



Berita NSM

A Publication of the Nutrition Society of Malaysia

PP18027/02/2013(033336) 2022



Jointly organised by:



Virtual Nutrition Fair

Fight COVID-19 & NCDs with Healthy Nutrition

virtualfair.nutritionmonthmalaysia.org.my

July 19 – 31, 2022 • Register now to win prizes!

FREE Goodies!*
Limited to first 3,000 participants

Fun and exciting
learning experience

Live sessions
with Nutritionist & Dietitians

Win prizes
through various e-Learning
articles & contents



Nutrition Month Malaysia 2022

Fight COVID-19 & NCDs With Healthy Nutrition

Nutrition Month Malaysia celebrated its 20th year in 2022! The theme 'Fight COVID-19 & NCDs with Healthy Nutrition' was chosen to focus the activities on the importance of preventing non-communicable diseases (NCDs) and maintaining a healthy lifestyle during the COVID-19 pandemic.

Nutrition Month Malaysia was launched by YB Dato' Dr Hj Noor Azmi Bin Ghazali, Deputy Minister of Health, on 3 June, and the MOU on "Hub Pemakanan Sihat@Pasar Raya" was signed during the event. Various nutrition and health activities were also held from 3-4 June, such as Health Screening and Nutrition Consultation by NSM, Healthy Eating Adventure at the Supermarket, Healthy Cooking Demonstration and Colouring Contest for Children by MOH.

continue on page 12

Contents

Nutrition Month Malaysia	1
A word from the President	2
Annual General Meeting	3
Annual Scientific Conference	4
Publications & Research	7
Community Programmes	8
Capacity Building	10
Nutrition Month Malaysia	12
SEA-PHN	14
Asian Congress of Nutrition	17
Scientific Updates	20
MOH Activities	22
Calendar of Events	24

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
27C, Jalan PJS 1/48,
Taman Petaling Utama,
46150 Petaling Jaya,
Selangor.

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

A word from the President

Reaching Wide Virtually



2022 was a mixed bag, filled with anticipation of a recovery from the COVID-19 pandemic, but caution as well.

NSM continued to implement activities on a virtual platform for the third consecutive year, maintaining a safe approach for all our members and participants. With two years of the pandemic behind us, we had become familiar with organising our annual scientific activities virtually. We continued with our Annual Scientific Conference, online webinars, scientific updates, and community promotion programmes.

The virtual platforms enabled our activities to have a wider reach to our audiences and members of the public, although we can't deny that the effectiveness of some programmes may be compromised without the face-to-face interaction.

The keyword that the world had to learn during the

pandemic was 'pivot', and I am thankful to the NSM Council, members and the numerous volunteers who embraced this idea in the last several years. We pivoted and found ourselves on a steep learning curve, but never faltered in continuing to realise our objectives, and serve the scientific community and the public at large.

With the worst of the pandemic largely behind us, it is more important than ever to make up for lost time in addressing nutrition-related problems in the country, as well as promoting the development of the profession.

I hope you enjoy reading about our programmes, and continue to support NSM's future activities!

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

NSM Publications Committee

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

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

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



**NSM 19TH COUNCIL MEMBERS
2022 - 2024**

Position	Name
President	Dr Tee E Siong
Vice-President	Assoc Prof Dr Mahenderan Appukutty
Hon. Secretary	Assoc Prof Dr Chin Yit Siew
Hon. Treasurer	Dr Roseline Yap Wai Kuan
Asst. Hon. Secretary	Asst Prof Dr Satvinder Kaur Nachatar Singh
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



37th Annual General Meeting

On 18 March 2022, NSM held its 37th Annual General Meeting online via Zoom. The AGM was attended by 214 members (213 voting members) and three observers (two from the External Meeting Secretariat from the Medical Conference Partner and one NSM intern).

During the AGM, the NSM Council Report 2021 was adopted by the members with no amendment, while the Treasurer's Report 2021 was adopted with one correction commented by Emeritus Prof Dr Khor Geok Lin.

The AGM also included an online poll for the proposed amendment of the NSM Rules and election of office bearers of the 19th Council Members. The proposal to amend Article 2 on Registered Office, and Article 4a Membership of the Rules of NSM, was accepted by the voting members during the AGM. The Registrar of Societies Malaysia (ROS) approved the amended Rules of NSM on 10 May 2022, and the updated

NSM Rules are uploaded on the [Nutriweb](https://nutriweb.org.my/index.php?rules-of-nsm) (<https://nutriweb.org.my/index.php?rules-of-nsm>).

The NSM Council also nominated five members as NSM Fellows, and these nominations were unanimously accepted during the AGM. We congratulate the NSM Fellows for 2022 for their outstanding professional and meritorious contributions to the field of nutritional sciences!

- **Prof Dr Loh Su Peng**
- **Ms. Fatimah Sulong**
- **Assoc Prof Dr Wong Jyh Eiin**
- **Assoc Prof Dr Snigdha Misra**
- **Ms. Chin Le Jong**



37th Scientific Conference Nutrition Society of Malaysia *Nutrition Response to COVID-19 and NCDs*

21-22 June 2022 | Zoom Virtual Platform

Keynote Lecture

Nutrition interventions to combat NCDs and COVID-19 health threats – Experiences in Japan



Chairperson:
Dr Tee E Siong
President, Nutrition Society of Malaysia

37th Annual Scientific Conference Nutrition response to COVID-19 and NCDs

21-22 June 2022

COVID-19 continued to be of concern in 2022. The pandemic was still a major health threat to the country, especially for the most vulnerable among our population, while the impact of managing the pandemic had affected the focus on non-communicable diseases.

With this in mind, the 37th Annual Scientific Conference was held from 21-22 June 2022, with the theme, ‘Nutrition response to COVID-19 and NCDs’. In view of the uncertainty over the pandemic in the early part of the year, the decision was also made to organise the conference virtually.

The theme focused discussions on the importance of nutrition as an integral part of the nation’s fight against COVID-19, as well as the double burden of malnutrition, which includes diet-related NCDs and undernutrition.

The keynote lecture, ‘Nutrition interventions to combat NCDs and COVID-19 health threats – Experiences in Japan’, was delivered by Prof Hisanori Kato, University of Tokyo, Japan. The conference also featured four symposia and four invited lectures.

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 winners were awarded with cash prizes and certificates. The prizes for oral and poster competitions were sponsored by the International Life Sciences Institute Southeast Asia Region (ILSI SEA) and with contributions from NSM President Dr Tee E Siong. The total cash award for both competitions was RM3,800.

