



## HADIA RADWAN

Assistant Professor -Clinical Nutrition& Dietetics Dept(CND).  
College of Health Sciences- University of Sharjah

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Research Gate: [https://www.researchgate.net/profile/Hadia\\_Radwan2](https://www.researchgate.net/profile/Hadia_Radwan2)

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Scholar Google <https://scholar.google.ae/citations?user=UX42iakAAAAJ&hl=en>

	All	Since 2013
<u>Citations</u>	228	151
<u>h-index</u>	6	4
<u>i10-index</u>	5	4

### Academic Education

**-PhD in Nutrition-** Teesside University – United Kingdom-March 2012.

**Thesis Title:** Influences and determinants of breastfeeding and weaning practices in UAE

**-MSc. in Nutrition:** Faculty of Agricultural & Food Sciences(FAFS), Department of Food Technology & Nutrition (FTN), American University of Beirut (AUB), Beirut - Lebanon -1988.

**Thesis Title:** Effects of feeding casein, soy protein and gluten on body composition of adult rats

**-BSc. in Nutrition & Dietetics:** Faculty of Agricultural & Food Sciences (FAFS), Department of Food Technology & Nutrition (FTN), American University of Beirut (AUB), Beirut -Lebanon -1986.

### Professional Experience

- **September 2013-present:** Assistant Professor- College of Health Sciences-Clinical Nutrition & Dietetics Dept(CND).- University of Sharjah(UoS).
- **March 2007-August 2013:** Sr. Education/Nutritionist officer– Nutrition Training Unit – Community Nutrition Dept.- Tawam Hospital –UAE.
- **September 2012-June 2013:** Part time Lecturer at Clinical Nutrition & Dietetics Dept.-College of Health Sciences-University of Sharjah:

- **June 2010-June 2013:** Adjunct Faculty Member-College of Health Sciences- Clinical Nutrition & Dietetics Dept - University of Sharjah
- **February 2006 - December 2006:** Dietitian- Oasis Hospital - Al Ain - UAE.
- **February 2004 - June 2005:** Dietitian- Private Diagnostic Center-Al Ain –UAE.
- **1990 - 1995:** Instructor of Nutrition & Dietetics- Dept. of Food Sciences & Nutrition, Faculty of Agricultural Sciences , U.A.E. University , Al-Ain - UAE.
- **1989 - 1990:** Research Assistant-Dept. of Food Technology & Nutrition, FAFS, AUB. Beirut - Lebanon.
- **1986 - 1988:** Graduate Assistant-Dept. of Food Technology & Nutrition, FAFS. AUB. Beirut - Lebanon.
- **Summer 1986 (June- September):** Field Researcher in a survey for Save the Children Federation (SCF) to assess the nutritional status of children from displaced families in Lebanon , Beirut - Lebanon.

## Teaching Experience

1-Courses taught at **University of Sharjah** (2012-present) : Sports Nutrition-Pediatric Nutrition-Health Awareness and Nutrition –Nutrition Assessment Lab.-Food Psychology and Sociology-Nutrition Research projects-Clinical Practicum Courses.

2-Courses taught at **UAE University**(1990-1995): as an Instructor in the Dept. of Food Sciences & Nutrition – Faculty of Agricultural Sciences- UAE University - Al Ain - UAE, my responsibilities included teaching the practical part and some theoretical of the following courses (from1990-1995):Basic Nutrition Human Nutrition- Nutrition Throughout the Life Cycle -Community Nutrition(Theory)- Therapeutic Nutrition- Nutrition & Humankind Food Service Management -Meal Planning & Evaluation(theory and Practical) -Principals of Food Sciences & Nutrition.

## Training Experience

1-As a Sr. Nutritionist \ Educational Officer in Community Nutrition Dept-Tawam Hospital(from 2007-2013),my scope of work was:

a-Designing and executing CME accredited nutrition and dietetic training courses and workshops for dietitians and health workers( Each course was accredited by 11.5 CME hours from the Abu Dhabi health Authority –HAAD).

- **Training courses topics:** MNT for diabetes -MNT for CVD-Nutrition care process in hospitals-Diet, weight maintenance and fitness- Sports nutrition- Diet and osteoporosis-Smart Shopping-Diet and Oral Health workshop-Diet and childhood diseases-Diet counseling- Diet and metabolic diseases –Diet and renal failure.

b -Training students from the Nutrition and Health Dept. – UAE University.

c- Establishing the UAE Nutrition Group which is an email list group that connects Nutritionists and Dietitians working in UAE by Emails.

2-As an Assistant Professor in **Clinical Nutrition & Dietetics Dept.**- University of Sharjah.

I am responsible for supervising the clinical practicum courses of the CND students in the hospitals and community establishments.

