

Curriculum Vitae

I. PERSONAL DATA

Name: Farah Naja

Nationality: Lebanese/Canadian

Address: American University of Beirut,
Faculty of Agricultural and Food Sciences,
Department of Nutrition and Food Sciences
P.O.Box 11-0236
Riad El Solh 11072020
Beirut, Lebanon
Tel: +961 1 350000 ext. 4504
Fax: +961 1 744460
E-Mail: fn14@aub.edu.lb

Position and Rank: Associate Professor- Human Nutrition

II. EDUCATION

Doctor of Philosophy Department of Nutritional Sciences, Faculty of Medicine, University of Toronto Thesis: *H.pylori infection in Ontario: Prevalence, risk factors and effect on the systemic availability of vitamins E and C*-Supervisor: Professor Nancy Kreiger 2001-2008

Masters of Science Department of Nutritional Sciences, American University of Beirut, Lebanon. Thesis: *Assessment of nutritional status of adults in marginal areas of Lebanon: IRSAL*. Supervisor: Professor Nahla Hwalla-Class honours (1996-1998) 1996-1998

Bachelor of Science Department of Nutritional Sciences, American University of Beirut, Lebanon Hariri Foundation Academic Scholarship: \$ 24,500- Class honours (1995) 1992-1996

III. PROFESSIONAL EXPERIENCE

Associate Professor: American University of Beirut , Faculty of Agricultural and Food Sciences, Nutrition and Food Sciences Department 2015-Present

Assistant Professor: American University of Beirut , Faculty of Agricultural and Food Sciences, Nutrition and Food Sciences Department 2008-Aug 2015

Project Coordinator-Doctoral level: Cancer Care Ontario, Ontario, Canada 2001-2008

- Project I: H.pylori infection in Ontario: prevalence and risk factors
- Project II: Effect of H.pylori infection on the systemic availability of vitamins E and C

Lecturer /Work placement coordinator: Higher Colleges of Technology, College of Health Sciences. United Arab Emirates 1999 - 2001

Clinical Dietician: American University of Sharjah, United Arab Emirates 1998-1999

Project: *Assessment of nutritional status of adults in marginal areas of Lebanon*

IV. HONORS AND AWARDS

- Constantin A. and Constantin C. Rebeiz Best Paper Award for the year 2013
- Constantin A. and Constantin C. Rebeiz Best Paper Award for the year 2011
- Best Poster Award, 1st Annual Biomedical Research Day, Feb 2012.
- Second place for the L'Oreal-UNESCO Pan Arab award- 2012
- International Recruitment Award, University of Toronto 2002-2006
- Ontario Student Opportunity trust Fund 2001-2002

V. RESEARCH

1. *RESEARCH INTERESTS*

- Diet, obesity and NCDs
 - Dietary patterns, obesity and NCDs
 - Diet and NCDs: focus on early life
 - Validation of assessments tools in nutrition research
- Complementary and Alternative Medicine use: prevalence, types, modes, correlates and regulatory frameworks.

2. *PUBLICATIONS*

Refereed Journals

1. Matta J, Nasreddine L, Jomaa L, Hwalla N, Mehio Sibai A, Czernichow S, Itani L, **Naja F.** Metabolically Healthy Overweight and Obesity Is Associated with Higher Adherence to a Traditional Dietary Pattern: A Cross-Sectional Study among Adults in Lebanon. *Nutrients*. 2016 Jul 20;8(7).
2. Al Thani M, Al Thani AA, Al-Chetachi W, Al Malki B, Khalifa SA, Haj Bakri A, Hwalla N, Nasreddine L, **Naja F.** A 'High Risk' Lifestyle Pattern Is Associated with Metabolic Syndrome among Qatari Women of Reproductive Age: A Cross-Sectional National Study. *Int J Mol Sci*. 2016 Jun 2;17(6).
3. **Naja F**, Nasreddine L, Al Thani AA, Yunis K, Clinton M, Nassar A, Farhat Jarrar S, Moghames P, Ghazeeri G, Rahman S, Al-Chetachi W, Sadoun E, Lubbad N, Bashwar Z, Bawadi H, Hwalla N. Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. *BMC Pregnancy Childbirth*. 2016 May 4;16(1):98.
4. Jomaa L, Hwalla N, Itani L, Chamieh MC, Mehio-Sibai A, **Naja F.** A Lebanese dietary pattern promotes better diet quality among older adults: findings from a national cross-sectional study. *BMC Geriatr*. 2016 Apr 19;16(1):85.

