

CURRICULUM VITAE



Name : Zuriati Ibrahim
 Position : Senior lecturer and dietitian
 Department : Dietetics
 Faculty of Medicine and Health Sciences
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 Google Scholar: [Zuriati Ibrahim](https://scholar.google.com/citations?user=zuriatiib)

Education
1. Doctor of Philosophy (Nutrition & Dietetics), University of Newcastle, Australia, 2010
2. Master of Health Science (Nutrition), Universiti Kebangsaan Malaysia, 2003
3. Bachelor of Science (Hons) Dietetics, Universiti Kebangsaan Malaysia, 1999
Areas of Interest
1. Clinical dietetics practice; nutrition care process
2. Nutrition intervention for malnutrition, cancer, and obesity
3. Geriatric nutrition
4. Motivational interviewing in behaviour modification
5. Big data analytics and AI in dietetics
6. Qualitative enquiry
Professional Qualification/ Membership/ Affiliation
1. Registered Dietitian Malaysia (MAHPC(DTN)01179)
2. Malaysian Society of Body Composition, since 2021
3. American Society for Nutrition, since 2020
4. Full Member of The Nutrition Society, UK since 2019
5. Life member of Enteral and Parenteral Society of Malaysia since 2014
6. Life member of Nutrition Society of Malaysia (NSM) since 2011
7. International member of Academy of Nutrition and Dietetics (AND) since 2011
8. Ordinary member of Malaysian Dietitians' Association (MDA) since 1999
Appointments
1. Head, Department of Dietetics, Faculty of Medicine and Health Sciences, UPM (1 Oct 2021 – 29 Feb 2024)
2. Head, Department of Dietetics, Hospital Sultan Abdul Aziz Shah, UPM (HSAAS) (1 Oct 2021 – 29 Feb 2024)
3. Research Coordinator, Department of Dietetics, FMHS (1 Sept 2020 – 30 Sept 2021)
4. Postgraduate Coordinator, Department of Dietetics, FMHS (1 Sept 2020- 30 Sept 2021)
5. International funded visiting academic at Human Division, School of Medicine, Nursing and Veterinary, University of Glasgow, UK (1 Nov 2018 – 31 July 2019)
6. Visiting scholar, Department of Clinical Nutrition and Dietetics, Karolinska University Hospital, Stockholm, Sweden (8-14 April 2019)

7. Visiting researcher at Research Group Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences, Groningen, The Netherlands (15-22 April 2019, 2-7 June 2019)
8. Head of Dietetics Unit, Department of Nutrition & Dietetics, FMHS (1 Dec 2011 – 30 June 2018)
9. Program Coordinator, Bachelor Science (Dietetics), Dept. of Nutrition & Dietetics, FMHS (1 June 2011 – 30 June 2014)
10. Senior Lecturer. Department of Dietetics, FMHS (26 Nov 2010 – present)

Publications

Journals (in 5 years)

2024

1. Wan Afiqah Nadhrah Mohd Saliza, Zuriati Ibrahim. Exploring Sociodemographic Characteristics, Sleep Quality, Food Group Consumption, and Body Weight Status among University Students during the COVID-19 Movement Restriction. *International Journal of Science and Healthcare Research* 2024; <https://doi.org/10.52403/ijshr.20240448>

2023

2. Omar N, Shafiee S, Nor'hisham S, **Ibrahim Z**, Jamaluddin R, Rahamat S, Mohd Yusof B, Minhat H, Sallehuddin H & Mazlan N. A Logical Framework (MYGERYFS) for Hospital Foodservice to Prevent Malnutrition Among Geriatric Patients in Hospitals, Malaysia: Protocol for a Feasibility Study. *JMIR Res Protoc* 2023;12:e42496 DOI: 10.2196/42496
3. Nurul Izzati Mohd Suffian, Siti Nur 'Asyura Adznam, Hazizi Abu Saad, **Zuriati Ibrahim**, Noraida Omar. Development of a Valid and Reliable Scale to Assess Knowledge, Attitude and Practice (KAP) on Frailty, Nutrition and Exercise among Malaysian Elderly. *Malaysian Journal of Medicine and Health Sciences* 2023, 19(1): 62-70

