

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

About The CONFERENCE

Malaysia's health situation is at a critical juncture, having to deal with the threat of its population bearing the double burden of nutrition. Undernutrition persists among selected groups across Malaysia, which is accompanied by a rising incidence of non-communicable diseases (NCDs) alongside their risk factors. Despite the many efforts through various nutrition action plans implemented throughout the years, previously set nutrition goals remain unachieved. In fact, the findings from several national health reports have cited that malnutrition levels have reached alarming levels.

To combat nutrition-related disorders in the country, it is imperative to take a holistic and collaborative strategy. The solution lies in adopting a whole-of-government approach, wherein different government ministries and agencies work closely together to address the multifaceted challenges posed by these disorders. It is also important to foster collaboration with other stakeholders, namely academic institutions, professional bodies, private sectors and non-governmental organisations. Implementing the identified strategies by forming strategic alliances, pooling together resources, and ensuring a unified effort, becomes the key to forging a path towards promoting nutrition and achieving a lasting and meaningful impact on public health.

In light of this, the 39th NSM Scientific Conference has aptly chosen the theme, ***"Strategic Alliance to Combat Malnutrition: Whole of Government, Whole of Society Approach"***. This year's theme highlights the urgency of the matter and emphasises the crucial



need for such strategic alliance to be seriously implemented, and not remain as mere rhetoric. Serving as a pivotal platform for collaboration, the NSM conference facilitates the exchange of knowledge and experience, providing a space for in-depth discussion on prevailing nutrition-related issues in Malaysia. The conference aims to share emerging findings, data, and insights derived from recent nutritional programmes and research. The conference strives to bring together key stakeholders, creating a synergy that is crucial for devising comprehensive holistic strategies to address and overcome the challenges of malnutrition in Malaysia.

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

CONFERENCE DAY 1 (30 JULY 2024)

Time	Programme
0800 - 0900	Registration
0900 - 1000	<p>Welcome Remarks, Opening & Award of NSM Prizes Speech and official opening by President, Nutrition Society of Malaysia</p> <ul style="list-style-type: none"> • Presentation of NSM Undergraduate and Postgraduate Prizes • Presentation of NSM Publication Prizes • Presentation of NSM Fellow Award
1000 - 1030	Coffee Break/Poster & Exhibition Viewing
1030 - 1115	<p>KEYNOTE LECTURE 1 Chairperson: Tee E Siong Nutrition Society of Malaysia</p> <p>Strategies for the prevention and control of childhood obesity and chronic diseases <i>Prof Dr Youfa Wang</i> University Distinguished Professor; Vice President, Xi'an Jiaotong University Health Science Centre (recorded presentation)</p>
1115 - 1245	<p>SYMPOSIUM 1: Nutrition for Maternal, Infant & Young Children Chairperson: Mahenderan Appukutty Universiti Teknologi MARA, Malaysia</p> <p>Double burden of malnutrition in Malaysia – an update from NHMS 2023 <i>Sulhariza Husni Zain</i> Institute of Public Health, National Institute of Health, Ministry of Health Malaysia</p> <p>MySNPP improved food environment and body weight status of primary school children <i>Teo Choon Huey</i> Nutrition Society of Malaysia, on behalf of the MySNPP Working Group</p> <p>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 <i>Chin Yit Siew</i> Universiti Putra Malaysia, on behalf of the UoL-NSM-ILSI-UPM Research Team</p> <p>Cardiorespiratory fitness and cardiometabolic risk in Malaysian children aged 6 to 12 years: findings from SEANUTS II Malaysia <i>Chan Kai Sze</i> Centre for Community Health Studies (ReaCH), Faculty of Health Sciences, Universiti Kebangsaan Malaysia</p>
1245 - 1330	<p>INVITED LECTURE 1 Sponsored by BENE0-Institute Chairperson: Mohd Redzwan bin Sabran Universiti Putra Malaysia</p> <p>The gut health connection: microbiota crosstalk and the role of prebiotics <i>Goh Peen Ern</i> Senior Manager Nutrition Communication, BENE0-Institute/BENE0 Asia Pacific Pte Ltd</p>
1330 - 1430	Lunch/Poster & Exhibition Viewing

