

Shatha S Hammad, PhD

Department of Nutrition and Food Technology

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Academic Qualifications:

- Jan, 2015- Feb, 2018 Ph.D. in Clinical Nutrition, The University of Manitoba (GPA:4)
Dissertation title: Genetic Variants Influence the Response of Body Composition and Insulin Resistance to Dietary Monounsaturated Fatty Acids Consumption
- Sep, 2010- Jan, 2013 M.Sc. in Human Nutrition and Dietetics, The University of Jordan (GPA: 3.98)
Thesis title: Caffeine Consumption among Students at the University of Jordan
- Sep, 2005- June, 2009 B.Sc. in Clinical Nutrition and Dietetics, The Hashemite University (GPA: 3.81, ranked the 1st)

Appointments:

- Oct, 2018- Now Assistant Professor, The University of Jordan, Faculty of Agriculture, Nutrition and Food Technology Department
- March, 2018- Oct, 2018 Lecturer, The University of Jordan, Faculty of Agriculture, Nutrition and Food Technology Department
- Feb, 2015- Jan, 2018 Research Assistant, The University of Manitoba, Faculty of Agricultural and Food Sciences, Food and Human Nutritional Sciences (Richardson Centre for Functional Foods and Nutraceuticals)
- June, 2012- June, 2013 Research Assistant, The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Department
- Nov, 2009- Sep, 2010 Lab Technician, The Hashemite University, Faculty of Allied Health Sciences, Clinical Nutrition and Dietetics Department

Courses taught:

- Diet Therapy
- Contemporary Issues in Nutrition and Dietetics
- Training in Therapeutic Nutrition
- Nutritional Assessment
- Fundamentals of Nutrition
- Applied Nutrition
- Seminar in Human Nutrition and Dietetics

Publications:

Hammad SS, Mahmoud R, Shivappa N, Hebert JR, Marie L, Tayyem RF (2021) Dietary inflammatory index and odds of breast cancer: A case–control study. *Food Science & Nutrition* 9:5211–5219. <https://doi.org/10.1002/fsn3.2493>

David M Mutch, Dana E Lowry, Michael Roth, JyotiSihag, **Hammad SS**, Carla G Taylor, Peter Zahradka, Philip W Connelly, Sheila G West, Kate Bowen, Penny M Kris-Etherton, BenoîtLamarche, Patrick Couture, ValérieGuay, David Ja Jenkins, Peter Eck, Peter Jh Jones (2021) Polymorphisms in the stearoyl-CoA desaturase gene modify blood glucose response to dietary oils varying in monounsaturated fatty acid content in adults with obesity.

Accepted *Br J Nutr* doi: 10.1017/S0007114521001264.

Tayyem R, **Hammad SS**, Allehdan SS, Abdelrahaim D, Djellouli L, Al-Asali F (2021) Exploring of Dietary Patterns, and Possible Association with Educational Level, among Jordanian Pregnant Women. *Curr Res Nutr Food Sci* 9(1).

Tayyem RF, Al-Bakheit A, **Hammad SS**, Al-Shudifat AE, Azab M, Bawadi H (2020) Fruit and vegetable consumption and cardiovascular diseases among Jordanians: a case-control study. *Cent Eur J Public Health*. 28(3):208-218. doi: 10.21101/cejph.a6149.

Hammad SS, Mahmoud R, Marie L, Abdelrahim D, Tayyem RF (2020) Association between Grain and Legume Intakes and Breast Cancer Risk among Women. *Ann. Cancer Res. Ther.* 28(2): 81-87.

Tayyem RF, Al-Shudifat A, **Hammad SS**, Agraib LM, Azab M, Bawadi H (2020) Fat intake and the risk of coronary heart disease among Jordanians. *Nutr Hosp.* 37(2):313-320.

Hammad SS, Eck P, Sihag J, Chen X, Connelly PW, Lamarche B, Couture P, Guay V, Maltais-Giguère J, West SG, Kris-Etherton PM, Bowen KJ, Jenkins DJA, Taylor CG, Perera D, Wilson A, Castillo S, Zahradka P, Jones PJH (2019) Common variants in lipid metabolism–related genes associate with fat mass changes in response to dietary monounsaturated fatty acids. *JN*. 149(10):1749-1756

Tayyem RF, Al-Radaideh AM, **Hammad SS**, Al-Hjaj S, Allehdan SS, Agraib LM, Al-Fayomi KI, Malkawi AA, Hijjawi NS. (2019) Subcutaneous, Visceral and Liver Fats Volumes Measured by MRI and its Association with Nutrients Intake among Adults. *Asia Pacific Journal of Clinical Nutrition*. 28(2):300-309.

