



## CURRICULUM VITAE

### A. BUTIR-BUTIR PERIBADI (*Personal Details*)

Nama Penuh ( <i>Full Name</i> )	ZALILAH MOHD SHARIFF		Gelaran ( <i>Title</i> ): PROFESOR
Warganegara ( <i>Citizenship</i> )	MALAYSIAN	Bangsa( <i>Race</i> ) MALAY	Jantina ( <i>Gender</i> ) FEMALE
Jawatan ( <i>Designation</i> )	PENSYARAH		

Jabatan/Fakulti ( <i>Department/Faculty</i> ) <b>DEPARTMENT OF NUTRITION AND DIETEICS</b>	E-mel dan URL ( <i>E-mail Address and URL</i> )
Tel: 03-89472472 Fax: 03-89426769	E-mail: <b>zalilahms@upm.edu.my</b>

### B. KELAYAKAN AKADEMIK (*Academic Qualification*)

Nama Sijil / Kelayakan ( <i>Certificate / Qualification obtained</i> )	Nama Sekolah Institusi ( <i>Name of School / Institution</i> )	Tahun ( <i>Year obtained</i> )	Bidang pengkhususkan ( <i>Area of Specialization</i> )
BSC (HONORS)	MICHIGAN STATE UNIVERSITY	1991	DIETETICS
MSC	MICHIGAN STATE UNIVERSITY	1993	COMMUNITY NUTRITION
PHD	MICHIGAN STATE UNIVERSITY	1998	COMMUNITY NUTRITION

### C. PENGALAMAN SAINTIFIK DAN PENGKHUSUSAN

(*Scientific experience and Specialisation*)

Organization	Position	Start Date	End Date	Expertise

### D. PEKERJAAN (*Employment*)

Majikan / Employer	Jawatan / Designation	Jabatan / Department	Tarikh lantikan / Start Date	Tarikh tamat / Date Ended

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#### E. ANUGERAH DAN HADIAH (Honours and Awards)

Name of awards	Title	Award Authority	Award Type	Year
Academic Awards	First International Nutritionist/Dietitian Fellowship	American Dietetics Association	Attending courses in US	2004-2005
Non-Academic Awards	NF Short Term Fellowship South East Asia Nutrition Leadership	ILSI SEAMEO Trop Med	Travel grant Leadership training	2005 2002
Awards of Merit	Nutrition Society Malaysia Fellowship	Nutrition Society Malaysia	NSM Fellow	2014

#### F. SENARAI PENERBITAN (Sila masukan nama pengarang, tajuk, nama jurnal, jilid, muka surat dan tahun diterbitkan) (List of publications – author (s), title, journal, volume, page and year published)

