



## Nutrition Society of Malaysia (NSM)

IMPROVING LIVES  
*through* **NUTRITION**

Dr Tee E Siong

President

Nutrition Society of Malaysia

*Sharing session among Allied Health Professional Bodies*

*8 April 2019, BSKB, Putrajaya*

## Nutrition Society of Malaysia (NSM)



- Established in 1985 with the aim to contribute towards **promoting better nutrition** for all Malaysians.
- NSM's activities are in line with and in **support of the National Nutrition Policy (2005)** and the National Plan of Action for Nutrition (**NPAN) of Malaysia (2016-2025)**.



## OBJECTIVES

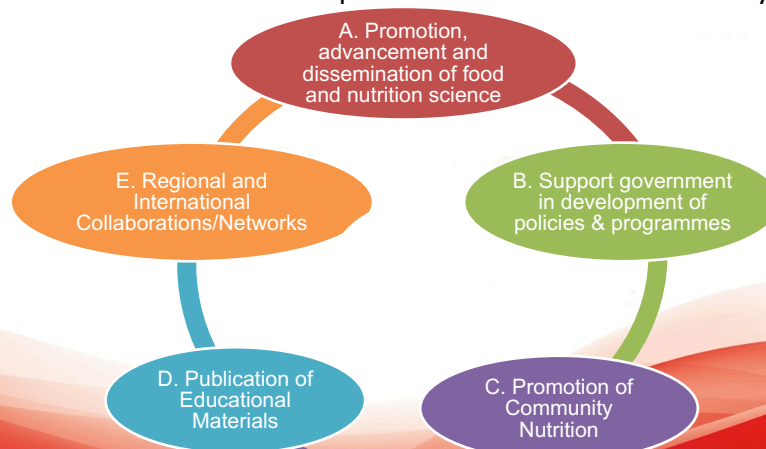
- To **promote, advance and disseminate the scientific knowledge** of food and nutrition.
- To protect and promote the **interest of nutrition scientists** in the country.
- To **inform and acquaint the public and the Government** with matters related to food and nutrition.
- To **facilitate communication** and **foster friendship** between nutrition scientists.

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## ACTIVITIES

In line with its objectives, the NSM carries out a variety of activities in food and nutrition for professionals and the community



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# ACTIVITIES

## A. Promotion, advancement and dissemination of food and nutrition science

### 1- NSM Annual Scientific Conferences

..... for 33 years



Up-coming conference!

Theme  
**Healthy Nutrition: Key to Disease Prevention**

3 - 4 July 2019 | Hotel Istana, Kuala Lumpur  
First Announcement & Call for Abstract

[www.nsmconference.org.my](http://www.nsmconference.org.my)

**CONFERENCE PROGRAMME at a glance**

WED, 3 JULY		THU, 4 JULY	
REGISTRATION		REGISTRATION/ POSTER VIEWING	
OPENING CEREMONY		Plenary Lecture	
Coffee Break/Poster Viewing		Symposium 5	Symposium 6
Keynote Address		Coffee Break/Poster Viewing	
1100-1120			
1130-1200	Symposium 1	Free Paper Presentation 3	Young Researchers' Symposium
1200-1230	Symposium 2		
1230-1300		Lunch	Lunch
1300-1330	Lunch	Symposium 3	Symposium 4
1330-1400	Symposium 1	Symposium 2	Poster Viewing/ Trade Exhibition
1400-1430			
1430-1450	Poster Viewing/ Trade Exhibition	Symposium 7	Symposium 8
1500-1500			
1530-1600	Symposium 3	Symposium 4	Round Table Discussion
1600-1630			
1630-1700	Free Paper Presentation 1	Free Paper Presentation 2	PRIZE PRESENTATION & CLOSING CEREMONY
1700-1730			
1730-1800	Coffee Break/Poster Viewing		Coffee Break
1800-2000	End of Day 1		End
2000-2200	FACULTY DINNER		

## 2- National & International Scientific Conferences & Symposia



**APCCN 2015**



**OBSTETRICS & GYNAECOLOGY 2014**



**Physical Activity in Combating NCDs**



**Current Updates on Childhood Nutrition & Development**



**1<sup>st</sup> Southeast Asia Public Health Nutrition Conference**

"Together In Advancing Public Health Nutrition"

14 - 17 May, 2017 • Hotel Istana, Kuala Lumpur, Malaysia

Under the auspices of:

SEA-PHN

Organised by: 

Co-organised by: 

Supported by: 



## 1st SEA-PHN Conference

In conjunction with NSM 32<sup>nd</sup> Annual Scientific Conference

Brought together diverse stakeholders to **share and discuss** the latest scientific knowledge, effective intervention policies, strategies, research programmes and regulatory updates to **promote and sustain public health nutrition** in the region.



