

Hala K. AL-Nawaiseh

CONTACT INFORMATION

Department of Nutrition and Food Technology
College of Agriculture
The University of Jordan
Amman-Jordan.

CURRENT POSITION:

- **September 2019** -Assistant Professor
Human Nutrition and Dietetics
Department of Nutrition and Food Technology
College of Agriculture
The University of Jordan
Amman-Jordan.
- **June 2024 -Till Now- WHO Guidelines Development Group (GDG)**
- **September 2022- February 2025** -Technical Advisor of Jordan Nutrition Innovation Lab (JNIL)- Tufts University/ Boston - United States.
- **September 2022- February 2025** - Academic Staff “Research Designs and Methods Workshop”/JNIL Tufts University/ Boston - United States
- **May 2024- Till Now** -Technical Expert, Halal Food Committee – Jordan Standards and Metrology Organization (JSMO)

EDUCATION

- Texas A&M University (TAMU), College Station, TX, United States 2015–2019
College of Agriculture & Life science/Department of Nutrition and Food science
Major: Ph.D. in Nutrition.
Specilization: Nutritional Epidemiology.
- Jordan University, Amman- Jordan 2009–2012
College of Agriculture/Department of Human Nutrition &Food Science.
Major: M.Sc. in Human Nutrition and Dietetics.
- Mutah University, Karak, Jordan 2003–2007
College of Agriculture/Department of Human Nutrition &Food Technology.
Major: B.Sc. in Nutrition and Food Technology.

Rankad the First Hounour among the graduates of the academic year 2006–2007.

- **High School Certificate-Scentific Stream**, the Ministry of Education,Amman-Jordan.

WORKING EXPERIENCE

<u>Clinical Research Fellow</u>	May 2020-May 2021
University of Leeds, UK (Supervisor: Prof. Janet Cade)	Constructed databases to develop new dietary assessment methods (myfood24) Collaborated with a multidisciplinary team to advance dietary assessment innovations
<u>Assistant Dean for Alumni Affairs</u>	February 2022- September 2022
College of Agriculture The University of Jordan Amman-Jordan.	
<u>Technical Expert, Infant Formula and Specialized Foods Committee – Jordan Food and Drug Administration (JFDA)</u>	January 2020-January 2024
<u>Research Assistant, Human Nutrition & Dietetics.</u>	August 2015 - May 2019
Department of Nutrition and Food science. College of Agriculture & Life science. Texas A&M University (TAMU), College Station, TX, United States	

MAIN AREAS OF RESPONSIBILITIES

- Develop Research Protocols.
- Conduct literature reviews.
- Execute research activities, collect and analyze data.
- Supported data collection, cleaning, and analysis for nutritional research projects.
- Collaborated with a multidisciplinary team to advance dietary assessment innovations.
- Assist other students with research work.

Full Time Lecturer, Clinical Nutrition.

Department of Human Nutrition &Food Science,
College of Agriculture.
Mutah University , Amman- Jordan.

December 2012 - February 2015

MAIN AREAS OF RESPONSIBILITIES

- Delivered undergraduate teaching in clinical nutrition, and human nutrition sciences.
- Designed, developed, and updated curriculum components to align with international standards and accreditation requirements.
- Supervised undergraduate research projects, seminars, and case studies in clinical nutrition.
- Coordinated and administered internal and extramural modules, ensuring smooth delivery and student engagement.
- Organized and delivered workshops, seminars, and training sessions for students and community stakeholders.
- Contributed to community service programs, including nutrition education campaigns and health promotion activities.
- Maintained up-to-date knowledge of nutrition science and integrated evidence-based practices into teaching.

COURSES TAKEN:

Fundamentals of Biochemistry (I) , Fundamentals of Biochemistry (II), Nutritional Biochemistry (I), Statistic in Research (I), Exercise Physiology, Fundamentals of Epidemiology, Nutrition in Disease, Organic Chemistry, Health Research Methods, Analytical Chemistry, Special Topics in Obesity.

TEACHING:

- Nutrition Surveillance and Prevention- Graduate students
- Assessment of Nutritional Status 3rd year undergraduate students.
- Nutrition and Disease of Affluence 4th year undergraduate students.
- Contemporary Issues in Nutrition 4th year undergraduate students.
- Applied Nutrition for Nursing 3rd year undergraduate students/ Nursing .
- Training for Healthy People Nutrition 4th year undergraduate students.
- Training in Food Service Institutes 4th year undergraduate students
- Applications in Clinical Nutrition, 4th year undergraduate students.
- Applications in Nutrition and Food Processing.
- Diet Therapy (1), 2nd year undergraduate students.
- Diet Therapy (2), 4th year undergraduate students.

