focused on the theme ‘Eat Right, Be Active: Stay Free from Diet-Related Diseases’, in line with the country’s urgent emphasis on preventing non-communicable diseases (NCDs).



One of the enduring features of NMM is the Nutri-Fun Land Family Carnival, which took place in Mid Valley Exhibition Centre from 3-4 May 2013. The carnival was filled with fun and informative games and activities to promote healthy eating habits and active lifestyle amongst Malaysian families. There was an interactive area for families to learn about the Food Pyramid, discover calories and fats found in common Malaysian meals, learn healthier ways to choose foods, develop smarter shopping habits and jumpstart fitness regimes. The public was also provided with opportunities to have free nutrition screenings and advice from nutritionists.

Diet-Related Diseases

As part of the month-long outreach to the public, press articles on NCD awareness, nutrition and healthy lifestyle were published in English, Bahasa Malaysia and Chinese-language newspapers.

Recognising that healthy eating begins at a young age, roadshows were held at SK Desa Tasik, SK Setia Alam, SK Seri Bintang Selatan and SK Damansara Utama to create awareness among school-going children. The NMM team also went on “NCD Awareness” roadshows to workplaces, including Majlis Perbandaran Ampang Jaya and AstraZeneca.

As always, NMM is made possible with the steadfast support of the private sector. In 2013, the main sponsor for NMM was Danone Dumex.



NEW!

NMM launches 2 publications

Prevent NCDs: Stay Free From Diet-Related Diseases

The growing threat of non-communicable diseases (NCDs) like obesity, heart disease, diabetes and cancer is of grave concern to the Nutrition Month National Steering Committee. It was with this in mind that NMM published a magazine-style book focusing on this topic.

This 36-page magazine provides consumers with appropriate knowledge on NCDs and the steps needed

to prevent these diseases. Readers will learn about the risk factors of NCDs, the different aspects of diet and nutrition that contribute to NCDs, and how physical activity helps to lower the risk.

The contents of the magazine are focused on practical action. For instance, there is a simple questionnaire to help readers assess their eating habits. There are suggested meal plans, as well as the nutritional content of common local foods. There are also recipes and illustrations of workouts that can be done at home.

My Cookbook with Bread

During NMM, there is always something for the kids. This year, Gardenia collaborated with NMM to publish a cookbook for children, featuring recipes using bread. Children will love the recipes as they are easy to make, delicious and prepared in a fun manner.

Children will also learn while using this recipe book. There are interesting snippets of information on food and nutrition, as well as safety and hygiene in the kitchen.

NSM Publication Prize 2013

Five categories of NSM Publication Prize were offered in 2013. These are for different fields of nutrition research, namely: infant and childhood nutrition; maternal nutrition; dairy nutrition; bone health & nutrition and human nutrition. Prizes were only awarded for three categories this year.

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

Teo Pey Sze

Nutrition Programme, School of Health Sciences, Universiti Sains Malaysia, Health Campus, Kubang Kerian, Kelantan

For her publication titled 'Development and validation of newly computerised-based physical activity questionnaire to estimate habitual physical activity level in Malaysian adolescents' (Journal of Science and Medicine in Sport, 2012)

Nurul Fadhilah Abdullah

Nutrition Programme, School of Health Sciences, Universiti Sains Malaysia, Health Campus, Kubang Kerian, Kelantan

For her publication titled 'Infrequent breakfast consumption is associated with higher body adiposity and abdominal obesity in Malaysian school-aged adolescents' (PLoS ONE 8(3): e59297. doi:10.1371/journal.pone.0059297, 2013)

Dr Hamid Jan

Nutrition Programme, School of Health Sciences, Universiti Sains Malaysia, Health Campus, Kubang Kerian, Kelantan

For his publication titled 'Effect of Gender and Nutritional Status on Academic Achievement and Cognitive Function among Primary School Children in a Rural District in Malaysia' (Mal J Nutr 17(2): 189 – 200, 2011)

Dairy Nutrition (sponsored by Fonterra Brands (M) Sdn Bhd):

Dr Mahenderan Appukutty

Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam

For his publication titled 'Modulation of interferon gamma response through orally administered bovine colostrum in active adolescent boys' (Biomedical Research, 2011;22(1):18-22)

Bone Health and Nutrition (sponsored by Fonterra Brands (M) Sdn Bhd):

Dr Hasnah Haron

Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur

For her publication titled 'Absorption of calcium from milk and tempeh consumed by postmenopausal Malay women using the dual stable isotope technique' (International Journal of Food Sciences and Nutrition, March 2010; 61(2): 125-137)

APPLY FOR THE NSM PUBLICATION PRIZE 2014!