### Conference Scientific Programme

- 1 Keynote Address
- 5 Plenary Lectures
- 3 Roundtable Discussions
- 11 Main Symposia
- 8 Sponsored Lunch Symposia
- 24 free paper presentations
- 200 posters presented
- Young Researchers' Awards
  - Oral and poster categories

## 1st SEA-PHN Conference

In conjunction with NSM 32<sup>nd</sup> Annual Scientific Conference

The conference had 477 attendees (from 23 countries) & 54 speakers from 17 countries.





# 1st SEA-PHN Conference

In conjunction with NSM 32nd Annual Scientific Conference

## Conference Highlights



### 3 - Scientific update sessions in collaboration with professional organisations such as International Life Sciences Institute (ILSI)



Up-coming conference!

## Science Symposium on Smart Eating

### Harnessing Innovative Approaches & New Technologies for Health and Sustainability

April 23, 2019, Sheraton Imperial Kuala Lumpur, Malaysia



To register and for more information, visit:

[http://ilsisea-region.org/  
event/smarateating2019/](http://ilsisea-region.org/event/smarateating2019/)

**For enquiries, please contact:**  
**International Life Sciences Institute (ILSI)**  
**Southeast Asia Region**  
 18 Mohamed Sultan Road #03-01  
 Singapore 238967  
 Tel: +65 6352 5220 | Email: [ilsisea@ilsisea.org.sg](mailto:ilsisea@ilsisea.org.sg)

**Organizers**



ILSI  
Southeast  
Asia Region



ILSI  
SEA Region  
Malaysia

**Collaborator**



### 4. NSM Roundtable Discussion on matters related to Codex Committee on Nutrition & Foods for Special Dietary Uses

Participants: regulatory agencies, academia, professional bodies and food industry.  
 Chaired by Ms Norrani Eksan, FSQD, MOH  
 and convened by Dr Tee E Siong, President, NSM

1<sup>st</sup> Roundtable session:  
8-9 September 2016, Kuala Lumpur



2<sup>nd</sup> Roundtable session:  
15 May 2017, Kuala Lumpur



3<sup>rd</sup> Roundtable session:  
27 August 2018, Kuala Lumpur



## 5 – Nutrition education for HCPs

NSM is a partner of Early Nutrition eAcademy – Southeast Asia (ENEA-SEA), formed in 2016, led by Ludwig Maximilians University (LMU), Germany. Objectives: to reduce early nutrition and lifestyle-related health problems and NCDs in SEA by offering an e-learning programme comprising of modules on early life nutrition to health care professionals

<https://www.enea-sea.eu/en/home/>



The banner for Early Nutrition eAcademy Southeast Asia features a circular logo with a stylized face and the acronym ENEA-SEA. The text reads: 'Early Nutrition eAcademy Southeast Asia', 'eLearning for Healthcare Professionals', and 'Free Access - Now Open!'. It lists e-learning modules: '„Nutrition & Lifestyle During Pregnancy“', '„Breastfeeding“', '„Breach Milk Substitutes“', '„Nutrition of the Preterm Infant“', and '„Malnutrition“'. It encourages joining online to get a certificate and provides the website [www.enea-sea.eu](http://www.enea-sea.eu). Logos for partner institutions like LMU, Universitas Indonesia, and others are shown at the bottom. The banner also includes social media handles like @EarlyNutrition and a QR code.

## 6 – Food and Nutrition Research

NSM supports the advancement of research, sharing practical insights and important discoveries for benefit of all. As such, NSM is actively collaborating with stakeholders in conducting food and nutrition research.

### A. MyBreakfast Study



The banner for the 'MyBreakfast Study of School Children: Findings, Implications & Solutions Symposium' features the logo of the Nutrition Society of Malaysia. The text includes the title of the symposium, the date '3 December 2015', and the location 'Hotel Istana, Kuala Lumpur'. It also mentions 'Supported by Nestlé' with the Nestlé logo. The banner includes a photograph of a child holding a glass of juice.