5. Joury E, **Naja F**, Nour A, Itani L, Rafii B, Nakhleh L, Manadili A. Dietary patterns and the risk of oral, pharyngeal and laryngeal cancer in Syria: a case control study. *BMC Nutrition*. 2016; 2:8. (Naja F and Joury E contributed equally to this manuscript).
6. Moghames P, Hammami N, Hwalla N, Yazbeck N, Shoaib H, Nasreddine L, **Naja F**. Validity and reliability of a food frequency questionnaire to estimate dietary intake among Lebanese children. *Nutr J*. 2016 Jan 12;15(1):4.
7. **Naja F**, Fadel RA, Alameddine M, Aridi Y, Zarif A, Hariri D, Mugharbel A, Khalil M, Nahleh Z, Tfayli A. Complementary and alternative medicine use and its association with quality of life among Lebanese breast cancer patients: across-sectional study. *BMC Complement Altern Med*. 2015 Dec 22;15(1):444. (Naja F is the corresponding author)
8. Nour A, Joury E, **Naja F**, Hatahet W, Almanadili A. Diet and the risk of head and neck squamous cell carcinomas in a Syrian population: a case-control study. *East Mediterr Health J*. 2015 Oct 2;21(9):629-34.
9. **Naja F**, Hwalla N, Itani L, Karam S, Mehio Sibai A, Nasreddine L. A Western dietary pattern is associated with overweight and obesity in a national sample of Lebanese adolescents (13-19 years): a cross-sectional study. *Br J Nutr*. 2015 Oct 2:1-11.
10. Al Thani M, Al Thani AA, Al-Chetachi W, Al Malki B, Khalifa SA, Bakri AH, Hwalla N, Nasreddine L, **Naja F**. Lifestyle Patterns Are Associated with Elevated Blood Pressure among Qatari Women of Reproductive Age: A Cross-Sectional National Study. *Nutrients*. 2015 Sep 9;7(9):7593-615. (Naja F is the corresponding author)
11. **Naja F**, Alameddine M, Itani L, Shoaib H, Hariri D, Talhouk S. The Use of Complementary and Alternative Medicine among Lebanese Adults: Results from a National Survey. *Evid Based Complement Alternat Med*. 2015;2015:682397. doi: 10.1155/2015/682397.
12. **Naja F**, Hwalla N, Itani L, Baalbaki S, Sibai A, Nasreddine L. A novel Mediterranean diet index from Lebanon: comparison with Europe. *Eur J Nutr*. 2014 Nov 20.
13. **Naja F**, Mousa D, Alameddine M, Shoaib H, Itani L, Mourad Y. Prevalence and correlates of complementary and alternative medicine use among diabetic patients in Beirut, Lebanon: a cross-sectional study. *BMC Complement Altern Med*. 2014 Jun 6;14(1):185
14. Hamade H, **Naja F**, Keyrouz S, Hwalla N, Karam J, Al-Rustom L and Nasreddine L. Breastfeeding Knowledge, Attitudes, Perceived Behavior and Intentions among Female Undergraduate University Students in the Middle-East: The Case of Lebanon and Syria. *Food and Nutrition Bulletin*. 2014 June 35: 179-190.

