

**MASO 16th Council 2021-2023**

**President**

- Assoc. Prof. Dr. Geeta Appannah

**Immediate Past President**

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

**Vice President**

- Assoc. Prof. Dr. Hazizi Abu Saad, FNSM

**Hon. Secretary**

- Assoc. Prof. Dr. Mohd Razif Shahril

**Hon. Treasurer**

- Dr. Denise Koh Choon Lian

**Hon. Asst. Secretary**

- Dr. Jasmine Chia Siew Min

**Council Members**

- Dr. Nor Farah Mohamad Fauzi
- Assoc. Prof. Dr. Wan Azdie Mohd Abu Bakar
- Ms. Fatimah Zurina Mohamad
- Dr. Siti Raihanah Shafie
- Dr. Wilfred Mok Kok Hoe

**Affiliations**



**MASO Secretariat**

c/o Nutritional Sciences Programme,  
Faculty of Health Sciences,  
Universiti Kebangsaan Malaysia,  
Jalan Raja Muda Abdul Aziz,  
50300 Kuala Lumpur.

**Contact**

**President**

Tel : +6010-4645721

Email : geeta@upm.edu.my

**Hon. Secretary**

Tel : +6012-9793384

Email : maso.obesity@gmail.com

## MASO Council Report 2021 – 2022

This report is to document the activities of the Malaysian Association for the Study of Obesity (MASO) Council for the year 2022. Despite being a rather challenging year due to the impacts of the COVID-19 pandemic, MASO has continued its collaborations particularly with the Ministry of Health (MOH) as well as other associations. The key activities among others were:

- Successfully organized Obesity Week Malaysia (OWM) 2022 with the theme of **“Let’s Beat Obesity Together”** from 25<sup>th</sup> to 31<sup>st</sup> March in conjunction with World Obesity Day.
- Collaboration with Technical Working Group for Nutrition Research, Ministry of Health in organizing the Nutrition Research Priorities Webinar on Obesity on 29<sup>th</sup> September 2022.
- Continued to be involved in numerous Technical Committees of the MOH, Malaysia.

This Council Report is for the period from 20<sup>th</sup> November 2021 until 14<sup>th</sup> November 2022. The highlights of the activities conducted during this timeline are detailed below.

### 1. 28<sup>th</sup> ANNUAL GENERAL MEETING

The 28<sup>th</sup> AGM of the association was held as follows:

Date & Time : 22<sup>nd</sup> December 2021 (Wednesday) at 4.00 p.m.

Venue : Virtual (Zoom Meeting Platform)

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

A total of **49 voting members**, attended the 28<sup>th</sup> AGM. In conjunction with the AGM, a Scientific Update was held with Prof Dr Peymane Adab from the University of Birmingham, UK presented a talk entitled **“Promoting Healthy Weight in Children: Lessons from Research Over the Last Decade”**.

### 2. MASO COUNCIL MEETINGS

The 16<sup>th</sup> 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 January 2022.

**Table 1: 15<sup>th</sup> MASO council meetings attendance list 2022**

Council meeting Date	1 <sup>st</sup> 13 <sup>th</sup> Jan 2022	2 <sup>nd</sup> 8 <sup>th</sup> Feb 2022	3 <sup>rd</sup> 8 <sup>th</sup> Mar 2022	4 <sup>th</sup> 2 <sup>nd</sup> June 2022	5 <sup>th</sup> 13 <sup>th</sup> Oct 2022	Total
A/P Dr Geeta Appannah	P	P	P	P	P	5/5
Emeritus Prof Dr Ismail Mohd Noor	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
Dr Denise Koh Choon Lian	P	P	P	P	P	5/5
Dr Jasmine Chia Siew Min	P	P	P	A	P	4/5
Dr Nor Farah Mohamad Fauzi	P	P	P	P	P	5/5
A/P Dr Wan Azdie Mohd Abu Bakar	P	P	P	P	A	4/5
Ms Fatimah Zurina Mohamad	P	P	A	A	P	3/5
Dr Siti Raihanah Shafie	P	P	P	P	P	5/5
Dr Wilfred Mok Kok Hoe	P	P	A	P	P	4/5

P: Present

A: Absent with apology

**Note:** The Council met various Sub-Committees and Mexplus for planning of Obesity Week Malaysia numerous times between January and March 2022.

