



You are cordially invited to

MPA ProtFit Clinic CME Workshop

Date July 15, 2017 (Saturday)
Time 4.00pm – 7.30pm
Venue Shangri-la's Tanjung Aru Resort & Spa

*CME points will be accredited
*Kindly RSVP to Chloe Seeto @ 017-820 0018 by 7 July 2017
*Surau is available
*Please indicate, if vegetarian meals are required

ProtFit Clinic Program is supported by an educational grant of

Nestlé
Nutrition Institute



PROGRAM

A message from the Program Director

The recent National Health and Morbidity Survey, published in 2015, reported that 11.9% of Malaysian children are obese. This value is concerning. Overweight and obese children are more likely to continue to be an obese adult. This increases their risk of Type 2 Diabetes and premature cardiovascular diseases.

Studies have found that there has been an association between the intake of protein during early childhood and obesity. Moreover, poor dietary patterns, lack of active physical activities and parenting style may lead to overweight and obesity.

Due to these issues, Malaysian Paediatric Association (MPA) has teamed up with Nestlé Nutrition Institute (NNI) to create this program to update healthcare professionals on the current steps and strategies in the battle against childhood obesity in Malaysia. The program will cover nutrition, physical activities and psychological aspects in dealing with this issue.

Associate Professor Dr Muhammad Yazid Jalaludin

Vice President of Malaysian Paediatric Association
ProtFit Clinic Program Director

Chairperson

Dr Ang Siang Chie

Consultant Paediatrician

Jesselton Medical Centre, Kota Kinabalu

- 4.00pm – 4.45pm: Registration and light refreshment**
- 4.45pm – 4.50pm: Introduction of Nestlé Nutrition Institute (NNI)**
- 4.50pm – 5.00pm: Welcome Remarks and Introduction of Speakers by Chairperson**
- 5.00pm – 5.40pm: Childhood Obesity: Risk Factors and Protein Intake**
Associate Professor Dr Muhammad Yazid Jalaludin
Head of Department of Paediatrics,
Consultant Paediatrician, Consultant Paediatric Endocrinologist
University Malaya, Kuala Lumpur
- 5.40pm – 5.45pm: Case Scenario on Childhood Obesity**
Associate Professor Dr Muhammad Yazid Jalaludin
Head of Department of Paediatrics,
Consultant Paediatrician, Consultant Paediatric Endocrinologist
University Malaya, Kuala Lumpur
- 5.45pm – 6.15pm: Childhood Obesity: Managing the Energy Balance**
Professor Dr Poh Bee Koon
Professor of Nutrition
Universiti Kebangsaan Malaysia, Kuala Lumpur
- 6.15pm – 6.45pm: Childhood Obesity: Managing the Psychological Aspect**
Associate Professor Dr Firdaus Mukhtar
Clinical Psychologist
Universiti Putra Malaysia, Selangor
- 6.45pm – 7.00pm: Setting Up a Paediatrics Fitness Club**
Dr Adele Tan Guat Kean
Consultant Paediatrician
Lam Wah Ee Hospital, Penang
- 7.00pm – 7.20pm: Panel discussion**
- 7.20pm – 7.30pm: Closing Remarks by Program Director**
- 7.30pm – 9.00pm: Dinner**