

Final Announcement



38th

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

Early bird registration deadline:

~~22 June 2023~~

Extended to

24 JUNE 2023

**Greetings from the Nutrition Society
of Malaysia (NSM) Conference
Organising Committee!**

**Welcome to the
NSM 38th Scientific Conference 2023!**

**The conference, with the theme
From 'Sick Care' to Wellness –
Healthy Nutrition is Key**

**invites all stakeholders involved in
nutrition research and promotion
to join this annual scientific meeting
of NSM.**

**Dr Tee E Siong
Chairman of the Organising Committee**

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/>

CONFERENCE DAY 1 (4 JULY 2023)

Time	Programme
0800 - 0900	Registration
0900 - 1000	<p>Welcome remarks, Opening & Presentation of NSM Prizes & Awards</p> <p>Speech and official opening by Dr Tee E Siong, President of Nutrition Society of Malaysia</p> <p>Presentation of NSM Prizes & Awards:</p> <ul style="list-style-type: none"> • NSM Undergraduate and Postgraduate Prizes • NSM Publication Prizes • NSM Fellows Awards
1000 - 1030	Coffee Break/Poster Viewing/Trade Exhibition
1030 - 1100	<p>Keynote Lecture 1</p> <p>Chairperson: Ms Zalma Abdul Razak Fellow, Nutrition Society of Malaysia</p> <p>From "Sick Care" to Wellness - Healthy Nutrition is Key</p> <p>Dr Tee E Siong, Nutrition Society of Malaysia</p>
1100 - 1230	<p>Symposium 1: Maternal, Infant & Young Children</p> <p>Chairperson: Assoc Prof Dr Chin Yit Siew, Universiti Putra Malaysia</p> <p>Optimizing Gestational Weight Gain for The Prevention of Gestational Diabetes Mellitus: A Web/Smartphone-Based Lifestyle Intervention for Pregnant Women in Malaysia</p> <p>Dr Yong Heng Yaw, Universiti Putra Malaysia</p> <p>Tackling Nutritional Challenges among Children in Malaysia: Insights from Three Studies on Eating Habits, Physical Activity, Food Environment, and Behaviour Intervention</p> <p>Prof Dr Poh Bee Koon, Universiti Kebangsaan Malaysia</p> <p>Innovation Using Sticker Book for Nutrition Education In Children</p> <p>Assoc Prof Dr Sharifah Wajihah Wafa Syed Saadun Tarek Wafa, Universiti Sultan Zainal Abidin</p> <p>Update on Maternal, Child and Adolescent Nutrition - Findings of NHMS 2022</p> <p>Dr Ahmad Ali Zainuddin, Institute for Public Health</p>
1230 - 1315	<p>Invited Lecture 1</p> <p>Sponsored by FrieslandCampina Institute</p> <p>Chairperson: Assoc Prof Dr Mahenderan Appukutty, Universiti Teknologi MARA</p> <p>Sustainability Healthy Diet - Nourishing A Better Planet</p> <p>Dr Rolf Bos, Director of the Global Expert Team Nutrition, Royal FrieslandCampina, Netherlands</p>
1315 - 1430	<p>Lunch Symposium 1</p> <p>Sponsored by Danone Specialised Nutrition</p> <p>Chairperson: Prof Dr Hamid Jan bin Jan Mohamed, Universiti Sains Malaysia</p> <p>Anaemia Screening in Young Children of Malaysia: The Latest Findings of Iron Strong Study Involving Malaysian Children Aged ≥ 6 to ≤ 36 Months Using A Non-Invasive Assessment</p> <p>Prof Dr Muhammad Yazid Jalaludin, Faculty of Medicine, University Malaya</p> <p>Poster Viewing & Trade Exhibition</p>