3- As the Director of the Center of Excellence of Food and Nutrition Sciences: I was involved in designing and organizing a two days CME accredited workshop for Nutritionists and Dietitians titled: “**Diet and Renal Diseases: Hands on workshop**” in October 2014.

## Administration and Advising

1- **At UAE University:-** Assisted in the setup of Nutrition Laboratories including equipment, computer hardware software and teaching aids.

- Also I was involved in reviewing the curriculum plan and requirements needed for the specialty of Food Sciences & Nutrition, Faculty of Agricultural Sciences, UAE University.
- Assisted in student advising & registration- Food Sciences & Nutrition Dept.-UAE-University.
- Supervising student activities in Food Sciences & Nutrition Dept.- UAE University and their training programs in the Tawam Hospital .
- Advisor for student's seminars - Dept. of Food Sciences & Nutrition-.UAE University.

**2-At University of Sharjah:** -I am involved in academic advising of CND students from 2013- present.

- I am involved in the Department full accreditation application and coordinating with department council for finalizing and editing most of the application sections.
- As a Facilitator of the Clinical Nutrition & Dietetics Society: Cooperating with the Chairman in coordinating and supervising students activities.
- Coordinating with the department council members for CND Strategic Planning.

## University and Community Services

### **UoS Community activities:**

- 1- IT and Publication Committee: Chairing and supervising and reviewing CHS publications and IT services (2013-2014).
- 2- Member of the University Catalog Committee: Coordinator of the CHS catalogue: responsible for updating the information of CHS programs in the catalogue (English and Arabic versions)(2013-2014).
- 3- Member of the study Plan, curricula committee: revising and following up with CHS new study plans (2014-2015).
- 4- Member of IT Marketing, Promotion & Publication Committee: Reviewing ,updating ,following up with CHS IT ,Promotion and Publication activities(2014-2015).
- 5- Member of Student affairs and Academic Advising Committee(2015-2018).
- 6- Member of University Continuing Education and Training Committee (2015-2017).
- 7- Member of the Jury committee for the undergraduate students projects “11th Research Forum of University of Sharjah- May,2017

### **Faculty Development activities**

- 1- Attending “How to Get Published in a High Impact Research Journal Course” 7-9\11\2017- University of Sharjah.
- 2- **Course Design Workshop** At the Institute of Leadership in Higher Education (ILHE) – University of Sharjah -February 2<sup>nd</sup>, 2017.
- 3- **Seminar: Research and Publishing in Higher Education**- University of Sharjah - February 2<sup>nd</sup> , 2017.
- 4- **Promotion Rules and Regulation for UoS faculty workshop**- University of Sharjah. 16 February 2017.
- 5- Task stream Workshop -UOS-February 20<sup>th</sup> ,2017.
- 6- **On Class Time Reconsidered: Active Learning in the University Classroom workshop**- The Institute of Leadership in Higher Education (ILHE) –University of Sharjah Sunday April 30<sup>th</sup> -2017
- 7- “ **Scopus : author and affiliation profiles**”- UOS-February 20<sup>th</sup> ,2017.
- 8- **Scopus, Science Direct and Mendeley session** . College of Medicine, UoS 2<sup>nd</sup> Nov. 2015.
- 9- **Research Ethics Faculty Development Workshop** - College of Medicine, UoS February 9<sup>th</sup> , 2015.

- 10- A presentation on *Clinical Key Database* conducted by professional training representatives from Elsevier- 9th Nov. 2014.
- 11- My UDC, Blackboard, My Site, Task Stream Orientation and Student Advising Workshop at UoS(2013-2014).

