

**First 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:*  
**Open 4 April 2023**  
**Close 5 June 2023**

*Registration open:*  
**1 May 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 CONFERENCE PROGRAMME at a glance

TIME	4 <sup>TH</sup> JULY	5 <sup>TH</sup> JULY
0800-1315	<b>REGISTRATION</b>	Poster Viewing/ Trade Exhibition
	<b>OPENING CEREMONY</b>	<i>Nutrition Update 1 (free paper)</i>
	Coffee Break/Poster Viewing	Coffee Break/Poster Viewing
	Keynote Lecture 1	Keynote Lecture 2
	<b>Symposium 1</b>	<b>Symposium 3</b>
	Invited Lecture 1	Invited Lecture 3
1315 – 1430	Lunch Symposium, Poster Viewing & Trade Exhibition	
1430 - 1815	<b>Symposium 2</b>	Invited Lecture 4
	Invited Lecture 2	<b>Symposium 4</b>
	<b>Young Researchers' Symposium</b>	<i>Nutrition Update 2 (free paper)</i>
	Coffee Break/Poster Viewing	Prize giving and closing ceremony
	End of Day 1	Coffee Break and End of conference

### Tentative Plenary Lectures/ Symposium/ Topics:

- Maternal nutrition
- Infant & young child nutrition
- School child nutrition & adolescent nutrition
- Nutrition of the elderly
- Functional ingredients
- Nutrition education & communication strategies
- Physical activity & sedentary behaviour

## Registration Details

Participants	Early bird rate	Late fee/ on-site
- 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

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)

**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**