2022

4. Ho, C.Y., **Ibrahim, Z.**, Abu Zaid, Z., Mat Daud, Z.A., Mohd Yusop, N.B., Mohd Abas, M.N., Omar, J. Postoperative Dietary Intake Achievement: A Secondary Analysis of a Randomized Controlled Trial. *Nutrients* 2022, 14, 222. <https://doi.org/10.3390/nu14010222>
5. Abu Zaid, Z., Kay Neoh, M., Mat Daud, Z.A., Md Yusop, N.B., **Ibrahim, Z.**, Abdul Rahman, Z., Jamhuri, N. & Abdul Azim, A.Z. Weight Loss in PostChemoradiotherapy Head and Neck Cancer Patients. *Nutrients* 2022, 14, 548. <https://doi.org/10.3390/nu14030548>
6. Shazli Ilyani Shafiee, Noraida Omar, **Zuriati Ibrahim**. Prevalence and Factors Associated with Geriatric Malnutrition in Healthcare Institutions: A Systematic Review. *Malaysian Journal of Medicine and Health Sciences* 2022, 140-149.
7. Tan S.T., Mohd-Sidik S., Rampal L., Tan K.A., **Ibrahim Z**. Development of an integrated-Weight Management Programme (i-WMP) among non-communicable disease patients. *International Journal of Public Health and Clinical Sciences* 2022, 9(2): 21-35.
8. Tan S.T., Mohd-Sidik S., Rampal L., Tan K.A., **Ibrahim Z.**, Ahmad N., Mustapha U.M., Paimin, F., Talib N.H., Sharifuddin N. & Ibrahim N. Effectiveness of an integrated-Weight Management Programme (i-WMP) in Reducing Body Weight among Noncommunicable Disease Patients in Malaysian Government Primary Care Clinics: A Randomised Controlled Trial 2022, 18(6): 54-64

2021

9. Ho, C.Y., **Ibrahim, Z.**, Abu Zaid, Z., Mat Daud, Z.A., Md Yusop, N.B. 2021. Clinical malnutrition predictive model among gynecologic cancer patients prior to elective operation: A cross-sectional study. *Clinical Nutrition*, 2021, 40 (6): 4373-4379; <https://doi.org/10.1016/j.clnu.2021.01.008>

2020

10. Nurul Fareeza Suhaimi, Zuriati Ibrahim, Siti Nur 'Asyura Adznam & Sabariah Md Noor. 2020. Sleep quality and body weight status of Malaysian university students. *Malaysian Journal of Nutrition*. 26(3): 461-470; <https://doi.org/10.31246/mjn-2020-0048>
11. Ho, C.Y., **Ibrahim, Z.**, Abu Zaid, Z., Mat Daud, Z.A., Md Yusop, N.B., Omar, J., Mohd Abas, M.N., Abdul Rahman, Z., Jamhuri, N. 2020. Impact of enhanced recovery after surgery with preoperative whey protein-infused carbohydrate loading and postoperative early oral feeding among surgical gynecologic cancer patients: An open-labelled randomized controlled trial. *Nutrients*, 2020, 12(1): 264; <https://doi.org/10.3390/nu12010264>
12. Ho, C.Y., **Ibrahim, Z.**, Abu Zaid, Z., Mat Daud, Z.A., Md Yusop, N.B. 2020. Fast-track- recovery surgery with a whey-protein-infused carbohydrate-loading drink pre-operatively and early oral feeding post-operatively among surgical gynaecological cancer patients: Study protocol of an open-labelled, randomised controlled trial. *Trials*, 2020, 21(1):533; 257; <https://doi.org/10.1186/s13063-020-04462-4>
13. Mohd Suffian, N.I., Adznam, S.N.A., Abu Saad, H., Chan, Y.M., **Ibrahim, Z.**, Omar, N., Murat, M.F. 2020. Frailty intervention through nutrition education and exercise (FINE). A health promotion intervention to prevent frailty and improve frailty status among pre-frail elderly—a study protocol of a cluster randomized controlled trial. *Nutrients*, 2020, 12(9), pp. 1–12, 2758; <https://doi.org/10.3390/nu12092758>
14. Mesbah, S.F., Sulaiman, N., Mohd Shariff, Z., **Ibrahim, Z.** 2020. Does food insecurity contribute towards depression? A cross-sectional study among the urban elderly in Malaysia. *International Journal of Environmental Research and Public Health*, 2020, 17(9), 3118; <https://doi.org/10.3390/ijerph17093118>
15. Neoh, M.K., Abu Zaid, Z., Mat Daud, Z.A., Md Yusop, N.B., **Ibrahim, Z.**, Abdul Rahman, Z., Jamhuri, N. 2020. Changes in nutrition impact symptoms, nutritional and functional status during head and neck cancer treatment. *Nutrients*, 2020, 12(5), 1225; <https://doi.org/10.3390/nu12051225>
16. Aini Masitah Mohammad, Zalina Abu Zaid, Ho Chiou Yi, **Zuriati Ibrahim**, Zulfitri 'Azuan Mat Daud, Nor Baizura Md. Yusop, Norshariza Jamhuri & Zuwariah Abd Rahman. 2020. Association between quality of life and handgrip strength among malnourished gynaecological cancer outpatients, National Cancer Institute. *Malaysian Journal of Nutrition*. 26 (2): 245-256; <https://doi.org/10.31246/mjn-2019-0096>
17. Abdulwali Ali Mareh, **Zuriati Ibrahim**, Faisal Ali, Ahmed Al-Shahethi, Hazizi Abu Saad. 2020. Associations of Sociodemographic Factors and Body Image With Body Weight Status Among Yemeni Adolescents in Selangor and Putrajaya, Malaysia. *Malaysian Journal of Medicine and Health Sciences*. 16 (SUPP6): 63-68.

