



Winnie Chee Siew Swee

Prof Dr Winnie Chee holds a Bachelor's degree in Dietetics and did her Masters and PhD in the field of nutrition science. Her research is primarily focused on the nutritional aspects of bone health, Type 2 diabetes, obesity and chronic kidney disease with the objectives to understand the nutritional determinants and interventions to improve nutrition status in these areas. She conducts randomised controlled studies on dietary/lifestyle interventions, and studies on dietary intakes, biomarkers, and determinants of dietary behaviours for the prevention and management of non-communicable chronic diseases.

In addition, Dr Chee is also active in contributing to the curriculum development, quality enhancement and teaching learning in nutrition & dietetics. Her areas of interest in teaching learning include enhancing competencies and assessments.

Dr Chee also provides consultation as a dietitian in the IMU Medical Clinic, Bukit Jalil, Kuala Lumpur.

Academic/Professional Qualifications:

- BSc (Hons) Dietetics, First Class Honours, Universiti Kebangsaan Malaysia (1991)
- MSc Nutrition, Universiti Kebangsaan Malaysia (1994)
- PhD, Food Science & Nutrition, University Kebangsaan Malaysia (2004)

Affiliations:

- Conjoint Lecturer, University of Newcastle Australia (UoN)

Career History:

- Professor, Nutrition & Dietetics, International Medical University 2012

- Associate Professor, Nutrition & Dietetics, International Medical University 2008
- Senior Lecturer, Universiti Kebangsaan Malaysia, 2004-2007
- Postdoctoral Fellow, Nestle Research Center, Lausanne, Switzerland 2004-2006
- Lecturer, Universiti Kebangsaan Malaysia, 1995-2004
- Scientific Officer, Malaysian Palm Oil Promotion Board 1994-1995

Administrative Leadership:

- Dean, School of Health Sciences, International Medical University 2015-current
- Associate Dean, School of Health Sciences, International Medical University, 2013-2015
- Head of Division, Nutrition & Dietetics, IMU 2011-2012
- Programme Director, Nutrition & Dietetics, IMU 2008-2010

Research Areas:

- Nutritional determinants of bone health in children & postmenopausal women
- Diet and lifestyle in relation to type 2 diabetes and obesity in children & adults
- Dietary intakes in chronic kidney disease
- Dietary intervention in perioperative nutrition in cancer

Teaching Areas

- Medical Nutrition Therapy
- Professional Practice in Dietetics
- Nutrition Care Process in Dietetics
- Clinical Dietetics Practicum

Academic Advisor/ Reviewer/ External Examiner for Dietetics Curriculum

- Universiti Putra Malaysia (UPM)
- International Islamic University Malaysia (IIUM)
- Universiti Sains Malaysia (USM)

Awards/Honours

International

- Wimpfheimer-Guggenheim International Lecture Award, Academy of Nutrition & Dietetics, 2015

National

- Fellow of Malaysian Dietitians' Association 2017
- Fellow Nutrition Society of Malaysia 2015
- Teaching Excellence Award (3rd placing), International Medical University, 2013

Other academic activities

- Journal reviewer – Malaysian Journal of Nutrition, Journal of Nutrition, Obesity, Asia Pac J of Public Health, Clinical Nutrition ESPEN, Appetite
- More than 60 local and international conference presentations on obesity, diabetes, bone health and dietetics.

Professional/Consulting Activities:

National

- President, Malaysian Dietitians' Association – 2013- 2019
- Chair, Allied Health Act Professional Working Committee (Dietitians), Ministry of Health, Malaysia since 2010
- Chair, Task Force for Dietetics Education, Malaysia Dietitians' Association since 2015
- Member, Technical Working Group for Dietary Guidelines, National Coordinating Committee for Nutrition, Ministry of Health, Malaysia (2010 ongoing)
- Chair, Technical Working Group for Malaysian Healthy Plate, Non Communicable Disease Division, Ministry of Health, Malaysia (2014-2016)
- Clinical Practice Guidelines on Management of Type 2 DM, MEMS/MOH (Expert Panel) 2009, 2015
- Clinical Practice Guidelines on Management of Osteoporosis, MOS/MOH(Expert Panel) 2012, 2015
- Academic Advisory Board. NNI Young Researcher Award, Nestle Nutrition Institute, Malaysia – 2013
- Malaysia Advisory Board, Transcultural Medical Nutrition Algorithm for Pre-Diabetes and Type 2 Diabetes, Abbott Nutritionals - 2012 - 2015
- Chairperson, Medical Nutrition Therapy for Type 2 Diabetes, Malaysian Dietitians' Association – 2010-2013

