



Berita NSM

A Publication of the Nutrition Society of Malaysia

PP18027/02/2013(033336) 2021



Jointly organised by:



Nutrition Society of Malaysia



Malaysian Dietitians' Association



Malaysian Association for the Study of Obesity

Virtual Nutrition Fair

Nutrition: The Key to Combating Health Threats

Nutrition Month Malaysia 2021

Nutrition: The Key to Combating Health Threats

The second year of the pandemic did not stop Nutrition Month Malaysia activities from continuing. In 2021, the theme was 'Nutrition: The Key to Combating Health Threats', focusing on prevention of non-communicable diseases (NCDs) and promotion of healthy lifestyle during the COVID-19 pandemic.

The programme was launched virtually by the Minister of Health on 9 April 2021, and was followed by virtual activities from 5 August-5 September.

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Selangor.

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

A word from the President

Overcoming Challenges



What do you recall about 2021? Many will remember it as the year that the Delta variant of SARS-CoV-2 swept across Malaysia, triggering the lockdowns known as MCO 2.0 and 3.0.

But for NSM, we were well-prepared after the first year of the pandemic, and we were able to continue with our planned activities, largely on virtual platforms.

Despite the challenges of the pandemic, we believe that nutritionists need to continue to emphasise healthy nutrition messages to the general public, as it is crucial that we continue to reduce our risk of NCDs as well as to be better prepared to deal with COVID-19.

We successfully organised our 36th Annual Scientific Conference via Zoom, as well as the 19th Nutrition Month Malaysia with a virtual family carnival and social media activities.

A new initiative by NSM in 2021 was the Roadshows 2.0: Nutrition Promotion Programme, which featured new and engaging online activities to increase awareness and practice of healthy lifestyles among the community.

NSM's Council Members continued to serve and provide expert input in various Technical Committees of the Ministry of Health Malaysia, which are tasked with preparing various food and nutrition regulations, action plans and guidelines.

You can read all about these activities and more in this issue of Berita NSM. My heartfelt thanks to the Council and all members who contributed their ideas, efforts and energy to making 2021 a meaningful year!

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

NSM Publications Committee

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Members: Assoc Prof Dr Mahenderan Appukutty
Assoc Prof Dr Chin Yit Siew

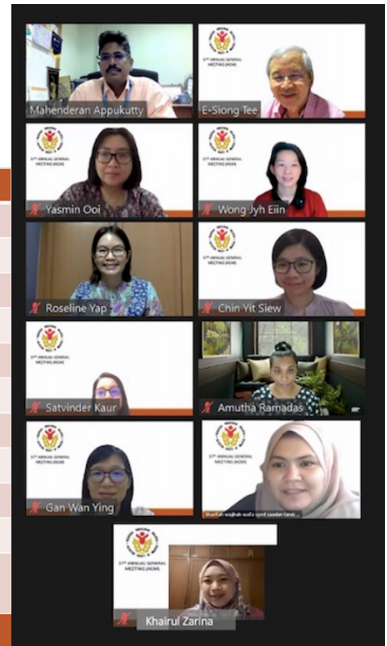
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Selangor.

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NSM 19TH COUNCIL MEMBERS 2022 - 2024

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Vice-President	Assoc Prof Dr Mahenderan Appukutty
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Hon. Treasurer	Dr Roseline Yap Wai Kuan
Asst. Hon. Secretary	Asst Prof Dr Satvinder Kaur Nachatar Singh
Council Members	<ol style="list-style-type: none"> Dr Wong Jyh Eiin Dr Yasmin Ooi Beng Houi Pn Khairul Zarina Mohd Yusop Dr Amutha Ramadas
Hon. Internal Auditors	<ol style="list-style-type: none"> Assoc Prof Dr Gan Wan Ying Assoc Prof Dr Sharifah Wajihah Wafa Syed Saadun Tarek Wafa



36th Annual General Meeting

For the second year running, due to the pandemic, NSM held its AGM virtually. The meeting took place via Zoom on 2 July 2021, and was attended by 91 members (89 voting members) and two observers (NSM interns).

Five NSM fellows were elected unanimously, based on their outstanding professional and meritorious contributions to the field of nutritional sciences. The elected Fellows were:

- **Zaiton Daud**
Ministry of Health
- **Wong Mei Ching**
Nestle Products Sdn. Bhd.
- **Dr Yasmin Ooi Beng Houi**
Universiti Malaysia Sabah
- **Dr Roseline Yap Wai Kuan**
Independent consultant
- **Assoc Prof Dr Chin Yit Siew**
Universiti Putra Malaysia

The Registrar of Societies Malaysia (ROS) approved the amended Rules of NSM on 13 October 2021, and the updated rules are available on Nutriweb.

In conjunction with the AGM, NSM also held a virtual webinar, featuring Geoffrey Smith, President of International Life Sciences Institute (ILSI) Southeast East Asia Region. The webinar focused on “Addressing Nutrition, Health and Food System Challenges in SE Asia - ILSI’s Regional Science and Collaborative Programs”.



NSM Online Membership System



NUTRITION SOCIETY OF MALAYSIA

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NOT A MEMBER?

[CLICK HERE TO APPLY](#)

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NSM has developed the **Online Membership System** to facilitate membership applications and renewal, checking of payment status, membership profile update, as well as retrieval of e-receipts for payment. In addition, life members may also download their membership certificates using this system.

All NSM members are urged to log into the system to verify and update their personal particulars and other related information.

Members (except for Life members) are reminded to renew their annual membership, as subscriptions are due on 1st of January each year.

Members who have difficulty in logging into the System may contact the Hon Secretary for assistance via secretary@nutriweb.org.my



36th Annual Scientific Conference

Nutrition: The Key to Combating Prevailing Health Threats

7-8 September 2021

As the pandemic entered its second year, it did not appear that NSM would be able to organise our annual conference for members to meet in-person, network and share important updates and ideas. However, the 36th Annual Scientific Conference was still able to take place via Zoom. More than 500 people attended the two-day virtual conference.

The keynote lecture on 'Nutrition interventions to combat NCDs and COVID-19 health threats – experiences in China', was delivered by Prof Dr Yang Yue Xin, from the Chinese Nutrition Society. The rest of the scientific programme was followed by four invited lectures, four symposia, as well as many other presentations and posters.

NSM continued to encourage young and upcoming nutritionists to present their findings at the Young Researchers' Symposium, while the undergraduate students were encouraged to present in the poster presentation session. The prizes for oral and poster competitions were sponsored by the International Life Sciences Institute Southeast Asia Region (ILSI SEA).



