

MASO 15th Council
2019-2021

President

- Emeritus Prof Dr Mohd. Ismail Noor, FASc, FIUNS, FNSM

Vice President

- Prof Dr Norimah A. Karim, FNSM

Hon. Secretary

- Assoc Prof Dr Geeta Appannah

Hon. Treasurer

- Assoc Prof Dr Hazizi Abu Saad, FNSM

Hon. Asst. Secretary

- Assoc Prof Dr Mohd Razif Shahril

Council Members

- Assoc Prof Dr Mahenderan Appukutty, FNSM
- Assoc Prof Dr Chin Yit Siew
- Assoc Prof Dr Gan Wan Ying
- Ms Zaiton Daud
- Dr Denise Koh Choon Lian

Affiliations



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MASO Council Report 2020 – 2021

This report is to document the activities of the Malaysian Association for the Study of Obesity (MASO) Council for the year 2021. Despite being a rather challenging year due to the Covid 19 pandemic, MASO has continued its collaborations with the Ministry of Health (MOH), the Nutrition Society of Malaysia (NSM) and the Malaysian Dietitians' Association (MDA). The key activities among others were:

- Successfully organized and hosted the Asia-Oceania Conference on Obesity & MASO Scientific Conference on Obesity (AOCO-MASO) 2021 virtually with the theme of "Tackling Obesity: Innovative Strategies for a Healthier Future" on 6th to 8th April 2021 in conjunction with World Obesity Day.
- Revision of Strategies to Prevent Obesity in Malaysia (SPOM) 2020.
- Continued to be involved in numerous Technical Committees of the MOH, Malaysia.

This Council Report is for the period from 7th November 2020 until 19th November 2021. The highlights of the activities conducted for the year are detailed below.

1a. 27th ANNUAL GENERAL MEETING

The 27th AGM of the association was held as follows:

Date & Time : 10th December 2020 (Thursday) at 1.30 p.m.

Venue : Virtual (Zoom Meeting Platform)

Chairperson : Emeritus Prof. Dr. Mohd Ismail Noor, President MASO

A total of 54 voting members, 1 non-voting member and 5 observers attended the 27th AGM. In conjunction with the AGM, a Scientific Update was held with Asst. Prof. Dr. Jamilah Hanum Abdul Khaiyom speaking on "The Use of Cognitive Behavioural Therapy (CBT) for Weight Loss and Maintenance".

1b. EXTRAORDINARY GENERAL MEETING

The EGM of the association was held as follows:

Date and Time : 12th August 2021 (Wednesday) at 5.30 pm

Venue : Virtual (Zoom Meeting Platform)

Chairperson : Emeritus Prof. Dr. Mohd Ismail Noor, President MASO

The EGM was attended by 45 voting members. It was held following a rejection to the amendments of MASO's constitution (rules and bye-laws) that has been approved in the 27th AGM, by the Registrar of Societies (ROS), Malaysia. The main reason for this rejection was merely due to a technical glitch in the ROS website and that the amendments were not submitted on time.

2. MASO COUNCIL MEETINGS

The 15th MASO Council held a total of **5** meetings over the past year. **Table 1** shows the attendance list of all Council members at the 5 meetings held since December 2020. The AGM 2021 was scheduled for June 2021 but postponed due to the COVID-19 crisis.

Table 1: 15th MASO council meetings attendance list 2020 – 2021

Council meeting Date	1 st 28 th Dec 2020	2 nd 29 th Jan 2021	3 rd 12 th July 2021	4 th 24 th Sept 2021	5 th 18 th Nov 2021	Total
Emeritus Prof Dr Ismail Mohd Noor	P	P	P	P	P	5/5
Prof Dr Norimah A Karim	P	P	P	P	P	5/5
A/P Dr Geeta Appannah	P	P	P	P	P	5/5
A/P Dr Hazizi Abu Saad	P	P	P	P	P	5/5
A/P Dr Mohd Razif Shahril	P	P	P	P	P	5/5
A/P Dr Mahenderan Appukutty	P	P	P	P	A	4/5
A/P Dr Chin Yit Siew	P	P	P	P	P	5/5
A/P Dr Gan Wan Ying	P	P	P	P	P	5/5
Ms Zaiton Daud	P	P	P	P	A	4/5
Dr Denise Koh Choon Lian	P	P	P	P	P	5/5

P: Present

A: Absent with apology

Note: The Council met various Sub-Committees and Mexplus (the company we assigned to run the Virtual Conference) of AOCO-MASO 2021, numerous times between December 2020 and early April 2021.

