

CURRICULUM VITAE
REKIA BELAHSEN
Consultant and Researcher in Nutrition

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Citizenship Morrocan

Place, date of birth Rabat, Morocco. 30 July, 1958

Current position Professor (teenier)

1- EDUCATION

Dates	Discipline	Institution
1992	Ph.D. in Endocrinology – Nutrition	Laval University , Faculty of Medicine (Canada)
1985	Doctorat (Master) of Nutrition & Alimentation	Dijon University. Dijon, France
1983	D.E.A. in Cardiovascular Pharmacology	Claud Bernard University. Faculty of Medicine, France
1982	D.E.A. in Food Microbiology	Cadi Ayad Univ. Faculty of Sciences, Marrakech, Moro
1981	B.Sc in Biology	Mohamed V Univ., Faculty of Sciences (Rabat, Morocco)

2- POSITIONS HELD

Position	Dates	Institution
Professor	1996-present	Chouaïb Doukkali Univ., El Jadida, Morocco
Associate Professor	1992-96	Chouaïb Doukkali Univ.
Doctoral Fellow (CIDA)	1988-92	Laval Univ. Quebec, Canada
Assistant Professor	1985-88	Chouaïb Doukkali Univ.

3- EDUCATION AND RESEARCH RESPONSABILITY

Head of Training and Research Unit on Food Science.1997-present (graduate student program)
Head of the Research Unit on Nutrition and Food Sciences.
Director of the Laboratory Biotechnology, Biochemistry and Nutrition.

4- RESEARCH TOPICS

- Nutritional disorders in women and children.
- Micronutrients status (iodine, iron and Vitamin A) in women and children.
- Nutrition transition and Chronic diseases
- Prevalence of overweight and obesity in different regions of Morocco.
- Traditional Mediterranean diet valorization and sustainability

5- PROFESSIONAL EXPERIENCE

- Independent consultant in Nutrition
- Professor and Research Director, Chouaïb Doukkali University, El Jadida, Morocco.
- Head of the Training and Research Unit on Nutrition & Food Sciences at Chouaïb Doukkali University, Faculty of sciences in El Jadida, Morocco.
- Director of the Laboratory of Biotechnology, Biochemistry & Nutrition

6- Languages

Spoken: Arabic, French, English

Written: Arabic, French, English

7- EXPERTISE & CONSULTANCY

Expert Evaluator for European Union; Consultant in nutrition (FP6, FP7)
Identification of Research topics to be considered under FP7 at the Thematic Workshop on Agriculture, Food, Fishery and Biotechnology, CIHEAM-IAMB, Bari, Italy, July 13-14, 2009.
Adviser and Expert Evaluator for International Foundation for Sciences (2007- present)
Expert Evaluator for « National Research Agency : Agence nationale de la recherche » : Transdisciplinary studies on the future of the Mediterranean, 2012 edition.
Expert Evaluator for the National Science Centre of Poland (Polish Narodowe Centrum Nauki (abbr. NCN)), 2012.

Expert Evaluator of Research project for the Moroccan –Tunisian Commission .
Consultant in nutrition for food industry.
Expert for the FAO (Euromediterranean Forum “Mediterranean diet on Food Cultures”, “Sustainable diet”).
Temporary expert adviser for WHO-EMRO : WHO-EMRO- Harmonization Workshop on Food Fortification.
Consultant in Nutrition for UNICEF: Consultation Report for UNICEF (Morocco) on: Evaluation des Stratégies de Lutte contre les Carences en Micronutriments au Maroc, Etat des Lieux et Perspectives : Projet de « Programme National de Nutrition 2009-2012».
Lecturer on Safety nets for poor households in MENA- Will they work? Madrid, October, 2011
Lecturer on Strategies for the promotion of a sustainable Mediterranean diet. Workshop in Bari, Italy. November, 2011.

