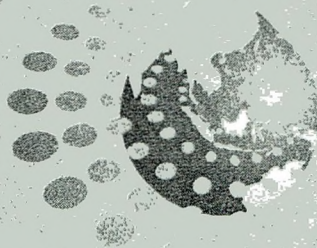


MALAYSIAN JOURNAL OF **NUTRITION**



9th Asia Pacific Conference on Clinical Nutrition

APCCN2015

26th - 29th January 2015 • Shangri-La Kuala Lumpur, Malaysia

*Prevention and Management of Diseases Through the Life Cycle:
The Role of Nutrition and Physical Activity*

Hosted and Organised by:



Nutrition Society of Malaysia
www.nutriweb.org.my



www.ap-cns.com

Supported by:



MINISTRY OF TOURISM AND CULTURE
MALAYSIA

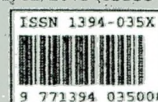


VOL. 21 (SUPPLEMENT)

JANUARY 2015

Official Publication of the
PERSATUAN PEMAKANAN MALAYSIA
NUTRITION SOCIETY OF MALAYSIA

PP18053/02/2013 (033331)



Malaysian Journal of Nutrition is abstracted/indexed by Medline/PubMed, Google Scholar, the WHO Western Pacific Region Index Medicus, Elsevier databases of the Scopus, EBiology and Ecare, and CABI Global Health database

to 8.466, $P=0.013$). **Conclusion:** Those with a higher level of BMI and WC had elevated blood pressure. The results indicate that participants who have or had a mother with hypertension or diabetes were more likely to have elevated BP.

Key words: Blood pressure, diabetes, hypertension, obesity, socio-demographic factors

FP-018 Visibility of Hypertension among Semai Orang Asli Adults of Perak Region

Anto Cordelia TAD¹, Sylvia Subapriya M² & Hnin Pwint Aung¹

¹ Department of Chemical Science, Faculty of Science, University Tunku Abdul Rahman, Perak, Malaysia

² Department of Food Science and Nutrition, Faculty of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, India

Introduction: The rising epidemic of hypertension across the globe has not spared Malaysia. The indigenous community which is in a state of nutrition transition may also face this alarming risk. Our study aimed to visualise hypertension prevalence among the Semai adult population of Perak region. **Methods:** Data on 429 adults (male = 207; female = 222) above ≥ 19 years of age from nine (9) orang asli settlements of Perak region were recruited. Baseline information on demographics, dietary pattern, smoking, alcohol consumption, and tobacco chewing practices were collected using a validated pretested questionnaire. Anthropometry and blood pressure were recorded using standard procedures. Descriptive statistical analysis was performed on demographic, socio-economic and all risk factor variables. Correlation was done between obesity and hypertension indices. **Results:** Of the 429 Semai adults, 38.76% were hypertensive (47.14% males and 30.18% females); 47.27% were diagnosed with pre-hypertension (55.41% females and 39.13% males); 24.63% of males and 38.73% of females were obese ($BMI \geq 30 \text{ kg/m}^2$) and 37.68% of men and 35.58% of women were overweight ($BMI 25-29.9 \text{ kg/m}^2$). Significant correlation (0.4) was found between BMI and hypertension among women whereas it was less significant in men (0.2). Age, sex, physical activity, waist circumference and dietary pattern were the factors associated with hypertension among the Semai adults. **Conclu-**

sion: The middle aged group showed a higher prevalence rate. Dietary pattern, physical inactivity especially among women, smoking and in some cases alcohol consumption among males contributed to the high prevalence rate for hypertension. These associated risk factors are comparable to those reported by the National Health and Morbidity Survey 2011 in Malaysia.