3. MASO MEMBERSHIP

To date, the MASO membership number at **384** members. **Table 2** shows the breakdown of MASO members.

Table 2 : Number of members in 2020 and 2021

Membership Type	No. of members	
	2020	2021
Life	94	186
Ordinary	101	197
Associate	1	0
Corporate	2	1
Total	198	384

4. MASO WEBSITE

The subcommittee for the MASO website is comprised of the following members:

- Dr. Denise Koh Choon Lian
- Assoc. Prof. Dr. Mohd Razif Shahril

The website has been updated with information on MASO activities, including Asia-Oceania Conference on Obesity & MASO Scientific Conference on Obesity 2021 (AOCO-MASO)

2021) and Nutrition Month Malaysia 2021. Besides that, the announcement of seminars and conferences related to obesity were also included on our website.

Members should visit the MASO website www.maso.org.my for updates on MASO activities and other events. Members are also encouraged to provide information related to their activities related to obesity to allow dissemination to other members and the public at large.

MASO expressed our thanks to Mr Lim Kooi Fong for his continued services as MASO as well as AOASO webmaster.

5. ACTIVITIES OF THE YEAR

5.1 MASO Scientific Update

In conjunction with 27th MASO AGM, MASO held a Scientific Update and invited Asst. Prof. Dr. Jamilah Hanum Abdul Khaiyom, International Islamic University Malaysia (IIUM). She presented a talk on *The Use of Cognitive Behavioural Therapy (CBT) for Weight Loss and Maintenance* on 10th December 2020 (Thursday) at 4.00 pm virtually using Zoom Platform.

5.2 MASO Camp

Due to the COVID-19 pandemic, all activities related to MASO Camp were put on hold.

5.3 MASO World Obesity Day Celebration

World Obesity Day is now observed on the 4th March of each year (previously it was on the 11th October). However, all activities related to World Obesity Day (WOD) 2021 were put on hold for this year due to the COVID-19 pandemic. MASO however designated AOCO-MASO 2021 Conference held Virtually from 5 to 7 April 2021 and promoted WOD during the event..

5.4 MASO Education Fund

There was no application for MASO Education Fund this year.

5.5 AOCO-MASO 2021

AOCO-MASO 2021 has been successfully organized by MASO under the auspices of AOASO and in conjunction with the World Obesity Day. The theme of AOCO-MASO 2021 "Tackling Obesity: Innovative Strategies for a Healthier Future" provided a platform for participants to discuss the challenges and opportunities in preventing and managing the rising obesity epidemic in the region.

The three-day virtual scientific conference held from 6th to 8th April 2021 was officiated by Tan Sri Dato' Seri Dr. Noor Hisham Abdullah, Director General of Health Malaysia and hosted more than 500 local and international participants. The Scientific Committee delivered a comprehensive programme covering different aspects of obesity which included five plenary lectures, 12 Symposia sessions (with 48 invited speakers), four Free communication sessions, the AOCO Rising Star symposium and AOASO President's Country updates plus about 100 poster presentations.

5.6 Revision of Strategies of Obesity Prevention in Malaysia (SPOM)

The MASO council agreed that the fund's balance from the Suku Suku Separuh and Cergas (3SC) activity will be used to finance an update of SPOM 2005. Emeritus Prof. Dr. Mohd Ismail Noor is the Chairperson for this revision while Assoc. Prof. Dr. Geeta Appannah and Assoc. Prof. Dr. Mohd Razif Shahril are the Secretary and Assistant Secretary. All the other council members agreed to be lead writers and writers, accordingly, for a total of 6 chapters in this revision. This revision will be also comprised of psychology (behavioral modifications), health economics, genetic and social sciences aspects, on top of the usual dietary, physical activity and policy components. Twenty-five writers from various universities as well as MOH were identified and approached for their contributions to this revision.

The first draft of the revised SPOM report is now compiled. The committee together with the writers will be meeting sometime in January or February 2022 to finalize the draft. It is expected that the revised report to be ready by mid of 2022.

