

# 38<sup>th</sup> Scientific Conference Nutrition Society of Malaysia

# From 'Sick Care' to Wellness - Healthy Nutrition is Key

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

#### - EVENT PICTORIAL REPORT -

Prepared by: Secretariat, Versacomm Sdn Bhd Vetted by: Dr Tee E Siong President, NSM

*Updated*: **30 July 2023** 

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  - Welcome address by President of NSM
  - Presentation of NSM prizes
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  - Prize presentation ceremony
- Part C: Trade Exhibition
- Part D: Conference Website
- Part E: Attendance

### A. OPENING CEREMONY

**DAY 1: 4 JULY 2023** 

#### Welcome address



by

Dr Tee E Siong

President, Nutrition Society of Malaysia (NSM)

#### PRIZE PRESENTATION CEREMONY

NSM Postgraduate Prizes 2023 NSM Undergraduate Prizes 2023 NSM Publication Prizes 2023 NSM Fellows Award 2023

#### **PhD Thesis Prize**



Dr Teoh Ai Ni UCSI University



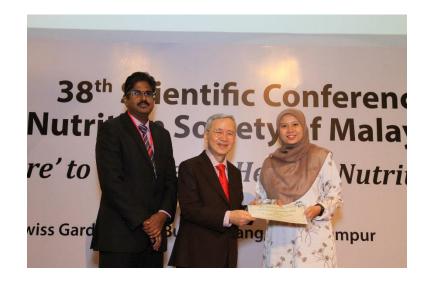
Dr Nurul Fatin Binti Malek Rivan Universiti Kebangsaan Malaysia

#### **PhD Thesis Prize**



Dr Zunura'in Binti Zahali Universiti Sains Malaysia

#### **Msc Thesis Prize**



Nor Syaza Sofia Binti Ahmad Universiti Putra Malaysia

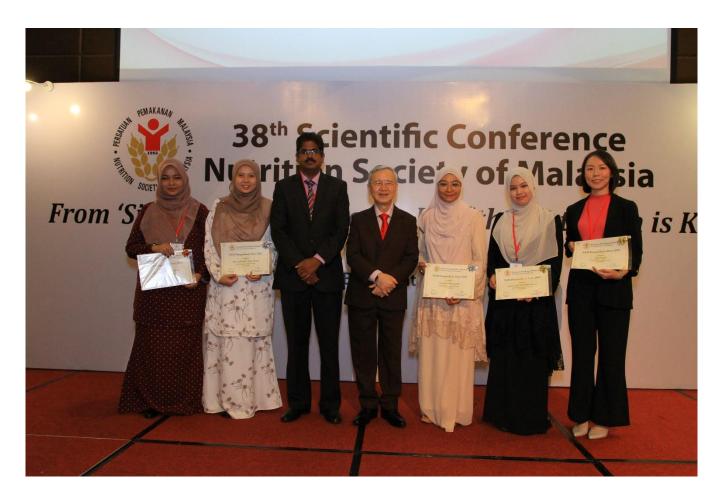
Ain Widad Binti Abdullah Universiti Sultan Zainal Abidin (absent in receiving the award)



Nurul Syahidah Mohd Nazri Universiti Sains Malaysia

Rosmawati Binti Dora Universiti Kebangsaan Malaysia (absent in receiving the award)

#### PhD and MSc Thesis Prize



**Group Photo** 

# NSM Undergraduate Prizes 2023

#### **Undergraduate Thesis Prize**



Qistina Binti Osmand Management and Science University



Caleb Mok Jun Wen UCSI University



Thien Chai Nei Universiti Kebangsaan Malaysia



Fredrica Vun Li Ling Universiti Malaysia Sabah



Nur Syakirah Arissa Binti Mohd Salleh Universiti Sultan Zainal Abidin

# NSM Undergraduate Prizes 2023

# Undergraduate Thesis Prize (Cont.)



Lee Le Zhen University of Nottingham Malaysia



Ng Jia Hui Universiti Putra Malaysia



Cheong Yi En Universiti Sains Malaysia

Lee Chiu Ying International Medical University (absent in receiving the award)

