

## SITI SABARIAH BUHARI

Associate Professor,  
Center for Dietetic Studies,  
Faculty of Health Sciences,  
Universiti Teknologi MARA Selangor,  
Puncak Alam Campus, Selangor.



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### Education

**2011 - 2017 | PhD (Nutrition)**

Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia.

Thesis : The effectiveness of Program H.E.B.A.T! : A comprehensive family-based lifestyle intervention for childhood obesity involving parents, children and the environment.

**1999 - 2003 | Master of Science (Community Nutrition)**

Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

Thesis : Effectiveness of Nutrition Education Package for Primary School Children: A HELIC Study.

**1996 - 1999 | Bachelor of Science (Nutrition & Community Health)**

Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

Thesis : Knowledge, Attitude and Practice on Healthy Lifestyle among Adolescents in Bentong, Pahang, Malaysia.



## Work Experience

**Dec 2022 - present | Associate Professor**

Centre for Dietetics Studies, Faculty of Health Sciences, Universiti Teknologi MARA Selangor, Puncak Alam Campus, Selangor, Malaysia.

**Sept 2008 – Nov 2022 | Senior Lecturer**

Centre for Dietetics Studies, Faculty of Health Sciences, Universiti Teknologi MARA Selangor, Puncak Alam Campus, Selangor, Malaysia.

**Sept 2006 - Aug 2008 | Lecturer**

Faculty of Applied Sciences, Universiti College Sedaya International (UCSI), Kuala Lumpur, Malaysia.

**Jan 2005 - Aug 2006 | Research Assistant**

Department Of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM), Serdang, Selangor, Malaysia.

**Aug 2004 – Jul 2005 | Science Officer**

Institute of Gerontology, Universiti Putra Malaysia (UPM), Serdang, Selangor, Malaysia.

**Nov 1999 – Dec 2002 | Graduate Research Assistant**

Department Of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM), Serdang, Selangor, Malaysia.

## Administration

**July 2025 - present | Deputy Director (Social Creativity and Innovation)**

Research Nexus UiTM (ReNeU), Office of Deputy Vice Chancellor (Research & Innovation), Universiti Teknologi MARA, Shah Alam, Selangor, Malaysia.

**June 2023 – May 2025 | Coordinator (Research Management)**

Research & Innovation Centre, Universiti Teknologi MARA Selangor, Puncak Alam Campus, Selangor, Malaysia.

**May 2020 – April 2022 | Head of Department**

Centre for Dietetics Studies, Faculty of Health Sciences.

**June 2019 – May 2021 | Vice Chairman**

National Outcome Based Education (NOBLE) Committee, Faculty of Health Sciences.

**Jan 2019 – Dec 2020 | Vice Chairman**

Curriculum Strengthening Committee, Faculty of Health Sciences.

**Aug 2017 – July 2019 | Committee**

Web Media Management (JPWM), UITM.

Aug 2017 – July 2019 | **President**  
Website Committee, Faculty of Health Sciences.

### Service Awards

UiTM Excellent Service Award 2021, Universiti Teknologi MARA.

### Other awards

5-STAR Award Achievements for the year 2019-2021: Maternal, Infant & Young Child Nutrition (MiChild). Research Initiative Group (RIG), Universiti Teknologi MARA.

### Academic and Professional Membership

Nutrition Society of Malaysia 2013-present

### Expertise

- **Accreditation Panel Member, 2025**, Full Accreditation Evaluation for the Bachelor of Science (Hons) in Dietetics with Nutrition Programme (MQA/FA 18401), IMU University, Malaysian Allied Health Professions Council, Ministry of Health Malaysia.
- **STEM Advisory Expert, 2025**, for Science, Technology, Engineering, and Mathematics (STEM) Racing Malaysia, MRSM Bentong, Pahang.
- **Keynote Speaker, 2025**, Mini Seminar on "Mastering Your Research Journey: A Roadmap to Success," organized by Instituto de Ciências da Saúde (ICS), Timor-Leste.
- **Board of Studies (BoS) Member, 2025** – Bachelor of Nutrition with Honours Programme, Universiti Kuala Lumpur Institute of Medical Science Technology (UniKL-MESTECH).
- **Invited Speaker, 2024**, Workshop on "Navigating Your Research Journey: Building an Effective Roadmap for Success", Universitas Abdurrab, Pekanbaru, Riau, Indonesia.
- **Expert Panel, 2024**, Validation Workshop for the "MANJA" Autism Care and Nurturing Module Project, Centre of Educational and Psychological Assessment, Testing and Services (CEPATS), Universiti Malaya.
- **Speaker, 2024**, "International Visit & Knowledge Sharing Program with Delegates from Universitas Gadjah Mada, Indonesia," Perpustakaan Tun Abdul Razak (PTAR), UiTM Cawangan Selangor.
- **Invited Speaker, 2024**, "Training of Trainer (ToT) for Bachelor of Health Sciences Program (Principles of Nutrition - NAD407)," Institute of Continuing Education and Professional Studies (iCEPS), Universiti Teknologi MARA (UiTM).