15. Akhoondana M, Behrooza M, **Naja F**, Jessric M, Hoseinia Z, Rashidkhani B. Nutrient Patterns and Risk of Multiple Sclerosis: A Case-Control Study. *Journal of Neurology Research*. 2014 June; 4:72-80
16. **Naja F**, Hwalla N, Fossian T, Zebian D, Nasreddine L. Validity and reliability of the Arabic version of the Household Food Insecurity Access Scale in rural Lebanon. *Public Health Nutr*. 2014 Apr 4:1-8.
17. Nasreddine L, **Naja F**, Akl C, Chamieh MC, Karam S, Sibai AM, Hwalla N. Dietary, lifestyle and socio-economic correlates of overweight, obesity and central adiposity in Lebanese children and adolescents. *Nutrients*. 2014 Mar 10;6(3):1038-62. (Naja F and Nasreddine L contributed equally to this manuscript).
18. Alameddine M, Nasreddine L, Hwalla N, Mourad Y, Shoaib H, Mousa D, **Naja F**. Factors associated with consulting a dietitian for diabetes management: a cross-sectional study. *BMC Health Serv Res*. 2013 Dec 5;13:504. (Naja F is the corresponding author)
19. Isma'eel HA, Harbieh B, Tamim H, Nasreddine L, **Naja F**, Sibai A, Adra N, Badr K, Hwalla N. Discrepancies between two lipid-lowering guidelines for CVD prevention in seemingly healthy individuals-case study Lebanon. *Cardiovasc Diagn Ther*. 2013 Sep;3(3):129-36.
20. Nasreddine L, **Naja FA**, Sibai AM, Helou K, Adra N, Hwalla N. Trends in nutritional intakes and nutrition-related cardiovascular disease risk factors in Lebanon: the need for immediate action. *J Med Liban*. 2014 Apr-Jun;62(2):83-91. (Invited submission). (Naja F and Nasreddine L contributed equally to this manuscript).
21. **Naja F**, Nasreddine L, Itani L, Dimassi H, Sibai AM, Hwalla N. Dietary patterns in cardiovascular diseases prevention and management: review of the evidence and recommendations for primary care physicians in Lebanon. *J Med Liban*. 2014 Apr-Jun;62(2):92-9 (Invited submission).
22. **Naja F**, Hwalla N, Itani L, Salem M, Azar ST, Zeidan MN, Nasreddine L. Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. *Nutr Metab (Lond)*. 2012 Dec 27;9(1):111. doi: 10.1186/1743-7075-9-111.
23. Nasreddine L, **Naja F**, Chamieh MC, Adra N, Sibai AM, Hwalla N. Trends in overweight and obesity in Lebanon: evidence from two national cross-sectional surveys (1997 and 2009). *BMC Public Health*. 2012 Sep 17;12:798. (Naja F and Nasreddine L contributed equally to this manuscript).
24. Ghazeeri GS, Awwad JT, Alameddine M, Younes ZM, **Naja F**. Prevalence and determinants of complementary and alternative medicine use among infertile patients in Lebanon: a cross sectional study. *BMC Complement Altern Med*. 2012 Aug 20;12:129. (Naja F is the corresponding author)

25. Nasreddine L, Zeidan MN, **Naja F**, Hwalla N. Complementary feeding in the MENA region: practices and challenges. *Nutr Metab Cardiovasc Dis*. 2012 Oct;22(10):793-8.
26. Nasreddine L, **Naja F**, Tabet M, Habbal MZ, El-Aily A, Haikal C, Sidani S, Adra N, Hwalla N. Obesity is associated with insulin resistance and components of the metabolic syndrome in Lebanese adolescents. *Ann Hum Biol*. 2012 Mar;39(2):122-8.
27. **Naja F**, Nasreddine L, Itani L, Adra N, Sibai AM, Hwalla N. Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. *Eur J Nutr*. 2013 Feb;52(1):97-105. doi: 10.1007/s00394-011-0291-3. (Naja F and Nasreddine L contributed equally to this manuscript).
28. Nasreddine L, **Naja F**, Hills AP, Youssef SK, Chahine J, Hwalla N. Validity of predictive equations developed to estimate body fat from anthropometry and bioelectrical impedance analysis in 8-10 year-old children. *Clin Nutr*. 2012 Jun;31(3):364-71.
29. Nabhani-Zeidan M, **Naja F**, Nasreddine L. Dietary intake and nutrition-related knowledge in a sample of Lebanese adolescents of contrasting socioeconomic status. *Food Nutr Bull*. 2011 Jun;32(2):75-83.
30. Alameddine M, **Naja F**, Abdel-Salam S, Maalouf S, Matta C. Stakeholders' perspectives on the regulation and integration of complementary and alternative medicine products in Lebanon: a qualitative study. *BMC Complement Altern Med*. 2011 Aug 28;11:71. (Naja F is the corresponding author)
31. **Naja F**, Nasreddine L, Itani L, Chamieh MC, Adra N, Sibai AM, Hwalla N. Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. *Public Health Nutr*. 2011 Sep;14(9):1570-8.
32. **Naja F**, Alameddine M, Abboud M, Bustami D, Al Halaby R. Complementary and alternative medicine use among pediatric patients with leukemia: the case of Lebanon. *Integr Cancer Ther*. 2011 Mar;10(1):38-46.
33. **Naja F**, Kreiger N, McKeown Eyssen G, Allard J. Bioavailability of vitamins E and C: does *Helicobacter pylori* infection play a role? *Ann Nutr Metab*. 2010;56(4):253-9.
34. Nasreddine L, Nashalian O, **Naja F**, Itani L, Parent-Massin D, Nabhani-Zeidan M, Hwalla N. Dietary exposure to essential and toxic trace elements from a Total diet study in an adult Lebanese urban population. *Food Chem Toxicol*. 2010 May;48(5):1262-9.
35. **Naja F**, Kreiger N, Sullivan T. *Helicobacter pylori* infection in Ontario: prevalence and risk factors. *Can J Gastroenterol*. 2007 Aug;21(8):501-6.

