



Berita NSM

A Publication of the Nutrition Society of Malaysia

PP18027/02/2013(033336) 2024



2nd Southeast Asia Public Health Nutrition Leadership Programme (SEAPHNLP) and 2nd Malaysian Nutrition Leadership Programme (MyNLP)

Building Strong Minds for a Healthier Southeast Asia

2nd SEAPHN LP and 2nd MyNLP, jointly organised with the SEA-PHN Network, took place from 6 to 10 September 2024 at the Institute of Leadership and Development (ILD), Universiti Teknologi MARA, Bandar Enstek, Nilai, Negeri Sembilan. The Nutrition Leadership Programme aims to enhance leadership competency among young nutritionists in the Southeast Asian (SEA) region. The five-day training program brought together 30 Nutritionists/ Dietitians from Indonesia, Malaysia, Philippines, Thailand, and Vietnam.

The highlights of this impactful programme are captured in the following video:

<https://www.youtube.com/watch?v=ehiyy8KS-Kc>

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Correspondence/contributions for the Berita should be sent to:

Chairman,
Publications Committee,
Nutrition Society of Malaysia,
27C, Jalan PJS 1/48, 46150 Petaling Jaya,
Selangor.

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

A Word from President



Build The Momentum

It's a true honour for me to share this message as the fourth President of the Nutrition Society of Malaysia (NSM). Over the past year, we've continued to grow stronger as a community, committed to advancing nutrition knowledge and making a real difference in people's lives.

From our conferences and outreach programmes to new collaborations and publications, 2024 has been a year full of meaningful achievements. None of this would have been possible without the passion and hard work of our members, partners, and Council.

These milestones reflect our Society's unwavering commitment to excellence, innovation, and service. Looking ahead, we aim to build on this momentum.

As we face evolving nutritional challenges, from promoting sustainable diets to tackling non-communicable diseases, NSM is poised to continue making a meaningful impact through evidence-based strategies, partnerships, and capacity-building.

As we move forward, let's continue to inspire one another, push boundaries, and drive positive change for a healthier Malaysia.

I look forward to working together with all of you to make the coming year even more impactful.

A/Prof Dr Mahenderan Appukutty
FNSM, FMASO
President
Nutrition Society of Malaysia

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Published by:

Nutrition Society of Malaysia,
27C, Jalan PJS 1/48,
Taman Petaling Utama,
46150 Petaling Jaya,
Selangor

NSM Interns:

Ms. Tasnim Senusi
Mr. Guoh Jing Kai

39th Annual General Meeting

NSM 20TH COUNCIL MEMBERS (2024 - 2026)



Position	Name
President	Associate Professor Dr Mahenderan Appukutty
Immediate Past President	Dr Tee E Siong
Vice-President	Professor Dr Hamid Jan B Jan Mohamed
Honorary Secretary	Associate Professor Dr Chin Yit Siew
Honorary Treasurer	Dr Roseline Yap Wai Kuan
Assistant Honorary Secretary	Associate Professor Dr Satvinder Kaur Nachatar Singh
Council Members	Associate Professor Dr Wong Jyh Eiin
	Dr Yasmin Ooi Beng Houii
	Dr Tan Sue Yee
	Dr Mohd Shah Kamarudin
Hons. Internal Auditors	Dr Lee Siew Siew
	Dr Sharifah Intan Zainun binti Sharif Ishak

On 1st March 2024 (Friday), NSM held its 39th Annual General Meeting (AGM) at AVANTÉ Hotel in a hybrid format, with 183 members in attendance: 97 in person and 86 online, thus fulfilling the quorum requirement. The hybrid AGM was managed by Medical Conference Partners, who facilitated the online polling for the election of NSM Fellows and the 20th NSM Council.

The Council Report for 2023 and Treasurer's Report for 2023 were both presented and adopted without any amendments.

Dr. Tee emphasised that NSM is open to health professionals contributing to the advancement of food and nutrition in Malaysia, and highlighted the importance of collaboration across all professional fraternities. During the AGM, Dr. Sangetha Shyam (L2063) was unanimously elected as an NSM Fellow.

We extend our congratulations to Dr. Sangeetha Shyam, on being elected as NSM Fellow 2024, in recognition of her outstanding and meritorious contribution to the field of nutritional sciences.



Dr. Sangeetha Shyam

Annual Scientific Conference



NSM Prizes 2024

Postgraduate Prizes (PhD)

Dr Nur Aqilah Amalina Jaafar
Universiti Putra Malaysia

Development of extended Theory of Planned Behaviour (ETPB) factorial model for organic food consumption among Malaysian adults

Postgraduate Prizes (MSc)

Fiona Ann Christianus
University Malaysia Sabah

Efficacy of an online nutrition education intervention and its impact on nutrition knowledge, attitude, practice and nutritional status among students of Universiti Malaysia Sabah

Erica Ooi Ming Yi

IMU University, Malaysia

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

Undergraduates Prizes

Amanda Lim Wen Hui

IMU University, Malaysia

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

Puteri Ilyia Asilah Binti Shahril

Management and Science University, Malaysia

Comparison of food insecurity and the risk of eating disorders by relative weight change status of Malaysian youths throughout the COVID-19