18. Neoh M.K., Abu Zaid, Z., Abdul Rahman, Z., Jamhuri N., Kahairudin, Z., Ahmad Samwil, S.N., Abdullah, A., Ho C.Y., Haniff Lai, B.S., Ng W.H., Mohammad, A.M., Md Yusop, N.B., **Ibrahim, Z.** & Mat Daud, Z.A. 2020. Factors associated with malnutrition among head and neck cancer in-patients before radiotherapy in National Cancer Institute, Putrajaya. *Malaysian Journal of Nutrition*. 26(2): 257-271; <https://doi.org/10.31246/mjn-2019-0094>
19. Norfarhana Mohd Anuar, Barakatun Nisak Mohd Yusof, Farah Yasmin Hasbullah , Siti Nur'Asyura Adznam , **Zuriati Ibrahim**, Nor Fadhlina Zakaria, Norkamaliah Hashim. 2020. Levels of Knowledge about the Glycemic Index Concept among Women with Gestational Diabetes Mellitus. *Malaysian Journal of Medicine and Health Sciences*. 16 (3): 185-191.
20. Aini Masitah Mohammad, Zalina Abu Zaid, Ho Chiou Yi, **Zuriati Ibrahim**, Zulfitri 'Azuan Mat Daud, Nor Baizura Md. Yusop, Norshariza Jamhuri, Siti Nuraini Mohd Samwil, Zuwariah Abd Rahman. 2020. Impact of Dietitian Delivered Intensive Nutrition Intervention on Dietary Intake and Weight Outcome Among Gynecology Cancer Outpatient Prior to Surgery. *Malaysian Journal of Medicine and Health Sciences*. 16(SUPP6): 122-130.

2019

21. Muhammad Faizal M, **Zuriati I**, Siti Nur 'Asyura A & Chan YM. 2019. Prevalence and determinants of Instrumental Activities of Daily Living (IADL) disability among community-dwelling elderly in a semi-urban setting in Peninsular Malaysia. *Malaysian Journal of Nutrition*. 25(1): 13-25; <https://doi.org/10.31246/mjn-2018-0142>
22. Nor Mazni Ibrahim, **Zuriati Ibrahim** & Rosita Jamaluddin. 2019. Associations between weight teasing by peers, self-esteem and academic related stressors with body weight status among adolescents in Hulu Langat District, Selangor, Malaysia. *Malaysian Journal of Medicine and Health Sciences*. 15 (SP1): 10-15
23. Choong Horng Tatt, Siti Nur 'Asyura Adznam, **Zuriati Ibrahim**, Camilla Wahida Norazman. 2019. Nutritional Status in Relation to Depressive Symptoms among Chinese Elderly in Malaysia. *Malaysian Journal of Medicine and Health Sciences*. 15 (SP1): 53-60.

2018

24. Parvaneh, K., Karimi, G., Jamaluddin, R. Ng Min Hwei, A., **Ibrahim, Z.** & Muhammad, SI. 2018. Probiotics (Bifidobacterium longum) Increase Bone Mass Density and Upregulate Sparc and Bmp-2 Genes in Rats with Bone Loss Resulting from Ovariectomy. *Clinical Interventions in Aging*. 13: 1555-1564; <https://doi.org/10.2147/cia.s169223>
25. Syafinas, A., Siti Nur 'Asyura A, Mohd Nasir MT, Yoke Mun C, **Zuriati I.** & Nur Aqlili Riana H 2018. Quality of life among elderly: The view from appetite and anthropometry characteristic perspective. *Elderly Health Journal*. 4(1): 4-10
26. Nur Hafizah AA, Siti Nur 'Asyura A, **Zuriati I**, Yoke Mun C. & Fairus Asma MH. 2018. Association of Socio-Demographic, Psychosocial and Functional Factors with Frailty Syndrome among Community-Dwelling Elderly in Kuala Nerus, Terengganuter. 1-18
27. Fairus Asma MH, Siti Nur 'Asyura A, **Zuriati I**, Yoke Mun C. & Nur Hafizah AA. 2018. Prevalence of frailty syndrome and its associated factors among community dwelling elderly in East Coast of Peninsular Malaysia. *SAGE Open Medicine*. 6: 1-11; <https://doi.org/10.1177/2050312118775581>

