

Curriculum Vitae

Personal Information

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| Name | Reema Fayez Tayyem |
| Marietal Status | Married with 3 children |
| Address | The University of Jordan, Jordan, Amman, Al-Jubeiha, Postal Code 11942. |
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Appointments

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| 2016- | Professor , The University of Jordan, Faculty of Agriculture, Nutrition and Food Technology Dept. |
| 2015-2016 | Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept. |
| 2010-2012 | Manager and Owner of Nutriway Nutrition Center , Maternal and Pediatric Nutrition Center, Amman, Jordan. |
| 2009- 2015 | Associate Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept. |
| 2001-2008 | Assistant Professor , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept. |
| 2005-2006 | Visiting Scholar to UCSD Cancer Center/University of California, San Diego/CA/USA. |
| 2000-2001 | Lecturer , The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Dept. |

Academic Qualifications

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| 1997-2001 | The University of Jordan, (Jordan) Ph.D. in Clinical Nutrition. (GPA: 3.84) Dissertation title: Effect of Oral L-Arginine Supplementation on Exercise Tolerance in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD). |
| 1993-1996 | The University of Jordan, (Jordan) M.Sc. in Human Nutrition. (GPA: Excellent) Thesis title: Effect of Addition of Sodium Bicarbonate on some Nutritional Aspects in Mashrouh Bread. |
| 1989-1993 | King Abdul-Azziz University, (Saudi Arabia) B.Sc. in Biochemistry. (GPA: Excellent) |

Responsibilities at the Hashemite University and University of Jordan

- President of the Jordanian Dietetic Association (2018-2020).
- PRIMA advisory committee member (2018-2020)
- WHO, Temporary advisory committee member for Tackling Obesity in Middle Income Countries of the Eastern Mediterranean Region (2017-2018)
- Member in The II. Eurasian Agriculture and Natural Sciences Congress (2018).
- Proposed member of home-based records for maternal, newborn and child health - Guideline Development Group (2017-2018).
- Head of Clinical Nutrition and Dietetics Dept (2004-2008) and (2012-2014).
- Dean Assistant (2013-2015)
- Manger of the Nutrition Clinic of the Rehabilitation center for disabled (2012)
- Member in the Department Scientific Research Committee (2004-Now).
- Member in the Faculty Academic Plan Committee (2009-2013).
- Faculty Council Member (2003-2008, 2011) and (2012-2014).
- Member in the Faculty Scientific Research Committee (2002-2007) and (2012-2013).
- Coordinator in establishing a Postgraduate (M.Sc.) Plan in the Dept (2006-2008).
- Member in the Faculty Private Accreditation Standards Committee (2007-2008).
- Member in the Faculty Strategic Plan Committee (2007-2008).
- Member in the Faculty Academic Plan Committee (2007-2008).
- Member in the Food Safety Committee at the University (2007-2008).
- Member of the Faculty Budget Committee (2005-2007).
- Member in the Scientific Instrument Committee at the University (2006-2007).
- Member in the Committee for Managing Students-related Issues (2006-2007).
- Head of the Faculty Community Services Committee (2002-2004).
- Academic Quality Control Member (2004-2005).

Published Papers and Abstracts

Submitted and Papers Under-Preparation

1. **Reema F. Tayyem**, Reema I. Mahmoud, Muna Shareef, Lina Salah Marei 2018. Nutrient Intake and Breast Cancer Risk among Jordanian Women. (Under Preparation)
2. Lana M. Agraib, Mohammed Azab, Abdel-Ellah Al-Shudifat, Sabika S. Allehdan, Nitin Shivappa, **Reema Tayyem** 2018. Dietary Inflammatory Index and odds of Cardiovascular Disease in a Case-Control Study from Jordan. (Under Preparation)
3. Al-Dayyat H, Rayyan Y, **Tayyem R.** 2018. Dietary and Lifestyle Risk Factors of Developing Non-Alcoholic Fatty Liver Disease among Group of Adult Jordanians. (Under Preparation)
4. Reema I. Mahmoud, **Reema F. Tayyem** 2018. Dietary and Lifestyle Risk Factors and Breast Cancer: Literature Review (Under Preparation)
5. Abdel-Ellah Al-Shudifat, Mohammed Azab, Lana M. Agraib, **Reema F. Tayyem.** 2018. Is the Intake of Antioxidant Associated with the Risk of Coronary Heart Disease? A Jordanian Case-

Control Study. (Under Preparation)

6. **Reema F. Tayyem**, Abdel-Ellah Al-Shudifat, Shatha Hammad, Lana M. Agraib, Mohammed Azab 2018. Fat intake and the risk of coronary heart disease among Jordanians (Under Preparation)

7. **Reema F. Tayyem**, Reema I. Mahmoud, Lina Salah Marei 2018. Nutrient Intake Patterns and Breast Cancer Risk among Jordanian Women (Under Preparation)

8. **Reema F. Tayyem**, Sabika S. Allhedan, Fida' Thiker-Allah, Fida' Asali. 2018. Validity and reproducibility of a food frequency questionnaire for estimating macro- and micronutrients intake among pregnant women in Jordan. (Under Preparation)

9. Sabika S. Allhedan, **Reema F. Tayyem**, Fida' Thiker-Allah, Fida' Asali. 2018. Validation of food frequency questionnaire for assessing food groups intake among Jordanian pregnant women. (Under Preparation)

10. **Reema F. Tayyem**, Ali M. Al-Radaideh, Sabika S Allhedan, Lana M. Agraib, Sabal Al-Hjaj, Kholoud I. Al-Fayomi, Amer A. Malkawi, Shatha Hammad, Nawal S. Hijjawi. 2018, Subcutaneous, Visceral and Liver Fats Volumes Measured by MRI and its Association with Nutrients Intake among Adults. (Submitted to *Nutrition & Food Science*).

11. Ali M. Al-Radaideh, **Reema F. Tayyem**, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Ahmad Almomani, Rana M Al-zoubi, Lana M. Agraib, Imad S. Athamneh, Nawal S. Hijjawi. 2018. Assessment of hepatic fat in healthy adults using high-field magnetic resonance imaging and evaluation of its association with selected anthropometric and biochemical parameters (Submitted to *Abdominal Radiology*).

12. Hiba Bawadi, Rami Katkhouda, **Reema Tayyem**, Samira Bou Raad, Hadil Subih. 2018. General and abdominal obesity in association with inflammation among diabetic patients with and without glycemic control. (Submitted to *Clinical Nutrition ESPEN*)

Published Papers

13. Rawan Al-Qawasmeh and **Reema F. Tayyem**. 2018. Dietary and Lifestyle Risk Factors and Metabolic Syndrome: Literature Review. *Current Research in Nutrition and Food Science*. (Accepted).

