



39th

Scientific Conference

Strategic Alliance to Combat Malnutrition: Whole of Government, Whole of Society Approach

30-31 July 2024 • AVANTÉ Hotel, Bandar Utama, Petaling Jaya, Selangor

EVENT REPORT

Prepared by: Secretariat

Date: 26 August 2024

Contents

- Registration
- Opening Ceremony
 - Welcome address by President of NSM
 - Presentation of NSM prizes & awards
- Scientific Programme
 - Day 1: 30 July 2024
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 - Prize presentation ceremony
- Trade Exhibition
- Conference Website
- Attendance
- Financial report

REGISTRATION

Registration at Foyer



30 July: 7.45am onwards

OPENING CEREMONY

Official Opening Ceremony



Welcome address

by

Assoc Prof Dr Mahenderan Appukutty

President

Nutrition Society of Malaysia (NSM)

Official Opening Ceremony



PRESENTATION OF NSM PRIZES & AWARDS

NSM Postgraduate Prizes 2024

NSM Undergraduate Prizes 2024

NSM Publication Prizes 2024

NSM New Fellows Awards 2024

NSM Postgraduate Prizes 2024

PhD Thesis Prize



***Dr Nur Aqilah Amalina Jaafar
University Putra Malaysia
(absent in receiving the award)***

***Received on behalf by
Prof Dr Norhasmah Sulaiman
University Putra Malaysia***

NSM Postgraduate Prizes 2024

Msc Thesis Prize



***Ms Fiona Ann Christianus
University Malaysia Sabah
(absent in receiving the award)***

***Received on behalf by
Dr Yasmin Beng Houi Ooi
Universiti Malaysia Sabah***



***Ms Erica Ooi Ming Yi
IMU University Malaysia
(absent in receiving the award)***

***Received on behalf by
Dr Yong Heng Yaw
IMU University Malaysia***

NSM Postgraduate Prizes 2024

PhD and MSc Thesis Prize



Group Photo

NSM Undergraduate Prizes 2024

Undergraduate Thesis Prize



***Ms Amanda Lim Wen Hui
IMU University, Malaysia***



***(Koh Su Yuan USCI
absent in receiving the award)
Received on behalf by
Nurliyana Binti Abdul Razak***



***Ms Alice Chen
Universiti Malaysia Sabah***



***Ms Nur Syazwani binti Mohammed
Universiti Sains Malaysia***



***Ms Teng Kang Ni
University of Nottingham,
Malaysia***

NSM Undergraduate Prizes 2024

Undergraduate Thesis Prize (Cont.)



Ms Nuraina Afiqah Zainal
Universiti Kebangsaan Malaysia



Ms Puteri Iylia Asilah binti Shahril
MSU Malaysia



Ms Nur Arifah binti Zulkifli
Universiti Sultan Zainal Abidin



Ms Agnes Seow Jing Mun
Universiti Putra Malaysia

NSM Undergraduate Prizes 2024

Undergraduate Thesis Prize



Group Photo

NSM Publication Prizes 2024

Mobility and Musculoskeletal Health and Nutrition



Dr Kanimolli
IMU University, Malaysia

Interventions for Promoting Nutritional Status of General Population



Dr Ng Choon Ming
UCSI University
(absent in receiving the award)

Received by
Assoc Prof Dr Satvinder Kaur
UCSI University

NSM Publication Prizes 2024



Group Photo

(with Ms Wendy Goh Su Chin, Scientific and Nutrition Manager from Fonterra Brands (M) Sdn Bhd and Mr. Steven Chin Director and General Manager, Herbalife Nutrition Malaysia – the sponsors of NSM publication prizes)

NSM New Fellow Awards 2024



*Dr Sangeetha Shyam
NSM Fellow 2024*

SCIENTIFIC PROGRAMME

DAY 1: 30 JULY 2024

Summary of Scientific Programme

- 2 Keynote Lectures
- 4 Invited Lectures
- 4 Symposiums
- 9 presenters in Young Researchers' Symposium
- 8 Nutrition Update Presentation
- 100 posters

Keynote Lecture 1

Strategies for the prevention and control of childhood obesity and chronic diseases



Chairperson:
Dr Tee E Siong
Nutrition Society of Malaysia

Many consequences, huge economic costs

- Current annual global costs of obesity **US\$ 4.32 trillion in 2035**
- Annual cost of obesity as **3.3% of total GDP in 2060** on average across all countries
- Potential total savings **US\$ 429 billion** (if overweight and obesity prevalence is reduced by 5% between 2020 and 2060)
- Stopping the growing obesity epidemic is one of the **2025 Global Nutrition Targets** and one of the Targets for Noncommunicable Diseases (NCDs).
- Both are key targets of the **Sustainable Development Goals (SDGs)**. (WOF, 2023)

1.9 **\$4.32**
BILLION **TRILLION**
The number of people around the world that will be living with obesity in 2035. The estimated global economic impact of overweight and obesity in 2035.

