Promoting Healthy Food Choices – Contribution of a Professional Society: Nutrition Society of Malaysia

ILSI SEA Region Malaysia Country Committee - 9th Scientific Seminar on Drivers of Consumer Food Choices

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About Nutrition Society of Malaysia

- Established in 1985 with the aim to contribute towards promoting better nutrition for all Malaysians.
- NSM’s activities are in line with and in support of the National Nutrition Policy (2005) and the National Plan of Action for Nutrition (NPAN) of Malaysia (2006-2015).

Objectives of NSM

- To promote, advance and disseminate the scientific knowledge of food and nutrition.
- To protect and promote the interest of nutrition scientists in the country.
- To inform and acquaint the public and the Government with matters related to food and nutrition.
- To facilitate communication and foster friendship between nutrition scientists.

In line with its objectives, the NSM carries out a variety of activities in food and nutrition for professionals and the community.
1. **NSM activities @ Promotion of Community Nutrition**

*(examples of long-term educational programmes)*

- Collaboration of 3 professional bodies: NSM, MDA and MASO
- Supported by Nutrition Division, Ministry of Health Malaysia
- Food industry partnership from 2008
- Variety of activities, approaches including family carnival, educational booklets and articles, activities in offices and schools

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**Family Carnival: 6-10 April 2016**

**NMM 2016 Launch Ceremony**

Launching of NMM 2016 Food-Fit-Fun Fair ‘Eat Smart, Get Fit & Feel Great’ and signature publication ‘Eat Smart, Get Fit & Feel Great: An Infographic Kit’ by Yang Berbahagia Dato’ Saiful Anuar bin Lebai Hussen, the Deputy Secretary-General (Management), Ministry of Health Malaysia
Activities by MOH Nutrition Division

Visitors at the Food-Fit-Fun Fair

Fair activities

View and download all publications from www.nutritionmonthmalaysia.org.my
Healthy Kids Programme (2014-2016)

- Roll out to more primary schools
- Focus on boarding schools in Sabah and Sarawak
  - 77 schools, involving 5000 children
  - Teachers trained and implemented the education modules
  - Going into 3rd year of implementation in 2016

Training of trainers 2015

Training of trainers 2016

Children activities
Children activities

Teaching guide for teachers

- Sebanyak 6 set panduan pengajaran guru dikecilkan berasingan mengikut topik.
- Bahan-bahan pengajaran setiap topik adalah terdiri daripada tema warna yang spesifik.

Articles, Videos, Downloadable Aids & Recipes
Specifically tailored and designed as a continuous professional development course for midwives, nurses and nurse aides working in O&G clinics/wards, paediatric clinics/wards, nurseries and maternity centres.

Education on maternal & infant health

NSM provides the nutrition content of the programme to empower parents
NSM and Digestive Health Malaysia Society launch on 3 June 2016

Series of Recipe Books

Contribution of NSM towards Promoting Healthy Food Choices:

2. NSM activities @ Publication of Educational Materials (examples of recent publications)

Thank You