



## Malaysian Association for the study of Obesity (Activities - Pictorial)

- Conferences (1997-2021) – MASO, AOASO 2003, 2021 & ICO 2014
- Scientific Updates
- Obesity Prevention Programmes
  - MASO Camps
  - Quarter Quarter Half & Physical Activity programme
- World Obesity Day
- Publications



MASO was launched on the 24 July 1994 by the Datuk Nafsiah Omar, Minister of Women, Family and Community Development in Padang Merbok, Kuala Lumpur, Malaysia

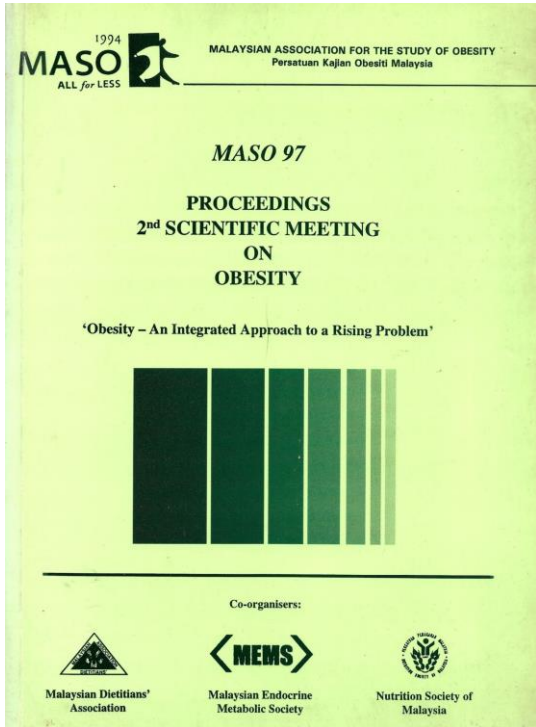


## Conferences (1997 – 2021)

- MASO Biennial Conferences
- Asia-Oceania Conference on Obesity (AOCO 2003, 2021)
- 2<sup>nd</sup>. Asia-Pacific Obesity Conclave 2007
- International Congress on Obesity 2014



1997



Launched by Dato Chua Jui Meng, Hon. Minister of Health Malaysia

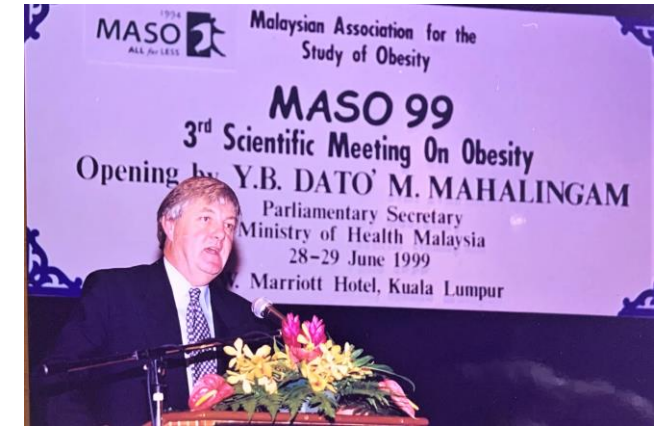
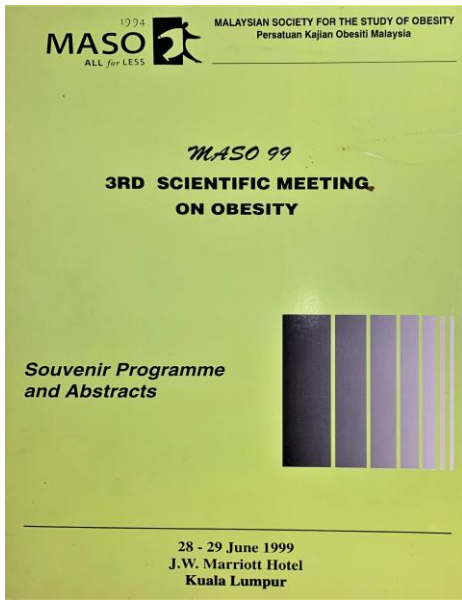


Plenary speaker  
Prof. Stephan Rossner (Sweden)  
President IASO



Prof Wan (Malaysia), Prof Arne (Denmark), Dr. Dulloo (Switzerland), Prof Trayhurn (UK), Prof. Rossner (Sweden) & Dr. Susan Jebb (UK)





Prof. Jasmi (Malaysia), Late Prof Julian (Hong Kong), Prof. Shuji Inoue (President AOASO/Japan) & Prof Ian Caterson (Vice- President AOASO/Australia)