37th Scientific Conference Nutrition Society of Malaysia
"Nutrition Response to COVID-19 and NCDs"
21-22 June 2022 | Zoom Virtual Platform

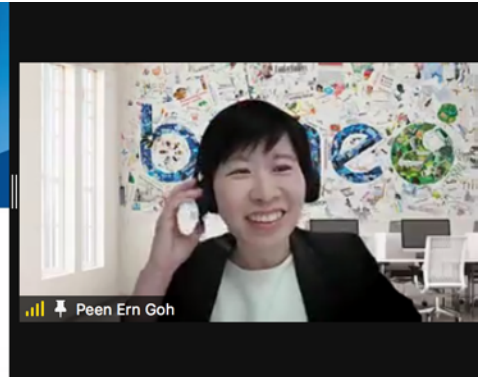
Symposium 1
Maternal, Infant and Child Nutrition

 Chairperson Assoc Prof Dr Mahenderan Appukkuty <i>Vice president, Nutrition Society of Malaysia</i>	 Speaker 1 Prof Dr Poh Bee Koon <i>Universiti Kebangsaan Malaysia</i>	 Speaker 2 Prof Dr Hamid Jan Jan Mohamad <i>Universiti Sains Malaysia</i>	 Speaker 3 Dr Yasmin Ooi Beng Houi <i>Universiti Malaysia Sabah</i>
--	---	---	---



Response to COVID-19 and NCDs:
Unlocking nutritional tools for gut microbiota support and low blood glucose profiles

Goh Peen Ern PeenErn.Goh@beneo.com
Manager Nutrition Communication
BENE0-Institute, BENE0 Asia-Pacific



Young Researchers' Symposium Winners

1st Prize

Mugambika a/p Magendiran, Universiti Putra Malaysia
Prospective Associations between an Empirically Derived Dietary Pattern and Life Satisfaction during Adolescence.

2nd Prize

Teh Shu Chin, Universiti Kebangsaan Malaysia
Predictors of sleep quality among early adolescents in Peninsular Malaysia: Findings from the South East Asian Nutrition Survey II (SEANUTS II) Malaysia.

3rd Prize

Mok Kai Ting, UCSI University
Inadequate vegetable consumption among urban poor children in Kuala Lumpur, Malaysia: Influence of psychosocial and garden-related factors.

NSM Poster Competition for Undergraduates 2022

1st Prize

Woo Pik Xuan, Universiti Kebangsaan Malaysia
eToybox Study Malaysia: Development and evaluation of digital nutrition education materials for preschool teachers.

2nd Prize

Pua Min Jie, Universiti Putra Malaysia
Associations of personal factors, psychological factors, and social media use with body image perception among undergraduate students during COVID-19 pandemic.

3rd Prize

Sum Jia Xin, Universiti Kebangsaan Malaysia
Weight loss strategies among successful Chinese weight losers in Malaysia.

37th Scientific Conference
Nutrition Society of Malaysia
Nutrition Response to COVID-19 and NCDs
21-22 June 2022 | Zoom Virtual Platform

Young Researchers' Symposium Prizes 2022

Group Photo



NSM Prizes 2022

Postgraduate Prizes (PhD)

Dr Lee Shoo Thien, Universiti Kebangsaan Malaysia
Physical activity, sedentary behaviours and related factors among preschoolers in Kuala Lumpur.
Supervisor: Professor Dr Poh Bee Koon
Co-supervisors: Assoc. Prof Dr Geraldine Chan Kim Ling, Assoc. Prof Dr Wong Jyn Eini

Dr Nurliyana Binti Abdul Razak, Universiti Putra Malaysia
Early life factors associated with growth and cognitive development of infants at 24 months in Seremban, Malaysia.
Supervisor: Prof. Dr. Zalilah Mohd Shariff
Co-supervisors: Assoc Prof Dr Gan Wan Ying, Dr Tan Kit Aun, Assoc Prof Dr. Mohd Nasir Mohd Taib

Dr Chang Chung Yuan Henry, International Medical University
Peak bone mass attainment in Malaysian children: Influence of diet, lifestyle patterns, vitamin D status and maternal interactions.
Supervisor: Prof Dr Winnie Chee Siew Swee
Co-supervisor: Assoc Prof Dr Erwin Khoo Jiayuan, Dr Megan Chong Hueh Zan, Dr Yang Wai Yew

Postgraduate Prizes (MSc)

Tan Meng Lee, Universiti Putra Malaysia
Factors associated with iron deficiency anaemia among pregnant women attending selected health clinics in Selangor and Kuala Lumpur, Malaysia.
Supervisor: Assoc. Prof. Dr. Chin Yit Siew
Co-supervisors: Dr Salma Faeza Ahmad Fuzi, Dr Lim Poh Ying

Nur Ain Hafizah bt Che Malek, Universiti Kebangsaan Malaysia
Development and sensory evaluation of health juice based on kelulut honey, dates and pomegranate.
Supervisor: Assoc. Prof. Dr Hasnah Haron
Co-supervisors: Dr Hanis Mastura Yahya, Professor Dr Suzana Shahar, Professor Dr Nor Fadilah Rajab

Chew Wan Ling, UCSI University
Chrononutrition factors across gestation and its association with maternal and birth outcomes.
Supervisor: Assoc. Prof. Dr Satvinder Kaur
Co-supervisor: Asst. Prof. Dr. Normina Ahmad Bustami, Dr Siti Raihanah Shafie, Dr. Nor Aini Jamil @ A. Wahab

Undergraduate Prizes

Anis Balqis binti Asiati Raili, Universiti Kebangsaan Malaysia
Association of breastfeeding and complementary feeding practice with nutritional status of infants aged 6 to 24 months in Kuala Lumpur and Selangor, Malaysia.
Supervisor: Dr Samecha Mohd Jamil

Nur Arina Bakeri, Universiti Putra Malaysia
Food security status and its coping strategies among households who received the Lost Food Project Products in selected low-cost public housing areas in Klang Valley.
Supervisor: Prof. Dr. Norhasmah Sulaiman

Loe Pei Yu, Universiti Sains Malaysia
Quantitative assessment of food environment around the public schools in Penang state of Malaysia: A Geographic Information System (GIS)-based analysis approach
Supervisor: Assoc. Prof Dr. Foo Leng Huat

Eng Zen Yang Eddie, UCSI University
Association between dietary inflammatory index and overweight among the aboriginal primary school children in Negeri Sembilan.
Supervisor: Dr Vaidehi Ulaganathan