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

Infant and Childhood Nutrition – cash prize of RM2,000 and certificate from NSM (sponsored by Dutch Lady Milk Industries Berhad)

Maternal Nutrition – cash prize of RM2,000 and certificate from NSM (sponsored by Fonterra Brands (M) Sdn Bhd)

Dairy Nutrition – cash prize of RM2,000 and certificate from NSM (sponsored by Fonterra Brands (M) Sdn Bhd)

Bone Health and Nutrition – cash prize of RM2,000 and certificate from NSM (sponsored by Fonterra Brands (M) Sdn Bhd)

Applications must be received before 15 April 2014.

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

In Memoriam

Professor Nevin Scrimshaw
(1918-2013)

The Global Nutrition Pioneer

Nutrition Society of Malaysia (NSM) shares the loss of Dr Nevin S. Scrimshaw, MD, PHD, MPH who passed away due to congestive heart failure on 8 February 2013, at age of 95.

As one of the global nutrition pioneers, Scrimshaw developed and promoted numerous malnutrition solutions through his leadership of research programmes and establishment of dedicated nutrition institutes.

A giant in global nutrition has left us and he will be sorely missed. He has been a mentor to many nutritionists in all corners of the world. He is truly an icon that we would want to emulate. Dr Nevin Scrimshaw has left a legacy that we need to ensure remains – that nutrition gets the attention it deserves on the global development agenda.

Malaysian Journal of Nutrition



In the second half of 2012, two issues of the Malaysian Journal of Nutrition (MJN) were published: Vol 18(2) and (3). In the first half of 2013, Vol 19(1) was published.

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

MJN is abstracted/indexed by Medline/Pubmed, Google Scholar, the WHO Western Pacific Region Index Medicus, Elsevier databases of the Scopus, Ebiology and Ecare, and CABI Global Health database.

The MJN was also ranked the top journal under the Malaysian Citation Centre in Ministry of Higher Education (MoHE). This performance status is based on the H-index which tracks the number of citations per article throughout 2012.

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

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

Nutritionists' Choice Cookbook, Vol. 2

In 2011, the NSM published the Nutritionists' Choice Cookbook (NCC) Vol. 1: Healthy Recipes for Your Little Ones, which has been very popular among parents and professionals.

To follow up on the success of the first volume, NCC Vol. 2 was launched in late 2012, titled Buku Masakan Pilihan Pakar Pemakanan: Resipi untuk Seisi Keluarga (Recipes for the Whole Family). This Bahasa Malaysia edition contains 60 recipes that promote balanced, good nutrition for families in Malaysia.

Eating healthily can be a challenge for modern families, especially those who have to juggle full-time jobs, while caring for their children. The trend of eating out is on the rise, but this leads to the likelihood of eating less balanced, less nutritious meals. Preparing healthy meals at home is the best way for families to get the nutrients they need and prevent chronic diseases, while spending valuable time together.

NCC Vol. 2 is uniquely expert-driven, with recipes chosen and approved by leading nutritionists in Malaysia. They also provide tips for healthy cooking and simple nutrition information. Now, Malaysians can have a nutritionist in their very own homes!

Available for purchase!

'Buku Masakan Pilihan Pakar Pemakanan, Jilid 2: Resipi untuk Seisi Keluarga' is available for sale to the public through NSM members.

Get your copies now, and help us to promote this recipe book to parents, child caregivers and preschool operators.

Email Dr Tee E Siong, President of NSM, for details: president@nutriweb.org.my



9th Allied Health Scientific Conference

10-11 September 2012



As the world population ages, healthcare has become of prime importance. Each Allied Health Professional will play an imminent role whereby their expertise helps to bridge the primary, secondary and tertiary care for patients and community delivered by medical and health personnel. They contribute their services along a continuum of promotional, preventive, therapeutic and rehabilitative care.

The NSM took on the exciting challenge of organising the 9th Allied Health Scientific Conference from 10-11 September 2012, in collaboration with the Allied Health Sciences Division, Ministry of Health Malaysia.

Traditionally, the Allied Health Scientific Seminar has been organised by the Ministry of Health Malaysia once every two years for Allied Health Professionals from the Ministry of Health. The conference in 2012 marked the first time that the event was open for all to attend.