- Referee of the following journals: European Journal of Clinical Nutrition, American Journal of Preventive Medicine, Obesity Reviews, Public Health Nutrition, Body Image journal, Diabetic Medicine, BJN, Annals of Human Biology, BMC Public Health, Food & Nutrition Bulletin, International Journal of Obesity.
Member of the editorial Board of de review « Nature & Technologie » (ISSN 1112-9778) <http://www.univ-chlef.dz/RevueNatec>.

- Member of the editorial board of the Mediterranean Journal of Nutrition and Metabolism.
- Member of IUNS Task Force on Diet, Nutrition and Long-term Health (2005-2009).
- Member of IUNS Task Force on Traditional, Indigenous and Cultural Food and Nutrition (2009-2013)
- Member of the National commission of the Moroccan Ministry of higher Education & Scientific Research.

8- EXPERIENCE IN EPIDEMIOLOGICAL SURVEYS

Development of the surveys protocol and questionnaires:

These included:

- Questionnaire on socio-demographic and economic situation, maternal and child health, food habits, reproduction and contraception.
- Anthropological and clinical measures in women and children, and protocol of blood sampling.

Conduction of surveys:

***Training and supervision of survey's staff in the surveys below:**

- Prevalence of nutritional disorders in two provinces, El Jadida and kenitra.
- Prevalence of vitamin A deficiency (national survey).
- Influence of biological and socio-economic factors on mortality and fertility structure in women of El Jadida provir
- Prevalence of overweight and obesity in a population of women from southern region of Morocco.
- Characterization of nutritional and lipid profiles in a population of women from El Jadida city of Morocco.
- Nutritional and micronutrient status (iron and Vitamin A) in infant at preschool age in El Jadida province.
- Evaluation of iodine status in women and infants 6 à 12 years old in rural and urban areas of El Jadida province.
- Nutritional status of VIH moroccan patients : effect of zinc supplementation
- phytates Biodegradation in bread prepared with sourdough: Improvement mineral bioavailability in bread
- Calcium status and Cardiovascular diseases in adolescent and postmenauposal women

***The training included presentations on :**

- anthropological and clinical measures in women and children
- Food questionnaire: 24 hours recall and food frequency.
- Demonstration on How to take these measures.
- Protocol of blood sampling.

Supervision included:

- supervision of personnel staff of the surveys which was made on rural and urban areas in the pre-test and in the surveys.
- supervision of laboratory analysis (determinations of glycemia, lipemia, iron, Hb, vitamin A, iodine).

9- EXPERIENCE IN EXPERTISE AND EVALUATION OF TRAINING AND ACADEMIC PROJECTS

Evaluation of Training Programme in Food & Nutrition (Licence appliquée diploma)
 Evaluation of Diploma Equivalence
 Evaluation of Training and Research programme

10- SUPERVISION OF GRADUATESTUDENTS

Supervision and Co-supervision of more than 20 graduate students (M.Sc. and Ph.D.) in various programs Biology, Nutrition, Physiology/Endocrinology