Koh Su Yuan

UCSI University

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

Nurdina Afiqah Zainal

Universiti Kebangsaan Malaysia

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

Alice Chen

Universiti Malaysia Sabah

Nutritional status and dietary fatty acid intake among children from low income households in Sabah: a cross-sectional study

Nur Arifah binti Zulkifli

Universiti Sultan Zainal Abidin, Malaysia

Association between minimum dietary diversity and nutritional status among young children in Terengganu



39th

Scientific Conference

30–31 July 2024 | AVANTÉ Hotel, Bandar Utama, Petaling Jaya

Teng Kang Ni

University of Nottingham Malaysia

Promoting healthy eating habits among non-healthcare university students via social media-based intervention: a quasi-experimental design

Agnes Seow Jing Mun

Universiti Putra Malaysia

Sociodemographic factors and lifestyle factors with vitamin D status among hospitalized children aged 2–12 years in selected private hospitals in Seremban

Nur Syazwani Binti Mohammed

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



NSM Publication Prize 2024

Mobility and Musculoskeletal Health and Nutrition (sponsored by Fonterra Brands Sdn Bhd (C1879))

Dr Kanimolli Arasu

School of Health Sciences, IMU University, Malaysia

Effect of soluble corn fibre and calcium supplementation on bone mineral content and bone mineral density in preadolescent Malaysian children – a double-blind randomised controlled trial.

<https://doi.org/10.1007/s00198-023-06702-0>

Interventions for Promoting Nutritional Status of General Population (sponsored by Herbalife Nutrition (C2195))

Ng Choon Ming

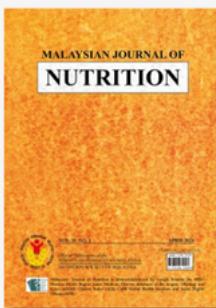
Faculty of Applied Sciences, UCSI University

Culinary nutrition education improves home food availability and psychosocial factors related to healthy meal preparation among children

<https://doi.org/10.1016/j.jneb.2021.04.006>

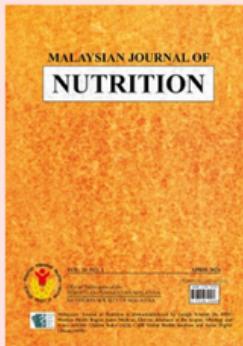
View past conferences, at www.nsmconference.org.my/past_conferences.

Publication & Research



Malaysian Journal of Nutrition (Mal J Nutr)

Under the editorship of Prof Dr Poh Bee Koon, the Malaysian Journal of Nutrition (Mal J Nutr) successfully maintained its publication schedule of three issues annually. In 2024, Volume 30 (Issues 1, 2, and 3) was published as planned, featuring a total of 37 scholarly articles. Since its full transition to an online format in 2018, all issues have been freely accessible on the Nutrition Society of Malaysia website. In October 2024, a dedicated, standalone journal website was officially launched to further enhance accessibility and visibility.



Malaysian Journal of Nutrition (Mal J Nutr) is abstracted and indexed in several reputable databases, including Scopus, Google Scholar, the WHO Western Pacific Region Index Medicus, the National Library of Medicine, the ASEAN Citation Index, the CABI Global Health, and the Asian Digital Library. The journal is highly ranked in the Malaysia Citation Index (MyCite) under the Ministry of Education Malaysia, and is currently undergoing submission for indexing in the Web of Science.

Journal's website: <https://maljnutr.org.my/aim.php>

Berita NSM

The Berita NSM, or NSM newsletter, is published annually and serves as a key platform for sharing news and updates on all activities organised by the Nutrition Society of Malaysia (NSM) throughout the year. The 2024 edition, along with past issues, can be accessed through the NSM website at <https://www.nutriweb.org.my/pdf/berita/Berita%20NSM%202023%20-%20Web%20FINAL.pdf>.

The Berita NSM is managed by a dedicated Publication Committee. The committee was chaired by Dr. Tee E Siong until 2024, after which leadership was passed to Prof. Dr. Mahenderan Appukutty. The current committee members include Assoc. Prof. Dr. Chin Yit Siew, Assoc. Prof. Dr. Satvinder Kaur, and Dr. Tan Sue Yee. NSM members are strongly encouraged to contribute articles to Berita NSM, enriching the newsletter with diverse insights and experiences in the field of nutrition.



The Malaysian Healthy Diet Online Survey (MHDOS)

The Malaysian Healthy Diet Online Survey (MHDOS) is a two-year research project led by the Nutrition Society of Malaysia (NSM), in collaboration with CSIRO and the Ministry of Health Malaysia (MOH). The project developed a diet survey and scoring system to assess how well Malaysian adults follow the Malaysian Dietary Guidelines 2020. Using the Alchemer platform, MHDOS collected responses from over 11,000 participants and concluded on 31 August 2023.

A Research Workshop was held from 10–12 July 2024 at Hilton Kuala Lumpur, co-hosted by Dr Gilly Hendrie from CSIRO, and attended by the MHDOS research team

Discussions covered CSIRO's Healthy Diet Score development, MHDOS validation, data analysis, and plans for publications and presentations. The team also introduced the upcoming MHDOS@NSM website.

