

Preliminary  
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

Save The Date!

Conference:  
4 – 5 July 2023

Venue:  
Swiss Garden Hotel  
Bukit Bintang

117, Jalan Pudu,  
Kuala Lumpur

[www.swissgarden.com](http://www.swissgarden.com)

### About the Conference

Over the decades, with the considerable improvements in the nation's health system and the accessibility for quality health services, Malaysians are now living longer. But, we are not necessarily in better health. The National Health and Morbidity Survey (NHMS) has shown that chronic diseases have been on the rise since 2011. The 2019 report highlighted the high prevalence of NCDs and risk factors. At the same time, data has shown the continued high prevalence of undernutrition problems especially stunting and micronutrient deficiencies. Let's not forget that the nation is also moving towards becoming an ageing society.

The proposed Malaysia Health White Paper by the Ministry of Health highlighted the need to change the 'predominantly curative health-seeking model' of the nation which focus on therapeutic, rather than preventive measures in tackling these issues and improve the situation. The inter-connected nature of NCDs and COVID-19 has also brought into sharp attention the need for preventive measures to ensure wellness.

In this regard, healthy nutrition has a core role to play, as it is the key to ensure health and wellness at every stage of life. Healthy nutrition is also the key for NCDs prevention, and key to address variety of nutrition issues including all forms of malnutrition, food and nutrition security issues particularly among the most vulnerable groups.

Thus, the theme 'From sick care to wellness – Healthy nutrition is key' is chosen as the theme of the conference, to be in line with the proposed Malaysia Health White Paper, and also to underscore the importance of nutrition in preventive wellness. This conference aims to serve as a platform for nutritionists and related stakeholders to productively exchange and share their experiences, research results, innovations and concerns on nutrition issues throughout life cycles and the urgent needs for preventive nutrition to transform 'sick care' to 'wellness'.

### Conference Programme At A Glance

| Time        | 4 <sup>TH</sup> JULY                              | 5 <sup>TH</sup> JULY                             |
|-------------|---|--|
| 0800        | <b>REGISTRATION</b>                               | Poster Viewing/ Trade Exhibition                 |
| 0900        | <b>OPENING CEREMONY</b>                           | <i>Nutrition Update 2 (free paper)</i>           |
| 1000        | Coffee Break/Poster Viewing                       | Coffee Break/Poster Viewing                      |
| 1030 - 1700 | Keynote Lecture                                   | <b>Symposium 4</b>                               |
|             | <b>Symposium 1</b>                                | Invited Lecture 2                                |
|             | Invited Lecture 1                                 | Invited Lecture 3                                |
|             | Lunch break:<br>Poster Viewing/ Trade Exhibition  | Lunch break:<br>Poster Viewing/ Trade Exhibition |
|             | <b>Symposium 2</b>                                | <b>Symposium 5</b>                               |
|             | <i>Nutrition Update 1 (free paper)</i>            | <i>Nutrition Update 3 (free paper)</i>           |
|             | <b>Symposium 3 (Young Researchers' Symposium)</b> | <b>PRIZE PRESENTATION &amp; CLOSING CEREMONY</b> |
|             | Meet-the-Experts session (TBC)                    | 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

#### For enquiries, contact:

##### Conference Chairman

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##### Conference Secretariat

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