- **Invited Speaker, 2024**, “Snack Smackdown: Healthy Feast vs Cheat Treat Program”, Faculty of Business and Management, Universiti Teknologi MARA (UiTM).
- **Keynote Speaker, 2023**, Webinar on *Obesity Prevention: Eat Healthy & Be Active*, organized by ASEAN Lecturer Community (ALC), Jakarta, Indonesia.
- **Panel Judge, 2023**, Young Researchers’ Symposium, 38th Annual Scientific Conference of the Nutrition Society of Malaysia, Swiss Garden Hotel, Kuala Lumpur.
- **Associate Member**, Research Group (RG) UiTM – *Maternal, Infant & Young Child Nutrition (MiChild)* under Research Nexus UiTM (ReNeU) Health & Wellness (HW), Universiti Teknologi MARA (UiTM), 1 February 2023 – 31 March 2024.
- **Reviewer, 2023**, Indonesian Journal of Nutrition and Food, 10 February 2023 – 24 February 2023.
- **External Assessor, 2023**, “Undergraduate Research Symposium 2023” Universiti Kuala Lumpur Institute of Medical Science Technology (UniKL MESTECH).
- **Keynote Speaker, 2023**, International Lecture Share Series on "Millennials Lifestyle Trend" under the theme "Nutrition Education & Obesity: Millennials Lifestyle Trends," organized by ASEAN Lecturer Community (ALC), Jakarta, Indonesia.
- **Guest Lecturer, 2022**, *Contemporary Issues in Nutrition (GAP506)*, Master of Science (Nutrition with Management) program, organized by UCSI University, Kuala Lumpur, Malaysia.
- Author, **Maternal Dietary Guidelines for Malaysia, 2022-2024**, Technical Working Group (TWG) Malaysian Dietary Guidelines, Nutrition Division, Ministry of Health Malaysia.
- Author, **Malaysian Dietary Guidelines (MDG 2020)**, Technical Working Group (TWG) Malaysian Dietary Guidelines, Nutrition Division, Ministry of Health Malaysia.
- Author, **Malaysian Dietary Guidelines for Vegetarian 2020**, Technical Working Group (TWG) Malaysian Dietary Guidelines, Nutrition Division, Ministry of Health Malaysia.
- Author, **Malaysian Dietary Guidelines for Children and Adolescents, 2021**, Technical Working Group (TWG) Malaysian Dietary Guidelines, Nutrition Division, Ministry of Health Malaysia.
- Author, **Malaysian Dietary Guidelines for Children and Adolescents, 2013**, Technical Working Group (TWG) Malaysian Dietary Guidelines, Nutrition Division, Ministry of Health Malaysia.
- Assessment Panel, **Accreditation of Allied Health Programs** under the Malaysian Allied Health Professions Council, Allied Health Sciences Division, Ministry of Health Malaysia.

