



# RUHAYA BINTI SALLEH

## NUTRITIONIST • RESEARCHER

### MAHPC(NUTR)00446

## 01. ABOUT ME

**Ruhaya Salleh** is a Nutritionist and Researcher at the Centre for Nutrition and Epidemiology Research, Institute for Public Health (IPH). She has extensive experience in nutrition epidemiology, community nutrition, dietary assessment, food security, and adult nutrition. She was the Principal Investigator for the Adolescent Nutrition Survey, NHMS 2017, and has been involved in various national nutrition research projects. She has published extensively in international peer-reviewed journals and contributed to the development of national nutrition guidelines and policies, including the Malaysian Dietary Guidelines and Recommended Nutrient Intakes for Malaysia.

## 02. PROFESSIONAL MEMBERSHIP

- Lifetime Member, Nutrition Society of Malaysia (NSM)
- Lifetime Member, Malaysian Association for the Study of Obesity (MASO)
- Member of Persatuan Ahli Pemakanan Sektor Awam Malaysia (NuPSA)

## 03. OFFICE ADDRESS

- **Centre for Nutrition and Epidemiology Research (CNER), National Institutes of Health (NIH), Persiaran Setia Murni, Setia Alam, 40170 Shah Alam, Selangor**

## 04. EDUCATION

- **Master of Health Science (Community Nutrition)**  
Universiti Kebangsaan Malaysia, 2015
- **Bachelor of Science ( Nutrition and Community Health)**  
Universiti Putra Malaysia, 1998

## 05. AWARDS RECEIVED

1. **Excellent Service Award 2020**, Institute for Public Health, Ministry of Health.
2. **Second Best Poster Presentation 2017** - Title: Relationship between blood pressure, sodium intake and anthropometry among non-hypertensive working adults: My salt 2015  
1<sup>st</sup> National Ministry of Health Nutritionist Symposium
3. **Hadiah Latihan Persekutuan(HLP)-2020** - Ministry of Health
4. **Hadiah Latihan Persekutuan(HLP) - 2013** - Ministry of Health
5. **Best E-Poster Presentation 2023** - Title: Development of a Nutrient Profiling Model for Malaysian Adults Towards a Healthy Food Choice: A Preliminary Study  
2<sup>nd</sup> National Ministry of Health Nutritionist Symposium

## 06. SKILLS

- **Microsoft Office, Nutritionist Pro, SPSS, NotebookLM, Canva Pro.**

## 07. CONTACT

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## 08. ATTENDED COURSES

1. Big Data, Consumer Technology, and the Obesity Epidemic: Emerging Science and Ethical Considerations. 16 September 2016. The Sackler Institute for Nutrition Science, New York Academy of Science New York.
2. International Symposium on Understanding the Double Burden of Malnutrition for Effective Interventions. 10-13 December 2018. Vienna Austria.

## 09. RESEARCH PROJECT

- Upcoming 2027 - Key Person Module Dietary Behaviors, National health and Morbidity Survey (NHMS 2027): Adolescent Health
- 2026 - Research Team Member, Module Nutritional Status, Data analysts Module Nutritional Status, Field Supervisor Kedah Perlis National health and Morbidity Survey (NHMS 2026): Maternal and Child Health
- 2026 - Research Team Member, Effect of menu calorie labelling on food selection and knowledge in Asia: A systematic Review and Meta and Meta analysis (NMRR-ID-02850-HNQ).
- 2025-Research team Member, Module Depression, Central Field Supervisor, National health and Morbidity Survey (NHMS 2025)
- 2025- Research Team Member Barrier affecting inadequate intake of fruits and vegetables intake among adolescent: Qualitative study
- 2024- Research Team Member, National health and Morbidity Survey (NHMS 2024): Nutrition Food security Module
- 2024- Research Team Member, Module food security. The first 1000 days of life: Langkawi Longitudinal study (LLS).
- 2020- Research Team Member, Systematic Review of School-Based interventions on healthy lifestyle among school children
- 2020 - Central Field Supervisor, National Health and Morbidity Survey (NHMS 2020) Communicable Disease



