

**2<sup>nd</sup> Announcement**



**38<sup>th</sup>**

**Scientific Conference**

**From 'sick care' to wellness  
– Healthy Nutrition  
is Key**

**4 - 5 July 2023 | Swiss Garden Hotel Bukit Bintang, Kuala Lumpur**

**Important Dates**

*Conference:*

**4-5 July 2023**

*Abstract submission deadline:*

**5 June 2023**

*Early bird registration deadline:*

**22 June 2023**

**CALL FOR ABSTRACTS**

You are invited to submit abstracts for oral or poster presentations at the Conference. Abstracts can be in any of the symposia titles or any relevant topic in food and nutrition.

Please note that we are utilising ONLINE ABSTRACT SUBMISSION and registration system and abstract submission will be available from 4 April 2023 onwards and closed by 5 June 2023. Abstracts (200-300 words in MS Word format) must follow exactly the prescribed format. Details of the Conference, submission and acceptance status will be updated from time to time through the NSM Conference's official website.

## About The CONFERENCE

The theme selected for the 38th NSM Annual Scientific Conference is **"From sick care to wellness – Healthy nutrition is key"**. This overarching theme emphasises the key role of healthy nutrition in ensuring wellness at different stages of life cycle as well as for prevention of diseases. The ultimate goal of the healthcare is to improve health and strive to stay at good health for as long as possible.

However, the reality is that many of the public are in the sick-care cycle and wait until one is sick before steps are taken to look for treatment to improve or control the diseases. Caring for the sick comes at a high cost to the country's health care system; as chronic diseases are on the rise, it added strain to accommodate the burden of illness on individuals and society as a whole. Sick care also negatively impacts financial burden and quality of life of those families coping long-term, chronic illnesses.

Concerted efforts and measures need to be taken to shift the 'sick care' mindset of the population, to promote wellness, healthy habits, and preventive lifestyles in people. In this regard, healthy nutrition is key as it is the cornerstone for wellness at every stage of life and that nutritionists play a key role in delivering sound advices and messages on



nutrition to the population. Sharing facts, new data, and useful insights from nutrition experiences, interventions, programmes, and researches among the nutritionists is urgently needed. These can be used to support us in putting into place successful preventive nutrition programmes, initiatives, and policies to encourage better nutrition and health outcomes.

## Who Should Attend

- Nutritionists in public and private sectors
- Dietitians in public and private sectors
- Nutrition researchers in academic and research organisations
- Nutrition undergraduates/postgraduate students
- Healthcare professionals

NSM Conference link:  
<https://www.nsmconference.org.my/>

# Tentative Scientific Programme

## CONFERENCE DAY 1 (4 JULY 2023)

Time	Programme
0800 -0900	<b>Registration</b>
0900 -1000	<p><b>Welcome Remarks, Opening &amp; Award of NSM Prizes</b>                      Speech and official opening by                      President, Nutrition Society of Malaysia</p> <ul style="list-style-type: none"> <li>• Presentation of NSM Undergraduate and Postgraduate Prizes</li> <li>• Presentation of NSM Publication Prizes</li> <li>• Fellows of NSM Awards</li> </ul>
1000 -1030	<b>Coffee Break/Poster Viewing</b>
1030 -1100	<p><b>Keynote Lecture 1</b>  <b>Update on nutrition policy of Malaysia</b>                      YBhg Datuk Dr Norhayati binti Rusli, Deputy Director General of Health (Public Health), Ministry of Health Malaysia (TBC)</p>
1100 -1230	<p><b>Symposium 1: Maternal, Infant &amp; Young Children</b></p> <p><b>Optimising gestational weight gain for the prevention of gestational diabetes mellitus: A web/smartphone-based lifestyle intervention for pregnant women in Malaysia</b>                      Prof Dr Zalilah Mohd Shariff, Universiti Putra Malaysia</p> <p><b>Tackling nutritional challenges among children in Malaysia: Insights from three studies on eating habits, physical activity, food environment, and behaviour intervention</b>                      Prof Dr Poh Bee Koon, Universiti Kebangsaan Malaysia</p> <p><b>Innovation using sticker book for nutrition education in children</b>                      Assoc Prof Dr Sharifah Wajihah Wafa Syed Saadun Tarek Wafa, Universiti Sultan Zainal Abidin</p> <p><b>NHMS 2022 – Maternal and child health/ school children - TBC</b></p>
1230 -1315	<p><b>Invited Lecture 1</b>  <b>Sponsored by Dutch Lady Milk Industries Berhad</b></p> <p><b>Sustainability of a healthy diet - Nourishing a better planet</b>                      Dr Rolf Bos, Royal FrieslandCampina, Netherlands</p>
1315 -1430	<p><b>Lunch Symposium 1</b>  <b>Sponsored by Danone Specialised Nutrition</b></p> <p><b>Anaemia screening of young children in Malaysia : The latest findings of Ironstrong Study</b>                      Prof Dr Muhammad Yazid Jalaludin, University Malaya</p> <p><b>Poster Viewing &amp; Trade Exhibition</b></p>
1430 -1600	<p><b>Symposium 2: Food Environment &amp; Nutrition</b></p> <p><b>Initiatives on informed food choices for consumers</b>                      Puan Fatimah Sulong, Nutrition Division, Ministry of Health Malaysia</p> <p><b>The role of nutritionist in promoting edible garden (Sabah success story)</b>                      Ms Susilia Sinar, Pahang State Health Department, Ministry of Health Malaysia</p> <p><b>Sugar Sweetened Beverage (SSB) Tax – Changes in consumer behaviour</b>                      Prof Dr Norhasmah Sulaiman, Universiti Putra Malaysia</p>
1600 -1645	<p><b>Invited Lecture 2</b>  <b>Sponsored by Abbott Nutrition</b></p> <p><b>Optimising nutritional needs for optimal growth in children and adolescents</b>                      Prof Dr Hamid Jan Jan Mohamed, Universiti Sains Malaysia</p>
1645 -1815	<b>Young Researchers' Symposium</b>
1815	<b>End of Day 1</b>