11- RESEARCH FUNDING

Source	\$ / yr	Title	Dates
* ¹ IDRC	60,000 \$	Prevalence of nutritional disorders in two provinces of Morocco : El Jadida and Kenitra. (Equipment, Group of 2)	02/94 - 02/98
* ² USAID	40,000 \$	Prevalence of vitamin A. deficiencies (Operating & Infrastructure, Group of 3)	06/96 - 06/97
* ³ CNR-CNRS	16 000 FF	Sympathetic nervous system , lipid metabolism and insulin sensitivity	96/97
* ⁴ TWAS		Associate Membership Scheme at Centres of Excellence the South (Sao Paulo University, Brazil)	1997-2000
* ⁵ FICU	17,000 CAD \$	Developpement of laboratory of physiology applied to Nutrition & feeding for training and Research in Food sciences.	1998-2000
* ⁶ M.E.S.	72,000DH	Support for the Training & Research Unit on Food Sciences l'UFR	1997
* ⁷ PARS	140,000 Dh	Evaluation of marine toxins in bivalves mollusques & contrôle of salubrity status of la lagune d'Oualidia. _PARS N° AGRO 129 (Group of 2)	1999 - 2002
* ⁸ INSEM-CNR	150,000FF	Lipid Metabolism and gene polymorphism	2000-2003
* ⁹ M.E.S.	50,000 DH	Support for the Training & Research Unit on Food Sciences	2000-2001
* ¹⁰ M.E.S.	25.000 DH	Support for the Training & Research Unit on Food Sciences l'UFR.	2001-2002
* ¹¹ NATO	25.000 EUR	Cooperative Science and Technology Sub-Program Collaborative Linkage Grants. LST.CLG.979454	2002-2003
* ¹² IAEA	47.510 US \$	Technical Co-operation grant MOR 7002	2003-2005
* ¹³ PROTARS II	140.000 DH	Polymorphism of 2 genes de susceptibilité à l'al'athérosclerose (apoE et ACE) chez différentes populations marocaines (2équipes) codeP12/14.	2002-
* ¹³ PROTARS III	150.000 DH	Genetic Polymorphisms of 5 genes de susceptibilité aux pathologies cardiovasculaires (Apo A1,C1,C2,a, plat) chez différentes populations marocaines (2équipes) Code D64/02	2003-
* ¹⁴ AECI	7600Euros	Comparative study of the metabolic syndrome between Moroccan and Spanish women (A/7365/06)	2006-
* ¹⁵ Marie Curie International Research Programme	18000 Euros	FP7-PEOPLE-IRSES-2008. Proposal N° 230848 – <i>Food for Life</i>	2008-2011
* ¹⁴ AECI	25000 Euros	Action complémentaire: Nutrition Transition	2010-

		(Madrid University- Cadi Ayyad University Marrakech & Chouaib Doukkali University, El Jadida(n° : C/030659/10)	
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- ¹ IDRC: International Development Research Center
- ² USAID: US. Agency for International Development.
- ³ CNR: Centre National de Recherche (Morocco)
CNRS: Centre National de Recherche Scientifique (France)
- ⁴ Third World Academy of Sciences
- ⁵ FICU: Fonds International de Cooperation Universitaire
- ^{6,9,10} M.E.S.: Ministère de l'Enseignement Supérieur et de la Recherche Scientifique, (Ministry of Education and Research) Morocco.
- ⁷ PARS: Programme d'Appui à la Recherche Scientifique.
- ⁸ INSERM: Institut National de Santé et de Recherche Médicale.
- ¹¹ NATO: North Atlantic Treaty Organization: Cooperative Science and Technology Sub-Programme Collaborative Linkage Grants (Brussels, Belgium).
- ¹² IAEA: International Atomic Energy Agency: Technical Co-operation grant
- ¹³ PROTARS I et II: Programme d'appui à la recherche scientifique.
- ¹⁴ AECI: Agence Espagnole de Coopération Internationale
- ¹⁵ FP7–PEOPLE–IRSES: 7th Frame Programme People Marie Curie Action – (IRSES: International Research Staff Exchange Scheme)

12- OTHER PROFESSIONAL ACTIVITIES

Awards and Fellowships training.