1430 - 1530	<p>SYMPOSIUM 2: Food Environment & Nutrition Chairperson: Wee Bee Suan Universiti Sultan Zainal Abidin, Malaysia</p> <p>Food security & sustainable food consumption among adolescents in Malaysia: Preliminary findings from the Sustainable Food Consumption (SEASFC) study <i>Serene Tung En Hui</i> Department of Nutrition and Dietetics, School of Health Sciences, IMU University, Malaysia</p> <p>Food security, diet quality and nutritional status among mother-child pairs in Orang Asli in Terengganu, Malaysia <i>Wong Chee Yen</i> School of Nutrition and Dietetics, Faculty of Health Sciences, Universiti Sultan Zainal Abidin, Malaysia</p> <p>Bridging food waste and consumption behaviours: Insights for a sustainable food system <i>Satvinder Kaur D/O Nachatar Singh</i> Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University, Malaysia</p>
1530 - 1615	<p>INVITED LECTURE 2 Sponsored by dsm-firmenich Chairperson: Loh Su Peng Universiti Putra Malaysia</p> <p>Addressing malnutrition in APAC through effective solutions and strategic partnerships <i>Judy Boucek</i> Nutrition Improvement Regional Lead, dsm-firmenich</p>
1615 - 1735	<p>YOUNG RESEARCHERS' SYMPOSIUM Chairperson: Gan Wan Ying Universiti Putra Malaysia</p> <p>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. <i>Chong GY, Satvinder Kaur, Ruzita Abd Talib, Loy SL, Tan HY, Rosmiza Binti Abdullah, Hanisah Binti Mahmud, Siah WY, Tan LK, Kee CC, Koo HC</i> Faculty of Applied Sciences, Tunku Abdul Rahman University of Management and Technology, Malaysia</p> <p>Does seasonality play a role in adolescent malnutrition in low-income communities? <i>Tay Janice Ee Fang, Tung Serene En Hui, Satvinder Kaur, Gan Wan Ying, Che'Ya Nik Norasma, Tan Choon Hui</i> Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University, Malaysia</p> <p>Dietary pattern related to colorectal cancer (CRC) risk using validated CRC-focused food frequency questionnaire for Malaysian patients <i>Ainaa Almardhiyah Abd Rashid, Lydiatul Shima Ashari, Nor Hamizah Shafiee, Mohd Razif Shahril, Lee Yeong Yeh, Raja Affendi Raja Ali, and Hamid Jan Jan Mohamed</i> School of Health Sciences, Health Campus, Universiti Sains Malaysia</p>

1615 - 1735	<p>Effectiveness of 12 weeks Trim and Triumph (TNT) challenge among overweight and obese office workers <i>Muhamad Hishamudin Mohmad Hasim, Christopher Thiam Seong Lim, Yin Sze Lim, Shi-Hui Cheng</i> School of Biosciences, Faculty of Science and Engineering, University of Nottingham Malaysia</p> <p>Development of a digitally assisted peer-support lifestyle intervention to mitigate cardiovascular disease risk in a low-income community (MYCardio- PEER) <i>Lim Geok Pei, Jamuna Rani Appalasy, Badariah Ahmad, Quek Kia Fatt, Amutha Ramadas</i> Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia</p> <p>Linear programming of optimized complementary diet recommendation for young children (12 - 24 months) <i>Yasmina Ahmad Uzahir, Zalilah Mohd Shariff, Nurzalinda Zalbahar, Chin Yit Siew</i> Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia</p> <p>Bitter taste sensitivity, TAS2R38 gene polymorphisms and obesity risk among Malay children in the Klang Valley – a preliminary result <i>Lie Yen Gan, Pei Nee Chong, Meenal Mavinkurve, Rati Jani, Nenad Naumovski, Chee Onn Leong, Muhammad Redha Bin Abdullah Zawawi, Wai Yew Yang</i> School of Postgraduate, IMU University, Malaysia</p> <p>An interactive Malaysian Childhood Healthy Lifestyle (I-MaChEL) Programme to improve weight-related behaviour of preschool child-parent dyads: cluster randomised controlled trial <i>Ahmad Faezi Ab Rashid, Sharifah Wajihah Wafa Syed Saadun Tarek Wafa, Ruzita Abd Talib, Nor Mazlina Abu Bakar</i> School of Nutrition and Dietetics, Faculty of Health Sciences, Universiti Sultan Zainal Abidin, Malaysia</p> <p>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 <i>Norhasniza Y, Mohd Izwan M, Amirah I, and Ruzita AT</i> Centre for Community Health Studies (ReaCH), Faculty of Health Sciences, Universiti Kebangsaan Malaysia</p>
1745	End of day 1