- Members of **Technical Working Group of Nutrition Research**, National Coordinating Committee on Food and Nutrition, Nutrition Division, Ministry of Health Malaysia.
- Members of Technical Working Group, **Collaborative Project between Universiti Putra Malaysia and Ministry of Health Malaysia** (UPM-MOH), "Optimizing Gestational Weight Gain for prevention of GDM in Malaysia", Universiti Putra Malaysia.
- Permanent Member of the Committee of **Nutrition, Health Declaration and Advertising Specialist** (JKKPN) under the Advisory Committee on Food Regulations 1985 (JPPM), Food Safety & Quality Division, Ministry of Health Malaysia.
- **National Codex Subcommittee for Nutrition and Foods for Special Dietary Uses** (JKCK NFSDU), Food Safety & Quality Division, Ministry of Health Malaysia.
- **Panellist** for *Yang Dipertuan Agong* Scholarship (BYDPA) Interview, 2019-2021, Public Service Department, Malaysia.
- **Panellist** For Human Life Advancement Foundation (HLAF) Science & Technology Scholarship Interview, Human Life Advancement Foundation, Kuala Lumpur, Malaysia.
- **Delegated Adjunct Professor 2021**, Faculty of Health Science, Universitas Muhammadiyah Surakarta Faculty of Health Science, Universitas Muhammadiyah Surakarta, Indonesia.
- **Delegated Adjunct Professor 2022**, Faculty of Health Science, Universitas Muhammadiyah Surakarta Faculty of Health Science, Universitas Muhammadiyah Surakarta, Indonesia.
- **Visiting Lecturer, 2021**, Fakultas Ilmu Kesehatan, Universitas Aisyiyah Yogyakarta, Indonesia.
- **Reviewer**, Malaysian Journal of Medicine & Health Sciences, 2020.

## Postgraduate Examination and Supervision

### Thesis Examination

#### **Cheah Huey Miin, Master of Biomedical Science (2025)**

"Association between Lifestyle Factors and Risk for Cardiovascular Diseases among a Low-Income Community in Malaysia: A Mixed-Methods Study"

**Monash University**

#### **Ameera Sihaila Binti Rasidi – Master Science Nutrition (2024)**

"The Associations of Infant and Young Child Feeding (IYCF) Indicators with Nutritional Status of Young Children (6-24 months) in Malaysia"

**Universiti Putra Malaysia (UPM)**

**Amira Farhana Binti Azizan – Master of Allied Health Science (2024)**

“Educational Animated Videos Promoting Healthy Nutritional Intake During Pregnancy & Exclusive Breastfeeding to Prevent Childhood Stunting”

**International Islamic University Malaysia (IIUM)**

**Tengku Fatin Nadhirah Te Ku Nor – M.Sc. Nutrition (2024)**

“Effectiveness of the Nutrition Education Module for Stunting Prevention among Mothers and their Children in Terengganu”.

**Universiti Sultan Zainal Abidin (UniSZA)**

**Lee Ke Xin – Master of Biomedical Science (2023)**

“Identification of Lifestyle Risk Factors Associated with Overweight and Obesity in Young Adults and the Investigation of Motivation and Barriers Related to Obesity-Related Behavioural Changes”.

**Monash University**

**Nurul Fatimah binti Mohd Fauzi – Ph.D. Nutrition (2023)**

“A Digital Therapy for Diabetes Prevention among High-risk Individuals: A Randomised Controlled Trial of Malaysia Diabetes Prevention Programme”.

**Universiti Sultan Zainal Abidin (UniSZA)**

**Tamahir Binti Nayef - Master of Applied Bioscience (2023)**

“A Cross-Sectional Study on Cognitive Health Among Middle-Aged and Older Malaysian Adults in Segamat Johor, Malaysia”

**Universiti Kuala Lumpur (UniKL)**

**Ahmad Ali Zainuddin - Ph.D. Nutrition (2021)**

“Nutrition Transition and its association with obesity in Malaysia”.

Universiti Teknologi MARA (UiTM)

### **Supervision (Completed)**

**Noor Izdhora Binti Mohd Bazid – PhD (Computer Science) – 2025**

Co-supervisor

“Improving Attention Through Game-Based Learning for Slow Learners”

Universiti Teknologi MARA (UiTM)

**Nur Hidayah Bt Bidin @ Ghazali – Master of Health Sciences (Nutrition)- 2024**

Main supervisor

"Eating Problem, Eating Behaviour, Food Preferences in Autistic Child and Their Relation Towards Behaviour"

Universiti Teknologi MARA (UiTM)

### **Balqis Sofeyya Binti Mohd Zawahid - Master of Health Sciences (Nutrition) - 2024**

Main supervisor

“Development and Validation of Food Frequency Questionnaire (FFQ) for Ultra-processed Food Consumption and Determination of Its Dietary Nutrient Profiles Associated with Obesity among Primary School-Aged Children in Kuala Selangor”.

