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## Curriculum Vitae

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### 1. Biodata

Name Dr. Siti Nurbaya binti Shahrir  
NRIC 791227-10-5282  
Marital status Married

### 2. Service History

- Date of appointment as a Medical Officer in the Ministry of Health, Malaysia: **20 May 2003**
- Date of appointment to current UD54 Grade: **October 2015**
- Submitted hardbound thesis for Doctor of Public Health in Universiti Kebangsaan Malaysia

Date	Post	Place of work
3 Sept 2018 - current	Medical Officer	MCH/Primer Unit, Seremban District Health Office, Negeri Sembilan.
7 Jan 2013 – 1 Sept 2014	Lead Assistant Director	Cardiovascular Diseases & Diabetes Unit, Non-Communicable Disease Section Disease Control Division, Ministry of Health Malaysia
August 2011 – 31 Disember 2012 (1 year 5 months)	District NCD Coordinator	Seremban District Health Office, Negeri Sembilan.
March 2012 – June 2012 (3 months)	Assistant Director	NCD Unit, Negeri Sembilan State Health Department

May 2009 – 31 December 2012 (3 years 7 months)	Medical Officer at Seremban district	Seremban Health Clinic (May 2009 – Jan 2012) Seremban 2 Health Clinic (Jan 2012 – 31 Dec 2012)
March 2006 - May 2009 (3 years 3 months)	Medical Officer	Bandar Seri Jempol Health Clinic
May 2003 - February 2006 (2 years 10 months)	Houseman and Junior Medical Officer	Hospital Tuanku Jaafar, Seremban

### 3. Academic Qualification & Professional Affiliations

Degree	Year of award	Awarding university
Medical Degree (MD)	2003	Universiti Kebangsaan Malaysia
Master of Public Health (MPH)	2015	Universiti Kebangsaan Malaysia

- Board member, Malaysian Council for Tobacco Control, 2018 – 2020.
- Council Member, Malaysian Association for Adolescent Health (MAAH), (March 2012 – Apr 2017)
- Active Member, Malaysian Association for Adolescent Health (MAAH), (Apr 2017 – Present)

### 4. Honours

1. Service Excellence Award, Ministry of Health Malaysia, 2010.
2. Young Malaysian Scientist Travel Fellowship Award, The Sackler Institute for Nutrition Science, 2013.
3. Merck Hypertension Award 2018.

### 5. Research

1. Core Team Researcher, Phase I Jom Mama Project (Nov 2012 - May 2013)
  - Public private partnership between MOH and Novo Nordisk to prevent diabetes through a health promotion programme targeting young couples.
  - Qualitative research to inform the intervention program in Phase II
  - Conducted 8 in-depth interviews
  - Transcribed and analyzed qualitative data
  - Report writing

2. Research Team Member, My Body is Fit and Fabulous (MyBFF@home) (November 2013 - present)
  - Obesity intervention study among obese and overweight housewives in *Projek Perumahan Rakyat* in Klang Valley.

## 6. Publication

Mustapha F., Omar Z., Mihat O., Md Noh K., Hassan N., Abu Bakar R., Abd Manan A., Shahrir SN. et al. 2014. Addressing non-communicable diseases in Malaysia: an integrative process of systems and community. *BMC public health*, 14 Suppl 2 (Suppl 2), S4. doi:10.1186/1471-2458-14-S2-S4

Cheong, S. M., Mohamad Nor, N. S., Ahmad, M. H., Manickam, M., Ambak, R., Shahrir, S. N. & Aris, T. 2018. Improvement of health literacy and intervention measurements among low socio-economic status women: Findings from the MyBFF@home study. *BMC Women's Health*, 18(Suppl 1). doi:10.1186/s12905-018-0596-y

Shahrir, S. N., Manaf, A., Mustapha, F. I. & Md. Isa, Z. 2019. Critical review on dietary sodium reduction policies in Malaysia. *International Food Research Journal*, 26(February), 33–40.

Shahrir, S. N., Shamsuddin, K., Mohamad Nor, N. S., Man, C. S., Omar, M. A., Ahmad, M. H. & Ambak, R. 2018. Limited health literacy and its associated factors among overweight and obese housewives living in Klang Valley low cost flats: Findings from the my body is fit and fabulous at home (Mybff@Home) study. *Malaysian Journal of Public Health Medicine*, 18(1), 19–27. Retrieved from

## 7. Presentations

1. **Engaging Adolescent Through ICT in Smoking: The “Poyo” Experience**, oral presentation in SE Asia Conference on Tobacco Control 2018 "Towards Healthy Cities", PWTC Kuala Lumpur, 11-13 May 2018.
2. **Critical review on dietary sodium policies in Malaysia**, Poster presentation in 21st National Public Health Colloquium 2017, Hotel Bangi-Putrajaya, 23-24 August 2017.
3. **“Hear me out!”** oral presentation in Symposium 2: Teen Talk, 11<sup>th</sup> National Symposium on Adolescent Health, 10<sup>th</sup>-12<sup>th</sup> April 2015, Concorde Hotel, Shah Alam
4. **Presented the Phase I findings ‘Dietary Sodium Intake among Hypertensive Patients in Government Health Clinic in Batang Padang**, Perak at DrPH Seminar 2018 on 15 May 2018, Pusat Perubatan UKM.
5. **Presented finding for ‘Barriers, Enablers and Perceptions on Dietary Salt Reduction Among Hypertensive Patients with High Urinary Sodium**

