

AN INVITATION

# Symposium

## MyBreakfast Study of School Children: *Findings, Implications & Solutions*



There is existence of double burden of malnutrition: the prevalence of thinness - 6.4%, stunting - 7.2%; prevalence of overweight and obesity - 28%

The prevalence of low physical activity level was high: half (46.7%) amongst secondary school children, a quarter (28.3%) amongst primary school children

Breakfast was found to be the most commonly skipped meal; 1 in 4 school children skipped breakfast.

Breakfast skippers were 1.34 times more likely to be overweight/obese than breakfast eaters

Almost all (97%) of the children and adolescents did not reach the whole grain recommendation of 48g/d



Good nutrition is the cornerstone to overall health and wellbeing of the community. Optimal nutrition practices shall start from young, as it impacts children's growth and development. Breakfast, being the first meal of the day, provides the energy and nutrients for a proper start to the day. It is an integral part of healthy eating and has been associated with several positive health outcomes in children including better nutrient profiles, body weight status and cognitive functioning.

Recognising this, the Nutrition Society of Malaysia (NSM) had initiated the MyBreakfast Study in 2013, which is a comprehensive and nationally representative study on breakfast habits among 8,705 primary and secondary school children in Malaysia. In this study, we determined the types of food and beverage that are commonly consumed at breakfast. We also looked at the consumption of whole grains among the children. Body weight status, nutrient intakes and physical activity level were also determined.

In this one-day symposium, we will share the key findings and implications of the study to all stakeholders. This symposium will provide an insight into breakfast habits, whole grain consumption, as well as current nutritional status and physical activity level of school children in Malaysia. Several recommendations, which can be useful to direct various educational programmes to encourage school children not only to consume breakfast regularly, but also to choose healthier food options, will be discussed.

Thursday,  
3rd December, 2015

11.00am- 4.30pm

Istana Hotel,  
Kuala Lumpur

**ATTENDANCE  
IS BY INVITATION  
ONLY**

**FREE  
REGISTRATION**

## Symposium Goals

- To provide update on nutritional status and physical activity level of Malaysian primary and secondary school children.
- To provide platform for discussing effective intervention programmes to further promote healthy eating and active living amongst Malaysian school children including healthy breakfast habits.
- To provide an understanding of breakfast habits and its associations with nutrient intakes, body weight status and physical activity level.
- To understand the barriers to consumption of wholegrain foods among Malaysia children and adolescents.

## Who Should Attend

Nutritionists, dietitians, doctors, food scientists, policy makers and programme managers from government departments and agencies, academia, research organisations, professional bodies, as well as the food industry.

## Symposium Topics

1. Introduction to MyBreakfast Study *By Dr Tee E Siong*
2. Nutritional Status of Children and Adolescents *By Dr Tee E Siong*
3. Research Methodology *By Ms Nurliyana Abdul Razak*
4. Breakfast Intake and Body Weight Status *By Assoc Prof Dr Mohd Nasir Mohd Taib*
5. Breakfast Foods and Beverages Choices *By Assoc Prof Dr Hamid Jan Jan Mohamed*
6. Wholegrain Consumption and Nutrient Intake *By Prof Dr Norimah A Karim*
7. Breakfast Intake, Bodyweight Status and Relationship with Physical Activity Level *By Dr Mahenderan Appukutty*
8. Summary, conclusions and recommendations *By Dr Tee E Siong*

## Registration

To confirm your participation, please complete the registration form below and email to [nsm.scientificupdates@gmail.com](mailto:nsm.scientificupdates@gmail.com) or fax to **03-5638 9909** by **19 November 2015**. Seats are on a first-come-first-served basis.

Title : \_\_\_\_\_ Name : \_\_\_\_\_

Organisation : \_\_\_\_\_ Position : \_\_\_\_\_

Email : \_\_\_\_\_ Tel : \_\_\_\_\_ (Office) \_\_\_\_\_ (Mobile)

**Note:**

- Morning refreshment and lunch will be provided by the organiser
- An email will be sent to your registered email address upon receiving your registration form. Please print out and present the confirmation email to the registration desk on seminar day.
- If you do not receive any confirmation within 3 days upon emailing the registration form, please contact the Secretariat.
- Seats are limited. In case of cancellation of registration, kindly inform the Secretariat by email 1 week prior to event (26 November 2015)
- In case of emergency that you are not able to attend the seminar, kindly send a representative so as not to waste the reserved seat.

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Organiser



Nutrition Society of Malaysia

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