

MASO 2011
Scientific Conference on Obesity
28 – 29 June, Kuala Lumpur

Official opening by
Y.Bhg. Dato' Dr Hasan bin Abdul Rahman,
Director General of Health Malaysia

Tuesday 28th June 2011
0900 hours
Pacific Ballroom,
Best Western Premier Seri Pacific Hotel,
Kuala Lumpur

- | | |
|-----------|---|
| 8.00 a.m. | Registration of delegates |
| 8.45 a.m. | Arrival of Y.Bhg. Dato' Dr Hasan bin Abdul Rahman, Director General of Health Malaysia |
| 9.00 a.m. | Welcome address by Y.Bhg. Professor Dr Mohd Ismail Noor, President MASO |
| 9.10 a.m. | Speech and Official Opening of MASO 2011 by Y.Bhg. Dato' Dr Hasan bin Abdul Rahman, Director General of Health Malaysia |
| 9.30 a.m. | Tour of exhibition/view posters |

Scientific Programme

Day 1 (28 June 2011, Tuesday)

Time	Programme
8.00 – 9.00 a.m.	Registration
9.00 a.m.	OPENING CEREMONY
10.00 a.m.	Coffee break
10.30 a.m.	PLENARY LECTURE 1 <i>Chair: Prof Dr Norimah A. Karim, Universiti Kebangsaan Malaysia</i> <i>Dietary Fat in Relation to Dyslipidemia and Obesity – Is it the Quantity or Quality of Fat that Matters?</i> <i>Assoc Prof Dr Pramod Khosla, Wayne State University, USA</i>
11.15 a.m.	SYMPOSIUM 1 Metabolic factors and other biomechanisms of obesity <i>Chair: Dr Hamid Jan bin Jan Mohamed, Universiti Sains Malaysia</i>
11.15–11.35 a.m.	S1.1 Pharmacological Interventions Beneficial in Improving Vascular Function and Cardiovascular Risk in Obese Patients (VASCULAR study) – Effect on Metabolic and Inflammatory Markers <i>Assoc Prof Dr Aida Hanum Ghulam Rasool, Universiti Sains Malaysia</i>
11.35–11.55 a.m.	S1.2 Association of Obesity and Metabolic Syndrome with Vitamin D Insufficiency among Malay Adults in Kuala Lumpur <i>Dr Moy Foong Ming, University Malaya</i>
11.55–12.15 p.m.	S1.3 Role of Adipocytokines in Obesity <i>Hayder Abbas Hasan, College of Health Sciences, UAE</i>

12.15–12.35 p.m.	S1.4 Study on the Effect of Temulawak Drink on Humoral Immunity in Obese Subjects <i>Ms Mira Dewi, Bogor Agricultural University, Indonesia</i>
12.35 p.m.	Poster session/Exhibition
12.45 p.m.	LUNCH
2.00 p.m.	SYMPOSIUM 2 Epidemiology of Obesity I <i>Chair: Prof Dr Fatimah Arshad, International Medical University</i>
2.00 – 2.20 p.m.	S2.1 Factors Associated with Body Weight Status of Preschoolers in Peninsular Malaysia <i>Dr Mohd Nasir Mohd Taib, Universiti Putra Malaysia</i>
2.20 – 2.40 p.m.	S2.2 Childhood Obesity Among Primary Schoolchildren in a Rural Area is Associated with Lack of Infant Breastfeeding and Physical Activity but not Screen-time <i>Dr Muhammad Yazid Jalaludin, University Malaya</i>
2.40 – 3.00 p.m.	S2.3 Vitamin D Status and Its Relationship with Body Mass Index and Physical Activity in Children <i>Assoc Prof Dr Poh Bee Koon, Universiti Kebangsaan Malaysia</i>
3.00 – 3.20 p.m.	S2.4 Body Image Mediates the Relationship between Obesity and Risk of Eating Disorders in Adolescent Girls <i>Dr Chin Yit Siew, Universiti Putra Malaysia</i>
3.20 – 3.40 p.m.	S2.5 Life Style and Morbidity among Obese and Normal Adult Working as Administrative Staffs at Bogor Agricultural University <i>Ms Desri M Sari, Bogor Agricultural University, Indonesia</i>
3.50 p.m.	SYMPOSIUM 3 Physical activity in obesity management <i>Chair: Dr Mohd Nasir Mohd Taib, Universiti Putra Malaysia</i>
3.50 – 4.10 p.m.	S3.1 Evaluation of Physical Activity in Children <i>Dr Tanaka Shigeho, National Institute of Health and Nutrition, Tokyo, Japan</i>

4.10 – 4.30 p.m.	<p>S3.2 Practical Physical Activity for Life in Obesity Management <i>Ms Sandra Lahra, Age Defying Fitness & Wellness Solutions, Malaysia</i></p>
4.30 – 4.50 p.m.	<p>S3.3 Does Sedentary Work Lead to Low Physical Activity Level? <i>Assoc Prof Dr Nor Azwany bt Yaacob, Universiti Sains Malaysia</i></p>
4.50 – 5.10 p.m.	<p>S3.4 Associations of Current Behavioural Stage of Physical Activity, Health Related and Psychosocial Factors with Physical Activity Levels among Working Women <i>Ms Siti Affira Khusani, Universiti Putra Malaysia</i></p>
5.10 p.m.	Tea break/Poster session/Exhibition
5.30 – 7.30 p.m.	<p>MASO AGM <i>(All MASO members are invited to attend)</i></p>

Day 2 (29 June 2011, Wednesday)

