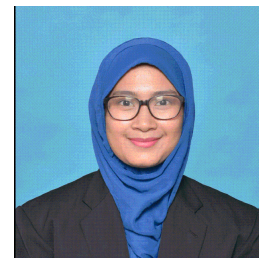


Dr. Nik Nur Izzati Nik Mohd Fakhruddin  
Malaysia Jeffrey Cheah Sch of Med & HS  
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## Biography

Dr Nik Nur Izzati is a Research Fellow at Jeffrey Cheah School of Medicine & Health Sciences, Monash University Malaysia. She graduated her degree and PhD in Dietetics from National University of Malaysia in. Her thesis explored the dietary pattern of successful agers in Malaysia and its association with metabolomic profile. She worked as a Clinical Dietitian in Hospital Tuanku Ja'afar Seremban prior to joining Monash University in 2023.

## Qualifications

Dietetics, Doctor of Philosophy, Dietary pattern among successful agers in Malaysia and its association with metabolic profiling, Universiti Kebangsaan Malaysia (National University of Malaysia)  
Award Date: 27 Nov 2021

Dietetics, Bachelor of Dietetics with Honours, Universiti Kebangsaan Malaysia (National University of Malaysia)  
Award Date: 20 Oct 2012

## Employment

### Research Fellow

Malaysia Jeffrey Cheah Sch of Med & HS  
MONASH UNIVERSITY  
1 Aug 2023 → present

## Research outputs

### Associations between fruit and vegetable intakes and incident depression in middle-aged and older adults from 10 diverse international longitudinal cohorts

Matison, A. P., Flood, V. M., Lam, B. C. P., Lipnicki, D. M., Tucker, K. L., Preux, P. M., Guerchet, M., d'Orsi, E., Quialheiro, A., Rech, C. R., Skoog, I., Najjar, J., Rydberg Sterner, T., Scarmeas, N., Kosmidis, M. H., Yannakoulia, M., Gureje, O., Ojagbemi, A., Bello, T., Shahar, S., & 11 others Fakhruddin, N. N. I. N. M., Rivan, N. F. M., Anstey, K. J., Cherbuin, N., Mortby, M. E., Ho, R., Brodaty, H., Sachdev, P. S., Reppermund, S., Mather, K. A. & for Cohort Studies of Memory in an International Consortium (COSMIC), 15 Aug 2024, In: Journal of Affective Disorders. 359, p. 373-381 9 p.

### Development of Malaysian-MIND diet scores for prediction of mild cognitive impairment among older adults in Malaysia

M Zapawi, M. M., You, Y. X., Shahar, S., Shahril, M. R., Malek Rivan, N. F., Nik Mohd Fakhruddin, N. N. I. & Yap, A. X. W. , 1 May 2024, In: BMC Geriatrics. 24, 1, 12 p., 387.

### The effect of dietary patterns on mild cognitive impairment and dementia incidence among community-dwelling older adults

Malek Rivan, N. F., Shahar, S., Fakhruddin, N. N. I. N. M., You, Y. X., Che Din, N. & Rajikan, R., 8 Aug 2022, In: Frontiers in Nutrition. 9, 12 p., 901750.

IMPROVE DIETETIC CARE FOR DIETARY CONSULTATION AMONG GESTATIONAL DIABETES MELLITUS INPATIENTS IN HOSPITAL TUANKU JA'AFAR SEREMBAN, NEGERI SEMBILAN  
NMF, N. N. I., 2022. 1 p.

Urine untargeted metabolomic profiling is associated with the dietary pattern of successful aging among malaysian elderly  
Fakhruddin, N. N. I. N. M., Shahar, S., Ismail, I. S., Azam, A. A. & Rajab, N. F., Oct 2020, In: Nutrients. 12, 10, 17 p., 2900.

Identification of dietary patterns associated with characteristics of successful aging

Fakhruddin, N. N. I. N. M., Shahar, S., Rajikan, R., Omar, M. A., Din, N. C., Razali, R., Harith, S., Mohamed, H. J. J. & Hakim, B. N. A., 2019, In: Malaysian Journal of Nutrition. 25, 1, p. 47-58 12 p.

Dietary patterns of the metabolic syndrome among older adults in Malaysia

Shahar, S. & Izzati, N. N., 2018, In: Jurnal Sains Kesihatan Malaysia (Malaysian Journal of Health Sciences). 16, Special Issue, p. 237 1 p.

Kemampuan intervensi suplementasi minyak ikan dan pendidikan kesihatan dalam kalangan warga tua yang mengalami kecacatan kognitif ringan

Shahar, S., Nik Mohd Fakhruddin, N. N. I., Siti Hajar, M., Hasnah, H. & Kamaruddin, M. Z. A., Dec 2016, In: Sains Malaysiana. 45, 12, p. 1823-1834 12 p.

Which aging group prone to have inadequate nutrient intake? TUA Study

Mohd Fakhruddin, N. N. I. N., Shahar, S., Aziz, N. A. A., Yahya, H. M. & Rajikan, R., Sept 2016, In: Sains Malaysiana. 45, 9, p. 1381-1391 11 p.

Family support and self-motivation influence dietary compliance and glycaemic control among type 2 diabetes mellitus outpatients

Shahar, S., Nik Mohd Fakhruddin, N. N. I., Hui, K. J., Suhaimi, N. F. S., Zulkepli, N. Y. F., Roslan, R., Siew, W. E. & Ibrahim, N., 2016, In: Jurnal Sains Kesihatan Malaysia (Malaysian Journal of Health Sciences). 14, 2, p. 39-47 9 p.

## Activities

### **BMC Public Health (Journal)**

Nik Nur Izzati Nik Mohd Fakhruddin (Peer reviewer)

31 Mar 2024

### **International Journal of Food (Journal)**

Nik Nur Izzati Nik Mohd Fakhruddin (Peer reviewer)

20 Jan 2024

### **BMC Public Health (Journal)**

Nik Nur Izzati Nik Mohd Fakhruddin (Peer reviewer)

13 Nov 2023 → 23 Nov 2023

### **Dietary Assessment Method Tutorial**

Nik Nur Izzati Nik Mohd Fakhruddin (Facilitator)

5 Sept 2023

### **DASH Diet and Mediterranean Diet Debate**

Nik Nur Izzati Nik Mohd Fakhruddin (Discussant)

22 Aug 2023

### **Intake24 Technical Meetings**

Nik Nur Izzati Nik Mohd Fakhruddin (Discussant)

1 Aug 2023 → 31 Dec 2023