## Community Services

1. Scientific chairperson/ Emirates Clinical Nutrition Society(ECNS)- Emirates Medical Association (EMA) 2016-2018
2. Organizing the CND 2nd Preceptor orientation Workshop –January25th, 2018
3. Participating with DHA community Nutrition” Section Winter Camp activity” "مبادرة عزبتنا" Feb-March 2018.
4. TV interview- Dubai TV- Obesity | د.رضوان: يتشكل استعداد الجنين للسمنة مستقبلا إن كانت أمه تعاني من السمنة (<https://www.youtube.com/watch?v=-XYU8ssIJMU>)
5. Attending conference for launching National breastfeeding Week - مؤتمر انطلاق أسبوع الرضاعة - Breastfeeding Friends| health promotion/ Supreme Council For Family Affairs- November 5, 2017.
6. Meeting with Breastfeeding Friends| health promotion Supreme Council For Family Affairs to discuss -موضوع الأم المرضع البديلة من الناحية الصحية والنفسية والدينية : October 10,2017.
7. Organizing the NUMED workshop NUMED s.a.r.l. for the students of CND department and dietitians-October , 29th, 2017.
8. Presentation to Breastfeeding Friends Association- Supreme Council For Family Affairs - Sharjah celebration- Sep 26<sup>th</sup>, 2017.
9. Interview in The National” newspaper : The mixed messages that drives youngsters to eating disorders”- September 11, 2017  
<https://www.thenational.ae/uae/health/family-comments-and-life-changes-aiding-rise-in-uae-eating-disorders-1.627083>.
10. Member of MOHAP committee for National Nutrition Strategy- 2017-2018
11. Member of MOH committee for designing dietary guidelines for obesity and diabetes in UAE- February 2014-2017.
12. Publishing the **United Arab Emirates Ministry of Health and Prevention Guidelines** for management of obesity Booklet- May 2017.
13. Workshop on Development of a National Action in Nutrition and Healthy Diet –A MOH and WHO joint Workshop- 27-28 December 2016.
14. Organizing Committee for Mother Friendly University –May 2017.
15. Interview in “The National” newspaper: Sharjah study on the effects o breastfeeding to inform policy decisions-18 October ,2016.  
a. <http://www.thenational.ae/uae/health/sharjah-study-on-effects-of-breastfeeding-to-inform-policy-decisions>.
16. Attending the Award Ceremony for the annual L’Oréal - UNESCO For Women in Science Middle East Fellowships 2016.
17. Attending the Ceremony '**Sharjah Baby Friendly City**' under the patronage and presence of His Highness Sheikh Dr Sultan Bin Mohammed Al Qassimi on Wednesday, 25th of November 2015.
18. Participation with Sharjah Education Council about children cancer awareness exhibition. March 2015
19. TV interview at Dubai one TV about importance of breastfeeding and the proposed law mandating breastfeeding to up 2 years-March 23<sup>rd</sup> 2014.

20. Participation with the Maternal and Child health center for breast Cancer awareness Campaign: organizing a workshop with CND students titled “ Diet and Breast Cancer”- October 2014.
21. In collaboration with Sharjah Education Council: Organizing Generations free of Obesity (Ajyal Bela Sumna): Workshops, Consultation for Obese Sharjah public school children aged (11- 16 years)-2013-present.
22. Member of ad hoc committee in CN&D to develop a proposal for healthy meals in public schools (Sharjah Education Council).-2014
23. Developed a questionnaire for evaluating the school canteens in Sharjah(Sharjah Education Counsel)-2014
24. Member of the School Canteen Committee which evaluates school canteen meals in collaboration with the Ministry of Education and Sharjah Education Council(2014)

## **Editor**

- 1-Breastfeeding Medicine Journal since 2014 (IF 1.733)
- 2- Member of panel of reviewers of Hamdan Medical Journal (HMJ)

## **Peer Reviewer**

- 1- Food and Nutrition Bulletin (IF1.14)
- 2- International Journal of Nursing and Midwifery
- 3- Journal of Public Health and Epidemiology(IF 0.7)
- 4- Medical Sciences- OMICS Group
- 5- Public Health Nutrition (IF 2.483)
- 6- International Journal of Child Health and Nutrition

## **Research activities**

### **-Research Interests**

- Maternal and child health and nutrition
- Influences of diet and exercise on weight management and prevention of chronic diseases
- Complimentary Alternative medicine (CAM) research studies
- Eating disorder and body image

### **-Postgraduate Graduate Supervision**

**1-PHD thesis titled” Mother and Baby Cohort Study: Feeding patterns, Adiposity and Cognitive Development in Sharjah City, United Arab Emirates”2015-2020.**

### **-Supervising CND students’ graduate projects**

#### **Academic year 2013-2014:**

- 1- Health Practices and Attitudes of Employees in companies with and without a Corporate Health Program
- 2- Obesity Management and Intervention Program for School Children through Dietary Counseling and Social Media

- 3- The Knowledge, Attitudes, and Practices of Adults Regarding the Implementation of Menu Labeling in Dine-in Restaurants

#### **Academic year 2014-2015:**

- 1- Parental Factors and Mass Media Influences on the Onset of Eating Disorders among University Students in University City- Sharjah.
- 2- Eating patterns and Anthropometry of Lactating Mothers visiting MCH in Dubai and Sharjah
- 3- Effectiveness of School-based Nutritional Intervention and Lifestyle Modifications among Obese School Children.