Young Investigators' Symposium Winners

1st Prize

Teoh Ai Ni, UCSI University

Maternal circadian rhythm, chrononutrition and its association with infant growth during the first 6 months of life: results from MY-CARE cohort study.

2nd Prize

Lee Shoo Thien, Universiti Kebangsaan Malaysia

Preschoolers' physical activity and sedentary behaviour in relation to social and environmental factors: a mixed method approach study.

3rd Prize

Wong Ting Xuan, International Medical University

Obese yet undernourished – preoperative nutrition status of breast and colorectal cancer patients.

Consolation Prizes

Lydiatul Shima Binti Ashari, Universiti Sains Malaysia
Exploring the norms of eating-out practice among adults in Malaysia.

Wong Hui Juan, Universiti Putra Malaysia

Preliminary findings of an online Malaysian Young Children Father Mother Feeding Project: associations of parenta; feeding factors and child eating behaviours with body weight status among Malaysian young children aged 6-36 months.

NSM Prizes 2021

Postgraduate Prizes (PhD)

Dr Wirdah Mohamed, Universiti Kebangsaan Malaysia

The effect of F.E.A.T. (Fit, Eat, Active, Training) intervention programme for weight reduction among adults in Masjid Tanah, Melaka.

Dr Lee Siew Siew, Universiti Putra Malaysia

Maternal and neonatal vitamin D deficiency, vitamin D-related gene polymorphism and birth outcomes.

Dr Norliyana Binti Aris, Universiti Sains Malaysia

Risk factors of vitamin d deficiency and the effects of sunlight exposure and vitamin D supplementation on serum vitamin D level, adiponectin, and cardiometabolic risk factors among adults in Kelantan.

Dr Ng Choon Ming, UCSI University

KIDCHEN study: an experiential culinary nutrition education programme to improve nutritional outcomes among children in Kuala Lumpur, Malaysia.

Postgraduate Prizes (MSc)

Eow Shiang Yen, Universiti Putra Malaysia

Factors associated with autism severity in children with autism spectrum disorder at an autism intervention center in Kuala Lumpur, Malaysia.

Wong Soon Yee, International Medical University

Validation and reproducibility of a calcium and vitamin D Food Frequency Questionnaire (FFQ) among Malaysian pre-adolescent children.

Undergraduate Prizes

Lai Loke Yee, Universiti Kebangsaan Malaysia

Accuracy of self-reports to assess food intakes among primary school children aged 7- 9 years.

Nuruljannah Binti Mohamad Nasri, Universiti Putra Malaysia

Determination of carbohydrate composition in breastmilk and its association with infant's growth and behaviour.

Wan Nurzakirah Binti Wan Abas, Universiti Sains Malaysia

Association between health literacy, sociodemographic and socioeconomic factors with body mass index (BMI) among secondary school students in Kota Bharu, Kelantan.

Anis Farahin Binti Mat Wahi, Universiti Sultan Zainal Abidin

Validity and reliability of web based interactive dietary assessment tool among university students in UniSZA.

Oeh Zhe Yee, UCSI University

Development and validation of semi-quantitative food frequency questionnaire to assess school food intake and its association with weight status among Aboriginal children in Negeri Sembilan, Malaysia.

Marissa Maniesewad, Management & Science University

Assessment of diet quality, physical activity and weight status among students of Program Pendidikan Khas Integrasi (PPKI) in Selangor.

Chin Yu Qiong, University of Nottingham Malaysia

Dietary patterns of Malaysian adults: energy, nutrient intakes and environmental impact.

Ng Xin Qian, International Medical University

Colonic fermentation of Isomaltulose in healthy Malaysian adults: a single-blind, randomised crossover pilot trial.

NSM Poster Competition Prizes 2021

1st Prize

Nur Fatihah Binti Mohd Suhaimi, Universiti Putra Malaysia

Associations of socio-demographic factors, parental height, feeding practices and child eating behaviours with stunting among children aged 6 to 36 months in Malaysia.

2nd Prize

Sharmilla Rengarajoo, Management Science University

Food security and its association with children's eating behaviour during the Movement Control Order.

3rd Prize

Nursaleha Binti Mohd Sobri, Universiti Putra Malaysia

Breastfeeding information and personal sharing through Facebook: Content analysis pre- and during the COVID-19 pandemic.

Consolation Prizes

Nurfarhana Binti Norddin, Universiti Putra Malaysia

Association of neighborhood food environment status and food purchasing behavior with dietary quality among urban, low-income adolescents living in Kuala Lumpur.

Chin Yu Qiong, Nottingham University Malaysia

Dietary patterns of Malaysian adults: Energy, nutrient intakes and environmental impact.

Kee Xiao Hui, Universiti Putra Malaysia

Effects of adding milk, sugar and artificial sweetener to total phenolic content and antioxidant activity of green tea powder (Camellia sinensis).

Chang Chi Yin, International Medical University

Development and sensory evaluation of egg custard pudding using isomaltulose.

Pang Xin Yi, Universiti Kebangsaan Malaysia

Knowledge, attitude and practice (KAP) on salt intake and its relationship with blood pressure among Chinese adults in Johor.

Kok Ee Yin, UCSI University

Darkness and screen light exposure: Its role in psychosocial factors among pregnant women in Kuala Lumpur.

Iris Yii Ching Yee, Universiti Sains Malaysia

Nutritional composition and antioxidant activities of selected popularly consumed local and imported herbs.