- Medal and Certificate of merit, FAO (Morocco), October 2007
- Studentship, Canadian Agency for International Development 1988-92
- Postdoctoral Fellowship, Canadian Agency for International Development and the United Nations.
- Program for Development, 1994 summer.
- Grant from IVACG, 1997.
- Grant from Islamic Development Bank, 1998. Department of Community Nutrition and Health, Faculty of Medicine and Health Sciences, University Putra, Malaysia.
- Grant from Third World Academy of Science (TWAS), 1999-2001. Department of Nutrition. School of Medicine, University of Sao Paulo, Ribeiro Preto, Brazil. Subject: participation to the strategies enrolled to combat iron deficiency in Brazilian population (fortification and supplementation with iron).
- Fulbright Scholar, 2001-2002. Tufts University, Boston, USA. Project: Syndrome X in Moroccan women.
- Sixth International Graduate course on the Production and use of Food Composition Data in Nutrition. October 2003. Graduate School VLAG, Division of Human Nutrition, Wageningen, The Netherlands.
- IAEA Fellowship, November-December 2003. Eidgenössische Technische Hochschule Zürich, Institute of Food Science and Nutrition. Laboratory of Human Nutrition, Rueschlikon, Switzerland.

Organization and Participation to Trainings:

- Invited professor to the University Autonom of Madrid , master's course on iodine status in Morocco.
- Invited professor to the European "Summer Courses on personalized Nutrition" - organized by the University of the Basque Country in San Sebastián, Spain August 28-30, 2011.
- Training Organization on Applied Nutrition and Obesity in collaboration between Cadi Ayad University of Marrakech, Chouaib Doukkali University El Jadida and University Autonome of Madrid. June 23-29, 2011.
- Organisation of and participation to a training on Nutrition under the umbrella of the Moroccan Society of Nutrition organized for physician Doctors, May, 2011 (Moroccan-Spanish project AECID n° : C/030659/10 .

Other academic, scientific and achievement awards:

- Chairperson of the Local Organizing committee of the Workshop (El Jadida, Morocco, November 12-13, 2011).
- Chairperson of the Local Organizing committee of the 1st FANUS meeting (Ouarzazate, Morocco, May 7-9, 2007).
- Member of international Scientific Committee of the International Federation of European Nutrition Societies (FENS) meeting 2007, Paris, France.
- Organisation of the first workshop on "Nutrition Education & Health" for young researchers at Chouaib Doukkali University, El Jadida Morocco (2009).
- Local Organisation of The Second SONA International Conference of the Society of Neuroscientist of Africa, Marrakech, Morocco, 1995.
- Organization of the 5th international Mediterranean Society of de Clinical Pharmacology, Marrakech , Morocco, 1998.
- Local Organization of the XXith IVACG Meeting and the International Nutritional Aneamia Consultative Group (INACG) Symposium, Marrakech , Morocco, 2003.
- Member of the provisional international Steering Committee the third Euromed forum (2005, Italy).
- Network for the Advancement of the diversity of Mediterranean Food Cultures
- Steering Committee member of MEDIET 2005 International Conference (2005, Athens, Greece).
- Member of the Scientific Committee of the Faculty of sciences, Chouaib Doukkali university, El Jadida, Morocco.

Societies & Organisations membership

- Member and National Coordinator for the International Council for Control of Iodine Deficiency Disorders ICCIDD Global Network for Morocco. 2013-present
- Member of the IUNS Task Force on Traditional, Indigenous and Cultural Food and Nutrition (2009-2013)
- Member of the IUNS Task Force on Diet, Nutrition and Long-term Health (2005-2009).
- Member of the National Committee on micronutrient
- Member of the National Alliance for Fortification
- General Secretary of International Union of Nutritional Sciences (IUNS).
- Vice president of the Federation of African Nutrition Societies (FANUS)
- General Secretary of the Middle east and North Africa Nutrition Association (MENANA)
- Treasurer of the Moroccan Society of Nutrition.
- Member of Moroccan Neurosciences Association.
- Member of Third World Organization for Women in Science (TWOWS)
- Member of Association marocaine d'Endocrinologie Comparée.
- Treasurer of Health and Environment Research Group.
- Member of Moroccan Society of Atherosclerosis.
- Member of Information Technology for the Advancement of Nutrition in Africa (ITANA)
<http://www.itananutrition.org/council.htm>
- Founding members of the World Public Health Nutrition Association (WPHNA).
- Scientific Committee member of the Nutrition In Frontier Association: www.nutricionsinfronteras.org

13- INFORMATION TECHNOLOGY SKILLS

Excel , Word, Powerpoint, SPSS.

