

Brief Biodata: Dr Hamid Jan B Jan Mohamed



Dr Hamid Jan is Associate Professor at the Nutrition and Dietetics Programme, School of health Sciences, Universiti Sains Malaysia (USM). He joined this institution in year 2007, soon after completing his PhD (Nutrition) at University of London, United Kingdom. He holds a Masters Degree in Nutrition from Universiti Kebangsaan Malaysia and Bachelor Degree in Nutrition and Community Health from University Putra Malaysia. He received extensive training on laboratory skills from the Diploma in Medical Laboratory Technology Program at USM.

The diversity of his education background contributed towards the creation of several interesting research related to nutrition and disease in Malaysia. He initiated the first pregnancy cohort in Malaysia named the USM Pregnancy Cohort Study which started in year 2009. This pregnancy cohort is aimed at investigating the role of maternal nutrition, oxidative stress and adipokines in the development of obesity and diabetes. Preliminary findings of this study are available in several local and international journals. He is also one of the researcher in the MyBreakfast Study which investigated breakfast habit of school children in Malaysia.

In addition to teaching undergraduate students, he has successfully graduated 3 PhD and 10 Master (MSc) students and currently supervising 7 PhD and 2 MSc students. Dr Hamid is a Fellow Member of Nutrition Society of Malaysia and Life Member of the Malaysian Association for the Study of Obesity since 2008, and Member of the Malaysian Endocrine and Metabolic Society.

He is actively involved in obesity and non-communicable diseases prevention/management activities by giving public lectures on healthy lifestyle to communities and researchers. He also works closely with the Ministry of Health Malaysia by being committee member of the Technical Working Group for Nutrition Guidelines and Technical Working Group for Research. He was one of the editorial board member and author of the Malaysian Dietary Guideline for Children and Adolescence and Malaysian Dietary Guideline for Elderly.