36. Sullivan T, Ashbury FD, Fallone CA, **Naja F**, Schabas R, Hébert PC, Hunt R, Jones N. Helicobacter pylori and the prevention of gastric cancer. Can J Gastroenterol. 2004 May;18(5):295-302.
37. **Naja F**, Nasreddine L, Hwalla N, Moghames P, Shoaib H, Fatfat M, Sibai A, Gali-Muhtasib H. Association of H. pylori infection with insulin resistance and metabolic syndrome among Lebanese adults. Helicobacter. 2012 Dec;17(6):444-51.

Chapters in Books and Book Reviews

Naja, F., kreiger, N., Sullivan, T. (2007). Helicobacter Pylori Infection: The Canadian Context. In M. Tompkins (Eds.), Gastric Cancer Research Trends. (pp. 189-207). New York: Nova Publishers.

Naja F., Nasreddine (*In press*). Diet and cancer. In A. Welsh (co-Ed.), Public Health Nutrition 2nd Edition, UK: Wiley-Blackwell publishing

VI. PRESENTATIONS AT SCIENTIFIC MEETINGS AND CONFERENCES

INVITED LECTURES

1. *Tomorrow's Health Starts Today: MINA: The first Mother and Child Cohort in The Middle East to start in Qatar and Lebanon.* Primary Health Care Corporation (PHCC) research day, December 2015
2. *Dietary patterns for the prevention of non-communicable diseases: The case of Lebanon.* Dubai Nutrition Conference. November 2015.
3. *Role of dietitians in the management of Non Communicable Diseases-implications for policy.* Dubai Nutrition Conference. November 2015.
4. *Tomorrow's Health Starts Today: Emerging evidence and implications for policy.* University of Sharjah, November 2015
5. *Complementary and Alternative Medicine Research in Lebanon: implications for health care and policy.* Health insight V, Beirut Lebanon, April 2015
6. *Food Based Dietary Guidelines: Dietary Patterns as an Alternate Approach to Numerical Nutrient Goals.* Qatar Food Based Dietary Guidelines conference Launch, Doha, 8-9 April 2015.

