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- 2. Country**    Malaysia
- 3. Name of Vice-Chancellor**                      Professor Dr Mohd Zohadie Bardaie  
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- 4. Contact person**                                      Dr Mohd Nasir Mohd Taib  
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- 5. Ongoing Research and Development Programs in the area of Food and Nutrition:  
(Please list the major areas by priority – and include the timing period of each R&D  
program)**
- 1. Community Nutrition**
- (a) Young children**
- (i) Influence of intrahousehold factors on nutritional status (2002 -)
  - (ii) Nutrition and educational achievement (2002 -)
  - (iii) Nutritional status and nutrition intervention in primary schools (1999 -)
  - (iv) Dual burden of malnutrition in the same households (1999 -)
  - (v) Family dynamics, lifestyles and nutritional status (1996 -)
- (b) Adolescents**
- (i) Diet, physical activity, nutritional status and body image (1999 -)
  - (ii) Promotion of healthy lifestyles in secondary schools (1999 -)
  - (iii) Risk factors for eating disorders (2002 -)
- (c) Adults and Elderly**
- (i) Risk factor intervention for the prevention of CVD (1999 -)
  - (ii) Nutrition and lifestyle risks for breast cancer in women (1999 -)
  - (iii) Identifying elderly at risk of malnutrition (1999 -)
  - (iv) Calcium supplementation & exercise in post-menopausal women (1996 -)

## **2 Food and Nutritional Biochemistry**

- (i) Health benefits of rice bran/oil and potential as nutraceuticals (1999 -)
- (ii) Health benefits of cocoa procyanidins & potential as functional food (2001 -)
- (iii) Health benefits of Malaysian herbs (2001 -)
- (iii) Hypocholesterolemic effects of Malaysian fruits (1999 -)
- (iv) Mode of action of Malaysian plant extracts during hepatocarcinogenesis (1999-)
- (v) Factors affecting iron bioavailability in Malaysian foods (1999 -)

## **6. Ongoing /Existing Training /Human Resources Development Activities (Graduate/Undergraduate / Short term courses etc.,) in the area of Food and Nutrition:**

### **(a) Training**

- (i) Nutrition training of trainers in government and quasi-government agencies on behalf of the Ministry of Health of Malaysia under the National Plan of Action for Nutrition (NPAN). Since 1996, 5 modules have been used to train over 500 trainers and workers in nutrition-related activities throughout Malaysia. The modules are “Balanced Diet”, “Healthy Lifestyles”, “Assessment of Nutritional Status”, “Food Safety”, “Food Processing and Food Quality Control”.
- (ii) Nutrition in the Women Health Education Module of the Federation of Family Planning Associations of Malaysia. Since 1996, this module has been used widely to provide health care providers with the basic information on women health.
- (iii) Health Promotion among Adolescents pertaining to healthy lifestyles (smoking, drug abuse, sexual behaviour, physical activity and balanced diet) since 1996.

### **(b) Undergraduate courses (BS in Nutrition and Community Health)**

Nutrition: Principles of Human Nutrition  
Nutrition in the Life Cycle  
Nutrition and Metabolism  
Maternal and Child Health  
Nutrition in Adolescence  
Geriatric Nutrition and Health  
Community Health and Nutrition  
Assessment of Nutrition and Health  
Biochemical Assessment in Nutrition  
Biochemistry of Nutritional Disorders  
Nutritional Therapy  
Nutrition and Health Promotion  
Behaviour and Health  
Health Promotion Intervention

Foods: Seminar Issues on Nutrition and Health  
 Food, Society and Culture  
 Composition and Analysis of Foods  
 Food Safety

**(c) Postgraduate courses (MS and PhD)**

Advanced Epidemiology  
 Advanced Biochemical Assessment in Nutrition and Health  
 Energy Metabolism  
 Vitamins and Minerals  
 International Nutrition and Health Programmes  
 Update on Developments oin Nutrition and Health

**7. Academic Staff Profile in the area of Food and Nutrition:**

	Specialization	PhD	Master
Department of Nutrition and Health Sciences	Community Nutrition	5 (1 professor, 2 assoc prof)	2*
	Nutritional Biochemistry	5 (2 assoc prof)	2*
	Food	1	4

\* due to complete PhD in 2003