Journal	<ol style="list-style-type: none"> <li>Heng Yaw Y, Zalilah MS*, Zulida R, Barakatun Nisak MY, Farah Yasmin, Lalitha P. Seremban Cohort Study (SECOST): A prospective study of determinants and pregnancy outcomes of maternal glycaemia in Malaysia. <i>BMJ Open</i> 2018;8: e018321. doi:10.1136/bmjopen-018321</li> <li>Nor Baizura MY, Zalilah MS*, Ting TH, Ruzita AT, Spurrier N. The effectiveness of a stage-based lifestyle modification intervention for obese children. <i>BMC Public Health</i> 2018 <a href="https://doi.org/10.1186/s12889-018-5206-2">https://doi.org/10.1186/s12889-018-5206-2</a></li> <li>Ee Yin Chua, Mohd Shariff Zalilah*, Karppaya Haemamalar, Sulaiman Norhasmahan and Appannah Geeta. Obesity indices predict hypertension among indigenous adults in Krau Wildlife Reserve, Peninsular Malaysia. <i>J Health, Population and Nutrition</i> 2017; 36:24</li> <li>Ali A, Zalilah MS*, Chan YM, Hejar AR, Yehia A. Use of micronutrient powder in at-home foods for young children (6-18 months): A feasibility study. <i>Pak J Nutrition</i> 2017; DOI: 10.3923/pjn.2017.372.377</li> <li>Heng Yaw Y, Zalilah MS*, Wan Tan C, Jia Koo S. Pre-pregnancy BMI and intake of energy and calcium are associated with the vitamin D intake of pregnant Malaysian women. <i>Family Medicine &amp; Primary Care Review</i> 2017; 19(4): 417-423</li> <li>Heng Yaw Y, Zalilah MS*, Jamilah S. Pre-pregnancy BMI and gestational weight gain are associated with 6 months postpartum weight retention. <i>Int J Public Health &amp; Clin Sciences</i> 2017; 4(4): 112</li> <li>Heng Yaw Y, Zalilah MS*, Shi Jia K, Norul Syurafak S. Pre-pregnancy body mass index, height and physical activity are associated with rate of gestational weight gain among Malaysian mothers. <i>J Obs Gynaec Res</i> 2016; doi:10.1111/jog.13039</li> <li>Nurliyana AR, Zalilah MS*, Mohd Nasir MT, Wan Ying G, Kit-Aun T. Early nutrition, growth and cognitive development of infants from birth to 2 years in Malaysia: a study protocol. <i>BMC Pediatrics</i> 2016; 16: 160</li> <li>Zalilah MS*, Geok Lin K, Sarina S, Yit Siew C, Barakatun Nisak MY, Yoke Mun C, Soo Lee H, Maznorila M. Higher dietary energy density is associated with stunting but not overweight and obesity in a sample of urban Malaysian children. <i>Eco Food Nutr</i> 2016; 55(4): 378-389</li> <li>Sharifah Intan Zainun SI, Yit Siew C, Mohd Nasir MT, Zalilah MS. School-based intervention to prevent overweight and disordered eating in secondary school Malaysian adolescents: a study protocol. <i>BMC Pub Health</i> 2016; 16:1101</li> <li>Fatemeh E, Zalilah MS*, Tabatabaei SZ, Fathollahi MS, Yoke Mun C. Relationship between sociodemographics, dietary intake and physical activity with gestational weight gain among pregnant women in rafsanjan city, Iran. <i>J Health Pop Nutr</i> 2015; 33(1): 168-</li> </ol>
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12. Wong CY, Zalilah MS\*, Chua EY, Norhasmah S, Chin YS, Siti Nur Asyura A. Double-burden of malnutrition among the indigenous peoples of Peninsular Malaysia. *BMC Public Health* 2015; 15: 680
13. Zalilah MS\*, Khor GL, Sarina S, Huang SL, Chin YS, Barakatun Nisak MY, Yoke Mun C, Maznorila M. The relationship between household income and dietary intakes of 1-10 year old urban Malaysians. *Nutr Res Prac* 2015; 9(3): 278-287
14. Khor GL, Zalilah MS\*, Sarina S, Huang SL, Chin YS, Barakatun Nisak MY, Yoke Mun C, Maznorila M. Milk drinking patterns among Malaysian urban children in different household income status. *J Nutrition and Health Sciences* 2015; 1(4): 403
15. Ihab AN, Rohana AJ, Wan Manan WM, Wan Suriati WN, Zalilah MS, Mohamed Rusli. Assessment of food insecurity and nutritional outcomes in Bachok, Kelantan. *J Nutr Food Sci* 2015; 5:3
16. Sanker Kaartina, Yit Siew Chin1, Rezali Fara Wahida, Fui Chee Woon, Chu Chien Hiew, Zalilah MS, Mohd Taib Mohd Nasir. Adolescent self-report and parent proxy-report of health-related quality of life: an analysis of validity and reliability of PedsQL™ 4.0 among a sample of Malaysian adolescents and their parents. *Health and Qual Life Outcomes* 2015; 13: 44
17. Nor Baizura MY, Zalilah MS\*, Ting TH, Ruzita AT, Spurrier N. Dietetic practices in the management of childhood obesity in Malaysia. *Mal J Nutr* 2014; 20(2): 255-267
18. Khosro S, Zalilah MS\*, Mohd Nasir MT, Hejar AR, Majid GM, Hadi J. Parental body mass index is associated with adolescent overweight and obesity in Mashhad, Iran. *Asia Pacific Journal Clinical Nutrition* 2014; 23(2): 225-231
19. Yong HY, Zalilah MS\*, Mirmalini K, Nurfaizah S, Sarina S, Zailina H. Diet and physical activity in relation to weight change among breast cancer patients. *Asia Pacific Journal Cancer Prevention* 2014; 15(1): 39-44
20. Zalilah MS\*, Norhasmah S, Rohana AJ, Wong CY, Yong HY, Mohd Nasir MT, Mirmalini K, Khor GL. Food security and the metabolic syndrome among women from low income communities in Malaysia. *Asia Pacific Journal Clinical Nutrition* 2014; 23(1): 138-147
21. Wong CY, Zalilah MS\*, Mirmalini K, Mohd Nasir MT. Stages of change to increase fruit and vegetable intake and its relationship with fruit and vegetable intake and related psychosocial factors. *Nutrition Research and Practice* 2014; 8(3): 297-303
22. Esra T, Zalilah MS\*, Ali JE, Chan YM, Fatemeh E. Dietary calcium intake and socioeconomic status are associated with bone mineral density in postmenopausal women. *World Applied Sciences Journal* 2014; 31(2): 244-252
23. Barakatun-Nisak MY, Somayyeh F, Zalilah MS, Norlaila M, Nor Azlin MI, Nor Azmi K. Weighing the evidence of low glycemic index dietary intervention for the management of gestational diabetes: an Asian perspective. *International Journal Food Science and Nutrition* 2014; 65(2): 144-150
24. Ilhab AN, Rohana J, Wan Manan WM, Wan Suriati WN, Zalilah MS, Mohamed Rusli A. Association between household food insecurity and nutritional outcomes among children in northeastern of Peninsular Malaysia. *Nutrition Research and Practice* 2014; 8(3): 304-311)
25. Akram Safari, Zalilah Mohd Shariff\*, Mirmalini Kandiah, Bahram Rashidkhani and Foroozandeh Fereidooni. 2013. Dietary patterns and risk of colorectal cancer in Tehran Province: A case-control study. *BMC Public Health*. 1471-2458/13/222
26. Nor Baizura MY, Chan YM, Zalilah MS\*, Choo Beng Huat. 2012. Factors associated with quality of life among hemodialysis patients in Malaysia. *PLOS One* 8(12):e84152
27. Cynthia J, Zalilah MS\* and Lim MY. 2013. Relationship between Family Meals away from Home and Nutritional Status of Adolescents. *Malaysian Journal of Nutrition*. 19(1): 25-36.
28. Ihab AN, Rohana AJ, Wan Manan WM, Wan Suriati WN, Zalilah MS, Rusli AM. 2013. Nutritional outcomes related to household food insecurity among mothers in rural Malaysia. *Journal Health Population Nutrition* Dec(4):480-489
29. Ihab AN, Rohana AJ, Wan Manan WM, Wan Suriati WN, Zalilah MS, Rusli AM. 2013. The coexistence of dual form of malnutrition in a sample of rural Malaysia. *International Journal of Preventive Medicine*. 4(6): 690-699.
30. Ang YK, Mirmalini K and Zalilah MS. 2013. A workplace email-linked website intervention for modifying cancer-related dietary and lifestyle risk factors: Rationale, design and baseline findings. *Malaysian Journal of Nutrition*. 19(1): 37-52.
31. Nazari M, Sharifah Zainiyah SY, Lye MS, Zalilah MS, Heidarzadeh M. 2013. Comparison of maternal characteristics in low birth weight and normal birth weight infants. *Eastern Mediterranean Health Journal*. 19(9): 775-781.