100% **1**
INCREASE **IN 4**
Childhood obesity is expected to increase by 100% between 2020 and 2035. It is expected that 1 in 4 of us will be living with obesity by 2035.

00:26 Youfa Wang - talk vedio 0:36:32

Speakers:
Prof Dr Youfa Wang
University Distinguished Professor; Vice President,
Xi'an Jiaotong
University Health Science Centre
[Recorded presentation]

Symposium 1

Nutrition for Maternal, Infant & Young Children



Chairperson:

***Assoc Prof Dr Mahenderan Appukutty
Universiti Teknologi MARA, Malaysia***

Symposium 1

Maternal, Infant and Young Children



Double burden of malnutrition in Malaysia – an update from NHMS 2023

by

Ms Sulhariza Husni Zain
Institute of Public Health, National Institute of Health, Ministry of Health Malaysia

MySNPP improved food environment and body weight status of primary school children

by

Ms Teo Choon Huey
Nutrition Society of Malaysia, on behalf of the MySNPP Working Group



Symposium 1

Maternal, Infant and Young Children



Building UK-SEA partnership – Research on nutrition policies and action plans in Malaysia to promote the implementation of double burden of malnutrition prevention in school-age Children

by

Assoc Prof Dr Chin Yit Siew

Universiti Putra Malaysia, on behalf of the UoL-NSM-ILSI-UPM Research Team

Cardiorespiratory fitness and cardiometabolic risk in Malaysian children aged 6 to 12 years: Findings from SEANUTS II Malaysia

by

Mr Chan Kai Sze

Centre for Community Health Studies (ReaCH), Faculty of Health Sciences, Universiti Kebangsaan Malaysia



Invited Lecture 1

The gut health connection: Microbiota crosstalk and the role of prebiotics

Sponsored by BENEEO-Institute



Chairperson:

***Dr Mohd Redzwan bin Sabran
Universiti Putra Malaysia***



Speakers:

***Ms Goh Peen Ern
Senior Manager Nutrition Communication,
BENEEO-Institute/BENEEO Asia Pacific Pte Ltd***

Symposium 2

Food Environment and Nutrition



Chairperson:
Assoc Prof Dr Wee Bee Suan
Universiti Sultan Zainal Abidin, Malaysia

Symposium 2

Food Environment and Nutrition



Food security & sustainable food consumption among adolescents in Malaysia: Preliminary findings from the Sustainable Food Consumption (SEASFC) study

by

Dr Serene Tung En Hui

Department of Nutrition and Dietetics, School of Health Sciences, IMU University, Malaysia

Food security, diet quality and nutritional status among mother-child pairs in Orang Asli in Terengganu, Malaysia

by

Dr Wong Chee Yen

School of Nutrition and Dietetics, Faculty of Health Sciences, Universiti Sultan Zainal Abidin, Malaysia



Symposium 2

Food Environment and Nutrition



Bridging food waste and consumption behaviours: Insights for a sustainable food system

by

*Assoc Prof Dr Satvinder Kaur D/O Nachatar Singh
Department of Food Science and Nutrition, Faculty of
Applied Sciences, UCSI University, Malaysia*

Invited Lecture 2

The power of strategic partnerships in achieving zero hunger
Sponsored by dsm-firmenich



Chairperson:
Prof Dr Loh Su Peng
Universiti Putra Malaysia



Speakers:
Ms Judy Boucek
Nutrition Improvement Regional Lead,
dsm-firmenich

Young Researchers' Symposium



Chairperson:
Assoc Prof Dr Gan Wan Ying
Universiti Putra Malaysia

Young Researchers' Symposium



Feeding round the clock: A novel perspective from the Chrono-DM™ study to explore chrononutrition and its association with glycaemic outcomes in Malaysian adults with prediabetes

by

Ms Erica Ooi Ming Yi

Tunku Abdul Rahman University of Management and Technology, Malaysia

Does seasonality play a role in adolescent malnutrition in low-income communities?