14- ARTICLES IN REFEREED JOURNALS

- **Belahsen R**, Deshaies Y. Alpha-1 adrenergic blockade interacts with dietary carbohydrates on triacylglycerol metabolism in the rat. *Journal of Nutrition* 123: 520-528, 1993.

- **Belahsen R**, Deshaies Y. Involvement of insulinemia in the postprandial hypotriacylglycerolemia induced by prazosin in the rat. *Metabolism*. 42 (10) : 1301-1309, 1993.
- Deshaies Y, **Belahsen R**. Postprandial plasma triacylglycerols in rats under α -1 adrenergic blockade. *American Journal of Physiology* 264: E541-E547, 1993.
- **Belahsen R**, Deshaies Y. Modulation of lipoprotein lipase activity by the beta-2 adrenergic agonist clenbuterol. *Canadian Journal of Physiology and Pharmacology* 70: 1555-1562, 1992.
- Fréminet A, Mokhtar N, **Belahsen R** et Bottollier-Lemalaz. Comparaison de la réponse métabolique à l'hypoxie du rat et du cobaye. *J Physiol. (Paris)* 81, n°2, 23A, 1986.
- Chabir R., Khaldoun J., Bour A., Kadiri H., **Belahsen R.**, Aguenau H. et Mokhtar N. Profiles socio-démographique, clinique, biologique et nutritionnel d'une population de femmes marocaines, obèses, en âge de procréer, et issue de la même région. *Diabetes & Metabolism Marakech*, 24, supp1: p29, p104, 1998.
- Mokhtar N. **Belahsen R.** and Aguenau H. Heart disease prevalence in women of two moroccan communities. *The canadian journal of cardiology*, 13, sup. B, p58, 1997.
- Mokhtar N., Nasri I., **Belahsen R.**, Chabir R. and Aguenau H.. Vitamin A status in Morocco. *The Sight and Life Newsletter*, 3, 8-9, 1998.
- **Belahsen R.**, Mziwira M., Ferat F. and Mokhtar N. *The FASEB Journal*. 12, 4, 1998.
- Benaich S., Guerouali A., **Belahsen R.**, Mokhtar N., Aguenau H. Effet du degré de mobilisation des reserves corporelles après le vêlage sur la fonction reproductive de la vache laitière en post-partum. *Revue méd. Vét.*, 150, 5, 441-446, 1999.
- S. Benaich, A. Guerouali, **R. Belahsen**, N. Mokhtar, H. Aguenau. Effect of dietary crude proteins on reproductive function in postpartum dairy cow. *Thérapie*, 54:000-000 5, 1999.
- Nasri I., Aguenau H., **Belahsen R.** et Mokhtar N. Evaluation de la déficience en vitamine A d'une population de femmes du Maroc. *Médecine et Nutrition*. 35: 6, 245-257, 2000
- **Belahsen R.** Mziwira M., Fertat F., Zee J. and T-O'Brien H.. Iron status in women from an agricultural region of Morocco. *Annals of Nutrition & Metabolism*. 45 (Suppl 1): 8, 2001.
- El Ayachi M., Mziwira M., **Belahsen R.** Lairon D. Lipid profile and prevalence of cardiovascular risk factors in a population of women of Morocco. *SAJCN*. 2 vol. 15 (supplement) july 2002.
- Bahbouhi I., **Belahsen R.** Mineral characterization of table salt in Morocco. *SAJCN*. 2 vol. 15 (supplement) july 2002.
- **Rekia Belahsen**, Mohamed Mziwira and Fatima Fertat. Anthropometry of women of childbearing age in Morocco: body composition and prevalence of overweight and obesity. *Public Health Nutrition*: 7(4), 523–530, 28 October 2003.
- A. Chaoui, M. Faid and R. **Belahsen**. Effect of natural starters used for sourdough bread in Morocco on phytate biodegradation. *Eastern Mediterranean Health Journal* Volume 9, Nos 1/2 ,January 2003, 141-147.
- **Belahsen R**, M. Rguibi. Influence of the Time Spent Drinking Tea on Obesity and Nutrient Intake of a Group of Saharan Women in South of Morocco. *Ann Nutr Metab* 2003;47:319–666.
- Mohamed Rguibi and **Rekia Belahsen**. Overweight and obesity among urban Sahraoui women of south Morocco. *Ethn Dis*. 2004;14(4):542–547..