14. Mohammed Azab, Abdel-Ellah Al-Shudifat, Lana M. Sabika S. Allhedan, Agraib, **Reema F. Tayyem**. 2018. Does micronutrients intake modulate the risk of coronary heart disease? *Nutrition and Food Science*. (Accepted)

15. Suhad S. AbuMweis, Razan M. Alatrash, **Reema Tayyem** and Ayman Hammoudeh. 2018. Sex and age are associated with the use of specific dietary supplements among people exercising in gyms: Cross-sectional analysis from Amman, Jordan. *Mediterranean Journal of Nutrition and Metabolism* (Accepted)

16. Samah R. Albataineh, Eman F. Badran, **Reema F. Tayyem**. 2018. Dietary factors for obese children in Middle East: A systematic review. *Nutrition and Health* (Accepted)

17. Mohammed Azab, Abdel-Ellah Al-Shudifat, Asgeir Johannessen, Amjad Al-Shdaifat, Lana M. Agraib, **Reema F. Tayyem**. 2018. Are risk factors for coronary artery disease different in persons with and without obesity? *Metabolic Syndrome and Related Disorders* (Accepted)

18. **Reema F. Tayyem**, Nawal S. Hijjawi, Narmeen Al-Awwad, Nisreen A. Nimer, Lana M. Agraib, Sabika S. Allhedan, Ali M. Al-Radaideh. 2018. Association between Intakes of Macro- and Micro-Nutrients and Serum Lipid Profiles among Adults: A Preliminary study. *Progress in Nutrition*. (Accepted)
19. Loay S. Ibrahim, Sabika S. Allhedan, Abeer Alassaf and **Reema Tayyem**. 2018. Iron Deficiency and Obesity in Pre-school Children *Nutrition and Food Science*. 48(3):418-432,
20. Al-Dayyat H, Rayyan H, **Tayyem R**. 2018. Non-Alcoholic Fatty Liver Disease and Associated Dietary and Lifestyle Risk Factors. *Diabetes and Metabolic Syndrome Clinical Research and Reviews*. <https://doi.org/10.1016/j.dsx.2018.03.016>
21. **Tayyem R**. 2018. Response to 'Dietary patterns and the risk of coronary heart disease among Jordanians: A case-control study. Statistical and methodological issues" (*In press*)
22. R. Dajani, S.J. Shbailat, A. Arafat, S. Sobar, H. Bitar, **R. Tayyem**, Z. Wei, H. Hakonarson. 2018. Association of genetic variants with macronutrient intake in Circassian and Chechan populations in relation to diabetes. *Meta Gene*. 16:199–207.
23. Abdel-Ellah Al-Shudifat, Mohammed Azab, Amjad Al-Shdaifat, Lana M. Agraib, **Reema F. Tayyem**. 2018. Elevated fasting blood glucose, but not obesity, is associated with coronary artery disease in patients undergoing elective coronary angiography in Jordan. *Annals of Saudi medicine* 38(2):111-117.
24. **Reema F. Tayyem**. 2018. Vitamin and Mineral Supplements: The Story So Far. *The Canadian Journal of Clinical Nutrition*, 6(1):1-6.
25. **Reema F. Tayyem**, Abdel-Ellah Al-Shudifat, Hiba A. Bawadi, Suhad S. AbuMweis, Lana M. Agraib, Sabika S. Allhedan, Israa Al-Haj Hassan, Asgeir Johannessen, Mohammed Azab. 2017. Dietary patterns and the risk of coronary heart disease among Jordanians. *Nutrition, Metabolism & Cardiovascular Diseases*, 28(3):262-269
26. **Reema F. Tayyem**, Shehadeh I, Tahruri H, Tareq Al-Jaberi, Majed Al-Nusairr, Bani-Hani K, and Heath D, Bawadi H. 2018. Fast Foods, Sauces, Drinks and Snacks Consumption and the Risk of Colorectal Cancer among Jordanian. *Asian Pacific Journal of Cancer Prevention*. 19(1):261-269.
27. Loay S. Ibrahim and **Reema F. Tayyem**. 2018. Evaluation of iron deficiency among selected sample of overweight and obese children under 5 years in Amman. *Iranian Journal of Pediatric Hematology & Oncology*. 8(1):21-36.
28. Nawal S. Hijjawi, Ali M. Al-Radaideh, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Hadeel A. Alabadi, Rana M. Al-Zu'bi, Lana M. Agraib, Sabika S. Allehdan, **Reema F. Tayyem**. 2017. Relationship of Serum Leptin with some Biochemical, Anthropometric Parameters and Abdominal Fat Volumes as Measured by Magnetic Resonance Imaging, *Diab Met Syndr: Clin Res Rev* doi.org/10.1016/j.dsx.2017.09.004
29. **Reema F. Tayyem**, Nawal S. Hijjawi, Hiba A. Bawadi, Nisreen A. Nimer, Lana M. Agraib, Sabika S. Allhedan, Shatha Hammad, Ali M. Al-Radaideh. 2018. Exploration of micro- and macronutrient consumption and leverage of interaction with adipokines among Jordanian adults. *Clinical Practice (Therapy)* 15(1):410-423.

30. Narmeen J. Al-Awwad, **Reema F. Tayyem**, Sabika S. Allehdan, Lana M. Agraib, Mariam Al-Mannai, and AbdulRahman O. Musaiger. 2017. Beverages Consumption is not related to Weight Status among Adolescents Living in the Capital of Jordan. *Current Nutrition & Food Science*. 13(5). DOI: 10.2174/1573401313666170920150541
31. Abdel-Ellah Al-Shudifat, Asgeir Johannessen, Mohammed Azab; Amjad Al-Shdaifat; Suhad Sameer AbuMweis; Lana M. Agraib; **Reema F. Tayyem**. 2017. Risk factors for coronary artery disease in patients undergoing elective coronary angiography in Jordan. *BMC Cardiovascular Disorders*. 17:183. doi: 10.1186/s12872-017-0620-4.
32. **Reema F. Tayyem**, Bawadi H, Allehdan S, Al-Mannai M, and Musaiger A. 2018. Adolescents' perceptions of their parents' and peers' opinions about their body weight status. *Nutrition and Food Science*. 48(2):206-217.
33. Abu-Mweis SS, Stephanie Jew, **Tayyem RF**, Lana M. Agraib, 2018. Eicosapentaenoic acid and docosahexaenoic acid containing supplements modulate risk factors for cardiovascular disease: a meta-analysis of randomized placebo-control human clinical trials. *Journal of Human Nutrition and Dietetics*. 31(1):67-84. doi: 10.1111/jhn.12493.
34. Bawadi H., **Tayyem RF**, Georgianna Tuuri, Jack Losso, Saffa muhanna, 2017. Stage of change toward “9-a-day” not “5-a-day” is associated with lower body weight. *Nutrition and Food Science*. 47 (6): 829-838.
35. Nitin Shivappa, James R. Hébert, Susan E. Steck, Ihab Shehadah, Kamal E Bani-Hani, Tareq Al-Jaberi, Majed Al-Nusairr, Dennis Heath, **Reema Tayyem**. 2017. Dietary Inflammatory Index and odds of colorectal cancer in a case-control study from Jordan. *Applied Physiology, Nutrition, and Metabolism*. 42(7):744-749. doi: 10.1139/apnm-2017-0035.
36. Allehdan S, **Tayyem RF**, Bawadi H., Agraib L., Al-Awwad N., Al-Mannai M., and Musaiger A. 2016. Fast food perception among adolescents in Jordan by gender and weight status. *Nutrition and Health*. 23(1):39-45. doi: 10.1177/0260106016685724
37. Ali M. Al-Radaideh, **Reema F. Tayyem**, Kholoud I. Al-Fayomi, Nisreen A. Nimer, Ahmad Almomani, Rana M Al-zoubi, Lana M. Agraib, Imad S. Athamneh, Nawal S. Hijjawi. 2016. Assessment of Abdominal Fat using High-Field Magnetic Resonance Imaging, Anthropometric and Biochemical Parameters. *The American Journal of the Medical Sciences*, 352(6):593–602. doi.org/10.1016/j.amjms.2016.09.009
38. Abdulrahman O. Musaiger, Mariam Al-Mannai, Ahmad R. Al-Haifi , Fatima Nabag, Jalila Elati, Nada Abahussain, **Reema Tayyem**, Marwan Jalambo, Mofida Benhamad and Berivan Al-Muftu. 2016. Prevalence of overweight and obesity among adolescents in eight Arab countries: comparison between two international standards (ARABEAT-2). *Nutr Hosp*. 33(5):1062-1065.
39. **Tayyem RF**, Bawadi H, Allehdan S, Abu-Mweis S, Ghazzawi H, Al-Mannai M, and Musaiger 2016. Association between mass media and body weight concern among adolescents: The role of gender and obesity. *Environmental Health and Preventive Medicine*. 21(6),430–438. DOI 10.1007/s12199-016-0543-1
40. **Tayyem RF**, Bawadi H, Shehadeh I, Abu-Mweis SS, Agraib L, Bani-Hani K, Al-Jaberi T, Majed Alnusair and Heath D. 2017. Dietary patterns and colorectal cancer. *Clinical Nutrition*. 36(3): 848-852. DOI: 10.1016/j.clnu.2016.04.029
41. **Tayyem RF**, Bawadi H, Shehadeh I, Al-Jaberi T, Dahoud M, Alnusair M and Heath D, Bani-Hani K. 2016. Meat, Milk and Fat Consumption in Colorectal Cancer Cases Compared to