Loh Jialynn, Management & Science University
Influence of geographical origins and extraction methods on the antioxidant activities and phytoconstituent contents of Kundang by-products.
Supervisor: Dr Tan Seok Tyug



NSM Publication Prize 2022

Maternal Nutrition

(sponsored by Fonterra Brands (M) Sdn Bhd)

Dr Lee Siew Siew, University Nottingham Malaysia
Publication: Interplay between maternal and neonatal vitamin D deficiency and vitamin-D related gene polymorphism with neonatal birth anthropometry, *Nutrients* 2022, 14, 564

Mobility and Musculoskeletal Health and Nutrition

(sponsored by Fonterra Brands (M) Sdn Bhd)

Chan Kai Sze, Universiti Kebangsaan Malaysia
Publication: Dietary quality, sleep quality and muscle mass predicted frailty among Chinese postmenopausal women in Malaysia, *Int. J. Environ. Res. Public Health* 2022, 19, 2565



Malaysian Journal of Nutrition (Mal J Nutr)



In 2022, three issues were published on schedule - Volume 28 (issue 1, 2 & 3) - under the editorship of the Editor-In-Chief Prof Dr Poh Bee Koon.

In 2022, plans were initiated to develop a new, standalone website for the journal. Among the features for the new website, include short biodatas of the editorial board members, Mal J Nutr newsletter signup, reviewer signup column, Plum Analytics data for articles and separate pages for current volume, online first, and archived articles. The NSM Council has formed a Mal J Nutr Committee to coordinate the journal website and promotion.

Malaysian Healthy Diet Score Online Survey

NSM, in collaboration with the Commonwealth Scientific and Industrial Research Organisation (CSIRO) and Nutrition Division, Ministry of Health Malaysia, is leading an international project to evaluate the diet quality of Malaysian adults through an online survey. The survey is based on the CSIRO Healthy Diet Score and measures adherence to the Malaysian Dietary Guidelines 2020.

The survey underwent usability testing, validity and reliability testing from May - October 2022, and was launched in December 2022. The online survey was opened to all Malaysian adults aged 18-59 years.



Nutrigenetics and Nutrigenomics Research and Training Unit (N²RTU)

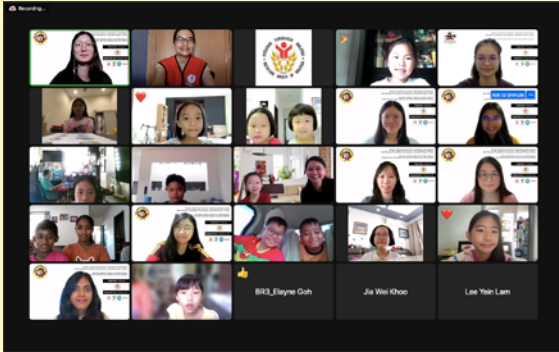
The Nutrigenetics and Nutrigenomics Research and Training Unit (N²RTU) was established by the Centre for Biomedical and Nutrition Research, University Tuanku Abdul Rahman, together with the Institute for Food, Nutrition and Health, University of Reading, UK, in partnership with the Malaysian Industry-Government Group for High Technology (MIGHT) and British Council with Research Environment Link (REL) Partnership Grant.

NSM is one of the Associate Partners for this initiative, along with the Nutrition, Metabolism & Cardiovascular Research Centre (NMCRC) of Institute for Medical Research.

The N²RTU has conducted several training workshops on Nutrigenetics, Nutrigenomics and Precision Nutrition, stakeholder engagement activities, as well as community outreach programmes.

More details can be obtained at <http://n2rtu.com/>

NSM Roadshows 2.0



In 2022, NSM continued its community nutrition promotion programme to provide nutrition education activities to the public.

The advisor of the management team is Dr Tee E Siong, while the management team members are Dr Roseline Yap (Leader), Dr Tan Sue Yee and Assoc Prof Dr Satvinder Kaur. Three working groups were retained in 2022, focusing on Nutrition Education Materials, Healthy Recipes, and Events and Interactive Activities.

As there was still uncertainty due to the pandemic, online roadshows continued via NSM's social media platforms (Facebook, Instagram and TikTok). The roadshows included activities in conjunction with the main festivals of Malaysia, such as festive cards with nutrition messages, Nutrition Education posters/videos, NSM Nutritionist's Kitchen (cooking demonstration videos by NSM Nutritionists), bilingual healthy recipe cards, NutriQuote, and NutriFun Quizzes.

The "Healthy Nutrition Goals and Practices with NSM" activity also continued in 2022 with three series and nine Healthy Nutrition Goals. There were also three virtual events, namely "NSM Virtual Parent-Child Cooking Competition 2022", "NSM Nutrition Poster Contest" and "NSM Virtual Fun Run/Walk 2022", which all garnered enthusiastic participation from children and families.

NSM NUTRITION POSTER CONTEST 2022
IN CONJUNCTION WITH MERDEKA & MALAYSIA DAY
THEME: DESIGNING A HEALTHIER LIFESTYLE FOR A BETTER MALAYSIA
10 AUGUST - 25 SEPTEMBER 2022

CATEGORIES

- Category A: Age 7 to 9 years old
- Category B: Age 10 to 12 years old
- Category C: Age 13 to 15 years old

REGISTRATION (10 - 17 August 2022)

- Normal Price: RM20 per entry
- Discounted price for NSM Parent-Child Cooking Competition 2021 & 2022 participants: RM15 per entry
- Payment to be made through online transfer only.
- Includes starter kit, e-certificate & Online Interactive Nutrition Educational Workshop for all participants.

HOW TO PARTICIPATE ?

1. Register for the contest & pay the required registration fee.
2. Attend an Online Interactive Nutrition Educational Workshop. **27 - 28 August 2022.**
3. Design a poster according to the theme and required nutrition components for your age category.
4. Submit your artwork via online between **27 August - 14 September 2022.**
5. Winners will be announced within two weeks after the submission deadline.
6. For more detailed steps, visit <https://bit.ly/NutriWebPublic>.

PRIZES

- Attractive prizes worth RM 1000 for winners of each category!