- Mohamed Rguibi and **Rekia Belahsen**. Metabolic syndrome among Moroccan Sahraoui adult women: its prevalence and characteristics. *American Journal of Human Biology* 16:598–601 (2004)
- **Rekia Belahsen** and Imane Bahbouhi. Interaction between iron, iodine and zinc status in a regional sample of Moroccan women. *The Journal of Trace Elements in Experimental Medicine*. 2004; Volume 17, Issue 4 , Pages 181 – 272.
- Rguibi Mohamed, **Belahsen Rekia**. État nutritionnel des femmes Sahraouies du sud du Maroc. 2ème Atelier international / *2nd International Workshop*, Voies alimentaires d'amélioration des situations nutritionnelles. *Food-based approaches for a healthy nutrition*; Ouagadougou, 23-28 / 11 / 2003.
- Chaoui A., Faïd M. et **Belahsen R.** Biotechnological Phytates Biodegradation in Wheat Flour. Premier congrès national de biochimie, Société marocaine de Biochimie, Casablanca, 09-11 Mai 2002.
- N. Hamidallah, B. Boulanouar **R. Belahsen**, J.-L. Bister & R. Paquay. Effets de la nutrition sur l'entrée en activité ovarienne et comportementale et sur les performances de reproduction précoce de l'agneau Sardi. *Tropicultura*, 2006, 24, 2, 95-100.
- El ayachi M, Mziwira M, Vincent S, Defoort C, Portugal H, Lairon D and **Belahsen R** Lipoprotein profile and prevalence of cardiovascular risk factors in urban Moroccan women. *European Journal of Clinical Nutrition*. (2005) **59**, 1379–1386.
- Mohamed Rguibi, **Rekia Belahsen**. Fattening practices among Moroccan Sahraoui women. *Eastern Mediterranean Health Journal*, 2006, Vol. 12, N°. 5.
- M. Rguibi and **R. Belahsen**. Traditional practices related to obesity in Moroccan Sahraoui women. *Traditional Mediterranean Diet: Past, Present & Future*, 1st International Conference 21-23 April 2004/Athens, Greece. Editors: C. Philipson, K. Konstantinidis, pp223-227 ; 2005.
- **Rekia Belahsen**, Odilia I Bermudez, Mziwira Mohamed, Fertat Fatima, P.K. Newby and Katherine L Tucker. Obesity and related metabolic disorders are prevalent in Moroccan women of child-bearing age. *Int J Diabetes & Metabolism* (2005) 13: 159-166.
- M. Rguibi and **R. Belahsen**. Prevalence and Associated Risk Factors of Undiagnosed Diabetes among Adult Moroccan Sahraoui Women. *Public Health Nutrition*. *Public Health Nutrition*: (2006); 9(6), 722–727.
- Belagnaoui S. and **R. Belahsen**. Nutrient intake and food consumption among Pregnant women from an agricultural region of Morocco. *International Journal of Food Sciences and Nutrition*. February / March 2006; 57(1/2): 19-27
- El ayachi, M Mziwira, D Lairon, R **Belahsen** Food consumption in an agricultural community of Morocco: Comparison with the traditional mediterranean diet. *Proceeding of the 18th International Congress of Nutrition*. *Nutrition Safari for Innovative Solutions*. Editors: HH Vorster, R Blaauw, MA Dhansay, PMN Kuzwayo, L Moeng and E Wentzel-Viljoen. 19-23 September 2005, ICC, Durban, South Africa. ISBN Number:3-8055-4015-0
- M. Rguibi and **R. Belahsen**. Body image perception and sociocultural influences on attitudes toward obesity among Moroccan Sahraoui women. *Body Image* 3 (2006) 395–400.
- Asmaa Chaoui, Mohamed Faïd and Rekia **Belahsen**. Making Bread with Sourdough Improves Iron Bioavailability from Reconstituted Fortified Wheat Flour in Mice. *Journal of Trace Elements in Medicine and Biology*. *Journal of Trace Elements in Medicine and Biology*. 20: 2006, 217-220.