#### **Academic year 2015-2016:**

- 1- Influences of different feeding patterns on cognitive development, of infants aged 12 and 24 months in primary health care clinics and nurseries
  - 2- The Relationship of Perceived Body Image, Body Mass Index and Physical Activity with Weight Status among Students at the University of Sharjah
- 3- Food Safety in Fast Food Restaurants: Knowledge, Attitudes and Practice of Working Staff

#### **Academic year 2016-2017**

- 1- Food Addiction and Its Relation To BMI And Dietary Habits Among University Student
- 2- Protein Supplementation and Actual Intake among Athletes in United Arab Emirates: Knowledge and Practice.
- 3- Knowledge, Attitude and Intention of Breastfeeding Among Male and Female University Students

#### **Academic year 2017-2018**

- 1- Patterns of Dietary Supplements Use in Relation to BMI and Physical Activity Among Adults
- 2- Prevalence and correlates of complementary alternative medicine use among Type 2 diabetic patients in UAE : A cross-sectional study
- 3- Knowledge, attitudes and practices toward the role of dietary and lifestyle behaviors in Breast Cancer

### **Research Grants**

- 1- **Principal Investigator: 2017-2018-Sheikh Hamdan Bin Rashid Al Maktoum Award for Medical Sciences:** “Examining Breastfeeding Self-Efficacy, Infant Feeding Method, and Postnatal Mental Health among Women in the United Arab Emirates: A Cohort Study”(MRG/33/2017)
- 2- **Principal Investigator:2017-2018 -UoS Targeted Research Grant:”** Predicting Infant Feeding Method among Women in the United Arab Emirates in relation to Breastfeeding Self Efficacy, Postnatal Mental Health, Maternal Support and Childcare stress: A Cohort Study. VCRG/R1540/2017.
- 3- **Principal Investigator: 2015-2017-Al Jalila Foundation Research Grant** “Impact of feeding patterns on adiposity and cardiometabolic markers in baby and mother: a prospective cohort study”-(AJF 201510).
- 4- **Principal Investigator:2015-2017- Collaborative Grant-University of Sharjah Research Board Grant,2015- September 2017:** “Feeding Patterns and Adiposity in Sharjah City, United Arab Emirates: A Mother and Baby Cohort Study” **Project No.:1501057003-P.**
- 5- **Principal Advisor: CHS Sanofi Grant :** for students’ research projects -2015
- 6- **Principal Investigator: UoS Seed Grant Research 2014- current:”** Assessment of the Breastfeeding Patterns and Perceptions and Views of Mothers in Sharjah”
- 7- **Co investigator: RIF grant, 2016–Zayed University-**Exclusive breastfeeding and complementary feeding knowledge, attitude and practice (KAP) and its determinants in Dubai and Sharjah. **PI- Dr. Haleama Al Sabbah** -Assistant Professor -College of Sustainability Sciences and Humanities- Zayed University.
- 8- **Co investigator: Tanita Grant,2016-** Impact of Ramadan Intermittent Fasting on Visceral Adiposity and Inflammatory Markers in Adult Obese Subjects. **PI - Dr. Moez Al Islam Faris**

Assistant Professor- Department of Clinical Nutrition and Dietetics College of Health Sciences, University of Sharjah.

- 9- **Co investigator : Grant: Boehringer Ingelheim-2016-Polymorphisms** of obesity genes FTO among Adult Population in UAE. **PI: Dr. Maha M. Saber Ayad**, MBBS, MD, MRCP(UK), FRCP (Edin.), MSc Leadership in Health Profession Education, RCSI-Associate Professor of Pharmacology, Clinical Science Department, College of Medicine, University of Sharjah, UAE.
- 10- **Co investigator: Grant: Al Jalila Foundation –2017-**“Stress and Women's Health: A population-Based study on Prevalence of Stress, Its Determinants Its Association to Quality Of Sleep, Physical Activity, Dietary Habits among Healthy Adult Women Living in The United Arab Emirates. **PI : Dr. Wegdan Bani Issa**: Associate Professor-Nursing Dept. College of Health Sciences, University of Sharjah