1430 - 1600	<p>Symposium 2: Food Environment & Nutrition Chairperson: Dr Yasmin Ooi Beng Houi, Universiti Malaysia Sabah</p> <p>Use Nutrition Information on Food Labels to Empower Consumers Make Informed Food Choices Ms Norlida Zulkafly, Food Safety and Quality Division, Ministry of Health Malaysia</p> <p>The Role of Nutritionist in Promoting Edible Garden (Sabah Success Story) Ms Susilia Sinar, Pahang State Health Department, Kuantan</p> <p>Relative Validity and Reliability of A Diet Quality Index for Malaysian Adults: Preliminary Findings of The Malaysian Healthy Diet Online Survey (MHDOS) Dr Woon Fui Chee, Nutrition Society of Malaysia</p> <p>Promoting Education for Food Sustainability in Japanese Schools: Investigating Nutrition Teachers' Efforts for Effective Implementation Ms Wafaa Abdo, Osaka University, Japan</p>
1600 - 1645	<p>Invited Lecture 2</p> <p>Sponsored by Abbott Nutrition Chairperson: Assoc Prof Dr Cheah Whye Lian, Universiti Malaysia Sarawak</p> <p>Optimising Nutritional Needs for Optimal Growth in Children and Adolescents Prof Dr Hamid Jan bin Jan Mohamed, Universiti Sains Malaysia</p>
1645 - 1825	<p>Young Researchers' Symposium Chairperson: Assoc Prof Dr Wong Jyh Eiin, Universiti Kebangsaan Malaysia</p> <p>Haemoglobin, HbA1C and Nutritional Status of Urban B40 Pregnant Mothers: A Prospective Cohort Study Erica Ooi Ming Yi, International Medical University</p> <p>SALT@HOME: A New Household Salt Intake Assessment Methodology and Qualitative Insight on Salt Reduction Strategies Siti Madihah Binti Muhammad Royani, UCSI University</p> <p>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 Zainorain Natasha Binti Zainal Arifen, Universiti Kebangsaan Malaysia</p> <p>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 Miow Yee Xuen, Universiti Putra Malaysia</p> <p>The Association Between Body Composition, Anthropometry, and Depression with Sarcopenia Among Community-Dwelling Older People in Kelantan: A Cross-Sectional Study Nur Syakirah Arissa Mohd Salleh, Universiti Sains Malaysia</p>
1825	<p>End of Day 1</p>

CONFERENCE DAY 2 (5 JULY 2023)

Time	Programme
0800 - 0900	Poster Viewing & Trade Exhibition
0900 - 1000	<p>Nutrition Update 1 Chairpersons: Assoc Prof Dr Gan Wan Ying, Universiti Putra Malaysia and Dr Noor Atiqah Aizan Abdul Kadir, Universiti Malaysia Sabah</p> <p>Associations of Dairy Consumption at Breakfast with Nutrient Intake in Malaysian Children: Results from the South-East Asian Nutrition Surveys II (SEANUTS II) Dr Nadja Mikulic, Expert Team Nutrition Asia, FrieslandCampina, Singapore</p> <p>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</p> <p>"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 Ms Mok Kai Ting, UCSI University</p> <p>Factors Associated with Double Burden of Malnutrition (DBM) Among Dayak Communities in Sarawak Ms Yolanda Anak Salleh, Universiti Malaysia Sarawak</p> <p>Using Experiential Learning to Prepare Future Nutritionists to Use Digital Technology in Health and Nutrition Promotion Dr Lee Siew Siew, University of Nottingham Malaysia</p>
1000 - 1030	Coffee Break/Poster Viewing
1030 - 1100	<p>Keynote Lecture 2 Chairperson: Ms Norrani Eksan Senior Director, Food Safety & Quality Division, Ministry of Health Malaysia</p> <p>Food Security Policies and Action Plan of Malaysia YBhg Datuk Lokman Hakim bin Ali Ministry of Agriculture and Food Security Malaysia</p>
1100 - 1230	<p>Symposium 3: Nutrition of Older Persons Chairperson: Prof Dr Norimah A Karim, Nutrition Society of Malaysia</p> <p>Implementing Virtual Falls Prevention Using Exercise – Nutrition Intervention During COVID-19 Pandemic for Older Persons, Does It Work? Prof Dr Chan Yoke Mun, Universiti Putra Malaysia</p> <p>Addressing Nutritional Needs of Sarcopenia in Older Adults Dr Hanis Mastura Yahya, Universiti Kebangsaan Malaysia</p> <p>Tube Feeding In Severe Dementia – Is There Evidence? Dr Alan Ch'ng Swee Hock, Seberang Jaya Hospital, Penang</p> <p>Factors Associated with Sarcopenia Among Older Adults with Low Socioeconomic Status in Kelantan Dr Divya Vanoh, Universiti Sains Malaysia</p>