FIRST PRIZE:

- RM 200 Cash
- Faber-Castell GoldFaber Aqua Watercolour Pencil Gift Set (16pcs)
- NSM drawing bag

SECOND PRIZE:

- RM 100 Cash
- Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (16pcs)
- NSM drawing bag

THIRD PRIZE:

- RM 50 Cash
- Faber-Castell GoldFaber Creative Studio Aqua Water Colour Pencil (16pcs)
- NSM drawing bag

CONSOLATION PRIZE:

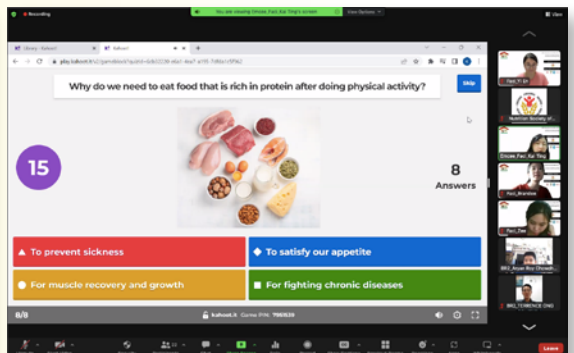
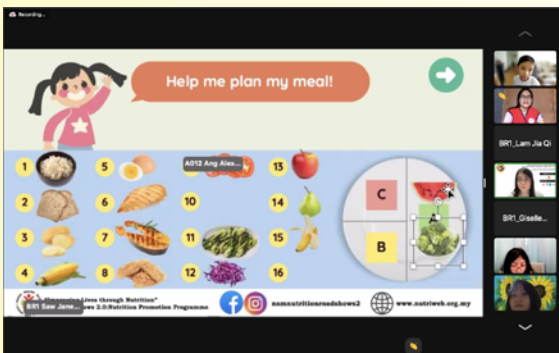
- Dry paint by number canvas
- NSM drawing bag

STARTER KIT (WORTH RM 50)

HE-AL MAGAZINE, ACTIVITY BOOK, SKETCHBOOK, STATIONERY SET, COLOUR PENCILS

Improving Lives Through Nutrition
 NSM Roadshows 2.0: Nutrition Promotion Programme
 For more information: www.nutriweb.org.my
 @nsmnutritionroadshows2

Supported by: MPOC, Yakult



Malaysia School Nutrition Promotion Programme (MySNPP) - Back To School!



For the past two years, the MySNPP programme has been conducted virtually due to the pandemic. In 2022, the first on-ground, face-to-face activities were held when schools reopened.

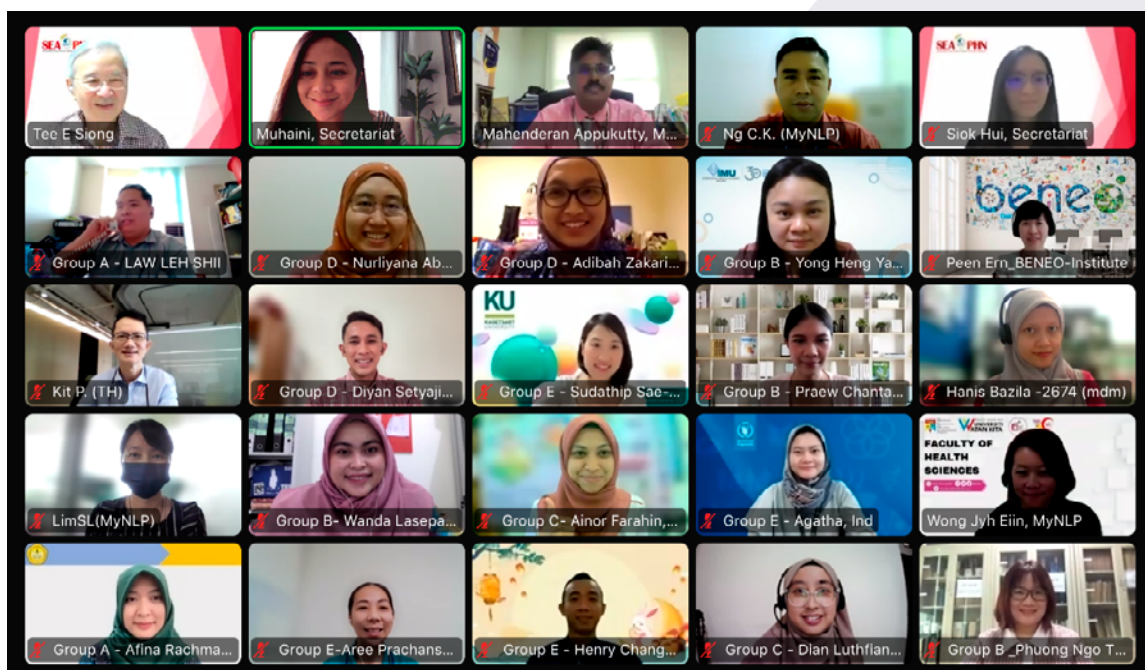
Three nutrition education camps were conducted among children and teachers, while their parents were invited to attend nutrition education talk sessions. A total of 10 primary schools from three districts participated in the programme, involving 560 children, 83 teachers and 697 parents.

Pre- and post-questionnaires indicated that the children made significant improvements in the nutrition knowledge, attitude and practice scores ($p < 0.05$). A majority of the children, parents and teachers gave positive feedback to the programme. In view of the long-term benefits of providing nutrition education to school children, along with a daily nutritious meal, the MySNPP (online/on-ground) programme is to be extended to another nine primary schools in Johor in Year 2023/2024.

On 9 December 2022, Assoc Prof Dr Chin Yit Siew presented the MySNPP project in the “Role of School Meal Service Program” Symposium during the 22nd IUNS-International Congress of Nutrition (22nd IUNS-ICN), entitled “Implementing Malaysia School Nutrition Promotion Programme (MySNPP) during COVID-19 pandemic”.



Malaysia Nutrition Leadership Programme



NSM's Malaysian Nutrition Leadership Programme (MyNLP) continued its activities in 2022 to enhance leadership skills, as well as to foster greater communication and networking among young nutrition professionals in the country.

Four Nutrition Career Journey webinars were organised from May to June 2022, for undergraduate and postgraduate nutrition students from public and private universities as well as graduated early career nutritionists.

The MyNLP committee also jointly organised the first virtual Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP) Workshop together with the SEA-PHN Network on 26 October 2022. The workshop gathered 23 nutritionists from diverse backgrounds within the region, and was attended by resource persons i.e. Council Members of the SEA-PHN Network and members of the Technical Working Committee of MyNLP. Read more about MyNLP's 2022 activities [here](#).

SEA PHN
Leadership Programme



Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP) Workshop

- 26-27 October 2022
- Zoom Online Platform

Enhance your nutrition leadership competency!