CONFERENCE DAY 2 (31 JULY 2024)

Time	Programme
0800 - 0900	Poster & Exhibition viewing
0900 - 1000	<p>NUTRITION UPDATE 1 Chairperson: Sharifah Intan Zainun Sharif Ishak Management and Science University, Malaysia</p> <p>Nutrition In Community Engagement (NICE) as continuous teaching and learning pedagogy in training nutritionists <i>Yasmin Beng Houi Ooi, Ramlah Mohd Rosli George, Noor Atiqah Aizan Abdul Kadir, Norliyana Aris, Ban Hock Khor</i> Nutrition in Community Engagement (NICE) Living Laboratory, Faculty of Food Science and Nutrition, Universiti Malaysia Sabah</p> <p>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 <i>Alvin Jun Hao Lim, Catriona Kar Yuen Ong, Yu Qiong Chin, Cordelia Kheng May Lim, Imliya Ibrahim, Shakil Ahmed, Sreelakshmi Sankara Narayanan, Nurul Husna Shafie, Yook Chin Chia, Tilakavati Karupaiah, Zulfitri Azuan Mat Daud</i> Department of Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia</p> <p>Acceptance of insects as food: Comparison between Malaysia and Japan <i>Lim See Meng, Masaharu Kagawa, Jyh Eiin Wong, Mari Shinde, Fumihiko Tochinai, Bee Koon Poh</i> Nutritional Sciences Programme & Centre for Community Health Studies (ReaCH), Faculty of Health Sciences, Universiti Kebangsaan Malaysia</p> <p>Are Malaysian adults meeting the food group recommendations? Findings of the Malaysian Healthy Diet Online Survey (MHDOS) <i>Wong Jyh Eiin, Woon Fui Chee, Chin Yit Siew, Teh Wai Siew, Rusidah Selamat, Ahmad Ali Zainuddin, Gilly Hendrie, Tee E Siong</i> Universiti Kebangsaan Malaysia, on behalf of MHDOS Research Team</p>
1000 - 1030	Coffee Break/Poster & Exhibition Viewing
1030 - 1115	<p>KEYNOTE LECTURE 2 Chairperson: Hamid Jan Jan Mohamed Universiti Sains Malaysia</p> <p>Promoting healthy food in the school environment <i>Mr Zainal bin Abas</i> Deputy Director General of Education Malaysia (School Operations Sector)</p>
1115 - 1245	<p>SYMPOSIUM 3: Nutrition of older persons Chairperson: Satvinder Kaur UCSI University, Malaysia</p> <p>Frailty Intervention through Nutrition Education and Exercise (FINE) – a health promotion intervention to prevent frailty and improve frailty status among pre-frail elderly <i>Siti Nur'asyura Binti Adznam</i> Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia</p> <p>Chrononutritional effect of artichoke and inulin on blood glucose, microbiome, muscle/ bone volumes in elderly person <i>Shigenobu Shibata</i> Graduate School of Biomedical and Health Sciences, Hiroshima University, Japan</p>

1115 - 1245	<p>Effects of square-stepping exercise and art therapy on nutritional status, cognitive and psychological well-being of older adults with Parkinson's disease <i>Nurliyana Abdul Razak</i> Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University</p> <p>Effectiveness of <i>Cosmos Caudatus</i> extract in improving sarcopenia indices, dietary intake and physical fitness among older adults with probable sarcopenia and sarcopenia in Kelantan <i>Divya Vanoh</i> School of Health Sciences, Health Campus, Universiti Sains Malaysia</p>
1245 - 1330	<p>INVITED LECTURE 3 Sponsored by dsm-firmenich Chairperson: Wong Jyh Eiin Universiti Kebangsaan Malaysia</p> <p>Enhancing health span: what are the micronutrient gaps and proposed nutrition strategies <i>Ek Kai Lin</i> Head of Science Translation & Advocacy, Asia Pacific, dsm-firmenich</p>
1330 - 1430	Lunch/Poster & Exhibition Viewing
1430 - 1515	<p>INVITED LECTURE 4 Sponsored by Homesoy Chairperson: Tan Sue Yee Nutrition Society of Malaysia</p> <p>The truth about soya: a review of nutrition, health effects and addressing misconceptions <i>Soo Sek Yow</i> Head of Nutrition Unit, Ace Canning Corporation Sdn Bhd</p>
1515 - 1645	<p>SYMPOSIUM 4: Community Lifestyle Intervention Chairperson: Roseline Yap Nutrition Society of Malaysia</p> <p>Effect of probiotics supplementation on aflatoxin biomarkers in humans <i>Mohd Redzwan bin Sabran</i> Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia</p> <p>Cultivating AWESOME school children: the NGTS initiative in Malaysia <i>Yong Heng Yaw</i> Division of Nutrition and Dietetics, School of Health Sciences, IMU University Malaysia</p> <p>Culinary nutrition education for promoting healthy eating among kids <i>Ng Choon Ming</i> Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University</p> <p>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 <i>Radhika Loganathan</i> Malaysian Palm Oil Board</p>