NSM Publication Prize 2021

Maternal Nutrition (sponsored by Fonterra Brands (M) Sdn Bhd)

Lee Siew Siew, Global Public Health, Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia
Influence of vitamin D binding protein polymorphism, demographics and lifestyle factors on vitamin D status of healthy Malaysian pregnant women.
BMC Pregnancy and Childbirth (2020) 20:714 <https://doi.org/10.1186/s12884-020-03397-7>

Muliana Binti Edi, Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Inadequate gestational weight gain and exposure to second-hand smoke during pregnancy increase the risk of low birth weight: a cross-sectional study among full-term infants.
International Journal of Environmental Research and Public Health (2021) 18: 1068. <https://doi.org/10.3390/ijerph18031068>

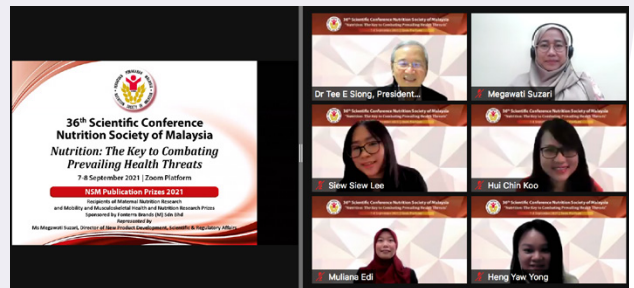
Yong Heng Yaw, Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Pre-pregnancy BMI influences the association of dietary quality and gestational weight gain: the SECOST study.
International Journal of Environmental Research and Publication Health (2019) 16: 3735. <https://doi.org/10.3390/ijerph16193735>

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

Koo Hui Chin, Tunku Abdul Rahman University College
Bone health and its positive relationships with body composition in Malaysian schoolchildren: findings from a cross sectional study.
Children (2021) 8(7): 569. <https://doi.org/10.3390/children8070569>

Functional Foods & Healthy Ageing (sponsored by Herbalife Products Malaysia Sdn Bhd)

You Yee Xing, Dietetics Programme, Faculty of Health Sciences, Universiti Kebangsaan Malaysia
Effects of 12 weeks *Cosmos caudatus* supplement among older adults with mild cognitive impairment: A randomized, double-blind and placebo- controlled trial.
Nutrients (2021) 13(2): 434. <https://doi.org/10.3390/nu13020434>



NSM Roadshows 2.0

The pandemic did not stop NSM from conducting its outreach activities to educate the community about healthy eating. Continuing from 2020, when we pivoted to the online platform, NSM Roadshows 2.0 went online again via Facebook, Instagram and TikTok.

In 2021, several new activities were organised to inculcate the messages of healthy living in a fun and engaging way. The 'Healthy Nutrition Goals and Practices with NSM' encouraged our followers to set their healthy nutrition goals on their social media and tag 3 family members/ friends to join them on the journey of achieving those goals together. There were 5 series under this campaign, from March to December 2021.



Wear chef hat and apron..

We also held the 'NSM Virtual Parent-Child Cooking Competition 2021', which saw 205 pairs of parents and children participating in the cooking competition and workshop, where they learnt about incorporating healthy home-cooked meals into their daily routines.

The 'NSM Virtual Family Fun Run/ Walk 2021' saw 229 participants taking part in the virtual fun run/walk, completing the required activity as a team/family.

Other activities like Ask a Nutritionist, NSM Nutritionist's Kitchen: cooking demonstration video, recipe cards, NutriQuote, and NutriFun Quiz also continued throughout 2021.



Malaysia School Nutrition Promotion Programme (MySNPP)

In 2021, the Malaysia School Nutrition Promotion Programme (MySNPP) was implemented, after two years of planning. MySNPP is a programme that integrates a systematic nutrition education module and a supporting healthy school food environment to nurture healthy eating habits among children.

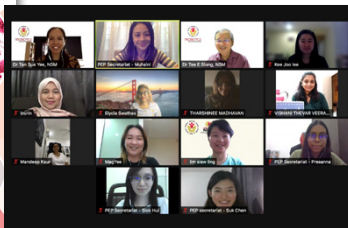
The programme was initiated in 2019, and was followed by preparation of the materials and training of state nutritionists in 2020. The programme was to be implemented by the state nutritionists in Johor, in collaboration with an expert panel appointed by NSM.

The nutrition education module to be used was based on the 'Good Nutrition – Key to Healthy Children' module from SEA-PHN Network, while a School Meal Programme was planned for the purpose of providing a healthy food environment for the school children.

The implementation in 2021 had to be modified due to school closures as a result of the pandemic. The training of teachers and canteen operators was conducted online, while the interactive activities of the education module were modified for the four-day online nutrition education camps.

A total of 11 schools had been previously identified for the programme. In 2021, seven SJKC schools benefited from the camps, with State Nutritionists from three districts (Batu Pahat, Tangkak and Muar) delivering the education module to 34 teachers and 369 Standard 3 students.

NSM's Expert Panel for MySNPP is chaired by the President Dr Tee E Siong, with members Prof Norimah Karim, Assoc Prof Dr Chin Yit Siew and Ms Teo Choon Huey.

Probiotics Education Programme

including information on how to choose genuine probiotics products in the market.

In 2021, the Probiotics Education Programme was unable to organise live roadshows due to the pandemic. However, this was replaced by an online engagement workshop on 'Understanding Probiotics-Containing Foods'.

The workshop was hosted by Dr Tan Sue Yee, with Dr Tee E Siong providing explanations on various aspects of probiotics-containing products,

This programme has been running since 2018, with the aim of providing the public with accurate information on probiotics, sources of probiotics, potential health benefits, and the regulatory aspects of probiotics products. The programme is supported with an unconditional educational grant from Malaysia Milk Sdn Bhd and Yakult Malaysia Sdn Bhd.

Malaysia Nutrition Leadership Programme



NSM Scientific Update Session with State Nutritionists

Community Nutrition Promotion: Approaches & Challenges

Session 1/2021 for PSPs in Sabah, Sarawak & Labuan

16th April 2021
9am-12pm

Speakers

- Dr Tee E Siong, President NSM
- Assoc Prof Dr Chin Yit Siew, Hon. Secretary, NSM

Moderators

- Prof Dr Norimah A Karim, Council Member, NSM
- Assoc Prof Dr Mahenderan Appukutty, Vice President, NSM

For more information:
Visit www.nutriweb.org.my or mynlp@nutriweb.org.my / secretary@nutriweb.org.my

REGISTER HERE

SCAN ME

Register Before 31st March 2021

GoToMeeting

Organised by:

In 2021, the Malaysia Nutrition Leadership Programme (MyNLP) carried out three key activities to expose young nutritionists to various leadership skills and opportunities within the profession.