International

- Secretary-General, Asian Federation of Dietetics Association(AFDA) 2014-2022
- ICDA Commission for Dietitian-Nutritionist Education and Accreditation (I-CDEA). 2017-current
- International Nutrition Care Process Committee – Academy of Nutrition & Dietetics, USA (2010)

Latest Publications – 2010-current (Scopus H index = 11)

1. Chee WSS, Chong PN, Chuah KA, T Karupaiah, Norlaila Mustafa, Seri Suniza S, Karuthan Chinna, Horcajada MN, Ameye L & Offord-Cavin E. Calcium Intake, Vitamin D and Bone Health Status of Post-menopausal Chinese Women in Kuala Lumpur. *Mal J Nutr* 16(2) : 233 - 242, 2010
2. Khor GL, Winnie SS Chee, Zalilah M Shariff, BK Poh, Mohan Arumugam, Jamaluddin A Rahman, Hannah E Theobald. High prevalence of vitamin D insufficiency and its association with BMI-for-age among primary school children in Kuala Lumpur, Malaysia. *BMC Public Health* 2011, 11:95 (IF 2.36).
3. M.Y.Tan, J.M. Magarey, S.S. Chee, L.F. Lee and M.H. Tan. A brief structured education programme enhances self-care practices and improves glycaemic control in Malaysians with poorly controlled diabetes. *Health Education Research* June 29, 2011 (IF 1.889)
4. Feisul I.M.; Rohana A.G.; Tan A; Wan Mohd I.W.M., Chee WSS. A Summary of the Malaysian Clinical Practice Guidelines: Management of Type 2 Diabetes Mellitus (4th Edition,2009). *JAFES*. Vol. 26 No. 1 May 2011
5. Chew WF, Rokiah P, Chee WSS, Lee LF, Chan YM & Chan SP. Prevalence of glucose intolerance, and its associated antenatal and historical risk factors amongst Malaysian women with previous history of gestational diabetes. 2012. *Singapore Med J* 2012; 53(12): 814–820 (IF 0.73)
6. Ari Istiany, Suriah Abdul Rahman, Zalifah Mohammad Kassim, Winnie Chee Swee Swee, Zaitun Yassin & Asmaa' Mohammad Parid. Effect Of Nutrition Education And Sun Exposure On Vitamin D Status Among Postmenopausal Malay Women. 2012. *International Journal of Science and Engineering Investigations*, Volume 1, Issue 10.
7. Poh BK, Kathryn Tham BL, Wong SN, Winnie Chee SS & Tee ES. Nutritional Status, Dietary Intake Patterns and Nutrition Knowledge of Children Aged 5-6 Years Attending Kindergartens in the Klang Valley, Malaysia. *Mal J Nutr*. 18(2): 231-242. (IF 0.143)
8. Tilakavati K, Chee WSS, Liew SY, Ng BK & Karuthan C. Dietary health behaviors of women living in high rise dwellings - a case study of an urban community in Malaysia. 2013. *Journal of Community Health: Volume 38, Issue 1; Page 163-171*. (IF 1.278)
9. Jamil Nor Aini ,Bee Koon Poh, Winnie Siew Swee Chee. Validity of a children's physical activity questionnaire (cPAQ) for the study of bone health. *Pediatrics International*. doi: 10.1111/ped.12035. (online publication 2013) (IF 0.626)
10. W H H Low, W Seet, A S Ramli, K K Ng, H Jamaayah, S P Dan, C L Teng, V K M Lee, SS Chua, M Y Faridah Aryani, T Karupaiah, WSS Chee, PP Goh, M Zaki, TO Lim & the CORFIS Study Group (2013). Community-based cardiovascular Risk Factors Intervention Strategies (CORFIS) in managing hypertension: A pragmatic non-randomised controlled trial. *Med J Malaysia* 68(2): 129-135
11. Musa Nurbazlin, Winnie Siew Swee Chee, Pendek Rokiah, Alexander Tong Boon Tan, Yee Yean Chew, Abd Rahman Siti Nusaibah, Siew Pheng Chan. Effects of sun exposure on 25(OH) vitamin D concentration in urban and rural women in Malaysia. *Asia Pac J Clin Nutr* 2013;22 (3):391-399.
12. Harvinder K, Chee WSS, Tilakavati K, Sharmela S, Karunathan C, Ghazali A, Sunita B & Goh BK. Cross-sectional comparison of malnutrition prevalence between haemodialysis and continuous ambulatory peritoneal dialysis patients in Kuala Lumpur, Malaysia. *Mal J Nutr*. 19(3): 271-283; 2013.
13. Wai Yew Yang, Tracy Burrows, Lesley Macdonald-Wicks, Lauren T. Williams, Clare Collins & Winnie Siew Swee Chee. Quality of dietary assessment methodology and reporting in epidemiology studies examining relationship between dietary outcome and childhood obesity in developing Asian countries:A systematic review. *Nutrition & Dietetics*. 71(3): 201–209; 2014
14. Wai Yew Yang, Tracy Burrows, Clare E. Collins, Lesley MacDonald-Wicks, Lauren T. Williams & Winnie Siew Swee Chee. Prevalence of Energy Intake Misreporting in Malay Children Varies Based on Application of Different Cut Points. *Journal of Tropical Pediatrics Advance Access* published October 1, 2014.

