

**A Report of 1st Southeast Asia
Public Health Nutrition Conference**

May 14 (Sunday) – 17 (Wednesday) 2017

Hotel Istana, Kuala Lumpur, Malaysia



Submitted by:
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Jakarta, May 2017

1. Background

Several Southeast Asia countries are experiencing a rapid nutrition transition, where an increasing number of the countries in the region are facing a double burden of malnutrition, with persisting issues of undernutrition especially among children, and at the same time heading into an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition.

In cognisance of the similarities in the threat of double burden of malnutrition problems in the SEA region, the promotion of productive exchange of information, ideas and dialogue among multiple stakeholders in coordinating efforts, implementing nutrition research and intervention programmes in the region is desired.

The holding of the 1st SEA-PHN Conference provides a platform for interaction and development of potential cross sectors collaborations; strengthen current partnerships in combating public health nutrition issues of the Southeast Asia region.

The scientific program of the Conference comprises plenary lectures, symposia, free paper presentations as well as poster session on the current problems of public health nutrition. Young researchers are invited to vie for prizes in the oral and poster competitions.

A special feature shall be three roundtable discussions that will focus on nutrition promotion programmes at school, maternal nutrition and childhood obesity. This Conference is expected to gather public health nutrition professionals, researchers, policymakers from government ministries and health agencies, various stakeholders from the food, health and fitness industry from around the Southeast Asian.

2. Conference Programme

Time	Sun, 14th May	Mon, 15th May	Tue, 16th May	Wed, 17th May
0730-0830		REGISTRATION/ POSTER VIEWING	REGISTRATION/ POSTER VIEWING	REGISTRATION/ POSTER VIEWING
0830-0900			Plenary Lecture 3	
0900-0930		OPENING CEREMONY	Symposium 6 New Methodologies in Dietary Assessment & Food Composition Database	Plenary Lecture 4
0930-1000		Coffee Break/Poster Viewing/ Trade Exhibition		Plenary Lecture 5
1000-1030		Keynote Address	Coffee Break/Poster Viewing/Trade Exhibition	Coffee Break/Poster Viewing / Trade Exhibition
1030-1100		Plenary Lecture 1		Symposium 11 Physical Activity in Promoting Optimal Health
1100-1130		Symposium 1 Maternal Nutrition	Symposium 7 Obesity & Other Diet-related NCDs	Symposium 12 Functional Ingredients & Foods in Health Promotion
1130-1200		Symposium 2 Public Health Nutrition Policy	Symposium 8 Micronutrient Deficiencies	Free Paper Presentation 3
1200-1230		Lunch Symposium 1	Lunch Symposium 4	Free Paper Presentation 4
1230-1300		Lunch Symposium 2	Lunch Symposium 5	Lunch Symposium 7
1300-1330		Lunch Symposium 3	Lunch Symposium 6	Lunch Symposium 8
1330-1400		Poster Viewing/ Trade Exhibition	Poster Viewing/ Trade Exhibition	Poster Viewing/ Trade Exhibition
1400-1430		Plenary Lecture 2	Symposium 9 Food-Based Dietary Guidelines in SEA	Poster Viewing/ Trade Exhibition
1430-1500		Symposium 3 Infant & Young Child Nutrition	Symposium 10 Young Researchers' Awards	Round Table Discussion 3 Combating Childhood Obesity
1500-1530		Symposium 4 National Plan of Action for Nutrition (NPAN) in SEA	Round Table Discussion 2 Promoting Healthy Nutrition in Schools	PRIZE PRESENTATION & CLOSING CEREMONY
1530-1600		Round Table Discussion 1 Promotion of Maternal Nutrition	Free Paper Presentation 1	Coffee Break/Poster Viewing
1600-1630			Free Paper Presentation 2	
1630-1700	REGISTRATION	Coffee Break/Poster Viewing	Coffee Break/Poster Viewing	
1700-1730		End of Day 1	End of Day 2/ Break	END
1730-1800	WELCOME RECEPTION			
1800-1930				
1930-2000				
2000-2200			CONFERENCE DINNER	

Mahkota I Ballroom	Mahkota II Ballroom	Mahkota III Ballroom	Mahkota I & II Ballroom
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Table 1. Programme at a glance

Scientific Programme:

Time	Mon, 15th May		
0730-0830	REGISTRATION/ POSTER VIEWING		
0830-0900			
0900-0930	OPENING CEREMONY		
0930-1000			
1000-1030	Coffee Break/Poster Viewing/Trade Exhibition		
1030-1100	Keynote Address Regional partnership and collaboration: Together in advancing public health nutrition <i>Prof Dr Teruo Miyazawa,</i> <i>President, Federation of Asian Nutrition Societies (FANS)</i> Chairperson: Tee E Siong		
1100-1130	Plenary Lecture 1 Scaling up nutrition and health movement in Indonesia – past to present <i>Prof Dr Florentinus G. Winarno,</i> <i>Task Force Coordinator of Indonesian Academy of Sciences</i> Chairperson: Hardinsyah Ridzwan		
1130-1200	Symposium 1: Maternal Nutrition Jom Mama Project: Pre-pregnancy intervention to reduce the risk of diabetes and pre-diabetes <i>Muhammad Faid Abd Rashid</i> The challenges of obesity in pregnancy <i>Jodie Dodd</i> Maternal anaemia in relation to low birth weight <i>Charintip Somprasit</i> Chairperson: Umoporn Suthutvoravut	Symposium 2: Public Health Nutrition Policy Eradicating under-nutrition in Southeast Asia <i>Corazon Barba</i> Public health nutrition policies and strategies for the prevention and control of NCD in Brunei Darussalam: Implementation, challenges and opportunities <i>Zakaria Kamis</i> Burden of undernutrition and overweight/obesity – policy and programme <i>Tahmeed Ahmed</i> Chairperson: Zalma Abd Razak	
1200-1230			
1230-1300			
1300-1330	Lunch Symposium 1 <i>by Benea</i> Improving metabolism and health: What role can prebiotic fibres and slow-release carbohydrates play? <i>Robert Rastall</i>	Lunch Symposium 2 <i>by DuPont</i> The impact of soy on gut microbiome and its benefits across the lifespan <i>Wang Hongwei</i>	Lunch Symposium 3 <i>by Tate & Lyle</i> Gut microbiome, prebiotics and health implications <i>Cindy Nakatsu</i> <i>Koo Pei Fern</i>
1330-1400			
1400-1430	Poster Viewing/ Trade Exhibition		
1430-1500	Plenary Lecture 2 Nutrition scene in Malaysia – the past, present & future challenges <i>YBhg. Datuk Dr Lokman Hakim Bin Sulaiman,</i> <i>Deputy Director General of Health (Public Health), MOH Malaysia</i> Chairperson: Mohd Ismail Noor		
1500-1530	Symposium 3: Infant & Young Child Nutrition Optimized complementary feeding recommendations in Southeast Asia <i>Umi Fahmida</i> Community feeding program in Orang Asli settlement, RPS Kemar Malaysia experience <i>Noor Asmah Ahmad Shah</i> Strategies to reduce stunting among young children <i>Doddy Izwardy</i> Chairperson: Jodie Dodd	Symposium 4: National Plan of Action (NPA) in SEA Implementation of National Plan of Action for Nutrition in Southeast Asia <i>Doddy Izwardy; Zalma Abdul Razak; May Khin Than; Mario Capanzana; Napaphan Viriyautsakul; Huynh Nam Phuong</i> Chairperson: Rokiah Don & Celeste Tanchoco	
1530-1600			
1600-1630			
1630-1700	Round Table Discussion 1: Promotion of Maternal Nutrition Chairperson: Khor Geok Lin Panelists: Rokiah Don, Corazon Barba & Kraisid Tantisirin		
1700-1730			
1730-1800	Coffee Break/Poster Viewing		
1800-1930	End of Day 1		
<div><div></div> Mahkota I Ballroom<div></div> Mahkota II Ballroom<div></div> Mahkota III Ballroom<div></div> Mahkota I & II Ballroom</div>			

Table 2. Scientific Programme (Day 1, 15th May 2017)