With the theme “Towards Better Health”, the 2-day conference attracted a good mix of local and international medical and health professionals. The scientific programme comprised plenary lectures and symposia sessions that addressed the multidisciplinary role of allied health professionals, public health, clinical and laboratory practices, legislations and innovations. The plenary lectures were among the highlights of the programme, where speakers from the UK, Australia and Singapore shared their knowledge about regulation and development of the Allied Health Profession in their countries.



The Allied Health profession in Malaysia comprises 32 professions, which have direct or indirect effect on patient care or health of the individual or population. They are categorised into three main groups, namely Clinical Group, Public Health Group and Laboratory Group. Each professional brings their respective knowledge, skill set and expertise to the clinical setting, working together with other medical professionals in a multi-disciplinary approach to ultimately improve patient care.

Seminar on Soy Nutrition, Trends & Market Development

27 September 2012

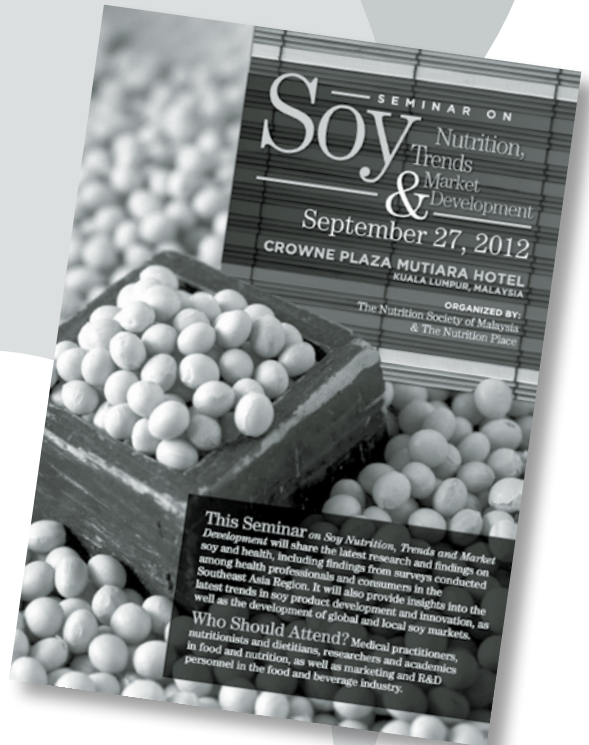
The NSM collaborated with The Nutrition Place, Singapore, to organise a seminar on soy nutrition, its trends and market development in September 2012. Sponsored by the American Soybean Association, the Seminar shared the latest research and findings on soy and health, including findings from surveys conducted among health professionals and consumers in the Southeast Asia Region. It also provided insights into the latest trends in soy product development and innovation, as well as the development of global and local soy markets.

In the first session, chaired by Prof Dr Khor Geok Lin of International Medical University, Malaysia, Dr Tee E Siong of NSM provided an overview of the latest research on soy nutrition and health. Prof Koh Woon Puay from National University of Singapore then shared the recent findings from a Singapore cohort study on the link between soy food and risk of diabetes. Dr Hasnah Haron from Universiti Kebangsaan Malaysia explored the benefits of tempeh as a source of isoflavones and calcium for post-menopausal women.

The second session saw speakers expanding on the knowledge, perception and key drivers on soy consumption and market development. Pauline Chan from The Nutrition Place, shared findings from SEA surveys on how health professionals

perceive soy and soy foods, while Danny Lai from ACORN Marketing and Research, Singapore, spoke on the consumer perspective of the region. Anthony Emms from Stanton, Emms & Sia, Singapore, looked at the status and future trends of market developments in Malaysia.

The day wrapped up with some key ideas on using branding strategies to sustain soy in the marketplace. Lai Kit Mun from Tetra Pak Singapore presented on innovations for changing consumer trends in the Asian soy beverage markets.



Regional Conference on South East Asian Nutrition Surveys (SEANUTS)

6-7 November 2012

The South East Asian Nutrition Surveys (SEANUTS) is a multi-centre study that was simultaneously carried out among 16,744 children aged 6 months to 12 years in four countries – Malaysia, Indonesia, Thailand, and Vietnam. The study was commissioned and sponsored by FrieslandCampina. The study aimed to comprehensively examine the children's nutritional status, dietary intake and habits, physical activity, blood biochemistry, as well as assessing bone

health and cognitive function, providing relevant insights for gaps in information

Highlights from the SEANUTS were presented in a 2-day conference on 6-7 November 2012, Kuala Lumpur. Jointly organised by NSM, Universiti Kebangsaan Malaysia and FrieslandCampina Institute, the focus was on findings from Malaysia. In addition, international reputable nutritionists were invited to discuss

some of the key learnings and findings that have been uncovered in the course of SEANUTS. The conference was well attended by over 200 nutritionists from the academia, research institutes and government agencies.