15. Tilakavati Karupaiah, Kimberly Wong, Karuthan Chinna, Kanimolli Arasu & Winnie Siew Swee Chee. Metering Self-Reported Adherence to Clinical Outcomes in Malaysian Patients With Hypertension: Applying the Stages of Change Model to Healthful Behaviors in the CORFIS Study. *Health Education & Behavior* 1–13, 2014.
16. Sharmela Sahathevan, Chee Hee Se, See Hoe Ng, Karuthan Chinna, Gilcharan Singh Harvinder, Winnie Siew Swee Chee, Bak Leong Goh, Halim A. Gafar, Sunita Bavanandan, Ghazali Ahmad and Tilakavati Karupaiah. Assessing protein energy wasting in a Malaysian haemodialysis population using self-reported appetite rating: a cross-sectional study. *BMC Nephrology* 2015, **16**:99
17. Yang WY, Burrows T, MacDonald-Wicks L, Williams LT, Collins CE & Chee WSS. Studying the Family Diet: An Investigation into Association Between Diet, Lifestyle and Weight Status in Malaysian Families. *Mal J Nutr.* 21(2): 139 - 154, 2015
18. Swan Sim Yeap , Fen Lee Hew, Premitha Damodaran , Winnie Chee, Joon Kiong Lee, Emily Man Lee Goh, Malik Mumtaz, Heng Hing Lim & Siew Pheng Chan. A summary of the Malaysian Clinical Guidance on the management of postmenopausal and male osteoporosis, 2015. *Osteoporosis and Sarcopenia* (2): 1-12, 2016.
19. Zanariah Hussein, Sri Wahyu Taher, Harvinder Kaur Gilcharan Singh & Winnie Chee Siew Swee. Diabetes Care in Malaysia: Problems, New Models, and Solutions. *Annals of Global Health.* Vol 81(6); 2015.
20. Gilcharan Singh Harvinder, Winnie Chee Siew Swee, Tilakavati Karupaiah, Sharmela Sahathevan, Karuthan Chinna, Ghazali Ahmad, Sunita Bavanandan & Bak Leong Goh. Dialysis Malnutrition and Malnutrition Inflammation Scores: screening tools for prediction of dialysis –related protein-energy wasting in Malaysia. *Asia Pac J Clin Nutr* ;25(1), 2016.
21. Lee CL, Chee WSS (2016) Translation of Evidence to Clinical Practice for Use of Meal Replacements in Weight Loss and Obesity-lessons Learned from Research Studies. *J Nutr Food Sci* 6: 541. doi: 10.4172/2155-9600.1000541
22. Wai Yew Yang, Tracy Burrows, Lesley MacDonald-Wicks, Lauren T. Williams, Clare E. Collins, Winnie Siew Swee Chee & Kim Colyvas (2017). Body Weight Status and Dietary Intakes of Urban Malay Primary School Children: Evidence from the Family Diet Study. *Children* 2017, 4(1), 5; doi:10.3390/children4010005.
23. Swan Sim Yeap, Fen Lee Hew, Premitha Damodaran, Winnie Chee, Joon Kiong Lee, Emily Man Lee Goh, Siew Pheng Chan (2017). An update of the Malaysian Clinical Guidance on the management of glucocorticoid-induced osteoporosis. *Osteoporosis & Sarcopenia*, Vol 3 (1): 1-7
24. Chee WSS, Gilcharan Singh HK, Hamdy O, et al. (2017). Structured lifestyle intervention based on a trans-cultural diabetes-specific nutrition algorithm (tDNA) in individuals with type 2 diabetes: a randomized controlled trial. *BMJ Open Diabetes Research and Care* 2017;5:e000384. doi: 10.1136/bmjdr-2016-000384
25. Shu Hwa Ong, Winnie Siew Swee Chee, L Mageswary Lapchmanan, Shan Ni Ong, Zhi Chin Lua, Jowynna Xia-Ni Yeo; Validation of the Subjective Global Nutrition Assessment (SGNA) and Screening Tool for the Assessment of Malnutrition in Paediatrics (STAMP) to Identify Malnutrition in Hospitalized Malaysian Children, *Journal of Tropical Pediatrics*, <https://doi.org/10.1093/tropej/fmy009>
26. Harvinder Kaur Gilcharan Singh, Verna Lee Kar Mun, Ankur Barua, Siti Zubaidah Mohd Ali & Winnie Chee Siew Swee (2018) Application and validation of the weight efficacy lifestyle (WEL) questionnaire among type 2 diabetes mellitus patients in Malaysia. *Mal J Nutr* 24(3): 427-440, 2018