### 3. MASO MEMBERSHIP

To date, there are a total of **300** members. **Table 2** shows the breakdown of MASO members by membership type.

**Table 2 : Number of members in 2020 to 2022**

Membership Type	No. of members		
	2020	2021	2022
Life	94	101	102
Ordinary	101	187	197
Associate	1	0	0
Corporate	2	1	1
Total	198	289	300

### 4. MASO WEBSITE

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

- Dr. Wilfred Mok Kok Hoe
- Dr. Jasmine Chia Siew Min

The entire MASO website is now revamped with a new design for a better visibility and engagement with both healthcare professionals and public. The current site is now updated with information on current council members, MASO activities, including Obesity Week Malaysia. Besides that, announcements of seminars and conferences related to obesity are also included on our website. Members should visit the MASO website [www.maso.org.my](http://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 28<sup>th</sup> MASO AGM, MASO held a Scientific Update at the end of the AGM on 22<sup>nd</sup> December 2021 (Wednesday) at 6.00 pm virtually using Zoom Platform. Prof Dr Peymane Adab from University of Birmingham, UK, our invited speaker, presented a talk titled “*Promoting Healthy Weight in Children: Lessons from Research Over the Last Decade*”.

### **5.2 MASO Camp**

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

### **5.3 Obesity Week Malaysia**

In conjunction with World Obesity Day, MASO has successfully organized Obesity Week Malaysia (OWM) 2022 from 25<sup>th</sup> to 31<sup>st</sup> March 2022 with the theme of “Let’s Beat Obesity Together”. Jointly organized with the Nutrition Division of Ministry of Health Malaysia, the one-week event aimed to increase awareness of obesity risks, prevention as well as management of obesity. OWM 2022 targeted the general public, healthcare professionals and academics and provided a platform to disseminate current information obesity. OWM will be an official annual event of MASO this year onwards.

The OWM 2022 programme was divided into two parts; a physical event held at Sunway Velocity Mall from 25<sup>th</sup> to 27<sup>th</sup> March 2022 and a virtual event held from 28<sup>th</sup> to 31<sup>st</sup> March 2022. OWM 2022 was officially launched by the Deputy Minister of Health, Dato Dr Haji Dr Noor Azmi on the 25<sup>th</sup> March 2022. The three-day physical event also included physical activity demonstrations, High-intensity Interval Training, Salsation Fitness, and nutrition assessments and consultations by various nutritionists from the Nutrition Division, MOH.

Social media contests that were focused on the theme of OWM 2022 took place two weeks before, with the winner’s announcement held on the 28<sup>th</sup> March 2022. As a continuation of OWM, a three-day scientific webinar was held to deliver comprehensive updates for healthcare professionals and academics. The webinar focused on providing updates from stakeholders, international speakers, and current clinical management on obesity. The webinar was live streamed across MASO and MOH Facebook platforms. OWM received local media coverage during its launching event and various obesity-related articles written by council members were covered in local media.

### **5.4 Nutrition Research Priorities Webinar on Obesity**

The Webinar on the Nutrition Research Priorities (NRP) Series 3/2022: Obesity was organised by the Technical Working Group (TWG) on Nutrition Research, under the purview of the National Coordinating Committee of Food and Nutrition (NCCFN) and co-organised by the Nutrition Division, Ministry of Health Malaysia, and the Malaysian Association for the Study of Obesity (MASO). This webinar was held on 29<sup>th</sup> September 2022 (Thursday) via Zoom platform and live streamed on MASO official Facebook as well. The main objective of this webinar was to share knowledge and valuable experiences with the target group on handling a research project focusing on overweight and obesity.