### **-Research Projects**

- 1- **2016-2017: Exclusive breastfeeding and complementary feeding knowledge, attitude and practice (KAP) and its determinants in Dubai and Sharjah**
- 2- **2015-current: Impact of feeding patterns on adiposity and cardiometabolic markers in baby and mother: a prospective cohort study**
- 3- **2015-current: Feeding Patterns and Adiposity in Sharjah City, United Arab Emirates: A Mother and Baby Cohort Study”**
- 4- **2015-2016 :Effect of Ramadan Intermittent Fasting on Visceral Adiposity and Inflammatory Makers in Obese Subjects**
- 5- **2015-current: Epidemiology and Economic Burden of Cardiometabolic Diseases and Cancer in the United Arab Emirates: A Systematic Review**
- 6- **2014-2016 :** In collaboration with the Ministry of Health –Maternal and Child Health Dept. conducting a research titled” *Study of Knowledge and Practices of Mothers of Infants And Young Children on Complementary Feeding”*.
- 7- **2014-2016: Assessment of the Breastfeeding Patterns and Perceptions and Views of Mothers in Sharjah”**.
- 8- **2006-2010:**Conducting a research titled “*Influences and Determinants of Breastfeeding and Weaning Practices of Emirati Mothers*”.
- 9- **1994-1995:- Effects of socioeconomic levels & dietary habits on breastfeeding practices in the United Arab Emirates.** UAE University - Al Ain, UAE.
- 10- **1994-1995 :Nutrition knowledge among female students in UAE University.** UAE University - Al Ain, UAE.
- 11- **1994-1995: Prevalence of anemia among school children in the UAE.**( Ministry of Health - UAE).
- 12- **1993-1994: Social & dietary factors associated with obesity in university female students in UAE.** UAE University - Al Ain, UAE.
- 13- **1993-1994: Prevalence of nutritional anemia among female students in UAE University.** UAE University - Al Ain, UAE.
- 14- **1990-1991: Prevalence of obesity among female students in UAE University.** UAE University - Al Ain, UAE.
- 15- **1988-1989: Effects of feeding casein vs. soy protein on serum lipids, cholesterol, triglycerides & lipoprotein lipase levels of adult rats.** AUB, Beirut-Lebanon.
- 16- **1987-1988: Effects of feeding casein, soy protein & gluten on body composition of adult rats.** AUB - Beirut - Lebanon.

## Conferences and Workshops

### Organizing workshops and Conferences

- 1- Member of the Scientific Committee of the 3<sup>rd</sup> Dubai International Nutrition Conference – October 26-28,2017- Dubai
- 2- Member of the Scientific Committee of the 2<sup>nd</sup> International Growth and Development Conference-(IGD-2018)Conference –March 13-15,2018- Dubai
- 3- Member of the Scientific Committee of the Dubai International Nutrition Conference – November 17-19,2016- Dubai
- 4- Member of the Scientific Committee of the International Growth and Development Conference-(IGD-2017)Conference –March 16-18,2017- Dubai
- 5- Organized a Training Course on the “Use of Dietary, Lifestyle and Anthropometric Assessment Tools for Mother and Infant Cohort Studies” for research Assistants –UoS- October25-26,2015
- 6- Conducted two workshops: Diet, Weight management and Physical activities” for Dietitians in the Ministry of Health Hospitals and Clinics –September 13&20,2015
- 7- Member of the Scientific Committee of the Dubai Health Authority( DHA) International Nutrition Conference –November 19-21,2015- Dubai.
- 8- Member of the organizing Committee of Primary Healthcare-2016-Dubai.
- 9- Member of the Advisory Committee of the Global Breastfeeding Initiative and the EiP 2014 conference: Family Friendly Workplaces Initiative.-December 2014-Dubai-UAE.
- 10- Organized a CME accredited workshop titled “Dietary Management of Renal Patients: Hands on Workshop”(10 CPD)-October28-29,2014-University of Sharjah-UAE.

### Conference Proceedings

- 1- Accepted Poster” Patterns and Determinants of Breastfeeding and complementary feeding practices of Emirati Mothers in UAE” *III World Congress of Public Health Nutrition*. November 9-12-2014-Spain.
- 2- Radwan H. 2009. Breastfeeding and weaning practices in UAE. *Annals of Nutrition & metabolism*. 19<sup>th</sup> *International Congress of Nutrition*. Bangkok, Thailand, p.426.

### Oral Presentations

- 1- Presenting a seminar titled: Early Nutrition and Epigenetics: The Key Role in obesity protection - **Obesity Conference at Arab Health -- Dubai International Convention and Exhibition Centre, Dubai 29 January - 1 February, 2018**
- 2- Presenting a seminar titled Mother and Infant Study Cohort in UAE (MISC): Opportunities and Challenges-2<sup>nd</sup> **Dubai International Nutrition Conference –November 17-19,2016- Dubai.**
- 3- Presenting a seminar titled “Evidence supporting the use of dietary supplements in children” **MENA Nutritional Guidelines Development Program –Expert discussion 25-26 March,2016- Dubai**
- 4- Presenting a seminar titled “Maternal perceptions and views about breastfeeding among Emirati mothers”–**Dubai Nutrition Conference- November 19-21,2015-Dubai.**
- 5- Presenting a Seminar titled : Improving breastfeeding rates in UAE : A public health strategy: **Al Qassimi Hospital 1st Nutrition Forum” 1<sup>st</sup> October 2015-Sharjah.**
- 6- Presenting a Seminar titled ”Stepping Up Baby Friendly in NICU” **11<sup>th</sup> Emirates Critical Care Conference, April 9 – 11, 2015- Dubai, UAE.**
- 7- Presenting a Seminar titled ”Patterns and determinants of breastfeeding in UAE”. -**Public Health Forum-Zayed University- February 12<sup>th</sup> ,2015- Dubai-UAE.**