Research projects/grants:

Year	Title of Research Grants	Ongoing/ Completed	Role	Funding Body
2018-2019	Perioperative Oral Nutrition Supplementation in Malnourished Surgical Cancer Patients- A Randomised Controlled Trial	Ongoing	Principal investigator	Kotra Pharma, Malaysia RM 559,000
2016-2018	Effects of soluble corn fiber on BMC, BMD and bone biomarkers of adolescent boys and girls : a randomized controlled trial	Ongoing	Principal Investigator	Tate & Lyle, USA (R182/2016) <i>RM1422,600 million</i>
2014-2016	The efficacy of a transcultural diabetes-specific nutrition algorithm (tDNA) care on weight loss and metabolic outcomes in overweight & obese Type 2 Diabetes Mellitus patients in outpatient clinic settings	Completed	Principal Investigator	Abbott Nutrition, Malaysia <i>RM198,800</i>
2010-2017	Partial Meal Replacement in Type 2 DM obese patients	Completed	Principal Investigator	IMU <i>RM39,000</i>
2010-2015	Vitamin D status among rural and urban population in Malaysia	Completed	Co-investigator	UM
2011-2012	Protein supplementation in malnourished chronic kidney patients on dialysis	Completed	Principal Investigator	IMU <i>RM 20000</i>
2009-2010	Nutritional status of primary school children in Kuala Lumpur	Completed	Co-investigator	GSK, UK
2009-2010	Short-term effects of hesperidin on bone biomarkers in	Completed	Principal Investigator	Nestle Research

	postmenopausal women in Kuala Lumpur : a randomized controlled trial			Center, Switzerland Amount : RM 1,093,000.00
2008-2010	Community-based multiple risk factors intervention strategy to prevent cardiovascular and chronic kidney diseases (CORFIS)	Completed	Co-investigator	Clinical Research Center, Ministry of Health Malaysia (CT07-02)
2007-2008	Vitamin D status amongst young adults and elderly in Selangor	Completed	Project leader	UKM Grant NN-1-2004 (RM 7,000)
2006-2007	A follow-up study on the effects of milk supplementation on rate of bone loss in Chinese postmenopausal women	Completed	Project leader	Fonterra Milks D-042-2002 (RM 76 800)

Supervision of Postgraduates (MSc/PhD)- since 2010

No	Thesis title	Name of student	University	Status	Year begin-end
1	Determinants of nutrition status in Surgical Cancer Patients	Wilson Wong	MSc, IMU	Main supervisor	2018
2	Effects of soluble corn fiber on BMC, BMD and bone biomarkers of adolescent boys and girls : a randomized controlled trial	Kanimolli Arasu	PhD, IMU	Main supervisor	2017
3.	Peak Bone Mass Attainment in Malaysian Children: Influence of Diet, Lifestyle Patterns, Vitamin D status and Maternal Influences	Chang Chung Yuan	PhD, IMU	Main supervisor	2017
4	Validation and reliability of FFQ for calcium and vitamin D in prepubertal children	Wong Soon Yee	MSc, IMU	Main supervisor	2017
5	Family Diet Study	Yang Wai Yew	PhD, University of Newcastle, Australia	Co-supervisor	2011-2016 Completed
6	The effects of partial meal replacements in obese Type 2 DM patients in UMMC	Lee Ching Li	PhD, IMU	Main supervisor	2010- 2017 Completed

7	The efficacy of motivational interviewing in improving adherence to meal replacements, weight loss and weight loss maintenance in overweight & obese type 2 diabetes mellitus patients	Harvinder Kaur	PhD, IMU	Main Supervisor	2014-2016 Completed
8	Protein supplementation of malnourished CKD patients on HD	Harvinder Kaur	MSc, IMU	Main supervisor	2011- 2013 Completed
9	Vitamin D status in urban and rural areas	Bazlin Mohamad	MSc, UM	Co-supervisor	2010- 2015 Completed
10	Protein supplementation of malnourished CKD patients on CAPD	Sharmela Sahathevan	MSc, UKM	Co-supervisor	2011- 2015 Completed