Universiti Teknologi MARA (UiTM)

### **Hazirah Binti Md Jamri - Master of Health Sciences (Nutrition) – 2024**

Main supervisor

“Modelling A Digital Intervention Framework on Limiting Consumption of High Energy-Dense (HED) Foods and Sugar-Sweetened Beverages (SSBs) Among Adolescents”.

Universiti Teknologi MARA (UiTM)

### **Mohd Ramadan Bin Ab Hamid – PhD Dietetics (2023)**

Main supervisor

“Hypertech-D: A Technology-Based Instructional Design for Hypertensive Patients in Klang Valley, Malaysia”.

Universiti Teknologi MARA (UiTM)

### **Fatimah Najihah Binti Baderol Allam – MSc Dietetics (2021)**

Main supervisor

"Qualitative Study on Facilitators and Barriers of Web-Based Education Tools, And Perspectives on Key Elements to Design a Culturally Tailored Web-Based Nutrition Education Tools Among Hypertensive Patient in Malaysia"

Universiti Teknologi MARA (UiTM)

### **Ongoing Supervision**

#### **Eufrazia Vitoria Ximenes Moreira - Master of Health Sciences (Nutrition)**

“Infant and Young Child Feeding Practices Associated with Stunting in Children Aged 0-23 Months in Dili, Timor-Leste”

Universiti Teknologi MARA (UiTM)

### **Research Grants**

- |    |  |           |           |
|----|--|-----------|-----------|
| 1. | <b>Main-Investigator</b><br>Modelling A Digital Intervention Framework on Limiting Consumption of High Energy Dense (HED) Foods and Sugar-Sweetened Beverages (SSBs) Among Adolescents in Malaysia.<br><b>FRGS Grant, Ministry of Higher Education</b>   | 2021-2023 | RM 80,130 |
| 2. | <b>Main-Investigator</b><br>Modelling a Culturally Tailored Social Media Intervention Theoretical Conceptual Framework on Limiting Consumption of High Energy Dense (HED) Snack Foods and Sugar-Sweetened Beverages (SSBs) among Late Adolescents in Malaysian Obesogenic Environment.<br><b>Internal Grant, Universiti Teknologi MARA</b> | 2020-2023 | RM 20,000 |

3.	<b>Main-Investigator</b> Idiosyncratic Food Preferences of Children with Autism Spectrum Disorder. <b>Internal Grant, Universiti Teknologi MARA</b>	2020-2023	RM 20,000
4.	<b>Co-Investigator</b> Fostering Cross-border Synergy: Collaborative Eco-Enzyme Solutions for Signature Agro-tourism Products in Indonesia and Malaysia. <b>International Grant, Universitas Islam Negeri Sunan Guning Djati (UIN SGD), Indonesia.</b>	2024-2025	RM 25,360
5.	<b>Co-Investigator</b> Development of a Meat Tenderizer Paste Based on a Fruit-Herbs Formulation of Ananas Comosus and Artocarpus Heterophyllus. <b>GIS 2022/1, Universiti Teknologi MARA</b>	2022-2024	RM 49,962
6.	<b>Co-Investigator</b> Elucidation of a Precision Nutrition Factorial Model Associated with Metabolic Syndrome Among Malaysian Adults with Different Dietary Patterns. <b>FRGS Grant, Ministry of Higher Education</b>	2020-2023	RM 159,900
7.	<b>Co-Investigator</b> Modelling A New Psychosocial Framework of Mental Health Literacy (MHL) On Parents of Children with Autism Spectrum Condition (ASC). <b>FRGS Grant, Ministry of Higher Education</b>	2021-2024	RM 85,255
8.	<b>Co-Investigator</b> Deciphering The Serum Fatty Acids Differentiation and Its Associations with Metabolic Syndrome Among Malaysians Practising a Plant-Based Dietary Pattern and Omnivorous Dietary Pattern. <b>Internal Grant, Universiti Teknologi MARA</b>	2020-2022	RM 20,000
9.	<b>Co-Investigator</b> The effect of a web-based nutrition intervention on mothers' knowledge, attitude, and practice in preventing stunting among children in Pahang. <b>Matching Grant, International Islamic University</b>	2020-2022	RM 20,000
10.	<b>Co-Investigator</b> Development and Evaluation of the Health Educational Module (HEM) on Childhood Obesity Management (COM) for School Health Nurses. <b>FRGS Grant, Ministry of Higher Education</b>	2019-2023	RM 84,500
11.	<b>Co-Investigator</b> Modelling a Culturally-Tailored Web-Based Nutrition Education for Low and Middle-Income Patients with Hypertension in Malaysia. <b>FRGS Grant, Ministry of Higher Education</b>	2019-2022	RM 74,700

