

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
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Position and Rank: Associate Professor- Human Nutrition

II. EDUCATION

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

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

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

III. PROFESSIONAL EXPERIENCE

Associate Professor: University of Sharjah, Sharjah, Sharjah, UAE 2020-Present

Associate Professor: American University of Beirut , Faculty of Agricultural and Food Sciences, Nutrition and Food Sciences Department 2015-2020

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, 1999 - 2001
College of Health Sciences. United Arab Emirates

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

Project Coordinator-Master's level: American University of Beirut , Faculty of Agricultural and Food Sciences, Nutrition and Food Sciences Department 1996-1998

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. Naja, F.; Hwalla, N.; El Zouhbi, A.; Abbas, N.; Chamieh, M.C.; Nasreddine, L.; Jomaa, L. Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. *Sustainability* **2020**, *12*, 4519.
2. Naja F, Hwalla N, Hachem F, Abbas N, Chokor FAZ, Kharroubi S, Chamieh MC, Jomaa L, Nasreddine L. Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. *Br J Nutr.* 2020 Jul 20:1-11.

3. Radwan H, Hasan H, Hamadeh R, Hashim M, AbdulWahid Z, Hassanzadeh Gerashi M, Al Hilali M, Naja F. Complementary and alternative medicine use among patients with type 2 diabetes living in the United Arab Emirates. *BMC Complement Med Ther.* 2020 Jul 10;20(1):216.
4. Itani L, Radwan H, Hashim M, Hasan H, Obaid RS, Ghazal HA, Al Hilali M, Rayess R, Mohamed HJJ, Hamadeh R, Al Rifai H, Naja F. Dietary patterns and their associations with gestational weight gain in the United Arab Emirates: results from the MISC cohort. *Nutr J.* 2020 Apr 21;19(1):36.
5. Hijazi MA, Shatila H, El-Lakany A, Al Rifai H, Aboul-Ela M, **Naja F**. Role of community pharmacists in weight management: results of a national study in Lebanon. *BMC Health Serv Res.* 2020 May 7;20(1):386. (Naja F is the corresponding author)
6. **Naja F**, Hamadeh R. Nutrition amid the COVID-19 pandemic: a multi-level framework for action. *European Journal of Clinical Nutrition.* 2020 Apr 20:1-5. (Naja F is the corresponding author)
7. Itani L, Radwan H, Hashim M, Hasan H, Obaid RS, Ghazal H, Al Hilali M, Rayess R, Mohamed HJ, Hamadeh R, Al Rifai H, **Naja F**. Dietary patterns and their associations with gestational weight gain in the United Arab Emirates: results from the MISC cohort. *Nutrition Journal.* 2020 Dec;19(1):1-12. (Naja F is the corresponding author)
8. Nasreddine L, Chamieh MC, Ayoub J, Hwalla N, Sibai AM, **Naja F**. Sex disparities in dietary intake across the lifespan: the case of Lebanon. *Nutrition Journal.* 2020 Dec;19(1):1-18. (Naja F is the corresponding author)
9. Rafiee P, Bahrami A, Rezaeimanesh N, Jalali S, Hekmatdoost A, Sadeghi A, **Naja F**, Houshyari M, Hejazi E. Dietary total antioxidant capacity and colorectal cancer and colorectal adenomatous polyps: a case-control study. *European Journal of Cancer Prevention: the Official Journal of the European Cancer Prevention Organisation (ECP).* 2020 Feb 18.
10. **Naja F**, Itani L, Kharroubi S, El Harake MD, Hwalla N, Jomaa L. Food insecurity is associated with lower adherence to the Mediterranean dietary pattern among Lebanese adolescents: a cross-sectional national study. *European Journal of Nutrition.* 2020 Jan 3:1-12.
11. Hashim M, Radwan H, Hasan H, Obaid RS, Al Ghazal H, Al Hilali M, Rayess R, Chehayber N, Mohamed HJJ, **Naja F**. Gestational weight gain and gestational diabetes among Emirati and Arab women in the United Arab Emirates: results from the MISC cohort. *BMC Pregnancy Childbirth.* 2019 Dec 3;19(1):463. (Naja F is the corresponding author)