1994  
**MASO** ALL for LESS  
MASO Conference 2001

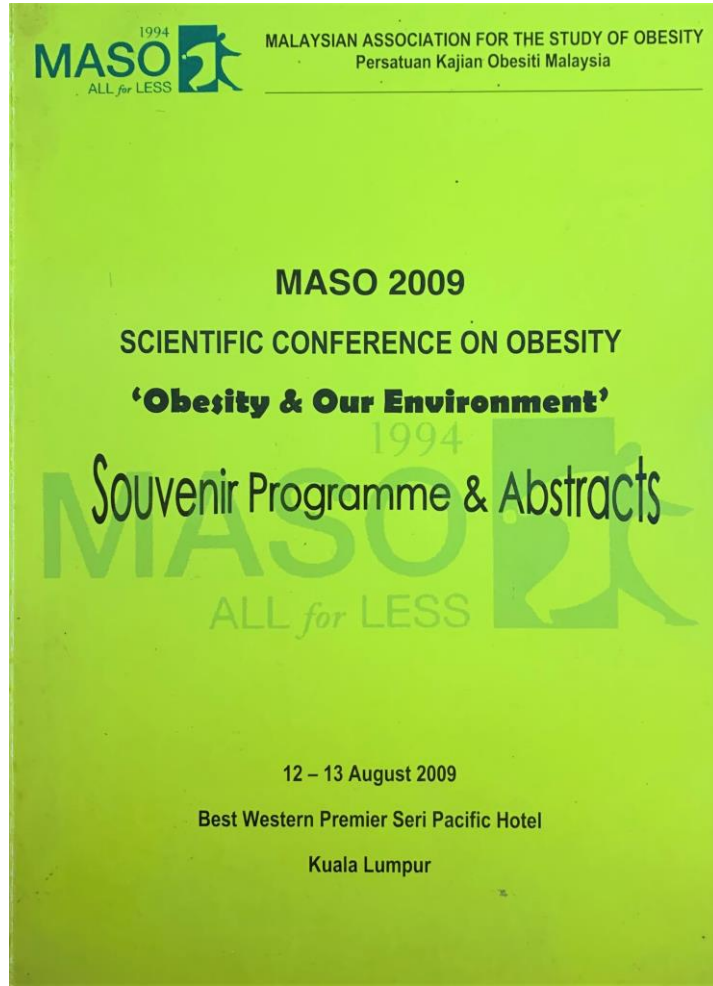


## MASO 2005 in conjunction with ISC 2005



Late Prof. Prakash Shetty, FAO,  
Rome

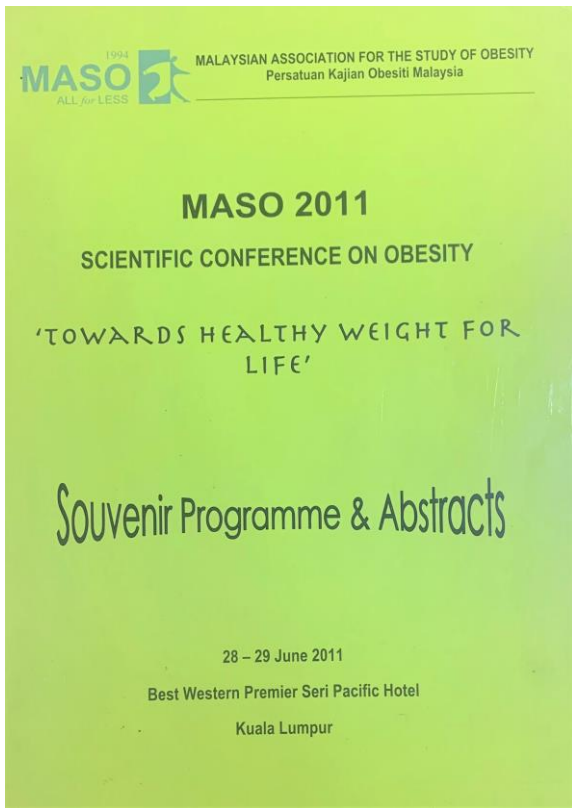


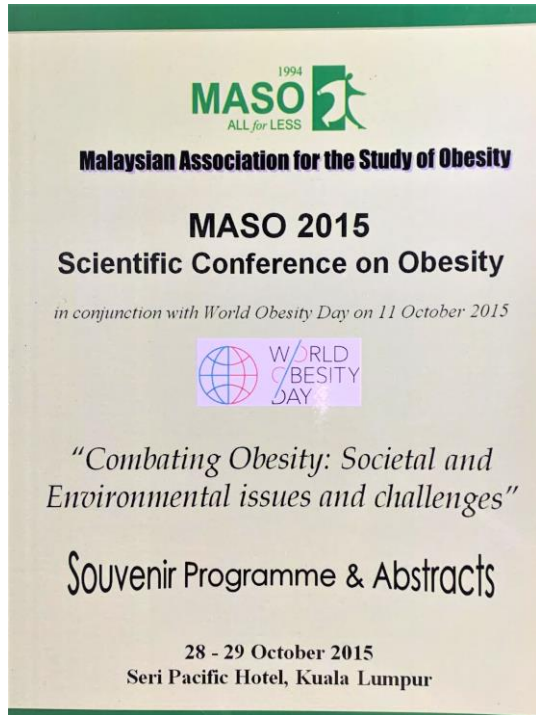


Prof. Philip James with Dato Sri Liow Tiong Lai  
Minister of Health Malaysia





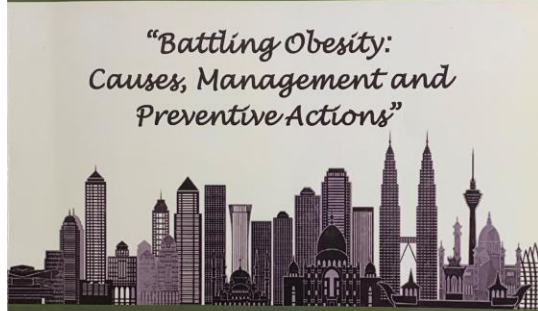




# MASO 2017

## SCIENTIFIC CONFERENCE ON OBESITY

20 – 21 NOVEMBER 2017  
PREMIERA HOTEL, KUALA LUMPUR



SOUVENIR PROGRAMME AND ABSTRACTS

Organized by **MASO** 1994  
ALL for LESS

In collaboration with **LIA** **cairs**  
INTERNATIONAL LIAISON ASSOCIATION FOR OBESITY RESEARCH

**Diversity of anatomical localization of human adipose tissue depots.**

**Liver (fat accumulation)**

- Retroperitoneal: pancreas
- Preperitoneal: stomach
- Retroperitoneal-Peritoneal: intestine
- Mesenteric: Gluteal SC
- Thigh femoral sc
- Abdominal subcutaneous (superficial)
- Abdominal subcutaneous (deep)
- Omental

**Other adipose tissues:**  
- bone marrow  
- perivascular  
- retro-orbital  
- hypodermal  
- facial

A number remain poorly known...