28. Siti Farhana M, Norhasmah S, Zalilah MS & **Zuriati I.** 2018. Prevalance and factors associated with food insecurity among free living elderly in Selangor, Malaysia. *Malaysian Journal of Nutrition.* 24(3): 349-357
29. Nur Aqlili Riana H, Siti Nur 'Asyura A, Mohd Nasir MT, Yoke Mun C, **Zuriati I.** & Syafinas, A. 2018. Contribution of socio-demographic, psychosocial characteristics, functional status and physical activity level on prevelance of depressive symptoms among rural elderly in Johor State. *Malaysian Journal of Nutrition.* 24(2): 175-183
30. Nasrin Riyahi, Eusni Rahayu Mohd.Tohit, Subashini C. Thambiah & **Zuriati Ibrahim.** 2018. Platelet Parameters And Its Related Cytokines Among Normal Overweight And Obese Malaysians. *Asia Pacific Journal of Clinical Nutrition.* 27(1):182-188; <https://doi.org/10.6133/apjcn.032017.01>

2017

31. Tan, ST, Mohd Sidik S, Rampal L, Ibrahim N, Tan KA & **Ibrahim Z.** 2017. What has been done to tackle overweight and obesity in Malaysia?: A Literature Review (2005-2015). *Pertanika Journal of Scholarly Research Reviews.* 3(2):73-90
32. Bahari, Z., **Ibrahim, Z.**, Adznam, S.N.A., & Mohd Yusof, B.N. 2017. A nutrition care process knowledge, attitudes, practices and perceived barriers questionnaire. *Asia Pacific Journal of Clinical Nutrition.* 26(5): 781-787; <https://doi.org/10.6133/apjcn.102016.02>
33. Mohd Nor, F., Sulaiman, N.H., Mohd Shariff, Z. & **Ibrahim, Z.** 2017. Socio-Economic Status and Food Insecurity Among the Elderly in Panji District, Kota Bharu, Kelantan, Malaysia. *Malaysian Journal of Consumer and Family Economics.* 20(4): 53-66.
34. Muhammad Faizal M, **Zuriati I,** Siti Nur 'Asyura A & Chan YM. 2017. Assessment of Functional Status through Self-Reported Physical Disability and Performance-Based Functional Limitations among Elderly. *International Journal of Humanities and Social Science Invention.* 6(3): 12-16.

Conference Proceedings (in 5 years)

2024

1. **Zuriati I,** Nurul Fareeza S, Siti Nur 'Asyura A, Sabariah MN. 2024. The impact of lipid profiles, dietary habits and blood pressure on the likelihood of overweight and obesity. SOMS International Conference on Obesity & Metabolism in conjunction with Asia-Oceania Conference on Obesity, Seoul, Republic of Korea, 24-26 Oct 2024
2. **Zuriati I,** Nur Mazni I. 2024. Predictors of body weight status in adolescents: The role of weight-related teasing, macronutrient intake and psychosocial factors. SOMS International Conference on Obesity & Metabolism in conjunction with Asia-Oceania Conference on Obesity, Seoul, Republic of Korea, 24-26 Oct 2024
3. Nur Alia Balqis D, **Zuriati I.** 2024. Spotlight on malnutrition: Exploring prevalence and risk factors in a public hospital in Malaysia using Global Leadership Initiative on Malnutrition (GLIM) criteria. The 24th annual congress of The Parenteral and Enteral Nutrition Society of Asia, Kuala Lumpur, 7-10 November 2024

2023

1. Fatin Nabila S, **Zuriati I.** 2023. Unveiling the dietetics care notes documentation quality and nutrition care process chain linkages. 28th Malaysian Dietitians' Association National Conference, Kuala Lumpur, 12-13 June 2023