Key words: Blood pressure, hypertension, obesity, orang asli, prevalence

Clinical Nutrition

FP-019 Acne Vulgaris and its Association with Dietary Intake: A Malaysian Perspective

Tan CK, Tan ESS, Lee CK, Normina AB & Thiribura Sundra Sumathi S

School of Anti-aging, Aesthetic and Regenerative Medicine, Faculty of Medicine and Health Science, UCSI University, Kuala Lumpur, Malaysia

Introduction: Acne vulgaris, a common skin condition among adolescents and young adults had been found to have some association with dietary intake. This study aimed to determine the association between acne vulgaris and dietary intake among Malaysian. **Methods:** A case-control study was conducted among 57 acne vulgaris patients and 57 age-, gender- and ethnicity-matched control; aged 14 years and above. Cases had Comprehensive Acne Severity Scale (CASS) grade 2 and above, while controls had grade 0 and 1. Data on demographics, family history, smoking habits and dietary intake were collected using a validated questionnaire. **Results:** Among 57 patients with acne vulgaris, the male: female ratio was 1.48:1.00 and 43 patients (75.4%) had a family history of acne vulgaris. There was no significant association with history of cigarette smoking ($p > 0.05$). Milk consumption was significantly higher in patients with acne vulgaris (36 cases (63.2%) versus 25 cases (43.9%) in control, $OR=2.194$, $p < 0.05$). In addition, chocolate consumption was also significantly higher (25 cases (43.9%) in patients versus 14 cases (24.6%) in control, $OR=2.4$, $p < 0.05$). No significant associations were found with sweets, potatoes, chips, nuts, yogurt, ice-cream and carbonated drinks ($p > 0.05$). **Conclusion:** Dietary intake of milk and chocolate plays a role in acne vulgaris.

Key words: Acne vulgaris, chocolate, dairy products, diet, milk

MALAYSIAN JOURNAL OF NUTRITION

Peer-reviewed Journal of the Nutrition Society of Malaysia
(*Persatuan Pemakanan Malaysia*; <http://www.nutriweb.org.my>)

EDITOR

Khor Geok Lin, PhD
(*Professor, International Medical University*)

ASSOCIATE EDITOR

Prof Dr Poh Bee Koon
(*Universiti Kebangsaan Malaysia*)

STATISTICS EDITORS

Assoc Prof Dr Moy Foong Ming
(*University of Malaya*)

Assoc Prof Dr Tony Ng Kock Wai
(*International Medical University*)

EDITORIAL BOARD

Dr Imelda Angeles-Agdeppa
(*Food and Nutrition Research Institute
The Philippines*)

Assoc Prof Dr Pattanee Winichagoon
(*INMU Mahidol University, Thailand*)

Prof Rabindarjeet Singh
(*Advanced Medical and Dental Institute
Universiti Sains Malaysia*)

Assoc Prof Safiah Mohd Yusof
(*Faculty of Health Sciences
Universiti Teknologi MARA, Malaysia*)

Prof Wan Manan Wan Muda
(*School of Health Sciences
Universiti Sains Malaysia*)

Dr Yasmin BH Ooi
(*School of Food Science and Nutrition
Universiti Malaysia Sabah*)

Prof Dr Zalilah Mohd Shariff
(*Faculty of Medicine and Health Sciences
Universiti Putra Malaysia*)

ADVISORY PANEL

Dr Azza Gohar
(*National Nutrition Institute, Egypt*)

Prof Cecilia Florencio
(*University of The Philippines, Diliman*)

Prof Dr JC Henry
(*Singapore Institute for Clinical Sciences*)

Dr Le Thi Hop
(*National Institute of Nutrition, Vietnam*)

Assoc Prof Dr Majid Karandish
(*Ahwaz University of Medical Sciences,
Iran*)

Prof Reynaldo Martorell
(*Emory University, United States of
America*)

Dr V Prakash
(*Central Food Technological Research
Institute, India*)

Dr Siti Muslimatun
(*SEAMEO Regional Centre for Food and
Nutrition, Indonesia*)

Dr Tee E Siong
(*Nutrition Society of Malaysia*)

Prof Mark L Wahlqvist
(*Monash University, Australia & National
Health Research Institute, Taiwan*)

The Journal

- Serves as a forum for the sharing of research findings and information across broad areas in nutrition
- Publishes original research reports, topical article reviews, book reviews, case reports, short communications, invited editorials and letters to the editor.
- Welcomes articles in nutrition and related fields such as dietetics, food science, biotechnology, public health and anthropology