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|-----|--|-----------|-----------|
| 12. | <p><b>Co-Investigator</b><br/> Maternal Obesity and Breastfeeding Outcomes in Klang Valley.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>  | 2016-2022 | RM 20,000 |
| 13. | <p><b>Co-Investigator</b><br/> Development and Effectiveness of the H.E.B.A.T! Intervention Program for Overweight and Obese School Children (10-11 Years Old) in Negeri Sembilan.<br/> <b>Health Promotion Board, Ministry of Health Malaysia</b></p> | 2012-2017 | RM 35,000 |
| 14. | <p><b>Co-Investigator</b><br/> The Health Protective Effect of Islamic Sunnah Food and Lifestyle Practice: A Randomized Controlled Trial among Overweight Adults.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>                            | 2016-2018 | RM 20,000 |
| 15. | <p><b>Co-Investigator</b><br/> Effectiveness of a Weight Reduction Programme for Young Adults in an Urban University Setting.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>  | 2016-2019 | RM 20,000 |
| 16. | <p><b>Co-Investigator</b><br/> The Role of Built Environments, Physical Activity, Diet and Obesity among Children in Selangor, Malaysia.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>   | 2015-2017 | RM 20,000 |
| 17. | <p><b>Co-Investigator</b><br/> Food Safety Knowledge and Practices among Secondary Schoolchildren.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>   | 2011-2012 | RM 20,000 |
| 18. | <p><b>Co-Investigator</b><br/> Relationship Between Perceived Stress and Eating Behaviors in Young Adults.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>   | 2011-2012 | RM 20,000 |
| 19. | <p><b>Co-Investigator</b><br/> Linking Organisational Characteristics with the Provision for Health Promotion: A Resource-Dependence Perspective.<br/> <b>Internal Grant, Universiti Teknologi MARA</b></p>  | 2010-2013 | RM 20,000 |

## Publications

### Policy Books:

Hanapi, M. J., Shaari, N. D., Abd Talib, R., Aris, N., **Buhari, S. S.**, Anwar, N. H., & Sakiram, N. (2023). *Malaysian dietary guidelines for children and adolescents* (Chapter: Consume foods and beverages low in sugar) (2nd ed.). Technical Working Group on Nutrition Guidelines for National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia.

ISBN: 978-967-26507-8-2

Appannah, G., Abu Zaid, Z., **Buhari, S. S.**, & Yim, H. (2023). *Malaysian dietary guidelines for vegetarians* (Chapter: Include appropriate amounts and types of fat in the diet). Technical Working Group on Nutrition Guidelines for National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia.

ISBN: 978-967-26507-9-9

Zalilah, M. S., **Buhari, S. S.**, Kaur, S., Lim, S. M., Zainuddin, N. Z., & Zakaria, S. (2023). *Maternal dietary guidelines for Malaysia* (Chapter: Achieve optimal weight for healthy pregnancy). Technical Working Group on Nutrition Guidelines for National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia.

ISBN: 978-629-98763-1-1

Ruzita, A. T., Hanapi, M. J., **Buhari, S. S.**, & Tan, Y. N. (2021). *Malaysian dietary guidelines 2020* (Chapter: Limit sugar intake in foods and beverages) (3rd ed.). Technical Working Group on Nutrition Guidelines for National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia.

ISBN: 978-967-19598-2-4

Jan Mohamed, H. J., Salleh, R., Zulkafly, N., Aris, T., Ismail, S. A., Selamat, R., Kaundan, M. A. K., Suhaimi, L. R. A., Sabirin, J., Ramly, R., Mohamed, M. H., Md. Noh, F., Salleh, S. M., Sudin, N. R., Hafiz Ahmad, H., Yeo, W. K., Anuar, A., Loh, S. P., Appukutty, M., **Buhari, S. S.**, Azdie Mohd Abu Bakar, W. A. M., Daud@Daud, N. M., Ismail Noor, M., Kaur, S., Raib, J., Yusop, K. Z. M., & Mohamad, W. N. A. (2020). *Nutrition research priorities in Malaysia for the 12th Malaysia Plan (2021–2025)*. National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia. ISBN: 978-967-19598-0-0

Zalilah, M. S., Yasmin, O., Safiah, M. Y., Azmi, M. D. Y., Mirnalini, K., & **Siti Sabariah, B.** (2013). *Malaysian Dietary Guidelines for Children and Adolescents* (Chapter: Eat fruit and vegetables every day). National Coordinating Committee on Food and Nutrition, Ministry of Health Malaysia, Putrajaya.