The presentations are available at <http://www.frieslandcampinainstitute.com/en/news-and-updates/news/seanutns-conference-outcomes.aspx?rubriek=Malaysia&onderwerp=presentations>



Instituut
voor zuivel en gezondheid

The FrieslandCampina Institute provides information and advice to professionals about diet, dairy products and health based on the latest scientific information. This information is intended exclusively for professionals and not for consumers, clients or patients.

Spotlight on early intervention in malnutrition

Between half and three quarters of patients in intramural care and home care have additional nutritional requirements because of moderate or serious malnutrition. In the case of moderate malnutrition simple measures like the provision of tasty protein and energy-rich snacks can play a crucial role.

Extra protein and energy are crucial
Serious malnutrition changes the energy metabolism. The body makes inefficient use of its energy sources and places higher demands on protein as an energy source. People with malnutrition therefore have a higher requirement for energy and protein. Meeting such needs means that the body needs to make a smaller demand on its own protein performance of the muscles, including the heart, and organ and energy reserves. This prevents any reduction in the such as the lungs. In the case of serious malnutrition such as the lungs. In the case of serious malnutrition such as the lungs. In the case of serious malnutrition such as the lungs.

Therapy
The selection of the appropriate snacks is important as it is their use to provide sufficient protein and energy. Simply providing a snack with the morning coffee will not be enough. But providing it in between meals of the correct

Instituut
voor zuivel en gezondheid

The FrieslandCampina Institute provides information and advice to professionals about diet, dairy products and health based on the latest scientific information. This information is intended exclusively for professionals and not for consumers, clients or patients.

Spotlight on breakfast

There is no doubting that eating breakfast is a healthy dietary habit. Regularly eating breakfast is linked to better nutritional status and less obesity. Nevertheless, breakfast isn't popular with everyone. Children and young adults in particular are skipping breakfast.

Breakfast's diet is of better quality
Because of its structure breakfast makes a substantial contribution to our daily requirement for various nutrients. Research shows that missing breakfast is associated with poorer intake of protein, fibre and vegetables. Dutch Health Council 2002. Breakfast experts therefore have a better supply of micronutrients like B vitamins and vitamin C, but less calcium and dietary fibre. This was shown confirmed by percentage of fat in the diet of non-breakfasters is higher than in that of those who do eat breakfast (Williams 2005, Ruckert 1997).

The trend
A 2007 study among 2,276 Dutch adults (18-65 years) showed that 72% eat breakfast nearly every day. More than younger adults (67%) and more older adults (79%) than a section of the population have given up on breakfast. The study showed that those with only secondary level education are particularly likely to skip breakfast, with 20% women also regularly skip the first meal of the day. Three or at work or at school. As of 2003, 7% of respondents in 2001 were 1% and 1% respectively (Centraal Bureau voor de Statistiek 2003).

Breakfast beneficial for cholesterol and glucose levels and an sensitivity to insulin. The CBSTAT study found that the risk of developing insulin resistance syndrome is 37 to 53% lower in those who breakfast than in the non-breakfasters

Seminar on Micronutrient Fortification of Food

10 October 2012

Vitamins and minerals are needed in minute quantities for growth, development and maintenance. Deficiencies of these micronutrients can lead to serious health problems, including blindness, mental retardation and reduced resistance to infectious disease, and in some cases to death. These deficiencies therefore have a significant impact on human welfare and on the economic development of poorer countries. Globally, the three deficiencies of greatest public health significance are those of vitamin A, iron and iodine.

In developing countries, food fortification is increasingly recognised as an effective medium- to long-term approach to improving micronutrient status in large populations. As a food-based approach to promote the consumption of micronutrient-rich foods, one important advantage of this strategy is that food fortification provides several essential micronutrients, simultaneously addressing a combination of deficiency problems.