Lee M-J et al. Molecular Aspects of Medicine 34 (2013) 1-11

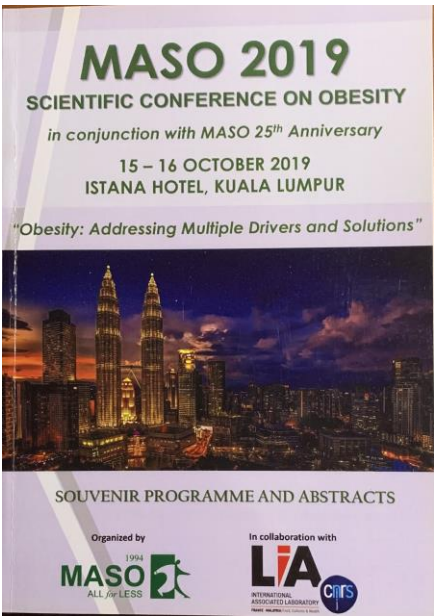
**The triple point of view of sociology**

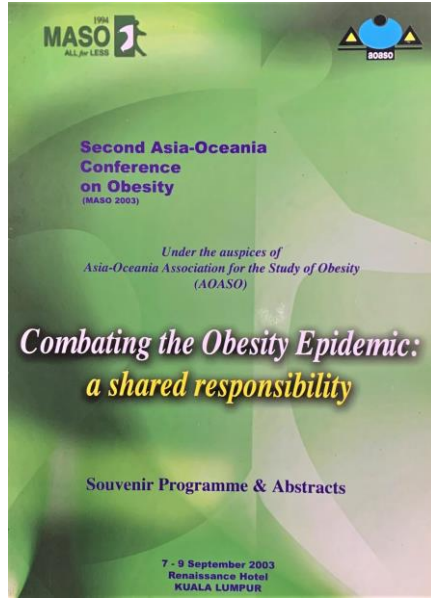
- Sociology in Obesity**  
Understand the social-cultural determinants of obesity development.
- Sociology of Obesity**  
Critical perspective of medical thoughts on obesity.
- Sociology for Obesity**  
Participation of a public policy able to face obesity

«The contemporary society creates obese, but doesn't bear them»  
Jean Trémolières

*SOCIOLOGIE DE L'OBESITÉ*  
Jean-Pierre Poulain







## 2<sup>nd</sup>.Asia-Oceania Conference on Obesity, Kuala Lumpur, 7-9 September 2003





# 2<sup>nd</sup>.Asia-Oceania Conference on Obesity, Kuala Lumpur, 7-9 September 2003





2<sup>nd</sup>.Asia-Oceania Conference on Obesity,  
Kuala Lumpur, 7-9 September 2003



**200 ASIA PACIFIC OBESITY CONCLAVE**  
 Asia Pacific Bariatric Surgery Society  
 in conjunction with  
**MASO 2007**  
 27 - 30 June 2007  
 Kuala Lumpur, Malaysia  
 Organized by

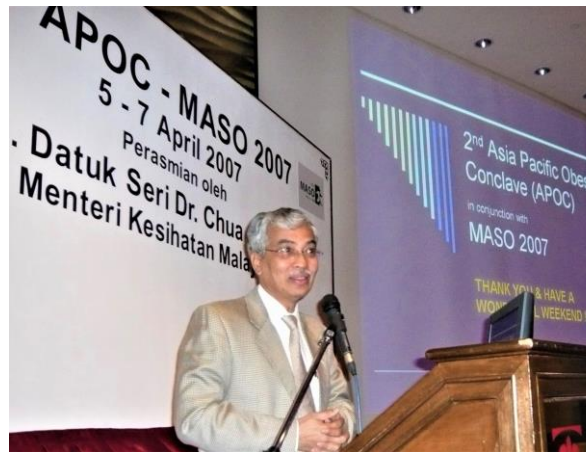
  
**UKM**  
 Department of Surgery  
 Faculty of Medicine  
 Universiti Kebangsaan Malaysia  
 Jalan Yaacob Latiff,  
 56000 Kuala Lumpur, Malaysia  
 Tel: +603-91702315  
 Fax: +603-91737831  
 E-mail: ayjasm@gmail.com,  
 jasm@mail.hukm.ukm.my

  
**MASO**  
 Malaysian Association for the study of Obesity  
 c/o Department of Nutrition & Dietetics  
 Universiti Kebangsaan Malaysia  
 Jalan Raja Muda Abdul Aziz  
 50300 Kuala Lumpur, Malaysia  
 Tel: +603-40405622, 40405247  
 Fax: +603-26941296  
 E-mail: mismail@medic.ukm.my,  
 nak@medic.ukm.my













12<sup>th</sup> INTERNATIONAL CONGRESS OF CAREITY (ICO) 2014 17 – 20 March 2014

Willendorf Award Plenary



12<sup>th</sup> INTERNATIONAL CONGRESS OF CAREITY (ICO) 2014 17 – 20 March 2014

Andre Mayer Award @ ICO 2014



12<sup>th</sup> INTERNATIONAL CONGRESS OF CAREITY (ICO) 2014 17 – 20 March 2014

Young Investigators' Award @ ICO 2014



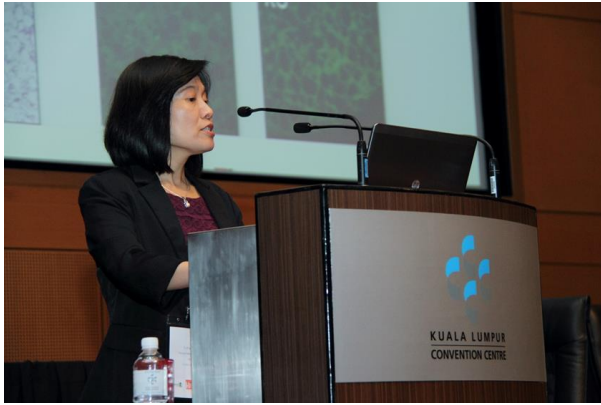
12<sup>th</sup> INTERNATIONAL CONGRESS OF CAREITY (ICO) 2014 17 – 20 March 2014