Controls. *Journal of Human Nutrition and Dietetics*. 29, 746–756 DOI: 10.1111/jhn.12391

42. Bawadi H, Katkhouda R, Al-Haifi A, **Tayyem RF**, Fakhri-Elkhoury C, Jamal Z. 2016. Energy balance and nutrient distribution in relation to CRP and A1c levels among patients with type 2 diabetes. *Food & Nutrition Research*. 60: 29904 - <http://dx.doi.org/10.3402/fnr.v60.29904>
43. **Tayyem RF**, Bawadi H, Shehadeh I, Agraib L, Bani-Hani K, Al-Awwad N and Heath D. 2016. Consumption of Whole Grains, Refined Cereals and Legumes and its Association with Colorectal Cancer among Jordanians *Integrative Cancer Therapies*. 15(3):318-25. doi:10.1177/1534735415620010
44. Bawadi H, Banks A, **Tayyem R**, ElKhoury C. 2016. Meals served for hypertensive and cardiac in-patients in Jordan: Evaluation in the light of WHO and relevant guidelines. *Eastern Mediterranean Health Journal*. 22(1):810-818.
45. Bawadi H, Saeed D, **Tayyem RF**. 2015. Food insecurity among children in northern Jordan: prevalence, socio-economic determinants, and impact on school performance. *Current Nutrition & Food Science*. 11(3): 204-208.
46. Hammad SS, **Tayyem RF** and Musaiger AO. 2015. Caffeine Content in Beverages Commonly Consumed in Jordan. *Pakistan Journal of Nutrition*. 14 (8):447-452
47. **Tayyem RF**, Bawadi H, Shehadeh I, Abu-Mweis SS, Agraib L, Bani-Hani K, Al-Jaberi T, Majed Alnusair and Heath D. 2015. Macro- and Micronutrients Consumption and the Risk for Colorectal Cancer among Jordanians. *Nutrients*. 7(3):1769-1786.
48. Al-Qatatsheh A, **Tayyem RF**, Al-Shami I, Al-Holy M 2015. Vitamin D deficiency among Jordanian university students and employees. *Nutrition & Food Sciences*.45(1): 68-82
49. Musaiger AO, Hammad S and **Tayyem RF**, Al-Qatatsheh A. 2015. Socio-demographic and dietary factors associated with obesity among female university students in Jordan. *International Journal of Adolescent Medicine and Health*. 27(3):299-305 DOI: 10.1515/ijamh-2014-0029.
50. **Tayyem RF**, Shehadeh I, Abu-Mweis SS, Bawadi H, Bani-Hani K, Al-Jaberi T, Majed Alnusair, Heath D. 2014. Fruit and Vegetable Intake Among Jordanians: Results From a Case-Control Study of Colorectal Cancer. *Cancer Control: Journal of the Moffitt Cancer Center*. 21(4):350-356.
51. **Tayyem RF**, Ahmad I, Shehadeh I, Bani-Hani K, Al-Jaberi T and Majed Alnusair. 2015. Glutathione, Vitamin D and Antioxidant status in the blood of patients with Colorectal Cancer: A Pilot Study. *Pakistan Journal of Nutrition*. 14(1):13-17.
52. AbuMweis SS, **Tayyem RF**, Shehadeh I, Bawadi H, Agraib L, Bani-Hani K, Al-Jaberi T, and Alnusair M.. 2015. Food Groups and the Risk of Colorectal Cancer: Results from a Jordanian case-control study. *European Journal of Cancer Prevention*. 24(4): 313–320.
53. **Tayyem RF**, Abu-Mweis SS, Bawadi H, Agraib L, and Bani-Hani K. 2014. Validation of a Food Frequency Questionnaire to Assess Macronutrient and Micronutrient Intake among Jordanians. *Journal of the Academy of Nutrition and Dietetics*. 114(7): 1046-1052
54. **Tayyem RF**, Al-Hazzaa HM, Abu-Mweis SS, Bawadi H, Hammad, S and Musaiger AO. 2014. Dietary and Lifestyle Factors among Jordanian Adolescents attending Private versus Public Schools. *Eastern Mediterranean Health Journal* 20(7):411-418.