12. **Naja F**, Nasreddine L, Awada S, El Sayed Ahmad R, Hwalla N. Nutrition in the Prevention of Breast Cancer: A Middle Eastern Perspective. *Front Public Health*. 2019 Nov 8;7:316.
13. Jafari Nasab S, Bahrami A, Rafiee P, Hekmatdoust A, Ghanavati M, Rashidkhani B, Sadeghi A, Asadzadeh Aghdaei H, **Naja F**, Hejazi E. Healthy Eating Index-2010 and Mediterranean-Style Dietary Pattern Score and the risk of colorectal cancer and adenoma: a case-control study. *Nutr Cancer*. 2019 Nov 5:1-10.
14. **Naja F**, Itani L, Hamade R, Chamieh MC, Hwalla N. Mediterranean Diet and Its Environmental Footprints Amid Nutrition Transition: The Case of Lebanon. *Sustainability* 2019, 11(23), 6690-6708
15. McJarrow P, Radwan H, Ma L, MacGibbon AKH, Hashim M, Hasan H, Obaid RS, **Naja F**, Mohamed HJJ, Al Ghazal H, Fong BY. Human Milk Oligosaccharide, Phospholipid, and Ganglioside Concentrations in Breast Milk from United Arab Emirates Mothers: Results from the MISC Cohort. *Nutrients*. 2019 Oct 8;11(10). pii: E2400.
16. Nasreddine L, Bachir N, Kharroubi S, Chamieh MC, Mehio Sibai A, Hwalla N, **Naja F**. Anthropometric Cutoffs for Increased Cardiometabolic Risk Among Lebanese Adults: A Cross-Sectional Study. *Metab Syndr Relat Disord*. 2019 Dec;17(10):486-493. (Naja F is the corresponding author)
17. **Naja F**, Itani L, Hwalla N, Sibai AM, Kharroubi SA. Identification of dietary patterns associated with elevated blood pressure among Lebanese men: A comparison of principal component analysis with reduced rank regression and partial least square methods. *PLoS One*. 2019 Aug 16;14(8):e0220942
18. **Naja F**, Itani L, Nasrallah MP, Chami H, Tamim H, Nasreddine L. A healthy lifestyle pattern is associated with a metabolically healthy phenotype in overweight and obese adults: a cross-sectional study. *Eur J Nutr*. 2019 Jul 30.
19. Nasreddine L, Ayoub JJ, Hachem F, Tabbara J, Sibai AM, Hwalla N, **Naja F**. Differences in Dietary Intakes among Lebanese Adults over a Decade: Results from Two National Surveys 1997-2008/2009. *Nutrients*. 2019 Jul 27;11(8). pii: E1738. (Naja F is the corresponding author)
20. Abdulmalik MA, Ayoub JJ, Mahmoud A; MINA collaborators, Nasreddine L, **Naja F**. Pre-pregnancy BMI, gestational weight gain and birth outcomes in Lebanon and Qatar: Results of the MINA cohort. *PLoS One*. 2019 Jul 2;14(7):e0219248. (Naja F is the corresponding author).
21. **Naja F**, Shatila H, El Koussa M, Meho L, Ghandour L, Saleh S. Burden of non-communicable diseases among Syrian refugees: a scoping review. *BMC Public Health*. 2019 May 24;19(1):637
22. Hijazi MA, Shatila H, El-Lakany A, Aboul Ela M, Kharroubi S, Alameddine M, **Naja F**. Beliefs, practices and knowledge of community pharmacists regarding complementary and alternative

medicine: national cross-sectional study in Lebanon. *BMJ Open*. 2019 Mar 8;9(3):e025074. (Naja F is the corresponding author).