2. Hon Lip Hen, **Zuriati Ibrahim**. 2023. Prevalence of malnutrition and its associated factors among stroke patients in Hospital Sultan Abdul Aziz Shah (HSAAS), UPM. 28th Malaysian Dietitians' Association National Conference, Kuala Lumpur, 12-13 June 2023
3. Teo Cia Lin, **Zuriati Ibrahim**. 2023. Associations of sociodemographic characteristics, medical status, anthropometry parameters, biochemical data, functional status and nutritional management with dietary inadequacy among stroke patients in Hospital Sultan Abdul Aziz Shah (HSAAS), UPM. 2023. 28th Malaysian Dietitians' Association National Conference, Kuala Lumpur, 12-13 June 2023
4. **Zuriati Ibrahim**, Nor Baizura Md Yusop. 2023. Empowering communities for sustainable nutrition and health: Insights from service-learning activities in community dietetics education. 3rd Penang International Conference on Hospitality, Penang, 13-14 September 2023
5. **Zuriati Ibrahim**, Nurul Athirah Amran. 2023. Prevalence of multidimensional frailty and its associated factors among urban living older adults in Malaysia. 9th Asian Conference for Frailty and Sarcopenia, Singapore, 26-28 October 2023

2021

1. Ho CY, **Zuriati I**, Zalina AZ, Zulfitri Azuan Md, Nor Baizura MY. 2021. Post-operative Dietary Intake Achievement in Gynecologic Cancer Patients: A Secondary Analysis of a Randomized Controlled Trial. Malaysian Dietitians' Association 26th Scientific Conference, Kuala Lumpur, 20-21 June 2021

2019

1. A.S. Mohd Shahr, **Z. Ibrahim** & M. N. Mohd Taib. 2019. Effect of intra and inter-personal factors on adolescents' energy intakes. *Proceedings of the Nutrition Society*.78(Issue OCE2): E60; <https://doi.org/10.1017/S0029665119000867>
2. Ho CY, **Zuriati I**, Zalina AZ, Zulfitri Azuan MD, Nor Baizura MY, Jamil O & Mohd Norazam MA. 2019. Fast tract recovery surgery with protein infused carbohydrate loading and early oral feeding among surgical gynaecologic cancer patients. *Annals of Nutrition Metabolism*. 75(Suppl 3): 54;
3. Nor Shariza J, **Zuriati I**, Zalina AZ, Zulfitri 'Azuan MD, Nor Baizura MY, Betti Sharina MHL, Ng WH, Siti Nuraini MS, Aeinin hayatey A, Zuliehaiza K, Neoh MK & Zuwariah AR. 2019. Effectiveness of oral nutrition supplement on nutritional outcomes among head and neck cancer patients attending radiotheraopy clinic. *Annals of Nutrition Metabolism*. 75(Suppl 3): 56
4. **Zuriati Ibrahim** & Aina Nadia Mohd Noor. 2019. Malnutrition risk and its association with body weight status, appetite and energy adequacy among hospitalised elderly patients in a public hospital in Malaysia. *Annals of Nutrition Metabolism*. 75(Suppl 3): 74
5. Asma Obaideen, **Zuriati Ibrahim**, Noraida Omar & Siti Nur 'Asyura Adznam. 2019. Handgrip strength and its association with sociodemographic profiles and body weight status of patients in medical wards. *Annals of Nutrition Metabolism*. 75(Suppl 3): 75

6. Nurul Fareeza S, **Zuriati I**, Siti Nur 'Asyura A & Sabariah MN. 2019. Associations between self-esteem, skipping meals and sleep quality with overweight and obesity among university students. *Annals of Nutrition Metabolism*. 75(Suppl 3): 135

Chapter in Books

1. Chan, Y. M., Md Yusop, N. B., Syahrul, J., Mat Daud, Z. A., Mohd. Yusof, B. N., Jamaluddin, R., Adznam, S. N. A., **Ibrahim, Z.**, Abu Zaid, Z., Omar, N., & Rahamat, S. (2021). Projek "Diet13th" oleh kumpulan pelajar kursus DTK4300 Latihan Profesional Dietetik Komuniti. In M. Z. Abdul Rani & N. A. Man (Eds.), *Inovasi pengajaran dan pembelajaran: Pelaksanaan SULAM di Universiti Putra Malaysia* (pp. 34–43). Pusat Pembangunan Akademik (CADE), Universiti Putra Malaysia.
2. Shafie, A. A., Abd Rahman, A., Mohd Yusof, B. N., Chan, Y. M., Chin, Y. S., Gan, W. Y., Appannah, G., Loh, S. P., Mohd Taib, M. N., Mohd Esa, N., Sulaiman, N., Ismail, N. W., Jamaluddin, R., Adznam, S. N. A., Mohd Shariff, Z., Abu Zaid, Z., & **Ibrahim, Z.** (2018). Evaluation of the Rehabilitation Programme for Malnourished Children (Program Pemulihan Kanak-Kanak Kekurangan Zat Makanan-PPKZM) Who Received the Food Basket in Malaysia. Universiti Putra Malaysia.
3. **Zuriati, I.** 2007. Profil Keupayaan Fungsi. Dlm. Suzana Sahar, Zuriati Ibrahim, Suriah Abdul Rahman & Siti Nur' Asyura Adznam (pnyt.). *Pemakanan dan Penilaian Kesihatan Warga Tua* hlm. 63-69. Bangi: Penerbit UKM.