**Excretion in Health Clinics in Batang Padang, Perak, Malaysia'** during the Technical Workong Group for Product Reformulation for Salt Reduction in Food Products meeting at Bilik Mesyuarat NCD, Kompleks E, Putrajaya on 7<sup>th</sup> September 2018

6. **Protocol of Post Flood Psychosocial Response Services In Flood Relief Centres**, Poster presentation in 5th International Public Health Conference, Seri Pacific Hotel, Kuala Lumpur, 26-27 August 2015
7. **Behavioral Changes and Readiness to Lose Weight among Overweight and Obese Housewives**, Poster presentation in 46th Asia - Pacific Academic Consortium for Public Health (APACPH) Conference, Hotel Hilton KL
8. **Community Perspective on Factors Associated with Health Problems Among Young Couples, a Qualitative Study**. Poster presentation in 46th Asia - Pacific Academic Consortium for Public Health (APACPH) Conference, Hotel Hilton KL, awarded best poster.
9. **Reaching out to young people through POYO: A Malaysian experience –** Poster presentation, International Association for Adolescent Health 10<sup>th</sup> World Congress, Istanbul, Turkey 2013
10. **Sexual Behaviour Among Problematic Secondary School Girls In Bandar Seri Jempol in Negeri Sembilan (June 2007 - July 2007)** – Oral presentation in the International Association for Adolescent Health 9<sup>th</sup> World Congress, Shangri-la Hotel, Kuala Lumpur 2008
11. **Teenz Bistari Program**– Oral presentation in the International Association for Adolescent Health 9<sup>th</sup> World Congress, Shangri-la Hotel, Kuala Lumpur 2008

## 8. Contribution

1. Member. Technical Working Group (TWG) Salt Reduction for Malaysia 2013-present
2. Member. Technical Working Group (TWG) for Nutrition Research, National Coordinating Committee for Food and Nutrition (NCCFN) 2013-2014
3. Member. TWG for Nutrition Guidelines, Nutrition Division, MOH 2013-2014
4. Member. TWG for Nutrition Experts, Food Safety and Quality Division, MOH 2013-2014
5. TWG Member for Komuniti Sihat Perkasa Nagara (KOSPEN)-Training, Disease Control Division, MOH 2013-2014
6. Writer for Garispanduan Pemakanan Wanita Hamil dan Laktasi
7. Manager of Pasukan Khas iNCD, Disease Control Division, MOH 2013-2014
8. Committee member for the yearly National Symposium on Adolescent Health by MAAH (2012-2017)
9. Scientific Committee, 12<sup>th</sup> National Symposium on Adolescent Health, 2016
10. POYO: Professional Opinion for Youth – Founded this programme in June 2007 in Bandar Seri Jempol and continued it at KK Seremban as a Panel Penasihat project. KK Seremban saw a 61% reduction of registered unwed

pregnancies cases after 2 years initiation of the program. It received 3<sup>rd</sup> place in Konvensyen Panel Penasihat Peringkat Negeri Sembilan 2012.

11. Deliver SMS helpline service in POYO - 2007 till present

12. Lead the Seremban District Community Health

- Supervised 17 health project and facilitated in starting 9 of them
- Program KaSih (NCDP1M) – 13(65%) from 20 participants achieved weight loss in 2011-2012. Participated in the Konvensyen NCDP1M 2012 representing Negeri Sembilan
- Program In-Trend – I took over this NCDP1M school project in 2012 after which this project became a club and recruited 35 new overweight and obese participants

## **9. Involvement**

- a. Malaysian delegation for the 2<sup>nd</sup> Meeting of the ASEAN Task Force on Non-communicable Disease, 17-18 October 2013, Manila, Philippines.
- b. 1<sup>st</sup> ASEAN Regional Forum on Non-communicable Diseases, Manila, Philippines
- c. Completed a travel Fellowship for young Malaysian scientist to participate in the international capacity-building organized by the The Sackler Institute for Nutrition Science 6-7 June 2013 at 7th Tower, New York City

## **10. Website development and management**

- i. [www.poyo.my](http://www.poyo.my) (April 2009 – Dec 2018)
  - I personally built this website.
  - A program under Malaysian Association for Adolescent Health
  - It is a resource centre for young people in Malaysia.
  - This website has received 39,468 visitors from 7<sup>th</sup> Apr 2009 – 7<sup>th</sup> Oct 2014.
- ii. [www.maah.org.my](http://www.maah.org.my)
  - I built and manage the official website for Malaysian Association for Adolescent Health (MAAH)