55. **Tayyem RF**, Al-Hazzaa HM, Abu-Mweis SS, Bawadi H, Al-Qatatsheh A, and Musaiger AO. 2014. Association of Lifestyle Factors with Obesity Indices among Jordanian Adolescents. *Malaysian Journal of Nutrition*. 20(1):51-62.
56. Abu-Mweis SS, **Tayyem RF**, Bawadi H, and Musaiger AO. Al-Hazzaa HM. 2014. Assessment of eating habits, physical activity, and sedentary behaviors of Jordanian adolescents' residents of Amman. *Mediterranean Journal of Nutrition and Metabolism*. 7:67-74
57. Bawadi H, Abu-Jamous D, **Tayyem RF**. 2014. Evaluation of the dietary pattern of patients with type 2 diabetes in Northern Jordan: An inconvenient truth! *International Journal of Diabetes in Developing Countries*. DOI 10.1007/s13410-013-0149-8
58. **Tayyem RF**, Dajani R, Khader Y, Abu-Mweis S, Fatahallah R, and Bawadi H. 2014. Nutrients Intakes among Normal and Type 2 Diabetic Individuals from Genetically Isolated Populations in Jordan. *Ethnicity and Disease*. 24(2):200-206
59. **Tayyem RF**, Shehadah I, Abu-Mweis SS, Bawadi H, Hammad S, Bani-Hani K, Al-Jaberi T and Majed Alnusair. 2013. Physical inactivity, water intake and constipation as risk factors for colorectal cancer among adults in Jordan. *Asian Pacific Journal of Cancer Prevention*. 14(9): 5207-12.
60. **Tayyem RF**, Abu-Mweis SS, and Bawadi H. 2013. Low Self-Efficacy Lead to Failure in Adopting CHO-Counting Approach to Control Diabetes: Pilot Study. *Pakistan Journal of Nutrition*. 12(7): 651-654.
61. Musaiger AO, Al-Mannai M, **Tayyem R**, Al-Lalla O, Ali EY, Kalam F., Benhamed M, Saghir S, Halahleh I, Djoudi Z, and Chirane M. 2013. Perceived Barriers to Healthy Eating and Physical Activity among Adolescents in Seven Arab Countries: A Cross-Cultural Study, *The Scientific World Journal*. 2013, Article ID 232164, 11.
62. **Tayyem RF**, Bawadi H, Banks AD, Kassab M, Khriesat WM, and Bayado F. 2013. Association of College Entrance Exam with Changes in some Lifestyle Factors among Adolescents. *Nutrition & Food Sciences*. 43(6): 573 – 581.
63. Musaiger AO, Al-Mannai M, and **Tayyem RF**. 2013. Prevalence of overweight and obesity among female adolescents in Jordan. *Pak J Med Sc*. 29(2). 678-679.
64. Musaiger AO, Al-Mannai M, **Tayyem RF**, Al-Lalla O, Ali EY, Kalam F, Benhamed MM, Saghir S, Halahleh I, Djoudi Z, and Chirane M. 2013. Risk of Disordered Eating Attitudes among Adolescents in Seven Arab Countries by Gender and Obesity: A Cross-cultural Study. *Appetite*. 60:162–167.
65. Osaili T, Abu Jamous DO, Obeidat BA, Bawadi HA, **Tayyem RF**, Subih HS. 2013. Food safety knowledge and practices among food workers in fast food restaurants in Jordan. *Food Control*. 31(1):145-150.
66. Musaiger AO, Al-Mannai M, **Tayyem RF**, Al-Lalla O, Ali EY, Kalam F, Benhamed MM, Saghir S, Halahleh I, Djoudi Z, and Chirane M. 2012. Prevalence of Overweight and Obesity among Adolescents in Seven Arab Countries: A Cross-cultural Study. *Journal of Obesity*. Volume 2012, Article ID 981390, 5 pages. doi:10.1155/2012/981390.

67. Bawadi H, Banks A, Ammari F, **Tayyem RF**, Jebreen S. 2012. Stage of change of 6 health-related behaviors among patients with type 2 diabetes. *Primary Care Diabetes*. 6(4):319-327
68. Bawadi H, **Tayyem RF**, Dwairi A. 2012. The prevalence of food insecurity among women in northern Jordan. *Journal of Health Population and Nutrition*. 30(1):49-55.
69. Bawadi H, Ammari F, Abu-Jamous D, Khader Y, Bataineh S, Tayyem RF. 2012. Food insecurity is related to glycemic control deterioration in patients with type 2 diabetes. *Clin Nutr*. 31: 250-254.
70. Al-Hazzaa H, Musaiger A, **Tayyem, RF**, and ATLS Research Group. 2011. Arab Teens Lifestyle Study (ATLS): objectives, design, methodology and implications. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 4: 417–426.
71. Abdalla MY, Fawzi M, Al-Maloul SR, El-Banna N, **Tayyem RF**, Ahmad IM. 2011. Increased Oxidative Stress and Iron Overload in Jordanian β -Thalassemic Children. *Hemoglobin*. 35(1):67-79.
72. Bawadi HA, Khader YS, Haroun TF, Alomari M, **Tayyem RF**. 2011. The association between periodontal disease, physical activity and healthy diet among adults in Jordan. *Journal of Periodontal Research*. 46: 74–81.
73. **Tayyem RF**, Bawadi H, Shawawreh A, Jad-Allah H, Abu-Oleim S, Khader Y. 2010. Changes in Food Supply Pattern in Jordan from 1961 to 2005. *Dirasat: Agricultural Sciences*. 37(1):46 -55.
74. Bawadi HA., Al-Kuran O, Al-Bastoni LA., **Tayyem RF.**, Jaradat A, Tuuri G, Al-Beitawi SN., Al-Mehaisen LM. 2010. Gestational nutrition improves outcomes of vaginal deliveries in Jordan: an epidemiologic screening. *Nutrition Research*. 30: 110-117.
75. Hamed, SH., **Tayyem RF.**, AlKhatib HS. 2010. Skin-lightening practice among women living in Jordan: Prevalence, determinants, and user's awareness *The International Journal of Dermatology*. 49(4): 414-420.
76. **Tayyem RF.** and ATLS Research Group. 2010. Physical Activity Patterns and Eating Habits of Adolescents Living in Major Arab Cities: The Arab Teens Lifestyle Study (ATLS). *Saudi Medical Journal*. 31(2):447 -448.
77. Bawadi HA, Abu-Jamous D., **Tayyem RF**. 2009. Food Insecurity among Jordanian Type 2 Diabetics: Impact on Glycemic Control and Healthy Eating. *Journal of Nutrition Education and Behavior*. 41(4): S48. (Abstract)
78. Bawadi H.A, Losso JN, Maghaydah S, Tayyem RF, **Tayyem RF**. 2009. The Postprandial Hypoglycemic Activity of Fenugreek Seed and Seeds' Extract in Type 2 Diabetics: A Pilot Study. *Pharmacognosy Magazine*. 4(18):134-138.
79. Bawadi H.A. Al-Shwayat N, and **Tayyem RF**. 2009. Developing exchange system for desserts and appetizers common in the Jordanian cuisine. *Nutrition and Dietetics*. 66: 20–26.
80. Khader YS. Bawadi HA. Haroun TF. Alomari M. **Tayyem RF**. 2009. Relationship between periodontal disease and obesity among adults in Jordan. *Journal of Clinical Periodontology*. 36(1):18-24.