Scheduled for launch in 2025, MHDOS@NSM will collect dietary data using an improved questionnaire and provide personalised diet reports. It will also serve as a tool to promote nutrition awareness and healthy eating practices.

Partnership with UOL - ILSI - UPM Collaborative Project on School Age Children



This collaborative research project, entitled *Building UK-SEA Partnership for Research on Nutrition Policies and Action Plans in Malaysia to Promote the Implementation of Double Burden of Malnutrition Prevention in School-Age Children*, is jointly undertaken by the University of Leeds (UoL), the Nutrition Society of Malaysia (NSM), the International Life Sciences Institute Southeast Asia Region (ILSI-SEA), and Universiti Putra Malaysia (UPM). Led by Prof. Gong Yun Yun (UoL), the project is supported by Dr. Tee E Siong (NSM), Mrs Yeong Boon Yee (ILSI-SEA), Assoc. Prof. Dr. Chin Yit Siew (UPM/NSM), Dr. Tan Sue Yee (ILSI-SEA/NSM), and Dr. Tan Pui Yee (UoL).

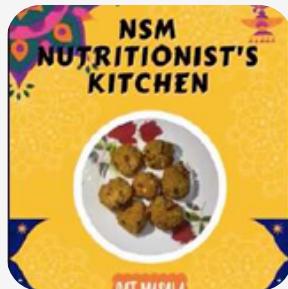
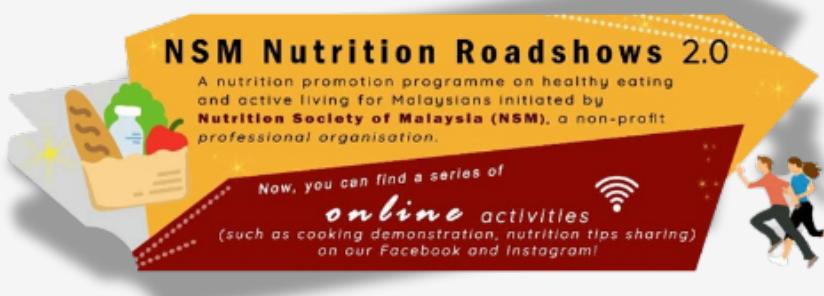
The project is funded by the UK International Science Partnerships Fund (ISPF). The project aims to strengthen the implementation of nutrition policies and action plans in Malaysia to address the double burden of malnutrition among school-age children. The research activities include a document review, stakeholder engagement, key informant interviews (KIIs), and a strategy review workshop.

Stakeholder engagement sessions and focus group discussions (FGDs) were held on 20 May 2024 with participants from government agencies, NGOs, professional bodies, and the food industry. KIIs were conducted from June to October 2024 to gather further insights. A strategy review workshop is planned for January 2025 to present findings and engage stakeholders, including regional policymakers and researchers, fostering knowledge exchange and collaboration across Southeast Asia.

Community Nutrition Promotion Programmes

NSM Nutrition Roadshows 2.0

The NSM Nutrition Roadshows 2.0 is a community nutrition promotion programme designed to reach out to Malaysians through two main approaches: 1) online nutrition promotion and 2) community outreach roadshows. The mission of this programme is to improve the nutritional well-being of Malaysians by promoting healthy eating and active living.



Online roadshows continued in 2024 via Facebook, Instagram, and TikTok. Featured activities included festive cards with nutrition messages, educational posters and videos, NSM Nutritionist's Kitchen (a cooking demo series by NSM nutritionists), bilingual healthy recipe cards, NutriQuote, and NutriFun Quiz. These activities were carried out in conjunction with Malaysia's major festivals. The "Healthy Nutrition Goals and Practices with NSM" campaign also continued with five updated Healthy Nutrition Goals.

In 2024, NSM Nutrition Roadshows 2.0 successfully conducted several Community Outreach Roadshows (CORs) in collaboration with various organisations, providing interactive activities and nutrition/diet screening to raise awareness about healthy living.



Nutrition Month
Malaysia Food-
Fit-Fun Fair



Kem Medik
Masyarakat



Apron Walk



Jom Hidup Sihat
at SJKT PJS 1



Community Workout
by Malaysia
Towerrunning
Association

Community Nutrition Promotion Programmes

Healthy Kids Programme (HKP)



The Healthy Kids Programme (HKP), a collaborative education initiative between the Nutrition Society of Malaysia (NSM) and Nestlé Malaysia, was launched in August 2010 to improve nutrition knowledge and promote healthy lifestyles among school-going children. The modules developed during Phase I have since been implemented in various schools across the country. In 2020, the programme's effectiveness was

published in the [Malaysian Journal of Medicine and Health Sciences](#). To broaden its reach, the programme moved into Phase III (2017–present), where the modules were simplified into 1-hour interactive educational sessions. This format aimed to reach more students and reduce the burden on teachers delivering nutrition education. Renamed Nestlé for Healthier Kids (N4HK) in 2020, the programme successfully reached 31,857 students from 115 schools nationwide in 2024.