7. *Dietary patterns in the Middle East and North Africa region: evidence for nutrition transition and hidden hunger*. Nutrition module at the Summer School-University of Hohenheim-Stuttgart-Germany, March 2015
8. *Dietary patterns and Non Communicable Diseases: Lebanon to offer the first East Mediterranean diet index*. Brown Bag seminar at the Faculty of Agriculture and Food Sciences (FAFS), AUB, 20th of March 2015
9. *Addressing food Security in the MENA: Assessment a start*". Hohenheim University, Germany. January, 2014
10. *Diet, dieticians, and patients' health*". Emerging Leaders Conference, FHS and World Youth Alliance, AUB. December 2014
11. *Dietary patterns in nutrition epidemiology*. Scientific Conference on "Basics of Balanced and Sensible Nutrition", Organized by OLDWAYS, LANFS and FAFS/AUB, American University of Beirut. 21 April 2011
12. *Measuring dietary intake among Lebanese children: The results of the first validated Food Frequency questionnaire*. Conference on the "Ensuring a Healthy Start for the Pediatric Population", American University of Beirut, Lebanon. Dec 2012
13. *Association of culture specific dietary patterns with non-communicable diseases in a population undergoing nutrition transition: the case of Lebanon*. IBCN 4th symposium, Purdue University, USA. Oct 2012
14. *H. Pylori infection in Lebanon: prevalence, risk factors and association with metabolic syndrome*. Moghames P, Gali-Muhtasib H, Hwalla N, Sibai A, Nasreddine L, Shouaib H, Fatfat M, Naja F. Annual AUB Basic Biomedical Research Day, Beirut, Lebanon. 25 February 2012.
15. *Dietary patterns in Nutrition Epidemiology: is the sum greater than its parts*- Scientific Conference on "Basics of Balanced and Sensible Nutrition", Organized by OLDWAYS, LANFS and FAFS/AUB. Beirut, Lebanon. 21 April, 2011
16. *Association between dietary pattern and risk of type diabetes mellitus in Lebanese adults*. Naja F, Nasreddine L, Salem M, Itani L, Azar S. 8th IEA/EMR's Scientific Meeting on "Globalization and Public Health in the Eastern Mediterranean Region" , Beirut, Lebanon. 25-27 November 2010
17. *The effect of Vitamin C and Vitamin E supplementation on energy and macronutrient intake*. Naja F, Nabhani-Zeidan M, Nasreddine L. Lebanese Association for the Advancement of Science 16th Conference, LAAS 16 Conference, Beirut, Lebanon. November 13-15 2009

18. *Dietary Patterns and their association with anthropometric and sociodemographic factors in a sample of Lebanese adults.* Nasreddine L., Naja F, Itani L, Zeidan M, Hwalla N, Lebanese Association for the Advancement of Science 16th Conference, LAAS 16 Conference, Beirut, Lebanon. November 13-15 2009
19. *Optimal Nutrition for Children and Adolescents.* Current Challenges in Adolescent and Child Nutrition Conference, (LANFS/NFSC), Beirut, Lebanon. October 24, 2009
20. *Bioavailability of vitamins E and C: does H.pylori infection play a role?* International Conference of Chemotherapy and Infection. Toronto, Canada 18-21 June 09

POSTER PRESENTATIONS

1. *Mother and Infant Nutritional Assessment (MINA) Cohort Study: Aim, Protocol and Significance.* Naja F, Rahman S, Nasreddine L, Yunis K. , Clinton M., Nassar A., Farhat Jarrar S., Moghames P., Ghazeeri G., Fakhouri H., Chahine R., Hassan A., Al Thani. A., Hwalla N, 2nd International Conference on Nutrition and Growth, Barcelona, Spain. January 30 – February 1, 2014.
2. *Anthropometric measurements as predictors of metabolic syndrome in Lebanese children and adolescents.* Hwalla N; Nasreddine L; Naja F; Hachem D; Dimassi H; Yazbeck N. 2nd International Conference on Nutrition and Growth Barcelona, Spain. January 30 – February 1, 2014.
3. *Validity and Reproducibility of a Food Frequency Questionnaire for the assessment of dietary intake among Lebanese Children (5 - 10 Years).* Naja, F., Nasreddine, L, Moghames, M. Hammami, N., Shoaib, H., Hwalla N” -2nd International Conference on Nutrition and Growth, Barcelona, Spain. January 30 – February 1, 2014.
4. *Dietary Patterns And Risk Of Type 2 Diabetes Mellitus In Lebanon: A Case-Control Study” 5th International Congress on Pre-diabetes and the Metabolic Syndrome.* Naja F, Hwalla N, Itani L, Salem M, Azar S, Zeidan MN and Nasreddine L, Vienna, Austria, April 18-20, 2013.
5. *Association Of H. Pylori Infection With Insulin Resistance And Metabolic Syndrome Among Lebanese Adults.* Naja F, Nasreddine L, Hwalla N, Moghames P, Shoaib H, Fatfat M, Sibai A and Gali-Muhtasib H, , 5th International Congress on Pre-diabetes and the Metabolic Syndrome, Vienna, Austria, April 18-20, 2013.
6. *Complementary and alternative medicine use among people living with HIV and AIDS (PLWHA) in Lebanon.* Abou-Rizk J., Alameddine M., Nasreddine L., Naja F., IUNS 20th International Congress of Nutrition, Granada, Spain. September 15-20, 2013.
7. *Dietary Patterns And Risk of Type 2 Diabetes Mellitus In Lebanon: A Case-Control Study” 5th International Congress on Pre-diabetes and the Metabolic Syndrome.* Naja F, Hwalla N, Itani L, Salem M, Azar S, Zeidan MN and Nasreddine L Vienna, Austria. April 18-20, 2013.

