



ASMA' ALI

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EDUCATION



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EXPERTISE

Field

Public Health Nutrition

Expertise

Community Nutrition

Specialization

Dietary assessment

Ultra-processed foods

Diet Quality assessment


RESEARCH CONTRIBUTION & ACHIEVEMENT

My research interest is more on ultra-processed foods consumption, diet quality assessments especially among children, and food insecurity among the vulnerable groups in Malaysia (i.e. fishermen in the east coast, homeless children, orang asli and also the university students). I have been awarded a university grant on Development of New Food Classification (Ultra-Processed Foods/Products (UPP) and its association with Nutritional Status of Malaysian Population. Briefly, this study is in regards to consumption of highly processed foods or I called it as ultra-processed foods. To date, there are lacks of data on consumption of highly processed foods in Malaysia. This particular study will be one of the studies that may contribute empirical data on the patterns of highly processed food consumption in Malaysia via the UPP approach. The data are crucially needed as evidence on growth of highly processed foods in Malaysia is small. In addition, in Malaysia, no study to-date has yet conducted research on developing a more evidence-based and critical approach model by grouping foods based on the food processing. This model will subsequently be tested for an association with selected nutritional status. This is to see the implication of this new food classification, UPP, towards the nutritional status of population in Malaysia. My students and I have been working on this study for the past two years until present. In light of the diet quality and food insecurity, one of the study done was on the fishermen children's diet quality. There has been a lack of study on the diet quality of children from fishing communities, especially those on the East Coast of Peninsular Malaysia. The extent to which the nutritional status of fishermen's children may be influenced by their diet quality is unknown. A part from that, we also determine their breakfast consumption and its relationship with cognitive performance among fishermen's children in Terengganu. We also assessed the fishermen household food insecurity and their food coping strategies in sustaining their food availability especially during the monsoon season.

PUBLICATION

- 📄 Scopus ID : 57196031660
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