Time	Tue, 16th May		
0730-0830	REGISTRATION/ POSTER VIEWING		
0830-0900	Plenary Lecture 3 The growth of nutrition activities in the Philippines: Lessons learned and challenges for the future <i>Dr Rodolfo Florentino</i> Chairman-President of Nutrition Foundation of the Philippines Chairperson: Corazon Barba		
0900-0930	Symposium 5: School-Age Children & Adolescent School-based intervention programs in Southeast Asia in improving nutritional status: successes and challenges <i>Imelda Angeles-Agdeppa</i> Interventions to support teenage pregnancies: Ministry of Health's initiatives <i>Nik Rubiah Nik Abd Rashid</i> An overview on body image and disordered behaviors among school-age children and adolescents in Taiwan and other Asian countries <i>Yueching Wang</i> Chairperson: Mohd Nasir Mohd Taib	Symposium 6: New Methodologies in Dietary Assessment & Food Composition Update on food composition programmes in South-East Asia: ASEANFOODS <i>Kunchit Judprasong</i> Analytical aspects on functional components in Japanese official claims and food composition table <i>Tomoji Igarashi</i> What do technological developments mean for dietary surveys? <i>Malcolm Riley</i> Chairperson: Anadi Nitithamyong	
0930-1000			
1000-1030			
1030-1100	Coffee Break/Poster Viewing/Trade Exhibition		
1100-1130	Symposium 7: Obesity & Other Diet-related NCDs Community obesity prevention programme: Learning from the My Body Is Fit and Fabulous (MyBFF) programme <i>Tahir Arts</i> NCD prevention strategies and action plans in China <i>Huijun Wang</i> Stunting in early childhood and risk of overweight/obesity in adolescence: evidence from 7 and 14 years cohort in Indonesia <i>Cut Navianti Rachmi</i> Chairperson: Norimah A. Karim	Symposium 8: Micronutrient Deficiencies Micronutrient deficiencies among underfive children and reproductive-age women in Southeast Asia with focus on iron, zinc and vitamin D <i>Pattanee Winichagoon</i> Intervention programmes in alleviating micronutrient deficiencies in communities with low resources <i>Mary Chea</i> Rice fortification for an alternative micronutrient problem solution: Do the evidence support? <i>Hardiansyah Ridwan</i> Chairperson: Imelda Angeles-Agdeppa	
1130-1200			
1200-1230			
1230-1300	Lunch Symposium 4 <i>by Ajinomoto</i> Amino acids and healthy muscle <i>Yoshio Kawahara</i>	Lunch Symposium 5 <i>by Herbalife Nutrition</i> Fit vs Fat: The role of balanced nutrition in combating obesity in Southeast Asia <i>Chin-Kun Wang</i>	Lunch Symposium 6 <i>by Quaker Asia-Pacific</i> Oats & health: From farm to fork <i>YiFang Chu</i>
1300-1330			
1330-1400	Poster Viewing/Trade Exhibition		
1400-1430	Symposium 9: Food-based Dietary Guidelines in SEA Update on development and implementation in Southeast Asia <i>Benny Kadyat; Mohd Ismail Noor; May Khin Than; Celeste Tanchoco; Chelsea Chang; Kuntaporn Sukumallakun; Le Bach Mai</i> Chairperson: Kraisid Tontisirin & Rokiah Don	Symposium 10: Young Researchers' Awards Chairperson: Umi Fahmida & Zaitun Yassin	
1430-1500			
1500-1530			
1530-1600	Round Table Discussion 2 : Promoting Healthy Nutrition in Schools Chairperson: Tee E Siong Panelists: Luh Ade Wiradyani, Norimah A. Karim, Imelda Angeles-Agdeppa & Napaphan Viriyautsakul		
1600-1630			
1630-1700	Free Paper Presentation 1 Chairperson: Roseline Yap & Hanis Mastura Yahya	Free Paper Presentation 2 Chairperson: Mageswary Lapchmanan & Wong Jyh Elin	
1700-1730			
1730-1800	Coffee Break/Poster Viewing		
1800-1930	End of Day 2/ Break		
1930-2000			
2000-2200	CONFERENCE DINNER		
<div><div></div> Mahkota I Ballroom</div> <div><div></div> Mahkota II Ballroom</div> <div><div></div> Mahkota III Ballroom</div> <div><div></div> Mahkota I & II Ballroom</div>			

Table 3. Scientific Programme (Day 2, 16th May 2017)