The Nutrition Career Journey series of four webinars featured experienced nutritionists sharing from various perspectives: government (Pn Zalma Abdul Razak, Director of Nutrition Division at the Ministry of Health), corporate (Ms Wong Mei Ching, Group Corporate

Webinar on Nutrition Career Journey: Global Perspective

Guest Speaker | Ms Cyndy Au
Global Regulatory Strategy Lead (Asia Pacific) IFF

Programme Details | Friday 30 July 2021 5:30-7:00pm Zoom Meeting

Register Now

For more information:
Email: mynlp@nutriweb.org.my / secretary@nutriweb.org.my | www.nutriweb.org.my VISIT OUR WEBSITE

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

<https://bit.ly/2Vjep0G>

Webinar on Nutrition Career Journey: Self-Employed Nutritionist

Guest Speaker | Madam Surainee Wahab
Director of AAA Vision Academy

Programme Details | Friday 13 August 2021 5:30-7:00pm Zoom Meeting

Register Now

For more information:
Email: mynlp@nutriweb.org.my / secretary@nutriweb.org.my | www.nutriweb.org.my VISIT OUR WEBSITE

Gain insights into leadership roles, opportunities and challenges of self-employed nutritionists.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

<https://bit.ly/2Tjstjs>

Webinar on Nutrition Career Journey: Corporate Sector

Guest Speaker | Ms Wong Mei Ching
Group Corporate Nutrition Manager Nestle Products Sdn Bhd

Programme Details | Friday 4 June 2021 5.30-7pm GotoMeeting

Register Now

For more information:
Email: mynlp@nutriweb.org.my / secretary@nutriweb.org.my | www.nutriweb.org.my VISIT OUR WEBSITE

Gain insights into leadership roles, challenges and opportunities of nutritionists in the corporate setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

<https://forms.gle/LujURNW8T8pPhE337>

Webinar on Nutrition Career Journey: Government Sector

Guest Speaker | Madam Zalma Abd Razak
Director of Nutrition Division Ministry of Health Malaysia

Programme Details | Friday 18 June 2021 3:00-4:30pm Zoom Meeting

Register Now

For more information:
Email: mynlp@nutriweb.org.my / secretary@nutriweb.org.my | www.nutriweb.org.my VISIT OUR WEBSITE

Gain insights into leadership roles, challenges and opportunities of nutritionists in the government setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

<https://forms.gle/fiXGNjAmhKegsvD86>

Leadership Webinar
Unlock the Leader in You
9 July 2021 | 2.45pm-5.30pm | GoToMeeting

Leadership Trainer

Dr Saw Horng Yuan
PhD, MMedSci, Communicator,
Senior Coach at Leap-Plus.org

Learning Outcomes

- I. Choose effective strategies for leadership development.
- II. Recognise different perspectives on leadership and development.
- III. Identify hindrances to leadership development.
- IV. Differentiate between a leader and a manager.

Terms

- Registration of participations will be limited to 40 participants.
- Priority will be given to active NSM members and those who practice in the field of nutrition.
- Please note that your pre-registration is NOT confirmed until you receive a confirmation notice from the organiser.

FEES: RM 50.00
(Accept via online transfer only)

For more information and enquiries,
Visit: www.nutriweb.org.my
Email: mynlp@nutriweb.org.my | secretary@nutriweb.org.my

Organised by:



Nutrition Manager at Nestlé Products Sdn. Bhd), global (Ms. Cyndy Au, Global Regulatory Strategy Lead at IFF) and self-employed (Pn Surainee Wahab, Director at AAA Vision Academy). They spoke to fresh nutrition graduates, as well as final year undergraduate and postgraduate students, sharing insights into the leadership roles, challenges and opportunities faced in different work settings.

MyNLP also organised five scientific updates with state nutritionists to foster greater

understanding and communication among different stakeholders nationwide. The speakers shared their perspectives on the approaches and challenges in community nutrition.

The third programme for the year was the NSM Leadership Webinar ‘Unlock the Leader in You’ on 9 July. Facilitated by the trainer Dr Saw Horng Yuan, the webinar saw the participation of 36 nutritionists learning about strategies and challenges in leadership development.

Community Nutrition Internship Programme

In 2021, NSM welcomed three interns for the second intake of our community nutrition internship programme. Under this programme, local nutrition undergraduate students have the opportunity to contribute towards NSM’s activities, while gaining valuable experience in planning and implementing community nutrition promotion programmes, such as the Nutrition Roadshows 2.0.

Interested to intern with NSM?

Submit your CV, together with the contact information of one referee to president@nutriweb.org.my and secretary@nutriweb.org.my, at least eight (8) weeks prior to the internship date through your university internship coordinator. Shortlisted candidate(s) will be contacted for an interview and competency assessment. Visit Nutriweb for more information (<https://nutriweb.org.my/index.php?internship>).



Jointly organised by:

Nutrition: The

Virtual Nutrition Fair

Nutrition: The Key to Combating Health Threats

NMM 2021: Virtual Activities

NMM 2021 was marked by the month-long 2nd Virtual Nutrition Fair, which members of the public could visit and participate in through a dedicated website.

The Fair was filled with interactive and engaging activities to encourage visitors to continue returning to the website throughout the month. The first phase of the fair focused on interactive learning activities (e.g. games and videos) for the whole family, and provided opportunities for visitors to redeem attractive packages from NMM and the programme sponsors.

Reminder

Choose processed or packaged foods wisely by using the nutrition information on the food labels:

- energy icon
- nutrition information panel (NIP)
- healthier choice logo
- ingredient list
- nutrition claims

Did You Know?

Every 1 in 2 Malaysians is either **overweight** or **obese**

Don't be a part of this statistics. Being overweight or obese increases risk of NCDs, and increases severity of COVID-19.

5 Tips to make wise food choices using nutrition information on food labels

- 1) Be mindful of the calorie content using the **energy icon**
- 2) Know the content of the **main nutrients**, i.e. **carbohydrate, protein and fat** content
- 3) Look for products with **less sodium/salt**
- 4) Choose foods that are **lower in fat** content
- 5) Beware of the amount of **added sugars** (or words of similar meaning) in food products

Take part in Nutri Info Hunt Contest to win fabulous prizes!



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LIVE

SAT 7th AUG 2021 3:30PM

SUN 8th AUG 2021

DIETITIAN INTERVIEW

LIVE

SAT 14th AUG 2021 11:00AM

SUN 15th AUG 2021

ALYANIE

ASHHRY SHOSHEDAP

JAZZ - DIETITIAN

THIVIYA - HOST

Eat Well, Live Well.

Aji

AIJI-NO-MOTO

RUNNING 101

FOR NEW RUNNERS!