## CONT.

- 2020 - Research Team Member, Development and Validation of a Semi Quantitative Food Frequency Questionnaire for adolescents and adults in a population-based sample in Malaysia
- 2020 - Research Team Member, Analysis of Available Nutrition Recommendations to Combat COVID-19: A Scoping Review
- 2019 - Central Field Supervisor, National Health and Morbidity Survey (NHMS 2019) Non-Communicable Disease, Key Person Nutrition Module
- 2018 - Field Supervisor, Key Person Nutrition Module, National Health and Morbidity Survey (NHMS 2018) Elderly Health
- 2018 - Research Team Member, Malaysian Urinary Minerals Study (MUMS)
- 2018 - Research Team Member, National Iodine Deficiency Disorder
- 2018 - Research Team Member, Key module, Case Control Study For Malnourished Children Under Five Years Old in Putrajaya
- 2018 - Principal Investigator, Landscape Analysis under children Five years old collaboration with UNICEF
- 2018 - Research Team Member, Pregnant Women in Sarawak are at risk of Iodine Deficiency Disorders
- 2017/2018 - Field Supervisor North Zone, Malaysian Community Salt Study (MyCoSS) collaboration with Queen Mary University United Kingdom
- 2017 - Principal Investigator, Adolescent Nutrition Survey, National Health and Morbidity Survey (NHMS) 2017
- 2017 - Research Team Member, My Body Fat Reduction (MyBFR)
- 2017 - Research Team Member, 3MCPD and Renal cancer collaboration project with Institute for Medical Research
- 2016 - Central field Supervisor, Key module Nutrition, Maternal and Child Health
- 2015 - Research Team Member, My Community Salt Study(My Salt)



## 10. PUBLICATIONS

### 2026

- **Salleh, R.**, Ahmad, M., Mohd Zaki, N.A. et al. Risk factors for stunting children in urban areas: case-control study in Putrajaya. *Discov Public Health* 23, 219 (2026).  
<https://doi.org/10.1186/s12982-026-01481-5>
- Wong, K. Y. Y., Zainuddin, A. A., **Salleh, R.**, Palaniveloo, L., Baharudin, A., Muhammad, N. U.-A., Amali, K. H., Zain, S. H., & Lai, W. K. (2026). Development and validation of a food frequency questionnaire for national nutrition surveillance among Malaysian adolescents and adults. *Journal of Nutritional Science*, 15, e48 (1st July 2026)

### 2025

- Nor Azian Mohd Zaki<sup>1</sup>, Lai Wai Kent, Syafinaz Sallehuddin, Norhafizah Sahril and **Ruhaya Salleh**, Consumption of carbonated soft drinks and association with health behaviours and mental health among adolescents in Malaysia: findings from 2022 Adolescent Health Survey (AHS). *BMC Nutrition* (2025)
- **Ruhaya Salleh**, Roslee Rajikan, Suzana, Shahr, Mohd Razif Shahril, Siti Masitah Elias, Noor Ani Ahmad. Nutrient Profiling Model Towards Recommendation of A Healthy Diet: A Scoping Review. *J. Gizi Pangan*, November 2023, 18(3):

### 2023

- Siti Hajar Muhamad Rosli, Mei Siu Lau, Tasnim Khalid, Siti Khuzaimah, Maarof, Suganthi Jeyabalan, Syazwani Sirdar Ali, Norhayati Mustafa Khalid, Mohd Fairulnizal Md Noh, **Ruhaya Salleh**, et al. Association between dietary 3- monochloropropane-1,2-diol esters (3-MCPDE) and renal cancer in Peninsular Malaysia: exposure assessment and matched case-control study. *Food Additives & Contaminants*: 22 Mar 2023.
- **Ruhaya Salleh**, Mohamad Hasnan Ahmad, Cheong Siew Man, Norazizah Ibrahim.Wong, Syafinaz Mohd Sallehuddin, Lalitha Palaniveloo, Nor Syamlina Che Abdul Rahim, Azli Baharudin, Hazizi Abu Saad, Mohd Azahadi Omar, Noor Ani Ahmad. Risk Factors Associated with Underweight Children Under the Age of Five in Putrajaya: A Case-Control Study. *J. Gizi Pangan*, Volume 18, Number 2, July 2023



## CONT.

### 2022

- Yong Kang Cheah, Kuang Kuay Lim, Hasimah Ismail, **Ruhaya Salleh**, Chee Cheong Kee, Kuang Hock Lim. Knowledge of calories and its influencing factors: evidence from a fast-growing developing country. British Food Journal. Accepted 21 June 2022
- Yong Kang Cheah, Kuang Kuay Lim, Hasimah Ismail, **Ruhaya Salleh**, Chee Cheong Kee, Kuang Hock Lim, Yoon Ling Cheong. Awareness of body mass index and its associated factors: A cross-sectional study. Nurs Health Sci. Accepted: 30 June 2022