Time	Wed, 17th May	
0800-0830	REGISTRATION/ POSTER VIEWING	
0830-0900		
0900-0930	Plenary Lecture 4 Nutritional policies and strategic plan development in Thailand: Challenges and experience <i>Emeritus Prof Dr Kraissid Tantivirin</i> <i>Senior Advisor for the Institute of Nutrition, Mahidol University, Thailand</i> Chairperson: Rodolfo Fiorentino	
0930-1000	Plenary Lecture 5 Tackling the changing nutrition scene in Vietnam: Success and challenges <i>Prof Dr Le Thi Hap</i> <i>President of Vietnam Nutrition Association (VINUTAS)</i> Chairperson: Umaporn Suthutvoravut	
1000-1030	Coffee Break/Poster Viewing/Trade Exhibition	
1030-1100	Symposium 11: Physical Activity in Promoting Optimal Health +10 min of physical activity per day <i>Motohiko Miyachi</i> Interventions to promote physical activity <i>Andrew Hills</i> Promoting physical activity among the elderly <i>Hercules Callanta</i> Chairperson: Mahenderan Appukutty	Symposium 12: Functional Ingredients & Foods in Health Promotion Role of prebiotics in promoting digestive health <i>Anadi Nitithamyong</i> Probiotics for upper respiratory illness in healthy active adults <i>Nicholas West</i> Regulatory status and scientific substantiation of health claims in SEA <i>Pauline Chan</i> Chairperson: Norrani Eksan
1100-1130		
1130-1200		
1200-1230	Free Paper Presentation 3 Chairperson: Rusidah Selamat & Roseline Yap	Free Paper Presentation 4 Chairperson: Tan Sue Yee & Gan Wan Ying
1230-1300		
1300-1330	Lunch Symposium 7 <i>by Yakult</i> Probiotics and prevention of colorectal cancer Hideki Ishikawa	Lunch Symposium 8 <i>by Mondelez</i> Breakfast pattern of adults in Asia and its association with chronic disease development <i>Hamid Jan Jan Mohamed</i> Slowly digestible starch from cereal-based foods, metabolic interest at breakfast <i>Pel Gee Chew</i>
1330-1400		
1400-1430	Poster Viewing/ Trade Exhibition	
1430-1500	Round Table Discussion 3 : Combating Childhood Obesity Chairperson: Mohd Ismail Noor Panelists: Muhammad Yazid Jalaludin, Andrew Hills & Chelsea Chang	
1500-1530	PRIZE PRESENTATION & CLOSING CEREMONY	
1530-1600		
1600-1630	Coffee Break/Poster Viewing	
1630-1700		
1700-1730	END	
1730-1800		
1800-1930		
1930-2000		
2000-2200		

 Mahkota I Ballroom	 Mahkota II Ballroom	 Mahkota III Ballroom	 Mahkota I & II Ballroom
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Table 4. Scientific Programme (Day 3, 17th May 2017)

3. Roundtable Discussion (RTD) Sessions

General objectives of RTD:

Provide a platform for workers in public health nutrition in Southeast Asia to discuss three key topics of common interest and concern in the region: promoting maternal nutrition, promoting healthy nutrition in schools, combating childhood obesity

- Further increase awareness and importance among policy makers, researchers and public health workers
- Review current status
- Discuss successes and challenges in implementing programmes
- Explore opportunities for collaboration

Discussion Topic 1: Promotion of Maternal Nutrition

4.30pm – 5.30pm, 15th May 2017

Chairperson : Emeritus Professor Dr Khor Geok Lin (Malaysia)

Panelists : Assoc Prof Rokiah Don (Malaysia)
Emeritus Prof Dr Corazon Barba (Philippines)
Prof Dr Kraissid Tontisirin (Thailand)

The importance of health and nutrition care across the life cycle is well recognised. The first 1,000 days of an infant's life (9 months in the mother's womb and first 2 years after birth) offer a timely opportunity for achieving optimal health and nutrition outcomes. These include reducing infant morbidity and mortality as well as attaining optimal growth and neurodevelopment. In this context, it is critically important to ensure appropriate preconception care, which is described as beginning in adolescence and provided before and between pregnancies. The science of 'developmental origins of health and disease' (DOHaD) has gained much traction since it was initially promulgated more than two decades ago. Following on from this, there has been copious research linking lower birth weight with increased risk factors for later disease (high blood pressure, central obesity, insulin resistance, reduced glucose tolerance), and with increased cardiovascular and metabolic diseases. In Southeast Asia in general, the trends are escalating for prevalence of diabetes type II, obesity, hypertension, and cardiovascular diseases.