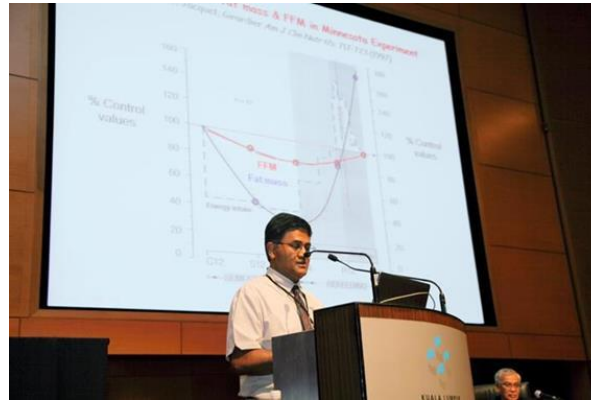
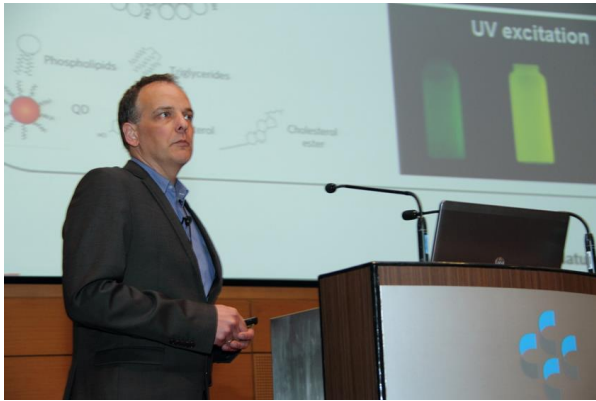
EXHIBITION HALL & POSTERS  
ICO 2014, 17 - 20 March 2014

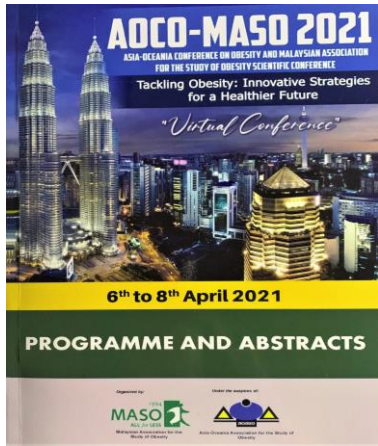


12<sup>th</sup> INTERNATIONAL CONGRESS OF CAREITY (ICO) 2014 17 – 20 March 2014









# 11<sup>th</sup>. Asia-Oceania Conference on Obesity (AOCO-MASO 2021) (Virtual) Kuala Lumpur, Malaysia 6-8 April 2021

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**PLENARY 1**

**Evidence and challenges in treating child and adolescent obesity**

**Prof Dr Louise Baur**  
University of Sydney  
Australia

**Louise A Baur** AM, FRACP  
Chair of Child & Adolescent Health, University of Sydney  
Consultant Paediatrician, Weight Management Services, Sydney Children's Hospitals Network  
President-Elect, World Obesity Federation  
Email: [louise.baur@health.nsw.gov.au](mailto:louise.baur@health.nsw.gov.au)

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**PLENARY 4**

**Prof Dr Boyd Swinburn**  
School of Population Health  
University of Auckland,  
New Zealand

**B Global Syndemic view**

Obesity, Undernutrition, Climate change

Human health and wellbeing, Ecological health and wellbeing

Micro systems, Meso systems, Macro systems, Governance

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**SYMPOSIUM 10**  
Genetic surgery

**Chairperson: Dr Raynu Rajan**  
Hospital Cancer, Tanjungs Malaya, UKM  
Co-chair: Dr. Gafour Mubarak  
Island Hospital, Penang

Dr. Mufaddal Lubbaidin  
Institute of Advanced Surgical Sciences & Research Centre, Salford Hospital, Mumsat, India  
Title: Metabolic outcomes of bariatric surgery

Dr Chih-Kun Huang  
Chang Gung University Hospital, Taichung, Taiwan  
Title: Cost effectiveness of bariatric surgery: why insurance providers should consider coverage

Dr Sirwan Wang Kim Hwang  
Department of Surgery, The Chinese University of Hong Kong  
Title: Latest innovations in bariatric procedures

Prof. Dato Dr. Nik Rizza Kosau NM Mahgmond  
Department of Surgery, Faculty of Medicine, UKM Specialist Centre  
Title: History and progress of bariatric surgery in Malaysia

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**PLENARY 2**

**Affordable nutrition and the economics of obesity**

**Prof Dr Adam Drewnowski**  
Director, Nutritional Science Program,  
University of Washington,  
Seattle, USA

**Adam Drewnowski, PhD**  
Director, Center for Public Health Nutrition  
Director, Nutritional Sciences Program  
Professor of Epidemiology, School of Public Health  
University of Washington, Seattle, WA 98195

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**PLENARY 5**

**Prof. Dr. Karine Clément**  
Nutrition Department  
Faculté de Médecine  
Pitié-Salpêtrière  
Hôpital and  
Sorbonne Université  
Paris, France

**nutriomics**  
Nutrition & Obesity: Systemic approaches

**Gut Microbiota and obesity: what's new?**

**Prof Karine Clément MD, PhD**  
Nutriomics Research group  
Inserm / Sorbonne Université  
Pitié-Salpêtrière hospital, faculté de Médecine  
[www.nutriomique.org](http://www.nutriomique.org)

**AOCO-MASO 2021**  
MASO April, 8th

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**SYMPOSIUM 11**  
Dietary Protein

**Chairperson: Dr. Tham Kwang Wei**  
President, Singapore Association for the Study of Obesity (SASO)  
Co-chair: Dr Masri Mohamed, Hospital Putrajaya

Prof. Dr. Ingrid Coluccioni  
Institute of Food and Environmental Sciences, Faculty of Science, University of Turin, Italy  
Title: What is the optimal protein intake for weight loss and health?