### 2021

- **Ruhaya Salleh**, Ahmad Ali Zainudin, Safiah Mohd Yusof, Lalitha Palanivello, et. al. Factors associated with sugar-sweetened beverages consumption among Malaysian adolescents: Findings from the Adolescent Nutrition Survey 2017. Malaysian Journal of Nutrition. Accepted 27 February 2021
- **Ruhaya Salleh**, Shubash Shander Ganapathy, Norazizah Ibrahim Wong, Siew Man Cheong, Mohamad Hasnan Ahmad, et. al. Is socio-demographic status, body mass index, and consumption of food away from home associated with high sodium intake among adults in Malaysia?: findings from the Malaysian Community Salt Survey (MyCoSS) DOI : 10.1186/s41043-021-00236-z. Journal of Nutrition, Population and Health. Accepted 13 Mac 2021
- Mohamad Hasnan Ahmad, **Ruhaya Salleh**, Poh Bee Koon, Hazizi Abu Saad, Associated Factors of Malnourished Children Under Five Years Old in Putrajaya: A Study Protocol. Malaysian Journal of Nutrition. Accepted. 15 Mac 2021.
- Mohamad Hasnan Ahmad, Cheong Siew Man, Fatimah Othman, Feng J. He, **Ruhaya Salleh**, Noor Safiza Mohammad Noor, Wan Nur Khairunnisa Wan Kozil, Graham MacGregor<sup>2</sup> and Tahir Ari. High sodium food consumption pattern among Malaysian population. J Health Popul Nutr 40, 7 (2021).
- Mohamad Hasnan Ahmad, **Ruhaya Salleh**, Cheong Siew Man, Munawara Pardi, Norsyamlina Che Abdul Rahim, Norhafizah Shahril, Mohd Hatta Abdul Mutalib, Suzana Shahar, and Noor Ani Ahmad (2021). Malnutrition among the Elderly in Malaysia and Its Associated Factors: Findings from the National Health and Morbidity Survey 2018. Hindawi, Journal of Nutrition and Metabolism, Volume 2021, Article ID 6639935, 8 pages, <https://doi.org/10.1155/2021/6639935>



## CONT.

- Lim KK, Tan Beng Chin, Chan Ying Ying, Husniza Hussain, Nur Azna Mahmud, Mohd Shaiful Azlan Kassim, Abdul Aziz Harith, Cheong Siew Man, **Ruhaya Salleh**, Tahir A. Pregnant Women Are Iodine Deficient While Adequate Iodine Status Among School-aged Children in Sarawak, Malaysia. Food and Nutrition Bulletin, 24 May 2021
- Lalitha Palaniveloo, Rashidah Ambak, Fatimah Othman,, Nor Azian Mohd Zaki, Azli Baharudin, Nur Shahida Abdul Aziz and **Ruhaya Salleh**. Low potassium intake and its association with blood pressure among adults in Malaysia: findings from the MyCoSS (Malaysian Community Salt Survey). J Health Popul Nutr 40, 7 (2021). <https://doi.org/10.1186/s41043-021-00238-x>
- Lalitha Palaniveloo, **Salleh R**, Baharudin A, Man CS, Ahmad MH, Abd Aziz NS, Sallehudin S. Associations of Gender and BMI-for-age Status (BAZ) With Nutrient Intake Among Adolescents in Malaysia: Findings From Adolescent Nutrition Survey (ANS) 2017. Mal J Med Health Sci 17(1): 10-16, Jan 2021
- Lalitha Palaniveloo, Fatimah Othman, **Ruhaya Salleh**, Azli Baharudin, Cheong Siew Man, Mohamad Hasnan Ahmad, Nur Shahida Abd Aziz, Syafinaz Sallehudin, Nor Azian Mohd Zaki, Suhaila Abdul Ghaffar. A Scoping Review on Salt Reduction Intervention. Mal J Med Health Sci 17(4):Oct 2021.
- Cheong, S, Ambak, R., Othman, F. **Ruhaya Salleh**, Syafinaz Mohd Sallehudin, Lalitha Palaniveloo & Shubash Shander Ganapathy. Knowledge, perception, and practice related to sodium intake among Malaysian adults: findings from the Malaysian Community Salt Study (MyCoSS). J Health Popul Nutr 40, 5 (2021). <https://doi.org/10.1186/s41043-021-00231-4>
- Azli Baharudin, Jayvikramjit Singh Manjit Singh, Chan Ying Ying, Kee Chee Cheong, Suhaila Abdul Ghaffar, Syafinaz Mohd Sallehuddin, Cheong Siew Man, Hasimah Ismail, **Ruhaya Salleh**, Evi Diana Omar, Ahmad Ali Zainuddin). Optimal Bmi Cut-Off Values for Predicting Diabetes, Hypertension and Hypercholesterolemia Among Malaysian Adults' Population: Revisiting A Decade of Old Values. Acta Scientifica Malaysia, 5(2): 80-84. Accepted 23 June 2021
- Syafinaz Mohd Sallehuddin, Ruzita Abd. Talib, **Ruhaya Salleh**, Rashidah, Ambak, Munawara Pardi, Nur Shahida Abdul Aziz, Norazizah Ibrahim Wong & Mohd Azahadi Omar. Calcium and iron intakes of adolescents in Malaysia and their relationships with body mass index (BMI): Findings from the Adolescent Nutrition Survey 2017. Mal J Nutr 27(2): 317-326, 2021