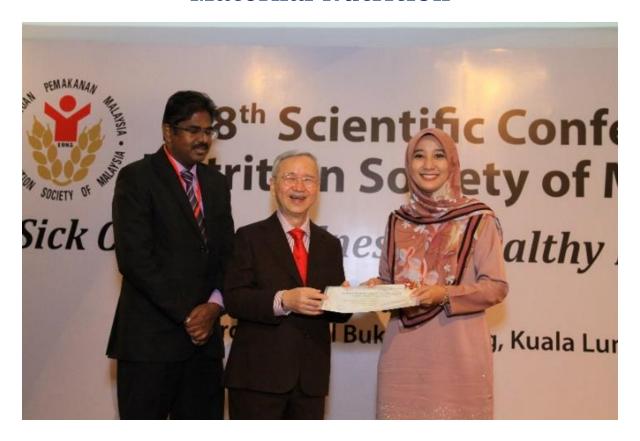
# NSM Undergraduate Prizes 2023

**Undergraduate Thesis Prize** 



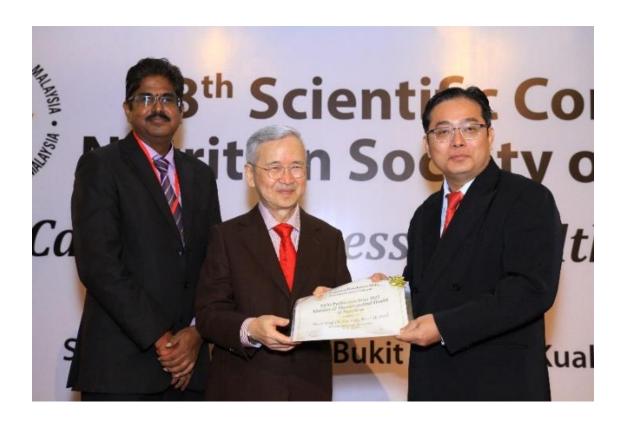
Group Photo

#### **Maternal Nutrition**



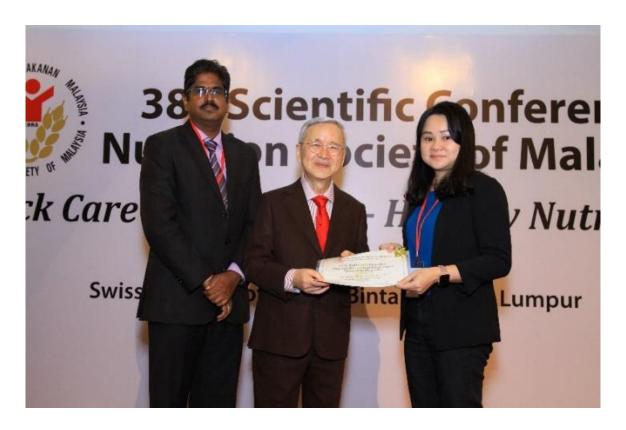
Ms Nur Nadia Binti Mohamed Universiti Sains Malaysia

Mobility & Musculoskeletal Health & Nutrition



Assoc Prof Dr Foo Leng Huat Universiti Sains Malaysia

Physical Activity and Postprandial Metabolism Responses



Dr Yong Heng Yaw Universiti Putra Malaysia

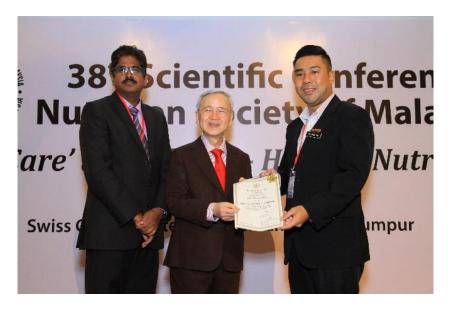




#### **Group Photo**

(with Pn Megawati Suzari, Director New Product Development, Scientific & Regulatory Affairs, Fonterra Brands (Malaysia) Sdn Bhd and Mr. Steven Chin Director and General Manager, Herbalife Nutrition Malaysia – the sponsors of NSM publication prizes)

