

Privacy Terms

Malaysian Healthy Diet Online Survey (MHDOS)

Effective Date: 7 July 2025

These Privacy Terms describe how the Malaysian Healthy Diet Online Survey (MHDOS) collects, uses, stores, and protects your personal data in accordance with the Personal Data Protection Act (PDPA) 2010 of Malaysia. By participating in this survey, you consent to the handling of your data as outlined below.

1. Introduction

Your privacy is important to us. These terms explain how we manage the personal information collected through your participation in MHDOS. This applies to all users who access the survey via <https://nsm-mhdos.org.my>.

2. Types of Personal Data Collected

The types of data that may be collected include:

- Demographic information: year of birth, sex, ethnicity, educational level, state of residence, occupation
- Dietary and lifestyle information: type, frequency and amount of food intake, physical activity level
- Contact information: email address (only if you voluntarily provide it)
- Technical data: browser type, IP address, time of access

No sensitive identification such as your full name, IC number, or exact address will be collected unless explicitly requested and consented to.

3. Purpose of Data Collection

Your personal data is collected for the following purposes:

- To assess and analyse dietary patterns among Malaysians
- To generate individualised Diet Score Reports
- To support academic research, nutrition education, and public health promotion
- To contact you regarding survey-related matters (only if you provide consent)

4. Legal Basis for Processing

We process your personal data based on your explicit consent, in line with Section 6 of the PDPA. You may withdraw your consent at any time by contacting us via the email below.

5. Data Protection and Security

We are committed to safeguarding your information. Measures include:

- Secure, password-protected storage systems
- Limited access to authorised personnel only
- Secure handling of all transmissions

6. Data Sharing and Disclosure

We do not sell, rent, or trade your personal information. Your anonymised data may be shared with:

- Academic collaborators
- Public health bodies
- Nutrition and dietetic professionals for non-commercial use
- Published outputs will never include information that can identify you personally.

7. Data Retention

Your data will be retained only for as long as necessary to fulfil the purposes described above. After this period:

- Personal data will be securely deleted
- Research data will be anonymised and archived, where applicable, for academic integrity

8. Your Rights Under PDPA 2010

You have the right to:

- Access your personal data
- Request correction of inaccurate or incomplete data
- Withdraw consent at any time
- Lodge a complaint with the Department of Personal Data Protection Malaysia

To exercise these rights, please email us using the contact details below.

9. Third-Party Services

The survey platform may make use of third-party service providers (e.g., analytics or form hosting tools). These providers are contractually obligated to follow data protection best practices.

10. Updates to This Privacy Terms

These Privacy Terms may be updated from time to time. You are advised to review this page periodically. Any significant changes will be notified on our website.

11. Contact Us

If you have any questions about your personal data, please contact:

✉ mhdos.report@nutriweb.org.my

📍 Nutrition Society of Malaysia