- 8- Presenting a seminar” Health Risks Associated with Alcohol Consumption” Food and Medicine in light of Recent Developments:”An Islamic Law Perspective”- **April 2014- University of Sharjah-UAE**
- 9- Presenting a seminar titled” Tea and Cardiovascular Disease” **3rd American Society For Nutrition Middle East Congress-February 20-22,2014 -Dubai-UAE**
- 10- Presenting a seminar titled” Breastfeeding and Lactational Amenorrhea in UAE” during the **“The First Gulf Conference on Health & nutrition of schoolchildren & Adolescents” – Bahrain-November 28-30, 2006.**
- 11- Presenting a seminar titled “Breastfeeding and Weaning Practices in UAE” - **UAE Nutrition Conference –Al Ain, UAE .September, 2006.**
- 12- Presenting a seminar titled “Diet and Healthy Weight Management” May 2005 **.In the Social and Cultural Center –Hayar- Dubai.**
- 13- Presenting a seminar titled “Diet and Healthy Eating”-May2004. **Ladies International Circle (LIC) –Al Ain.**
- 14- Presenting a seminar about "Food Additives & Sugar Substitutes".1990. **School of Nursing in Abu Dhabi, UAE**

## Poster Presentations

- 1- Poster presentation at the “ 4th International Conference on Nutrition and Growth”- The Netherlands-2-4 March,2017.
- 2- Poster presentation at The Dubai International Food Safety Conference 2017.
- 3- Poster presentation at the **“4th International Conference on Nutrition and Growth-16-18 March,2017-The Netherland.**
- 4- Poster Presentation **“Menu labeling Implementation in Dine-in Restaurants: The Public’s Knowledge, Attitude and Practices”**in The First Dubai International Conference on Applied Nutrition. Dubai in 7 - 8 November 2016.
- 5- Poster” Patterns and Determinants of Breastfeeding and complementary feeding practices of Emirati Mothers in UAE” **III World Congress of Public Health Nutrition” November 9-12, 2014- Spain.**
- 6- Presenting a poster” UAE and Sharjah Breastfeeding Experience”- **Excellence in Pediatrics Conference-Global breastfeeding Summit-December 2013,Doha –Qatar.**

## Workshops

- 1- ESPEN DIPLOMA IN CLINICAL NUTRITION AND METABOLISM -LLL programme : Nutrition in obesity,Nutrition and sport, Nutrition support in diabetes, Nutrition in pediatrics- Feb 23-24,2018
- 2- Ajjal Salima workshop” Programmes to promote healthy diets and lifestyles in children: what works and how to amplify.” March 17, 2018-hosted by Nestlé-Dubai.
- 3- Attending Meaningful Healthcare interventions- UoS-13 Dec,2016.
- 4- Attending a Workshop on Development of a national action In Nutrition and Healthy Diet by the WHO and MOHAP- November 27-28,2016-Dubai.
- 5- Attending “2016 Articles of Excellence Course”- Dubai-January 27, 2016
- 6- Attending “ Critical Appraisal Workshop” –DHA-Dubai-December 15-16,2015.
- 7- Attending a Nestle Health Science workshop titled” A Dietetic Workshop Titled : “ New Approaches In Obesity Management. Dubai-October 13,2015.
- 8- Participating in a workshop “New trends in Nutrition Care Process: Nutrition Diagnosis”- University of Sharjah –April13th,2014.
- 9- Participating in “FAO Regional Workshop on: Adaptation of the Arabic Version of: Setting Up and Running School Gardens Manual and Teaching Toolkit” –Al Ain-UAE-April15-17,2013.
- 10- Participating in “Globosity Workshop” Al Ain-UAE- December, 2010.

- 11- Participating in the FAO workshop” Food Based Dietary Guidelines” Muscat –Oman. May 16-20, 2009.
- 12- Participating in ” World Diabetes Day Workshop for Tawam Hospital” Al Ain-UAE- November 19, 2009.
- 13- Participating in a workshop on “Assessment and Control of Obesity”-Al Ain, UAE - September 9-10, 2007
- 14- Attending a workshop on “Assessment and Control of Obesity”-Al Ain, UAE -September 9-10, 2007.
- 15- Attending Workshop on the “Advancement in Nutrition Information”-Al Ain,UAE- March21-23,2005
- 16- Workshop for establishing the Arab Nutrition Society. November 21-22, 1994. AL Ain, UAE.
- 17- Attending Workshop on the Status of Food & Nutrition in the Arab Gulf Countries. May 22-24, 1995. Al Ain, UAE.
- 18- Attending Workshop on Establishing Food Composition Data for the Arab Gulf Countries (Gulfoods). November 21-23, 1995. Al Ain, UAE.
- 19- Attending Workshop on Nutrition & Chronic Diseases in the Arab Middle East Countries. April 10-12, 1994, Al-Ain, UAE.

