

Hala K. AL-Nawaiseh

CONTACT INFORMATION

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

CURRENT POSITON:

- **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.

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Amman/ Jordan -Queen Rania street.

The University of Jordan

Ranked the First Honour among the graduates of the academic year 2006–2007.

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

WORKING EXPERIENCE

Clinical Research Fellow

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

Assistant Dean for Alumni Affairs

February 2022- September 2022

College of Agriculture
The University of Jordan
Amman-Jordan.

Technical Expert, Infant Formula and Specialized Foods Committee – Jordan Food and Drug Administration (JFDA)

January 2020-January 2024

Research Assistant, Human Nutrition & Dietetics.

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.

December 2012 - February 2015

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

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 Kingdom
- **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).** **February 2022**
SPARK &The University of Jordan
- **Massive Open Online Course (MOOC) LLC** **August 2019**
Center for the Integration of Research, Teaching and Learning.
The Wisconsin Center for Education Research (WCER).
Wisconsin University.
- **Academy for Future Faculty (AFF).** **May 2019**
Texas A&M University College Station, TX.
- **Aggies Professional Development Advance Certificate** **May 2019**
Texas A&M University College Station, TX.
- **Aggies Professional Development Intermediate Certificate** **May 2018**
Texas A&M University College Station, TX.
- **Aggies Professional Development Basic Certificate** **May 2017**
Texas A&M University College Station, TX.

- **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, Kienesiology, 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-Jaberi, 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>

- Alkhalidy, 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 Qatarneh 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 Individutals: Acrirical Review. Jordan Journal of Agrecultural Science.
- **Nawaise, H.**, and Al-Domi, H. The Sensitivity and Specificity of The Oral Glucose Tolerance Test of Diagnosing Impaired Glucose Tolerance among agroup 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

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- **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

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REFERENCES:

- **Lisako McKyer, Ph.D, MPH**
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University of North Texas Health Science Center
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Fort Worth, TX, USA 76107
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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
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Email: lynne.ausman@tufts.edu

- **Peter S. Murano, Ph.D**
Associate Professor
Department of Nutrition and Food Science
Texas A&M University
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Phone: 979-862-7955
E-mail: psmurano@tamu.edu