NSM collaborated with the International Life Sciences Institute (ILSI) Malaysia Country Committee to organise a scientific and regulatory update on micronutrient fortification of food on 10 October 2012. The Seminar provided a forum to discuss all aspects of micronutrient fortification in food, with particular attention to Malaysia. Seven presentations were made to cover these aspects and a panel discussion provided a forum for discussion among all stakeholders on the future of voluntary and mandatory fortification of micronutrients in Malaysia.

About 120 participants were at this scientific event, comprising mostly nutritionists and food scientists from various organisations and agencies.

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

26-29 January 2015, Kuala Lumpur

The Nutrition Society of Malaysia has been given the honour to host the 9th Asia Pacific Conference on Clinical Nutrition (APCCN), from 26-29 January 2015, Kuala Lumpur. In cognisance of the prevailing nutritional disorders across the Asia-Pacific region, we have chosen to take on the theme: "Prevention and management of diseases through the life cycle: The role of nutrition and physical activity" for the Conference.

9th APCCN will provide a platform for clinicians, nutritionists, dietitians and other health-care professionals to deliberate, exchange views and experiences in tackling the prevailing under- and over-nutrition problems that is affecting the young and old alike. We anticipate a great deal of useful information can be drawn from the pool of expertise that will gather. We envisage valuable learnings can be gained for the prevention and management of these disorders.

We invite you to join us in this 3-day action-oriented conference. Details of the conference shall be progressively uploaded on : <http://www.apccn2015.org.my>

Philips Mother's Smart Choice

Philips Mother's Smart Choice (MSC) programme entered its third phase in 2013, focusing on providing information to mothers that will help them in the preparation of healthy meals for young children.

MSC was launched in 2011 by NSM in collaboration with the Obstetrical and Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and the National Population and Family Development Board (LPPKN), with the sponsorship of Philips Avent. This 3-year programme was aimed at promoting good infant and young child nutrition and offering practical tips that the working mother can incorporate into her daily schedule.

The first phase of MSC focused on breastfeeding, with the launch of an illustrated guidebook "Breastfeed with Confidence" and a series of talks for nurses on breastfeeding. The second phase in 2012 focused on providing advice to mothers on appropriate complementary feeding with an illustrated guidebook, "Baby's First Bites".



Mi-CARE

Mi-CARE Nurse Training Programme is an ongoing training and education programme spearheaded by NSM, the Obstetrics and Gynaecological Society of Malaysia (OGSM), National Midwifery Society of Malaysia (NMSM) and Malaysian Paediatric Association (MPA).

The Mi-CARE programme's main objective is to empower nurses, nurse aides and midwives from both private and government O&G, paediatric clinics and maternity centres. It utilises an entirely holistic approach, which covers aspects of care for mothers (before, during, and after, pregnancy), and care for infants from birth till up to 12 months of age.

Under Mi-CARE, a series of workshops have been organised in several major towns around the country.



Healthy Kids programme

In 2013, the Healthy Kids Programme (HKP), a collaboration between NSM and Nestle, continues its last year of intervention among primary school children, to conduct education intervention on nutrition and physical activity, and assess their knowledge, attitude and practice post-intervention.

The HKP was launched in 2010 as a two-pronged programme, in line with Nestle's global initiative to raise nutrition, health and wellness awareness of school-age children around the world. The first component is an awareness campaign on nutrition

and physical activity through its interactive website (www.healthykids.org.my). The second component is research-based, aimed at developing and determining the effectiveness of appropriate educational materials to facilitate the teaching of nutrition to primary school children.

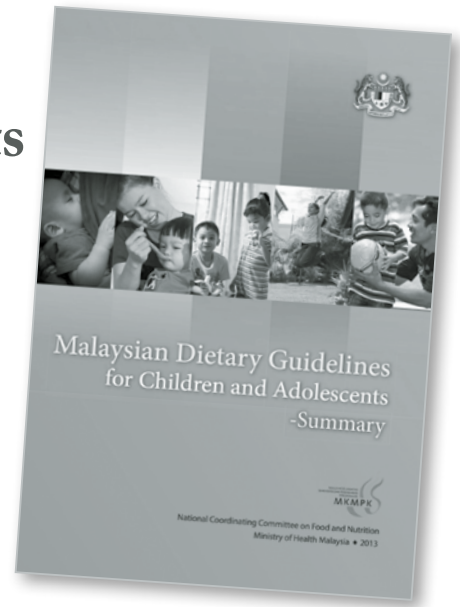
Results obtained from the education sessions in local primary schools in 2011 and 2012 thus far have shown that the nutrition knowledge of the intervention group improved significantly.