Dr. Rissa Alvin Sy  
Nutrition, Exercise, Metabolism, and Nutrition Research Center, Faculty of Health Sciences, Universitas Indonesia  
Title: Protein intake and body composition in overweight and obese individuals

Prof. Dr. Takashi Kadowaki  
Department of Diabetes and Endocrinology, The University of Tokyo, Tokyo, Japan  
Title: Molecular mechanism of insulin resistance and its clinical implications

Prof. Dr. Chao-Guo Shi  
Department of Nutrition, University of Illinois at Urbana-Champaign, Urbana, IL, USA  
Title: Protein intake and body composition in overweight and obese individuals

Dr. Masri Mohamed  
Nutrition and Metabolism Center, Universiti Kebangsaan Malaysia, Kuala Lumpur  
Title: History and progress of bariatric surgery in Malaysia

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**PLENARY 3**

**EASOCOM**  
AOCO Collaborating Centre for Obesity Management

**NHS**  
Liverpool University Hospitals  
NHS Foundation Trust

**Obesity Pharmacotherapy: Which treatments really work?**

**Prof. Dr. John Wilding**  
Department of Cardiovascular and Metabolic Medicine  
Institute of Life Course and Medical Sciences  
Clinical Sciences Centre, Aintree University Hospital,  
United Kingdom

**John Wilding**  
Department of Cardiovascular and Metabolic Medicine  
University of Liverpool & Aintree University Hospital  
Liverpool, UK

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**SYMPOSIUM 11**

**Take Home Message**

**Molecular mechanism of insulin resistance and comorbidities linked to obesity**

**Prof. Dr. Takashi Kadowaki**  
Department of Diabetes and Metabolic Diseases  
The University of Tokyo Hospital  
Tokyo, Japan

- Chronic hyperinsulinemia in obesity downregulates IRS-2 in M2 macrophages, which leads to impaired IL-4 / insulin signaling and IL-4 production, causing inflammation, gluconeogenesis and insulin resistance.
- Impaired Adiponectin/AdipoR signaling in obesity plays a crucial role in insulin resistance and comorbidities in obesity such as type 2 DM and AdipoRon ameliorates them to realize healthy longevity.

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**SYMPOSIUM 9**

**HFI & Obesity co-exist**

**Prof. Dr. Rafael Perez-Escamilla**  
Yale School of Public Health  
Yale University  
New Haven, USA

**HUNGER AND OBESITY**  
Understanding a Food Insecurity Paradigm

**A review of studies examining the link between food insecurity and malnutrition**  
Chandana Maltra, 2018

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**Official Launching**

**YBhg. Tan Sri Dato' Seri Dr. Noor Hisham Abdullah**  
Director General of Health  
Ministry of Health  
Malaysia

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**President Address**

**Prof Dr Brian Oldfield**  
President of AOSO

**AOCO-MASO 2021**  
6 - 8 April 2021 | Kuala Lumpur

**Welcome Remarks**

**Emeritus Prof. Dr. Mohd Ismail Noor**  
Chairman  
AOCO-MASO 2021



# AOCO-MASO 2021

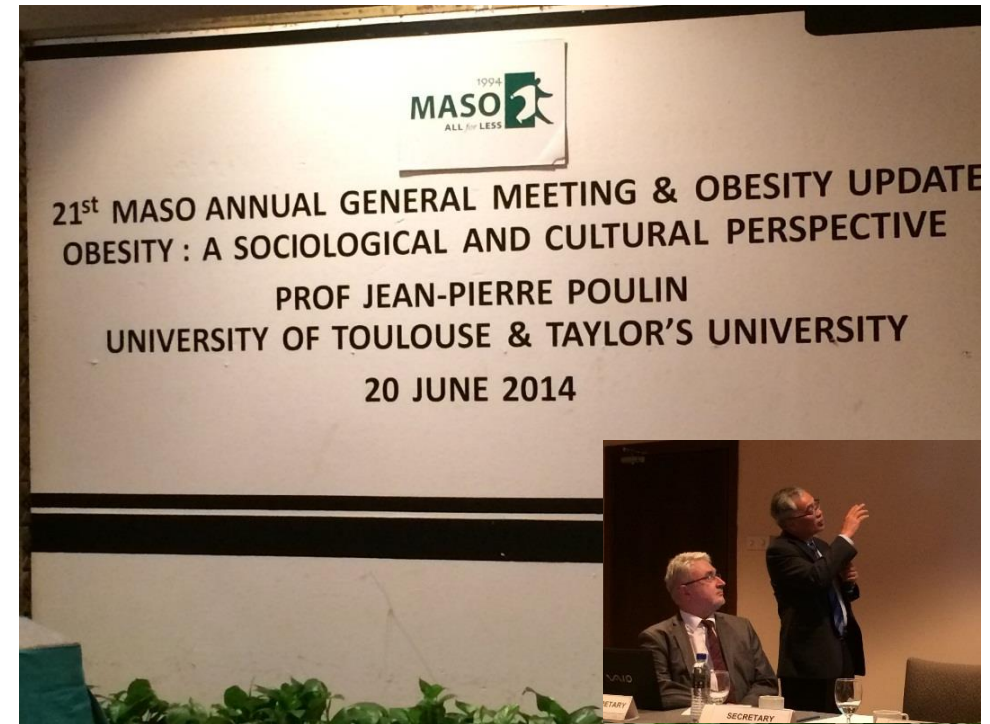


(A 4 minutes montage will be  
emailed to you)

1994

**MASO**  
ALL *for* LESS

Malaysian Association for the Study of Obesity



1994

**MASO**

ALL *for* LESS

Malaysian Association for the Study of Obesity

## MASO Seminar Update 1<sup>st</sup> June 2016



**Are carbohydrates making us fat?  
Evidence from ASIA**

**Professor Jeyakumar Henry**  
Director, Clinical Nutrition Sciences, Singapore  
Institute for Clinical Sciences,  
Professor, Department of Biochemistry, NUS  
Yong Loo Lin School of Medicine  
Email: [jeya\\_henry@sics.a-star.edu.sg](mailto:jeya_henry@sics.a-star.edu.sg)  
Phone: +65 6407 0793





1994

**MASO**  
ALL *for* LESS

Malaysian Association for the Study of Obesity

## MASO Scientific Update 2<sup>nd</sup> August 2017



**Dr. Suresh Kumar** from  
Taylors University  
presented a talk entitled  
“An Ideal Weight for Good”  
at the Hotel Premiera.