- Mohamed Rguibi and Reikia **Belahsen**. High blood pressure in urban Moroccan sahraoui women. *Journal of Hypertension* 2007;(25)7:1363-1368.
- M. Rguibi and R. **Belahsen**. Prevalence of obesity in Morocco. *Obesity reviews* (2007) **8**, 11–13
- Belgnaoui and R. **Belahsen**. Anaemia and iron deficiency anaemia during pregnancy in an agricultural region of Morocco: effects of dietary intake and iron supplementation. *Research Journal of biological Sciences* (2007); 2 (2): 118-126.
- Rguibi Mohamed; Reikia **Belahsen**. Dietary practices changes may increase the risk for cardiovascular diseases in Moroccan Sahraoui ethnic group. *Ann Nutr Metab* 2007;51(suppl 1):1–422
- Reikia **Belahsen** and Mohamed Rguibi. Population health and Mediterranean diet in southern Mediterranean countries. *Public Health Nutrition*: (2006); 9(8A), 1130–1135.
- El ayachi, M Mziwira, D Lairon, R **Belahsen**. Prevalence of parameter indicators of obesity and its relationship with metabolic syndrome in urban Moroccan women. *American Journal of Human Biology* (2008) ; 20 (4), Pages 484 – 486
- Belahsen Reikia. Double Burden of Malnutrition: Transition from undernutrition to obesity. *Ann Nutr Metab* 2007;51(suppl 1):11–12.
- Tola Atinmo, Parvin Mirmiran, Oyediran E Oyewole, **Rekia Belahsen**, Lluís Serra-Majem. Breaking the poverty/malnutrition cycle in Africa and the Middle East. *Nutrition Reviews*: (2009) Vol. 67(Suppl. 1): (p S40-S46).
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- **Belahsen** R. Risk factors and nutritional considerations with Hypertension. *Arab Health magazine* (2009). 3: 24-27.
- Diabetes in Asia Study Group (DAS G)-Doha conference, 26- 27 March, 2010.
- Task force Report on: Implications of high food prices for global nutrition: case of Morocco (ICN, Bangkok 2009).
- Mohamed Mziwira, Mohammed El Ayachi, Denis Lairon, Reikia Belahsen. High blood pressure in urban Moroccan women from an agricultural region. *Mediterr J Nutr Metab* (2011) 4:111-116.
- Anna Bach-Faig, Elliot M Berry, Denis Lairon, Joan Reguant, Antonia Trichopoulou, Sandro Dernini, Xavier F Medina, Maurizio Battino, Reikia Belahsen, Gemma Miranda, Lluís Serra-Majem 2011. Mediterranean diet pyramid today. Science and cultural updates. *Public Health Nutrition*: 14(12A), 2274–2284.
- M. Haraji, N. Cohen, H. Karib, A. Fassouane, Y. Dinar, R. Belahsen 2011. A new case of Weil disease confirmed in El Jadida, Morocco. *Microbiol. J.*, 1: 71-75.
- Haraji Mohammed, Cohen Nozha, Karib Hakim, Fassouane Aziz, Belahsen Reikia 2011. Epidemiology of Human Leptospirosis in Morocco 2001-2010. *Asian Journal of Epidemiology*, 4: 17-22.
- Haraji Mohammed, Cohen Nozha, Karib Hakim, Fassouane Abdelaziz And Belahsen Reikia 2011. LEPTOSPIROSIS: Epidemiology and usuel manifestations. *Bacteriology Journal*, 1: 1-7.
- Haraji Mohammed, Belahsen Reikia 2011. Human Leptospirosis: treatment, prognosis and prevention. *Vector Borne and Zoonotic Diseases*. Soumis.