	<p>32. Nazari M, Mohammad H, Monireh H, Sharifah Zainiyah SY, Lye MS, Zalilah MS. 2013. Relationship between zinc concentration in plasma cord blood and infant anthropometric measurement. Journal Mazandaran University Medical Science 23(98):156-162</p> <p>33. Wong HW, Zailina H, Zubaidah JO, Saidi M, Yong Y, Zalilah MS. 2013. The relationship between psychological distress with salivary alpha-amylase and stress related symptoms among breast cancer survivors. Health. 5(4):811-816</p>
<b>Books/Monographs</b>	<p>1. Zalilah MS, Norhasmah S, Yit Siew C, Sarina S, Wong CY, Roza I, Heng Yaw Y, Mimi Izzaida MA. 2015. Modul Pengajaran Pemakanan dan Kesihatan Kanak-kanak Orang Asli. (ISBN 978-983-43735-9-7)</p> <p>2. Zalilah MS. Penyediaan makanan bayi dan kanak-kanak. 2013. Modul Latihan Pemakanan Bayi dan Kanak-kanak. Pg 84-126. Putrajaya: Ministry of Health</p> <p>3. Pemakanan untuk Pesakit Kanser Payudara (Nutrition Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-3-1)</p> <p>4. Pengambilan Tenaga untuk Pesakit Kanser Payudara (Energy Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-4-8)</p> <p>5. Perubahan Berat Badan untuk Pesakit Kanser Payudara (Weight Changes for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-5-5)</p> <p>6. Pengambilan Lemak untuk Pesakit Kanser Payudara (Fat Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-6-2)</p> <p>7. Aktiviti Fizikal untuk Pesakit Kanser Payudara (Physical Activity Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-7-9)</p> <p>8. Pengambilan Buah-buahan dan Sayuran untuk Pesakit Kanser Payudara (Fruit and Vegetable Intakes for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-8-6)</p> <p>9. Pengambilan Suplemen Diet untuk Pesakit Kanser Payudara (Supplement Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44361-9-3)</p> <p>10. Pengambilan Alkohol untuk Pesakit Kanser Payudara (Alcohol Intake for Breast Cancer Patients) – Zalina AZ, Zalilah MS &amp; Mirnalini K (2010) (ISBN 978-983-44616-0-7)</p> <p>11. Ke Arah Pencegahan Kanser – Langkah-langkah Mudah &amp; Praktikal (Towards Cancer Prevention – Easy and Practical Steps) – Mirnalini K, Ang YK &amp; Zalilah MS (2009) (ISBN 978-967-344-076-4)</p> <p>12. Pemakanan Semasa Kemoterapi (Nutrition during Chemotherapy) – Zalilah MS, Mazanah M, Othman O &amp; Noraani M (2009) (ISBN 978-983-43724-3-9)</p>
<b>Chapter in book</b>	<p>13. Zalilah MS, Mahendran A. 2017. Zinc. Recommended Nutrient Intakes for Malaysia. Pg 356-373. Putrajaya: NCCFN, Ministry of Health</p> <p>14. Munirah MN, Zalilah MS. 2017. Selenium. Recommended Nutrient Intakes for Malaysia. Pg 374-389. Putrajaya: NCCFN, Ministry of Health</p> <p>15. Zalilah MS, Zhuo Lin C, Rusidah S, Ahmad Ali Z, Mohd Wan Azdie MAB. 2014. Food Security Status. National Health and Morbidity Survey 2014 – Malaysian Adult Nutrition Survey (MANS) Volume II. Pg 3-17. Kuala Lumpur: Institute for Public Health</p> <p>16. Zalilah MS, Azmi MY, Yasmin O, Mirnalini K, Safiah MY, Siti Sabariah B. 2013. Eat Fruit and vegetables every day. Malaysian Dietary Guidelines for Children and Adolescents. Pg141-154. Putrajaya: Ministry of Health</p>
<b>Proceedings</b>	
<b>Other publications</b>	
<b>Computer software</b>	