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### 2020

- **Ruhaya Salleh**, Cheong Siew Man, Mohamad Hasnan Ahmad et al. Factor contributing to food insecurity among older persons in Malaysia. Findings from the National Health and Morbidity Survey (NHMS) 2018. *Geriatrics & Gerontology International* Vol 20, Issue 52, Dec 2020.
- **Ruhaya Salleh**, Prevalence of Carbonated Soft Drinks Consumption and associated factor among Malaysian Adolescent. *Malaysian Journal of Public Health Medicine*, Vol 20, No 3. 2020
- Azli Baharudin, Nur Shahida Abdul Aziz, Mohamad Hasnan Ahmad, Jayvikramjit Singh, Chan Ying Ying, Lalitha Palaniveloo, Kee Chee Cheong, Norlida Zulkafly, Norazizah Ibrahim Wong, **Ruhaya Salleh**, Rusidah Selamat. Abdominal obesity and its associated factors among older adults in Malaysia. *Geriatrics & Gerontology International*. Vol 20, Issue 52, Dec 2020.
- Mohd Hatta Abdul Motalip, Faizul Akmal Abdul Rahim, Hasmah Mohamed Haris<sup>1</sup>, Norzawati Binti Yoep, Amierul Fikri Mahmud, **Ruhaya Salleh**, Noor Aliza Binti Lodz, Rajini Sooryanaraya, Tan Maw Pin, Noor Ani Ahmad. Quality of Life and Its Associated Factors Among the Older Persons in Malaysia. *Geriatrics & Gerontology International*. Vol 20, Issue 52, Dec 2020.
- Mohamad Hasnan Ahmad, Rusidah Selamat, **Ruhaya Salleh**, Nur Liana Abdul Majid, Ahmad Ali Zainuddin, Wan Azdie Mohd Abu Bakar and Tahir Aris. Food Insecurity Situation in Malaysia: Finding from MANS 2014. *Malaysia Journal of Public Health Medicine*. 2020; 20(1):167-174.
- Mohamad Hasnan A, Suhaila AG, Mahenderan A, **Ruhaya S**, Noor Aini A Meals Skipping: Predictors of Weight Status from a Nationally Representative Adolescents Sample. *International Journal of Public Health And Clinical Sciences* 2020, 7(4), pp.110-120.
- Cheong SM, **Salleh R**, Ahmad MH, Baharudin A, Poh BK, Aris T. Dietary Patterns and Associated Factors Among Adolescents in Malaysia: Findings from Adolescent Nutrition Survey 2017. *International Journal of Environmental Research and Public Health*, 2020. 17(10), p.3431. Impact Factor: 2.849
- Nur Shahida Abdul Aziz, **Ruhaya Salleh**, Syafinaz Mohd Sallehuddin, Mohd Hasnan Ahmad, Azli Baharudin. Factor associated with body weight misperception among adolescents: Findings from adolescent nutrition survey 2017. *International Journal of Public Health and Clinical Sciences*, 2020. 7(2), pp.71-81.
- Norazizah Ibrahim Wong, Mohd Azahadi Omar, **Ruhaya Salleh**, Muhammad Fadhli Mohd Yusoff, Tahir Aris. Methodology Of Adolescent Nutrition Survey In Malaysia 2017. *International Journal of Public Health and Clinical Sciences*, 2020. 7(4), 2020 pp.42-54