6. MASO affiliation with other Professional bodies

6.1 World Obesity Federation (WO)

- a) MASO has been affiliated with the World Obesity Federation (WO), previously known as the International Association for the Study of Obesity (IASO) since 1998. Emeritus Prof Dr Mohd Ismail Noor is currently a MASO Representative to WO. Members are also encouraged to go to the WO website at www.worldobesity.org for updated information on WO activities. Various webinars were conducted throughout the year specifically related to Obesity and COVID-19.
- b) The WO will be organizing ICO 2022 in collaboration with ANZOS and AOASO on 18 – 22 October 2022 in Melbourne, Australia. Emeritus Prof Dr Mohd Ismail Noor has been invited to be a member of the Scientific Sub-Committee of ICO 2022.
- c) Assoc. Prof. Dr. Mahenderan Appukutty and Assoc. Prof. Dr. Geeta Appannah were invited to prepare an e-learning module on Medical Nutrition Therapy Guidelines for the Management of Obesity in Adults. This module is now completed and will be used as one of the SCOPE learning materials. For further details, please check at the following URL: <https://www.scope-elearning.org/>

6.2 Asia-Oceania Association for the Study of Obesity (AOASO)

MASO is a pioneer member of the Asia-Oceania Association for the Study of Obesity (AOASO) since its inception during the ICO 1998 in Paris. Member countries of AOASO may bid and take turns to host Asia-Oceania Conference on Obesity (AOCO), the premier Obesity conference for the Asia-Oceania region, biennially.

MASO successfully organised AOCO-MASO 2021 “Virtual Conference” on 5-7 April 2021. The host of AOCO 2023 will be decided by the AOASO Council during the ICO 2022 to be held in Melbourne, Australia on 18-22 October 2022.

For updates on AOASO activities, members are encouraged to click on their website www.aoso.org

6.3 Confederation of Scientific and Technological Associations in Malaysia (COSTAM)

MASO has been a member organisation of the Confederation of Scientific and Technological Associations in Malaysia (COSTAM) since 13th February 2000. At present, the COSTAM office is located at the Pusat Sains Negara, Mount Kiara, Kuala Lumpur. COSTAM continues publishing the Journal of Science and Technology in the Tropics (JOSTT) with support from Academic Science Malaysia (ASM). Members from academia are encouraged to publish their findings in JOSTT. COSTAM also continues to organise the Malaysian Science and Technology Congress (MSTC), public lectures, and workshops related to science and technology matters. Members are encouraged to take part in COSTAM activities. For further details, please visit the COSTAM website at www.costam.org.my

7. Other Activities

7.1 National Food Security and Nutrition Council

Emeritus Prof. Dr. Mohd Ismail Noor, President MASO has been elected as a member of the National Food Security and Nutrition Council for 2021.

7.2 Ministry of Health (MOH) – National Plan of Action on Nutrition Malaysia (NPANM)

MASO works closely with MOH in NPANM. Emeritus Prof. Dr. Mohd Ismail Noor is a member of the National Coordinating Committee on Food and Nutrition (NCCFN). He also chairs the Technical Working Group on Nutritional Guidelines.

7.3 MOH – Technical Working Group in Nutrition Promotion

MASO has been working together with the TWG Nutrition Promotion for many years. and MASO's task is to assist the committee in promoting healthy eating and obesity prevention strategies among the public through multi-sectoral approaches from private to government agencies.

This TWG is one of the many working groups under the main body of NCCFN and is chaired by En Nazli Suhardi from MOH. Assoc. Prof. Dr. Gan Wan Ying and Dr Denise Koh Choon Lian are the MASO representatives for this committee. Although MASO's involvement is merely to disseminate all the planned activities for the year to various organisations that are involved in this TWG Group and subsequently to initiate any potential collaborations, there were no updates from MOH on any meetings or platforms for sharing of activities information for this year.

7.4 MOH – Technical Working Group on Nutritional Guidelines

Emeritus Prof. Dr. Mohd Ismail Noor represents MASO as a Chairman for Technical Working Group (TWG) on Nutrition Guidelines. Other MASO Council members who are also involved in the activities under TWG Nutritional Guidelines are Prof. Dr. Norimah A. Karim, Assoc. Prof. Dr. Hazizi Abu Saad, Assoc. Prof. Dr. Mahenderan Appukutty, Assoc. Prof. Dr. Chin Yit Siew, and Pn. Zaiton Daud represents various institutions/universities.