LIVE

SAT 7th AUG 2021 11:00AM

SUN 8th AUG 2021

amino VITAL

with **COACH FAIZ**

CROSS TRAININGS

FOR RUNNERS AT HOME

LIVE

SAT 14th AUG 2021 5:00PM

SUN 15th AUG 2021

Mahe Faiz Othman

PKR Fitness Coach

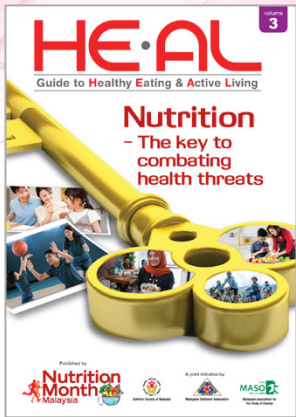
The National Sports Institute of Malaysia (NSN)

Key to Combating Health Threats

The second phase of the fair consisted of thematic engagement activities with the programme sponsors, where visitors could participate in activities (e.g. virtual fitness or cooking challenge) to win sponsored prizes.

NMM 2021 included an official publication, 'HE-AL Volume 3: Nutrition: The Key to Combating Health Threats'.

Other NMM activities continued through the dissemination of educational content on social media, as well as in major English and Chinese newspapers.



Look out for Nutrition Month Malaysia 2022 from 19-31 July 2022!

It will be the 20th year of NMM, and the theme will be 'Fight COVID-19 & NCDs with Healthy Nutrition'. Visit the [NMM website](#) for more information.

9. 8. 2021 | 星期一 | 世界华文 健康新视界

醫識力

9. 8. 2021 星期一 | 9. 8. 2021 星期一 | 9. 8. 2021 星期一

先明日報 健康新视界

家常菜 全家健康之道

餐桌上的營養由自己掌控

「世界衛生組織(WHO)指出，全球每年有2800萬名兒童患有營養不良，其中包括200萬名五歲以下兒童。這不僅威脅到兒童的發育和免疫力，也威脅到他們的未來。營養不良是導致貧血、發育遲緩、智力低下、甚至死亡的主要原因。在亞洲地區，營養不良問題依然嚴重。根據世界糧食計劃署(WFP)的數據，全球有20億人面臨營養不良問題，其中亞洲地區有8.5億人。在亞洲地區，營養不良問題主要表現為蛋白質和微量元素的缺乏。這不僅影響到兒童的發育，也影響到成年人的健康。營養不良是導致貧血、發育遲緩、智力低下、甚至死亡的主要原因。在亞洲地區，營養不良問題依然嚴重。根據世界糧食計劃署(WFP)的數據，全球有20億人面臨營養不良問題，其中亞洲地區有8.5億人。在亞洲地區，營養不良問題主要表現為蛋白質和微量元素的缺乏。這不僅影響到兒童的發育，也影響到成年人的健康。」

營養師 羅美玲 Rosemary Yap MSc, RSHQ, RSHN, RSHM

食材及烹法才顯關鍵

「營養師羅美玲指出，在選擇食材和烹調方法時，應優先考慮新鮮、天然、少加工的食品。同時，應避免過度烹調，以保留食材的營養價值。此外，應注意飲食的均衡，攝入足夠的蛋白質、碳水化合物、脂肪、維生素和礦物質。在烹調方面，應避免過度煎炸、油煎和油炒，而應多採用蒸、煮、燉和焗等健康的烹調方法。此外，應注意飲食的均衡，攝入足夠的蛋白質、碳水化合物、脂肪、維生素和礦物質。」

營養師 羅美玲 Rosemary Yap MSc, RSHQ, RSHN, RSHM

食品安全小撇步

「在選購食品時，應注意食品的來源、日期和標籤。同時，應注意食品的儲存和處理方法。在選購食品時，應注意食品的來源、日期和標籤。同時，應注意食品的儲存和處理方法。在選購食品時，應注意食品的來源、日期和標籤。同時，應注意食品的儲存和處理方法。」

營養師 羅美玲 Rosemary Yap MSc, RSHQ, RSHN, RSHM

行管期父親胸呼吸困難 先排除心肺問題 再考慮胃胃酸倒流

「一名50歲的父親在行管期間出現胸呼吸困難，經醫生診斷後，發現是心肺問題所致。醫生建議他先排除心肺問題，再考慮胃胃酸倒流。這名父親在行管期間出現胸呼吸困難，經醫生診斷後，發現是心肺問題所致。醫生建議他先排除心肺問題，再考慮胃胃酸倒流。」

營養師 羅美玲 Rosemary Yap MSc, RSHQ, RSHN, RSHM

Live Chat Session Series

Hypertension During COVID-19; Balancing Diet Within The NCDs

Live Chat Session with

Assoc Prof Dr Hazreen Majid
Vice President,
Malaysian Dietitians' Association (MDA)



Moderator:
Dr Nurul Huda Razalli
Honorary Secretary,
Malaysian Dietitians' Association (MDA)

Live Chat Session Series

Obesity in Children: Chubby Is Not Cute

Live Chat Session with

Assoc Prof Dr Geeta Appannah
Honorary Secretary,
Malaysian Association for the Study of Obesity (MASO)



Moderator:
Assoc Prof Dr Gan Wan Ying
Council Member,
Malaysian Association for the Study of Obesity (MASO)





Partner Societies/Associations:

Supported by Educational Grant from:



Food and Nutrition Society of Indonesia



Nutrition Society of Malaysia



Nutrition Foundation of the Philippines, Inc.



Nutrition Association of Thailand under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn



VINULAS Vietnam Nutrition Association



PEPSICO

The Southeast Asia Public Health Nutrition (SEA-PHN) network organised a series of webinars as part of its annual activities in 2021. NSM spearheaded the organisation of three webinars.

WEBINAR SERIES 1/2021

School Children Nutrition Promotion in Southeast Asia

7 April 2021 | GoToWebinar Online Platform

The webinar on school nutrition promotion programmes took place on 7 April, discussing the current landscape and future of these programmes in Southeast Asian countries.

Speakers from Indonesia, Malaysia, Philippines, Thailand and Vietnam, shared their respective

experiences of school nutrition programmes in their countries, including the success stories and challenges. The Malaysian perspective was presented by Assoc Prof Dr Chin Yit Siew and Madam Teo Choon Huey. This was followed by a discussion on the way forward and possible action plans for these programmes.



WEBINAR SERIES 2/2021

National Plans of Action for Nutrition in Southeast Asia Countries

29 June 2021 | Zoom Platform

The webinar on National Plans of Action for Nutrition (NPANs) in Southeast Asia (SEA) Countries, held on 29 June, provided a platform for stakeholders in the region to exchange experiences in the development and implementation of NPANs in SEA countries.