## Research Books:

**Siti Sabariah Buhari**, Ruzita Abd. Talib & Poh Bee Koon (2020). *Obesiti Kanak-Kanak: Bertindak sebelum terlambat*. Penerbit UKM.

## Journals and Proceedings:

Mok, K. T., Kaur, S., Say, Y.-H., **Buhari, S. S.**, Paratthakonkun, C., Mahmudiono, T., & Razak, N. A. (2024). Knowledge and attitudes on anemia and menstrual health among Malaysian female university students. *Scientific Reports*, 14(1), 26020.

Nazri, N. A., Jaafar, N. H., Zakaria, S., Bakar, W. A. M. A., Azahari, N., Hisham, S. I., & **Buhari, S. S.** (2024). Childhood Picky Eating Behaviour and Its Impact on the Growth of Young Children: A Scoping Review. *International Journal of Allied Health Sciences*, 8(1), 2953-2961.

Bazid, N. M., Ahmad, S., Diah, N. M., & **Buhari, S. S.** (2024). Exploring Common Game Elements in Serious Game Interventions for Health and Obesity Awareness in Children: A Systematic Review. *International Journal of Emerging Technologies in Learning (IJET)*, 19(4), 17-32.

Fauzi, N. A. F., Hamid, M. R. A., Talib, R. A., Jailani, F., & **Buhari, S. S.** (2023). Development and Validation of FFQ for Assessing Sugar-Sweetened Beverages (SSB) and High-Energy Dense Foods Intake among Malaysian Adolescents. *Malaysian Journal of Medicine & Health Sciences*, 19(3).

Jamri, H. M., Hamid, M. R. A., Talib, R. A., Jailani, F., & **Buhari, S. S.** (2023). Effectiveness of Social Media Interventions to Improve Nutrition Behaviour among Adolescents in Asia: A Systematic Review. *Malaysian Journal of Medicine & Health Sciences*, 19(5).

Porusia, M., Dewi, L. M., Kusudaryati, D. P. D., Widyastuti, Y., Mahmudi, L. K., Prasesti, W., Insiroh, F. N., Haryanti, N. D., Nuralam, M. F., & **Buhari, S. S.** (2023). Promoting Health Improvement of Indonesian Migrant Workers and Their Children in Kuala Lumpur, Malaysia. *ASEAN Journal of Community Engagement*, 7(2), 211-225.

Ghazali, N. H., & **Buhari, S. S.** (2023). Weight Status, Dietary Intake, and Mealtime Behaviour Among Autism Spectrum Disorder Children in Klang Valley, Malaysia. *Malaysian Journal of Medicine & Health Sciences*, 19.

Zainal Abidin, N. H. N., Nabila Ramli, N. F., Zainal Abidin, N. Z., Ilias, K., **Buhari, S. S.**, & Amin, N. A. (2023). Exploring Perceived Workplace Psychosocial Factors and Its Relation on Mental Health Among Baristas. *Malaysian Journal of Medicine & Health Sciences*, 19.

Zawahid, B. S. M., **Buhari, S. S.**, Sharoni, S. K. A., & Setiyaningrum, Z. (2023). Development and Validation of Food Frequency Questionnaire (FFQ) for Ultra-processed Food Consumption among Adults in Malaysia: A Protocol Study. *Environment-Behaviour Proceedings Journal*, 8(24), 199-205.

Jamri, H. M., Setiyaningrum, Z., Abd Talib, R., & **Buhari, S. S.** (2022). Use of Social Media by Adolescents for Nutrition Intervention: Factors to Consider. *Asian Journal of Environment-Behaviour Studies*, 7(23), 55-72.