**Malaysian Association for the Study of Obesity**  
**MASO** 1994 **25th Annual General Meeting & Scientific Update**  
 ALL for LESS

**DIET, OBESITY & HEALTH:**  
*from SCIENCE to POLICY*



**Speaker:**  
**Professor Susan Jebb, OBE**  
 Professor of Diet & Population Health  
 Nuffield Department of Primary Care Health Science  
 University of Oxford

**Program**  
 5.00 - 5.15 pm: Registration  
 5.15 - 7.00 pm: MASO AGM  
 7.00 - 8.00 pm: Scientific Update  
 8.00 - 9.00 pm: Dinner\*

**10th Aug 2018 (Fri) | 5 pm to 9 pm**  
**Hotel Istana Kuala Lumpur**

*\*Dinner is subsidized. Members need pay only RM50 (non-members RM150) before 1st Aug 2018.*



10/08/2018 19:12

## **SCIENTIFIC UPDATE**

### **The Use of Cognitive Behavioural Therapy (CBT) for Weight Loss & Maintenance**

**SPEAKER:**

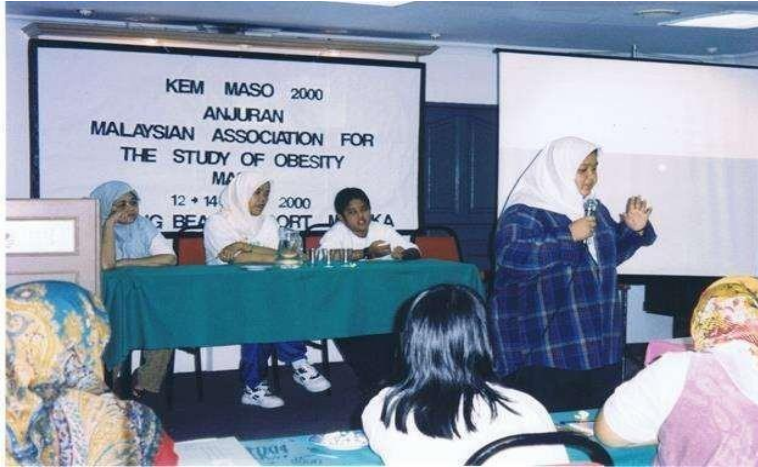
**Dr. Jamilah Hanum Abdul Khaiyom**

Department of Psychology  
Kulliyah of Islamic Revealed Knowledge &  
Human Sciences  
International Islamic University Malaysia



**10<sup>th</sup> December 2020**

# Obesity Intervention Programmes (MASO Camps)



# (MASO Camps)



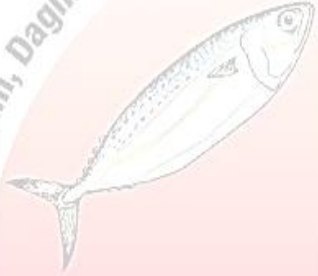
# MASO Camp 2017

## Kuala Terengganu



# PINGGAN SIHAT MALAYSIA

Ikan, Ayam, Daging dan Kekacang



Buah-buahan



sayuran

Nasi, Mi, Produk Bi



MINISTRY OF HEALTH  
MALAYSIA

## #SukuSukuSeparuh



Obesity Intervention Programme  
(Quarter-Quarter Half & Physical Activity)



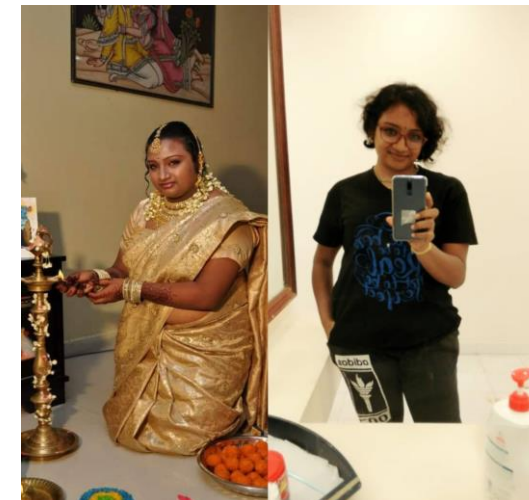
Malaysian Association for the Study of Obesity



Nutrition Society of Malaysia



# Obesity Intervention Programmes (Quarter-Quarter Half & PA)



- 17 Kg



- 20 Kg



**MASO 10k Steps Challenge 2016**  
30<sup>th</sup> October 2016

**MASO 10K STEPS CHALLENGE**  
SIGN UP TODAY!  
AND WALK 10,000 STEPS ON 30<sup>TH</sup> OCT 2016  
5 DAYS MORE  
In conjunction of World Obesity Day  
Brought to you by:  
1994 MASO ALL for LESS  
WORLD OBESITY DAY

Ernetty Syakira ► MASO 10k steps challenge  
30 October 2016 · 🌐

Completed MASO 10K Steps Challenge 😊

MY MAXIS 4G 60% 19:16

50 min 2.5 km 1,102 cal 10,710 steps

Take 10,000 steps a day  
M T W T F S S 10,710

Active 20 min a day  
M T W T F S S 50

Your weight  
47 kg  
18 Mar  
56.4

Zuriana Fahila ► MASO 10k steps challenge  
30 October 2016 · 🌐

10k steps achieve!