8. *Dietary intake and anthropometric characteristics associated with T2DM in Lebanon: a case control study.* World diabetes congress, International Diabetes Federation. Naja F, Nasreddine L, Salem M, Itani L, Zeidan M, Azar S, Hwalla N. Dubai November, 2011.
9. *Complementary and alternative medicine use among diabetics: the case of Lebanon.* Naja F, Moussa D. Nasreddine L, Alameddine M. World diabetes congress, International Diabetes Federation Dubai November, 2011.
10. *Association between dietary pattern and risk of type diabetes mellitus in Lebanese adults.* 8th IEA/EMR's Scientific Meeting on "Globalization and Public Health in the Eastern Mediterranean Region" Beirut, Lebanon 25-27 November 2010.
11. *The Association between Body Image Perception and Dysfunctional Eating Behaviors across all BMI Categories,* Rio International Eating Disorders and Obesity Conference . Rio, Brazil 19 - 20 Nov 2010.
12. *Dietary patterns and their determinants in Lebanon.* Naja F, Nasreddine L, Chamieh MC, Itani L, Adra N, Sibai A, Hwalla N 11th International Congress on Obesity, Stockholm, Sweden. 11-15 July 2010
13. *The effect of Vitamin C and Vitamin E Supplementation on their Dietary Intake.* Naja F, Nabhani-Zeidan M, Nasreddine L., First International Vitamin Conference. Copenhagen, Denmark, 19-21 May 2010.
14. *Effect of vitamins E and C supplementation on their dietary intakes.* Naja F, Nasreddine L., Itani L, Zeidan M, Hwalla N Lebanese Association for the Advancement of Science 16th Conference, LAAS 16 Conference, Beirut, Lebanon. November 13-15 2009
15. *Dietary patterns and their determinants in a sample of Lebanese adult.* Naja F, Nasreddine L, Itani L, Zeidan M, Hwalla N. CSCN-CSNS Annual Scientific Meeting, Québec city, Canada. May 29-June 3 2009

WORKSHOPS

1. IBCN: Second International Symposium on Breast Cancer Prevention: Epigenome, Nutrition and Public Policy, Rennes, France. October 2011
2. Course in BMD and Vertebral Fracture Assessment. Beirut, Lebanon. 2009
3. Workshop entitled "Ethical dilemmas in H.pylori research: use of OFCCR stored blood", Ontario Familial Colon Cancer Registry (OFCCR) Education. 2006
4. Workshop entitled "Helicobacter Pylori and the prevention of gastric cancer", Division of Preventive Oncology, Cancer Care Ontario, Toronto, Ontario. 2002

5. First Annual “Global Health Research Conference”, University of Toronto, Faculty of Medicine, Centre for International Health. May 2002
6. Workshop entitled “Nutrition in the Arab World, Problems and Solutions”, Ministry of Health, Sharjah, United Arab Emirates. 1999

VII. RESEARCH FUNDING

- **2014-2015:** Use of Complementary and Alternative Medicine among breast cancer patients in Lebanon, **University Research Board (AUB)** (10,000 USD, PI)
- **2013-2016:** Mother and Child cohort: Towards Curbing the NCD epidemic in Qatar and Lebanon, **Qatar National Foundation Research Grant (QNRF)** (1,041,000 USD, Lead PI)
- **2013-2016:** Enhancing Health through Nutrition: The ‘Nutrition In Arab Youth (NAY) Project, **Nestle Middle East.** (250 000 USD, PI)
- **2012-2014:** Nutrition and Non-communicable Diseases in Lebanon II, **National Council for Scientific Research: Associated Research Unit (ARU)** (150,000 USD, Co-PI)
- **2013-2014:** Use of Complementary and Alternative Medicine among HIV patients in Lebanon, **University Research Board (AUB)** (7000 USD, PI)
- **2012-2013:** Association between Helicobacter pylori and metabolic syndrome among Lebanese adults. **University Research Board (AUB)** (USD 10 000 USD, PI)
- **2011-2012:** Evidence-Based Nutrition Intervention Program. **Coca-Cola Foundation** (85,000 USD, co PI)
- **2011-2012:** Dietary Patterns and their Association with the Metabolic Syndrome and its Components among Lebanese Adult. **University Research Board (AUB)** (8880 USD, PI)
- **2010-2013:** The Nestle Healthy Kids Nutrition Research Fund. **Nestle Middle East** (250 000 US, Co-PI)
- **2010-2011:** Use of Complementary and alternative Medicine among type 2 Diabetic patients. **University Research Board (AUB)** (7880 USD, PI)
- **2008-2010:** Lebanese National Council Scientific Research, Lebanon (150 000 USD , co-PI)
- **2009-2010:** Body image and eating behavior among Lebanese university students. **University Research Board (URB)** (7728 USD, PI)