Jamri, H. M., Setiyaningrum, Z., Abd Talib, R., & **Buhari, S. S.** (2023). Factors Influencing Adolescents' Use of Social Media for Nutrition Intervention. *Environment-Behaviour Proceedings Journal*, 8(24), 51-58.

- Ab Hamid, M. R., **Buhari, S. S.**, Md Noor, H., Azizan, N. A., & Md Nor, N. (2023). Web-Based Nutrition and Physical Activity Education Intervention to Ameliorate Cardiometabolic Risks: A Single-Arm and Non-Randomized Feasibility Study. *Journal of Primary Care & Community Health*, 14, 21501319231214091.
- Ahmad, S. N. F. F., Salehuddin, N. S., Sharoni, S. K. A., Fauzi, R., **Buhari, S. S.**, & Nor, N. M. (2023). Weight Management Behaviors among Students in a Public University. *The Malaysian Journal of Nursing (MJN)*, 14(3), 67-75.
- Ab Hamid, M. R., **Buhari, S. S.**, Noor, H. M., Azizan, N. A., Malek, K. A., Mohd Asmawi, U. M., & Nor, N. M. (2024). Development and Validation of D-PATH Website to Improve Hypertension Management among Hypertensive Patients in Malaysia. *Digital Health*, 10, 20552076241242661.
- Ab Hamid, M. R., Mohd Yusof, N. D. B., **Buhari, S. S.**, Abd Malek, K., & Md Noor, H. (2024). Development and Validation of Educational Video Content, Endorsing Dietary Adjustments among Patients Diagnosed with Hypertension. *International Journal of Health Promotion and Education*, 62(4), 197-208.
- Ahmad, S. N. F. F., Salehuddin, N. S., Sharoni, S. K. A., Fauzi, R., **Buhari, S. S.**, & Nor, N. M. (2023). Weight Management Behaviors among Students in a Public University. *The Malaysian Journal of Nursing (MJN)*, 14(3), 67-75.
- Zawawi, N. I. A. A., Abd Aziz, L. H., Sulong, F., **Buhari, S. S.**, & Nor, N. M. (2022). Validity and Reliability of the Healthier Choice Logo (HCL) Questionnaires for Consumers and Industries in Malaysia.
- Ab Hamid, M. R., Hamdan, F. H., Isa, S. N. I., & **Buhari, S. S.** (2022). Dietary and Physical Activity Questionnaire for Hypertensive Patients in Malaysia. *Malaysian Journal of Medicine and Health Sciences* 18 (Supp 8), 16-22.
- MR Ab Hamid, FNB Allam, **SS Buhari**, M Umar (2022). Health Information Seeking Behaviours during COVID-19 among Patients with Hypertension in Selangor. *Environment-Behaviour Proceedings Journal* 7 (19), 149-155.
- MR Ab Hamid, NDB Mohd Yusof, **SS Buhari** (2022). Understandability, actionability, and suitability of educational videos on dietary management for hypertension. *Health Education Journal* 81 (2), 238-247.
- FNB Allam, **SS Buhari**, MR Ab Hamid, A Dhiemitra (2021). The Impact of the COVID-19 Pandemic on the Dietary of Malay Hypertensive Patients. *Environment-Behaviour Proceedings Journal* 6 (18), 175-182.
- MR Ab Hamid, NDB Mohd Yusof, **SS Buhari**, K Abd Malek, H Md Noor (2021). Development and validation of educational video content, endorsing dietary adjustments among patients diagnosed with hypertension. *International Journal of Health Promotion and Education* 1-12.
- FNB Allam, MR Ab Hamid, **SS Buhari**, HM Noor (2021). Web-based dietary and physical activity intervention programs for patients with hypertension: Scoping review. *Journal of medical Internet research* 23 (3), e2246.

