At MyWASSH, we are a multidisciplinary network of clinician-doctors, other clinical specialists, dietitians, academics, public health specialists, scientists, researchers, and educators with a keen interest in inculcating salt and sugar reduction strategies into aspects of the food industry, lawmakers and the general public.

**MyWASSH is an Affiliated Society of:**
- World Hypertension League
- International Society of Hypertension

**Associated Societies and Institutions**
- Sunway University
- MSH-SU Young Investigator Network
Professor Datin Dr Chia Yook Chin is a hypertension specialist of the European Society of Hypertension and was the president of the Malaysian Society of Hypertension for 6 years from 2014-2020. She is also a member of the Malaysian Clinical Practice Guidelines on the management of hypertension.

Her research interest has focused on hypertension. One of the contributors of high blood pressure/hypertension is high salt intake. The daily salt intake in Malaysia is 7.9 g/day, much higher than the recommended World Health Organization target of <5 g/day. The Malaysian Ministry of Health has embraced the call of WHO to reduce salt intake by the population. Health care professionals in Malaysia need to contribute and encourage the community to subscribe to a lower salt intake.

In line with this, Prof Chia embarked on research on salt content in foods, as well as being a member of the Newton-Omar research team, currently conducting more research in order to develop a policy to reduce the salt content of food consumed outside the home in Malaysia. At the same time, Prof Chia established and founded a new society called MyWASSH (Malaysian Society for World Action on Salt, Sugar and Health) which has been fully registered with the Malaysian Registrar of Societies in November 2021. The main aims of this society are to promote salt and sugar reduction for better health and to provide education on salt, sugar intake and health to the public.

Furthermore, Prof Chia has also established affiliation of MyWASSH with World Hypertension League and the International Society of Hypertension with the aim of working together to reduce salt intake. She also initiated a memorandum of understanding between MyWASSH, UK WASSH and Sunway University.

In recognition of her work in salt reduction at population level, the World Hypertension League has awarded Prof Chia the 2022 Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level.
ABOUT MyWASSH

The Malaysian Society for World Action on Salt, Sugar and Health (MyWASSH), a new society registered with the Malaysian Registry of Societies (Number PPM-008-10-10112021) in October 2021, consists of clinicians, educators, and specialists with a strong interest in reducing salt and sugar intake in Malaysia. The organization is affiliated with the World Action on Salt, Sugar and Health (WASSH) based in the United Kingdom, which is a global group aiming to improve population health throughout the world by achieving a gradual reduction in salt and sugar intakes. MyWASSH is also an associate member of and endorsed by the World Hypertension League as well as being an affiliate member of the International Society of Hypertension.

MyWASSH seeks to inculcate salt and sugar reduction strategies by engaging with lawmakers, the food industry, the media, the health care professionals and the general public.

FROM THE EDITOR

The editors are delighted to bring to you the 1st MyWASSH Bulletin, for all the members. This biannual Bulletin updates MyWASSH members of events related to health, especially in the reduction of salt and sugar, both in Malaysia and internationally. In this issue, we shared some great modified recipes that are healthier than the original version and it is failproof too. We hope you will enjoy the 1st Bulletin, as more will be on the way, and we take pleasure in putting them together for you. All members’ contributions of events, recipes and MyWASSH related are most welcome!
Mission & Aims

MISSION

MyWASSH works to help Malaysians to achieve a reduction in dietary salt intake from the current average of 10-15g per day to the World Health Organization (WHO) maximum target of 5 g per day. MyWASSH also aims to lower sugar and excess calorie intake and advocate for mandatory nutrition labelling, marketing restrictions on unhealthy food and public awareness campaigns.

By ensuring robust and comprehensive reformulation programmes are in place Malaysia, MyWASSH can help to ensure a reduction in the burden of cardiovascular disease, obesity, tooth decay, type 2 diabetes and several cancers.

AIMS

• To promote salt and sugar reduction for better health
• To provide education on salt, sugar intake and health
• To work together with other professional societies, communities, policy makers, food industries, and other stakeholders to strengthen salt and sugar reduction
• To build capacity by providing training on salt and sugar related research for young and budding researchers.
• Stimulate action on salt, sugar and calorie reduction from governments, the food industry, the media and the public.
MyWASSH has been officially launched!

The Industry and Stakeholder Engagement Session for Salt Reduction was held in the Ministry of Health, Putrajaya, on the 12th of May 2022. The event was launched by the Honourable Dato’ Dr Haji Noor Azmi bin Ghazali, the 1st Deputy Minister of Health. An introductory speech was given by Dr Rabindra Romauld Abeyasinghe, Head of Mission and WHO Representative to Malaysia, Brunei and Singapore. This was followed by the keynote speech on the National Salt Reduction Strategy Plan for 2021-2025 by Dr Hamdan bin Mohamad, Dietetic Officer from the Disease Control Division of the Ministry.