The Webinar session started with Welcoming Remarks by Prof. Dr. Hamid Jan bin Jan Mohamed, Chairman of TWG on Nutrition Research, NCCFN and Professor of Nutrition,

School of Health Sciences, Universiti Sains Malaysia. The webinar session was moderated by Associate Prof. Dr. Geeta Appannah, President of MASO. The invited panellists are either currently or have successfully completed conducting research projects related to overweight and obesity. The panellists were Assoc. Prof. Dr. Cheah Whye Lian of Universiti Malaysia Sarawak, Dr. Sameeha Mohd Jamil of Universiti Kebangsaan Malaysia and Assoc. Prof. Dr. Wan Azdie Mohd Abu Bakar of International Islamic University of Malaysia. The webinar attracted up to 300 participants who are mostly healthcare professionals, nutritionist, dietitian and researchers.

## 5.5 MASO Education Fund

The council approved five recipients for MASO Education Fund this session, with details shown in **Table 3**.

**Table 3 : Recipient of MASO Educational Fund 2021/22**

No.	Recipient (Membership No.)	Conference / Training	Approved Funding (RM)
1.	Yeo Giin Shang (L745)	International Congress on Obesity and Metabolic Syndrome (ICOMES 2022), Seoul Korea	RM500
2.	Joseph Cheah Mun Hong (O753)	International Congress on Obesity and Metabolic Syndrome (ICOMES 2022), Seoul Korea	RM500
3.	Teh Kuan Chiet (O797)	International Congress on Obesity and Metabolic Syndrome (ICOMES 2022), Seoul Korea	RM500
4.	Dr. Wilfred Mok Kok Hoe (O682)	International Congress on Obesity (ICO 2022), Melbourne, Australia	RM500
5.	Dr. Jasmine Chia Siew Min (O774)	International Congress on Obesity (ICO 2022), Melbourne, Australia	RM1000
6.	Dr. Denise Koh Choon Lian (L714)	International Congress on Obesity (ICO 2022), Melbourne, Australia	RM500
7.	Prof Dr Hazreen Abdul Majid (L314)	International Congress on Obesity (ICO 2022), Melbourne, Australia	RM500

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

It was agreed by the council that the balance fund from the Suku Suku Separuh and Cergas (3SC) activity will be used to finance an update of the SPOM 2005 report. 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, respectively. All the other council members agreed to be lead writers and writers, accordingly, for a total of 6 chapters in this revision. The chapters are also contributed by various local academicians and researchers. 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 2023 to finalize the draft. It is expected that the revised report to be ready by mid of 2023.

## **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. Members are also encouraged to go to the WO website at [www.worldobesity.org](http://www.worldobesity.org) for updated information on WO activities. Various e-learning resources could be found under the SCOPE E-Learning platform besides announcements on training and events related to obesity.
- b) The WO organized ICO 2022 in collaboration with ANZOS and AOASO from the 18<sup>th</sup> to 22<sup>nd</sup> October 2022 in Melbourne, Australia. Emeritus Prof Dr Mohd Ismail Noor played a role as a member of the Scientific Sub-Committee of ICO 2022. Assoc. Prof Dr Geeta delivered a presentation titled “Updates on Nutrition Policy Options and Research Priorities for Obesity Prevention in Malaysia” during the AOASO President’s Symposium. All current and past council members were invited to be sponsored for registration fees to attend ICO 2022 as an appreciation for successfully organizing AOCO-MASO 2021. A total of 5 council members attended ICO 2022 and their registration fees were sponsored by MASO as a token for successfully organizing AOCO-MASO 2021.
- c) Assoc Prof Dr Geeta Appannah has represented MASO as a panel for World Obesity Day 2023 focus group discussion. This was a platform where various member countries shared their ideas and directions on how World Obesity Day 2023 should be conducted.

### **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.

For updates on AOASO activities, members are encouraged to click on their website [www.aoso.org](http://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 13<sup>th</sup> 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](http://www.costam.org.my)

## **7. Other Activities**

### **7.1 National Food Safety and Nutrition Council (NFSNC)**

Emeritus Prof. Dr. Mohd Ismail Noor, is a member of the NFSNC. The establishment of NFSNC are being supported by two secretariats of the Ministry of Health, namely, the Food Safety and Quality Division for food safety aspects and the Nutrition Division for nutritional aspects. For the smooth running of NFSNC, two technical committees were formed, namely, the National Food Safety Committee and the National Coordinating Committee for Food and Nutrition.