### **NSM Fellows Award 2023**



Ng Chee Kai Ministry of Health Malaysia



Assoc Prof Dr Norhaizan Mohd Esa Universiti Putra Malaysia

### **NSM Fellows Award 2023**

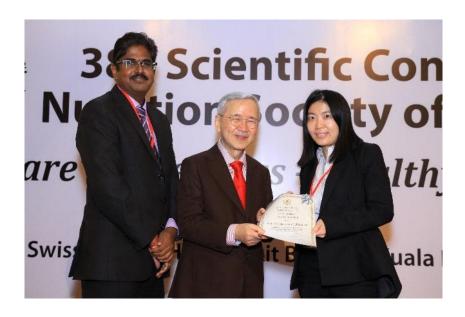


Ms Farina Zulkernain Ministry of Health Malaysia

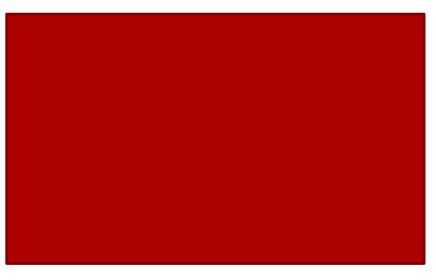


Ms Muhaini Hussin VersaComm Sdn Bhd

### **NSM Fellows Award 2023**



Wendy Goh Su Chin Fonterra Brands (Malaysia) Sdn Bhd



Gui Shir Ley
Ministry of Health Malaysia
(absent in receiving the award)

### **NSM New Fellow Awards 2023**



### B. SCIENTIFIC PROGRAMME

**DAY 1: 4 JULY 2023** 

## Summary of Scientific Programme

- 2 Keynote Lectures
- 4 Invited Lectures
- 4 Symposiums
- 2 Lunch Symposiums
- 5 presenters in Young Researchers' Symposium
- 11 Nutrition Update Presentation
- 105 posters

# **Keynote Lecture 1**

From "sick care" to wellness – Healthy nutrition is key



Speaker:
Dr Tee E Siong
Nutrition Society of Malaysia

#### Maternal, Infant and Young Children



Chairperson:
Assoc Prof Dr Chin Yit Siew
Universiti Putra Malaysia

Maternal, Infant and Young Children



Optimising gestational weight gain for prevention of gestational diabetes mellitus: A web/smartphone-based lifestyle intervention for pregnant women in Malaysia

by
Dr Yong Heng Yaw
Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia

Tackling nutritional challenges among children in Malaysia: Insights from three studies on eating habits, physical activity, food environment, and behaviour intervention

by

Prof Dr Poh Bee Kon

Faculty of Health Sciences

Universiti Kebangsaan Malaysia



Maternal, Infant and Young Children



# Innovation using sticker book for nutrition education in children

by

Assoc Prof Dr Sharifah Wajihah Wafa Syed Saadun Tarek Wafa Faculty of Health Sciences, Universiti Sultan Zainal Abidin

Update on maternal, child and adolescent nutrition – Findings of NHMS 2022

by

Dr Ahmad Ali Zainuddin Institute of Public Health, Ministry of Health Malaysia



### **Invited Lecture 1**

Sustainability health diet – nourishing a better planet Sponsored by FrieslandCampina Institute



Chairperson:
Assoc Prof Dr Mahendran Appukutty
Universiti Teknologi MARA



Speakers:
Dr Rolf Bos
Global Expert Team Nutrition,
Royal FrieslandCampina, Netherlands

# Lunch Symposium 1

Anaemia screening in young children of Malaysia: The latest findings of iron strong study involving Malaysiam children aged  $\geq$  6 to  $\leq$  36 months using non-invasive assessment Sponsored by Danone Specialised Nutrition



Chairperson:
Prof Dr Hamid Jan Bin Jan Mohamed
Universiti Sains Malaysia



Speakers:

Prof Dr Muhammad Yazid Jalaludin Faculty of Medicine, University Malaya

#### Food Environment and Nutrition



Chairperson:
Dr Yasmin Ooi Beng Houi
Universiti Malaysia Sabah

#### Food Environment and Nutrition



Use nutrition information on food labels to empower consumers make informed food choices

by
Ms Norlida Zulkafly
Food Safety and Quality Division,
Ministry of Health Malaysia

The role of nutritionist in promoting edible garden (Sabah success story)

Ms Susilia Sinar Pahang State Health Department, Kuantan, Malaysia



#### Food Environment and Nutrition



Relative validity and reliability of a diet quality index for Malaysian adults: Preliminary findings of the Malaysian Healthy Diet Online Survey (MHDOS)

by

Dr Woon Fui Chee Nutrition Society of Malaysia

Promoting education for food sustainability in Japanese schools: Investigating nutrition teachers' efforts for effective implementation

by

Ms Wafaa Abdo Graduate School of Human Sciences, Osaka University, Japan



### **Invited Lecture 2**

Optimising nutritional needs for optimal growth in children and adolescents

Sponsored by Abbott Nutrition



Chairperson:
Assoc Prof Dr Cheah Whye Lian
Universiti Malaysia Sarawak



Speakers:

Prof Dr Hamid Jan bin Jan Mohamed School of Health Sciences, Universiti Sains Malaysia

# Young Researchers' Symposium



Chairperson:
Assoc Prof Dr Wong Jyh Eiin,
Universiti Kebangsaan Malaysia

# Young Researchers' Symposium



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

by

Ms Erica Ooi Ming Yi International Medical University

SALT@HOME: a new household salt intake assessment methodology and qualitative insight on salt reduction strategies

by **Ms Siti Madihah Binti Muhammad Royani UCSI University** 





Perceptions, barriers, and enablers on the salt reduction policy in the out-of-home sectors in Malaysia (MyOH): From the outlook of street food vendors, caterers, and consumers

by

Ms Zainorain Natasha Binti Zainal Arifen Universiti Kebangsaan Malaysia

# Young Researchers' Symposium



Development of local food-based dietary recommendations using linear programming approach for urban poor undernourished children aged 48 to 71 months old in Seremban, Malaysia by

Mr Miow Yee Xuen Universiti Putra Malaysia

The association between body composition, anthropometry, and depression with sarcopenia among community-dwelling older people in Kelantan: A cross-sectional study

Ms Nur Syakirah Arissa Mohd Salleh Universiti Sains Malaysia



### B. SCIENTIFIC PROGRAMME

**DAY 2: 5 JULY 2023** 



Chairperson:
Assoc Prof Dr Gan Wan Ying,
Universiti Putra Malaysia
and
Dr Noor Atiqah Aizan Abdul Kadir,
Universiti Malaysia Sabah



Association of dairy consumption at breakfast with nutrient intake in Malaysian children: Results from South-East Asian Nutrition Survey II (SEANUTS II)

by

Ms Nadja Mikulic FrieslandCampina, Singapore

Development of a serial mediation model of lifestyle factors for improving health-related quality of life among urban-poor Malaysian children

Mr Joseph Cheah Mun Hong Universiti Putra Malaysia





"GROWEAT" home gardening programme increased vegetable consumption, preferences, and willingness to try vegetables among urban poor children in Kuala Lumpur, Malaysia: A randomised controlled trial

by

by
Ms Mok Kai Ting
UCSI University



Factors associated with double burden of malnutrition (DBM) among Dayak communities in Sarawak

by

Ms Yolanda Anak Salleh Universiti Malaysia Sarawak

Using experimental learning to prepare future nutritionists to use digital technology in health and nutrition promotion

Dr Lee Siew Siew University of Nottingham Malaysia



## **Keynote Lecture 2**

#### Food security policies and action plan of Malaysia



Chairperson:
Ms Norrani Eksan
Senior Director,
Food Safety and Quality Division,
Ministry of Health Malaysia



#### Speaker:

YBhg Datuk Lokman Hakim bin Ali Secretary-General, Ministry of Agriculture and Food Security Malaysia

#### **Nutrition of Older Persons**



Chairperson:
Prof Dr Norimah A. Karim
Nutrition Society of Malaysia

#### **Nutrition of Older Persons**



\*session shared via recording

Implementing virtual falls prevention using exercise-nutrition intervention during COVID-19 pandemic for older persons, does it work?

by

Prof Dr Chan Yoke Mun Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

# Addressing nutritional needs of sarcopenia in older adults

by

Dr Hanis Mastura Yahya Faculty of Health Sciences, Universiti Kebangsaan Malaysia



**Nutrition of Older Persons** 



Tube feeding in severe dementia – Is there evidence?

by

Dr Alan Ch'ng Swee Hock Department of Medicine, Seberang Jaya Hospital, Penang, Malaysia

Factors associated with sarcopenia among older adults with low socioeconomic status in Kelantan

by

Dr Divya Vanoh
School of Health Sciences,
Universiti Sains Malaysia



### **Invited Lecture 3**

The role of nutrition in preventive healthcare: A comprehensive approach for healthcare and wellness transformation

Sponsored by Herbalife Malaysia



Chairperson: Emeritus Prof Dr Mohd Ismail Mohd Noor Universiti Kebangsaan Malaysia