Three Malaysian studies were presented by their respective investigators. The first study was a Survey of Salt Levels in Street Foods in Malaysia, shared by A/Prof Dr. Hasnah Bt Haron from the National University of Malaysia. The next two studies were on Barriers, Enablers & Perception on Salt Reduction, on two separate groups (Out of Home Sectors and School Canteen Operators). The studies were shared by Prof Dr Suzana bt Shahar of the National University of Malaysia, and Prof Dr Hazreen bin Abdul Majid of the University of Malaya.

Then came Prof Dr Sibrandes Poppema, President of Sunway University and Honorary Advisor for MyWASSH, to introduce our society as well as reiterate the University’s support for the goals of the Ministry. A brief recorded speech was also given by Prof Dr Chia Youk Chin to explain the society’s work and affiliations with other international groups.

The industry representatives were also present to engage with stakeholders to kick start reformulation efforts.

Thank you KEMENTERIAN KESIHATAN MALAYSIA for the opportunity to introduce us. Thank you Sunway University for the leadership and support!
COMMITTEE MEMBERS

Honorary Member
Prof Sibrandes Poppema

Honorary Member
Prof Graham MacGregor, CBE

Honorary Member
Prof Feng J He

President
Prof. Datin Dr Chia Yook Chin

Vice President
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CME Coordinator
Dr Lim Hooi Min

Biannually Bulletin Editor
Dr Chew Ming Tsuey

Biannually Bulletin Editor
Dr Nurul 'Ain Azizan

Content Reviewer Panel
Dr Navin Kumar Devaraj
World Salt Day Campaign
~Public Awareness on Healthy Diet Concept

In conjunction with the World Salt Awareness Week between March 14-20, Buddhist Tzu-Chi Merits Society Malaysia in Perak was invited to Klinik Kesihatan in Kinta district for World Salt Day awareness campaign, to help in shooting video for public awareness about salt intake and share information regarding 21Days Health challenge, promote healthy diet concept.

The Salt Awareness Activity in Gunung Ledang Resort is held on 19 March 22 (9am to 3pm)

In conjunction with the local blood donation activity, We have 'reached' quite many tourists and distributed about 100 flyers to more than 50 groups (2-5 persons). More flyers were put up at the resort counter and the resort staffs was helping to distribute. There were some Q&As with the tourists as well, and the responses were quite good.
Hypertension Awareness Week  
on 23rd May 2022

In conjunction with the Hypertension Awareness Week, University Malaya Medical Centre conduct 3 days of Blood Pressure Screening Campaign in UM Clinic.

Let’s Fight Against Hypertension and Diabetes  
18 June 2022

A health screening was conducted at Klang Parade Shopping Complex, a collaboration with Klang Town Council and Malaysia Society of Hypertension. This health screening not only provided blood pressure and blood sugar check up, but also few slots with the experts in hypertension and diabetes.
The published World Hypertension League, Resolve to Save Lives and the International Society of Hypertension fact sheet and global call to action on reducing dietary sodium (salt) was supported by 70 additional national and international health and scientific organizations¹.

The Call to Action can be rapidly accessed at http://rdcu.be/cN1Mn and represents the position of mainstream scientific and health care organizations.

The Global Call to Action outlines:
- the burden of disease caused by high dietary sodium,
- scientific evidence supporting recommendations to reduce dietary sodium,
- dietary recommendations to reduce dietary sodium,
- estimated levels of sodium intake,
- cost effectiveness of programs to reduce dietary sodium,
- sources of controversy,
- interventions to reduce dietary sodium and
- updated resources on the adverse healing effects of high dietary sodium and interventions to reduce dietary sodium.

The Call encourages all health care professionals, scientists, and the organizations that represent them to advocate for sodium reduction to be a high global priority and for all nations to develop effective programs to reduce sodium intake to recommended levels. Organizations can review the Global Call to Action and indicate their support for the Call by contacting the World Hypertension League here. An updated list of supporting organizations will be maintained until 2025. Since the Call's publication, the Libin Cardiovascular Institute (Canada) has also indicated its support bringing the number of sponsoring/supporting organizations to 74.
Old Fashioned-Chicken Soup

**Ingredients:**
- 600g chicken (skinless)
- 1/8 tablespoon ground turmeric (optional)
- 1 large onion
- 2 carrots, medium size
- 2 cups green cabbage, chopped
- 2 cups potatoes, with skin, diced
- 1 teaspoon salt (5g; 1959 mg sodium)
- ½ teaspoon black pepper, oregano, dried basil
- ¼ cup parsley, fresh, chopped, for garnish water

**Methods:**
1. In a large soup pot, pour in water and add in skinless chicken, ground turmeric, chop onion, slice celery, chopped carrot, mince garlic, shredded green cabbage and dice potatoes.
2. Cover the pot and bring to a boil.
3. Once boiled, reduce the heat and simmer for 30 minutes.
4. Season the broth with salt, pepper, dried oregano, and basil. Simmer another 15 minutes.
5. Once ready, garnish with fresh minced parsley and can serve with rice or noodle.