Research Grants

Research Grants			
On-going			
Role	Project Title	Year	Source of fund
Principle Investigator	Exploring Nutrition Care Process (NCP) adoption and documentation standards in Malaysia Dietetics Practice (EXPAND)	1 Aug 2024 – 31 July 2026	Putra Grant-IPS, UPM
Completed			
Role	Project Title	Year	Source of fund
Co-researcher	Elucidating the dietary pattern of Malaysian Community-Dwelling Elderly using Food Frequency Questionnaire for Malaysian Elderly (FFQ-ME) among Multi-Ethnic Population: A Multi-Center Study	1 Nov 2020- 31 Oct 2022	FRGS, MoHE
Co-researcher	A logical framework for tailor-made paradigm shift hospital foodservice to prevent malnutrition among geriatric patients in hospitals	1 Sept 2019 – 1 Jun 2022	FRGS, MoHE
Principle Investigator	The Effectiveness of Oral Nutrition Supplement and Dietary Advice of Nutritional Outcomes Among Head and Neck Cancer Patients Undergoing Treatment in Radiotherapy Clinic	15 Ogos 2018 – 31 May 2021	Putra Grant, UPM

Co-researcher	The Effect of Intensive Nutrition Intervention in Quality of Life, Nutritional and Functional Status among Gynaecological Oncology Outpatient National Cancer Institute	2 April 2018 – 31 July 2021	Putra Grant-IPS, UPM
Co-researcher	Development and Evaluation of a Stage-Based Tailored, Nutrition Education Package for Childhood Obesity (ST-NEPCO)	17 Sept 2018- 30 Jun 2021	Putra Grant-IPM, UPM
Co-researcher	Nutritional and Exercise Intervention Among Pre-Frail Malaysian Elderly in PPR Flats Kuala Lumpur	2 April 2018 – 31 Jan 2022	Putra Grant, UPM
Co-researcher	Prevalence And Associated Factors With Frailty Status Among Elderly in PPR Flats Kuala Lumpur	1 Aug 2017- 31 Oct 2021	Putra Grant-IPS, UPM
Principle Investigator	Determination of psychosocial, personality traits, dietary and lifestyle predictors of Metabolic Syndrome among undergraduates of UPM	1 Dec 2016 – 1 Dec 2018	Putra Grant-IPS, UPM
Co-researcher	Evaluation of the rehabilitation program for malnourished children (PPKZM) in Malaysia	1 Jan 2016 – 31 Dec 2017	Ministry of Health
Co-researcher	Identifying Factors Towards a New Integrated Obesity Reduction Programme in Malaysian Government Primary Care Clinics.	1 Aug 2016 – 31 July 2019	FRGS, MoHE
Co-researcher	Obesity and Its Association with Platelets Related Biomarkers and Leptin among Selected Malaysian Populatian	1 Sept 2014- 1 March 2017	RUGS, UPM
Co-researcher	Determinants and consequences of food insecurity among older persons in peninsular Malaysia	1 Jul 2014-30 June 2016	FRGS, MoHE
Principle Investigator	Implementation and practical application of the nutrition care process in the outpatient weight management clinic	1 Nov 2012 – 31 Oct 2014	RUGS, UPM
Principle Investigator	Eating habits, body mass index and academic performance among adolescents in Hulu Langat District, Selangor	1 Sept 2012 – 31 Aug 2014	RUGS, UPM
Principle Investigator	Psychological factors of emotional eating and its association with nutritional status among adolescents	1 Nov 2012 – 31 Oct 2014	RUGS, UPM
Co-researcher	Prevalence of frailty syndrome among Malay rural community-dwelling elderly in the East Coast of Malaysia: Its association with psychosocial, functional and nutritional factors	1 Sept 2012 – 2 Sept 2014	RUGS, UPM
Co-researcher	Prevalence of depressive symptoms and its association with nutritional factors among	1 Sept 2012 – 31 May 2014	RUGS, UPM

	free living elderly Chinese in a few villages of Mukim Kajang		
Co-researcher	Effectiveness of Physical Activity Interventions via Social Networking Websites and Prompts of Decision on Components of Metabolic Syndrome among Malaysian Adults	1 Sept 2011 – 31 Aug 2013	ERGS, MoHE
Co-researcher	Accelerometer-Determined Physical Activity Level in a sample of Government Employees	1 June 2011- 31 May 2013	RUGS, UPM