Aspiring professionals in the field of food & nutrition are invited to submit application to be selected as part of this Nutrition Leadership Programme Workshop.

The National Plans of Action for Nutrition (NPANs) developed by governments are vital blueprint in guiding the nations on dealing with different nutritional issues and concerns of the population. It serves as a tool for action, an operational plan that sets out strategies; identifies projects and activities, with details of implementation; designates responsibilities and accountability for the activities; identifies resource requirements; and sets the plan for monitoring and evaluation. It is vital that nutritionists are fully aware of these plans, particularly the NPAN of respective country, and determine how they can contribute to the identified programmes and activities. It is imperative that the NPANs developed must be effectively implemented, especially during this COVID-19 pandemic era, to ensure that the pandemic does not lead to malnutrition crisis, as well as to prevent non-communicable diseases that are risk factors for higher COVID-19 morbidity and mortality.

This 2 half days programme will provide platform for nutritionists to

- better understand NPAN within participants' country as well as those of countries in SEA
- learn to communicate effectively and share their opinions and experiences, especially in the area of NPANs
- hone the application of soft-skills and acquiring the requisite knowk towards enhancing leadership competency among nutrition professionals
- establish professional and social networks with public health nutrition workers within country as well as countries in the region



WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 1/2022:
CORPORATE SECTOR**

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



Ms. Muhaini M. Hussin
Director, Health & Nutrition
Programmes at VersaComm Sdn Bhd

FRIDAY
20 MAY 2022

TIME
2:45-4:30 PM

ZOOM MEETING



<https://bit.ly/3KINmuU>

REGISTER NOW!

Exclusively for Fresh Nutrition
Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 4/2022:
CORPORATE SECTOR - GLOBAL PERSPECTIVE**

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



Dr. Kit Phanvijhitsiri
R&D Life Sciences Manager
at PepsiCo – Quaker

FRIDAY
17 JUNE 2022

TIME
2:45-4:30 PM

ZOOM MEETING



<https://bit.ly/3KINmuU>

REGISTER NOW!

Exclusively for Fresh Nutrition
Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 3/2022:
GOVERNMENT SECTOR**

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



Mr. Mohd Rizal Md Razali
Research Officer at National
Sports Institute of Malaysia (ISN)

FRIDAY
10 JUNE 2022

TIME
2:45-4:30 PM

ZOOM MEETING



<https://bit.ly/3KINmuU>

REGISTER NOW!

Exclusively for Fresh Nutrition
Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 2/2022:
SELF-EMPLOYED NUTRITIONIST**

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



Dr. Tan Sue Yee
Freelance Nutritionist

FRIDAY
27 MAY 2022

TIME
2:45-4:30 PM

ZOOM MEETING



<https://bit.ly/3KINmuU>

REGISTER NOW!

Exclusively for Fresh Nutrition
Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

Community Nutrition Internship Programme

NSM's Community Nutrition Internship Programme was established in 2020, to give local nutrition undergraduate students the opportunity to assist in the Society's activities, in order to gain valuable experience in planning and implementing nutrition projects and activities.

In 2022, a total of three interns completed their internships with NSM, performing most of their assignments/tasks remotely. The interns were from Universiti Putra Malaysia, University Sains Malaysia, and University of Nottingham Malaysia. To date, a total of seven interns have completed this programme with NSM.

Interested and qualified candidates are invited to submit their CV together with a name and contact information of one referee through their respective university internship coordinator to president@nutriweb.org.my and secretary@nutriweb.org.my at least eight (8) weeks prior to the internship date. Candidate(s) for the internship program will be contacted for an interview and competency assessment. The flyer of the internship programme is available via Nutriweb.

Nutrition Month 2022: Fight COVID-19 & NCDs With Healthy Nutrition



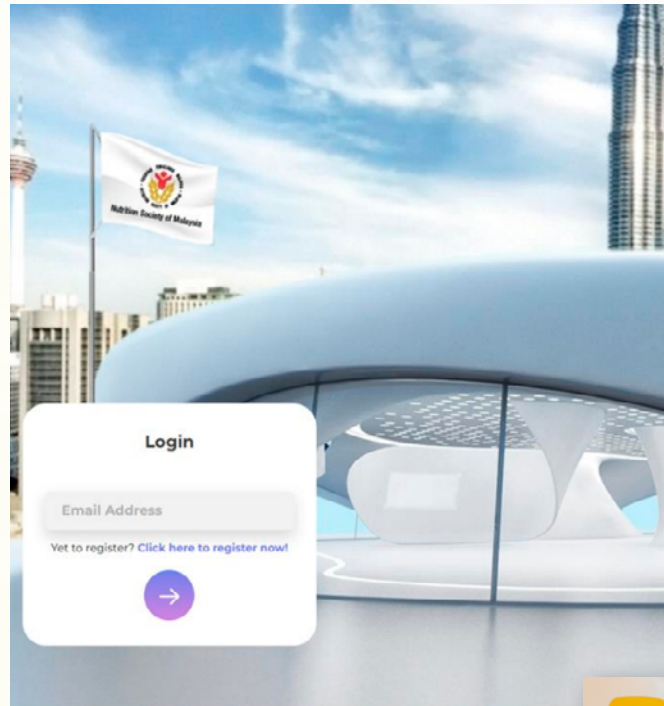
Fun Virtual Activities

With the on-going uncertainties of the pandemic in 2022, other activities of Nutrition Month were held virtually.

The 3rd Virtual Nutrition Fair was held from 19 – 31 July, which featured fun activities like Unlock the Badge Goodies redemption, Snap & Win Challenge, Watch & Win e-learning, My 5-Day Journey to Healthy Nutrition Challenge.

NMM 2022 also saw the publication of the official magazine HE-AL Volume 4: Fight COVID-19 & NCDs with Healthy Nutrition.

To promote the messages of the theme, four educational press articles were contributed to The Star and Sin Chew Daily newspapers, while health messages were posted in the Nutrition Month Facebook page, Instagram and website.



My 5-Day Journey to Healthy Nutrition
July 19 – 31, 2022

Share your 5-day journey of lifestyle changes focusing on healthy eating and being active.

- 1 Take photos of your healthy journey for 5 days
- 2 Post on your Instagram and share your story with us in the caption
- 3 Tag #NMM2022 and tag 3 friends to join this activity
- 4 Stand a chance to win a grand prize

Main sponsor: **Aj**
Go-sponsors: **Yakult**, **U**, **Nestle**, **Roll-Up Wraps**





Partner Societies/Associations:

Supported by Educational Grant from:



SEA-PHN in its 11th Year

In 2022, the SEA-PHN focused on creating more discussion opportunities in the SEA region and reaching a wider audience and stakeholders via the virtual platform.