- **2008-2009:** Dietary patterns and the risk of type 2 Diabetes among Lebanese adults **University Research Board (URB)** (6624 USD, PI)
- **2008-2010:** National study on the use of complementary and alternative medicine in Lebanon. **Lebanese National Council Scientific Research, Lebanon** (17,300 USD, PI)
- **2006-2007:** Bioavailability of Vitamins E and C: Does H.pylori play a role. **Canadian Cancer Etiology Network (CCERN), Canada.** (35,000 USD, PI)
- **2006-2007:** Effect of vitamins E and C supplementation on energy and dietary intake of these vitamins. **Jameison Laboratories, Canada** (5000 USD, PI)
- **2005-2006:** Prevalence of H.pylori infection in Ontario, Canada. **Astrazeneca, Canada** (90,000 USD, PI)
- **2002-2003:** Departmental University of Toronto open Fellowship, University of Toronto, Canada (6,000USD)
- **1997-1998:** Research Fellowship, **International Development and Research Center, Canada.** (15,000\$)

VIII. TEACHING

COURSES

Teaching courses in basic nutrition, clinical nutrition, nutrition in the lifecycle, community nutrition and nutrition epidemiology. Specific Courses Taught at AUB:

1. NFSC 292 (3cr, Undergraduate): Medical Nutrition Therapy I
2. NFSC 285 (3cr, Undergraduate): Nutrition in the Life Cycle
3. NFSC 221 (3cr, Undergraduate): Basic Nutrition
4. NFSC 299 (2cr, Undergraduate): Projects in Nutrition and Food Sciences
5. NFSC 296 (1cr, Undergraduate): Current Topics in Food Sciences and Nutrition
6. NFSC 307 (3cr, Graduate): Nutritional Epidemiology
7. NFSC 306 (3cr, Graduate): Community Nutrition: Research and Intervention

My typical teaching load is two courses per semester (total of 4-6 credits), in addition to the supervision of Master thesis students, tutorial research projects and seminars at both the graduate and undergraduate levels.

IX. THESES SUPERVISED (M.Sc.)

1. *Shirine Baalbaki* (2015). Is the Lebanese dietary pattern a Mediterranean diet?

2. *Hibeh Shatila* (2015). Dietary pattern among 2-5 year old Lebanese children and their association with obesity indices.
3. *Romy Abi Fadel* (2015). Prevalence and determinants of complementary and alternative therapy among breast cancer patients in Lebanon
4. *Yasmine Aridi* (2015). Adherence to the Mediterranean diet among breast cancer patients in Beirut, Lebanon
5. *Huda Hadavi* (2013). Association between dietary patterns and the risk of multiple sclerosis in Tehran, Iran
6. *Joanna Abou Rizk* (2013). Determinants of complementary and alternative medicine use and dietary practices among people living with HIV and AIDS (PLWHA) in Lebanon
7. *Nivine Bachir* (2013). Determination of % body fat and BMI cutoff values associated with metabolic abnormalities in Lebanese children and adolescents
8. *Patricia Moghames* (2013). Validation of a food frequency questionnaire among Lebanese children from LSES
9. *Nour Hammami* (2012). Validation of a Food Frequency Questionnaire to assess dietary intake of Lebanese children aged 5-10 years (AUB)
10. *Maya Salem* (2011). Association between dietary patterns and the risk of type 2 diabetes mellitus: a case control study (AUB)
11. *Chrystel AKL* (2011). Prevalence and determinants of overweight and obesity in a nationally representative sample of Lebanese children 5 -12 years old (AUB)
12. *Dana Moussa* (2011). Determinants of Complementary and Alternative Medicine use among T2DM in Lebanon (AUB)
13. *Zeina Younes*. (2010). The Association Between Dysfunctional Eating Behaviors and Body Image Perception in Underweight and Normal Weight Lebanese Young Adult Females. (AUB)
14. *Dima Haddadin*. (2010). The Association Between Dysfunctional Eating Behaviors and Body Image Perception in overweight and obese Lebanese Young Adult Females. (AUB)
15. *Sabine Karam* (2010). Prevalence and determinants of overweight and obesity in Lebanese adolescents. (AUB)