Awards/ Recognition

No.	Name of award	Award authority	Year
1.	Excellent Service Award	Universiti Putra Malaysia	2024
2.	Best Presenter Award	3 rd Penang International Conference on Hospitality	2023
3.	3 rd place: Best e-poster award	Malaysian Dietitians' Association Scientific Conference	2023
4.	Excellent Service Award	Universiti Putra Malaysia	2022
5.	Excellent Service Award	Universiti Putra Malaysia	2021
6.	Excellent Service Award	Universiti Putra Malaysia	2020
7.	Excellent Service Award	Universiti Putra Malaysia	2019
8.	Second (2 nd) place: Industry and community networking award (Community Category)	Faculty of Medicine & Health Sciences, UPM	2019
9.	Excellent Service Award	Universiti Putra Malaysia	2017
10.	Excellent Service Award	Universiti Putra Malaysia	2016
11.	Silver Medal Award at Invention, Research and Innovation Exhibition UPM	Universiti Putra Malaysia	2009

Professional Services / Consultations

1.	Quality and Research Bureau, Ministry of Health: 4 th Dietitians Quality and Research Convention 2024	Judge oral presentation Judge poster presentation	2024
2.	Indonesian Dietitians Association: Indonesian National Dietetic Gathering 2023, Claro Hotel, Makassar	Plenary Speaker	2023
3.	Dewan Bahasa dan Pustaka	Book reviewer	2020
4.	Universiti Kebangsaan Malaysia (UKM)	MSc thesis examiner	2017
5.	Quality and Research Bureau, Ministry of Health: Inaugural Dietitians' Quality and Research National Convention	Oral and Poster presentation Judge	2017
6.	Quality and Research Bureau, Ministry of Health: Workshop on Quality of dietetics research	Guest Lecturer and facilitator	2017
7.	Hospital Raja Permaisuri Bainun, Ipoh, MoH: Nutrition Care Process Workshop	Guest Lecturer and facilitator	2016

8.	Ministry of Health: Workshop on Updates on Nutrition and diet therapy for nutritionist	Speaker	2012, 2014, 2015
9.	Ministry of Health: Continuous Dietetics Education	Speaker	2013
10.	UiTM Puncak Alam: Career Talk	Speaker	2012
11.	Ministry of Health: 3 rd Dietetics and Food Service Conference	Poster Evaluator	2012
12.	Serdang Hospital, Ministry of Health: Nutrition Diagnosis Workshop	Guest Lecturer and facilitator	2011
13.	14 th College, UPM	Residence Fellow	Mei 2002- July 2005
14.	Steering Committee UPM Teaching Hospital	Committee Member	2017
15.	Curriculum Review Committee for Bachelor Science Dietetics	Committee Member	2017
16.	Professional Dietetics Training Committee	Committee Member	2010-present
17.	Malaysian Journal of Nutrition	Journal reviewer	2010-present

Community Services

No.	Project Name	Duration	Role	Year
1.	Healthy eating and active lifestyle (HEAL) program to combat stunting issue among preschool children	12 months	Head of project	2022
2.	A Community-Based Chronic Disease Prevention and Health Education Program in PKNS Apartment, Seri Kembangan, Selangor	12 months	Head of project	2018-2019
3.	Healthy eating and active lifestyle intervention among children in PKNS Apartment, Seri Kembangan, Selangor	12 months	Co-researcher	2018-2019
4.	Healthy Eating and Living program (HEAL) at the Rumah Jagaan	1 day	Advisor	2017

	Al-Fikrah, Sg Sekamat, Kajang			
5.	“Beating Diabetes Community Program” at the University Health Clinic, UPM	1 day	Advisor	2014
6.	“Heart Stronger, Live Longer” Community Program at Taman Lestari Putra Seksyen 7, Bandar Putra Permai, Puchong	1 day	Advisor	2013
Student supervision (Chair of the Supervisory Committee)				
No.	Name (Matric No)	Thesis title	Degree	Year graduated
1.	Nur Syazwani Anuar (GS66931)	Exploring Nutrition Care Process (NCP) adoption and documentation standards in Malaysia dietetics practice (EXPAND)	PhD	Active
2.	Aldaham Maha (GS66747)	The effectiveness of date seed extract in controlling diabetes and reducing cardiovascular risk in patients with type 2 diabetes in Riyadh, Saudi Arabia	PhD	Active
3.	Asma Abdulmounhem Obaideen (GS50562)	Prevalence and factors associated with malnutrition among patients in Medical Wards, Hospital Serdang	MSc	2024
4.	Ho Chiou Yi (GS49399)	Fast track recovery feeding with a whey protein plus carbohydrate drink among surgical gynecologic oncology patient in National Cancer Institute: A Pragmatic Opened Labeled Trial	MSc	2021
5.	Qasim Kareem Kadhim (GS48038)	Prevalence and associated factors with malnutrition among toddlers in Amara city, Iraq	MSc	Active
6.	Norshariza Jamhuri (GS47957)	The effectiveness of oral nutrition supplement and dietary advice on nutritional outcomes among head and neck cancer patients undergoing treatment in Radiotherapy Clinic	MSc	2021
7.	Nurul Fareeza binti Suhaimi (GS45969)	Determination of dietary, lifestyles, psychosocial and personality traits predictors of metabolic syndrome among students of Universiti Putra Malaysia	MSc	2021
8.	Nor Mazni binti Ibrahim (GS30149)	Determination of diet, physical activity and psychosocial predictors of body	MSc	2017