- Principles of Nutritional Science, 1st year undergraduate students.
- Scientific Readings in Human Nutrition and Dietetics. 4th year undergraduate students
- Special Topics in Nutrition.

Research Assistant, Human Nutrition & Dietetics.

2009-2012

Department of Human Nutrition &Food Science.
The university of Jordan/ Faculty of Agriculture .Amman- Jordan.

MAIN AREAS OF RESPONSIBILITIES

- Develop Research Protocols.
- Conduct literature reviews.
- Execute research activities, collect and analyze data.
- Assist other students with research work.

PROFESSIONAL SKILLS

- Strong statistical analysis skills using **SPSS** for data management, hypothesis testing, and interpretation of research findings.
- Skilled in conducting Enzyme-Linked Immunosorbent Assays (**ELISA**) for clinical and research applications.
- Competent in dietary data collection and analysis using **myfood24** for nutrition research and dietary assessment.
- Advanced expertise in performing Oral Glucose Tolerance Tests (OGTT) and interpreting results.
- Experienced in blood sample collection, processing, and management in clinical and research settings.
- Experienced in designing and analyzing nutrition and clinical research studies.
- Knowledgeable in academic writing, curriculum development, and student supervision.

AWARDES

- **Venus International Women Awards – VIWA 2025: Young Woman Researcher in Nutritional Epidemiology** Jan/2025
India
- **Daniel Turnberg Travel Fellowship** May/2020
United Kingdome
- **Thought for Food (TFF) Prize** July/2018
Brazil/ Rio de Janeiro
- **OGAPS Travel Award** 2019/2020
Texas A&M University College Station, TX.
- **Department of Nutrition and Food Science Student Travel Award** 2018/2019
Texas A&M University College Station, TX.
- **W C Gilbert Jr Scholarship** April 2018
Texas A&M University College Station, TX.
- **The Grand Innovation Challenge Award (TGIC)** Feb/2018
Texas A&M University College Station, TX.
- **OGAPS Travel Award** 2018/2019
Texas A&M University College Station, TX.
- **Department of Nutrition and Food Science Student Travel Award** 2018/2019
Texas A&M University College Station, TX.
- **Department of Nutrition and Food Science Student Travel Award** 2017/2018
Texas A&M University College Station, TX.
- **Full Scholarship for PhD degree** at Texas A&M University from the University of Jordan (JU), Amman-Jordan.
- **Full Scholarship for master's degree** at The University of Jordan from Mut'ah University.
- **Full Scholarship for bachelor's degree** during the year 2004,2005, 2006,2007 from Ministry of Higher Education, Jordan.
- **Dean List** Years 2003,2004,2005,2006,2007, Mut'ah University, Amman, Jordan.

Certificates and Training:

- **Grant proposal Writing Workshop** organized by the German Academic Exchange Service (DAAD). **July 29&30 2025**
- **Social and Behavioural Science to Address AMR in Agri-Food Systems course -FAO** **June 30-July 28 2025**
- **Basic Ethical Principles in Animal Research** -Arab Academy for Responsible Conduct Research, (AA-ARC), San Diego, CA, USA. **May 22 2025**
- Training workshop “**SBC Theory and Practice Workshop**” /UNICEF and American University of Beirut (AUB). **Jan.2025- May .2025**
- Bridging Borders: Empowering Research Administration at The University of Jordan through Rawabit Funding and NCURA Collaboration Workshop”. **December 2024**
- Training Workshop ”**Earth Observation and Geoinformation. Technologies to Foster Water- Energy Food Nexus Intervention (Nexus Watch)**” – University of TWENTE - Holland **October 2023-April 2024**
- **Training of Trainer (TOT).** SPARK &The University of Jordan **February 2022**
- **Massive Open Online Course (MOOC) LLC** Center for the Integration of Research, Teaching and Learning. The Wisconsin Center for Education Research (WCER). Wisconsin University. **August 2019**
- **Academy for Future Faculty (AFF).** Texas A&M University College Station, TX. **May 2019**
- **Aggies Professional Development Advance Certificate** Texas A&M University College Station, TX. **May 2019**
- **Aggies Professional Development Intermediate Certificate** Texas A&M University College Station, TX. **May 2018**
- **Aggies Professional Development Basic Certificate** Texas A&M University College Station, TX. **May 2017**