## CONT.

- Nur Azian Mohd Zaki, Norazizah Ibrahim Wong, Nur Shahida Abdul Aziz, Syafinaz Mohd Sallehuddin, **Ruhaya Salleh**. Factors Associated With Physical Inactivity Among Adolescents In Malaysia: Findings From Adolescents Nutrition Survey (Ans 2017). International Journal of Public Health and Clinical Sciences, 2020. 7(4), 2020 pp.64-75.
- Norsyamlina Che Abdul Rahim, Jayvikramjit Singh A/L Manjit Singh, Munawara Pardi, Ahmad Ali Zainuddin, **Ruhaya Salleh**. Analysis of Available Nutrition Recommendations to Combat COVID-19: A Scoping Review. Malaysian Journal of Medical Sciences. 18 Sept 2020

## 2019

- Azli Baharudin, Cheong Siew Man, Mohamad Hasnan Ahmad, Norazizah Ibrahim Wong, **Ruhaya Salleh**, Megat Rusydi Megat Radzi, Noor Ani Ahmad and Tahir Aris. Associated Factors to Prevalence of Childhood under nutrition in Malaysia: Findings from the National Health and Morbidity Survey (NHMS 2016) Health Science Journal 2019 Vol.13 No.1:627
- Fatimah S, **Ruhaya S**, Zainuddin A. Consumer Awareness And Understanding Of Front-Of-Pack (FOP) For Energy Icon In Negeri Sembilan, Malaysia. Malaysian Journal of Nutrition 2019.
- Mohamad Hasnan Ahmad, Fatimah Othman, Azli Baharudin, Cheong Siew Man, Muslimah Yusuff, Rashidah Ambak, Nor Azian Mohd Zaki, Nurshahida Abdul Aziz and **Ruhaya Salleh**. Sodium Intake In Malaysian Adults: Validation of Estimations By Dietary And Spot Urine Excretion Methods Versus 24-hour Urine Excretion. International Journal of Allied Health Sciences, 2019. 2(3), 489-498.
- Shubash Shander Ganapathy, Lee Ann Tan, Rajini Sooranayana, Mohd Hazron Hashim, Tamil Arasu, **Ruhaya Salleh**. Body weight, body weight perception and bullying among adolescents in Malaysia. Asia Pacific Journal of Public Health, 2019.
- Fatimah Othman, Rashidah Ambak, Cheong Siew Man, Nor Azian Mohd Zaki, Mohd Hasnan Ahmad,<sup>1</sup> Nur Shahida Abdul Aziz, Azli Baharuddin, **Ruhaya Salleh** and Tahir Aris. Factors Associated with High Sodium Intake Assessed from 24-hour Urinary Excretion and the Potential Effect of Energy Intake. Journal of Nutrition And Metabolism 2019, 2 May 2019

## 2018

- NAM Zaki, A Omar, **R Salleh**, A Baharuddin, SM Sallehudin, NSA Aziz, F Othman, CS Man, MH Ahmad, H Ismail, R Ambak. Trends in obesity and abdominal obesity among Malaysian adults: Findings from the National Health and Morbidity Surveys of 2006, 2011, and 2015. The Southeast Asian Journal of Tropical Medicine and Public Health. Vol 49 No. 6 November 2018.