G. PROJEK PENYELIDIKAN TERDAHULU(Past Research Project)					
Project No.	Project Title	Role	Year	Source	Status
	Early nutrition, growth and cognitive development of infants from birth to 2 years in Malaysia	Project leader	2016-	FRGS	On-going
	Determinants and outcomes of maternal glycemia	Project leader	2013-	Danone-Dumex	On-going
	Determinants of metabolic syndrome among Orang Asli adults	Project leader	2011-2015	FRGS	Completed
	Timing of growth faltering and its association with positive deviant behaviour among under 2 years old Orang Asli children	Project leader	2011-2015	RUGS	Completed
	Empowerment of Orang Asli women with nutrition knowledge on child nutrition	Project leader	2009-2014	Ajinomoto	Completed
	Assessing dietary intake and milk drinking patterns of children (1-10 years) from various socio-economic groups	Project leader	2010-2012	Danone-Dumex	Completed
	Lifestyle modification and educational intervention for breast cancer survivors	Project leader	2006-2012	Science Fund	Completed
	CAM practices among cancer patients: Knowledge and communication patterns among cancer patients and physicians	Project leader	2007-2009.	RUGS	Completed
	Are there associations between weight change and physical activity among diagnosis with breast cancer Malaysian women?	Project leader,	2007-2008	FRGS	Completed
	Concurrent validation of a rapid appraisal method for household food insecurity among low income household	Project leader	2004-2007	IRPA	Completed
	Health and nutrition intervention for Orang Asli households- a focus on intra-household factors	Project leader	2003-2006	IRPA	Completed