1230 - 1315	<p>Invited Lecture 3</p> <p>Sponsored by Herbalife Malaysia Chairperson: Prof Dr Mohd Ismail Mohd Noor, Universiti Kebangsaan Malaysia</p> <p>The Role of Nutrition in Preventive Healthcare: A Comprehensive Approach for Healthcare and Wellness Transformation Dr Rimbawan, Universitas Institut Pertanian Bogor (IPB), Indonesia</p>
1315 - 1430	<p>Lunch Symposium 2</p> <p>Sponsored by dsm-firmenich Chairperson: Prof Dr Loh Su Peng, Universiti Putra Malaysia</p> <p>Maternal Nutrition - Reducing Risk of Preterm Births with DHA Ms Avril Soh, DSM, Singapore</p> <p>Poster Viewing & Trade Exhibition</p>
1430 - 1515	<p>Invited Lecture 4</p> <p>Sponsored by BENEIO-Institute Chairperson: Ms Rokiah Don, Nutrition Society of Malaysia</p> <p>Scientific Update on Metabolic Improvement Aspects with Palatinose™ (Isomaltulose) Dr Sangeetha Shyam, Rovira i Virgili University, Spain</p>
1515 - 1645	<p>Symposium 4: Community Lifestyle Intervention Programmes Chairperson: Dr Satvinder Kaur AP Nachatar Singh, UCSI University</p> <p>Translational and Reverse-Translational "Chrono-Nutrition" Research in Japan Assoc Prof Dr Yu Tahara, Graduate School of Biomedical and Health Sciences, Hiroshima University, Japan</p> <p>PERSUADE: A Peer-Led Community-Based Intervention to Aid Nutritional and Lifestyle Behavioural Changes Dr Amutha Ramadas, Monash University Malaysia</p> <p>Community Feeding Programme for Orang Asli: An Approach for A Better Tomorrow Mr Mohammad Affendy Bin Mohd Akhir, Kelantan State Health Department, Gua Musang</p> <p>Nutrition Intervention Programs for Adults and School Children to Combat Obesity in Kuala Lumpur and Putrajaya Mr Muhammad Asyraf Bin Ismail, Federal Territory Health Department, Kuala Lumpur</p>
1645 - 1745	<p>Nutrition Update 2 Chairperson: Dr Roseline Yap Wai Kuan, Nutrition Society of Malaysia and Dr Yong Heng Yaw, International Medical University</p> <p>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 Ms Norshafawati Abd Azimi, Universiti Sains Malaysia</p> <p>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</p> <p>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</p>

	<p>Secular Trends in Energy Availability in Malaysia: A Joinpoint Regression Analysis of FAO's Food Balance Sheet Data from 1961 To 2020 Mr Syed Mahfuz Al Hasan, Kagawa University Hospital, Japan</p> <p>Mindful Eating And Obesity Among Senior High School Students in Depok, Indonesia Mr Muhammad Nur Hasan Syah, Universitas Pembangunan Nasional Veteran Jakarta</p> <p>Perceived Neighbourhood Environmental, Physical Activity and Physical Fitness in Relation to Overweight/Obesity Among Urban Poor Adolescents in Kuala Lumpur, Malaysia Ms Janice Tay Ee Fang, UCSI University</p>
1745 - 1830	<p>Prize Giving and Closing Ceremony Assoc Prof Dr Mahenderan Appukutty Vice President Nutrition Society of Malaysia</p>
1830	<p>End of Conference</p>

Registration Details

Participants	Early bird rate (by 24 June 2023)	Standard / on-site rate (from 25 June 2023)
- Regular NSM members ¹	RM550	RM750
- NSM members who are Postgraduate students ²	RM350	RM470
- Non NSM members	RM900	RM1200
- Exhibitors	RM550	RM550
- Undergraduate students ³	RM200	RM200

Notes

- ¹All 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.
- ²Postgraduate students must be members of NSM to attend at member rate
- ³Final year undergraduate students of nutrition programmes in local universities will be invited through their respective Heads of Departments to participate in the Conference



HRD Corp has approved the NSM 38th Scientific Conference to be claimable. HRD Corp has advised that registered employers under *Kumpulan Wang Pembangunan Sumber Manusia (KWPSM)* can apply training grant through the e-TRiS system by selecting 'Non-Registered Training Provider Details – Association' under the *Skim Bantuan Latihan (SBL)* only. The approval of the training grant is subject to the conditions set by PSMB.

Please request from the Secretariat the official letter from HRD Corp.

For enquiries, contact:

Conference Chairman

Tee E Siong, PhD

President of Nutrition Society of Malaysia

Email: 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