### Study participants

A total of **8705 primary and secondary school children from all 5 regions:**

- Primary school: 5581
- Secondary school: 3124

### Objectives of Study

- ❖ To determine socio-demographic background, breakfast habits, including the school children and adolescents.
- ❖ The study the associations between body weight status, physical activity and breakfast habits

### Publications from MyBreakfast Study

- ❖ Four papers published in peer-reviewed international journals (see next slide)
- ❖ A series of papers are being prepared for publication as a supplement of Malaysian Journal of Nutrition

## 7. Development and Evaluation of Nutrition Education Package for Primary School Children

NSM conducted a 3-year research to develop, implement and evaluate the effectiveness of a nutrition education package for primary school children

- ❖ 2011 – 2013
- ❖ 300 students from 12 schools in Klang Valley
- ❖ Positive results were obtained after the 3 years of nutrition intervention among the students.



## 8. Malaysia Nutrition Leadership Programme (MyNLP)



- To **enhance leadership skills and foster greater communication and networking** among young nutrition professionals (who are in the early-mid career).
- To **provide knowledge and skills towards enhancing leadership competency** among nutrition professionals
- Thereby contributing towards **establishing a critical mass of able leaders in nutrition** in the country
  - ❖ contribute towards the effective implementation of the National Plan of Action for Nutrition of Malaysia (NPANM III - 2006-2025)

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- The **first MyNLP** successfully conducted **4-8 August 2017**, Port Dickson, Malaysia
- 26 participants; 21 Malaysians, 5 overseas



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## 9 – Publication of Scientific Materials

# Malaysian Journal of Nutrition (MJN)

First published in 1995

Issues in 2018: Volume 24 Nos. 1-4

Download free from <http://www.nutriweb.org.my/mjn/index.php>

**nutriWEB** - Official Website of  Nutrition Society of Malaysia (Established 1985 - ROS 189/85)



Welcome to the Malaysian Journal of Nutrition!



PP18053/02/2013 (033331)  
ISSN 1394 – 035X

The Malaysian Journal of Nutrition (MJN) is the official publication of the Nutrition Society of Malaysia (NSM). It is an inter reviewed scientific journal, first published in 1995. MJN serves as a forum for the sharing of research findings and inform areas in nutrition. It publishes current and emerging topics in human nutrition in the form of original articles, review article short communications and letters to the Editor. All MJN issues can be viewed, free of charge, as pdf files on the NSM web [Publication Page](#)

MJN is ranked high in the Malaysian Citation Index (MyCite) of the Ministry of Education. The journal has also become or preferred English language nutrition journals in the region. MJN is abstracted/indexed by Medline/Pubmed, Google Schol Western Pacific Region Index Medicus (WPRIM), Elsevier databases of the Scopus, EBiology and ECare, ASEAN Citatic CABI Global Health database.

The journal continues to strive to improve its quality and services to nutrition scientists in the region. As one of efforts tow

## Publication of Newsletter for Members Annual Newsletter – Berita NSM

- published once a year





## ACTIVITIES

**B. Support government in development of policies & programmes**

### Contributions of NSM in National Committees

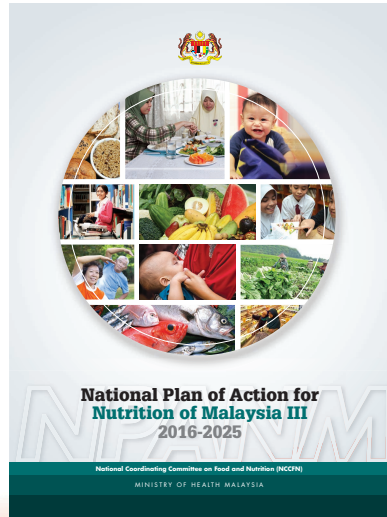
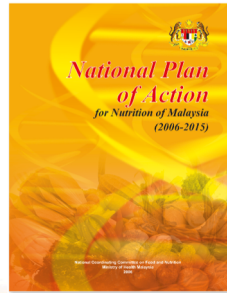
1. Role in development of nutritional guidelines
  - ❖ Recommended Nutrient Intake (2017)
  - ❖ Malaysian Dietary Guidelines (2010)
  - ❖ Malaysian Dietary Guidelines for Children and Adolescents (2013)
  - ❖ DG for elderly - 2019
  - ❖ DG for vegetarians - 2019
  - ❖ DG for pregnant & lactating women - 2019