Malaysia Nutritionist's Day Celebration 2025



Malaysia Nutritionist's Day will officially be celebrated every year on 4 September, starting in 2025, to raise awareness about the role of nutritionists in promoting public health. The celebration aims to highlight the contributions of nutritionists, educate the public on nutrition principles, and encourage healthier lifestyle choices. The Day will also serve as a platform to build collaborations with various stakeholders in

addressing nutrition-related challenges in Malaysia. In preparation for Malaysia Nutritionist's Day 2025, several initiatives were carried out in 2024. A promotional video showcasing the diverse roles and contributions of nutritionists was produced and launched during the NSM AGM 2025, marking the start of Malaysia Nutritionist's Day awareness efforts. Watch the Malaysia Nutritionists' Day promotional video here: https://www.youtube.com/watch?v=VHBR1D_XNLk.

Positive Parenting Programme



The Positive Parenting (PP) programme by the Malaysian Paediatric Association (MPA) marked its 24th year in 2024. NSM has been an active expert partner since the beginning, working with MPA and other professional bodies to support maternal wellness, infant, and childcare.

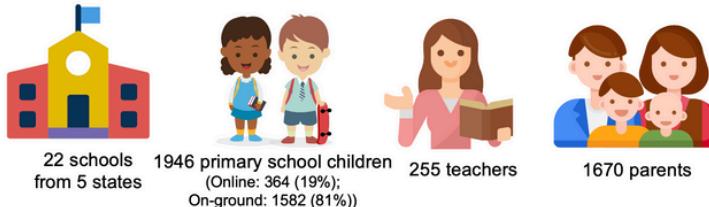
In 2024, Dr Tee E Siong and Dr Roseline Yap represented NSM on the PP Management Committee. NSM members contributed four informative articles covering various topics for the programme. The PP programme is accessible at the official website: <http://mypositiveparenting.org>.

Community Nutrition Promotion Programmes

Malaysia School Nutrition Promotion Programme (MySNPP)

Malaysia School Nutrition Promotion Programme (MySNPP) - Findings

19 sessions of MySNPP: 3 Online; 16 On-ground (31-5-2021 – 31-12-2024)



The Malaysia School Nutrition Promotion Programme (MySNPP), planned since 2019, was developed for implementation by State Nutritionists in Johor in collaboration with an expert panel appointed by the Nutrition Society of Malaysia (NSM). The Expert Panel is chaired by Dr Tee E Siong, with members Assoc Prof Dr Chin Yit Siew and Ms Teo Choon Huey. Although originally scheduled to begin in 2020, the implementation of MySNPP was delayed

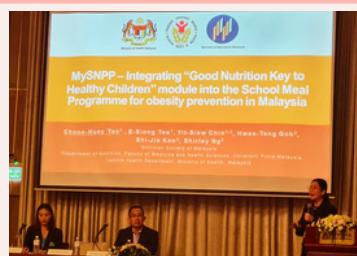
The MySNPP Expert Panel actively promoted the programme's impact at various scientific conferences and international forums in 2024:

21 May 2024 – Field Trip and Experiential Learning at SJKC Yong Peng 2



12 November 2024 – 2nd Southeast Asia Public Health Nutrition Congress

9–12 December 2024 – Global Child Nutrition Forum, Osaka, Japan



MySNPP

Malaysia School Nutrition Promotion Programme



due to COVID-19-related school closures. Between 2021 and 2023, the programme successfully reached 1,283 students, 140 teachers, and 1,240 parents across 16 schools. Assessments using pre- and post-questionnaires showed significant improvements in nutrition knowledge, with positive feedback prompting the continuation and expansion of the programme.

In 2024, six MySNPP sessions were conducted in one existing school and five new schools across Johor, Melaka, Negeri Sembilan, Pulau Pinang, and Kedah. Led by Ms Teo Choon Huey and Pulau Pinang State Nutritionist Ms Ng Wei Wei, these sessions reached 663 students, 115 teachers, and 430 parents.

30 July 2024 – 39th Annual Scientific Conference of the Nutrition Society of Malaysia

"Little Nutritionists" were empowered to improve their nutrition knowledge, attitude and practices; improved their nutrient intake; and reduced underweight/obesity.

MySNPP Prevents Malnutrition in Malaysian Children by Transforming School Food Environment and Empowering 'Little Nutritionists'

The Malaysia School Nutrition Promotion Programme (MySNPP) improves the school food environment by providing a nutritious meal, monitored by nutritionists. MySNPP implements the Good Nutrition Key to Healthy Children (GNKHC) module to empower the children through nutrition messages and interactive activities. This two-prong approach was able to reduce underweight/obesity among the children.

Yi Siew Chin^{1,2}, Choon Huey Teo¹, Sue Yee Tan¹, and E Siong Tee¹

¹ Nutrition Society of Malaysia
² Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia



Chin YS, Teo CH, Tee ES, Goh HT, Koo SJ, Shirley N. 2022. Implementing Malaysia School Nutrition Promotion Programme (MySNPP) during COVID-19 pandemic in the "Role of School Meal Service Programme" Symposium, 22nd IUNS-ICN International Congress of Nutrition 2022.