13:48 Celcom 4G

4:26 hr 2.7 km 1,517 cal 22,341 steps

Take 10,000 steps a day  
M T W T F S S

22,341 steps

Your weight  
47 kg  
18 Mar  
56.4

Ernetty Syakira ► MASO 10k steps challenge  
30 October 2016 · 🌐

Completed MASO 10K Steps Challenge 😊

MY MAXIS 4G 60% 19:16

50 min 2.5 km 1,102 cal 10,710 steps

Take 10,000 steps a day  
M T W T F S S 10,710

Active 20 min a day  
M T W T F S S 50

Your weight  
47 kg  
18 Mar  
56.4

# MASO World Obesity Day Celebration

MASO 10k steps challenge  
October 30, 2016  
Our 10k Steps Challenge starts today  
Try to hit your 10,000 steps goal today  
Upload a picture of your achievement  
(with number of steps accumulated on)

Like Comment Share  
Sharifah Wajihah Wafa, Zaiton Daud and  
12 shares  
View previous comments  
Nur Laili Abdullah Jan  
...30/10/2016..  
See Translation



Zuliehaiza Kahairudin posted a photo on Instagram — at Presint 11, Putrajaya  
5 mins • 2

At last...  
Done my #MASO10kStepsChallenge

The closing : Zumba 120 minutes

S Health  
Sun, 30 October  
**18640** / 1  
Daily steps

### Most steps walked

**10353 steps**

Today you reached a new highest step count. That's amazing!



# MASO World Obesity Day Celebration

**MASO 10k Steps Challenge on 14 October 2017,**  
**in conjunction with World Obesity Day.**



The image shows a screenshot of a Facebook post. On the left is the MASO profile picture, which includes the text "1994 MASO ALL for LESS Malaysian Association for the Study of Obesity". The main post content features a green banner with the text "Malaysian Association for the Study of Obesity (MASO) presents MASO 10k Steps Challenge". Below the banner are interaction buttons for "Like", "Follow", "Share", and "Message", along with a blue "Sign Up" button.



The poster features the MASO logo at the top left, which includes the text "1994 MASO ALL for LESS Malaysian Association for the Study of Obesity". The central text reads "10K STEPS CHALLENGE" in large, bold letters. Below this, it says "SATURDAY 14TH OCT 17". At the bottom, it provides contact information: "For more information Facebook: MASO 10k steps challenge" and "Sign up here: <https://goo.gl/forms/BQ7N2c6WxHOhs8n1>". The background of the poster shows a person's feet wearing black and orange sneakers on a wooden deck.



# Obesity Week Malaysia 2022

(in conjunction with World Obesity Day)

( A 4 minutes montage will be sent to you)

# Ninja Run FIT & FUN Carnival 5 Dec 2015 Titiwangsa, Kuala Lumpur



# Rotary Medical Camp on 26th June 2016 at SMK Bandar Sunway, Subang Jaya, Selangor



1994

**MASO**

ALL *for* LESS

Malaysian Association for the Study of Obesity

*“Healthy Lifestyle Programme”* on 28 October 2016  
at UKM Kuala Lumpur campus



# “Fit and Fun Carnival” on 26 November 2016 at Kampung Melayu Wira Damai, Kuala Lumpur

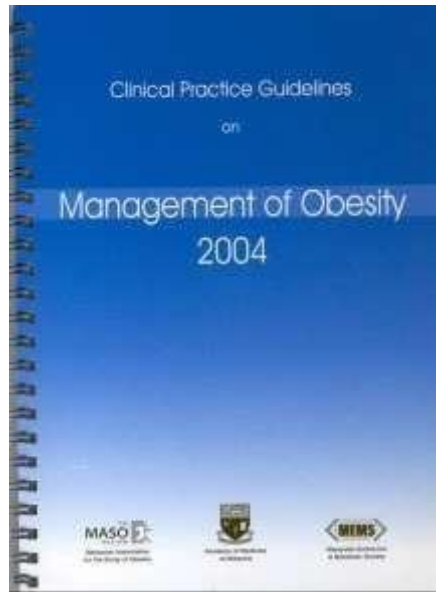




# 'Healthy Children, Happy Children' on 13th April 2017 at SJK(C) Kuo Min



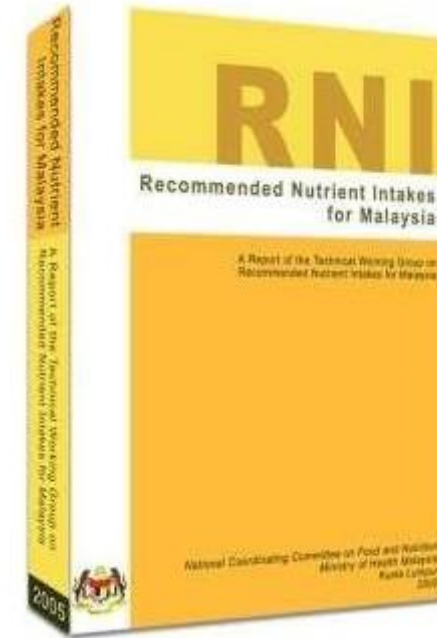
# MASO publications and other contributions