## CONT.

- Fatimah Othman, Noor Safiza Mohamad Nor, Geeta Appannah, Nor Azian Mohd Zaki, Rashidah Ambak, Azahadi Omar, Mansor Fazliana, **Ruhaya Salleh**, Barakatun Nisak Mohd Yusof, Norliza Muksan & Tahir Aris Prediction of body weight Loss in relation to change in nutrient intake among housewives participating in MyBff @home study. MyBFF@home study BMC Women Health 2018:19 Suppl 1):102 (IF =1.86)
- Mohamad Hasnan Ahmad, **Ruhaya Salleh**, Noor Safiza Mohamad Nor, Azli Baharuddin, Wan Shakira Rodzlan Hasani, Azahadi Omar, Ahmad Taufik Jamil, Mahenderan Appukutty, Wan Abdul Manan Wan Muda & Tahir Aris Comparison Between Self-Reported Physical Activity (IPAQ-SF) And Pedometer Among Overweight And Obese Women In The Mybff@Home Study. BMC Women's Health. 2018:19 Suppl 1):100
- Rashidah Ambak, Leni Tupang, Mohd Hazrin Hasim<sup>2</sup>, Natifah Che Salleh, Norlida Zulkafly, **Ruhaya Salleh**, Mohamad Hasnan Ahmad and Balkish Mahadir Naidu. Who Do Not Read and Understand Food Label in Malaysia? Findings from a Population Study. Health Science Journal Vol.12 No 1:548
- Nor Asiah Muhamad, Normi Mustapha, Mohd Farid Baharin, Mohd Hatta Abdul Motalip, Murnilina Abdul Malek, **Ruhaya Salleh**, Nor Azian Mohd Zaki, Fatimah Othman, Tahir Aris, Shahnaz Murad. Impact of Palm Oil versus Other Oils on Weight Changes: A Systematic Review. Food and Nutrition Sciences, 2018, 9, 915-936
- Mohamad Hasnan Ahmad, Balkish Mahadir Naidu and **Ruhaya Salleh**. Exploratory Factor Analysis on Six Food Insecurity Questions: Data from Malaysian Adult Nutrition Survey 2014. Health Science Journal 2018.

## 2017

- Azli B, Hasnan A, Nor Azian MZ, Kee CC, **Ruhaya S**, Syafinaz MS, Chan YY, Noor Ani A. Changes in nutritional status among Malaysian adults population from 2003 to 2014 . Southeast Asian Journal of Tropical Medicine and Public Health 2017 ; Volume 48 No. 3 (IF = 0.773)
- Awaluddin SM, Ahmad NA, Naidu BM, Mohamad MS, Yusof M, Razak MA, **Salleh R**, Mohd Yusoff MF and Aris T. 2017. A Population-based Anaemia Screening using Point-of-care in Estimating Prevalence of Anaemia in Malaysian Adults: Findings from a Nationwide Survey. J.Community Med Health Educ 2017, 7:



## CONT.

### 2015

- Nor Azian MZ, Azahadi O, **Ruhaya S**, Azli B, Syafinaz MS, Nur Shahida AA, Fatimah O, Cheong SM, Mohamad Hasnan A, Hasimah I, Rashidah A., 2018. Trends in obesity and Abdominal obesity among Malaysian Adults: Findings from the National Health and Morbidity Survey 2006, 2011 and 2015. Southeast Asian Journal of Tropical Medicine and Public Health, 49(6), pp.1091-1102.

## 11. ORAL PRESENTATION

- **Ruhaya Salleh**. Nutrient density of commonly consumed foods: A Malaysian perspective (15<sup>th</sup> International Symposium of Health Sciences (i-SIHAT) 2026, in conjunction with the 3rd AUAP International Health Science Conference (23-24 Julai 2026).
- **Ruhaya Salleh**. Mini Seminar NHMS 2019: NCD and risk factor : Obesity and nutrition related pada 12 June 2020 bersama Pegawai NCD Negeri melalui aplikasi Zoom.
- **Ruhaya Salleh**. Findings NHMS 2019: Obesity, fruits, vegetables and sugary drinks intake: what is our next move? Bersama State and district Nutritionist pada 23 June 2020 melalui aplikasi Google Meet.
- **Ruhaya Salleh**. Prevalence of malnutrition and its associated factor among elderly. Findings from Elderly health 2018. 6<sup>th</sup> Asia-Pacific Conference on Public Health. 23 July 2019. Hotel Equatorial Penang
- **Ruhaya Salleh**. Fast food consumption among adolescents and its related factors. Findings from Adolescent Nutrition Survey 2017. 6<sup>th</sup> Asia-Pacific Conference on Public Health. 24 July 2019. Hotel Equatorial Penang,
- **Ruhaya Salleh** Preliminary findings Nutritional and dietary Practices among Elderly. Presentation to Stakeholder 7 January 2019. Institute for Public Health Bangsar.
- **Ruhaya Salleh**. Findings Adolescent Nutrition Survey 20 April 2018. Malaysian Association for adolescent Health(MAAH). Institute Of Leadership And Development, Uitm, Bandar Enstek.
- **Ruhaya Salleh**. Health related Quality of Life among Housewives. 24 October 2017. MyBff Symposium Obesity Intervention. Dorsett Hotel Putrajaya.
- **Ruhaya Salleh**: Findings Adolescent Nutrition Survey. 17 October 2017. Presentation to Steering Committee. Ministry of Health Putrajaya.