- Norazira Sharudin, Siti Sabariah Buhari, Hasnah Toran, Sazlina Kamaralzaman & Kartini Ilias (2021). Feeding Issues among Children with Autism Spectrum Disorder (ASD) In Kuala Lumpur: A Preliminary Qualitative Study. *Malaysian Journal of Medicine and Health Sciences* 17 (Supp3): 215-222.
- MR Ab Hamid, MM Isamudin, **SS Buhari** & EHK Ikram (2020). Quality, understandability and actionability of online patient education material about hypertension. *Nutrition & Food Science*.
- MR Ab Hamid, MM Isamudin, FNB Allam & **SS Buhari** (2020). Understandability and Actionability of Web-based Education Materials on Hypertension Management. *Environment-Behaviour Proceedings Journal* 5 (14), 127-133.
- M R Ab Hamid, H Md Noor, **SS Buhari** & N Md Nor (2020). Web-Based Nutrition Education for Patients with Hypertension: A Conceptual Framework. *Journal of Physics: Conference Series*: 1496.
- N Said, NM Nor, SKA Sharoni, **SS Buhari**, NF Habidin. (2020). Weight Management: Need Assessment for Health Educational Module Development among Primary School Children. *Malaysian Journal of Public Health Medicine* 20 (Special1), 318-324.
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## Achievements

- Best Video Award, International Invention & Innovative Competition (InIIC Series 1/2023) Kembara Dietitian: A complete, sustainable and innovative edutainment video package for lifestyle management of hypertension.  
Mohd Ramadan Ab Hamid, **Siti Sabariah Buhari**, Norazmir Md Nor, Harrini Md Noor, Nurul Ain Azizan.
- Silver Award, International Invention & Innovative Competition (InIIC Series 1/2023) Kembara Dietitian: A complete, sustainable and innovative edutainment video package for lifestyle management of hypertension.  
Mohd Ramadan Ab Hamid, **Siti Sabariah Buhari**, Norazmir Md Nor, Harrini Md Noor, Nurul Ain Azizan.

- Association of Science Technology and Innovation (ASTI) Special Award - National Innovation & Invention Competition 2022 (NIICE 2022)  
 Kembara Dietitian: An innovative, sustainable and complete edutainment video package of lifestyle modification for hypertension.  
 Mohd Ramadan Ab Hamid, **Siti Sabariah Buhari**, Norazmir Md Nor, Harrini Md Noor, Nurul Ain Azizan.
- Platinum Best of the Best Award – National Innovation & Invention Competition 2022 (NIICE 2022)  
 Kembara Dietitian: An innovative, sustainable and complete edutainment video package of lifestyle modification for hypertension.  
 Mohd Ramadan Ab Hamid, **Siti Sabariah Buhari**, Norazmir Md Nor, Harrini Md Noor, Nurul Ain Azizan.
- Silver Award - Invention, Innovation & Design Exposition 2020 (IINDEX 2020)  
 Brainy Bites: A Nutritious Pocket-Sized Cookie That Promotes Preschooler’s Brain Development.  
 Naleena Devi Muniandy, Farah Shafeera Ibrahim, Emmy Hainida Khairul Ikram, **Siti Sabariah Buhari** & Haidar Hanani Haris
- Silver Award – Kongres & Pertandingan Inovasi P&P 2020 (K-NOVASI 2020)  
 C-FOM: The Ensouled E-Learning Tool for Basic Catering and Foodservice Management Course.  
 Mohd Ramadan Ab Hamid, Nazrul Hadi Ismail, Farhanah Ahmad Shuhaimi, Emmy Hainida Khairul Ikram & **Siti Sabariah Buhari**
- Silver Award - Invention, Innovation & Design Exposition 2018 (IINDEX 2018)  
 DELIGHT TART: High Fiber Pineapple Tart  
**Siti Sabariah Buhari**, Fadhilah Jailani, Farhanah Ahmad Shuhaimi, Naleena Devi Muniandy, Fathimah Najihah Baderol Allam.
- Gold Award – The Virtual International e-Content Development Competition 2021 (ECONDEV 2021)  
 MOOC Entitled Food, Nutrition and Health  
 Emmy Hainida Khairul Ikram, **Siti Sabariah Buhari**, Mohd Ramadan Ab Hamid.
- Gold Award – Kongres & Pertandingan Inovasi P&P 2019 (K-NOVASI 2019)  
 Nutrition and Health: E-Pembelajaran Melalui Aplikasi MOOC  
 Emmy Hainida Khairul Ikram, Mohd Ramadan Ab Hamid & **Siti Sabariah Buhari**
- Gold Award – The Virtual International e-Content Development Competition 2021 (ECONDEV 2021)  
 OER (EDUCATOR) - Principles of Food Preparation  
 Mazuin Kamarul Zaman, Nur Islami Fahmi Teng & **Siti Sabariah Buhari**.

## Referee

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