81. **Tayyem RF**, Mrayyan M, Heath D. and Bawadi H. 2008. Assessment of Nutritional Status among ESRD Patients in Jordanian Hospitals. *Journal of Renal Nutrition*. 18(3): 281–287.
82. Tayyem R, **Tayyem R**, Najib N, Tamimi J, Shihabeddin M. 2008. Built-in quality systems in regulated contract research organizations (CRO) conducting bioequivalence studies: a regulatory science perspective. *Accreditation and Quality Assurance: Journal for Quality, Comparability and Reliability in Chemical Measurement*. DOI 10.1007/s00769-008-0379-5 (Published online)
83. **Tayyem RF**, Bawadi H, Salameh M. 2008. Dietary and Physical Activity Profiles of a Sample of College. *Journal of Jordan Agriculture Sciences*, 4(1): 52-63.
84. **Tayyem RF**, and Mrayyan M. 2008. Assessing the Prevalence of Malnutrition in Chronic Kidney Disease Patients in Jordan. *Journal of Renal Nutrition*. 18(2):202-209.
85. **Tayyem RF**, Heath D, and Al-Delaimy W. 2007. A Pilot Study to Validate Curcumin Consumption Questionnaire Using Curcumin Blood Level and 3-Day Records. *Annals of Nutrition and Metabolism*, 51; S1 (Abstract).
86. **Tayyem RF**, and Mrayyan M. 2007. Malnutrition, and anthropometric and biochemical abnormalities in end-stage renal disease patients. *Saudi Medical Journal*. 28 (10):1575-1581.
87. **Tayyem RF**, Ahmad I. 2006. Prevalence of Malnutrition among ESRD Patients in Jordanian Hospitals. *Saudi Medical Journal*. 27(12);447-448.
88. **Tayyem RF**, Heath D, Al-Delaimy W, and Rock C. 2006. Curcumin content of turmeric and curry powders, *Nutrition and Cancer*. 55(2); 126-131.
89. **Tayyem RF**, and Al-Holy M. 2005. Nutrition during Childhood. *Proceedings of the First Conference on Childhood and the Family*.
90. **Tayyem R**. 2004. Effect of Nutrition Counseling on Potassium, Phosphorus, Hemoglobin, and Total Protein Blood Levels in ESRD Patients who are Treated with Hemodialysis in Jordan. *Arabic Journal for Nutrition and Food Sciences*, 11(5):254-258.
91. Shervington A. and **Tayyem R**. 2001. Arginine. *Analytical Profiles of Drug Substances and Excipients*, 27:1-32.
92. **Tayyem RF**, Takruri H, and Al-Shroof N. 2004. Oral Supplementation of L-Arginine in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD). *Emir. J. Agric. Sci*. 15 (2): 29-41.
93. **Tayyem RF**, and Takruri H. 1998. Effect of Addition of Sodium Bicarbonate on the Content of some B-Vitamins in Mashrouh Bread. *Dirasat*, 25, (1):49-95.
94. **Tayyem RF**. and Takruri H. 1997. Effect of Inclusion of Sodium Bicarbonate on Protein Quality of Mashrouh Bread. *Dirasat*, 24, (2):160-172.

Published Books

1. External reviewer for the technical report "WHO recommendations on home-based records for maternal, newborn and child health", 2018
2. **Reema Tayyem**, *Bioactive Components, Diet and Medical Treatment in Cancer Prevention*, Chapter: Healthy Dietary Pattern for Primary Prevention of Colon Cancer, Publisher: Springer, Editor: Mostafa I Waly
3. Bawadi HA., Takruri HR., **Tayyem RF.**, Shuwayyat NM., Sahawneh SA. 2017. *Exchange Lists for Commonly – Consumed Foods in Jordan and the Arab Countries*. 2nd Edition, Dar Al-Shoroq. Jordan. Amman.
4. Takruri, H.R., and **Tayyem, RF.** 2016. *The Guide for Dietetics in Health and Disease*. 2nd Edition, Dar Al-Furqan. Amman. Jordan. *In Arabic*
5. Takruri, H.R., and **Tayyem, RF.** 2015. *Selected Case Studies in Clinical Nutrition*. 3rd Edition, Dar Al-Manahej, Amman. Jordan.
6. **Tayyem, RF.** and Bawadi HA. 2013. *Handbook of Healthy Food Preparation and Storage*. Dar Al-Manahej. Jordan. Amman. *In Arabic*
7. Takruri, H.R., and **Tayyem, RF.** 2009. *The Guide for Dietetics in Health and Disease*. Dar Al-Furqan. Amman. Jordan. *In Arabic*
8. Bawadi HA., Takruri HR., **Tayyem RF.**, Shuwayyat NM., Sahawneh SA. 2009. *Exchange Lists for Commonly – Consumed Foods in Jordan and the Arab Countries*. Dar Al-Shoroq. Jordan. Amman
9. Takruri, H.R., and **Tayyem, RF.** 2009. *Selected Case Studies in Clinical Nutrition*. 2nd Edition, Dar Al-Manahej, Amman. Jordan.
10. Takruri, HR., and **Tayyem, RF.** 2007. *Selected Case Studies in Clinical Nutrition*. 1st Edition, Dar Al-Manahej, Amman. Jordan.
11. Takruri, HR., Tukan, S., Al-Kurd, R. and Tayyem, RF. 2006. Nutrition for the Nursing Secondary Class. Jordan. Ministry of Education, Amman. Jordan.

Editor and Editorial Board Member in:

- Pakistan Journal of Nutrition: **Editor-in-Chief**
- Current Research in Nutrition and Food Science
- International Journal of Diabetes and Clinical Diagnosis
- North African Journal of Food and Nutrition Research (NAJFNR): **Associated Editor**
- Canadian Journal of Clinical Nutrition
- Journal of Global Diabetes & Clinical Metabolism
- International Journal of Health and Rehabilitation Sciences (IJHRS)
- EC-Nutrition

Research Interest

- Nutrition and Chronic Diseases (Cancer DM, CVD, and Obesity)
- Formulating of different functional foods and types of medical flours (Low-protein and gluten-free flours).

Academic Conferences and Workshops

1. 9th International Conference of The Royal Medical Services. **Moderator**, Dead Sea, Jordan, 30 October - 02 November, 2018.
2. 1st Jordanian Society For Obesity Surgery & 2nd Pan-Arab Society for Metabolic and Bariatric Surgery "PASMBS" congress. **Moderator**, Amman, Jordan, July, 2018.
3. Third ISANH Middle East Antioxidants World Congress, **Moderator and Speaker**, Amman, Jordan, 2-3 May, 2018.
Oral Presentation: Does Antioxidant Intake Associated with Lower Risk of Coronary Heart Disease? A Jordanian Case-Control Study
4. The First Scientific Day of the JDA, Amman, Jordan, November, 2017.
Oral Presentation: Recent Evidence-Based Practices in DM Medical Nutrition Therapy.
5. The First International Jordanian Nutrition Conference, **Moderator**, Amman, Jordan, November, 2017.
6. WHO: Sub-regional Meeting for Tackling Obesity in Middle Income Countries of the Eastern Mediterranean Region, Amman, Jordan, 27-28 September 2017
7. MOOC "Sustainable food systems: a Mediterranean perspective" Italy, Milan, 23-25 Sep, 2017.
Oral Presentation: Successful Case studies in Mediterranean Region
8. TUTTOFOOD, World Food Exhibition, Italy, Milan, 9-11 May, 2017.
9. WHO, Training workshop on food composition tables reflecting **Sugar, TFA, SFA and Salt Contents**, Amman, Jordan, 19 – 20 April 2017
10. MENA Implementation Science Training Workshop. **Science Dissemination and Implementation**. Egypt, Cairo. 4-7, December, 2016.
11. Health Summit Forum, Amman, Jordan. 16-18, May, 2016.
Oral Presentation: Nutrition and Colon Cancer
12. International Symposium on Stress, Addiction, and Obesity, Marrakech, Morocco, 3-5, December, 2015.
Oral Presentation: Fast Food Perception among Adolescents in Jordan by Gender and Weight Status
13. The 8th APOCP regional conference, Iran, Tahran, 1-3, November, 2015.
Oral Presentation: Macro- and micronutrients consumption and the risk for colorectal cancer among Jordanians.
14. KHCC-AUBMC-MDACC 4th Joint Conference, Amman, Jordan. 23-24, October, 2015.
Oral Presentation: Dietary patterns and CRC in Jordan.