23. Jomaa L, **Naja F**, Kharroubi S, Hwalla N. Prevalence and correlates of food insecurity among Lebanese households with children aged 4-18 years: findings from a national cross-sectional study. *Public Health Nutr*. 2018 Dec 4:1-10.
24. Ayoub JJ, Abiad M, Forman MR; MINA Collaborators, Honein-AbouHaidar G, **Naja F**. The interaction of personal, contextual, and study characteristics and their effect on recruitment and participation of pregnant women in research: a qualitative study in Lebanon. *BMC Med Res Methodol*. 2018 Nov 29;18(1):155. (Naja F is the corresponding author).
25. Yammine SG, **Naja F**, Tamim H, Nasrallah M, Biessy C, Aglago EK, Matta M, Romieu I, Gunter MJ, Nasreddine L, Chajès V. Association between Serum Phospholipid Fatty Acid Levels and Adiposity among Lebanese Adults: A Cross-Sectional Study. *Nutrients*. 2018 Sep 25;10(10). (Naja F and Yammine SG are equal contributor to this manuscript)
26. Shivappa N, Hebert JR, Neshatbini Tehrani A, Bayzai B, **Naja F**, Rashidkhani B. A Pro-Inflammatory Diet Is Associated With an Increased Odds of Depression Symptoms Among Iranian Female Adolescents: A Cross-Sectional Study. *Front Psychiatry*. 2018 Aug 29;9:400.
27. **Naja F**, Jomaa L, Itani L, Zidek J, El Labban S, Sibai AM, Hwalla N. Environmental footprints of food consumption and dietary patterns among Lebanese adults: a cross-sectional study. *Nutr J*. 2018 Sep 12;17(1):85
28. Kharroubi S, Chehab RF, El-Baba C, Alameddine M, **Naja F**. Understanding CAM Use in Lebanon: Findings from a National Survey. *Evid Based Complement Alternat Med*. 2018 Jul 25;2018:4169159. (Naja F is the corresponding author).
29. Nasreddine LM, Kassis AN, Ayoub JJ, **Naja F**, Hwalla NC. Nutritional status and dietary intakes of children amid the nutrition transition: the case of the Eastern Mediterranean Region. *Nutr Res*. 2018 Sep;57:12-27. (Naja F is co-corresponding with Hwalla NC).
30. Radwan H, Hashim M, Shaker Obaid R, Hasan H, **Naja F**, Al Ghazal H, Jan Jan Mohamed H, Rizk R, Al Hilali M, Rayess R, Izzaldin G. The Mother-Infant Study Cohort (MISC): methodology, challenges, and baseline characteristics. *PLoS One*. 2018 May 31;13(5):e0198278.
31. Al Thani M, Al Thani AA, Al-Chetachi W, Al Malki B, Khalifa SAH, Bakri AH, Hwalla N, **Naja F**, Nasreddine L. Adherence to the Qatar dietary guidelines: a cross-sectional study of the gaps, determinants and association with cardiometabolic risk amongst adults. *BMC Public Health*. 2018 Apr 16;18(1):503. (Naja F is co-corresponding with Nasreddine L).

32. Nasreddine L, Shatila H, Itani L, Hwalla N, Jomaa L, **Naja F**. A traditional dietary pattern is associated with lower odds of overweight and obesity among preschool children in Lebanon: a cross-sectional study. *Eur J Nutr*. 2017 Nov 10. (Naja F is the corresponding author).
33. Sedaghat F, **Naja F**, Darand M, Beyzai B, Rashidkhani B. Adherence to a Mediterranean dietary pattern and overweight and obesity among female adolescents in Iran. *Int J Adolesc Med Health*. 2017 Nov 23.
34. Nasreddine L, Hwalla N, Saliba A, Akl C, **Naja F**. Prevalence and Correlates of Preschool Overweight and Obesity Amidst the Nutrition Transition: Findings from a National Cross-Sectional Study in Lebanon. *Nutrients*. 2017 Mar 11;9(3). pii: E266. (Naja F is the corresponding author).
35. Nasreddine L, Tamim H, Itani L, Nasrallah MP, Isma'eel H, Nakhoul NF, Abou-Rizk J, **Naja F**. A minimally processed dietary pattern is associated with lower odds of metabolic syndrome among Lebanese adults. *Public Health Nutr*. 2017 Oct 2:1-12. (Naja F is the corresponding author)
36. **Naja F**, Shatila H, Meho L, Alameddine M, Haber S, Nasreddine L, Mehio Sibai A, Hwalla N. Gaps and opportunities of nutrition research in relation to non-communicable diseases in Arab countries: call for an informed research agenda. *Nutr Res*. 2017 Nov;47:1-12
37. **Naja F**, Anouti B, Shatila H, Akel R, Haibe Y, Tfayli A. Prevalence and Correlates of Complementary and Alternative Medicine Use among Patients with Lung Cancer: A Cross-Sectional Study in Beirut, Lebanon. *Evid Based Complement Alternat Med*. 2017;2017:8434697.
38. Assaad S, Anouti S, **Naja F**, Nasreddine L, Hwalla N, Sibai AM. Adolescents' self-perceived and actual weight: Which plays a dominant role in weight loss behaviour in Lebanon? *Child Care Health Dev*. 2017 Sep 4.
39. Jomaa L, **Naja F**, Cheaib R, Hwalla N. Household food insecurity is associated with a higher burden of obesity and risk of dietary inadequacies among mothers in Beirut, Lebanon. *BMC Public Health*. 2017 Jun 12;17(1):567.
40. Sibai AM, Singh NV, Jabbour S, Saleh S, Abdulrahim S, **Naja F**, Yazbek S. Does published research on non-communicable disease (NCD) in Arab countries reflect NCD disease burden? *PLoS One*. 2017 Jun 2;12(6):e0178401.
41. **Naja F**, Shivappa N, Nasreddine L, Kharroubi S, Itani L, Hwalla N, Mehio Sibai A, Hebert JR. Role of inflammation in the association between the western dietary pattern and metabolic syndrome among Lebanese adults. *Int J Food Sci Nutr*. 2017 Apr 19:1-8.

