

07 – 08 October 2024
VIRTUAL CONFERENCE



3rd ICNF
IPB INTERNATIONAL
CONFERENCE
ON NUTRITION
AND FOOD 2024

THE 3rd IPB INTERNATIONAL CONFERENCE ON NUTRITION AND FOOD 2024

“ Sustainable Food and Nutrition for Human
Development ”

Register at :
ICNF.CO.ID

PLENARY SPEAKERS

Prof. Dr. Norhasmah Sulaiman
Universiti Putra Malaysia, Malaysia



Prof. Dr. Hardinsyah, MS
IPB University, President of FANS, Indonesia

Prof. Dr. Eleni Andreou
University of Nicosia, Cyprus



Assoc. Prof. Ts. Dr. Nurul Huda
Universiti Malaysia Sabah, Malaysia

Prof. Dr. Aimee Sheree A. Barrion
University of Philippines Los Banos



Prof. Dr. Vimal Karani
University of Reading, United Kingdom

Organized by :



Co-organizer : Supported by :



CALL FOR EXTENDED ABSTRACT

IMPORTANT DATES !

- Early bird Registration : **Until 1 May 2024**
- Extended abstract submission deadline (early bird) : **1 May 2024**
- Regular registration : **2 May - 5 June 2024**
- Extended abstract submission deadline (regular) : **5 June 2024**
- Full Paper Submission: **Until 15 October 2024**

Topics

- **Clinical nutrition**
Medical nutrition therapy; dietary intervention; sports nutrition and fitness; molecular nutrition; nutrigenomics and nutrigenetics
- **Community nutrition**
Nutrition education and behavior change; nutrition epidemiology; malnutrition and non-communicable diseases prevention; nutrition throughout the life cycle; nutrition and family resources
- **Food Innovation**
Functional food; food for special medical purposes; food for special dietary uses; food for emergency relief; future foods; indigenous food and nutrition; nutrient profiling of food
- **Food and Nutrition System**
Food waste; food and nutrition security; food and nutrition policy; food, climate change, and environmental sustainability

REGISTRATION FEE

Category*	Early bird	Regular
Participants**	IDR 750.000	IDR 750.000
Presenter non proceedings***		
1. Private Sector	IDR 2.300.000	IDR 2.900.000
2. Academia and researcher	IDR 1.600.000	IDR 2.200.000
Presenter with proceedings****		
1. Undergraduate	IDR 750.000	IDR 1.350.000
2. Postgraduate	IDR 1.500.000	IDR 2.100.000
3. Private sector	IDR 2.900.000	IDR 3.500.000
4. Academia and researcher	IDR 2.200.000	IDR 2.800.000

* The authors affiliated with IPB have the opportunity to reimburse the registration fee through the following link: <https://ipb.link/bantuan-ipc2024>

** Get access to the conference activities. Without abstract submission and without proceedings.

*** Get access to the conference activities. With abstract submission but without proceedings.

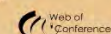
**** Get access to the conference activities. With abstract submission and proceedings (MIMHS, Scopus-indexed, Scimago JR Q4).

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Accepted paper will be
published in :

BIO Web of Conferences



Malaysian Journal of Medicine and Health Sciences

THE 3rd IPB INTERNATIONAL CONFERENCE ON NUTRITION AND FOOD (ICNF 2024)

Welcome to the Proceedings of the 3rd IPB International Conference on Nutrition and Food (ICNF 2024) which is published by the BIO Web of Conferences. The conference was successfully organized by the Department of Community Nutrition, Faculty of Human Ecology, IPB University, Bogor, Indonesia on 7-8 October 2024.

This conference was aimed to be a platform where academics, researchers, the private sectors, and the general audiences could get updates on the latest issues in nutrition and food. Recognizing the importance of promoting research and innovation in nutrition and food, we have chosen to focus on “Sustainable Nutrition and Food for Human Development” as the theme of the conference this year. The conference speakers, oral presenters, poster presenters, and participants of this conference came from a variety of countries, such as Indonesia, United Kingdom, Cyprus, Philippines, Malaysia, Singapore, Germany, Australia, Japan, South America, Uganda, and Taiwan.

On behalf of the scientific committee of ICNF 2024, we would like to congratulate all participants who submitted their research papers to the conference, and 58 of them are featured in this issue. The articles covered four main areas: clinical nutrition, community nutrition, food innovation, and food and nutrition system. Each of those articles underwent three cycles of a thorough review by two reviewers, to ensure their academic merit and quality. The significant research presented at this conference represents the importance of nutrition and food in improving our quality of life.

We would like to thank the team of reviewers from the Department of Community Nutrition, IPB University, and the Department of Nutrition, Universiti Putra Malaysia for their hard work and commitment to providing valuable input for the authors. Moreover, we would also like to thank the organizing committee of ICNF 2024 and all their supporting partners for ensuring the success of the conference. Finally, I hope that these proceedings serve the need for high-quality research articles in the area of nutrition and food.