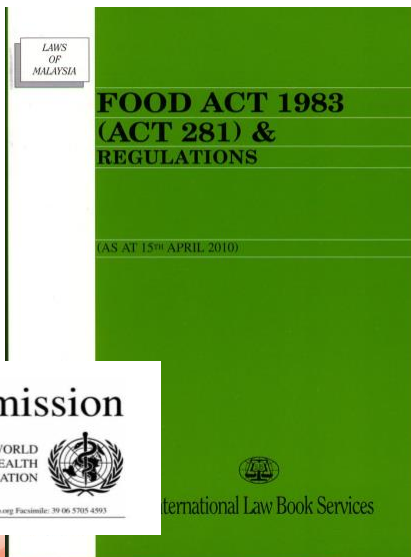
**Contributions of NSM in National Committees**

- 2. Role in publication of Nutrition Policy and National Plan of Action (NPN) for Malaysia (1996-2025)



**Contributions of NSM in National Committees**

- 3. Member of Technical Committee on Food Regulations Malaysia, Ministry of Health
- 4. National Sub-Committees on Codex Alimentarius



codex alimentarius commission



FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

WORLD HEALTH ORGANIZATION



JOINT OFFICE: Viale delle Terme di Caracalla 00153 ROME Tel. 39 06 57051 www.codexalimentarius.net Email: codex@fao.org Facsimile: 39 06 5705 4593

International Law Book Services

### Contributions of NSM in National Committees

5. Member of Technical Committee (Nutrition) for Allied Health Professions (AHP) Act (President NSM as Joint Chairman of Committee)



#### LAWS OF MALAYSIA

Act 774

ALLIED HEALTH PROFESSIONS ACT 2016

Current focus on preparation of standard curriculum for nutrition courses, registration criteria, evaluation of all nutrition graduates ...

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### Contributions of NSM in Other National Committees

- National Coordinating Committee on Food and Nutrition (NCCFN)
- Technical Working Group of MOH, including Research, Nutrition Promotion, Salt Reduction Campaign, Promotion of Fruits & Veggies Consumption
- Obesity Task Force Committee

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**1- Nutrition Promotion to Community :  
Nutrition Month Malaysia from 2002**

organised by

**A nation-wide community nutrition promotion programme since 2002**

- ❖ Collaboration of 3 professional bodies: NSM, MDA and MASO
- ❖ Supported by Nutrition Division, Ministry of Health Malaysia
- ❖ Food industry partnership from 2008
- ❖ Variety of activities, approaches including family carnival, educational booklets and articles, activities in offices and schools

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Series of NMM Guidebooks for various target groups from 2008....



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Series of NMM Recipe Books and children guides ....



Focus on promoting healthy eating and active living ....



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Key publications:



A healthy high with 5-a-day

Fruits and vegetables are indispensable components of our diet that need to be consumed in sufficient amounts for health and well-being.





## Fair activities



## Fair activities



**Nutrition Month Malaysia 2019!**

Official Launch Ceremony

**Nutrition Month Malaysia 2019** **FOOD FIT FUN Fair**

Make Time for Healthy Eating & Active Living (HE-AL)

Officiated by  
**YB Datuk Seri Dr Dzulkefly bin Ahmad**  
 Minister of Health, Ministry of Health Malaysia  
 17 – 21 April 2019

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View and download all publications from [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my)

**Nutrition Month Malaysia 2017**

Organized by:

**Nutrition Month Malaysia**

Home About Us NNM 2014 Target Groups Gallery FAQs Health Tools Get Involved Contact Us

Be Active, Be Fit

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day.