Another Technical Committee to review and update the Malaysian Dietary Guidelines (MDG) 2010 comprised of Emeritus Prof. Dr. Mohd Ismail Noor as the Chairman. All the council members are writers for different chapters of MDG 2020 which was launched by YB Dato Seri Dr. Adham Baba, Minister of Health Malaysia on 9 April 2021. Assoc. Prof. Dr Mahenderan Appukutty chairs the Technical Committee Malaysian Dietary Guidelines for Vegetarian.

7.5 MOH – Technical Working Group on Nutrition Research

- a) The Technical Working Group for Nutrition Research has published “Nutrition Research Priority in Malaysia: Selected Bibliography of Published Journal Articles from 2015-2017, Volume III”. Emeritus Prof. Dr. Mohd Ismail Noor was representing UKM while other MASO Council members who are involved in the activities under TWG Nutrition Research is Assoc. Prof. Dr. Mahenderan Appukutty, representing UiTM and Assoc. Prof. Dr. Mohd Razif Shahril representing UKM.
- b) The new Chair, Prof. Dr. Hamid Jan Jan Mohamed (USM) and the members have come out with the 12th Nutrition Research Priorities. Emeritus Prof. Dr Mohd Ismail Noor chairs the NRP 5 chapter on Overweight and Obesity, Assoc Prof Dr Mohd Razif Shahril chairs the NRP 6 chapter on Diet Related Non-Communicable Diseases, Prof. Dr. Norimah A. Karim acts as a Facilitator while all other MASO council members are writers for different chapters of NRP.

7.6 Nutrition Month Malaysia 2021

Nutrition Month Malaysia (NMM) is a community nutrition education programme organized by three professional bodies (NSM, MDA and MASO), with support from MOH (Nutrition Division).—Nutrition Month Malaysia 2021 was held virtually from 5th August to 5th September 2021. The theme for this year is “Nutrition: The Key to Combating Health Threats”. MASO is involved in two major activities i.e., Live Chat Session and Ask The Expert Series.

Through the Live Chat Session, which was aired on the NMM Facebook page, AP Dr Geeta talked on “Obesity in Children: Chubby is not Cute” and the session was moderated by AP Dr Gan. AP Dr Hazizi contributed a pre-recorded video titled “Hidden Sugar in Your Favourite Foods and Drinks” for the Ask The Expert Series. MASO also contributed articles on physical activity for the NMM official magazine - HE-AL Volume 3: Nutrition – The Key to Combating Health Threats.

For more information or to download the educational materials produced by the Nutrition Month Malaysia 2021, visit Nutrition Month Malaysia’s Facebook Page, or visit <https://virtualfair.nutritionmonthmalaysia.org.my/>

7.7 KESATRIA MALAYSIA

Emeritus Prof. Dr. Mohd Ismail Noor has been re-appointed as a Kesatria Malaysia for 2020-2022. Prof Ismail’s role as a Kesatria is to assist in identifying and encouraging other potential local hosts to bid for and stage international conventions in Malaysia. It also includes promoting the benefits of hosting and inaugurating international conventions in Malaysia to their industry peers and colleagues. Through this platform, MyCEB supported MASO to bid as host of AOCO-MASO 2021 in Kuala Lumpur.

7.8 Updates of Clinical Practice Guidelines (CPG 2004) on Obesity Management

Assoc. Prof. Dr. Geeta Appannah represented MASO in the Committee that is revising the CPG 2004. Dr Geeta's contribution is mainly on the dietary management of childhood obesity. Major works related to the revision of the CPG are now completed and it is expected that the CPG will be launched in the mid of 2022.

7.9 FIT AND FUN 2020

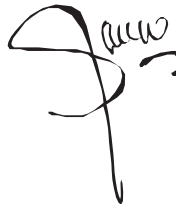
MASO sponsored RM1000 for the FIT AND FUN 2020 activity which was organized by students from UKM. The event was held from 1st December 2020 till 31st Jan 2021 using virtual platforms.

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