Time	Programme
8.30 a.m.	PLENARY LECTURE 2 <i>Chair: Prof Dr Mohd Ismail Noor, Universiti Kebangsaan Malaysia</i>
	Very Low-calorie Diet and Formula Low Calorie Diet for Effective Weight Management <i>Prof Dr Anthony R Leeds, Visiting Professor, University of Copenhagen, Denmark</i>
9.15 a.m.	SYMPOSIUM 4 Interventions in obesity and disease management <i>Chair: Dr Zawiah Hashim, MASO Council Member</i>
9.15 – 9.35 a.m.	S4.1 The Effect of Lowering the Glycemic Index of Conventional Healthy Diets in Postpartum Weight Management of Gestational Diabetes Mellitus (GDM) Women: Intermediary Finding <i>Prof Dr Fatimah Arshad, International Medical University, Malaysia</i>
9.35 – 9.55 a.m.	S4.2 Community Intervention Program in Enhancing Practical Skill of Overweight Resident toward Healthy Life Style in Kg Nilam Puri, Kota Bahru, Kelantan <i>Dr Mohd Ismail Ibrahim, Universiti Sains Malaysia</i>
9.55 – 10.15 a.m.	S4.3 Effects of Physical Activity Intervention on Obesity and Metabolic Parameters among Adults with Abdominal Obesity <i>Mr Heng Kiang Soon, Universiti Putra Malaysia</i>
10.15–10.35 a.m.	S4.4 Effect of Modified Lifestyle Modification on Cardiovascular Risk and Arterial Stiffness in Obese Patients <i>Ms Farah Diana Ariffin, Universiti Sains Malaysia</i>
10.35–11.00 a.m.	Tea break/Poster session/Exhibition

11.00 a.m.	<p>SYMPOSIUM 5 Epidemiology of Obesity II <i>Chair: Assoc Prof Dr Poh Bee Koon, Universiti Kebangsaan Malaysia</i></p>
11.00–11.20 a.m.	<p>S5.1 Waist-to-Height Ratio and Its Association with Indicators of Obesity and Chronic Diseases among Malaysian Elderly <i>Assoc Prof Dr Zaitun Yassin, Universiti Putra Malaysia</i></p>
11.20–11.40 a.m.	<p>S5.2 Adult obesity in Hong Kong: A Snapshot from the first population based food consumption survey 2005-2007 <i>Professor Dr Georgia Guldan, Asian University for Women, Bangladesh</i></p>
11.40–12.00 p.m.	<p>S5.3 Anthropometry Status and Dietary Intake of Children from Birth to Four Years Old at Childcare Centres in Selangor <i>Ms Teh Wai Siew, Ministry of Health Malaysia</i></p>
12.00–12.20 p.m.	<p>S5.4 The Prevalence of Overweight and Obesity among Adolescents and Adults in Rural Districts in Perak (2010 – 2011) <i>Dr Hazreen A Majid, University Malaya</i></p>
12.20–12.40 p.m.	<p>S5.5 Association between sleep behavior and body weight status in Malaysian children aged 6-12 years <i>Ms Somayyeh Firouzi, Universiti Kebangsaan Malaysia</i></p>
12.40 – 2.00 p.m.	LUNCH
2.00 p.m.	<p>SYMPOSIUM 6 Psychology of weight loss: Behavioral and attitude modification <i>Chair: Assoc Prof Dr Zaitun Yassin, Universiti Putra Malaysia</i></p>
2.00 – 2.20 p.m.	<p>S6.1 Psychological Moderators of Mental Health Risk among Malaysian Obese Population: Body Image Dissatisfaction and Weight Stigmatization <i>Assoc Prof Dr Ng Lai Oon, Universiti Kebangsaan Malaysia</i></p>

2.20 – 2.40 p.m.	<p>S6.2 Phasing out overweight: From fit to fat to fit again and maintaining it <i>Mr James Khoo, Cake Experiential Communications Sdn Bhd</i></p>
2.40 – 3.00 p.m.	<p>S6.3 Self-motivation at work: A behaviorist perspective of what triggered change in weight management <i>Mr Mohammad Zabri Johari, Ministry of Health Malaysia</i></p>
3.00 – 3.20 p.m.	<p>S6.4 Weight loss through hiking and salsa dancing <i>Mr Ganesh Kumar</i></p>
3.20 p.m.	<p>SYMPOSIUM 7 The Bigger Picture of Obesity <i>Chair: Dr Mahenderan Appukutty, Universiti Teknologi MARA</i></p>
3.20 – 3.35 p.m.	<p>S7.1 Association of a FTO Gene Variant with Obesity in Malaysian Malays <i>Ms Yamunah Devi Apalasy, University Malaya</i></p>
3.35 – 3.50 p.m.	<p>S7.2 Television screen time: Impact on BMI and food intake <i>Assoc Prof Dr Ruzita Abd Talib, Universiti Kebangsaan Malaysia</i></p>
3.50 – 4.05 p.m.	<p>S7.3 Body mass index (BMI): Appropriate to apply on Malaysian state athletes <i>Ms Chai Wen Jin, National Sports Institute, Malaysia</i></p>
4.05 – 4.20 p.m.	<p>S7.4 Association of Sweetened Beverages Consumption with Body Weight Status among Adults in Klang Valley <i>Prof Dr Norimah A Karim, Universiti Kebangsaan Malaysia</i></p>

4.20 – 4.35 p.m.	S7.5 Qualitative study to determine the barriers and enabling factors for good nutrition among post graduate international students in the University of Southampton <i>Ms Suhaila Abdul Ghaffar, Ministry of Health Malaysia</i>
4.35 – 5.00 p.m.	Closing Remarks and Poster competition prize presentation
5.00 p.m.	Tea break
5.10 p.m.	End of Conference