Capacity Building

Malaysia Nutrition Leadership Programme

MyNLP aims to enhance leadership skills and foster greater communication and networking among young nutrition professionals in the country. The technical working committee (TWC) consist of Assoc Prof Dr Wong Jyh Eiin (Chair), Assoc Prof Dr Mahenderan Appukutty, Ms Lim Siew Ling, Mr Ng Chee Kai, Assoc Prof Dr Chin Yit Siew and Dr Mohd Shah Kamarudin. In 2024, the MyNLP committee organised two key activities:



WEBINAR ON NUTRITION CAREER JOURNEY 2024

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

Speakers:

- Syaza Lyana Bt Idris, CEO/Chief Nutritionist, JomSayHeart Nutrition Consultancy Sdn Bhd
- Mohammad Affendi Bin Mhd Akhir, Nutritionist, PKD Gua Musang, Kelantan
- Koo Pei Fern, Regulatory Science Innovation Manager, Abbott Laboratories (Singapore) Pte. Ltd.

FRIDAY 8 MARCH 2024
TIME 3 - 5 PM
ZOOM MEETING

Free webinar exclusively for nutrition undergraduate and postgraduate students.

REGISTER NOW!

<https://bit.ly/48FKb8E>

For more information: www.nutriweb.org.my | mynlp@nutriweb.org.my

1

Nutrition Career Journey 2024

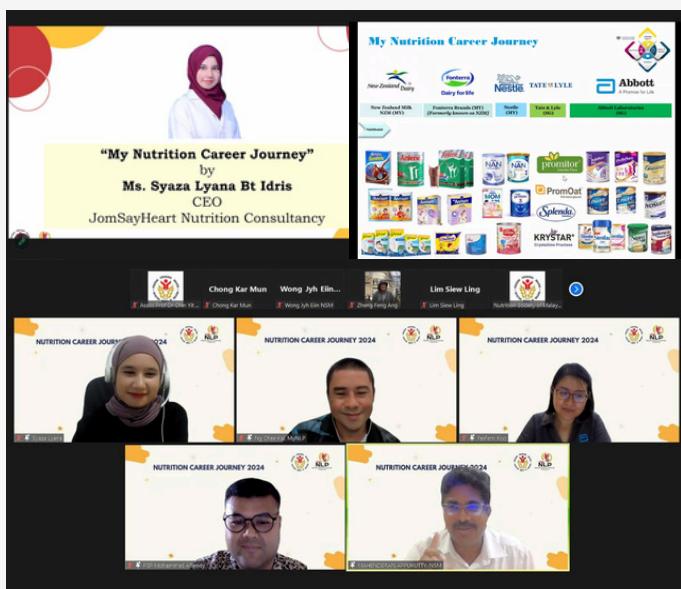
- Held online on 8 March 2024
- Attracted over 170 participants
- Participants included undergraduate and postgraduate nutrition students from both public and private universities, as well as early-career nutritionists
- Aimed to provide insights and guidance on career paths in the field of nutrition



2

The 2nd Southeast Asia Public Health Nutrition Leadership Programme (2nd SEAPHN LP) and the 2nd Malaysian Nutrition Leadership Programme (2nd MyNLP)

- Jointly organised with the SEA-PHN Network
- Held from 6–10 September 2024
- Venue: Institute of Leadership and Development (ILD), Universiti Teknologi MARA, Bandar Enstek, Nilai, Negeri Sembilan
- Five-day training programme
- Involved 30 nutritionists from Indonesia, Malaysia, the Philippines, Thailand, and Vietnam
- Focused on regional collaboration and leadership development in public health nutrition
- Watch the programme highlights here: <https://www.youtube.com/watch?v=ehiy8KS-Kc>



My Nutrition Career Journey

“My Nutrition Career Journey” by Ms. Syaza Lyana Bt Idris CEO JomSayHeart Nutrition Consultancy

Chong Kar Mun Wong Jyh Eiin Lim Siew Ling

NUTRITION CAREER JOURNEY 2024



Capacity Building

NSM Community Nutrition Internship Programme

As of 2024, NSM celebrated the fifth year of its Community Nutrition Internship Programme, launched in 2020 to build nutrition capacity by involving local undergraduate students in NSM activities such as Nutrition Roadshows 2.0, MyNLP, and other community initiatives.

The 2024–2025 internship cycle is managed by the Internship Working Committee, led by Assoc Prof Dr Chin Yit Siew, with support from Prof Dr Hamid Jan Jan Mohamed, Dr Roseline Yap, and Assoc Prof Dr Satvinder Kaur. The committee oversees candidate selection, programme coordination, and outreach.

All Malaysian universities offering nutrition programmes were notified via email. To date, seven students from four universities have completed the internship. However, no interns were recruited in 2024, as applicants did not meet the eligibility criteria.

Interested and qualified candidates are invited to submit their CV, along with the name and contact information of one referee, through their respective Head of Programme to:

 president@nutriweb.org.my

 secretary@nutriweb.org.my

Submissions must be made at least eight (8) weeks before the intended internship start date. Selected candidates will be contacted for an interview and competency assessment.