Also served as a committee member on the supervisory committees of **15** M.Sc. thesis students.

X. FACULTY, UNIVERSITY AND PUBLIC SERVICES

FACULTY

1. Research Committee (2011-to date)
2. Academic and Curriculum Committee (2011- to date)
3. Graduate Studies Committee (2010-to date)
4. Library Committee (2009-2010; 2011-2012)
5. Program Learning Outcome Committee

UNIVERSITY

1. Member of the scientific committee for the 2016 Middle East Medical Assembly (MEMA).
2. Advisor for the Cooking Club at AUB (2015-present)
3. Chair of the committee to develop the graduate program in Complementary and Alternative Medicine (2013-2014)
4. Member of the SBS IRB board (2013-to date)
5. Member of the University Wellness committee (2009 to date)
6. Elected Substitute member as FAFS representative on the University Unified Admissions Committee (2011-2012)
7. Advisor for the Nutrition society club (2010-2014)
8. Learning Outcomes Coordinating Committee
9. Member of the Wellness Committee, FAFS (October 2008-present)

PUBLIC SERVICE AND SERVICE TO THE PROFESSION

- Member of the National Nutrition Colloquium examining committee (2008 - present)

Public Service

Planned and organized Breast cancer and nutrition awareness day (2012-2013)

Board Member of the National Nutrition Colloquium Examining Committee (2010-2013)

Several media interviews:

- TV interview discussing optimal eating habits during Ramadan (2012-2013)
- Newspaper interview “Al Amn (2012-2013)
- Newspaper interview regarding body image and social pressure in Lebanon (Daily Star) (2011-2012)
- TV interview discussing infant and maternal nutrition (2010-2011)
- Interview with Now Lebanon On the regulation of CAM market (2009-2010)
- TV Interview with Al Aqsa broadcasting Broadcasting channel on the importance of breakfast consumption (2009-2010)

Organized and conducted workshop at the AUB campus entitled “You think what you eat” (2009-2010)

Organized and conducted “Fit-a-Thon” activity on campus (2009-2010)

Service to the Profession

1. Member of the National Nutrition Colloquium Examining Committee (2011-to present)
2. Member of the Vascular Medical Program (2012-2013)
3. Member of the International Breast Cancer and Nutrition Team (2012-2013)
4. Reviewed papers for the following national and international journals.

Professional Affiliations

1. Member of the Lebanese Academy for Nutrition and Dietetics (LAND)
2. Member of the AUB Alumni Scientific Committee.
3. Member of the World Public Health Nutrition Association
4. Board Member of the National Nutrition Colloquium Examining Committee:
5. Member of the Canadian Society for Nutrition
6. Member of the Nutrition Society
7. Member of the International Breast Cancer and Nutrition team
8. Vascular Medicine Program at AUB
9. Lebanese Action for Salt and Health at AUB
10. Population Health and Nutrition Study group (PHANS) at AUB
11. Member of the Food Security and Policy in the Middle-East (FSPME) at AUB
12. Co-PI in the Associated Research Unit on “ Under-nutrition and Over-nutrition in Lebanon”

Consultancy work

- Princess Noura University, Towards a healthy lifestyle: Nutrition, diet and food choices (AUB Regional External Program) (January -February 2014)
- Infant and Maternal Nutrition in Rural Lebanon, Issam Fares Institute and IFAD, August 2011.
- Ahfad University of Women, Reviewing the University's Dietetics Bachelor Program, (2014-2017)
- Development of the Iranian Food Based Dietary Guidelines- WHO EMRO office-(Fall 2015-2016)