Discussion Topic 2: Promoting Healthy Nutrition in Schools

3.30pm – 4.30pm, 16th May 2017

Chairperson : Dr Tee E Siong (Malaysia)

Panelists : Dr Luh Ade Wiradyani (Indonesia)
Prof Dr Norimah A. Karim (Malaysia)
Dr Imelda Angeles-Agdeppa (Philippines)
Dr Napaphan Viriyautsahakul (Thailand)

The dual problem of malnutrition exists among school children in the SEA region. Growth retardation and micronutrient deficiencies remain as important nutritional problems while overweight and obesity have become more important threats to the health and wellbeing of the children. Various experts have recommended that measures to address these nutritional problems be systematically carried out, to ensure children are able to grow up optimally and achieve academic excellence. It is generally felt that schools are ideal for intervention programmes to be conducted to enable school children to be empowered with adequate knowledge on healthy eating and active living to prevent NCDs in later life.

Discussion Topic 3: Combating Childhood Obesity

2.30pm – 3.30pm, 17th May 2017

Chairperson : Emeritus Prof Dr Mohd Ismail Noor (Malaysia)

Panelists : Prof Dr Andrew Hills (Australia)
Assoc Prof Dr Muhammad Yazid Jalaludin (Malaysia)
Ms Chelsea Chang (Singapore)

The prevalence of childhood obesity is increasing in all countries and the majority of overweight and obese children live in developing countries, where the rate of increase has been more than 30% higher than that of developed countries. Obesity is a complex, multifactorial problem, and the key drivers have been in the macro-environment which has become obesogenic. Thus

interventions must be developed to reduce risk at multiple levels: individual/family, community and the broader food and physical activity environments. Intervention aimed at preventing childhood obesity would lead to a reduction in co-morbidities and to a reduction of the long-term burden of non-communicable diseases which are known to have serious social and economic consequences which most developing countries could ill-afford. Addressing childhood obesity thus has a compelling logic.

4. Young Researchers' Awards (Oral)

One lecturer from Esa Unggul University had been shortlisted for programme of Young Researchers' Awards (Oral) and presented her research titled as below:

Session : Symposium 10
 Date : 16 May 2017, Tuesday
 Time : 2.00pm – 3.30pm
 Venue : Mahkota III Ballroom

YRA-O-03.

Risk factors for stunting among 0-23 month old children in Bali, West Java and East Nusa Tenggara Provinces in Indonesia,
 Nadiyah, Dodik Briawan and Drajat Martianto



Figure 1. Oral presentation by Nadiyah

5. Free Paper Presentations

One student graduated (2017) from Esa Unggul University had been shortlisted for programme of Free Paper Presentations and orally presented her research titled as below:

Session : Free Paper Presentation 4
 Date : 17 May 2017, Wednesday
 Time : 12.00noon – 1.00pm
 Venue : Mahkota III Ballroom

FP-18.

Video game is one of a promising media to modify knowledge and attitude on the importance of breakfast among elementary school children,

Pratiwi RA, Angkasa D and Jus'at I



Figure 2. Oral paper presentation by Pratiwi RA

6. Poster Presentations

Poster Presentations were held at Function Rooms Safir I and Safir II on Ballroom Level, Hotel Istana, Kuala Lumpur and the opening hours are as follows:

15 May 2017: 8.00am – 6.00pm

16 May 2017: 8.00am – 6.00pm

17 May 2017: 8.00am – 5.00pm

Scientific posters have been grouped into the following themes:

A = Nutritional Status (Various Groups) and Community Interventions

B = Dietary Intake, Consumption Pattern and Diseases

C = Nutrients and Other Components in Foods / Products

D = Clinical Nutrition / Intervention Trials

E = Food Science and Technology

F = Experimental Nutrition

Four poster presentations were submitted by three lecturers from Esa Unggul University:

- PP-A51. The effect of food consumption and health examination on maternal nutritional status and infant birth weight and length in Bogor municipality,

Prita Dhyani Swamilaksita

- PP-B02. High intake of phytoestrogen food sources and a routine exercise were associated with lower risk of primary dysmenorrhea among adolescent girls,

Angkasa D, Liza N, Laras S and Jus'at I

- PP-B03. Relative validity of a semi quantitative food frequency questionnaire for estimating dietary -3 fatty acids intakes among urban pregnant women in Indonesia,

Angkasa D, Agustina R, Witjaksono F, Adesanjaya T, Tambunan V and Khusun H



Figure 3. Poster presentation by Dudung A

- PP-B22. Dietary vitamin D, calcium and body fat among adolescents in Jakarta, Indonesia, **Nadiyah** and Nova Andriani



Figure 4. Poster presentation by Nadiyah