- **Social and Behavioral Best Practices for clinical Research Training December 2017/**
United States.
- **Social and Behavioral Research Investigators and Key Personal December 2017/**United States.
- **Social and Behavioral Responsible Conduct of Research December 2017 /**United States.
- **IELTS / Academic, Overall grade (7), 2014.**
British Council / Jordan.
- **International Computer Driving Licence (ICDL) Certification, 2007**
Mutah University / Training and Consultation Center / Jordan .

Conference & Symposium:

- **JNIL Third Nutrition Research Designs and Methods Workshop- Tufts University**
August 2024 Amman-Jordan. /Trainer and Faculty Member
- **JNIL Second Nutrition Research Designs and Methods Workshop- Tufts University**
February 2023 Amman-Jordan/ Trainer and Faculty Member
- Nawaiseh, H.K., Ist Annual Pediatric Nutrition Conference:" Advances in Pediatric Nutrition and Healthy Lifestyle" 7th-8th september 2022. Qatar University. Doha, Qatar **Speaker: (Breastfeeding initiation and duration and acute otitis media among children less than two years of age in Jordan: results from a case-control study).**
- The first Jordan Nutrition Innovation Lab (JNIL) National Scientific Symposium, "Diets, Nutrition and Health in Jordan: Promoting Science-Based Actions to Support Mothers, Infants, and Children," August 16-18th, 2022 Amman, Jordan
Speaker: (Co-Morbidities of Overweight and Obesity among Adolescent: Current Evidence from Jordan).
- **JNIL First Nutrition Research Designs and Methods Workshop- Tufts University** July 2022 Amman-Jordan / Trainer and Faculty Member

- Nawaiseh, H.K, McKyer, E.L, and McIntosh, A., The American Society for Nutrition / Nutrition 2019 Baltimore/ Maryland June 2019 **poster (An m-Health Intervention Using a Smartphone App to Improve Physical Activity in College Students: A randomized controlled trial).**
- Nawaiseh, H.K, McKyer, E.L, and McIntosh, A., Society for Nutrition Behavior 52 Annual Conference/2019 Florida, July 2019 **Poster (Effectiveness of m-Health to Promote Physical Activity in Healthy College Students: A randomized controlled trial).**
- Nawaiseh, H. K. and McIntosh, A., Society for Nutrition Behavior 51 st Annual Conference 2018 Minneapolis, MN July 2018 **poster(An-m-Health Intervention to Improve Physical Activity and Monitoring Sugar-Sweetened- Beverages in College Students).**
- Nawaiseh, H. K. and AL-Domi, H. A. The American Society for Nutrition / Nutrition 2018 Boston/ MA, June 2018 **poster (Oral Glucose Tolerance Test as A Screening Tool Compared to Fasting Plasma Glucose to Diagnose Impaired Glucose Tolerance in Obese Young Adults).**
- International Symposium on Nutrition and Human Health - College station, Texas, November-2018
- 3rdTexas A&M Nutrition Obesity Research Symposium –College station, Texas, april-2018
- Grand Challenge Symposium: A fearless Campaign to address the Grand Challenge of Primary Cancer Prevention College station, Texas, May-2017.
- DLS:2017 Health, Kinesiology, and Sport Management for Tomorrow - College station, Texas, april-2017
- 2ndTexas A&M Nutrition Obesity Research Symposium –College station, Texas, april-2016.

Computer Skills:

- Microsoft office (Word, Excel, Access, Power Point), Analysis of data, SPSS program.
- Dietary Analysis Softwear: ESHA, Myfood24 online dietary assessment tool.