### **Conferences Attendance**

- 1- Attending and Chairing session 2nd“ International Growth and Development Conference (IGD) 14-16 March,2018-Dubai
- 2- Attending and chairing a session-3<sup>rd</sup> International Dubai Nutrition Conference- October25-27,2017-Dubai.
- 3- Attending and chairing a session-2nd Congress of ASPCN Arab Society of Pediatric Clinical Nutrition- 4th Arab Nutrition 4-7- Egypt- October,2017
- 4- Attending and Chairing session “ International Growth and Development Conference (IGD) 16-18 March,2017-Dubai.
- 5- Attending the “4th International Conference on Nutrition and Growth”-2-4 March,2017-The Netherland.
- 6- Attending and moderating session” Public Health and Nutrition Research Forum “22-23 Feb,2017-Dubai.
- 7- Attending and Chairing sessions in 2nd Dubai Nutrition Conference- November 17-19,2016-Dubai.
- 8- Attending “The First Dubai International Conference on Applied Nutrition. 7 - 8 November 2016- Dubai.
- 9- Attending and Chairing sessions -Dubai Nutrition Conference- November 19-21,2015-Dubai.
- 10- Attending and Chairing a session- Al-Qassimi Hospital Clinical Nutrition Symposium. October 20-2016-Sharjah –UAE.
- 11- Attending ”collective efforts to achieve sustainable Development GoalsSymposium and round table discussions-25Sep 2016-Dubai.
- 12- Attend the MENA Nutritional Guidelines Development Program –Expert discussion 25-26 March,2016- Dubai.
- 13- Attending the 1st Annual GCC Natural Birth and Breastfeeding Conference.October 2-3,2015-Sharjah –UAE.
- 14- Attending 10th International Breastfeeding and Lactation Symposium.April17-19, 2015-Poland.
- 15- Attending 2<sup>nd</sup> Annual GOSS Meeting-December 10-13,2014-Dubai -UAE
- 16- Attending “Bright Start Conference “ Dec 2-3 ,2014- UoS-UAE.
- 17- Attending “Global Breastfeeding Initiative and the EiP 2014 conference: Family Friendly Workplaces Initiative.-December 2014-Dubai-UAE.

- 18- Attending UAE- Sweden Research & Academic Symposium” on November 18th ,2013 – Dubai-UAE.
- 19- Attending” American Society of Nutrition –Nutrition in Health and Disease” conference-Dubai-UAE, February 2013.
- 20- Attending Conference “Ensuring a Healthy Start for the Pediatric Population”- Beirut –Lebanon-December 2012.
- 22- Attending “18<sup>th</sup> European Congress on Obesity” –Istanbul-Turkey-May2011.
- 23- Attending “Global Health Conference”- Al Ain-UAE-January 4-9, 2010.
- 24- Assisted in the organizing the Nutrition Department booth in the 3<sup>rd</sup> Arabic Nutrition Conference in Abu Dhabi .December 4-6, 2007.
- 25- Attending a conference “Health & Nutrition “– Kuwait. November 19-21,2007
- 26- Attending Seminar on Milk and Dairy Products November2005, Al Ain –UAE.
- 27- Participation in the preparation and presentation of the" Nutrition Education Fair” 1993-1995. Dept. Food Sciences & Nutrition-UAE University.
- 28- Participated with a healthcare team from the Lebanese Ministry of Health in a project to improve dental health awareness among school children. Jan 1989. Beirut - Lebanon.
- 29- Participated in a health education fair for school children.1986. Beirut-Lebanon.

## **Computer Skills**

- Microsoft office
- Diet Analysis Programs: Nutrition pro,ESHA
- Statistical Packages : SPSS
- ICDL Certificate-2008

## **Licenses and Membership**

- License from UAE Ministry of Health
- Licensed Dietitian from the Lebanese Ministry of Health
- Member of Academy of Nutrition and Dietetics (**AND**)
- Member of Lebanese Dietetic Association(**LDA**)
- Member International Federation for the Surgery of Obesity and Metabolic Disorders(**IFSO**).
- Member of Emirates Medical Association(**EMA**)-Clinical Nutrition Division(**ECNS**)- **Head of Scientific committee member**
- Member of UAE Nutrition Group

## **Prizes**

- 1- First prize poster competition in the College of health Sciences-CND dept for senior student research projects “Prevalence and correlates of complementary alternative medicine use among Type 2 diabetic patients in UAE: A cross-sectional study. University of Sharjah-May 2018.
- 2- Third Prize winner for poster competition in Dubai Nutrition Conference 2017 for the student research project “Knowledge, Attitudes and intention of breastfeeding among university students.” October -Dubai October 2017.
- 3- First prize poster competition in the Public Health & Nutrition Research Forum 2017. For the student research project” Effectiveness of School-based Nutritional Intervention and Lifestyle Modifications among Obese School Children on February 22-23 , 2017- Dubai .