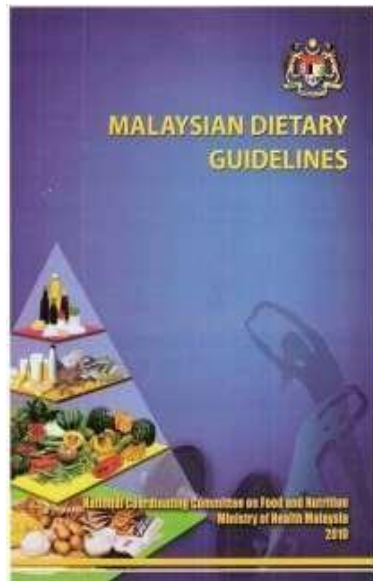
2004



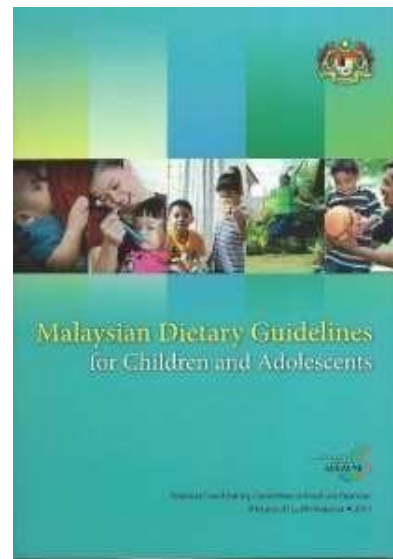
2005



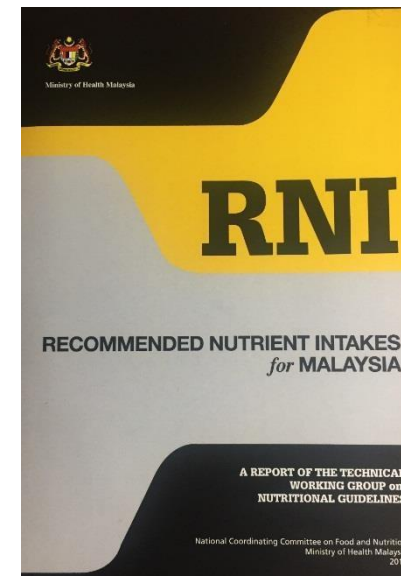
2005



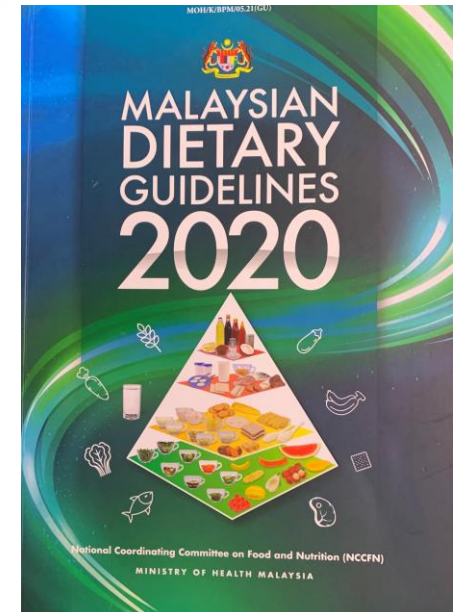
2010



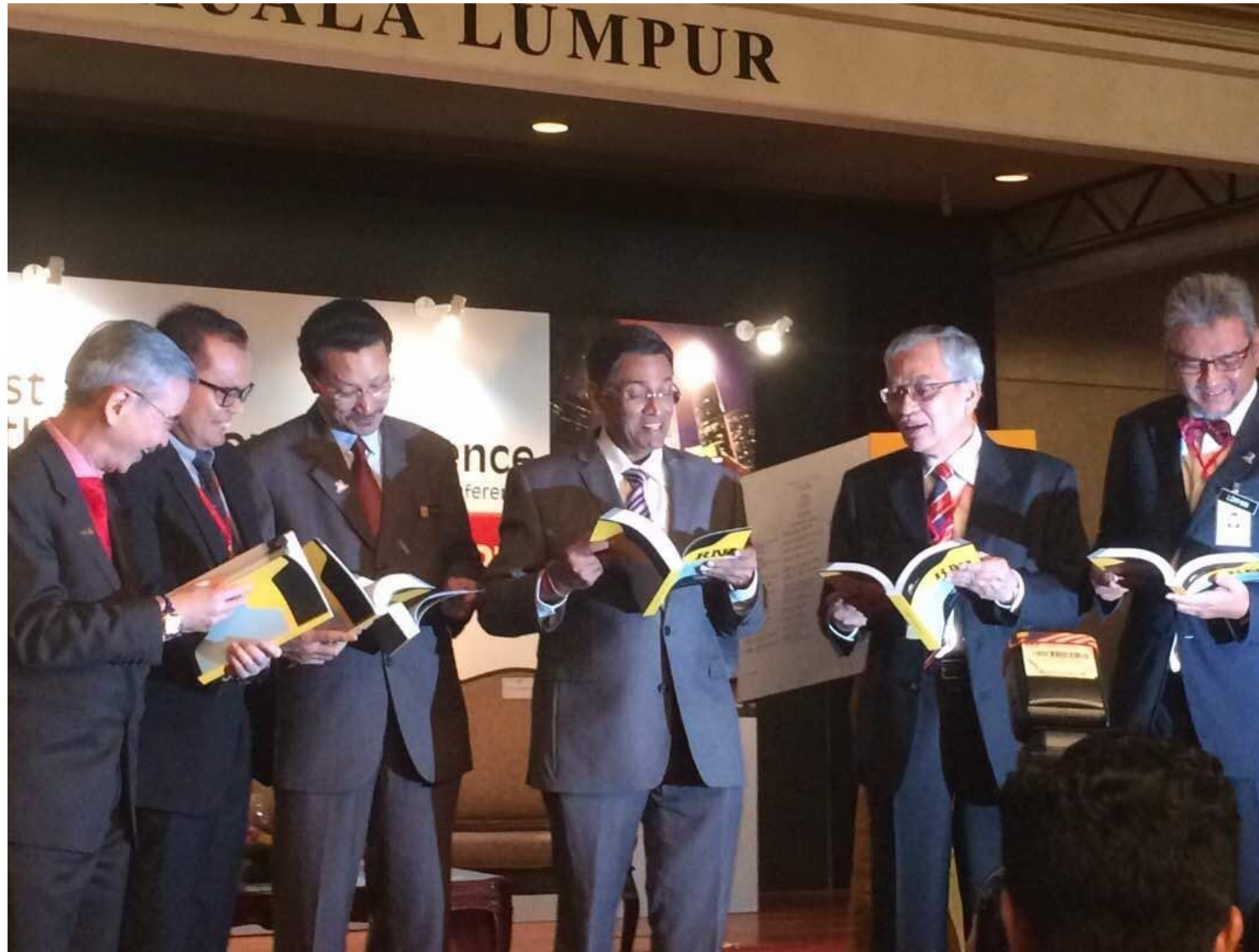
2013



2017



2020



Launching of Recommended Nutrient Intake (RNI) Malaysia (2017)  
by Datuk Seri Dr. S. Subramaniam, Minister of Health Malaysia