## CONT.

- **Ruhaya Salleh**; Findings Adolescent Nutrition Survey. 8 November 2017. Health Promotion Officer Technical Meeting. Pine Hotel Melaka.
- **Ruhaya Salleh**. Systematic Review on Palm Oil and Obesity pada 17 Mei 2017 di United Nation University. UKM Kuala Lumpur Hospital.
- **Ruhaya Salleh**. Sodium intake among Malaysian adults. 6 September 2016 11<sup>th</sup> Allied Health Conference, Hotel Istana, Kuala Lumpur.

## 12. POSTER PRESENTATION

- **Ruhaya Salleh**, Nurzaime Zulaily, Kimberly Wong Yui Y'ng, Noor Ul Aziha Muhammad, Shubash Shander Ganapathy, Ahmad Ali Zainuddin. Mapping the Global Research Landscape of Nutrition Grading Systems: A Bibliometric Analysis (2010–2025) 27th NIH Scientific Conference 2026 Virtual (27-28 Julai 2026). NIH Virtual
- Nurul Najiha Mohammad Nor, Mohd Firdaus Razali, Kimberly Wong Yui Y'ng, **Ruhaya Salleh**. Evaluating the Association between Sugar Label Awareness and Sugar Intake Among Malaysian Adults 27th NIH Scientific Conference 2026 Virtual (27-28 Julai 2026). NIH Virtual
- Nurzaime Zulaily, **Ruhaya Salleh**. From Single Nutrients To Dietary Patterns: Findings From a Bibliometric Mapping of Sarcopenia and Nutrition Research NIH Scientific Conference 2026 Virtual (27-28 Julai 2026). NIH Virtual
- Kimberly Yui Y'ng Wong, **Ruhaya Salleh**, Ying Ying Chan, Muhamad Khairul Nazrin bin Khalil. Sweet Drinks, Growing Concerns: Sugar-Sweetened Beverage Consumption Among Adolescents From Nhms 2024. NIH Scientific Conference 2026 Virtual (27-28 Julai 2026). NIH Virtual.
- **Ruhaya Salleh**, Kimberly Wong Yui Yng, High Consumption Of Sugar-Sweetened Beverage And Its Association Among Malaysian Adults: Findings From A Nationwide Study. Kedah 1st Kedah International Health Conference. 30-31 July 2025 Raia Hotel & Convention Centre, Alor Setar Kedah.
- **Ruhaya Salleh**, Sulhariza Husni Zain, Shubash Shander Ganapathy, Mohamad Aznuddin Abd Razak, Nurzaime Zulaily. Low birth weight among children below 5 years and its associated factors: Findings from a nationwide study. 12th National Public Health Conference in conjunction with the 26th NIH Scientific Conference 8-10 July 2025 | Everly Putrajaya.