The internship programme flyer is available at: <https://nutriweb.org.my/index.php?internship>

ATTENTION

IMPORTANT ANNOUNCEMENT

Nutrition Society of Malaysia Postgraduate Initiative

The NSM Postgraduate Initiative (NSM PG Initiative) was proposed in 2023 by Mr Eow Shiang Yen (L2340, UPM) and officially launched in 2024 with support from the 19th NSM Council. The initiative provides a platform for postgraduate members to exchange knowledge, network, and grow professionally while engaging closely with NSM.

It supports academic and non-academic resource sharing and plays a role in succession planning for NSM. It also helped several members register as Nutritionists under the Allied Health Professions Act.

For further enquiries, please contact us at secretary@nutriweb.org.my

Nutrition Month Malaysia (NMM)

Nutrition Month Malaysia 2024: Change Mindset to Prevent Diet Related Diseases



Change Mindset to Prevent Diet-Related Diseases

It highlights the importance of a broad-based approach in encouraging the public to have a change of mindset towards prevention of diet-related nutritional disorders and provide guidance for the adoption of healthy eating and active living practices.



NMM 2024 is a collaborative effort of three professional bodies, the government and corporate companies with the mission to implement activities that encourage the public to take charge of their health by practising healthy nutrition and an active lifestyle.

The main activities which were carried out included:



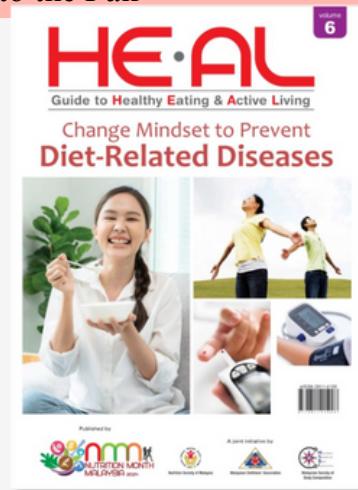
Food-Fit-Fun Fair

- Parent-Child Cooking Workshop
- 'Smart Food Choices' Supermarket Tour
- Stay in Shape With Active Lifestyle
- Educational fun activities and product sampling by corporate partners

Over 6,600 visitors to the Fair

Publication of NMM 2024 magazine

- HE-AL Volume 6 published in English & Bahasa Melayu
- Theme: "Change Mindset to Prevent Diet-Related Diseases"
- Features 8 infographic-based messages on healthy eating & active living
- English version distributed at Food-Fit-Fun Fair
- Magazine was well received by visitors



Dissemination of NMM messages via mass media

- 5 educational press articles published in The Star & Sin Chew Daily
- Health & nutrition messages shared via NMM Facebook, Instagram & website
- Focus on healthy eating and active living messages for NMM 2024

SEA-PHN Network

NSM continues to play an active role in advancing public health nutrition in Southeast Asia through the Southeast Asia Public Health Nutrition (SEA-PHN) Network. Established by NSM in 2014, the Network is a public-private partnership involving five nutrition societies and corporate partners across the SEA region. It serves as a platform to foster collaboration, exchange experiences, and promote activities related to public health nutrition. In 2024, NSM was represented by Dr Tee E Siong as Chairman of SEAPHN Network and Assoc Prof Dr Mahenderan Appukutty as Council Member of SEAPHN. The Network remains committed to encouraging dialogue among nutritionists and strengthening regional cooperation in tackling shared nutrition challenges.

In 2024, the 5 major activities undertaken by SEA-PHN

1 13th and 14th SEA-PHN Network Meetings

The meetings facilitated the exchange of experiences among member societies through updates on the public health nutrition activities carried out by each partner association and corporate company.



2 Webinar Series 1/2024 on Improving Food Environments in Southeast Asia Countries: Where Are We Heading?

This session highlighted that food environment in the region should be viewed holistically, encompassing both processed foods and meals from a multitude of outlets, and online services. The complexity of food environments necessitates coordinated efforts across different sectors, including government agencies, food industry representatives, and local communities, to address the challenges collectively.



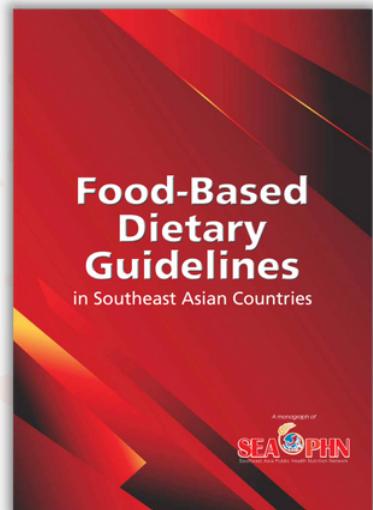
3 2nd Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP), 6-10 September 2024, Bandar Enstek, Negeri Sembilan, Malaysia

The 2nd SEAPHN LP Programme was jointly organised with the NSM 2nd Malaysian Nutrition Leadership Programme. This five-day training programme brought together nutritionists and dietitians in the region to foster regional collaboration and leadership development in public health nutrition.