		weight status among adolescents in Hulu Langat, Selangor		
9.	Roaa Al Talhi (GS33383)	Factors associated with Hemoglobin concentration among children aged 7-9 years in Makkah Province, Saudi Arabia	MSc	2016
10.	Zaini binti Bahari (GS31660)	Development and Validation of Knowledge, Attitudes, and Practices (KAP) Questionnaire on Nutrition Care Process (NCP) among Clinical Dietitians in Malaysia	MSc	2015
11.	Aainaa Syarfa bt Mohd Shahr (GS30480)	Factors associated with energy intake among adolescents in Hulu Langat District	MSc	2015
12.	Muhammad Faizal bin Murat (GS34655)	Factors associated with functional status among the free living elderly in Mukim Batu, Gombak, Selangor	MSc	2015

Student supervision (Member of the Supervisory Committee)

No.	Name (Matric No)	Thesis title	Degree	Year graduated
1.	Nurul Izzati binti Mohd Suffian	Nutritional and exercise intervention among pre-frail Malaysian elderly in PPR flats Kuala Lumpur	PhD	Active
2.	Neoh May Kay	Changes in nutrition impact symptoms, nutritional and functional status among head and neck cancer patients receiving radiotherapy of chemotherapy	MSc	2022
3.	Aini Masitah binti Mohammad	Effect of intensive nutrition intervention on nutritional status, handgrip strength and quality of life on malnourished pre-operative gynecological cancer patients	MSc	2021
4.	Amneh Ahmad Mohmmad Shatnawi	The effect of nutritional counseling and protected mealtime on food intake among hospitalized elderly patients in Jordan	PhD	Active
5.	Shazli Illyani binti Mohamad Shafiee	Factors associated with malnutrition among geriatric patients in Klang Valley Hospitals	MSc	2024
6.	Muhammad Faizal bin Murat	Nutritional and Exercise Intervention in Reversing Frailty Status among Pre-Frail Malaysian Elderly in PPR Flat Kuala Lumpur	PhD	Quit
7.	Helen Tan Siew Tin (GS44053)	Identifying Factors Towards Integrated Obesity Reduction Program In Malaysian Government Primary Care Clinics	PhD	2022
8.	Fazlini Mohd Fadzwi (GS43331)	Diet Quality Index and food security among older adults in Malaysia	PhD	2025

9.	Abdulwali Ali Merah (GS43027)	Prevalence of body weight status and Associated Risk Factors among Yemeni School-Aged children in Selangor and Putrajaya, Malaysia	MSc	2020
10.	Nur Aqlili Riana binti Hamzah (GS37062)	The prevalence and its influencing factors of depressive symptoms among elderly residents in FELDA scheme of South Peninsular Malaysia	MSc	2017
11.	Syafinas binti Azam (GS37061)	A multidimensional assessment of nutritional and health status among Malay rural elderly residents in FELDA Scheme in Southern Region Malaysia	MSc	2017
12.	Nur Hafizah binti Ab. Aziz (GS33342)	Prevalence of frailty syndrome and functional status, psychosocial related factors and physical activity among community-dwelling elderly in Terengganu	MSc	2017
13.	Fairus Asma bt Mohd Hamidin (GS32866)	Prevalence of frailty syndrome and - nutritional associated factors among community dwelling elderly in Terengganu	MSc	2017
14.	Nasrin Riahi (GS36375)	Obesity and its association with platelets related biomarkers and leptin among selected Malaysian population	MSc	2015
15.	Kalsoom Parvaneh (GS33466)	The effect of probiotic on calcium absorption and bone mass density in ovariectomised induced bone loss rats	PhD	2015
16.	Choong Horng Tatt (GS28772)	Association Between Dietary Intake and Depression among Free Living Chinese Elderly in Hulu Langat, Malaysia	MSc	2015