- 4- Third Prize Winner for poster competition in The First Dubai International Conference on Applied Nutrition. Dubai in 7 - 8 November 2016. “**Menu labeling Implementation in Dine-in Restaurants: The Public’s Knowledge, Attitude and Practices**”.
- 5- First Place Prize –Sanofi Poster Competition in College of Health Sciences for the student research project-2015 for the research titled “**Parental Factors and Mass Media Influences on the Onset of Eating Disorders among University Students in University City- Sharjah**”

## **Publications**

1. **Radwan H**, Hashim M, Shaker Obaid R, Hasan H, Naja F, Al Ghazal H, et al. (2018) The Mother-Infant Study Cohort (MISC): Methodology, challenges, and baseline characteristics. PLoS ONE 13(5): e0198278. <https://doi.org/10.1371/journal.pone.0198278>. (IF:2.806) SJR:Q1- H index 241(1343/7436)
2. **Radwan H.**, Hasan H., Najm L., Zaurub S., Jami F., Javadi F., Adeeb D. L. and Iskandarani A. Eating disorders and body image concerns as influenced by family and media among university students in Sharjah, UAE. Asia Pacific Journal of Clinical Nutrition 2018,27(3). doi: 10.6133/apjcn.062017.10 ( IF1.816).SJR: Q2- H index:57 (36/121).
3. Hwalla N, Salem Al Dhaheri A, **Radwan H**, Abdullah Alfawaz H, Fouda MA, Mohammed Al-Daghri N, Zaghoul S, Blumberg JB. The prevalence of micronutrient deficiencies and inadequacies in the Middle East and approaches to interventions. **Nutrients**. 2017;9:229. doi:10.3390/nu9030229 (IF 3.550). SJR : Q1 –H index:53 (431/1986).
4. **Radwan H.**, Faroukh E. and Obaid R. S. Menu labeling Implementation in Dine-in Restaurants: The Public's Knowledge, Attitude and Practices. **BMC Archives of Public Health**.2017;75:8 .doi:10.1186/s13690-017-0177-9. SJR: Q2-H index 15(309/477).
5. **Radwan H**& Sapsford R. Maternal perceptions and views about breastfeeding among Emirati mothers” Food and Nutrition Bulletin – **Food and Nutrition Bulletin**. 2016 Mar;37(1):73-84. doi: 10.1177/0379572115624289 (IF 1.648). SJR :Q2-H index:55(38/121).
6. **Radwan, H.** Patterns and Determinants of Breastfeeding and complementary Feeding Practices of Emirati Mothers in the United Arab Emirates. **BMC Public Health**. 2013;13:171 doi: 10.1186/1471-2458-13-171.(IF 2.321) SJR:Q1 –H index 93(23/477).
7. MOHAP Guidelines for Management of Obesity- Booklet for dietitians working in MOHAP-public health clinics -United Arab Emirates Ministry of Health and Prevention (MOHAP)-2017
8. **Radwan, H**, Musaiger, A.O. and Hachem F. Breastfeeding and Lactational Amenorrhea in UAE. **Journal of Pediatric Nursing**. 2009.; 24(1), 62-8.(IF 1.158)
9. S Zaghoul, AF Karim, **H Radwan** .1998. A pilot study of infant feeding practices in Al-Ain, UAE. FASEB JOURNAL 12 (4), A215-A215.

10. Musaiger, A.O, Abdulghafoor, A. and **Radwan, H.** Anemia among 6 years old children in the United Arab Emirates. **European Journal of Clinical Nutrition**.1996. 50: 636-637.(IF 3.057)
11. Musaiger, A.O and **Radwan, H.**Social and Dietary Factors Associated with obesity in University Female Students in United Arab Emirates. **Perspective of Public Health** .1995April: 96-99.(IF 0.919).
12. Baba, N, **Radwan, H.** and Van Itallie, Th. Effects of Feeding Casein Versus Soy protein on body composition & Serum Lipid levels in Adult Rats. **Nutrition Research**.1992; 12: 279-288.(IF 2.737)