4 Publication of a Monograph on Food-based Dietary Guidelines (FBDGs) in Southeast Asia Countries

The Network published an updated review of the food-based dietary guidelines (FBDGs) of six SEA countries. The scientific rationale, commonalities and differences in key messages as well as the main pictorial food guides of FBDGs across these countries are analysed and compared.



5 Co-organisation of the 2nd Southeast Asia Public Health Nutrition Conference, 11-13 November 2024, Bangkok

The 2nd SEA-PHN Conference, hosted by the Nutrition Association of Thailand (NAT) under the auspices of the SEA-PHN Network, had the theme “*Nutrition in Fostering Health and Well-Being*”. This conference also celebrated the 10th anniversary of the SEA-PHN Network since its inception in 2014.



Scientific Update

1. Science Symposium on Re-think Carbohydrates: Science, Health and Regulatory Development



NSM and ILSI SEA Region co-organised the one-day symposium "ReThink Carbohydrates: Science, Health, and Regulatory Development" on 24 April 2024 in Kuala Lumpur, with 138 participants from Southeast Asia. The event discussed scientific findings, research gaps, and regulatory strategies related to carbohydrates and health. Malaysian speakers included Dr. Tee E Siong, Assoc. Prof.

Dr. Koo Hui Chin, Dr. Sangeetha Shyam, and Ms. Zailina Abdul Majid. Dr Tee moderated a panel discussion on regulatory updates and promotion programmes in SEA, where Dr Roseline Yap shared NSM's efforts in promoting whole grain intake.

2. NSM Scientific Update 2024: Food environments and childhood malnutrition in China, and Postgraduate Sharing Session

NSM Scientific Update 2024 was held on 13 May at Hotel Avante with 46 attendees, including students, MOH, academia, and industry reps. Prof. Gong Yunyun and Dr. Tan Pui Yee from the University of Leeds presented on food environments and childhood malnutrition in China. The session ended with a forum moderated by Mr. Eow Shiang Yen, where NSM postgraduate members engaged with both speakers on research experiences and postgraduate opportunities at UoL.



3. Webinar on Promoting Whole Grains for Early Childhood Nutrition



NSM organised a webinar on 29 June titled "Feeding Little Tummies with the Goodness of Whole Grains." Held via Zoom, the webinar was a joint collaboration with the Malaysian Association of Kindergartens (PTM) and Mondelez (Jacobs). Dr. Tee E Siong moderated the session, featuring speakers Dr. Roseline Yap, Assoc. Prof. Dr. Wong Jyh Eiin, and Dr. Tan Sue Yee, who discussed the nutritional needs of young children and the role of wholegrain foods and products in supporting their growth and development.

The webinar attracted 80 participants, primarily kindergarten teachers who are also members of PTM. This programme marked another successful NSM initiative in promoting whole grain consumption and early childhood nutrition.

4. Nurses Workshop on Iron Deficiency Anaemia (IDA)

NSM corporate member Danone Malaysia invited NSM to collaborate on a nationwide Nurses Workshop, held on 27-28 July 2024 at Palm Garden Hotel, Putrajaya, aimed at raising awareness and empowering nurses to advocate for children at risk of iron deficiency anaemia (IDA). NSM provided technical expertise in developing the workshop



modules and assigned expert speakers to support the initiative. Prof Dr Hamid Jan Jan Mohamed represented NSM as the expert speaker, sharing key insights on IDA and its management.

Scientific Update

5. Seminar on Soy Protein Promotion, Utilization and Health



On 6 August 2024, NSM collaborated with the US Soybean Exports Council (USSEC) Asia to organise a Seminar on Soy Protein Promotion, Utilization and Health at the Crowne Plaza Hotel, Kuala Lumpur. This seminar aimed to uncover the research on soy nutrition and health, the latest trends in soy product innovations, and the application of soy ingredients into foods and beverages, including a live culinary demonstration featuring the use of soy products, tempeh in a savoury dish, and fucuk (dried bean curd sheet) in a popular Malaysian dessert. Dr Tee chaired a panel Discussion on Collaboration Efforts to Promote Soy Benefits in Malaysia - Challenges & Opportunities

6. Sesi Dialog dan Majlis Peluncuran Pengukuhan 1,000 Hari Pertama Kehidupan Kanak-Kanak | 6 August 2024

Assoc. Prof. Dr. Satvinder Kaur represented NSM at the "Sesi Dialog dan Majlis Peluncuran Pengukuhan 1,000 Hari Pertama Kehidupan Kanak-Kanak" on 6 August 2024. The event, officiated by Minister of Health Datuk Seri Dr Dzulkefly Ahmad, gathered key stakeholders to strengthen maternal and child nutrition in Malaysia. NSM received a Certificate of Pledge, reinforcing its commitment to support the "First 1,000 Days of Life" national initiative.