#### Speakers:

Dr Rimbawan Faculty of Human Ecology, Universitas Institut Pertanian Bogor, Indonesia

# Lunch Symposium 2

Maternal nutrition – Reducing the risk of preterm births with DHA
Sponsored by dsm-firmenich



Chairperson:
Prof Dr Loh Su Peng
Universiti Putra Malaysia



Speaker:
Dr Avril Soh
dsm-firmenich, Singapore

### **Invited Lecture 4**

Scientific update on metabolic improvement aspects with Palatinose<sup>TM</sup> (isomaltulose)

Sponsored by BENEO-Institute



Chairperson:
Ms Rokiah Don
Nutrition Society of Malaysia



#### Speakers:

Dr Sangeetha Shyam Department of Biochemistry & Biotechnology, Human Nutrition Unit, Rovira i Virgilli University, Spain

\*session shared via recording

**Community Lifestyle Intervention Programme** 



Chairperson:
Assoc Prof Dr Satvinder Kaur A/P Nachatar Singh
UCSI University

**Community Lifestyle Intervention Programme** 



Translational and reverse-translational "chrono-nutrition" research in Japan

by

Assoc Prof Dr Yu Tahara Graduate School of Biomedical and Health Sciences, Hiroshima University, Japan

PERSUADE: A peer-led community-based intervention to aid nutritional and lifestyle behavioural changes

Assoc Prof Dr Amutha Ramadas Jeffrey Cheah School of Medicine & Health Sciences, Monash University Malaysia



**Community Lifestyle Intervention Programme** 



Community feeding programme for Orang Asli: An approach for a better tomorrow

by

Mr. Mohammad Affendy Bin Mohd Akhir Kelantan State Health Department, Gua Musang, Malaysia

Nutrition intervention programme for adults and school children to combat obesity in Kuala Lumpur and Putrajaya

bv

Mr. Muhammad Asyraf Bin Ismail Federal Territory Health Department, Kuala Lumpur





Chairperson:

Dr Roseline Yap Wai Kuan, Nutrition Society of Malaysia

&

Dr Yong Heng Yaw International Medical University



The development and effectiveness of a mobile phone-based nutrition education intervention on lactating mothers for the prevention of stunting among infants in Kelantan – An anthropometric outcome

by

Ms Norshafawati Abdul Azimi Universiti Sains Malaysia

Exploring the experience of Malaysian consumers using diet-related health apps to support healthier food purchase: A qualitative study

Dr Lim Sook Yee
UCSI University





Exploring the intrahousehold food allocation and decision-making power of urban poor caregivers with under-five children in Kuala Lumpur

Ms Chek Lok Poh Universiti Putra Malaysia



Secular trends in energy availability in Malaysia: A jointpoit regression analysis of FAO's food balance sheet data from 1961 to 2020

by

Mr. Syed Mahfuz Al Hasan Kagawa University Hospital, Japan

Mindful eating and obesity among senior high school students in Depok, Indonesia

Mr. Muhammad Nur Hasan Syah Universitas Pembangunan Nasional Veteran Jakarta, Indonesia





Perceived neighbourhood environment, physical activity and physical fitness in relation to overweight/ obesity among urban poor adolescents in Kuala Lumpur, Malaysia

by

Ms Janice Tay Ee Fang UCSI University

#### PRIZE PRESENTATION CEREMONY

NSM Young Researchers' Symposium Prizes 2023 NSM Undergraduate Poster Competition Prizes 2023

# NSM Young Researchers' Symposium Prizes 2023



1st Prize:

Zainorain Natasha Binti Zainal Arifen Universiti Kebangsaan Malaysia (represented by Assoc Prof Dr Wong Jhy Eiin)



2<sup>nd</sup> Prize: Miow Yee Xuen Universiti Putra Malaysia



3rd Prize:

Nur Syakirah Arissa Mohd Salleh Universiti Sains Malaysia (represented by USM colleague)