Brownies

**Ingredients:**
- 250g dark chocolate
- 3nos egg
- 1 tsp vanilla extract
- 100 g unbleached flour
- 125g unsalted butter
- 160g brown sugar
- 50g cocoa powder
- 1/2 tsp of baking powder

**Methods:**
1. Double boil the dark chocolate compound and unsalted butter.
2. In another bowl, combine eggs, sugar and vanilla extract. Beat lightly until sugar dissolved.
3. Pour the double-boiled ingredients into the bowl with lightly beated ingredients. Add the cocoa powder, unbleached flour and baking powder. Mix gently. Do not beat.
4. Greased a 9x9 inch cake pan with some butter. Pour the batter mixture. Preheated oven for 10 minutes at 160 C, and bake for 35 to 40 minutes (adjust heat and time according to each own oven). Baked until perfection. Enjoy!
Char Kway Teow

Ingredients:
- 350g kway teow
- 200g taugeh
- 200g mustard leaves
- 150g prawns (without head)
- 2 tablespoon dark soy sauce (40g; 1128 mg sodium)
- 1 tablespoon thin soy sauce (17g; 1255 mg sodium)
- 1/2 teaspoon white pepper
- 3 tablespoon oil

Blend together:
- 30g shallots
- 15g garlic
- 35g red chilies

Methods:
1. In a wok, heat oil. stir fry the blended ingredients.
2. Add in prawns and stir.
3. Add in soy sauces, taugeh and mustard leaves.
   Stir nicely.
   Add the white pepper.
5. Garnished with sliced of chili and drizzle with calamansi lime juice for better taste.

Healthy Overnight Oats

Ingredients:
Ingredient ratio:
- 1 part oat + 1 part milk + 1/8 part seed
- Plain rolled oat
- Milk (full fat/low-fat milk/plant-based milk)
- Chia seed
- Greek or vegan yogurt
- Vanilla extract
- 1/2 teaspoon Honey or maple syrup
- Topping (up to own preference: chopped fresh fruits, dried fruits, nuts, seeds or spices)

Container: a bowl/a mason jar/ glass cup

Methods:
1. Combine rolled oats and chia seeds together in either a bowl or a mason jar or glass cup.
2. Add yogurt and vanilla extract.
3. Add sweetener of choice (honey or maple syrup) and milk.
4. Mix all the ingredient together until no clumps seen.
5. Seal or cover with a lid and keep chill in refrigerator for overnight.
6. Enjoy it the next morning with preferred topping for breakfast.
**Benefits of Membership**

1. Membership is open to individuals or persons interested in salt and sugar reduction for better health.
2. Student members shall have no voting rights but are eligible to enjoy the rights and privileges of ordinary members.
3. Affiliated Membership is open to any organisations interested in the activities and objectives of the Society. They shall have no voting rights.
4. There is a membership registration fee of RM50 for Life/Ordinary members, RM20 for student members, and RM500 for Affiliated members. Membership fees are subject to change as when necessary.
5. No annual renewal fee will be charged for membership. However, members are required to renew their membership status on a biennial basis.
6. Every application for membership shall be proposed and seconded by two existing members and shall be forwarded to the Secretary who shall at the first convenient opportunity, submit it to the Committee for approval. The Committee may at its discretion reject any application without assigning any reason thereof.
7. Every applicant whose application has been approved as aforesaid shall, upon payment of the prescribed entrance fee and membership fee, be admitted as a member of the Society and shall be entitled to all the privileges of membership.
8. A university or university-college student shall not be eligible for membership without the prior approval of the Vice-chancellor of the university concerned.

**Membership Fees & Subscription**

There are four categories of membership:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life / Ordinary Member</td>
<td>RM50.00</td>
</tr>
<tr>
<td>Student Member</td>
<td>RM20.00</td>
</tr>
<tr>
<td>Affiliated Member</td>
<td>RM500.00</td>
</tr>
</tbody>
</table>

Any member who does not renew his biennial membership two months after the lapsed date will be deemed to be no longer a member and shall be denied the privileges of membership until he renews his membership status.

The Committee shall have the power to fix a re-entrance fee for any person who has allowed his membership to lapse.

Special subscriptions or levies for particular purposes may be raised from members by resolution of the general meeting of the Society. If any member fails to pay such subscription/levies within such period as may.
Future Events

1. EUROPAN SOCIETY OF HYPERTENSION 2022
   June 17-22, 2022
   Athens, Greece and Virtual

2. PULSE OF ASIA 2022
   Webinar: 2nd July 2022 (free registration for <35 years)
   Registration: https://www.poa2022.net/registration-2

3. ISH KYOTO 2022
   October 12-16, 2022
   Kyoto, Japan

4. WORLD HEALTH SUMMIT
   October 16-18, 2022
   Berlin and Digital

5. 14TH WORLD STROKE CONFERENCE (WSC)
   October 26-29, 2022
   Singapore

6. KOREAN SOCIETY OF HYPERTENSION CONFERENCE
   4th - 5th November 2022
   Seoul, Korea