7. Scientific Webinar: Propolis as a Nutraceutical for the Improvement of Oral Carcinoma | 10 October 2024



NSM collaborated with corporate member Herbalife to organise a Scientific Webinar entitled "Propolis as a Nutraceutical for the Improvement of Oral Carcinoma" on 10 October 2024, which attracted 78 attendees. The webinar featured Prof Chin-Kun Wang, a member of Herbalife's Nutrition Advisory Board, and was moderated by Assoc. Prof. Dr. Satvinder Kaur. Prof. Chin-Kun Wang provided

insights into the therapeutic properties of propolis, particularly its antiinflammatory and immune-modulating effects in the context of oral cancer treatment. He highlighted K36, a propolis derivative, which has shown potential in supporting cancer patients undergoing chemotherapy or radiotherapy.

8. Symposium on Advancing Gut Microbiome Research and Applications in SEAsia – Health, Food Innovation and Partnerships

NSM co-organised a symposium with ILSI SEA Region and Sunway University on 25–26 Nov 2024 at Avante Hotel, PJ, focusing on human and gut microbiome research in Asia and SEA. Attended by 138 participants, the event featured 25 speakers across six themed sessions and 22 poster presentations. Prof. Dr. Hamid Jan chaired Session 3 and judged the poster competition. Dr. Tee E Siong chaired Session 6 and presented on regulations in SEA, while Assoc Prof. Dr. Mahenderan Appukutty spoke on translating microbiome science into consumer education.



9. Launch of War on Sugar Campaign & Health Literacy Blueprint

Assoc Prof. Dr. Mahenderan Appukutty and Assoc. Prof. Dr. Chin Yit Siew represented the Nutrition Society of Malaysia (NSM) at the official launch of the "War on Sugar" campaign, held in Port Dickson. The event, officiated by YAB Prime Minister, Dato' Seri Anwar bin Ibrahim marked a significant step in the government's efforts to address the rising concerns of excessive sugar consumption and its link to non-communicable diseases (NCDs) such as obesity, diabetes, and cardiovascular diseases. In addition to the War on Sugar initiative, the Prime Minister also launched the Blueprint on Health Literacy, a comprehensive national strategy aimed at empowering Malaysians with the knowledge and skills to make informed health choices.

10. Consultative Seminar: Safeguarding and Crafting Healthier Future: Protecting Children from the Harmful Effect of Food Marketing

Assoc Prof Dr Satvinder Kaur represented NSM at a seminar jointly organised by WHO and MOH on 6 August 2024 at Pulse Grande Hotel, Putrajaya. The seminar aimed to gather stakeholder input on a proposed directive to restrict the marketing of foods high in sugar, salt, and saturated fats to children. Representatives from government, NGOs, academia, healthcare, and industry discussed the impact of such marketing and strategies for stricter regulations.

11. Global Baby Physical Nutrition Summit

Assoc. Prof. Dr. Chin Yit Siew represented NSM as a speaker at the Global Baby Physical Nutrition Summit, organised by Slate from China and supported by Ministry of Tourism Malaysia. She delivered a lecture in Mandarin entitled '*Balanced Nutrition: The Key to Healthy Child Growth*' at the event, which took place on 15 October 2024 at MITEC, Kuala Lumpur. Additionally, Assoc Prof. Dr. Mahenderan Appukutty was invited to deliver the opening speech on behalf of NSM.

12. Health Promotion Jamboree 2024

NSM was invited to participate in the Health Promotion Jamboree and was invited to attend the Front of Pack Nutritional Labelling session at Wyndham Grand Bangsar Kuala Lumpur. Assoc. Prof. Dr. Chin Yit Siew and Assoc. Prof. Dr. Satvinder Kaur represented NSM for this engagement session. This event serves as a platform for knowledge exchange, collaboration, and the development of innovative strategies to address the pressing challenges of non-communicable diseases (NCDs) in our region. This workshop brought together experts and experienced professionals in health promotion from Malaysia and Singapore. It aims to create a platform for knowledge exchange on Front-of-Pack Nutritional Labelling. Additionally, it seeks to build capacity, foster networking, and enhance collaboration among stakeholders from Malaysia and Singapore in health promotion.

Support NSM Flagship Programmes of 2025!!

Nutrition Career Journey 2025



Nutrition Month Malaysia 2025



NSM Annual Scientific Conference

A promotional poster for the 40th Annual Scientific Conference of the Nutrition Society of Malaysia. The conference is held on 29-30 July 2025 at Berjaya Times Square Hotel, Kuala Lumpur. The title is '40th Annual Scientific Conference of the Nutrition Society of Malaysia'. The theme is 'Advancing Nutrition for a Healthier Malaysia: Bridging Science, Policy, and Practice'. The poster includes sections for 'Important Dates' (Conference: 29-30 JULY 2025, Registration & Abstract Submission Opens 1 March 2025, Abstract Submission Deadline: 15 May 2025, Early Bird Registration Deadline: 31 May 2025), 'About the Conference' (a description of the challenges of malnutrition in Malaysia), 'CALL FOR ABSTRACTS' (guidelines for abstract submission), 'WHO should attend?' (a list of target audience including nutritionists, dietitians, and researchers), and 'INVITED SPEAKERS' (portraits of Dr. Tee E Siong, Professor Suriati Jayakumar Henry, and Professor Vimal Karani). QR codes for registration and the conference programme are also provided.

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Malaysia Nutritionists' Day 2025



15th Asian Congress of Nutrition 2027