Language Skills:

- **Arabic:** Native speaker.
- **English:** Read, Write and Speak (Excellent)

Membership

- The Association of Former Students of Texas A&M, August 2019-Present
- The Nutrition Student Graduate Association (NSGA) Texas A&M 2015-Present
- American Society for Nutrition(ASN), 2015-2019.
- Society of Nutrition Education and Behavior (SNEP), 2015-2019.
- American Public Health Association (APHA), 2017-2019

- Academy of Nutrition and Dietetics, 2015-2019
- Jordan Agriculture Engineer Association. Amman, Jordan. 2007-2012

Published Papers

- **Nawaiseh, H. K.**, McKyer, L. J., Abdelrahim, D. N., Al-Domi, H. A., AL-Nawaiseh, F. K., AL-Assaf, M. S., & AL-Nadi, S. A. A. (2025). Assessment of Knowledge of Celiac Disease and Associated Conditions Among Dietitians in Jordan. *International Journal of Environmental Research and Public Health*, 22(3), 442. <https://doi.org/10.3390/ijerph22030442>

- **Nawaiseh, H. K.**, Abdelrahim, D. N., Al-Domi, H., Al-Assaf, M. S., & Al-Nawaiseh, F. K. (2023). The impact of vitamin D, vitamin C, and zinc supplements on immune status among Jordanian adults during COVID-19: cross-sectional study findings. *BMC Public Health*, 23(1), 2251. <https://doi.org/10.1186/s12889-023-17172-8>

- Tayyem, R., **Nawaiseh, H.**, Zakarneh, S. B., Khial, Y., & Allehdan, S. (2024). Assessment of Nutrients Intake in Pediatrics with Type 1 Diabetes and Dyslipidemia in Jordan. *Adolescent Health, Medicine and Therapeutics*, 15, 31–43. <https://doi.org/10.2147/AHMT.S439046>

- AL-Nawaiseh, F.K.;Al-Jaghbir, M.T; AL-Assaf,M.S; **Nawaiseh, H.K.**, and Al-zoubi,M.M (2022), Breastfeeding initiation and duration and acute otitis media among children less than two years of age in Jordan: results from a case-control study. *BMC Pediatrics*. 22:370

- Tayyem, R. F., **Nawaiseh, H.**, Al-Awwad, N., Al-Jaber, T., Hushki, A., & Allehdan, S. (2023). Meat and dairy products intake is associated with gastric cancer: Case-control study findings. *Food Science & Nutrition*, 11, 3788–3798. <https://doi.org/10.1002/fsn3.3364>

- Alkhaldy, Hana; Al-Shami, Islam; Alnaser, Khadijah ; Alkharabsheh, Ana'am ; **Nawaiseh, Hala** ; Liu, Dongmin . Effect of stressors during COVID-19 lockdown on malnutrition and health-risk behaviors among Jordanian college students: A cross-sectional study. **Medicine** 103(41):p e40116, October 11, 2024. DOI: 10.1097/MD.00000000000040116
- **Nawaiseh, H**,W. McIntosh, Mackayer, L (2022), An-m-Health Intervention Using Smartphone App to Improve Physical Activity in College Students: A Randomized Controlled Trial. **International Journal of Environmental Research and Public Health.** 19(12), 7228; <https://doi.org/10.3390/ijerph19127228>
- Al-Domi, H., AL-Dalaeen, A., AL-Rosan, S., Batarseh, N., & **Nawaiseh, H.** (2021). Healthy nutritional behavior during COVID-19 lockdown: A cross-sectional study. *Clinical Nutrition ESPEN*, 42, 132–137. <https://doi.org/10.1016/j.clnesp.2021.02.003>
- AL Assaf , M. S; Alkousheh B. H. ; Khair , H. J., Elamaireh , A. M; **Nawaiseh H. K**; Al Qatarnah S, Al-Nawaiseh F. K; &Mohannad S. Alassaf . (2023). Effect of pneumococcal conjugate vaccine on the occurrence of acute otitis media among children less than 2 years in Jordan : Case-Control Findings (Submitted)
- **Nawaiseh, H.** and W. McIntosh (2018). "An M-Health Intervention to Improve Physical Activity and Monitoring Sugar-Sweetened-Beverages (SSB) in College Students." **J N EB**50(7).
- **Hala Nawaiseh** (2012). Relationship Between Impaired Glucose Tolerance and Selected Risk Factors in Agroup of Obese Adolescents Students Aged 14-17 Years in Amman – Jordan. MSc Thesis.
- Al- Bakri, A., and Al-Domi, H., Karam Majdalani, **Hala Nawaiseh (2013)**. Adipose Tissue Remodeling and Its Effect on Insulin Sensitivity in Obese Indivituals: Acritical Review. Jordan Journal of Agreicultural Science.
- **Nawaise, H.**, and Al-Domi, H. The Sensitivity and Specificity of The Oral Glucose Tolerance Test of Diagnosing Impaired Glucose Tolerance among a group of Obese Adolescents Students Aged 14-17 Years In Amman – Jordan. Submitted.

