

SYMPOSIUM REPORT

INTERNATIONAL SYMPOSIUM ON WELLNESS AND HEALTHY LIFESTYLE

Gadjah Mada University, Jogjakarta, Indonesia

25 Februari 2010

Prepared by:

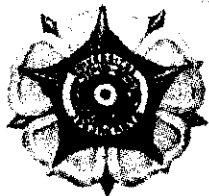
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Abstract Book

INTERNATIONAL SYMPOSIUM ON WELLNESS AND HEALTHY LIFESTYLE

"For a Rich & Full Life - Healthy Nutrition
Weight Control, and Daily Exercise Routine"



Organized by

School of Nutrition & Health, Faculty of Medicine, Gadjah Mada University

In Collaboration with

Universiti Sains Malaysia, Malaysia - Waseda University, Japan



UNIVERSITI SAINS MALAYSIA

USM



WASEDA University

**International Symposium on Wellness and Healthy Lifestyle
Yogyakarta, February 25, 2010
Auditorium Building, Faculty of Medicine, Gadjah Mada University**

| TIME | PROGRAM |
|----------------------------|---|
| 0830 – 0915 | Registration |
| 0915 – 0935 | Opening Ceremony MC: Ayu Cornelia |
| 0935 - 1015 | Welcome speech by : Dean Faculty of Medicine (Universitas Gadjah Mada) Chairman of Organizing Committee (University Sains Malaysia) |
| | Speech by Guest of Honour Prof. Suzuki Masashige (Waseda University) <i>"Dumbbell exercise and a missile nutrition of a high-protein snack to prevent obesity as well as sarcopenia and osteopenia"</i> |
| 1015 – 1045 | Tea break |
| 1045 - 1215 | Paper presentation Moderator: dr. Luthfan Budi Pramono, SpPD KEMD MC: Ayu Cornelia |
| | <ol style="list-style-type: none"> 1. <i>On The Road To Wellness: Adopting Healthy Lifestyle Through Physical Activity</i> (Prof. Wan Manan bin Wan Muda) 2. <i>Obesity in children and adolescents in Indonesia</i> (dr. Madarina Julia, SpA(K), PhD) 3. <i>Scientific Study for Diet on Obesity</i> (Martalena Purba, MCN., PhD) 4. <i>Socio-demographic and clinical factors associated with overweight and obesity in the district of Bachok, Kelantan, Malaysia</i> (Dr Tengku Alina) 5. <i>The sympathetic nervous system activity and obesity among the participant of plantation management course</i> (dr. Zaenal Muttaqien Sofro, AIFM, Sport&Circ.Med) 6. <i>Physical activity for fitness</i> (Dr. Wara K) <p>Discussion Certificate of appreciation for presenters session 1</p> |
| 1215 - 1245 1245 - 1300 | |
| 1300 - 1400 | Lunch break |
| 1400 - 1530 | Paper presentation Moderator: Retno Pangastuti, DCN, MKes |
| 1400 - 1530 | MC: Ayu Cornelia |
| 1530 - 1600 | <ol style="list-style-type: none"> 1. <i>Development of Health Food Products from Cornsilk</i> (Dr. Wan Rosli bin Wan Ishak) 2. <i>The Prevalence of Metabolic Syndrome in a Malay Community using three Common diagnosis criteria</i> (Dr Hamid Jan JM) 3. <i>The Association Between Saturated Fatty Acid Intake and Central Obesity Among Employee in Dr. Sardjito Hospital, Yogyakarta</i> (Esti Nurwanti) 4. <i>Risk Factor Related to Overweight</i> (Muwahidah) 5. <i>The Relationship Between Energy Consumption and The Level of Physical Fitness to Elementary School Children's Learning Achievement</i> (Listyani Hidayati) 6. <i>The Role of Macrophage to Cause Many Diseases in Obesity Individuals</i> (Rosa Lelyana) |
| | Discussion |
| 1600 - 1615 | Certificate of appreciation for presenters session 2 |
| 1615 - 1630 | Closing ceremony |
| 1630 - 1645 | Tea break |