by

Ms Tay Janice Ee Fang

UCSI University



Dietary pattern related to colorectal cancer (CRC) risk using validated CRC-focused food frequency questionnaire for Malaysian patients

by

Ms Ainaa Almardhiyah Abd Rashid

Universiti Sains Malaysia

Young Researchers' Symposium



Effectiveness of 12 weeks Trim and Triumph (TNT) challenge among overweight and obese office workers
by
Mr Muhamad Hishamudin Mohmad Hasim
University of Nottingham Malaysia

Development of a digitally-assisted peer-support lifestyle intervention to mitigate cardiovascular disease risk in a lowincome community (MYCardio-PEER)

by
Ms Lim Geok Pei
Monash University Malaysia



Linear programming of optimized complementary diet recommendation for young children (12 - 24 months)

by
Ms Yasmina Ahmad Uzahir
Universiti Putra Malaysia

Young Researchers' Symposium



Bitter taste sensitivity, TAS2R38 gene polymorphisms and obesity risk among Malay children in the Klang Valley – a preliminary result

by

Ms Lie Yen Gan

IMU University, Malaysia

An interactive Malaysian Childhood Healthy Lifestyle (I-MaChEL) Programme to improve weight-related behavior of preschool child-parent dyads: Cluster randomized controlled trial

by

Mr Ahmad Faezi Ab Rashid

Universiti Sultan Zainal Abidin, Malaysia



Assessing the impact of Copt Nutri Trail: A web-based nutrition education module on adiposity and obesity-related behaviors among primary school children In Kuala Lumpur

by

Ms Norhasniza Yaakob

Universiti Kebangsaan Malaysia

SCIENTIFIC PROGRAMME

DAY 2: 31 JULY 2024

Nutrition Update 1



Chairperson:
Dr Sharifah Intan Zainun Sharif Ishak
Management and Science University, Malaysia

Nutrition Update 1



Nutrition In Community Engagement (NICE) as continuous teaching and learning pedagogy in training nutritionists

by

Dr Yasmin Beng Houi Ooi
Universiti Malaysia Sabah

Unveiling the mechanisms linking dietary patterns to 10-year cardiovascular diseases risk in Malaysian Type 2 diabetes patients: An integrative analysis using unsupervised and supervised dimension reduction techniques and path modeling

by

Mr Alvin Jun Hao Lim
Universiti Putra Malaysia



Nutrition Update 1



Acceptance of insects as food: Comparison between Malaysia and Japan

by

Dr Lim See Meng

Universiti Kebangsaan Malaysia

Are Malaysian adults meeting the food group recommendations? Findings of the Malaysian Healthy Diet Online Survey (MHDOS)

by

Assoc Prof Dr Wong Jyh Eiin
Universiti Kebangsaan Malaysia



Keynote Lecture 2

Food security policies and action plan of Malaysia



Chairperson:
Prof Dr Hamid Jan Jan Mohamed
Universiti Sains Malaysia



Speaker:
Mr Zainal bin Abas
Deputy Director General of Education Malaysia
(School Operations Sector)

Symposium 3

Nutrition of Older Persons



Chairperson:
Assoc Prof Dr Satvinder Kaur
UCSI University, Malaysia

Symposium 3

Nutrition of Older Persons



Frailty Intervention through Nutrition Education and Exercise (FINE) – a health promotion intervention to prevent frailty and improve frailty status among pre-frail elderly

by

*Assoc Prof Dr Siti Nur'asyura Binti Adznam
Department of Nutrition, Faculty of Medicine and
Health Sciences,
Universiti Putra Malaysia*

Chrononutritional effect of artichoke and inulin on blood glucose, microbiome, muscle/bone volumes in elderly person

by

*Prof Dr Shigenobu Shibata
Graduate School of Biomedical and Health
Sciences, Hiroshima
University, Japan*



Symposium 3

Nutrition of Older Persons



Effects of square-stepping exercise and art therapy on nutritional status, cognitive and psychological well-being of older adults with Parkinson's disease

by

Dr Nurliyana Abdul Razak

Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University, Malaysia

Effectiveness of Cosmos Caudatus extract in improving sarcopenia indices, dietary intake and physical fitness among older adults with probable sarcopenia and sarcopenia in Kelantan

by

Dr Divya Vanoh

School of Health Sciences, Health Campus, Universiti Sains Malaysia



Invited Lecture 3

Enhancing health span: What are the micronutrient gaps and proposed nutrition strategies
Sponsored by dsm-firmenich