### **7.2 National Coordinating Committee for Food and Nutrition (NCCFN)**

The NCCFN is a platform for discussion and coordination between various ministries and agencies in matters related to nutrition in the country. This committee also monitors the National Plan of Action on Nutrition Malaysia and acts as an advisor to the National Food Safety and Nutrition Council. Assoc. Prof. Dr. Geeta Appannah represents MASO at NCCFN. Emeritus Prof. Dr. Mohd Ismail Noor who Chairs the Technical Working Group (TWG) on Nutrition Guidelines is also a member of NCCFN.

### **7.3 Ministry of Health (MOH) – National Plan of Action on Nutrition Malaysia (NPANM)**

MASO works closely with MOH in NPANM and Emeritus Prof. Dr. Mohd Ismail Noor is a member. MASO is involved mainly in the second enabling strategy which is to promote healthy eating and active living through community and scientific programs.

### **7.4 MOH – Task Force Committee to Combat Obesity in Malaysia**

Assoc. Prof. Dr. Geeta Appannah represents MASO in the task force meeting held to review the Nutrition Policy Options to Combat Obesity in Malaysia report which was published in 2016. The objective is to prioritise policy options on food, physical activity and environment to combat obesity in Malaysia. Both hard policy options and soft policy programmes or intervention to combat obesity in Malaysia were reviewed.

### **7.5 MOH – Technical Working Group on 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. Dr Denise Koh Choon Lian is the MASO representative 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.

## **7.6 MOH – Technical Working Group on Nutrition Advocacy**

MASO has been involved with TWG Nutrition Advocacy to strengthen the advocacy activities outlined under the NPANM. MASO strategically share its activities related to nutrition advocacy to the working group through this platform and provides input for advocacy activities planned at the national level by various sectors and stakeholders. Assoc. Prof. Dr. Hazizi Abu Saad is the MASO representative for this TWG.

## **7.7 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 member who are also involved in the TWG Nutritional Guidelines is Dr. Siti Raihanah Shafie representing UPM.

Another Technical Committee to review and update the Malaysian Dietary Guidelines for Children and Adolescents (MDGCA) 2013 comprised of Emeritus Prof. Dr. Mohd Ismail Noor as the Chairman, Assoc. Prof. Dr. Mohd Razif Shahril representing UKM, Assoc. Prof. Dr. Hazizi Abu Saad representing UPM, Assoc. Prof. Dr. Wan Azdie Mohd Abu Bakar representing IIUM and Dr. Denise Koh Choon Lian representing UKM.

## **7.8 MOH – Technical Working Group on Nutrition Research**

The Technical Working Group for Nutrition Research has previously published “Nutrition Research Priority in Malaysia”. MASO Council members who are involved in the TWG Nutrition Research are Emeritus Prof. Dr. Mohd Ismail Noor representing MASO, Assoc. Prof. Dr. Mohd Razif Shahril representing UKM and Assoc. Prof. Dr. Wan Azdie Mohd Abu Bakar representing IIUM.

In 2022, a series of webinars was organized to promote the Nutrition Research Priorities document and MASO co-organized the Nutrition Research Priorities Webinar on Obesity on 29<sup>th</sup> September 2022. The panellists were Assoc. Prof. Dr. Cheah Whye Lian of Universiti Malaysia Sarawak, Dr. Sameeha Mohd Jamil of Universiti Kebangsaan Malaysia and Assoc. Prof. Dr. Wan Azdie Mohd Abu Bakar of International Islamic University of Malaysia.

## **7.9 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.

## **7.10 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 2023.

Prepared by:

A handwritten signature in black ink, featuring a stylized 'M' and 'R' with a small circle around the 'M'.

**Assoc. Prof Dr. Mohd Razif Shahril**  
*Hon. Secretary, MASO*

Checked by:

A handwritten signature in black ink, written in a cursive style as 'geeta'.

**Assoc. Prof Dr. Geeta Appannah**  
*President, MASO*