

Candidate for Director
Zaharah Sulaiman, MBBS MMed IBCLC FILCA FABM



Current Position

Medical Lecturer and Lactation Consultant
Universiti Sains Malaysia
Kota Bharu, Kelantan, Malaysia

Primary Specialty

Breastfeeding & Lactation Medicine, Public Health

Education

- 2014 – PhD, Public Health, La Trobe University, Melbourne, Victoria, Australia
- 2005 – MMed, Community Medicine, Universiti Sains Malaysia, Kota Bharu, Kelantan, Malaysia
- 1997 – MBBS, Medicine, Adelaide University, Adelaide, South Australia, Australia

Qualifications

ABM Involvement

- Participant, Annual Conference, 2019, 2021, 2023, 2024
- Participant, ABM Leadership Academy Program, 2022 – 2023
- Poster Presenter, European Academy of Breastfeeding Medicine Conference (Croatia), 2023
- Speaker, ABM Leadership Academy Webinar on Strategic Thinking, 2024, 2025
- Speaker, World Breastfeeding Week 2024 Coffee & Tea Chat, 2024
- Speaker, Annual Conference – Global Panel 1: ABM Position Statement on Paid Maternity Leave, 2024
- Member, ABM Leadership Formation Committee, 2024–2025
- Coordinator, Translation Team for Parents Handout (Malay and Mandarin), 2025
- Member, ABM Leadership Standing Committee, 2025
- Publications
 - Co-Author, ABM Position Statement – Breastfeeding in Emergencies, 2024
 - Co-author, ABM Position Statement – Paid Maternity Leave, 2023–2024
- Speaker, Annual Conference – Global Panel: Induced Lactation Around the World (Malaysia Experience), 2023

Other Breastfeeding Medicine Leadership

- Invited Speaker, iLactation – 2025
- Course Developer, Microcredential Open Learning Series on Breastfeeding Counselling (5-part series), Universiti Sains Malaysia & Ministry of Health Malaysia, 2024–2025
- Expert Panelist, WABA – World Breastfeeding Week 2024 Celebration, 2024

- Invited Speaker, ASEAN Ageing Society, 2024
- Invited Speaker, Universitas Sebelas Maret (UNS), Indonesia, 2024
- Invited Speaker, Malaysian Dietary Guideline for Children and Adolescents – Feeding in the first 2 years of life, Nutritionist Scientific Webinar, Ministry of Health Malaysia, 2024
- Invited Speaker, National Lactation Centre, Malaysia – 6th National Lactation Conference, 2024
- Invited Speaker, Malaysian Muslim Doctors Association – Breastfeeding Advocacy and Support: Strengthening the Community, Seminar on Empowering Women Health & Wellness, 2024
- Head, Technical Committee – Breastfeeding Counselling Manual Book (33 chapters, 350 pages), Ministry of Health Malaysia, 2023–2024
- Chairman, Malaysian Lactation Consultant Association (MALCA), 2023–Present
- Head, Lactation Unit, USM Specialist Hospital, Tertiary University Hospital, 2023
- Invited Speaker, International Medical University, Selangor – Breastfeeding Support During Disaster, Basic Disaster Preparedness Training, 2023
- Invited Speaker, Breastfeeding Association Riyadh, Saudi Arabia, 2023
- Fellow of International Lactation Consultant Association (FILCA), 2023
- Course Director, WHO Regional Office – Breastfeeding Counselling Course for Health Professionals (Brunei), 2023
- Co-Chair, WABA Local Governance Council (LGC), 2023–Present
- Expert Panelist, World Breastfeeding Week Action Folder, 2022–2024
- Invited Speaker, WHO Geneva – GVAC Virtual Mission on SRHR and HIV research, 2022
- Reviewer, World Breastfeeding Week Action Folder, 2021–2025
- Journal Editor, BMC Pregnancy and Childbirth Journal – Manuscript handling, 2021–2023
- Invited Speaker, ISRHML – Induced lactation and maternal experience, 2021
- Chairman, 4 National Infant and Young Child Feeding Scientific Conferences (2019, 2021, 2023, 2025), Universiti Sains Malaysia & Ministry of Health Malaysia, 2019–2025
- Chairman, Breastfeeding Support Group, Universiti Sains Malaysia (KSSUSM), 2019–Present
- Committee Member, Local Governance Council, WABA, 2014–Present
- Trainer, Breastfeeding Advocacy and Practice Course (Infant Feeding Consortium UK & WABA), 2007, 2009, 2015, 2018

Current Volunteer Commitments

- Board Member, Centre for Research on Women and Gender (KANITA), Universiti Sains Malaysia, 2025 – 2026
- Vice Head of Women, IKRAM Malaysia Organization, 2022 – 2026
- Vice Head, Sexual Harassment University Core Committee, 2023 – 2025
- Vice Head, YADIM Malaysia Research Management Centre, 2022 – 2024, 2024 – 2026
- Chairman, HELWA USM (USM Women Staff Welfare Committee), 2020 – 2022, 2022 – 2024, 2024 – 2026
- Member, SALAM – Utilizing Used Cooking Oil for Sustainability From Waste To Wealth, 2021 – 2022
- Chairman and Board Member, Raudhah Sakeenah Kelantan, 2014 – 2024
- Committee Member, Sexual Harassment University Core Committee, 2016 – 2022

Candidate Statement

I am honored to submit my candidacy for a position on the Board of Directors. After reviewing the Director's Fact Sheet and the outlined expectations, I am prepared to commit to the responsibilities of the role.

Over the years, I have actively participated in various ABM initiatives, including serving on the ABM Leadership Academy committees, speaking at Annual Conferences, contributing as a co-author to position statements, and volunteering to coordinate the translation of parent handouts.

My professional experience spans both local and international organizations, which has shaped a collaborative and inclusive work ethic. As an Asian and Muslim professional, I believe my presence on the Board would offer a valuable global perspective, helping ABM further strengthen its international reach and representation.

While I may not always be the most vocal, I consistently bring thoughtful insights and meaningful contributions to discussions and decision-making processes. If elected, I look forward to supporting ABM's continued growth and success through dedicated service, diverse perspectives, and a commitment to excellence.