42. Abou-Rizk J, Alameddine M, **Naja F**. Prevalence and Characteristics of CAM Use among People Living with HIV and AIDS in Lebanon: Implications for Patient Care. *Evid Based Complement Alternat Med*. 2016;2016:5013132. (Naja F is the co-corresponding author)
43. Ramadan H, **Naja F**, Fouad FM, Antoun E, Jaffa M, Chaaban R, Haidar M, Sibai AM. Prevalence and correlates of metabolic syndrome in pre-crisis Syria: call for current relief efforts. *East Mediterr Health J*. 2016 Dec 12;22(9):668-675.
44. Jomaa L, Hwalla N, Constant F, **Naja F**, Nasreddine L. Water and Beverage Consumption among Children Aged 4-13 Years in Lebanon: Findings from a National Cross-Sectional Study. *Nutrients*. 2016 Sep 8;8(9). pii: E554. doi: 10.3390/nu8090554. (Naja F is the co-corresponding author)
45. 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).
46. 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).
47. **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.
48. 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*
49. 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).
50. 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.
51. **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.

52. 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
53. **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.
54. 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)
55. **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.
56. **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.
57. **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.
58. 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.
59. 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
60. **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.
61. 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).

62. 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)
63. 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.
64. 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).
65. **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).
66. **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.
67. **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.
68. 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).
69. 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)
70. 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.
71. 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.
72. **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).

73. 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.
74. 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.
75. 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)
76. **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.
77. **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.
78. **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.
79. 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.
80. **Naja F**, Kreiger N, Sullivan T. *Helicobacter pylori* infection in Ontario: prevalence and risk factors. *Can J Gastroenterol.* 2007 Aug;21(8):501-6.
81. 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.

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. Diet and cancer. In A. Welsh (co-Ed.), *Public Health Nutrition 2nd Edition,* UK: Wiley-Blackwell publishing. 2017.