15. Arab-American Frontiers of Science, Engineering, and Medicine Symposium, December 13-15, 2014 / Muscat, Oman

Poster and Flash Presentations: Association of some dietary factors and physical activity with breast cancer among Jordanian females

16. The Second Gulf Conference for Children And Adolescents. Al-Sharjah, UAE, April, 2012
Oral Presentation: Nutrition in phenylketonuria and its effectiveness in preventing mental and cognitive retardation

17. The Scientific Medical Comprehensive Day. Amman, Jordan. Feb 8, 2012.
Oral Presentation: Effect of Carbohydrate Counting Method on Glycemic Control in Patients with Type 2 Diabetes.

18. The 4th International Conference of Food Industries and Nutrition Devison. National Research Center, Dokki, Giza, Egypt. Sept 27-29, 2010.
Oral Presentation: Food Insecurity among Children in Northern Jordan and its Impact on Their School Performance.

19. International Conference on Agricultural and Biological Systems Engineering, Japan, Tokyo, May 26-28, 2010.
Oral Presentation: Prevalence of Food Insecurity among Palestinian Refugees in Jordan.

20. Jordan Conference for Nutrition, Jordan, Amman, Petra University, April 28-29, 2010.
Oral Presentation: The Consumption of Curcumin in Jordan (Speaker and Session Chairperson).

21. 3rd Arabic Conference for Obesity and Physical Activity, The Kingdom of Bahrain, Manamah, January 19-21, 2010.
Oral Presentation: Physical Activity Patterns and Eating Habits of Adolescents Living in Amman.

22. 14th Jordan Science Week "Science and Technology for Sustainable Development", Jordan, Amman, El Hassan Science City, May 3-6, 2009.
Oral Presentation: Changes in Eating Pattern among Jordanians.

23. 1st Arabic Conference For Food Safety, The Kingdom of Bahrain, Manamah, December 22-24, 2008.
Oral Presentation: Knowledge, attitudes and food-handling practices among housewives in Jordan.

24. 1st International Euro-India Conference on Holistic Medicine (ICHM-2008), India, kottayam, August 21- 23, 2008. (Invited Speaker and Session Chairperson).
Oral Presentation: Turmeric in Cancer Inhibition: What to Study and Why?

25. 4th Royal Medical Services Conference, Jordan, Amman, May 12-15, 2008.
Oral Presentation: Curcumin Consumption in the Prevention of Colorectal Cancer.

26. 10th European Nutrition Conference, France, Paris, July 10-13, 2007.
Poster Presentation: A Pilot Study to Validate Curcumin Consumption Questionnaire Using Curcumin Blood Level and 3-Day Records.

27. The First Conference on Childhood Prosperity, Jordan, A-Zarqa', May 11-12, 2005.
Oral Presentation: Nutrition during Childhood.

28. The Second Arabic Conference for Nutrition, The Kingdom of Bahrain, Manamah, December 7-9, 2004.
Oral Presentation: Effect of Nutrition Counseling on Potassium, Phosphorus, Hemoglobin, and Total Protein Blood Levels in ESRD Patients who are Treated with Hemodialysis in Jordan. *Arabic Journal of Nutrition and Food Sciences*, 11(5):254-258.

29. The First Traditional Mediterranean Diet: Past, Present & Future, Greece, Athens, April 20-22, 2004.

Poster Presentation: Assessment of Nutritional Status of Students in the Hashemite University

30. First International Conference on Food Systems, in United Arab Emirates University, Al-Ain, October, 19-22, 2003.

Oral Presentation: Effect of L-Arginine Oral Supplementation on Exercise Tolerance Patients with Severe Chronic Obstructive Pulmonary Disease.

31. The Second Scientific Agriculture Conference in Jordan University of Science and Technology, Irbid, April, 28-29, 1997.

Oral Presentation: Effect of Addition of Sodium Bicarbonate on the Content of some B-Vitamins in Mashrouh Bread.

32. The 8th Conference of Biological Sciences, The University of Jordan, Amman, November, 1997.

Oral Presentation: Effect of Inclusion of Sodium Bicarbonate on Protein Quality of Mashrouh Bread.

Patent

- Preparation of Arginine powder for medical and nutritional uses (Registered, 2005).
- Low-protein flour (Registered, 2018).

Funded Researches and Projects

- **CI:** Universal refugee food security model using Syrian refugee crisis as a current example, **PI:** Hassan Vatanparast, College of Pharmacy and Nutrition/School of Public Health/ University of Saskatchewan.
- **PI:** Abdominal fat volumes determination using MRI and its association with diet and some inflammatory and dyslipidemia biomarkers.
- **PI:** Dietary and lifestyle risk factors of Cardiovascular diseases among Jordanians.
- **PI:** Dietary and lifestyle risk factors of Gastric and Pancreatic cancers among Jordanians (13,500 JD: The Hashemite University) 2015.
- **PI:** Production of low-protein flour for people with amino acid disorders (2,500 JD: Al-Sufara Bakery, FFF) 2009.
- **PI:** Production of low-protein cereals for infants with amino acid disorders (2,500 JD: NutriDar, FFF) 2009.
- **PI:** Dietary and lifestyle risk factors of colorectal cancer among Jordanians (45,000 JD: The Higher Council for Science and Technology) 2009.
- **PI:** Curcumin Intake in Jordan: Validity of Curcumin Consumption Questionnaire and possible Correlation with Colorectal Cancer (3,500 JD: The Hashemite University) 2007.
- **CI:** Fuzzy Identification and Modeling of a common Caffeine-Containing Beverages Consumption on Blood Pressure . (The Hashemite University) 2006.
- **PI:** Creation of Questionnaire for Estimating Curcumin Consumption. (20,000 \$: UNESCO-LOREAL fellowship) 2005.
- **PI:** Health Problems and Prevalence of Malnutrition among ESRD Patients in Jordan. (3,000 JD: The Hashemite University) 2002

- **PI:** Effect of Oral Supplementation of L-Arginine on exercise tolerance in Patients with Severe Chronic Obstructive Pulmonary Disease (COPD). (1000 JD: Jordan University) 1999

Collaborated Projects

- Eating Attitudes and Barriers to Maintain Desirable Body Weight among Adolescents Living in Major Arab Cities: The Arab Eating Attitudes of Teens (ARAB-EAT 2), Arab Center for Nutrition, The Kingdom of Bahrain, Manamah, 2014.
- Eating Attitudes and Barriers to Maintain Desirable Body Weight among Adolescents Living in Major Arab Cities: The Arab Eating Attitudes of Teens (ARAB-EAT 1), Arab Center for Nutrition, The Kingdom of Bahrain, Manamah, 2010.
- Prevalence of Food Insecurity among Palestinian Refugees in Jordan, The Regional Human Security Centre and UNRWA, Jordan, 2010.
- Physical Activity Patterns and Eating Habits of Adolescents Living in Major Arab Cities: The Arab Teens Lifestyle Study (ATLS). King Saud University, Saudia, 2009.