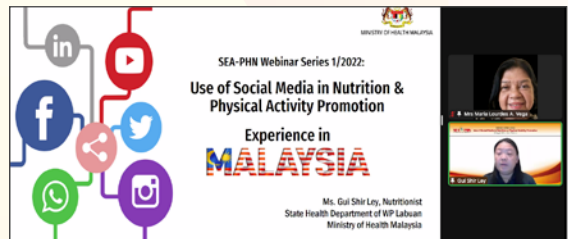
The network held its 11th General Meeting virtually on 7 April to exchange experiences among the member societies through updates on the public health nutrition activities carried out by each society/association. The meeting also discussed future plans for the Network.

Webinar on Use of Social Media in Nutrition & Physical Activity Promotion

23 August 2022

The Network conducted two webinars, which were spearheaded by NSM.

The first webinar was aimed at enabling nutritionists in the region to share their respective country's experiences in promoting nutrition and physical activity through social media, and also to learn strategies for effective communication on social media platforms. The webinar was attended by 210 participants.



Webinar on Promotion and Consumers' Use of Food-Based Dietary Guidelines (FBDGs) in SEA Countries

22 November 2022

The second SEA-PHN webinar of the year provided a platform to exchange experiences in approaches for FBDGs promotion and dissemination among SEA countries, to discuss the challenges and lessons learned, as well as to share effective ways for the promotion of FBDGs messages to the public.

During the webinar, the Network also shared findings of an online survey on Consumer Awareness, Understanding and Use of Dietary Guidelines in SEA countries. The webinar was attended by 263 participants.



Multi-country Online Survey on Consumer Awareness, Understanding and Use of Dietary Guidelines in SEA Countries

There is a lack of local data regarding the level of awareness, understanding and use of dietary guidelines by consumers in SEA. To address this gap, a multi-country online survey was conducted by the Network with the aim of understanding the awareness and usage of the key messages by the public.

Based on the findings of the survey, it was recommended that the FBDG messages need to be further simplified in the future, and to be communicated to consumers via online platforms. More work needs to be done to increase the visibility of nutritionists and dietitians as reliable sources of nutrition information.

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

MARK YOUR CALENDAR

Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 2/2022

PROMOTION AND CONSUMERS' USE OF FOOD-BASED DIETARY GUIDELINES (FBDGs) IN SOUTHEAST ASIA COUNTRIES

22 November 2022, Tuesday
9am – 1pm (Kuala Lumpur, Manila, Singapore Time),
8am – 12pm (Bangkok, Hanoi, Jakarta Time)
Zoom Online Platform

Food-based dietary guidelines (FBDGs) provide science-based, simple messages on healthy eating for the population for the purpose of promoting health and preventing nutrition-related deficiencies and excesses. FBDGs may also include advice on other food and health-related issues, such as food safety, physical activity, and healthy lifestyle. As FBDGs are intended to be used by the general public to foster healthy eating habits and lifestyles, messages of FBDGs must be disseminated and communicated effectively to the public through various channels to ensure a good level of public awareness. This will serve as a crucial step in getting people to follow the recommendations of the FBDG messages. In this regard, understanding consumers' knowledge and use of these messages is equally important to provide feedback on the effectiveness of the messages and provide insights for FBDG messages improvement in the future.

This webinar will:

- Exchange experiences in approaches for FBDG promotion and dissemination among Southeast Asia (SEA) countries
- Discuss the lessons learned, challenges and effective ways for the promotion of FBDGs messages to the public
- Discuss available data on consumers' awareness, understanding and use of FBDGs



The Network has worked on compiling and comparing the officially published energy and nutrient intake values in five SEA countries, with the aim to provide an understanding of the approaches undertaken by the countries in developing such recommendations.

This review aims to serve as a reference document for food and nutrition activities in SEA countries. This work is anticipated to be published in the first quarter of 2023.

SEA-PHN Network Website

The Network continued to update and maintained its dedicated website to serve as a repository of public health nutrition literature/documents of SEA region. In addition to the scientific publications, reports of completed projects of the Network, relevant publications from the societies/government agencies/corporate members, and webinar and workshop materials have been uploaded for sharing with the users. Visit the website at <https://sea-phn.org>



SEA PHN
Southeast Asia Public Health Nutrition Network

Webinar on Addressing Food and Nutrition Security in Challenging Times: Experiences in Southeast Asia: Presentation Slides & E-Cert [Download](#)

Southeast Asia Public Health Nutrition Learning Programme Workshop [Click here!](#)

"A collaboration among Nutrition Societies in the region to promote periodic exchange of experiences and activities."

[Learn More](#)

What do we do?
We conduct regular interactions to enable closer sharing of experiences and activities.
[See our key network activities >](#)

Who are our members?
We are a network of nutrition societies, government agencies and private companies in Southeast Asia.
[Get to know our members >](#)

Current events
Network members conduct regular scientific meetings and nutrition programmes.
[Find events near you >](#)

Get access to our Resource area. Download Nutrition related documents. [Create Account](#)

About SEA-PHN
The Southeast Asia Public Health Nutrition (SEA-PHN) Network is a partnership of key stakeholders in the region, namely nutrition societies, government agencies and corporate companies, dedicated to promoting public health nutrition among the populations and alleviating nutrition problems in the region.

Home
About Us
Members
Council Members
Contact Us
Key Network Activities
Resources
Photo Gallery

EVENTS
Indonesia
Malaysia
Philippines
Thailand
Vietnam

Copyright © 2018 SEA-PHN. Powered by Applipedia

Breaking News!

Highlights from...