FOR COMMUNITY

- Family Carnival
- Seminar
- Educational Press
- Mass Media Activities

FOR PARENTS

- Publication

FOR CHILDREN

- School Roadshow
- Inter-school Contest
- Educational Materials
- Publication

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## 2- Nutrition Promotion to Community : Probiotics Education Programme

# PROBIOTICS EDUCATION PROGRAMME

- to provide consumers with a better understanding of the importance of a healthy gut microbiota and the role that dietary factors, especially probiotics can play in this regard.
- Activities include publication of various educational materials and setting up a dedicated website <http://nutriweb.org.my/probiotics/>

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### Educational materials

**PROBIOTICS**  
THE FRIENDLY GUT BACTERIA

**益生菌**  
五好的益菌是腸胃健康的最佳部分

**GOOD BACTERIA FOR YOUR GUT**

**Importance of A Balanced Gut Microbiota**

A balanced gut bacteria helps you maintain a healthy gut so as to:

- Produce vitamins and co-factors
- Aid digestion (improve system)
- Boosts appetite
- Diarrhoea

**Importance of A Balanced Gut Microbiota**

An imbalanced gut bacteria may cause:

- Bloating
- Diarrhoea

**Nourish Your Gut**

### PROBIOTICS EDUCATION PROGRAMME

**Bugs in your gut**

The ensemble of microorganisms that resides in the gut are crucial to good health and wellbeing.

**That's a good gut**

Getting to know probiotics and its health benefits.

**PROBIOTIK - Bakteria Mesra Usus**

**腸道菌群平衡 攸關重要**

**菌棲息系統運作**

**Apakah Itu Probiotik?**  
Menurut Pertubuhan Kesihatan Sedunia (WHO), probiotik adalah mikroorganisma hidup yang terbukti dapat membekalkan manfaat kesihatan kepada badan manusia apabila diambil dalam jumlah yang mencukupi.

**Bagaimanakah Probiotik Memberi Manfaat kepada Anda?**  
Probiotik terbukti mempunyai manfaat kepada kesihatan dan kesejahteraan anda secara menyeluruh, terutamanya bagi keadaan berikut:

- Probiotik dan Gangguan Gastrointestinal (GI)
  - **Sindrom Intest Usus Besar (SIB)**  
Menyebabkan simptom (contoh: rasa tidak selesa pada bahagian abdomen, kembung dan pergerakan usus besar)
  - **Celiac**  
Probiotik dianggap selamat untuk merawat traveller's diarrhoea (sakit-beli ketika melancong), antibiotic-associated diarrhea (sakit-beli akibat antibiotik), dan IBS.

**Di Mana Anda Boleh Mendapat Probiotik?**

- **Produk susu kultur dan susu fermentasi dengan kultur probiotik**  
Contoh: minuman susu kultur, yogurt, kimchi, kim masam
- **Makanan tradisional yang dimeramati**  
Contoh:
  - **Keju**
  - **Yoghurt**
  - **Keju Masam**
  - **Keju Kacang**

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### 3- Nutrition Promotion to Specific Target Group(s): Pregnant & Breastfeeding Mothers

Mother's Smart Choice Programme ..



The image displays three brochures from the Mother's Smart Choice programme. The first brochure, 'Breastfeed with Confidence', is for 0-6 months and features a photo of a mother breastfeeding her baby. The second, 'Baby's First Bites', is for 6-12 months and shows a baby eating a spoonful of food. The third, 'Healthy Spoonfuls For Toddlers', is for 12+ months and depicts a toddler eating. Each brochure includes the programme logo, title, subtitle, and a 'Learn more' button. Logos of partner organizations like the Nutrition Society of Malaysia (NSM) and Philips AVENT are visible at the bottom of each brochure.

### In 2014, re-branded to MyNutriBaby ....

The screenshot shows the MyNutriBaby website interface. At the top, there is a navigation bar with links for Home, About, Stages, Videos, Articles, Recipes, and Subscribe. Below the navigation bar is the MyNutriBaby logo, followed by logos of partner organizations including the Nutrition Society of Malaysia (NSM), the Malaysian Paediatric Association (MPPA), and the Malaysian Paediatric & Family Development Society (MPFDS). A central banner reads 'Welcome mummies & daddies!' with a photo of a baby and buttons for 'Download Guides' and 'Watch Videos'. Below the banner are three featured content cards: 'Breastfeed with Confidence' (0-6 months), 'Baby's First Bites' (6-12 months), and 'Healthy Spoonfuls for Toddlers' (12+ months). Each card includes a brief description and a 'Learn more' button. A 'Newsletter' sign-up button is also present.

