

## Scientific Programme

### 40<sup>th</sup> Nutrition Society Malaysia Scientific Conference

*Advancing Nutrition for a Healthier Malaysia: Bridging  
Science, Policy, and Practice*

CONFERENCE DAY 1: 29 July 2025 (Tuesday)	
0800-0900	Registration
0900-0945	Welcome Remark, Opening and Award of NSM Prizes
0945-1015	<b>40<sup>th</sup> NSM Anniversary Lecture</b>  <b><i>Four Decades of Advancing Nutrition - Way Ahead for NSM</i></b> Tee E Siong <i>Nutrition Society of Malaysia</i>
1015-1045	Coffee Break/Poster & Exhibition Viewing
1045-1130	<b>KEYNOTE LECTURE 1</b>  <b><i>Contribution of Asia to Global Health and Nutrition</i></b> Christiani Jeyakumar Henry <i>Former Director, CNRC, A*STAR SIFBI, Singapore</i>
1130-1230	<b>SYMPOSIUM 1: Clinical Research in Nutrition</b>  <b><i>Nutrigenetics and Nutrigenomics in Relation to NCDs</i></b> Vimal Karani <i>University of Reading, United Kingdom</i>  <b><i>Exploring Nutrition's Role in Aging and Cancer Survivorship: Unravelling Telomere Clues</i></b> Mohd Razif bin Shahril <i>Universiti Kebangsaan Malaysia</i>  <b><i>Determinants of Physical, Social, and Cognitive Frailty: The Role of Diet, Depression, and Physical Fitness</i></b> Divya Vanoh <i>Universiti Sains Malaysia</i>

1230-1305	<p><b>INVITED LECTURE 1</b></p> <p><b><i>Targeting 'Skinny Fat' and Metabolic Health: Scientific Insights on Chicory Root Fibres and Palatinose™</i></b>  Goh Peen Ern  BENEO Asia Pacific, BENEO-Institute</p>
1305-1340	<p><b>LUNCH SYMPOSIUM</b></p> <p><b><i>Efficacy of an Oral Nutrition Supplement on the Nutritional Status of Stunted and At-risk of Stunting Children: A Community-based Intervention Study</i></b>  Hamid Jan Jan Mohamed &amp; Sidra Al-Talib  Universiti Sains Malaysia</p>
1340-1400	Poster and Exhibition Viewing
1400-1500	<p><b>SYMPOSIUM 2: Nutrition from Womb to Tomb</b></p> <p><b><i>Transforming Food Assistance to Enhance Food Security and Nutrition for Asnaf Families in Terengganu</i></b>  Sharifah Wajihah Wafa Bt Syed Saadun Tarek Wafa  Universiti Sultan Zainal Abidin</p> <p><b><i>An Early Life-Course Model-of-Care to Transforming Maternal and Child Healthcare</i></b>  Loy See Ling  Duke-NUS Medical School, Singapore</p> <p><b><i>Maternal Nutrition and Multiple Micronutrient Supplementation: Breaking the Intergenerational Cycle of Anaemia for a Healthier Future</i></b>  Snigdha Misra  Monash University Malaysia</p>
1500-1535	<p><b>INVITED LECTURE 2</b></p> <p><b><i>Extending Healthspan: the Science Behind Dietary Interventions for Successful Ageing</i></b>  Steph Baker  dsm-firmenich</p>

1535-1635	<p data-bbox="450 183 1401 235"><b>NUTRITION UPDATE 1</b></p> <p data-bbox="450 280 1401 353"><b><i>Effect of Nutrition and Physical Activity Applications (Apps) on Healthy Lifestyle and User Assessment in Kajang, Selangor</i></b></p> <p data-bbox="450 358 1401 432">Mohd Nazri bin Abdul Rahman <i>Universiti Malaysia Sabah</i></p> <p data-bbox="450 477 1401 551"><b><i>The Impact of Sarcopenia on Mortality Incidence Among Malaysian Older Adults: A Prospective Cohort Study</i></b></p> <p data-bbox="450 555 1401 629">Nurul Fatin Malek Rivan <i>Universiti Kebangsaan Malaysia</i></p> <p data-bbox="450 674 1401 790"><b><i>Anaemia Prevalence, Knowledge and Attitude of Anaemia, and Chrono-nutritional Data Among Young Women: A Recent Preliminary Survey in Northern Thailand</i></b></p> <p data-bbox="450 795 1401 869">Chirawat Paratthakonkun <i>Mahidol University, Thailand</i></p> <p data-bbox="450 913 1401 1021"><b><i>Risk Factors for Childhood Undernutrition (Ages 2 to 5): A Case-control Study in Federal Territory Kuala Lumpur and Putrajaya, Malaysia</i></b></p> <p data-bbox="450 1025 1401 1099">Masrisa Mohd Esa <i>Universiti Putra Malaysia</i></p> <p data-bbox="450 1144 1401 1261"><b><i>Mindful Eating, Dietary Patterns and its Association with Metabolic Syndrome Among Overweight and Obese Teachers in Kota Bharu, Kelantan</i></b></p> <p data-bbox="450 1265 1401 1339">Hana Fauziyyah <i>Universiti Sains Malaysia</i></p>
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1635-1750	<p><b>YOUNG RESEARCHERS' SYMPOSIUM</b></p> <p><b><i>A Simplified Approach to Assess Diet Quality: The Eating Habits Index for Malaysian Primary Schoolchildren</i></b>  Yeo Giin Shang  Universiti Kebangsaan Malaysia</p> <p><b><i>Impact and perceptions of a 10-week empowerment-based nutrition communication and leadership training on nutrition advocacy skills and diet quality among nutrition students</i></b>  Ang Zheng Feng  Universiti Putra Malaysia</p> <p><b><i>Assessing the retail food environment across different socioeconomic neighbourhoods in Kuala Lumpur – Spatial analyses to inform urban food policy for sustainable and healthy diets</i></b>  Scott David Hastie  University of Nottingham Malaysia</p> <p><b><i>Prenatal chrononutrition and chronotype role in infant sleep and growth: A prospective cohort study</i></b>  Kok Ee Yin  UCSI University</p>
1800	<b>End of Day 1 Conference</b>