Honors and Awards

- Invited by American Embassy to give a talk about the importance of patency registration (2018)
- Honored by the patronage and in Presence of HRH Princess Sumaya Bint El Hassan for winning UNESCO-L'ORÉAL Co-Sponsored Fellowships for Young Women in Life Sciences – 2005 France, Paris (2018)
- Honor for the outstanding Academic achievements at the University of Jordan (2018)
- Venus International Foundation Awards, Centre for Women Empowerment, Distinguished Woman in Nutrition - 2017.
- Honor for the outstanding Academic achievements at the Hashemite University (2015)
- Khalil Al-Salem Award for the best Book in Nutrition and Food Technology “*Handbook of Healthy Food Prepration and Storage*”, Jordan, Amman (2015).
- Honor for the outstanding Academic achievements at the Hashemite University (2014)

- Honor for the production of low-protein flour from PKU Society, Jordan, Amman (2011).
- Winner of the fellowship which is offered by UNESCO-L'ORÉAL Co-Sponsored Fellowships for Young Women in Life Sciences – 2005 France, Paris (2005)
- Nominated as the outstanding young female for the academic year (2003-2004). This prize was directed by the University of Jordan.
- Award for the best research in nutrition “The First Scientific Competition in Nutrition and Food science”, Jordan, Amman (2002).
- Assistantship from University of Jordan as a Ph.D. Student, Jordan, Amman (1998-2001).

Teaching Experiences

Teaching Interests:

- Planning of Therapeutic Meals
- Clinical and Normal Nutrition for Pediatrics and Pregnant and Lactating Mothers.
- Nutritional Management of Metabolic Diseases
- Nutrition Counseling
- Nutrition Analysis Using Different Softwares.
- Nutrition Policies and Planning.

Teaching Experiences:

- **Developed course syllabus and taught the following courses:**
 - Drug Nutrient Interaction (MSc program)
 - Food and Nutrition Policy and Planning (PhD program)
 - Special Topics in Nutrition: Nutrition of the Brain (PhD program)
 - Seminars in Human Nutrition (PhD program)
 - Maternal and Infant Nutrition (MSc program)
 - Nutrition Counseling
 - Assessment of Nutritional Status
 - Community Nutrition
 - Research Methods in Clinical Nutrition
 - Dietetics
 - Clinical Nutrition
 - Therapeutic Nutrition
 - Field training in Clinical Nutrition and Dietetics
 - Eating and Metabolic Disorders
 - Food Preparation and Treatment
 - Fundamentals and Principles of Nutrition
 - Seminars in Nutrition
 - Nutrition and Health for Nursing

- **Teaching and Research Assistant, University of Jordan, 1997-2001**
 - Supervising experiments and graded assignments.
 - Supervising the laboratory of Diet Therapy course.
 - Determining B-vitamins contents in infants' formula using HPLC analysis.

Instrumental Skills

- HPLC
- Spectrophotometer
- Atomic Absorption
- Approximate analyses.

Computer Skills

- E-learning using Blackboard, Lectora, and Tegrity.
- Various skills to build and host online.
- SPSS
- Food Processor Software (ESHA)

Supervising and Examining of Postgraduate Theses

- **Supervisor of many Master and Doctorate dissertations 2016/2017:**
 - PhD. dissertaion entitled "Developing and validating a food frequency questionnaire for school Jordanian children and adolescents aged 6 to 18 years, and using it to assess the dietary and lifestyle risk factors, and measuring selected biochemical and inflammatory variables associated with weight status in childhood and pre-adolescence Jordanians aged 6-12 years": Samah Albataineh.
 - PhD. dissertaion entitled " Studying the Effectiveness of Carbohydrate Counting and Dietary Approach to Stop Hypertension (DASH) Dietary Intervention on Glycemic Control and Maternal and Newborn Outcomes among Jordanian Pregnant Women with Gestational Diabetes Mellitus": Sabika Allehdan.
 - PhD. dissertaion entitled " Effect of Probiotics Supplementation on the Side Effects of Radiation Therapy on the Immune System among Colorectal Cancer Patients": Lana Agraib.
 - M.Sc. thesis entitled "Evaluation of Iron Deficiency among Selected Sample of Overweight and Obese Children Under 5 Years in Amman": Loay Ibrahim.
 - M.Sc. thesis entitled "Evaluation of Dietary and Lifestyle Patterns and Selected Metabolic Parameter as Risk Factors of Having Non-Alcoholic Fatty Liver Disease in A Group of Adults Aged 30-60 Years": Hana' Al-Dayyat
 - M.Sc. thesis entitled "Evaluation of Food Insecurity Status, Iron Deficiency Anemia and the Level of Energy and Macro- and Micronutrients Intake among Adolescent Girls and their Associations with the Girls' Academic Achievement in Ma'an, Jordan": Nesreen Odeh.
 - M.Sc. thesis entitled "Studying the Association between Dietary and Lifestyle Risk Factors and Metabolic Syndrome in a Selected Sample of Jordanian Adults": Rawan Qawasmeh.
 - M.Sc. thesis entitled "Assessment of the association between dietary and lifestyle factors and the risk of developing breast cancer in a selected sample from Jordanian women": Reema Ibrahim Mahmoud.
 - M.Sc. thesis entitled "Assessment of dietary, lifestyle risk factors, selected metabolic, and inflammatory biomarkers associated with the development of pre-diabetes in a group of Jordanian adults aged 25-65 years old": Eman Al-Hasan.
- Co-supervisor in the M.Sc. thesis entitled "Childhood obesity and lifestyle in Jordan", University College London, London: Fida'a Najeb
- Co-supervisor in the M.Sc. thesis entitled “The Prevalence of Non-Normative Eating Pattern among Tawjeehi Students during Final Examination Preparation Period and its Effect on Body Weight Parameters”. Jordan University of Science and Technology (JUST). Irbid, Jordan: Faten Bayado.
- External examiner for more than 20 PhD and M.Sc. theses at JUST and The University of Jordan.