**My NutriBaby** Online information portal for pregnant & breastfeeding mothers  
[www.mynutribaby.org.my](http://www.mynutribaby.org.my)

Articles, Videos, Downloadable Aids & Recipes

The screenshot displays the My NutriBaby website interface. At the top, it features the logo and the main title. Below this, there are several content blocks:
 

- First Table Meal:** Includes sections for 'All', 'Articles', and 'Videos'. It features a video thumbnail titled 'UNCOVER THE FACTS' and another titled 'Common Myths About Table Foods For Toddlers'.
- Developing Good Eating Habits in Toddlers:** A video thumbnail showing a woman speaking, with the text 'Mother Knows Best'.
- Recipes (1-2 Years):** A grid of recipe images including 'Baked Eggs', 'Banana Coconut Tiramisu Cake', 'Chicken Rice', 'Creamy Chicken Cakesauce', 'Egg Noodles With Chicken', 'Fish Patties', 'Honey Biscuits', and 'Bacon Chicken Macaroni'.
- Other sections:** 'Nursing Sites Illustrations for Toddlers' and 'The Malaysian Food Pyramid'.

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**My NutriBaby** Press Articles – BM, English, Chinese

This section is a collage of press articles. 
 

- Top Left (Malay):** A newspaper clipping with the headline 'Penuhi hak bayi' (Fulfill baby's rights) and a photo of a woman holding a baby.
- Center (English):** An article titled 'A pressing necessity' with a photo of a woman in a green hijab. The text discusses the importance of breastfeeding.
- Bottom Left (English):** A small article snippet with a photo of a woman and the headline 'Regularly, we [can] gather this information and compare...'. It mentions 'The Singaporean'.
- Right (Chinese):** A newspaper clipping with the headline '友善场所存母乳' (Friendly places for breast milk storage) and a photo of a woman. It discusses public breastfeeding facilities.

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#### 4 - Nutrition Promotion to Specific Target Group (s): Teachers & School Children

### Healthy Kids Programme (2014-2016)



- Phase II – Follow-up after research study in 2011 - 2013
- Roll out to more primary schools
- Focus on boarding schools in Sabah and Sarawak
  - ✓ 77 schools, involving 5000 children
  - ✓ Teachers trained and implemented the education modules
  - ✓ Going into 3<sup>rd</sup> year of implementation in 2016



## Healthy Kids Programme

### Teaching Guides for Teachers



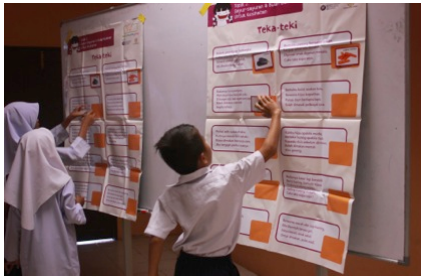
- Sebanyak 6 set panduan pengajaran guru dikepilkan berasingan mengikut topik.
- Bahan-bahan pengajaran setiap topik adalah terdiri daripada tema warna yang spesifik.



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## Healthy Kids Programme

### Children activities



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**5- Nutrition Promotion to Specific Target Group(s):  
Parents & Children**



**Cooking  
from the Heart**

**Fun & Educational Cooking Workshop for Parents & Children**

Sunday, 20<sup>th</sup> November 2016

*Supported by grant from*



*in collaboration with DuPont Nutrition & Health*

*Venue Partner*





## 6 - Nutrition Promotion to Specific Target Group: Nurses

Specifically tailored and designed as a **continuous professional development course** for midwives, nurses and nurse aides working in O&G clinics/wards, paediatric clinics/wards, nurseries and maternity centres.



### Education on maternal & infant health



## Workshop



NSM nutritionists and council members delivers nutrition modules during the Mi-Care Workshops



## 7 - Nutrition Promotion to Specific Target Group (s) : Parents

### Positive Parenting - Expert partners -



NSM provides the nutrition content of the programme to empower parents

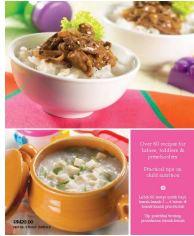


## ACTIVITIES

### D. Publication of Educational Materials

## 1- Series of Cookbooks

- To provide public with actual examples of recipes for healthier ways to prepare meals, the NSM published three series of recipe books