## CONT.

- Ahmad Ali Z, **Ruhaya S**, Cheong SM, Azli B, , Lalitha P, Mohamad Hasnan A, Norsyamlina CAR, Suhaila AG,, Syahirah S and Fatehah. Development of a semi quantitative food frequency questionnaire for adolescents and adults using a population-based sample in Malaysia. 36<sup>th</sup> Scientific Conference Nutrition Society of Malaysia, 7-8 September 2021 through Zoom platform.
- Norazizah Ibrahim Wong, Nik Syamimi Ismail, Rozita Mohd Yunos, **Ruhaya Salleh**, Syafinaz Mohd Sallehudin, Sharifah Nazeera Syed Anera, Nabilah Hanis Zainuddin, Nor Azizi Abu Bakar, Mohd Azahadi Omar. Abdominal Obesity & Its Associated Factors Among Malaysian Women. Does Ethnicity Matter? 14<sup>th</sup> National Conference for Clinical Research (e-NCCR 2021), 18-20 August 2021.
- Lalitha P, Cheong SM, **Ruhaya S** and Ahmad Ali Sugar intake among Malaysian adults from consumption of commercially packed ready to drink (CPRD) beverages daily: A tabulation by socio-demographic characteristics. 36<sup>th</sup> Scientific Conference Nutrition Society of Malaysia, 7-8 September 2021 through Zoom platform.
- Ahmad Ali Zainuddin, Suhaila Abdul Ghaffar, Syafinaz Mohd Salehudin, Lalitha Palaniveloo, Cheong Siew Man, Azli Baharudin, Norsyamlina Che Abdul Rahim, Jayviktamjit Singh Manjit Singh, **Ruhaya Salleh**, Nur Fatehah Mohd Zaid. Major Food Sources of Micronutrients: Quantitative Data from Malaysian Adults Nutrition Survey (MANS 2014). 22<sup>nd</sup> NIH Scientific Conference 2021, 21-23 Sept 2021, NIH, Setia Alam, Selangor through Zoom platform.
- Ahmad Ali Zainuddin, **Ruhaya Salleh**, Cheong Siew Man, Azli Baharudin, Lalitha Palaniveloo, Mohamad Hasnan Ahmad, Norsyamlina Che Abdul Rahim, Suhaila Abdul Ghaffar, Syafinaz Mohamad Salehudin, Munawara Pardi. Major Food Sources of Calories and Macronutrients: Quantitative Data from Malaysian Adults Nutrition Survey (MANS 2014). 22<sup>nd</sup> NIH Scientific Conference 2021. 21-23 Sept 2021, NIH, Setia Alam, Selangor through Zoom platform.
- Lalitha Palaniveloo, Fatimah Othman, **Ruhaya Salleh**, Azli Baharudin, Cheong Siew Man, Mohamad Hasnan Ahmad, Nur Shahida Abd Aziz, Syafinaz Sallehudin, Nor Azian Mohd Zaki, Suhaila Abdul Ghaffar. Salt Reduction Initiatives in community: A scoping Review 22<sup>nd</sup> NIH Scientific Conference 2021, 21-23 Sept 2021, NIH, Setia Alam, Selangor.
- **Ruhaya Salleh**, Mohamad Hasnan Ahmad , Cheong Siew Man , Lalitha Palaniveloo , Azli Baharudin , Nur Shahida Abdul Aziz, Syafinaz Mohd Sallehudin, Ahmad Ali Zainuddin, Munawara Pardi , Norsyamlina Che Abdul Rahim, Suhaila Abdul Ghaffar Mohd Azahadi Omar, Norazizah Ibrahim Wong. Risk Factors For Underweight Children Under Five Years Old. Evidence From A Case-Control Study In Putrajaya, Malaysia. 13<sup>th</sup> National Conference for Clinical Research (e-NCCR 2020), 24-26 August 2020.



## CONT.

- **Ruhaya S**, Shubash Shander G, Norazizah IW, Mohamad Hasnan A, Nur Shahida AA, Cheong SM, Lalitha P, Ahmad Ali Z, Munawara P, Norsyamlinea CAR, Suhaila AG, Syafinaz MS, Azli B Changes of stunting among children below five years old in Malaysia from 2015 and 2019. Nutrition Society of Malaysia, 35<sup>th</sup> Scientific Conference 24-25 November 2020 (webinar).
- **Ruhaya Salleh**, Norazizah Ibrahim Wong, Lalitha Palaniveloo, Cheong Siew Man, Mohamad Hasnan Ahmad, Ahmad Ali Zainudin, Suhaila Abd. Ghaffar, Azli Baharudin, Nur Shahida Abd. Aziz, Syafinaz Mohd Sallehuddin, Munawara Pardi, Norhafizah Sharil, Noor Ani Ahmad. Sociodemographic factor, depression and food insecurity status among elderly individuals in Malaysia: Findings from Elderly Health 2018. 22<sup>nd</sup> Medical and Health Research Week 2020, 26 August 2020.
- Norsyamlinea Che Abdul Rahim, Jayvikramjit Singh a/l Manjit Singh, Munawara Pardi, Syafinaz Mohd Sallehuddin, Ahmad Ali Zainuddin, **Ruhaya Salleh**. A Review on Nutrition and Dietary Recommendation During COVID-19 Pandemic. 13<sup>th</sup> National Conference for Clinical Research (e-NCCR 2020), 24-26 August 2020.
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## 14. SPEAKER AT WORKSHOP OR MEETINGS

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- Bengkel Penyelidikan Bersama Pegawai Sains Pemakanan Negeri Terengganu pada 4 hingga 5 Mei 2026
- Bengkel Penyelidikan Bersama Pegawai Sains Pemakanan Negeri Selangor pada 22 Januari 2026.

## 15. TECHNICAL WORKING GROUP

- Health Research Priorities. National Institute of Health Ministry of Health Malaysia.
- Nutrition Research Priorities. Research Priority Area. Food and Nutrition Security.

# THANK YOU



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