

Scientific Programme

40th 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	40th NSM Anniversary Lecture <i>Chairperson: Prof Dr Mahenderan Appukutty, President of NSM</i> <i>Four Decades of Advancing Nutrition - Way Ahead for NSM</i> Dr Tee E Siong <i>Nutrition Society of Malaysia</i>
1015-1045	Coffee Break/Poster & Exhibition Viewing
1045-1130	KEYNOTE LECTURE 1 <i>Chairperson: Prof Dr Hamid Jan Jan Mohamed, Vice President of NSM</i> <i>Contribution of Asia to Global Health and Nutrition</i> Prof Dr Jeyakumar Henry <i>Former Director, CNRC, A*STAR SIFBI, Singapore</i>

1130-1230	SYMPOSIUM 1: Clinical Research in Nutrition <i>Chairperson: Prof Dr Chan Yoke Mun (Universiti Putra Malaysia)</i> <i>Nutrigenetics and Nutrigenomics: Nutrition Unraveled for Precision Wellness</i> Prof Dr Vimal Karani <i>University of Reading, United Kingdom</i> <i>Exploring Nutrition's Role in Aging and Cancer Survivorship: Unravelling Telomere Clues</i> Assoc Prof Dr Mohd Razif bin Shahril <i>Universiti Kebangsaan Malaysia</i> <i>The Dual Challenges of Physical and Social Frailty among Older Adults</i> Dr Divya Vanoh <i>Universiti Sains Malaysia</i>
1230-1305	INVITED LECTURE 1 Sponsored By: BENEIO-Institute <i>Chairperson: Assoc Prof Dr Satvinder Kaur (UCSI University)</i> <i>Targeting 'Skinny Fat' and Metabolic Health: Scientific Insights on Chicory Root Fibres and Palatinose™</i> Ms Goh Peen Ern <i>BENEIO Asia Pacific, BENEIO-Institute</i>
1305-1340	LUNCH SYMPOSIUM Sponsored By: Dutch Lady Milk Industries Berhad <i>Chairperson: Dr Kanga Rani Selvaduray (MPOB)</i> <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> Prof Dr Hamid Jan Jan Mohamed & Ms Sidra Al-Talib <i>Universiti Sains Malaysia</i>
1340-1400	Poster and Exhibition Viewing

1400-1500	SYMPOSIUM 2: Nutrition from Womb to Tomb <i>Chairperson: Prof Dr Loh Su Peng (Universiti Putra Malaysia)</i> <i>Transforming Food Assistance to Enhance Food Security and Nutrition for Asnaf Families in Terengganu</i> Assoc Prof Dr Sharifah Wajihah Wafa Bt Syed Saadun Tarek Wafa <i>Universiti Sultan Zainal Abidin</i> <i>An Early Life-Course Model-of-Care to Transforming Maternal and Child Healthcare</i> Dr Loy See Ling <i>Duke-NUS Medical School, Singapore</i> <i>Maternal Nutrition and Multiple Micronutrient Supplementation: Breaking the Intergenerational Cycle of Anaemia for a Healthier Future</i> Assoc Prof Dr Snigdha Misra <i>Monash University Malaysia</i>
1500-1535	INVITED LECTURE 2 Sponsored by: <i>dsm-firmenich</i> <i>Chairperson: Assoc Prof Dr Wong Jyh Eiin (Universiti Kebangsaan Malaysia)</i> <i>Extending Healthspan: the Science Behind Dietary Interventions for Successful Ageing</i> Ms Steph Baker <i>dsm-firmenich</i>

1535-1635	NUTRITION UPDATE 1 <i>Chairperson: Prof Dr Norhasmah Sulaiman (Universiti Putra Malaysia)</i> <i>Effect of Nutrition and Physical Activity Applications (Apps) on Healthy Lifestyle and User Assessment in Kajang, Selangor</i> Mohd Nazri bin Abdul Rahman <i>Universiti Malaysia Sabah</i> <i>The Impact of Sarcopenia on Mortality Incidence Among Malaysian Older Adults: A Prospective Cohort Study</i> Nurul Fatin Malek Rivan <i>Universiti Kebangsaan Malaysia</i> <i>Anaemia Prevalence, Knowledge and Attitude of Anaemia, and Chrono-nutritional Data Among Young Women: A Recent Preliminary Survey in Northern Thailand</i> Chirawat Paratthakonkun <i>Mahidol University, Thailand</i> <i>Risk Factors for Childhood Undernutrition (Ages 2 to 5): A Case-control Study in Federal Territory Kuala Lumpur and Putrajaya, Malaysia</i> Masrisa Mohd Esa <i>Universiti Putra Malaysia</i> <i>Mindful Eating, Dietary Patterns and its Association with Metabolic Syndrome Among Overweight and Obese Teachers in Kota Bharu, Kelantan</i> Hana Fauziyyah <i>Universiti Sains Malaysia</i>
-----------	--