Thank you and good luck

Best Regards

The 3rd International Conference of Nutrition and Food (ICNF 2024) Organizing Committee

**THE 3RD IPB INTERNATIONAL CONFERENCE ON NUTRITION AND
FOOD
(ICNF 2024) COMMITTEE**

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OVERVIEW THE CONFERENCE PROGRAM

Background

Globally, an estimated 149.2 million children under five years of age are affected by stunting, 45.4 million experiences wasting, and 38.9 million are classified as overweight. Furthermore, over 40% of adults (equivalent to 2.2 billion individuals) worldwide are categorized as overweight or obese. While some countries have achieved improvements in nutritional status, many others continue to face nutritional challenges. Of the 194 countries assessed, 105 have successfully met targets for addressing overweight prevalence, and over 25% have achieved reductions in stunting and wasting. However, anemia rates show little improvement, with increased prevalence reported in 161 countries (WHO, 2021).

In Indonesia, nutritional issues persist, including undernutrition, malnutrition, stunting, and micronutrient deficiencies. Simultaneously, a significant number of infants, children, adolescents, and adults are affected by overweight and obesity. While there has been a decline in the prevalence of these issues compared to 2013, the figures remain relatively high compared to the Southeast Asian average. For example, stunting prevalence in Indonesia decreased from 37.2% in 2013 to 30.8% in 2018 but still exceeded the Southeast Asian average of 25.8% in 2017 (The Asian Post, 2018). High stunting prevalence poses long-term economic losses for Indonesia.

Nutritional problems during the first 1,000 days of life (from conception to two years of age) have both immediate and long-term consequences. Short-term impacts include impaired brain development and intelligence, disrupted physical growth (body mass and composition), and metabolic disturbances (involving glucose, lipids, proteins, and hormonal systems). These short-term effects contribute to long-term outcomes such as reduced cognitive and academic performance, diminished immunity, lower work productivity, and increased risk of obesity and non-communicable diseases (NCDs), including diabetes, cardiovascular diseases, and stroke. Data from the 2018 Basic Health Research Survey (Riskesdas) indicate a rising prevalence of adult obesity, increasing from 10.5% in 2007 to 14.8% in 2013 and 21.8% in 2018. Additionally, there is growing concern over the rising prevalence of NCDs, including cancer, stroke, chronic kidney disease, diabetes mellitus, and hypertension, as reported by Riskesdas 2018 compared to Riskesdas 2013.

Nutrition is a critical issue in the development of human resources both in Indonesia and globally. Although substantial research has been conducted to address nutritional challenges, many findings remain unpublished or inaccessible to the public and relevant stakeholders. Thus, there is a need for an international scientific publication platform to disseminate such research regularly, anchored in higher education institutions specializing in nutrition in Indonesia. This proposal aims to fulfill that need and foster collaboration among nutrition-related higher education institutions in Indonesia, Asia, and globally through regular international seminars.

The vision of the Department of Community Nutrition is to "become a globally leading nutrition department that contributes to sustainable improvements in healthy, intelligent, and productive life quality." This vision guides the department's activities, including hosting international events independently or in collaboration with various institutions. Faculty members of the Department of Community Nutrition have previously participated in international conferences, such as the *International Symposium on Food and Nutrition (ISFAN) for Sustainable Health and Well-Being* in Jakarta in 2015, the *Asian Congress of Nutrition (ACN)* in Bali in 2019, and the *1st IPB International Conference on Nutrition and Food (ICNF 2020)* in November 2020, supported by the International Collaboration Office (ICO) at IPB. The department also organized the *2nd IPB International Conference on Nutrition and Food (ICNF 2022)* in November 2022.

Building on these achievements, the Department of Community Nutrition proposes the organization of the *3rd IPB International Conference on Nutrition and Food (ICNF 2024)* with the theme "Sustainable Food and Nutrition for Human Development." The event will take place in 2024, combining online participation for attendees and offline coordination for organizers. The conference aims to produce proceedings published in reputable, indexed databases to advance the dissemination of impactful nutrition research.

Objectives

The objectives of ICNF 2024 is to provide a platform for scientists, lecturers, researchers, students, and professionals in the fields of nutrition, food, and health to publish their research findings, as well as to foster and promote innovations in nutrition and food science. This event aims to serve as a forum for the exchange of scientific information among scholars, educators, researchers, students, and professionals in these disciplines, contributing to the realization of the Sustainable Development Goals (SDGs), particularly those related to zero hunger, health and wellness, sustainable cities and communities, and strengthening partnerships for a better quality of life in the future.

TOPICS

No.	Topic	Subtopic
1.	Clinical Nutrition	Medical nutrition therapy Dietary intervention Molecular nutrition Nutrigenomics and nutrigenetics Sports nutrition and fitness
2.	Community Nutrition	Nutrition education and behavior change Nutrition epidemiology Malnutrition and non-communicable diseases prevention Nutrition throughout the life cycle Nutrition and family resources
3.	Food Innovation	Functional food Food for special medical purposes Food for special dietary uses Food for emergency relief Future foods Indigenous food and nutrition Nutrient profiling of food
4.	Food and Nutrition System	Food waste Food and nutrition security Food and nutrition policy Food, climate change, and environmental sustainability