MOH Dietary Guidelines for Children and Adolescents

The Malaysian Dietary Guidelines for Children and Adolescents were launched by the Ministry of Health in 2013.

NSM council members were actively involved in the MOH Technical Working Group (TWG) on these guidelines. The Guidelines comprise a set of 15 prime messages for ensuring the health and nutrition of children and adolescents from birth to 18 years of age. The guidelines cover the whole spectrum of food and nutrition issues, including a specific chapter on physical activity.

The guidelines can be downloaded from <http://www.moh.gov.my/images/gallery/Garispanduan/MDG%20Children%20and%20Adolescents%20Summary.pdf>



Allied Health Profession Bill



Discussions on the Allied Health Profession (AHP) Bill continued in the year. Several meetings and workshops were organised by the Nutrition Division and the Allied Health Division of MOH to draft the regulation for all the professions.

In the course of the year, the committee prepared documentation for Annual Practice Certificate, disciplinary matters and Continuous Professional Developments (CPD) matters. The Technical

Working Group (TWG) on Nutrition under the AHP has discussed the definition of Nutritionists and the Code of Professional Conduct and Code of Ethics for this profession. A system to monitor continuing professional development of nutritionists is also being prepared.

Diary of Conferences and Seminars

2013

4th International Symposium on Wellness, Healthy Lifestyle and Nutrition

30 November - 1 December 2013, Yogyakarta, Indonesia

<http://www.iswhn.com>

16th Asia Pacific Regional Conference of Alzheimer's Disease

11-13, December 2013, Hong Kong, China

<http://www.aprc2013-hongkong.com/>

International Sport and Exercise Nutrition Conference (ISENC)

17-19, December 2013, United Kingdom

<http://www.isenc.org>

2014

2nd International Conference on Nutrition and Growth

30 Jan-1 Feb, 2014, Barcelona, Spain

<http://www.kenes.com/nutrition-growth>

Healthy Mothers and Healthy Babies: New Research and Best Practice

21-22, Feb 2014, Vancouver, Canada

<http://interprofessional.ubc.ca/Perinatal2014/default.asp>

Global Public Health Conference

21-23, Feb 2014, Chennai, Tamil Nadu, India

<http://gphcon2014.wix.com/gphcon>

Malaysian University Sports Council International Conference 2014 (MUSCIC 2014)

25-26 Feb 2014, Kuala Lumpur, Malaysia

<http://www.muscic.my/>

Excellence in Diabetes

28 February - 2 March 2014, Doha, Qatar

<http://www.excellence-in-diabetes.eu/>

2nd International Symposium of Probiotics Prebiotics in Pediatrics (IS3P)

7-9 March 2014, Antalya, Turkey

<http://is3p.org>

5th International Conference on Food Engineering and Biotechnology – ICFEB 2014

12-14, March 2014, Penang, Malaysia

<http://www.icfeb.org/>

Pre-Congress Satellite Meeting ICO 2014

16 Mar 2014, Kuala Lumpur, Malaysia

www.maso.org.my

International Congress on Obesity

17-20, Mar 2014, Kuala Lumpur, Malaysia

<http://www.iaso.org/events/ico/ico-2014/>

International Conference on Food Security and Nutrition (ICFSN 2014)

29-30, March 2014, Shanghai, China

<http://www.icfsn.org/>

International Colloquium on Sport Science, Exercise, Engineering and Technology (ICoSSEET 2014)

7-9 April 2014, Penang, Malaysia

<http://icosseet2014.uitmrmi.org/>

4th Sports & Performance Nutrition Platform 2014

1-2, April 2014, Cologne, Germany

<http://bridge2food.com/events/food-trends-platform/sports-performance-nutrition-2014/summary.html>

8th Congress of the International Society of Nutrigenetics and Nutrigenomics

2-3 May 2014, Gold Coast, Australia

<http://www.isnn.info>

Inaugural meeting of the South East Asia Public Health Nutrition Network (1st SEA-PHN Network meeting)

2 June 2014, Kuala Lumpur, Malaysia

<http://www.nutriweb.org.my>

29th Annual Scientific Conference of Nutrition Society of Malaysia

3-4, June 2014, Kuala Lumpur, Malaysia

<http://www.nsmconference2014.org.my>

Fifth International Conference on Sport and Society

16-17, July 2014, Rio de Janeiro, Brazil

<http://sportandsociety.com/the-conference/call-for-papers>