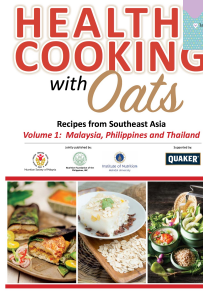


**Nutritionists' Choice Cookbook**  
Buku Masakan Pilihan Pakar Pemakanan  
Vol 1 - Makanan Pilihan Pakar Little Ones  
Jilid 1: Resepi Pilihan Pakar Little Ones

Series 3 – encouraging kids to cook

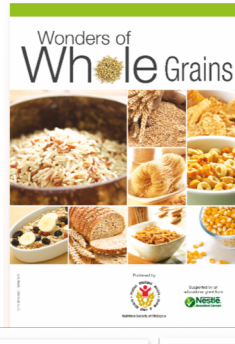
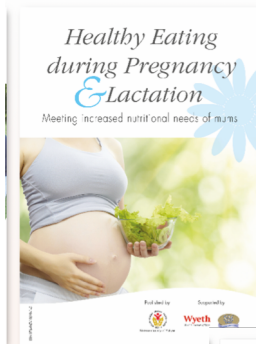


Series 2 – healthy recipes for infants, kids and families



Series 4 –launched May 2017

## 2- Special topic booklets

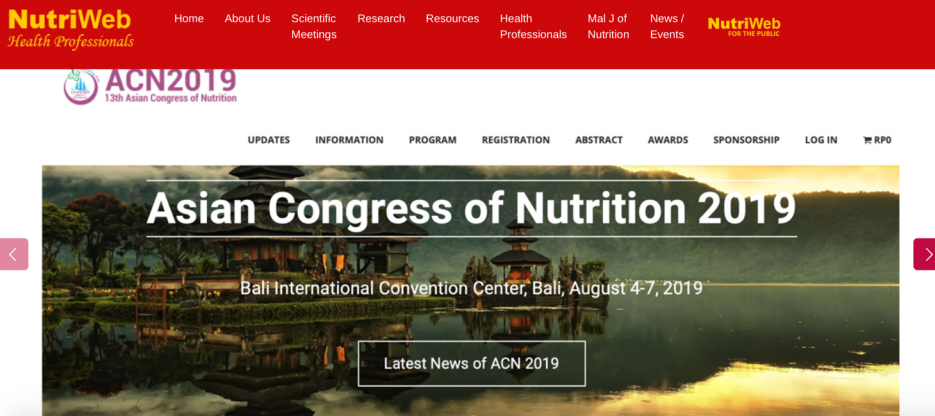


### 3- Healthy eating leaflet series



### 5- Dedicated website – www.nutriweb.org.my

**nutriWEB** - Official Website of  Nutrition Society of Malaysia (Established 1985 - ROS 189/85)







## ACTIVITIES

### E. Regional and International Collaborations/Networks

**NSM spearheads activities in promoting public health nutrition in Southeast Asia with formation of**



- **Launched: 3 June 2014 in conjunction with 29 Conference of Nutrition Society of Malaysia**
- **2<sup>nd</sup> meeting on 6 June 2015 in Jakarta, Indonesia**



  
Southeast Asia Public Health Nutrition Network

**5 nutrition societies/associations are members\*:**

				
Food and Nutrition Society of Indonesia (Pergizi Pangan Indonesia)	Nutrition Society of Malaysia	Nutrition Foundation of the Philippines, Inc.	Nutrition Association of Thailand (NAT)	Vietnam Nutrition Association (VINUTAS)

\*Members of the Network shall comprise Nutrition Societies/Associations affiliated to the Federation of Asian Nutrition Societies (FANS).

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**Conduct regular meetings of Members & Associate Members**

To plan and implement projects & activities; rotate among member countries and usually in conjunction with a scientific Conference for scientific exchanges



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**Establishment of a Dedicated website:**

<https://sea-phn.org/>



- ❖ Serves as another **channel of communication** among members and associate members of the Network and nutritionists in the region
- ❖ **Depository of documents and publications** on public health nutrition in South east Asia



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**Organised 1<sup>st</sup> SEA PHN Conference, 2017**

**1<sup>st</sup> Southeast Asia Public Health Nutrition Conference**  
 In conjunction with Nutrition Society of Malaysia 32<sup>nd</sup> Annual Scientific Conference  
**"Together In Advancing Public Health Nutrition"**

