



ABSTRACT

## The role of early life nutrition in the determination of healthy ageing

Hamid Jan B. Jan Mohamed

*Nutrition Programme, School of Health Science, Universiti Sains Malaysia*

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Nutrition plays an important role at all life stages—before and during pregnancy, lactation, infancy, and childhood, as well as during adult life. Maternal nutrition has a major impact on the infant, not only because the nutrient exchange through the placenta and breast milk is involved in fetal and infant growth, but it also plays a role in determining the offspring's risk of developing non-communicable diseases (NCDs) during adulthood. The increasing trend of NCD's worldwide is concerning. It also indicates lack of impact in current national level interventions and policies. Thus, more innovative, and advanced approach may enlighten researchers and healthcare professionals in combating NCD's and ensuring healthy aging. This presentation will review several novel strategies in the prevention of NCD's and assurance of healthy aging.

**Keywords:** early life nutrition, healthy ageing

#### **Corresponding author:**

*Hamid Jan B. Jan Mohamed*  
*Nutrition Programme, School of Health Science, Universiti Sains Malaysia*  
*Email: hamidjan@usm.my*