Chairperson:
Assoc Prof Dr Wong Jyh Eiin
Universiti Kebangsaan Malaysia



Speakers:
Dr Ek Kai Lin
Head of Science Translation & Advocacy,
Asia Pacific, dsm-firmenich

Invited Lecture 4

**The truth about soya: A review of nutrition, health effects
and addressing misconceptions**

Sponsored by Homesoy



Chairperson:

Dr Tan Sue Yee

Nutrition Society of Malaysia



Speakers:

Ms Soo Sek Yow

Head of Nutrition Unit,

Ace Canning Corporation Sdn Bhd

Symposium 4

Community Lifestyle Intervention Programme



Chairperson:
Dr Roseline Yap
Nutrition Society of Malaysia

Symposium 4

Community Lifestyle Intervention Programme



Mitigating aflatoxin dietary exposure with probiotics: findings from human intervention trials

by

Dr Mohd Redzwan bin Sabran

Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

Cultivating AWESOME school children: the NGTS initiative in Malaysia

by

Dr Yong Heng Yaw

Division of Nutrition and Dietetics, School of Health Sciences, IMU University, Malaysia



Symposium 4

Community Lifestyle Intervention Programme



Culinary nutrition education for promoting healthy eating among kids
by

Assoc Prof Dr Satvinder Kaur
Department of Food Science and Nutrition,
Faculty of Applied Sciences, UCSI University,
Malaysia
(Dr Ng Choon Ming absent)

Comparative cardiometabolic effects of diets with red palm olein, extra virgin coconut oil, and extra virgin olive oil in individuals with central obesity: a randomised trial

by

Dr Radhika Loganathan
Malaysian Palm Oil Board



Nutrition Update 2



Chairperson:
Dr Wong Chee Yen
Universiti Sultan Zainal Abidin, Malaysia

Nutrition Update 2



Metabolic-predicted obesity phenotypes and risk of colorectal cancer in Malaysia: Decoding the obesity paradox

by

Dr Vaidehi Ulaganathan
UCSI University, Malaysia

Association between obesity and physical activity among young adults in urban and semi-urban settings in Perak, Malaysia

by

Ms Divya Sivapregas
Universiti Tunku Abdul Rahman, Malaysia



Nutrition Update 2



Winter melon aqueous extract supplementation modulates body composition and insulin sensitivity in patients with type 2 diabetes

by

*Ms Che Anis Jauharah Binti Che Mohd Zin
Universiti Sains Malaysia*

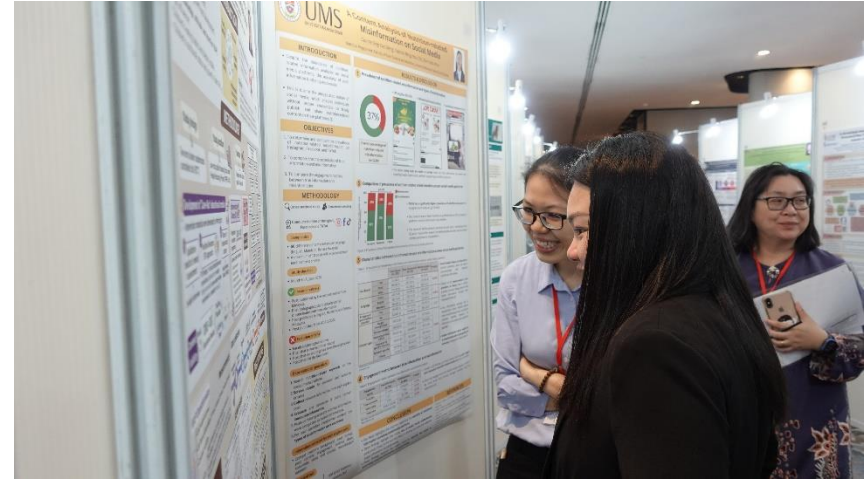
Effect of Lignosus Rhinocerus and Eurycoma Longifolia supplementation on anaerobic sports performance in athletes: Preliminary findings

by

*Dr Fadzal Wong Chee Ping
Faculty of Food Science and Nutrition,
Universiti Malaysia Sabah*



Scientific Poster Presentation



Official Prize Giving and Closing Ceremony



Chaired
by
Dr Tee E Siong,
Chairman,
Organising Committee of the
39th NSM Scientific Conference

