✦ 1 Title

1. Font type: **Bookman Old Style**
2. Font size: **12**
3. **Bold**
4. **Sentence case** – only the first alphabet is in capital letter
5. **No full stop**
6. **Align title left**

✦ 2 Author(s)

1. Font type: **Bookman Old Style**
2. Font size: **9**
3. **Bold, italics**
4. List names exactly as indicated, with **no punctuation**
5. **Follow numbering of superscripts** as given if more than one institution is involved
6. **Underline** presenting author
7. **Align left**

Body weight status of primary and secondary school children in Malaysia

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Introduction: The introduction includes rationale and purpose of the study. Example, MyBreakfast Study is a comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school children. **Methods:** Summary of your methods (study design, analytical methods). Example, this was a cross-sectional study involving primary and secondary school children aged 6 to 17 years. Socio-demographic background was obtained from parents through a questionnaire. Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and classified using WHO AnthroPlus software. **Results:** Main findings, example, a total of 8705 children had participated in the study, 5581 from primary school and 3124 from secondary school. The proportion of children recruited from the urban and rural area was 68.4% and 31.6% respectively. Overall prevalence of overweight and obesity was 14.0% and 14.4% respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per week. **Conclusion:** Key aspects derived from the study. Example, Overall, 1 in 4 children skipped breakfast at least 2 days a week. Interventions to promote regular breakfast consumption should be warranted.

✦ 3 Affiliations

1. Font type: **Bookman Old Style**
2. Font size: **9; italics**
3. Wherever appropriate, provide: Department/Faculty, Institution name, City and Country.
4. If more than one institution involved, **follow numbering of superscripts** and list affiliations in one continuous line as in sample. Separate each institution by semi-colon
5. **Align left**

✦ 4 Main text of abstract

1. Between 200-300 words
2. Font type: **Bookman Old Style**
3. Font size: **9**
4. **Separate text** into **Introduction, Methods, Results, Conclusions**; bold these words
5. **Justify text**

☑ Remember ☑

1. Use **single spacing** throughout abstract
2. Use **British English spelling**
3. **Check language and grammar** before submitting; the Organising Committee will not edit the abstracts
4. Kindly submit your abstract **online** through https://www.nsmconference.org.my/
5. Make sure the abstract submitted is the final version **as no changes will be permitted after submission**