VI. PRESENTATIONS AT SCIENTIFIC MEETINGS AND CONFERENCES

INVITED LECTURES

1. Speaker '*Dietary Recommendations in Times of Crisis*', Panel Discussion, FAFS, AUB, 17 December 2019.
2. Speaker and discussant '*Mediterranean diet: the case of Lebanon*', Being and wellbeing: Traditional healthy diets from the Mediterranean and beyond', organized by the FAO, Rome Italy 27 November 2019.
3. Speaker '*Development of Dietary Guidelines for pregnant Women the MINA Experience*' at the Qatari working group for the development of dietary guidelines for mother and child in Qatar, Doha Qatar October 2019.
4. Speaker and discussant at the workshop on food systems approach to address obesity in the rejoin, organized by FAO and WHO EMRO, Cairo Egypt 23-24 September 2019
5. Speaker '*Sustainable is the New Healthy: The Healthy Lebanese Mediterranean Diet: Is it Sustainable?*', FAFS, AUB, 18 September 2019.
6. Key note speaker '*Incorporating the Principles of the Mediterranean Diet Within health Food Systems*' High level meeting, Future of food, Rome Italy 9-12 June 2019
7. '*Nutrient profiling at the intersection between health and food*', at the Nutrition & Health Symposium, March 2019 Dubai, UAE.
8. '*Gaps and opportunities for nutrition research in relation to NCDs in Arab countries: Focus on Kuwait*', at the Workshop on Research Strategy to Reduce NCD related to Food and Nutrition, 18-19 Feb 2019, Kuwait.
9. '*Sustainability of dietary intake: the case of Lebanon*'. 4th Dubai International Nutrition Congress (DINC), 24 – 26 October, Dubai, UAE 2018.
10. '*Gaps and opportunities for nutrition research in relation to NCDs in Arab countries: Focus on UAE*'. 4th Dubai International Nutrition Congress (DINC), 24 – 26 October, Dubai, UAE 2018.
11. '*Our healthy diets: are they also sustainable? The case of Lebanon*' Mohamad Bin Rashed University, Dubai, UAE, December 2018.
12. '*Gaps and opportunities for nutrition research in relation to NCDs in Arab countries: Call for an informed research agenda-Focus on Qatar*' at the 3rd International Primary Care Conference, PHCC, Doha, Qatar November 2017
13. '*Mother and Child cohorts in the MENA: the challenge of subjects' recruitment, A qualitative study*' at Sidra Infertility and Reproductive Health Conference Sidra, Doha, Qatar October 2017

14. *'Health diplomacy: towards a collaborative approach for NCDs'* Global Health Diplomacy Workshop, GHI, AUB, November 2017
15. *'The Prevalence of Micronutrient Deficiencies and Inadequacies in the Middle East and Approaches to Interventions'* Treat 360°, Crown Plaza, Beirut, October 2017
16. *'The Mediterranean Diet: Health And Beyond'* Workshop to launch the project entitled 'Towards the enhancement of the Mediterranean diet' FAFS, AUB, May 2017
17. *'Dietary patterns and their environmental footprints among Lebanese adults'* at the Technical Workshop on Sustainable diets in the context of sustainable food systems, FAO, Rome July 2017
18. *'Dietary Intake Data: The good, the bad and the ugly'* WIDS stanford, AUB, Dec. 20117
19. *'Dietary patterns and their environmental footprints among Lebanese adults'* at the Technical Workshop on Sustainable diets in the context of sustainable food systems, Food and Agriculture Organization (FAO), Rome , Italy July 2017.
20. *'Role of the dietitians in the management of Non Communicable Diseases-implications for policy'* at the 'Dietician Day' organized by the Faculty of Public Health, Lebanese University, North Lebanon (Branch III). 12 March 2016.
21. *'Tackling nutrition and non-communicable diseases'* at LAU Nutrition and Food Research Day, 12 April 2016
22. Invited Chair of session *'Big data: Combining environmental impact and primary prevention'* at the 6th international Breast Cancer and Nutrition Symposium. October 2016, City of Hope, Duarte, California, USA
23. *'Our healthy diets: are they also sustainable?'* AFED. November 2016, AUB, Beirut, Lebanon.
24. Invited lectures at the 2nd Dubai Nutrition Conference (November 2016), Dubai UAE :
 - a. *'Complementary and Alternative Medicine Research in Lebanon: implications for health care and policy'*
 - b. *'Obesity among adolescents: Story beyond Energy & Nutrients'*
25. *'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
26. *'Dietary patterns for the prevention of non-communicable diseases: The case of Lebanon'*. Dubai Nutrition Conference. November 2015.