## Tentative Scientific Programme

### CONFERENCE DAY 2 (5 JULY 2023)

Time	Programme
0800 -0900	<b>Poster Viewing/ Trade Exhibition</b>
0900 -1000	<b>Nutrition Update 1</b>
1000 -1030	<b>Coffee Break/Poster Viewing</b>
1030 -1100	<b>Keynote Lecture 2</b> <b>Food security policies and action plan</b> YBhg Datuk Lokman Hakim Ali, Secretary General, Ministry of Agriculture and Food Security (TBC)
1100 -1230	<b>Symposium 3: Nutrition of Older Persons</b> <b>Intervention to reduce risk of fall – Linked to nutrition &amp; exercise among older persons</b> Prof Dr Chan Yoke Mun, Universiti Putra Malaysia <b>Addressing nutritional needs of sarcopenia in older adults</b> Dr Hanis Mastura Yahya, Universiti Kebangsaan Malaysia <b>Tube feeding in severe dementia – Is there evidence?</b> Dr Alan Ch'ng Swee Hock, Seberang Jaya Hospital, Penang
1230 -1315	<b>Invited Lecture 3</b> <b>Sponsored by Herbalife Nutrition</b> <b>The role of nutrition in preventive healthcare: A comprehensive approach for healthcare and wellness transformation</b> Dr Rimbawan, Universitas Institut Pertanian Bogor (IPB), Indonesia
1315 -1430	<b>Lunch Symposium 2</b> <b>Sponsored by dsm-firmenich</b> <b>Maternal nutrition - Reducing risk of preterm births with DHA</b> Ms Avril Soh, dsm-firmenich, Singapore <b>Poster Viewing &amp; Trade Exhibition</b>
1430 - 1515	<b>Invited Lecture 4</b> <b>Sponsored by BENEIO-Institutue</b> <b>Scientific update on metabolic improvement aspects with Palatinose™ (isomaltulose)</b> Dr Sangeetha Shyam, Rovira i Virgili University, Spain
1515-1645	<b>Symposium 4: NCDs/Community Lifestyle Intervention</b> <b>Food-log app-based chrono-nutritional survey and intervention reveal effective information on weight loss and sleep</b> Assoc Prof Dr Yu Tahara, Hiroshima University, Japan <b>PERSUADE: A peer-led community-based intervention to aid nutritional and lifestyle behavioural changes</b> Assoc Prof Dr Amutha Ramadas, Monash University Malaysia <b>Community feeding programme for Orang Asli: An approach for a better tomorrow</b> Mr Mohammad Affendy Bin Mohd Akhir, Kelantan State Health Department, Ministry of Health Malaysia <b>Nutrition intervention programs for adults and school children to combat obesity in Kuala Lumpur and Putrajaya</b> Mr Muhammad Asyraf Bin Ismail, Federal Territory Health Department, Ministry of Health Malaysia
1645 - 1730	<b>Nutrition Update 2</b>
1730- 1815	<b>Prize Giving and Closing Ceremony</b>
1815	<b>End of Conference</b>

## Registration Details

<b>Participants</b>	<b>Early bird rate</b> <i>(by 22 June 2023)</i>	<b>Standard / on-site rate</b> <i>(from 23 June 2023)</i>
- Regular NSM members <sup>1</sup>	RM550	RM750
- NSM members who are Postgraduate students <sup>2</sup>	RM350	RM470
- Non NSM members	RM900	RM1200
- Exhibitors	RM550	RM550
- Undergraduate students <sup>3</sup>	RM200	RM200

### Notes

- <sup>1</sup>All members (except Life members) must have paid up their annual membership fees, including that for 2023, to be eligible to attend at NSM member rate.
- <sup>2</sup>Postgraduate students must be members of NSM to attend at member rate
- <sup>3</sup>Final year undergraduate students of nutrition programmes in local universities will be invited through their respective Heads of Departments to participate in the Conference

**HRDF: NSM will re-apply to HRD Corp to obtain permission to enable eligible participants to apply for claims. Further details will be provided in subsequent announcements**

*For enquiries, contact:*

**Conference Chairman**

**Tee E Siong, PhD**

*President of Nutrition Society of Malaysia*

**Email: [president@nutriweb.org.my](mailto:president@nutriweb.org.my)**

***OR***

**Conference Secretariat**

**Versacomm Sdn Bhd**

12A, Jalan PJS 8/4, Mentari Plaza,  
Bandar Sunway, 46150 Petaling Jaya.

Tel: 03 5637 3526 / 03 5632 3301;

**Email: [secretariat.nsm.conference@gmail.com](mailto:secretariat.nsm.conference@gmail.com)**