Speakers from the SEA countries provided a review of their respective NPANs, enabling a better understanding of the common approaches taken, similarities and differences among countries. The webinar also discussed the constraints, success elements, actions and supports required in the NPAN development process. Malaysia's NPAN was shared by Ms Khairul Zarina, Principal Assistant Director of the Nutrition Division, Ministry of Health Malaysia.

WEBINAR SERIES 3/2021

Nutrition Activities during COVID-19 Pandemic in Southeast Asia Countries

15 December 2021 | Zoom Platform

On 15 December, the SEA-PHN network organised a webinar on nutrition activities by Southeast Asia countries during the COVID-19 pandemic. The webinar provided a platform for the panellists from various countries to share insights and experiences on nutrition activities amid the challenges and difficulties of the pandemic.

In the first part of the webinar, speakers presented on the nutrition promotion and intervention activities in their respective countries in response to COVID-19, followed by presentations by private sectors on their nutrition efforts in response to the pandemic. In the second part, invited speakers from four SEA countries shared the nutrition and COVID-19 research of their respective countries. The panellists and audiences also interacted in a discussion session to foster additional sharing of experiences and opportunities to promote and improve nutrition in response to COVID-19.

Southeast Asia Probiotics Scientific and Regulatory Experts Network

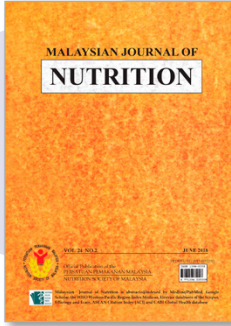


The SEA Probiotics SREN continued with its activities in 2021 via the online platform. The first activity of the year was the network's fifth workshop on 5 May, which focused on discussions related to the harmonisation of probiotic regulations in SEA Countries and an update on probiotics clinical trials.



In December 2021, the network's e-Working Group developed a guideline for the review of applications for use of probiotics in foods and health supplements in SEA Countries. In the same month, SREN's [review paper](#) on the status of probiotic regulations in six SEA countries was published in the Malaysian Journal of Nutrition. This paper was the result of a survey conducted among the countries, as well as presentations and discussions from the network's previous workshops.

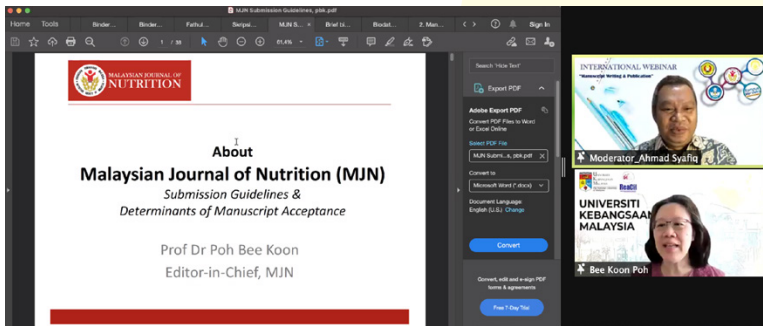
Malaysian Journal of Nutrition



Under the editorship of Prof Poh Bee Koon, the Mal J Nutr published three issues in 2021 (Vol 27). The issues can be viewed [online](#).

The journal is in the process of submission to be indexed in Web of Science (WoS). Mal J Nutr is currently indexed in the Elsevier's database of the Scopus (EBiology and ECare Scopus), and WHO West Pacific Region Index Medicus (WPRIM) database and also MyCite under Ministry of Education of Malaysia.

Manuscript Writing Webinar



The Universitas Pembangunan Nasional (UPN) Veteran Jakarta and NSM co-hosted a webinar on 'Manuscript Writing & Publication' on 16 July 2021.

The main aim of this webinar was to impart a better understanding of the process of submitting manuscripts to the Malaysian Journal of Nutrition (Mal J Nutr), as well as to share insights into the publication of journal articles using secondary data.

Prof Poh Bee Koon, the Editor-in-Chief of Mal J Nutr, and Dr Roseline Yap, the Managing Editor, both presented at this webinar. The webinar was attended by 150 participants from various Indonesian universities, polytechnic institutions, colleges and the Ministry of Health Indonesia.

Malaysian Healthy Diet Online Survey

NSM embarked on the Malaysian Healthy Diet Online Survey, an international project in collaboration with the Commonwealth Scientific and Industrial Research Organisation (CSIRO) and the Nutrition Division of the Ministry of Health Malaysia.

This online survey is aimed at assessing and communicating about the diet quality of Malaysian adults. The survey will be adapted from the CSIRO Healthy Diet Score, and will measure

compliance of the participants with the Malaysian Dietary Guidelines 2020.

The survey is envisaged to be a cost-effective supplementary measure for assessing current dietary habits, as well as to inform strategies aimed at changing eating habits and improving diet quality at the population level. It also has an additional aim to raise awareness about the messages in the dietary guidelines.

National Food Technology Seminar



NSM collaborated with MARDI to co-organise the virtual National Food Technology Seminar (NFTS) from 9-10 March 2021, with the theme 'Innovative Food for Specific Health Groups'.

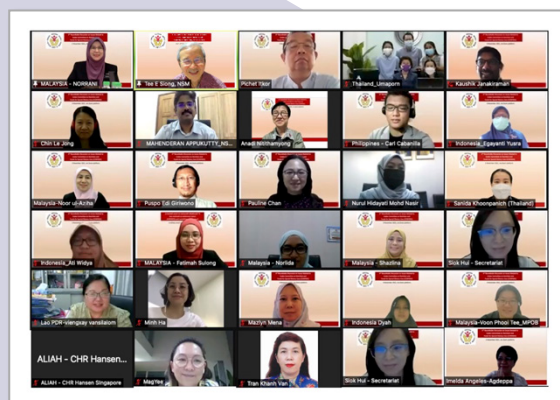
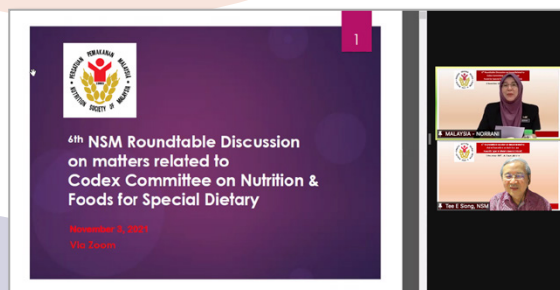
The seminar covered a wide range of topics, including the development of functional food ingredients, commercialisation of products, food analysis or new techniques and guidelines and policy on food and nutrition.