14 – 17 May, 2017 • Hotel Istana, Kuala Lumpur, Malaysia

Under the auspices of:

Organized by: [Logos of organizing institutions]

Co-organized by: [Logos of co-organizing institutions]

Supported by: [Logos of supporting institutions]



**Conference Scientific Programme**

- ❖ 1 Keynote Address
- ❖ 5 Plenary Lectures
- ❖ 3 Roundtable Discussions
- ❖ 11 Main Symposia
- ❖ 8 Sponsored Lunch Symposia
- ❖ 24 free paper presentations
- ❖ 200 posters presented
- ❖ Young Researchers' Awards

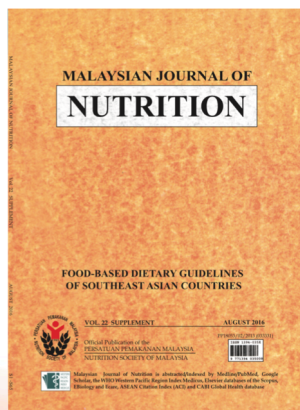
**477 delegates from 23 countries**  
**54 speakers from 17 countries**

66



477 delegates from 23 countries  
54 speakers from 17 countries


### Project on Compilation and analysis of 6 FBGDs in SEA



**Two articles** derived from the FBGDs compilation project were **published in the supplement of Malaysian Journal of Nutrition Vol. 22.**


- 1st article compared the key messages of the FBGDs of 6 SEA countries
- 2nd article compared the pictorial guide that accompanies the FBGDs.
- Download free from: [http://www.nutriweb.org.my/publications/mjn0022\\_supplement/default.php](http://www.nutriweb.org.my/publications/mjn0022_supplement/default.php)





**Good Nutrition**  
Key to  
**Healthy Children**

Good Nutrition – Key to Healthy Children




**SEA PHN**  
Southeast Asia Public Health Nutrition Network

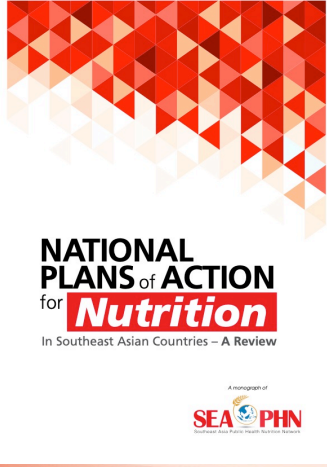
**Proposed collaborative school children nutrition project**

- ❖ **A multi-country nutrition education programme for school-going children**
- ❖ **To be conducted by teachers**
- ❖ **Utilising a specially designed nutrition teaching module of 9 topics**
- ❖ **Developed by member Nutrition Societies/Associations in the Southeast Asia Public Health Nutrition Network**
- ❖ **Education materials being developed, to roll out in 2018**

**Review of 6 National Plan of Action for Nutrition in SEA**



**SEA PHN**  
Southeast Asia Public Health Nutrition Network



**NATIONAL PLANS of ACTION**  
for **Nutrition**  
In Southeast Asian Countries – A Review

A monograph of  
**SEA PHN**  
Southeast Asia Public Health Nutrition Network

**A monograph from this review published:**

- to provide an understanding of: approach and framework undertaken by countries to formulate NPANs;
- content and presentation of NPANs;
- useful information on aspects of NPAN for sharing with other countries which are developing or reviewing national nutrition action plans.
- serve as useful reference for nutrition policy and planning in the future.

## Other National & International Linkages



INTERNATIONAL UNION OF  
NUTRITIONAL SCIENCES  
International Union of  
Nutritional Sciences (IUNS)



FEDERATION OF ASIAN NUTRITION SOCIETIES  
Federation of Asian Nutrition  
Societies (FANS)



CONFEDERATION OF SCIENTIFIC AND TECHNOLOGICAL ASSOCIATIONS IN MALAYSIA  
Confederation of Scientific and Technological  
Associations in Malaysia (COSTAM)

**Majlis Cegah Obesiti Malaysia  
(MCOM)**

**Malaysian Confederation of  
Allied Health Professional Associations  
(MyCHAHP)**

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**IMPROVING LIVES  
through NUTRITION**

NSM will continue to contribute towards promoting nutrition science and community nutrition, to reinforce government programmes and activities, in collaboration with other professional bodies and corporate companies

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