NSM Young Researchers' Symposium Prizes 2024



1st Prize:

Ms Chong Guey Yong

**Tunku Abdul Rahman University of Management and Technology,
Malaysia**

(represented by Assoc Prof Dr Satvinder Kaur)



2nd Prize:

Ms Yasmina binti Ahmad Uzhir
Universiti Putra Malaysia



3rd Prize:

Ms Norhasniza Yaacob
Universiti Kebangsaan Malaysia

NSM Young Researchers' Symposium Prizes 2024



Consolation Prize:
Ms Lim Geok Pei
Monash University Malaysia



Consolation Prize:
Mr Ahmad Faezi Ab Rashid
Universiti Sultan Zainal Abidin,
Malaysia



Consolation Prize:
Ms Janice Tay Ee Fang
UCSI University

NSM Young Researchers' Symposium Prizes 2024



Consolation Prize:
Ms Ainaa Almardhiyah Abd Rashid
Universiti Sains Malaysia



Consolation Prize:
Mr Muhamad Hishamudin Mohmad Hasim
University of Nottingham



Consolation Prize:
Ms Gan Lie Yen
IMU University

NSM Young Researchers' Symposium Prizes 2024



Group Photo

NSM Postgraduate Poster Competition 2024



1st Prize:
Mr Lim Jun Hao
University Putra Malaysia



2nd Prize:
Ms Fazirah Binti Samah
University Putra Malaysia



3rd Prize:
Ms Cordelia Lim Kheng May
University Putra Malaysia

NSM Postgraduate Poster Competition 2024



Consolation Prize:
Ms Chek Lok Poh
University Putra Malaysia



Consolation Prize:
Mr Miow Yee Xuen
University Putra Malaysia



Consolation Prize:
Ms Chong Yi Teng
University Kebangsaan Malaysia



Consolation Prize:
Ms Kok Ee Yin
UCSI University

NSM Postgraduate Poster Presentation Prizes 2024



Group Photo

NSM Undergraduate Poster Competition 2024



1st Prize:
Ms Choo Pau Le
University Putra Malaysia



2nd Prize:
Ms Lee Ee Rong
UCSI University



3rd Prize:
Mr Luqman Fitri bin Feizal Mahathir
IMU University

NSM Undergraduate Poster Competition 2024



Consolation Prize:
Ms Tan Khai Chu
University Putra Malaysia



Consolation Prize:
Ms Annette Ling Tzi Xuan
Universiti Malaysia Sabah



Consolation Prize:
Ms Yeu Cheng Yee

University Putra Malaysia



Consolation Prize:

Ms Siti Nadhirah bt Ismail
Universiti Sultan Zainal Abidin

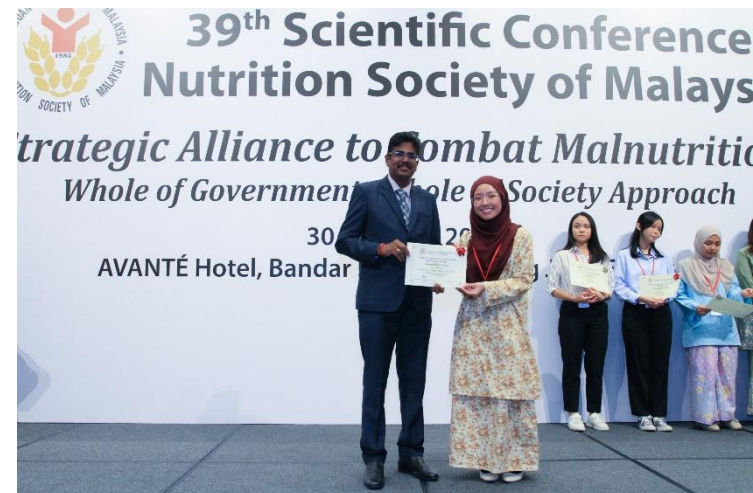
NSM Undergraduate Poster Competition 2024



Consolation Prize:
Ms Lim Jia Meng
University Putra Malaysia



Consolation Prize:
Ms Lim Xin Ying
UCSI University



Consolation Prize:
Ms Nurul Alieya bt Mohamed Arif Leow
Management & Science University

NSM Undergraduate Poster Presentation Prizes 2024



Group Photo

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Trade Exhibition

Major Sponsors' Booth



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CONFERENCE WEBSITE

Homepage



Strategic Alliance to Combat Malnutrition:

Whole of Government, Whole of Society Approach

30 - 31 July 2024 | AVANTÉ Hotel, Bandar Utama, Petaling Jaya, Selangor

SUBMIT ABSTRACT →

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Scientific Conference

Strategic Alliance to Combat Malnutrition:

Whole of Government, Whole of Society Approach

30 - 31 July 2024 | AVANTÉ Hotel, Bandar Utama, Petaling Jaya, Selangor

— ABOUT THE CONFERENCE —

Malaysia currently stands at a critical juncture, dealing with the threat of its population bearing the double burden of nutrition – a simultaneous occurrence of stunting and obesity. Despite the many efforts through various nutrition action plans implemented throughout the years, previously set nutrition goals remain unachieved. Undernutrition persists among selected groups across Malaysia, which is accompanied by a rising incidence of non-communicable diseases (NCDs) alongside their risk factors. In fact, the findings from national health reports, like the NHMS 2019, have cited that these levels have reached alarming levels.

With less than two years remaining before the National Plan of Action for Nutrition Malaysia III (NPANM III) is terminated, several challenges must be addressed in order to implement the measures outlined in the action plan.

The presence of critical hurdles, such as a lack of inter-sectorial and multi-stakeholder coordination, financial constraints, and a lack of human resource capacity, demand immediate attention. The nation is at a turning point in the fight against malnutrition and its cascading health effects, and the moment to act is now...



READ MORE

— CALL FOR ABSTRACTS —

You are invited to submit abstracts for presentation in the free paper presentation or poster sessions of 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 **10th May 2024** onwards and closed by **10th July 2024**.

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.

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Homepage

First Announcement



39th
Scientific Conference

**Strategic Alliance to Combat Malnutrition:
Whole of Government,
Whole of Society Approach**

30 - 31 July 2024 | AVANTÉ Hotel, Bandar Utama, Petaling Jaya, Selangor

Important Dates

Conference:
30-31 July 2024

Registration &
Abstract submission open:
10 May 2024

Abstract submission deadline:
10 July 2024

Early bird registration deadline:
22 July 2024

CALL FOR ABSTRACTS

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1st Announcement

2nd Announcement



39th
Scientific Conference

**Strategic Alliance to Combat Malnutrition:
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2nd Announcement

Final Announcement



39th
Scientific Conference

**Strategic Alliance to Combat Malnutrition:
Whole of Government,
Whole of Society Approach**

30 - 31 July 2024 | AVANTÉ Hotel, Bandar Utama, Petaling Jaya, Selangor

Important Dates

Conference:
30-31 July 2024

Early bird registration
deadline:
22 July 2024

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

Welcome to the NSM 39th Scientific Conference 2024!

The conference, with the theme **Strategic Alliance to Combat Malnutrition: Whole of Government, Whole of Society Approach** 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

Final Announcement

Programme Book



ATTENDANCE

Participants in Attendance

Categories	Attendance	(%)
PAID		
NSM member	49	21.2
Post Grad Member	42	18.2
Participant	13	5.6
Exhibitor	0	0
Student	63	27.3
Other Undergraduate	3	1.3
NSM Fellow	6	2.6
FOC		
Chairperson	0	0
Speaker	12	5.2
Committee	10	4.3
Sponsor	25	10.8
Secretariat	6	2.6
Guest	2	0.9
Total	231	97.9%
Drop-out	5	2.1%
Total	236	100%

Acknowledgements

The Nutrition Society of Malaysia gratefully acknowledges contributions from the following to the 39th Scientific Conference:

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- dsm-firmenich
- Homesoy

Co-Sponsor

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- MELILEA INTERNATIONAL GROUP OF COMPANIES
- Pediasure
- Pharm-D
- Vitagen
- Yakult (Malaysia) Sdn Bhd

Sponsor for NSM Publication Prizes

- Fonterra Brands (Malaysia) Sdn Bhd
- Herbalife Malaysia

Sponsor for Prizes for Young Researcher's Symposium & Poster Competition

- International Life Sciences Institute Southeast Asia Region (ILSI)

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- FrieslandCampina Institute

END & THANK YOU

For more information, please contact:

Dr Tee E Siong (esiongtee@gmail.com)
Chairman of Organising Committee

or

NSM Conference Secretariat:



VersaComm Sdn Bhd

- Ms Muhaini Hussin (muhaini@versa-group.com)