6th CCNFSDU Roundtable Discussion

NSM successfully organised the 6th Roundtable Discussion on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 3 November 2021.

The session was attended by 27 representatives from eight countries, comprising officers from regulatory agencies in SEA, as well as participants from academic institutions and the food industries. All the agenda items from the 2021 session of the CCNFSDU were discussed, including issues related to follow-up formula and products for young children, ready-to-use therapeutic foods, NRVs-R, probiotics in foods and dietary supplements, as well as trans fatty acids.

This discussion was organised with unconditional educational grants from Mead Johnson Nutrition (Malaysia) Sdn Bhd, Yakult Malaysia Sdn Bhd and Chr Hansen (Singapore).



NSM-Herbalife Nutrition Malaysia Activities

In 2021, NSM collaborated with Herbalife Nutrition Malaysia to organise several activities. These included the publication of four articles, contributing panellists for nutrition events and webinars, as well as an educational grant for the publication of research papers.

Under this collaboration, NSM members authored four articles covering topics like breakfast, soya protein, antioxidants, and dietary fibre.

A webinar was organised 18 March for the media on 'Diet vs Exercise: What Matters Most', with Dr Roseline Yap and Ms Susan Bowman (Herbalife Nutrition USA) as the panellists.



Another webinar was conducted on 21 December, with Dr Julián Álvarez García from Herbalife Nutrition Board, talking about sports nutrition.

NSM-Unilever Malaysia Public Webinars

NSM jointly organised two webinars for the public with Unilever Malaysia and India. The webinars focused on 'Role of Nutrition in Building Immunity', with one session in English (7 Aug) and one in Bahasa Malaysia (14 Aug).

Apart from the webinars, NSM and Unilever also organised a recipe contest, focusing on home-cooked recipes for boosting immunity in children and adults.



Update on Malaysia Food Regulations on Food Labelling, Nutrition Labelling and Claims

NSM and International Life Sciences Institute (ILSI) SEA Region co-organised two webinars related to nutrition labelling and claims in Southeast Asia.



The first webinar on 6 April updated stakeholders on the amendments No. 4, P.U.(A), July 2020 of the Food Regulations 1985, as well as provided an explanation of these amendments and its interpretation. The speakers were senior regulatory officials from the Food Safety & Quality Division of Ministry of Health Malaysia. It was well attended by over 250 participants, mostly from the food industry.



11th Nutrition Labelling and Claims Webinar

The second webinar co-organised by NSM and ILSI SEA was a two-day webinar aimed at providing updates on regional developments and changes in nutrition labelling, nutrition and health claims, and related issues in SEA. The webinar also provided a platform for participants to discuss consumers' understanding of nutrition labelling and claims. The webinar took place from 8-9 December.



US Soybean Export Council Webinar

Webinar on Harnessing Consumer Trends, Innovation and Health with Soy – The Malaysian Perspectives

Chairperson
E Siong Tee

Speakers
Amin Ismail, Boon Yee Yeong, Mark Messina, Sue Yee Tan

Discussion / Q&A Session

US SOY

Participant grid showing: Tee E Siong, NSM; Tan Sue Yee, NSM; Mark Messina; Yeong Boon Yee; Amin Bin Ismail.

Role of soy foods in Asia diets, with focus on Malaysia

Amin Ismail, Ph.D.
Department of Nutrition,
Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, 43400 UPM, Serdang, Selangor, Malaysia

Facebook: aminismail@upm.edu.my
Twitter: @aminismail
LinkedIn: aminismail@upm.edu.my
YouTube: aminismail

Video thumbnail: Amin Bin Ismail

Webinar on Harnessing Consumer Trends, Innovation and Health with Soy – The Malaysian Perspectives

Culinary Demonstration on "The Joy of Soy – A Nutri-Culinary Wonder"

Dr Tan Sue Yee, Fellow, Nutrition Society of Malaysia

US SOY

Video thumbnail: Tan Sue Yee, NSM

NSM and the US Soybean Export Council (USSEC) co-organised a webinar on 'Harnessing Consumer Trends, Innovation and Health with Soy' on 26 Aug 2021. Five speakers presented on various aspects of soy nutrition. Prof Dr Amin Ismail, NSM Fellow, spoke on the role of soy foods in Asian diets, with a focus on Malaysia, while Dr Tan Sue Yee shared videos to demonstrate recipes using soya ingredients. A total of 254 attendees attended the webinar.

Nutrition Update Webinar



This webinar, held on 30 September, was an initiative between the Nutrition Division of Ministry of Health (MOH) and NSM. The aim was to provide continuing professional development and to bring in new perspectives in nutrition to all government nutritionists.

Prof Tai E Shyong (National University of Singapore) started the half-day webinar with a presentation on “Supporting the adoption and maintenance of health promoting behaviours”, followed by Prof Dr Lynn Cobiac (CSIRO,

Australia) who delivered a presentation on “Nutrigenomics, nutrigenetics and personalised nutrition”. The last presentation was on “The Healthy Diet Score: an online survey to estimate compliance with dietary guidelines”, presented by Dr Gilly Hendrie (CSIRO) and Dr Wong Jyh Eiin (NSM).

A total of 287 nutritionists from all states in the country attended the webinar, including those serving at the Ministry of Health Headquarters.

Webinar on Nutrition Research Priorities Malaysia

WEBINAR

NUTRITION RESEARCH PRIORITIES (NRP) IN MALAYSIA FOR 12TH MALAYSIA PLAN (2021-2025)

9.30 AM TO 12.00 PM **15TH JULY 2021 (THURSDAY)** via **23RD JULY 2021 (FRIDAY)** via

***SIMILAR AGENDA FOR BOTH SESSIONS**

Grab the opportunity to learn about the updated NRP and how to link it with your current and future research! Exciting session with experienced researchers and research fund managers.



PROF. DR. HAMID JAN BIN JAN MOHAMED
Chairman, TWG on Nutrition Research, NCCFN & Professor of Nutrition, USM



PROF. DR. POH BEE KOON
Professor of Nutrition & Chair, Center for Community Health Studies (ReaCH), UKM



DR. SYAMIMI SHAMSUDDIN
Senior Principal Assistant Director Higher Education Institution Research Excellence Division, MOHE



MR. MOHD ZULHASMI BIN JAMALUDIN
Deputy Secretary, Fund Division, MOSTI



YBHG. DATUK DR. NOR ASIAH MUHAMAD
Head of Evidence-based Healthcare Sector, NIH, MOH
Available on 15th July 2021



DR. S. ASMALIZA ISMAIL
National Institutes of Health (NIH) Manager, MOH
Available on 23rd July 2021

ORGANISED BY:



TECHNICAL WORKING GROUP ON NUTRITION RESEARCH, NCCFN, MINISTRY OF HEALTH MALAYSIA

CO-ORGANISERS:



REGISTER NOW!