- Mohammed Haraji, Nozha Cohen, Hakim Karib, Abdelaziz Fassouane, Rekia Belahsen (2011). *LEPTOSPIRA: Morphology, Classification and Pathogenesis. J Bacteriol Parasitol*; 2:120.
- Haraji Mohammed, Cohen Nozha, Karib Hakim, Barkia Abdelaziz, Moumni Houda, Fassouane Abdelaziz And Belahsen Rekia (2011). Human leptospirosis in Morocco 2011. *Current Research in Bacteriology*. In press.
- Haraji Mohammed, Cohen Nozha, Karib Hakim, Fassouane Aziz And Belahsen Rekia 2011. Forme ictérique de la Leptospirose Humaine: présentation d'un cas à El Jadida, Maroc. *Les Technologies de Laboratoire*; 23: 36-41.
- Haraji Mohammed, Belahsen Rekia 2011. Diagnostic de la Leptospirose Humaine: Méthodes de Détection de la Maladie. *Technologies de Laboratoire*; 24: 75-81.
- Belahsen R. Nutrition and Safety nets in MENA region: Focus Symposia concerning Nutrition in Africa, 11th Fens Conference, Madrid, Spain October 26-29 2011.
- Najeh H, Rguibi M, Kandil M, Belahsen R. Nutritional Status of Berber adolescent from Anti Atlas Mountains in Morocco. *Nutr. clin. diet. hosp.* 2012; 32(supl. 2): 43-47
- Mziwira M, El ayachi M, Lairon D, Belahsen R. Lipid profile and prevalence of cardiovascular risk factors in a Mediterranean population of women in nutrition transition. *Ann Nutr Metab* 2013;63(suppl 1): 1-1960
- Mziwira M, El ayachi M, Lairon D, Belahsen R. Nutritional characteristics in a mediterranean community among procreating Moroccan women. *Ann Nutr Metab* 2013;63(suppl 1):1–1960
- Rguibi M, Barouaca H, Belahsen. Food practices changes and cardiovascular disease risk factors of sahraoui ethnic group in south of Morocco. *Ann Nutr Metab* 2013;63(suppl 1):1–1960
- Belahsen R. traditional mediterranean diet with North African perspective. IUNS Task force on traditional, indigenous and cultural food and nutrition symposium. *Ann Nutr Metab* 2013;63(suppl 1): 1-1960
- Rguibi M, Barouaca H, Belahsen. Trends of obesity, hypertension and weight perception of sahraoui ethnic group in Southern Morocco (2001-2011). *Ann Nutr Metab* 2013;63(suppl 1):1–1960
- Belahsen R. Evidence of the Nutrition Transition in North Africa. 6th Africa Nutritional Epidemiology Conference (ANEC VI) on : Food and Nutrition Security: New Challenges and Opportunities for Sustainability. Accra, Ghana, July 20-25, 2014.
- Dinar Y. & Belahsen R. Diabetes Mellitus in Morocco: Situation and Challenges of Diabetes Care. *Journal of Scientific Research & Reports* 3(19): 2477-2485, 2014.
- Mziwira M, El ayachi M, Lairon D, Belahsen R' Mediterranean Diet and Metabolic Syndrome in Adult Moroccan Women. *Journal of Research in Obesity*, in press.
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Books publication:

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