Bowen KJ, Kris-Etherton PM, West SG, Fleming JA, Connelly PW, Lamarche B, Couture P, Jenkins DJA, Taylor CG, Zahrada P, **Hammad SS**, Sihag J, Chen X, Guay V, Maltais-Giguère J, Perera D, Wilson A, Juan SCS, Rempel J, Jones PJH (2019) Diets Enriched with Conventional or High-Oleic Acid Canola Oils Lower Atherogenic Lipids and Lipoproteins Compared to a Diet with a Western Fatty Acid Profile in Adults with Central Adiposity. *J Nutr*. 149(3):471-478

Tayyem RF, Hijjawi NS, Bawadi HA, Nimer NA, Agraib LM, Allehdan SS, **Hammad S** & Al-Radaideh AM. (2018) Exploration of micro- and macronutrient consumption and leverage of interaction with adipokines among Jordanian adults. *Clinical Practice*. 15(1): 410-423.

Hammad S, and Jones PJ. (2017). Dietary Fatty Acid Composition Modulates Obesity and Interacts with Obesity- Related Genes. *Lipids*. 52(10): 803–822.

Hammad S, Pu S, Jones PJ. (2016). Current Evidence Supporting the Link between Dietary Fatty Acids and Cardiovascular Disease. *Lipids*. 51(5): 507-17.

Hammad S, Tayyem RF and Musaiger AO. (2015). Caffeine Content in Beverages Commonly Consumed in Jordan. *Pakistan Journal of Nutrition*. 14(8): 447-452.

Musaiger AO, **Hammad SS**, Tayyem RF, Qatatsheh AA. (2015). Socio-demographic and dietary factors associated with obesity among female university students in Jordan. *Int J Adolesc Med Health*. 3: 299-305.

Tayyem RF, Al-Hazzaa HM, Abu-Mweis SS, Bawadi HA, **Hammad SS**, Musaiger AO. (2014). Dietary habits and physical activity levels in Jordanian adolescents attending private versus public schools. *East Mediterr Health J*. 20(7): 416-23.

Hammad SS, and Tukan SK. (2013). Caffeine: Sources and Reasons for Consumption among University Students. *J. Nutr. Ecol. Food Res*. 1: 315–321.

Tayyem RF, Shehadeh IN, Abumweis SS, Bawadi HA, **Hammad SS**, Bani-Hani KE, Al-Jaberi TM, Alnusair MM. (2013). Physical inactivity, water intake and constipation as risk factors for colorectal cancer among adults in Jordan. *Asian Pac J Cancer Prev*. 14(9): 5207-12.

Ongoing projects:

1. Polymorphisms in IRS1 and FABP1 modify insulin resistance in response to fatty acid composition in non-diabetic subjects with abdominal obesity
2. The effect of genetic variants within cholesterol metabolism pathways on the response of lipid parameters to dietary fatty acid modification in individuals at risk for metabolic syndrome

3. The effects of dietary monounsaturated fatty acids on the expression levels of 42 lipid metabolism-related genes in peripheral whole blood cells of subjects with increased risk for cardiovascular disease.

Research Interest

- Nutrigenetics
- Obesity
- Insulin resistance
- Cardiovascular disease
- Nutrition and chronic diseases

Skills

Instrumental skills:

- PCR
- HPLC, GC
- ELIZA

Computer and software skills:

- Microsoft Office
- E-learning
- Various skills to build and host online
- SPSS (very good), SAS (good), GPower
- Food Processor Software (ESHA)
- Reference management software (EndNote, Mendeley)
- GT3X+ physical activity analysis software

Others:

- Running metabolic kitchen

Languages:

- Fluent in Arabic and English.

Organization Membership

- Member on the Scientific Committee of the Jordanian Dietetic Association (2018-Now)
- The Canadian Nutrition Society (2015, 2016)

Community services

- Speaker at the “Scientific Committee of the Jordanian Dietetic Association”
- Leading and organizing Nutrition Educational activities in the University of Jordan
- Conducting several interviews in Jordan TV & Al-Yarmook talking about different topics in nutrition
- Reviewer at Nutrition and Food Science

Shatha S Hammad

19/12/2021