E-CERTIFICATES PROVIDED
<http://bit.ly/Register-NRP>

ANY ENQUIRIES PLEASE CONTACT survpemkn21@gmail.com 03-88924500/4455 <http://nutrition.moh.gov.my>

NSM and Institut Sukan Negara (ISN) co-organised two webinars with the Technical Working Group for Nutrition Research, on 15 July and 23 July 2021.

Four panellists spoke in the webinars, namely Datuk Dr. Nor Asiah Muhamad, Head of Evidence-based Healthcare Sector of National Institutes of Health (NIH); Dr. Syamimi Shamsuddin from Higher Education Institution

Research Excellence Division, Ministry of Higher Education; Mr. Mohd Zulhasmi Jamaludin from Ministry of Science, Technology and Innovation; and Prof Dr Poh Bee Koon from UKM.

Both sessions of the webinars attracted a total of 908 participants. The participants included researchers and nutritionists from universities, research management centres and professional bodies.

Allied Health Professions (AHP) Act 774

The Allied Health Professions Regulations (Fees) 2020 P.U. (A) 188 was gazetted and came into operation on 1 July 2020. In tandem with that, the Malaysian Allied Health Professions Council (MAHPC) was officially established, with NSM represented by our President Dr Tee E Siong.

Various working groups have also been formed to look into the implementation of the Act. These include the MAHPC Task Force and the following ad hoc technical committees (TCs): Ethics and Professional Practice; Assessment of Qualifications for Practitioners; Joint Technical Committee; Recognition of Allied Health Professions from Abroad; and Programme Standards and Expertise Assessment. Senior members of NSM have been appointed to serve in these committees.

An important development is the gazetting of amendments to the Second Schedule of the Act 774 on 24 March 2022, wherein some adjustments have been made to the 23 allied health professions; there are now 16 professions in the amended Schedule. All practitioners intending to register for the profession of Nutritionist are strongly encouraged to follow developments of the implement of the Act via the NSM website: <https://nutriweb.org.my>. All announcements and relevant documents will be uploaded in the **Health Professionals tab** in the website.

It is envisaged that the registration of practitioners under this Act shall commence in the later part of 2022, to be implemented in stages.

Scientific Meetings	Research	Resources	Health Professionals
ALLIED HEALTH PROFESSIONS ACT			
Public Consultation for Proposed Code of Ethics and Professional Conduct			
Briefing Session for Registration of Nutritionists			
AHP (Enforcement of amended Second Schedule) Order 2022			
AHP (Amendment to Second Schedule) Order 2022			
Allied Health Professions Act 2016 (Act 774) is to be enforced!			
Agreement on Scope of Practice of Nutritionists and Dietitians			
Lampiran 1			
Lampiran 2			
Guidelines of Allied Health Professions Act For Nutritionists			
Allied Health Professions Act 774 2016			
Malaysian Allied Health Professions Act 2016 Summary			
PUBLISHED PAPERS			
Whole Grains Intake			
Malted Beverage			
RTEC			
Breakfast and Body Weight			

Diary of Conferences and Seminars

2022

13th Virtual Asia Pacific Conference on Clinical Nutrition 2022

11-12 June 2022

<http://www.apcns.ac/Home/News/info/id/136/pid/47.html>

Nutrition 2022 of the American Society for Nutrition

14 – 16 June 2022; A Virtual Conference

<https://nutrition.org/nutrition-2022-live-online/>

SEANUTS II digital conference – New insights on the nutrition and health status of Southeast Asian children

17-18 June 2022; A virtual conference

<https://www.frieslandcampinainstitute.com/asia/education/conferences/overview/seanuts-ii-conference/>

37th Nutrition Society of Malaysia (NSM) Annual Scientific Conference

21-22 June 2022; A Virtual Conference

<https://www.nsmconference.org.my/conference/>

8th International Conference on Public Health 2022

28 – 29 July 2022; A Virtual Conference

<https://publichealthconferences.com/>

International Conference on Food Science and Nutrition 2022

24 - 25 August 2022

<https://icfsn2022.ums.edu.my>

DOHaD World Congress by the International Society for Developmental Origins of Health and Disease

27-31 August 2022; Vancouver, Canada

<https://www.dohad2022.com/welcome>

2022 International Congress on Obesity and Metabolic Syndrome

1 - 3 September 2022; Seoul, Korea

<https://icomes.or.kr/main/>

The 12th Asian Conference on Lactic Acid Bacteria

10-13 October 2022; Kuching, Malaysia

<https://aclab12.com>

International Congress on Obesity (ICO)

18 – 22 October 2022; Melbourne, Australia

<https://www.icocongress.org>

4th Asia Pacific Partnership on Health and Nutrition Improvement Conference (APHNI)

19 - 20 October 2022, A Virtual Conference

<https://aphni.almaata.ac.id/>

The 12th Asian Conference on Lactic Acid Bacteria

10-13 October 2022; Kuching, Malaysia

<https://aclab12.com>

International Congress on Obesity (ICO)

18 – 22 October 2022; Melbourne, Australia

<https://www.icocongress.org>

8th International Society for Physical Activity and Health (ISPAH) Congress

23 – 26 October 2022; Abu Dhabi, UAE

<https://congress2022.ispah.org/>

2nd IPB International Conference on Nutrition and Food of the Institut Pertanian Bogor (IPB University)

17 - 18 Nov 2022, A Virtual Conference

<http://gizi.fema.ipb.ac.id/icnf-2022/>

4th Asia Pacific Nutrigenomics Nutrigenetics Organisation (APNNO) 2022

2 – 4 December 2022; Taipei, Taiwan

<https://www.apnno22.com/conference>

22nd International Congress of Nutrition (ICN)

6-12 December 2022; Tokyo, Japan

<https://icn22.org/>

2023

International Conference on Diet and Activity Methods (ICDAM)

26-29 June 2023; University of Limerick, Ireland

<https://www.icdamportal.org/>

14th Asian Congress of Nutrition (ACN)

13-17 September 2023; Hangzhou, China

<https://acn2023.sciconf.cn/en/web/index/>