**14th ACN
2023**

CHENGDU, CHINA SEP. 14-17th, 2023

ASIAN CONGRESS OF NUTRITION FEEDING THE FUTURE BY SUSTAINABLE NUTRITION

Under the Auspices of: International Union of Nutritional Sciences (IUNS)

Organizers: Federation of Asian Nutrition Societies (FANS) Chinese Nutrition Society (CNS)



**14th ACN 2023
N CONGRESS OF NUTRITION**

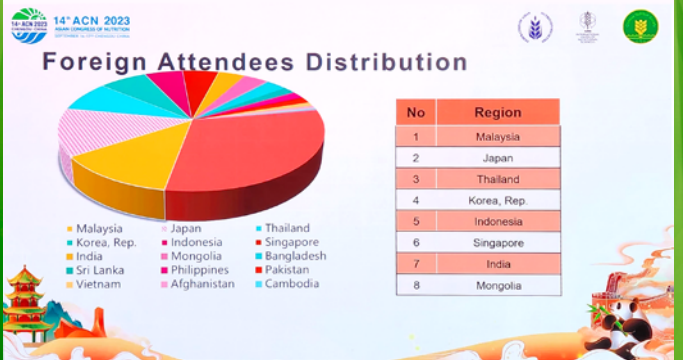
Welcome address by
President of 14 ACN and
President of FANS 2023-2027



NSM provided financial subsidy to 30 members to attend ACN 14



Members at the NSM booth



Malaysia had the most number of participants from outside of China!

Congratulations!

FANS 50 YEARS FOR NUTRITION & HEALTH IN ASIA

FEDERATION OF ASIAN NUTRITION SOCIETIES RECOGNITION AND AWARDS



FANS LIFETIME ACHIEVEMENT RECOGNITION FANS 50 YEARS FOR NUTRITION & HEALTH IN ASIA



Dr. Hemalatha R



Prof. Sook He Kim



Prof. Kazumi Yagasaki



Prof. Xiaoshu Chen



Prof. Mohd Ismail Noor



Prof. Khalid Tontisirin



Prof. Yuesh Yang



Prof. Tamas Hlyazawa



Dr. Suprarnee Chungsakulrungrat

Emeritus Prof Dr Mohd Ismail Noor – Lifetime Achievement Recognition



Prof Dr Hamid Jan Jan Mohamed –
Fellow Award



Assoc Prof Dr Chin Yit Siew –
Outstanding Nutritionist Award



Assoc Prof Dr Satvinder Kaur –
Young Nutrition Leader Award

Other awards

Travel awards and prizes

Young Investigator Conference Travel Award
Dr Lee Siew Siew, University of Nottingham
Malaysia

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

Best Poster Award

Mr Yeo Giin Shang, Universiti Kebangsaan
Malaysia

Best Oral Presentation Award

Ms Mok Kai Ting, UCSI University

NSM will be hosting the 15th ACN in Kuala Lumpur in 2027!



Dr Tee E Siong, President of NSM bidding to host the 15 ACN at the FANS meeting



NSM team supporting the bid to host the 15 ACN at the FANS meeting



Prof Yang Yuexin, President of FANS and Dr Tee E Siong, Vice-President/President Elect of FANS (2023-2027)




NSM team welcome participants to the 15 ACN at the closing of 14 ACN


Herbalife Nutrition webinars

NSM Scientific Update

NUTRITION AND THE GUT BRAIN AXIS



Speaker
Prof. Dr Carel le Roux
MChB, MSc, FRCP, FRCPath, Ph.D.
Expert in Metabolic Medicine
Member of Herbalife Nutrition Advisory Board





Moderator
Assoc Prof Dr. Mahenderan Appukutty
Vice President of Nutrition Society of Malaysia

FREE REGISTRATION & Participation via Zoom! **REGISTER NOW!** <https://bit.ly/3PqphA2>

23 SEPT 2022 **3.30PM – 4.30PM** UTC +08:00 MALAYSIA TIME

1.00PM COLOMBO & NEW DELHI
1.30PM DHAKA
2.30PM JAKARTA & BANGKOK
3.30PM SINGAPORE, PERTH, BEIJING, HONG KONG, MANILA & TAIPEI
4.30PM SEOUL & TOKYO
5.30PM BRISBANE, MELBOURNE & SYDNEY

Organised by  Supported by 

NSM Scientific Update

Cognitive Health in Aging: The Role of Nutrition and Lifestyle Factor



Speaker
Dr. Gary Small
M.D.
Member of Herbalife Nutrition Advisory Board



Moderator
Dr Yasmin Ooi Beng Houi
Council Member of Nutrition Society of Malaysia

FREE REGISTRATION & Participation via Zoom! **REGISTER NOW!** <https://bit.ly/3DqtXSy>

26 NOV 2022 **10.00AM – 11.00AM** UTC +08:00 MALAYSIA TIME

7.30AM COLOMBO & NEW DELHI
8.00AM DHAKA
9.00AM JAKARTA & BANGKOK
10.00AM SINGAPORE, PERTH, BEIJING, HONG KONG, MANILA & TAIPEI
11.00AM SEOUL & TOKYO
12.00PM BRISBANE

Organised by  Supported by 

NSM collaborated with Herbalife Nutrition to organise two webinars, which were each attended by more than 100 participants.


The first webinar, “Nutrition and the Gut Brain Axis”, was held on 23 September 2022. featuring Prof Dr Carel le Roux (Herbalife Nutrition USA) as the invited speaker, and Assoc Prof Dr Mahenderan as the Moderator.



The second webinar was held on 26 November, on “Cognitive Health in Aging: The Role of Nutrition and Lifestyle Factor”. The guest speaker was Prof Dr Gary Small, from the Herbalife Nutrition Board, while Dr Yasmin Ooi moderated the session.

NSM’s collaboration with Herbalife also included publishing two nutrition articles authored by NSM members, as well as an educational grant, which has been awarded to Dr Tan Seok Tyug, from Management and Science University (MSU) for writing and publishing a review article on soya.

NSM Scientific Update

Cognitive Health in Aging: The Role of Nutrition and Lifestyle Factor



Organised by  Supported by 

7th CCNFSDU Roundtable Discussion

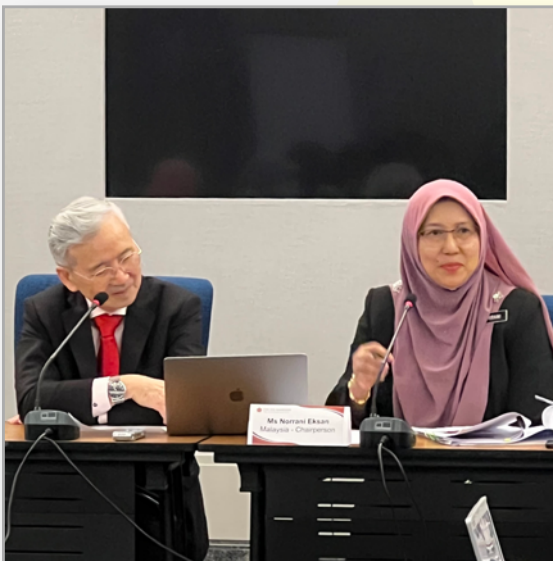


Continuing with its tradition over the past six years, NSM successfully organised the 7th Roundtable Discussion (RTD) on issues related to the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 1 December 2022.