CONFERENCE DAY 2: 30 July 2025 (Wednesday)	
0800-0900	Poster and Exhibition Viewing
0900-1000	<p><b>NUTRITION UPDATE 2</b></p> <p><b><i>Salt Taste Preference, Sensitivity Threshold Detection, and Their Association with Salt Intake: A Cross-sectional Study in Kuala Lumpur</i></b> Safiya Nuur UCSI University</p> <p><b><i>Grandparents as Food Providers for Grandchildren: Findings from Four Malaysian Studies and the Development of an Educational Booklet to Support Healthier Feeding Practices</i></b> Hanis Mastura Yahya Universiti Kebangsaan Malaysia</p> <p><b><i>Nutritional Adequacy and Costing of a Healthy Balanced Diet for Children and Adolescents in Malaysia</i></b> Khor Ban Hock Universiti Malaysia Sabah</p> <p><b><i>Design and Development of NutriDIY-trolley App: A Pre-emptive Digital Strategy to Promote Nutrition-conscious Purchasing and Enhance Household Dietary Quality</i></b> Vaidehi Ulaganathan UCSI University</p> <p><b><i>Quality Perception and Acceptance of Suboptimal Food Among Women in Johor</i></b> Lim See Meng Universiti Kebangsaan Malaysia</p>
1000-1030	Coffee Break/Poster & Exhibition Viewing
1030-1115	<p><b>KEYNOTE LECTURE 2</b></p> <p><b><i>Addressing Micronutrient Deficiencies: Lessons from Southeast Asia</i></b> Geoffry Smith International Life Sciences Institute (ILSI) Southeast Asia Region</p>

1115-1215	<p><b>SYMPOSIUM 3: Public Health Nutrition</b></p> <p><b><i>Enhancing Health and Well-being in Dayak Communities: Exploring the Possibilities of Integrating Tradition with Modern Nutrition Science</i></b>  Cheah Whye Lian  Universiti Malaysia Sarawak</p> <p><b><i>Strengthening UK-SEA Research Partnership –Nutrition Policies and Action Plans in Malaysia for the Prevention of Double Burden of Malnutrition in School-age Children: Highlights of Findings</i></b>  Tan Sue Yee  Nutrition Society of Malaysia &amp; International Life Sciences Institute (ILSI) Southeast Asia Region, on behalf of the UoL-NSM-ILSI-UPM Research Team</p> <p><b><i>Update on NHMS 2024: Nutrition</i></b>  Ahmad Ali bin Zainuddin  Ministry of Health Malaysia</p>
1215-1250	<p><b>INVITED LECTURE 3</b></p> <p><b><i>Lactocaseibacillus paracasei strain Shirota Impact on Human Immunity and Health</i></b>  Tomoaki Naito  Yakult Central Institute, Tokyo, Japan</p>
1250 - 1325	<b>LUNCH SYMPOSIUM</b>
1325-1400	Lunch/ Poster & Exhibition Viewing
1400-1435	<p><b>INVITED LECTURE 4</b></p> <p><b><i>Sustaining Weight Management Through the Power of Protein</i></b>  Rimbawan  IPB University, Indonesia</p>
1435-1535	<p><b>Forum: Nutrition, Technology and Digital Health</b>  Panelists:</p> <ul style="list-style-type: none"> <li>• Maheshwara Rao A/L Appannan Ministry of Health Malaysia</li> <li>• Wong Jyh Eiin Universiti Kebangsaan Malaysia</li> <li>• Khor Swee Kheng Angsana Health</li> </ul>

1535-1635	<p><b>NUTRITION UPDATE 3</b></p> <p><b><i>Street Foods in Malaysia: What is the Sugar Level Content?</i></b>  Hasnah Haron  Universiti Kebangsaan Malaysia</p> <p><b><i>Nutritional Determinants of Quality of Life in Colorectal Cancer Survivors: A Six-month Longitudinal Study in Malaysia</i></b>  Ainaa Almardhiyah Abd Rashid  Universiti Malaysia Sabah</p> <p><b><i>Effects of Cranberry (Poly)phenols on Mental Health in University Students: The Cranmood Randomised Controlled Trial</i></b>  Nur Kamarunzaman  King's College London</p> <p><b><i>The Potential of Mushroom Seasoning as an Alternative to Monosodium Glutamate: Market Survey, Consumer Survey, and Sensory Evaluation</i></b>  Low Wee Teng  Universiti Kebangsaan Malaysia</p> <p><b><i>Tocotrienol-enriched Beverage Enhances Psychological Well-being, Antioxidant Defence, and Genomic Stability in Older Adults: A Randomised Controlled Trial</i></b>  Razinah Sharif  Universiti Kebangsaan Malaysia</p>
1635-1650	<b>Rapid Fire Poster Presentation</b>
1650-1730	<b>Prize Giving and Closing Ceremony</b>
1730	<b>End of Conference</b>