27. *'Role of dietitians in the management of Non Communicable Diseases-implications for policy'* Dubai Nutrition Conference. November 2015.
28. *'Tomorrow's Health Starts Today: Emerging evidence and implications for policy'*. University of Sharjah, November 2015
29. *'Complementary and Alternative Medicine Research in Lebanon: implications for health care and policy'*. Health insight V, Beirut Lebanon, April 2015
30. *'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.
31. *'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
32. *'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
33. *'Addressing food Security in the MENA: Assessment a start'*. Hohenheim University, Germany. January, 2014
34. *'Diet, dieticians, and patients' health'*. Emerging Leaders Conference, FHS and World Youth Alliance, AUB. December 2014
35. *'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
36. *'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
37. *'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
38. *'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.

39. *'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
40. *'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
41. *'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
42. *'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
43. *'Optimal Nutrition for Children and Adolescents'*. Current Challenges in Adolescent and Child Nutrition Conference, (LANFS/NFSC), Beirut, Lebanon. October 24, 2009
44. *'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

VII. RESEARCH FUNDING

- **2020-2023.** Optimizing nuclear techniques to assess accurate quantitative biomarkers of added sugar intake in adults. International Atomic **Energy Agency (IAEA)** (39,000\$, co-PI)
- **2020-2021:** Balancing the trade-offs for a Sustainable Healthy diet: the case of Lebanon. **Food and Agriculture Organization (FAO)**, Rome, Italy (100,000\$, PI)
- **2020-2024.** An Interdisciplinary Model Towards Integrative complementary and Alternative Medicine Use in Qatar and Lebanon: The Case of Breast Cancer and Diabetes Patients. **Qatar National Research Foundation (QNRF)**. (700,000 USD, PI).
- **2019-2020.** “Perceptions of Complementary and Alternative Medicine (CAM) among users, providers and health care workers in Lebanon: A qualitative study. URB (13252 USD, PI).
- **2019-2020.** A food system-based prototype for **Healthy, Sustainable and Safe Diets (HeSSaD)**: The case of school-aged children in the Bekaa Valley, Lebanon. WEFRAH. (65,000 USD, co PI)
- 2018-2019. Sustainable Is The New Healthy: The Healthy Lebanese Mediterranean diet: Is it Sustainable? **SDG AUB** (10000 USD, PI)
- **2018-2021.** Towards Healthier Kids and Sustainable Future. **Nestle Middle East**. (252,360 USD, co-PI)
- **2017-2020.** FITS/KNHS Partnership in The Middle-East. **Nestle Research Center**, Switzerland. (1,020,672 USD, co-PI)
- **2016-2018.** Use of biochemical markers for the validation of a food frequency questionnaire among Lebanese adults. **Purdue University, Chicago, USA** (23,000 USD, PI)
- **2016-2018.** Validation of A food Frequency Questionnaire for the assessment of dietary intake among Lebanese adults, **University Research Board (AUB)** (20,000 USD, PI)
- **2016-2018:** Towards the Enhancement of the Mediterranean Diet. **Food and Agriculture Organization (FAO)**, Rome, Italy (100,000\$, PI)
- **2015-2018.** Feeding Patterns and Adiposity in Sharjah City, United Arab Emirates: A Mother and Baby Cohort Study. **University of Sharjah**. 133,324 AED (co PI)

- **2016-2018.** Impact of feeding patterns on adiposity and cardiometabolic markers in baby and mother: a prospective cohort study. **Al-Jalila Foundation**, UAE. 211,176 AED (co PI).
- **2014-2015:** Use of Complementary and Alternative Medicine among breast cancer patients in Lebanon, **University Research Board (AUB)** (10,000 USD, PI)
- **2015-2019:** 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
8. PHNU 301. (3 cr. Graduate). Advanced Nutrition during the Lifecycle

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. *Omar Bahlawan.* Dietary Intake and Severity of Symptoms among COVID-19 Patients in Lebanon. (2020)
2. *Hiba Al Rifai.* Knowledge Attitudes and Practices of Pediatricians Regarding Breastfeeding in Lebanon (2020)
3. *Aya Chatila.* Breastfeeding Knowledge and Attitudes among Women in the MINA Cohort Lebanon (2020)