Organization Membership

| | |
|-------------------|---|
| 2009-Now | Member in the Scientific Committee of Jordanian Society for the Care of Diabetes, Amman, Jordan |
| 2010-2015 | Member in Jordan PKU Society, Amman, Jordan. |
| 2008- 2013 | Member at the Higher Council for Science and Technology (HCST) Chronic Diseases Committee, Amman, Jordan. |
| 2006- 2016 | Member in Jordan Society for Scientific Research, Jordan. |
| 2006- 2012 | Member in the Scientific Research Committee of Jordan Society for Scientific Research, Amman, Jordan. |
| 2003-2004 | Member in the WHO/Diet-Related Chronic Diseases and Healthy Patterns Working Group, Amman, Jordan. |
| 2003-2004 | The British Nutrition Society Member. |

Academic Activities (Selected)

- 2015** Invited speaker at Jordan scientific research society, "Nutrition, dietary patterns and cancer", 2015, Amman, Jordan.
- 2015** Leader in the 9th SIOP Asia-PODC Nutrition Workshop, 2015, Jordan.
- 2015** Conducting a practical training course in "Nutrition assessment using NCP and the main skills in nutrition counseling ". Amman, Jordan.
- 2014** Conducting a practical training course at the Hashemite University Training Center "Diet planning in chronic diseases" Amman, Jordan.
- 2013** Conducting a practical training course at the Hashemite University Training Center "Diet planning in chronic diseases" Amman, Jordan.
- 2012** Conducting a practical training course at the Hashemite University Training Center "Practical training in clinical nutrition" Amman, Jordan.
- 2011** Teaching Pharmaceutical Nutrition and Diet Therapy Course, University of Jordan, Faculty of Pharmacy, Department of Biopharmaceutics and Clinical Pharmacy, Amman
- 2010** Conducting a practical training course at the Nutriway Nutrition Center "Practical training in clinical nutrition" Amman, Jordan.
- 2010** Conducting a training course at the Agricultural Engineers Association "Diet planning for patients with diabetes, renal and cardiovascular diseases" Jordan, Amman, Professional Association Center.
- 2010** "How to build a consortium in FP7 projects" Hurghadah, Egypt.
- 2010** Two days training for female nutritionists in the Nutrition Scientific Camp for Female Nutritionists and Students in Nutrition. Training on diet planning for the common chronic diseases. Petra University, Amman, Jordan.
- 2010** Invited speaker at the KHCC to talk about "Nutrition Research and Cancer" Amman, Jordan.
- 2009** Conducting a training course at the Agricultural Engineers Association "Currents in Nutrition in Pregnancy and Lactation" Jordan, Amman, Professional Association Center.
- 2009** Invited speaker to talk about "Current Issues in Infants Nutrition" Agricultural Engineers Association, Amman, Jordan.
- 2009** Invited speaker to talk about "The Importance of Nutrition Continuing Education for the Nutritioist" Princess Basmah Hospital. Irbid, Jordan.
- 2009** Invited speaker to talk about "Healthy Diet" in Health Education course, The Hashemite University, Jordan.
- 2009** Invited speaker to talk about "Research in Nutrition and Cancer" in Health Education course. The Hashemite University, Jordan.
- 2008** Invited speaker to talk about "Nutrition and Cancer" in the open day of nutrition department at King Hussein Cancer Center, Amman, Jordan.
- 2008** Invited speaker to talk about "The Nutritive Value of Dairy Products" in the Scientific Day of Dairy Product Manufacturing at Home, at the Agricultural Engineers Association entitled Amman, Jordan.

Community services (Selected)

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|-------------------|---|
| 2001- 2011 | Article writer in Al-Rai news paper in different nutrition educational topics. |
| 2005- Now | Conducting about 120 episodes in radio talking about nutrition and dietetics. |
| 2004- Now | Conducting more than 70 interviews in Jordan TV, A1TV, Al-Quds TV and Al-Senaaea talking about different topics in nutrition. |
| 2012 | Participating at the Medical Free Day in Jenna'h, Azarqa' sponsored by The Hashemite University, Jordan |
| 2010 | Participating at the SRTD Final Conference and Exhibition which was held under HRH prince Hassan at Le Meridien Hotel, Amman, Jordan. |
| 2010 | Leading and organising Nutriway Nutrition Center activities in “Let’s Contorl Diabetes Now”, Jordanian Society for the Care of Diabetes, Amman, Jordan. |
| 2010 | Guest speaker to talk about “Nutrition in Diabetes” at Jordanian Society for the Care of Diabetes, Amman, Jordan. |
| 2010 | Leading and organising Nutriway Nutrition Center activities in Kids Expo2, Amman, Jordan. |
| 2010 | Public speech “How the Women can Balance between Science and Family Duties” France, Paris. |
| 2010 | Guest speaker to talk about “Diets used by Women to Reduce Body Weight: Pros and Cons” Jordan Forum for Business and Professional Women, Amman, Jordan. |
| 2009 | Guest speaker to talk about “Nutrition Education in the Prevention of Diabetes”, Amman, Jordan. |
| 2009 | Leading and organising the department activity in the campaign: together to change diabetes/Children Part, Jordan. |
| 2009 | Leading and organising the department activity in the Nutrition Educational Day for Diabetics/Children Part, Jordan. |
| 2008 | Leading and organising the department activity in the Free Medical Day which had been conducted in Al-Hashemyah, Jordan. |
| 2007 | Leading the activities of the department in the First Open Day of the faculty. |
| 2007 | Guest speaker to talk about “Health and Exercise” in the scientific week of the Nursing Faculty. Jordan. |

Attended Conferences, Workshops, Meetings and Training Courses (Selected)

- 2010** “The role of probiotics in immune protection in early days of life- impact of mode of delivery” Amman, Jordan.
- 2010** Meeting with His Royal Highness Prince El Hassan bin Talal to present my project outcomes “Prevalence of Food Insecurity among Palestinian Refugees in Jordan” which is funded by Human Regional Security Center.
- 2010** “Intercountry Meeting to launch the Regional Frame Work on Diet , Physical Activity and Health”, WHO, Jordan, Amman.
- 2010** “Young Scientist Training Workshops” Institut Pasteur and L’Oreal Foundation, France, Paris.
- 2009** “The Fourth Conference on Scientific Research in Jordan” Jordan Society for Scientific Research, Jordan, Amman.
- 2009** “Sehetna” Preliminary Meeting, Jordan, Amman.
- 2008** “Quality Assurance Standards for Higher Education Institutes in Jordan.” Jordan, Amman.
- 2008** "Design and Evaluation of Innovation Policy in Developing Countries Course", Royal Scientific Society, Jordan, Amman.
- 2008** First Scientific Day of Nutrition Department in Petra University "Balanced Nutrition for Healthier Life" Petra University, Jordan, Amman.
- 2008** "Arab women in Academic Sciences and Technology: Towards Sustainable Development Conference" JUST, Irbid.
- 2008** “Advances in Cancer Research: From the Laboratory to the Clinic” AACR Conference, Jordan, Amman.
- 2007** “The Third Conference on Scientific Research in Jordan” Jordan Society for Scientific Research, Jordan, Amman.