# NSM Young Researchers' Symposium Prizes 2023



Consolation Prize: Erica Ooi Ming Yi International Medical University



Consolation Prize: Siti Madihah Muhammad Royani UCSI University

# NSM Young Researchers' Symposium Prizes 2023





1<sup>st</sup> Prize: Nurdina Afiqah Binti Zainal Universiti Kebangsaan Malaysia



2<sup>nd</sup> Prize: Koh Su Yuan UCSI University



3<sup>rd</sup> Prize: Wong Sze Shi Universiti Putra Malaysia



Consolation Prize: Kuan Jin Yen UCSI University



Consolation Prize: Aurelya Nicole Widjaja UCSI University



Consolation Prize: Eman Hisham Mohamed Elzayyadi UCSI University



Consolation Prize:
Amanda Lim Wen Hui
International Medical University



Consolation Prize: Tan Chee Yee Universiti Putra Malaysia



Consolation Prize: Nurul Hafizah Mohd Ali Azmin Universiti Kebangsaan Malaysia



Consolation Prize: Nur Batrisyia Binti Rafiz Azuan Universiti Malaysia Sabah



**Group Photo** 

# C. TRADE EXHIBITION

**Major Sponsors' Booth** 



Abbott Laboratories (M) Sdn Bhd



**Danone Specialized Nutrition** 

### Major Sponsors' Booth



**Dutch Lady Milk Industries Berhad** 



Herbalife Malaysia

#### **Exhibitors' Booth**



Ajinomoto (Malaysia) Berhad



Fonterra Brands (Malaysia) Sdn Bhd



FrieslandCampina Institute



Kaneka Corporation

#### **Exhibitors' Booth**



Kotra Pharma (M) Sdn Bhd



Malaysia Milk Sdn Bhd (Vitagen)



Mead Johnson Nutrition (Malaysia) Sdn Bhd

#### **Exhibitors' Booth**



**Nestle Products Sdn Bhd** 



Yakult (Malaysia) Sdn Bhd

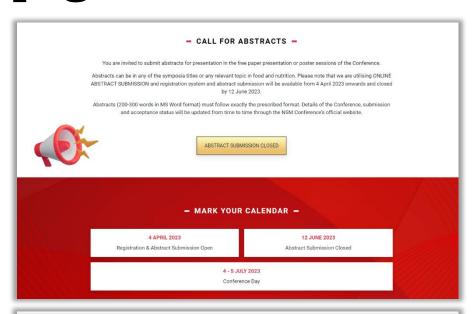
### D. CONFERENCE WEBSITE

Homepage

### Homepage







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### Homepage

#### **Final Announcement**



#### 2<sup>nd</sup> Announcement



#### 1<sup>st</sup> Announcement



### Programme Book



# D. ATTENDANCE

# Participants in Attendance

Categories	Attendance	(%)
PAID		
NSM member	53	21.2
Post Grad Member	38	15.2
Participant	13	5.2
Exhibitor	1	0.4
Student	71	28.4
NSM Fellow	4	1.6
FOC		
Chairperson & Speakers	33	13.2
Sponsor	31	12.4
Secretariat	6	2.4
Total	250	100.0%
Drop-out (Paid)	3	1.2
Total	247	98.8%

# Acknowledgement

The Nutrition Society of Malaysia gratefully acknowledges contributions from the following to the 38<sup>th</sup> Scientific Conference:

#### **Major Sponsors**

- Abbott Laboratories (M) Sdn Bhd
- BENEO-Institute
- Danone Specialized Nutrition
- dsm-firmenich
- Dutch Lady Milk Industries Berhad
- Herbalife Malaysia

#### Co-Sponsor

- Ajinomoto (Malaysia) Berhad
- Fonterra Brands (Malaysia) Sdn Bhd
- FrieslandCampina Institute
- Kaneka Corporation
- Kotra Pharma (M) Sdn Bhd
- Malaysia Milk Sdn Bhd (Vitagen)
- Mead Johnson Nutrition (Malaysia) Sdn Bhd

- Nestle Products Sdn Bhd
- Yakult (Malaysia) Sdn Bhd

### Sponsor for NSM Publication Prizes

- Fonterra Brands
- Herbalife Malaysia

#### Sponsor for Prizes for Young Researcher's Symposium & Poster Competition

International Life Sciences
 Institute Southeast Asia Region
 (ILSI)

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### END & THANK YOU

#### For more information, please contact:

**Dr Tee E Siong** (<u>president@nutriweb.org.my</u>)

President of the Nutrition Society of Malaysia (NSM)

*Or* 

#### **NSM Conference Secretariat:**



#### VersaComm Sdn Bhd

Ms Muhaini Hussin (<u>muhaini@versa-group.com</u>)