Published Book:

1. Al-Jawaldeh, A., Taktouk, M., Hammerich, A., Ibrahim, E. T., **Nawaiseh, H.**, Al-Jawaldeh, H., & Faris, M. E. Nutritional Management of Diabetes: Advocacy Guide.

Funded Research Project:

- Assessing dietary intake among Jordanian Adults with Type 2 Diabetes Mellitus: Case -Control study. **Deanship of Scientific Research-The University of Jordan** June.2023
- The effect of a high-fat diet on cellular plasticity, synaptic plasticity, learning, and behaviors in the C57BL/6 mice. **Deanship of Scientific Research-The University of Jordan** 2021
- Assessment of Dietary Intake, Vitamin D levels, Iron, and Thyroid Stimulating Hormone Among a Group of Jordanians Aged (10-50) years with Celiac Disease: A Case-Control Study. **Deanship of Scientific Research-The University of Jordan** “Graduate Student Research” January.2025
- Nutritional and Developmental Status among Jordanian Children Aged 3-5 Years Old in Jordan University Hospital: A Cross-Sectional Study. **Deanship of Scientific Research-The University of Jordan** “Graduate Student Research” June.2024

Supervising of Postgraduate Thesis and Dissertations

- **Master thesis (Chair):** Nutritional and Developmental Status among Jordanian Children Aged 3-5 Years Old in Jordan University Hospital: A Cross-Sectional Study. **Tasneem Damhorya. Spring 2024**
- **Master thesis (Chair):** Assessing Maternal Dietary Patterns and the Risk of Developing Gestational Diabetes among a Group of Jordanian Pregnant Women in the Jordan University Hospital: A Case-Control Study. **Lana Daboul. Spring 2024**
- **Master thesis (Chair):** The Relationship between Leptin Levels, Lipid Profile and Body Composition in a Group of Children with Autism Spectrum Disorder aged 3-18 years in Amman, Jordan: a case control study. **Hala Habeish. Spring 2025**
- **Master thesis (Chair):** Assessment of Dietary Intake, Vitamin D levels, Iron, and Thyroid Stimulating Hormone Among a Group of Jordanians Aged (10-50) years with Celiac Disease: A Case-Control Study. **Hala. Abu. Ra'd** Fall 2024

- **Master thesis (Co-Chair):** Knowledge, attitude and practice (KAP) analysis of food waste for Jordanian households: Across sectional study. **Marah Muhairat. Spring 2023**

Examining of Postgraduate Thesis and Dissertations

1. Association Between Dietary Factors and. Health Related Behaviors and the Risk. of Depressive and Anxiety Disorders among. Jordanian Adults: A Case-Control. Study Nour Gamo. May. 2024
2. Assessment of Nutritional Knowledge and Nutritional Status in a Sample of Adult Jordanians with Type One Diabetes Mellitus in Amman Jordan. Lara Abu-Shuqaire. December.2024

REFERENCES:

• **Lisako McKyer, Ph.D, MPH**

Professor

University of North Texas Health Science Center
3500 Camp Bowie Boulevard
Fort Worth, TX, USA 76107
Phone: 979-436-9361
E-mail: Lisako.McKyer@unthsc.edu

• **Shibani Ghosh, Ph.D**

Research Associate Professor

Tufts University
Friedman School of Nutrition Science and Policy
Food and Nutrition Policy and Programs
150 Harrison Ave, Boston
E-mail: Shibani.Ghosh@tufts.edu

• **Laurie C. Miller, M.D**

Professor of Pediatrics, Child Development, and Nutrition
Tufts University
School of Medicine
E-mail: lauri.miller@tufts.edu

• **Lynne Ausman, Ph.D**

Professor

Saqr Bin Mohammed Al Qasimi Professor in International Nutrition
Tufts University
Friedman School of Nutrition Science and Policy
Food and Nutrition Policy and Programs
150 Harrison Ave, Boston
Email: lynne.ausman@tufts.edu

• **Peter S. Murano, Ph.D**

Associate Professor

Department of Nutrition and Food Science
Texas A&M University
2253 TAMU, College Station, TX 77843-2253
Phone: 979-862-7955
E-mail: psmurano@tamu.edu