1635-1735	YOUNG RESEARCHERS' SYMPOSIUM <i>Chairperson: Dr Noor Atiqah Aizan Binti Abdul Kadir (Universiti Malaysia Sabah)</i> <i>A Simplified Approach to Assess Diet Quality: The Eating Habits Index for Malaysian Primary Schoolchildren</i> Yeo Giin Shang Universiti Kebangsaan Malaysia <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> Ang Zheng Feng Universiti Putra Malaysia <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> Scott David Hastie University of Nottingham Malaysia <i>Prenatal chrononutrition and chronotype role in infant sleep and growth: A prospective cohort study</i> Kok Ee Yin UCSI University
1735	End of Day 1 Conference

CONFERENCE DAY 2: 30 July 2025 (Wednesday)	
0800-0900	Poster and Exhibition Viewing
0900-1000	NUTRITION UPDATE 2 Chairperson: Dr Roseline Yap Wai Kuan (NSM) <i>Salt Taste Preference, Sensitivity Threshold Detection, and Their Association with Salt Intake: A Cross-sectional Study in Kuala Lumpur</i> Safiya Nuur UCSI University <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> Hanis Mastura Yahya Universiti Kebangsaan Malaysia <i>Nutritional Adequacy and Costing of a Healthy Balanced Diet for Children and Adolescents in Malaysia</i> Khor Ban Hock Universiti Malaysia Sabah <i>Design and Development of NutriDIY-trolley App: A Pre-emptive Digital Strategy to Promote Nutrition-conscious Purchasing and Enhance Household Dietary Quality</i> Vaidehi Ulaganathan UCSI University <i>Quality Perception and Acceptance of Suboptimal Food Among Women in Johor</i> Lim See Meng Universiti Kebangsaan Malaysia
1000-1030	Coffee Break/Poster & Exhibition Viewing
1030-1115	KEYNOTE LECTURE 2 Chairperson: Dr Tee E Siong (Past Immediate President, NSM) <i>Addressing Micronutrient Deficiencies: Lessons for Southeast Asia</i> Mr Geoffry Smith International Life Sciences Institute (ILSI) Southeast Asia Region

1115-1215	SYMPOSIUM 3: Public Health Nutrition <i>Dr Norliyana Aris (Universiti Malaysia Sabah)</i> <i>Enhancing Health and Well-being in Dayak Communities: Exploring the Possibilities of Integrating Tradition with Modern Nutrition Science</i> Prof Dr Cheah Whye Lian <i>Universiti Malaysia Sarawak</i> <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> Dr Tan Sue Yee <i>Nutrition Society of Malaysia & International Life Sciences Institute (ILSI) Southeast Asia Region, on behalf of the UoL-NSM-ILSI-UPM Research Team</i> <i>Update on NHMS 2024: Nutrition</i> Dr Ahmad Ali bin Zainuddin <i>Ministry of Health Malaysia</i>
1215-1250	INVITED LECTURE 3 Sponsored By: Yakult (Malaysia) Sdn Bhd <i>Chairperson: Assoc Prof Dr Mohd Redzwan (Universiti Putra Malaysia)</i> <i>Lactisacibacillus paracasei strain Shirota Impact on Human Immunity and Health</i> Dr Tomoaki Naito <i>Yakult Central Institute, Tokyo, Japan</i>
1250 - 1400	NETWORKING LUNCH
1400-1435	INVITED LECTURE 4 Sponsored by: Herbalife Products Malaysia Sdn Bhd <i>Chairperson: Dr Shashikala Sivapathy (UCSI University)</i> <i>Sustaining Weight Management Through the Power of Protein</i> Prof Dr Rimbawan <i>IPB University, Indonesia</i>

1435-1535	Forum: Nutrition, Technology and Digital Health <i>Moderator: Dr Tan Sue Yee (NSM)</i> Panelists: • Dr Maheshwara Rao A/L Appannan <i>Ministry of Health Malaysia</i> • Assoc Prof Dr Wong Jyh Eiin <i>Universiti Kebangsaan Malaysia</i> • Dr Khor Swee Kheng <i>Angsana Health</i>
1535-1635	NUTRITION UPDATE 3 <i>Chairperson: Dr Lee Siew Siew (University of Nottingham Malaysia)</i> <i>Street Foods in Malaysia: What is the Sugar Level Content?</i> Hasnah Haron <i>Universiti Kebangsaan Malaysia</i> <i>Nutritional Determinants of Quality of Life in Colorectal Cancer Survivors: A Six-month Longitudinal Study in Malaysia</i> Ainaa Almardhiyah Abd Rashid <i>Universiti Malaysia Sabah</i> <i>Effects of Cranberry (Poly)phenols on Mental Health in University Students: The Cranmood Randomised Controlled Trial</i> Nur Kamarunzaman <i>King's College London</i> <i>The Potential of Mushroom Seasoning as Natural Flavour Enhance: Market Survey, Consumer Survey, and Sensory Evaluation</i> Low Wee Teng <i>Universiti Kebangsaan Malaysia</i> <i>Tocotrienol-enriched Beverage Enhances Psychological Well-being, Antioxidant Defence, and Genomic Stability in Older Adults: A Randomised Controlled Trial</i> Razinah Sharif <i>Universiti Kebangsaan Malaysia</i>
1635-1650	Rapid Fire Poster Presentation
1650-1730	Prize Giving and Closing Ceremony
1730	End of Conference