Ms Norrani Eksan, Senior Director of Food Safety & Quality Division of Ministry of Health Malaysia was the moderator and Dr Tee E Siong as President of NSM convened the RTD. The session received unconditional educational grants from Mead Johnson Nutrition (Malaysia) Sdn Bhd, Yakult Malaysia Sdn Bhd and Malaysia Milk Sdn Bhd.

The session was attended by 28 representatives from eight countries, mostly officers from regulatory agencies in SEA, as well as from academic institutions and the food industries. All the agenda items of the 2022 session of the CCNFSDU were discussed in this session, with the following issues discussed:

1. Review of the Standard for Follow-up Formula: Preamble and structure
2. General Principles for Establishment of NRVs-R for persons aged 6-36 months
3. Prioritization mechanism to better manage the work of the Committee
4. Harmonised Guidelines for probiotics use in foods and dietary supplements



Allied Health Professions (AHP) Act 774

Several important developments related to the AHP Act 774 took place in 2022. The Malaysian Allied Health Professions Council (MAHPC) held two meetings, while separate task forces were formed. Dr Tee E Siong has been re-elected into the MAHPC for a second term, from 2023-2025.

The Second Schedule of the Act was gazetted on 23 March 2022 [P.U.(A) 72]. Some of the professions were regrouped, resulting in a reduction from 23 categories of professions to 16. This regrouping did not affect the Nutrition profession.

Registration of professionals commenced on 1 July 2022, and has been proceeding according to a schedule. In relation to the registration process, the NSM Council organised an online briefing session on 23 June (via Zoom, livestreamed on

Facebook). During the session, Dr Tee E Siong briefed over 1,000 NSM members regarding the requirements for registration as a Nutritionist.

Another important development by the MAHPC was the establishment of a Code of Ethics and Professional Conduct. A task force, chaired by Dr Tee E Siong and Dr Shobha Sharma, has completed the draft code, which is being finalised by the MAHPC. Other on-going activities include discussions on the policy to recognise degrees from outside Malaysia, and providing temporary registration to foreigners.

Keep up-to-date with the developments on the Act through NSM's [website](#) and the MAHPC [website](#).

Technical Working Group on Nutrition Advocacy

NSM participates in several technical working groups under the National Coordinating Committee on Food and Nutrition (NCCFN). The Technical Working Group (TWG) on Nutrition Advocacy integrates and works collectively with government sectors, NGOs and private sectors in promoting healthy eating among public.

The group held a meeting on 1 September 2022 to discuss nutrition programmes in the country. A workshop was suggested for stakeholders, but no date has been confirmed yet. The TWG is chaired by Mr Nazli Suhardi Ibrahim (MOH) and NSM is represented by Assoc Prof Dr Satvinder Kaur.

Technical Working Group on Nutrition Research

The TWG on Nutrition Research looks at coordinating and prioritising nutrition research in Malaysia. The TWG also identifies research gaps and requests for data collection in NHMS and MANS. The document on Nutrition Research Priorities (NRP) in Malaysia for 12th Malaysia Plan (2021-2025) is available for reading. The

TWG Committee is planning to develop an online Repository of Nutrition Research in Malaysia.

The TWG is chaired by Prof Dr Hamid Jan bin Jan Mohamed (USM) and NSM is represented by Assoc Prof Dr Mahenderan Appukutty.

Technical Working Group on Nutrition Training

The TWG on Nutrition Training aims to identify the need for nutrition training based on the Malaysian National Nutrition Action Plan 2016-2025 for the relevant agencies, develop and identify nutrition training modules from time to time, and act as a reference expert in nutrition training at the national level. A meeting was held on 18 February 2022 to share and discuss the training

activities conducted in 2021, and to discuss plans to be implemented in 2022. Assoc Prof Dr Chin led a sub-technical working group for interactive training and education material development.

The TWG is chaired by Prof Dr Zalilah Mohd Shariff (UPM) and NSM is represented by Assoc Prof Dr Chin Yit Siew.

Webinar on Nutrition Research Priorities (NRP) Malaysia

NSM took the lead in organising the first in a series of scientific webinars on Nutrition Research Priorities Malaysia. The webinar, focusing on Maternal, Infant and Young Child Nutrition, was organised on 21 July 2022.

The speakers were Assoc Prof Dr Satvinder Kaur (UCSI), Assoc Prof Dr Gan Wan Ying (UPM), and Dr Shahirah Zalhura binti Syed Abdullah (USM) The webinar was moderated by Assoc Prof Dr Chin Yit Siew. The webinar attracted more than 200 attendees, comprising of healthcare practitioners, nutritionists and researchers.

Salt Reduction Strategy to Prevent & Control NCD for Malaysia - Engagement with Stakeholders

NSM has provided written feedback on the first draft of the Salt Reduction Strategy to Prevent and Control Non-Communicable Disease for Malaysia 2021-2025. An Engagement Session with Stakeholders involved in this plan was carried

out on 6 July 2022, with NSM represented by Ms Khairul Zarina Mohd Yusop. The Strategy document was shared and presented to all stakeholders, and UKM and UM presented three related research findings at the session.

Support NSM flagship programmes of 2024!



39th
Scientific Conference

Strategic Alliance to Combat Malnutrition:
Whole of Government, Whole of Society Approach

30 - 31 July 2024 / 6 - 7 August 2024
Venue: TBD



FoodFitFun FAIR
Change mindset to prevent diet related diseases

June/July • Venue: TBD

Jointly organised by:



NSM Nutrition Roadshows 2.0
A nutrition promotion programme on healthy eating and active living for Malaysians initiated by **Nutrition Society of Malaysia (NSM)**, a non-profit professional organisation.

Now, you can find a series of *online* activities (such as cooking demonstration, nutrition tips sharing) on our Facebook and Instagram!

"Improving lives through Nutrition"
NSM Roadshows 2.0: Nutrition Promotion Programme
<http://www.nutriweb.org.my/>

Like & Follow us on FB & IG!
[nsmnutritionroadshows2](https://www.facebook.com/nsmnutritionroadshows2)



Malaysia School Nutrition Promotion Programme (MySNPP)



SEA PHN Southeast Asia Public Health Nutrition Network
Good Nutrition Healthy Children