4. *Nisrine Chidiac*. Dietary Patterns and Mental Health (2020)
5. *Raeda El Sayed Ahmad*. Validity of an Arabic FFQ among Lebanese adults-Food groups: energy macro and micro nutrients. (2019)
6. *Mariam Baroudi*. (2019). Validity of an Arabic FFQ among Lebanese adults-Food groups.
7. *Waed Slim*. (2018). Adequacy of dietary intake among pregnant women-Results of the MINA cohort
8. *Sara Daher*. (2017). Food security status among Syrian refugees and their host communities
9. *Shirine Baalbaki* (2016). Is the Lebanese dietary pattern a Mediterranean diet?
10. *Hibeh Shatila* (2015). Dietary pattern among 2-5 year old Lebanese children and their association with obesity indices.
11. *Romy Abi Fadel* (2015). Prevalence and determinants of complementary and alternative therapy among breast cancer patients in Lebanon
12. *Yasmine Aridi* (2015). Adherence to the Mediterranean diet among breast cancer patients in Beirut, Lebanon
13. *Huda Hadavi* (2013). Association between dietary patterns and the risk of multiple sclerosis in Tehran, Iran
14. *Joanna Abou Rizk* (2013). Determinants of complementary and alternative medicine use and dietary practices among people living with HIV and AIDS (PLWHA) in Lebanon
15. *Nivine Bachir* (2013). Determination of % body fat and BMI cutoff values associated with metabolic abnormalities in Lebanese children and adolescents
16. *Patricia Moghames* (2013). Validation of a food frequency questionnaire among Lebanese children from LSES
17. *Nour Hammami* (2012). Validation of a Food Frequency Questionnaire to assess dietary intake of Lebanese children aged 5-10 years (AUB)
18. *Maya Salem* (2011). Association between dietary patterns and the risk of type 2 diabetes mellitus: a case control study (AUB)
19. *Chrystel AKL*.(2011). Prevalence and determinants of overweight and obesity in a nationally representative sample of Lebanese children 5 -12 years old (AUB)

20. *Dana Moussa* (2011). Determinants of Complementary and Alternative Medicine use among T2DM in Lebanon (AUB)
21. *Zeina Younes*. (2010). The Association Between Dysfunctional Eating Behaviors and Body Image Perception in Underweight and Normal Weight Lebanese Young Adult Females. (AUB)
22. *Dima Haddadin*. (2010). The Association Between Dysfunctional Eating Behaviors and Body Image Perception in overweight and obese Lebanese Young Adult Females. (AUB)
23. *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 23 M.Sc. thesis students.

Main Supervisor of MD Research Project, Huriyeh El Moussa, Faculty of Medicine

PhD Supervisor of Mrs. Sara Daher, Lebanese University. ‘*Early Feeding Practices Among Refugees*’.

X. FACULTY, UNIVERSITY AND PUBLIC SERVICES

FACULTY

1. Chair of FAFS Research Committee (2019-2020)
2. Undergraduate Research Volunteer Program Faculty Representative (2019- to date)
3. Regional and External Program Faculty Representative (2019- to date)
4. Ethics task force Faculty Representative (2019 – to date)
5. Research Committee (2011-to date)
6. Academic and Curriculum Committee (2011- to date)
7. Graduate Studies Committee (2010-to date)
8. Library Committee (2009-2010; 2011-2012)
9. Program Learning Outcome Committee

UNIVERSITY

1. Member of Undergraduate Research Volunteer Program (2019-2020)
2. Member of the scientific committee for the 2016 Middle East Medical Assembly (MEMA).
3. Advisor for the Cooking Club at AUB (2015-present)
4. Chair of the committee to develop the graduate program in Complementary and Alternative Medicine (2013-2014)
5. Member of the SBS IRB board (2013-to date)
6. Member of the University Wellness committee (2009 to date)
7. Elected Substitute member as FAFS representative on the University Unified Admissions Committee (2011-2012)
8. Advisor for the Nutrition society club (2010-2014)
9. Learning Outcomes Coordinating Committee

10. 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, conducted, and participated in the National Workshop on Enhancing the Mediterranean Diet in Lebanon (2019)

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:

- Interview with TRIANGLE on the effects of COVID-19 on food and nutrition security (2020)
- TV interview discussing the health and environmental impacts of the Mediterranean diet (2019)
- 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)

Planned and organized Dr. James Herbert visit to AUB (2019)

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)