

14  
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11AM-12PM

# Healthy Lifestyle

FOR PROFESSIONALS

## synopsis



Healthy lifestyle is a new buzzword that is getting attention especially among professionals such as engineers. However, the life of a busy engineer is an endless series of urgent projects and deadlines. With the work demands and family commitments, it is very easy to lose sight of basic personal requirements like eating well, doing some sort of exercise and getting enough sleep. Sadly, when our body loose out to the development of chronic disease, it is too late to turn back the clock. The latest Healthy and Morbidity Survey by Ministry of Health shows that the combined prevalence of obesity and overweight among adults in Malaysia is 51%. Both are known as 'mother of chronic disease' as it increases the risk of diabetes, hypertension, coronary heart disease and some types of cancers.



Healthy lifestyle and longevity is closely related. Worldwide, public health research has shown that those who live a healthy lifestyle has not only longer life but also higher quality of life. What is healthy lifestyle, exactly? This question is answered by researchers in Harvard University listing 5 habits namely healthy weight, healthy physical activity, healthy body weight, smoking and alcohol intake. This talk will provide you simple ways in achieving health lifestyle and hopefully longevity particularly in the context of the challenges that we have as professionals in Malaysia.

The talk will cover:

- Healthy eating strategies (at home and out of home)
- Physical activity options
- Weight management tips
- Smoking effects (active and passive)
- Alcohol intake



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## the speaker

Professor Dr Hamid Jan works as a lecturer at the Nutrition and Dietetics Programme, Universiti Sains Malaysia (USM) since year 2007. He joined this institution immediately after completing his PhD (Nutrition) at King's College London, United Kingdom. He holds a Masters Degree in Nutrition from UKM and Bachelor Degree in Nutrition and Community Health from UPM. He received extensive training on laboratory skills from the Diploma in Medical Laboratory Technology Course at USM.

In addition to teaching undergraduate students, Dr Hamid has successfully graduated 7 PhD and 10 Master (MSc) students and currently supervising 10 PhD students on various research topics. Dr Hamid also works closely with the Ministry of Health Malaysia by being committee member of the Technical Working Group for Nutrition Guidelines (Children/Adults/Elderly) and other consultative activities.

Dr Hamid is currently the Chairman Technical Working Group (Nutrition Research) for the Ministry of Health Malaysia.

**PROF. DR. HAMID JAN BIN JAN MOHAMED**  
Dip. Medical Lab Technology (USM); B.Sc. Nutrition & Community Health (UPM); M.HSc. Nutrition (UKM); Ph.D Nutrition (London); Grad. Cert. Academic Practice (London)



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