1645 - 1745	<p>NUTRITION UPDATE 2 Chairperson: Wong Chee Yen Universiti Sultan Zainal Abidin, Malaysia</p> <p>Metabolic-predicted obesity phenotypes and risk of colorectal cancer in Malaysia: decoding the obesity paradox <i>Vaidehi Ulaganathan, Mirnalini Kandiah, Digsha Augundhooa, Mahla Chambari, Siti Madiah Muhammad Royani, Kughaneshwary Silvermany, Safiya Adullahi Nuur, Zainab Alkabbani, Baskaran Gunasekaran</i> Department of Food Science and Nutrition, Faculty of Applied Sciences, UCSI University</p> <p>Association between obesity and physical activity among young adults in urban and semi-urban settings in Perak, Malaysia <i>Divya Sivapregas, Eddy Seong Guan Cheah, Annaletchumy Loganathan, Phoon Lee Quen, Karani Santhanakrishnan Vimaleswaran, Anto Cordelia Tanislaus Antony Dhanapa</i> Faculty of Science, Universiti Tunku Abdul Rahman</p> <p>Winter melon aqueous extract supplementation modulates body composition and insulin sensitivity in patients with type 2 diabetes <i>Che Anis Jauharah Binti Che Mohd Zin, Wan Mohd Izani Wan Mohamed, Nurzalina Abdul Karim Khan, Wan Rosli Wan Ishak</i> School of Health Sciences, Health Campus, Universiti Sains Malaysia</p> <p>Effect of <i>Lignosus Rhinocerus</i> and <i>Eurycoma Longifolia</i> supplementation on anaerobic sports performance in athletes: preliminary findings <i>Fadzel Wong Chee Ping</i> Faculty of Food Science and Nutrition, Universiti Malaysia Sabah</p>
1745 - 1830	<p>PRIZE GIVING & CLOSING CEREMONY Chairperson: Hamid Jan Jan Mohamed Vice-President, Nutrition Society of Malaysia</p> <p>Young Researchers' Symposium and Best Poster Prizes (Postgraduate and Undergraduate)</p>
1830	<p>End of Conference</p>

Registration Details

Categories	Early Bird Rate	Late fee/ on-site <small>(After 22nd July 2024)</small>
NSM MEMBERS		
Normal member	RM550	RM750
Fellows of NSM	RM350	RM470
Postgraduate students (Local & International)	RM350	RM470
NON – MEMBERS		
Participants	RM900	RM1200
Exhibitors	RM550	RM550
Nutrition Undergraduates	RM200	RM200
Other Local Undergraduates/ International Undergraduates	RM300	RM350

Notes:

- All members (except Life members) must have paid up their annual membership fees, including that for 2024, to be eligible to attend at NSM member rate.
- Postgraduate students must be members of NSM to attend at member rate.
- Final year undergraduate students of nutrition programmes in local universities will be invited through their respective Heads of Departments to participate in the Conference.

Best Poster Presentation Competition

- For **postgraduate students**, it is open to all local and international institutions
*Only research studies in human nutrition are eligible
- For **undergraduate students**
*Only students from 11 universities with nutrition programmes are eligible – see list of universities below

1. Universiti Putra Malaysia (UPM)
2. Universiti Kebangsaan Malaysia (UKM)
3. Universiti Sains Malaysia (USM)
4. Universiti Sultan Zainal Abidin (UniSZA)
5. UCSI University
6. International Medical University (IMU)
7. University of Nottingham Malaysia
8. Management & Science University (MSU)
9. Universiti Malaysia Sabah (UMS)
10. Monash University Malaysia
11. Tunku Abdul Rahman University of Management and Technology (TAR UMT)



HRD Corp has approved the NSM 39th 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

Immediate-Past President
Nutrition Society of Malaysia
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OR

Conference Secretariat

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