

BADRIYAH H. ALJAZZAF

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PERSONAL INFORMATION

Date of Birth:	December 27, 1970
Place of Birth:	Kuwait
Nationality:	Kuwaiti
Marital Status:	Married
Children:	5

EDUCATION

2003 – 2007 PhD in Nutritional Biochemistry.
Thesis Title: "Dietary approaches for the reduction of cardiovascular disease risk in type 2 diabetes mellitus and obesity".
School of Biomedical and Molecular Sciences
University of Surrey, Guildford, UK.

1997 - 1998 MSc. in Medical Nutrition Therapy
Thesis Title "Metabolic and nutrition assessment of children with type 1 diabetes in Kuwait".
New Mexico State University.
New Mexico. USA
GPA: 4 points

1988 - 1992 BSc. In Biochemistry Minor Biology
Faculty of Science
Kuwait University, Kuwait
Overall GPA: 3.31, Major 3.42

COMPUTER SKILLS

Software Word, Excel, Power Point, Outlook, Graphpad,
Nstat, SPSS, Reference Manager

WORK EXPERIENCE

2017- to recent Assistance professor
Food Sciences and Nutrition Department.
College of Health Sciences
Public Authority for Applied Education & Training,
Kuwait

2013 – 20117 Head of Food Sciences and Nutrition
Department
College of Health Sciences
Public Authority for Applied Education & Training,
Kuwait

2007 – 2012 Assistance professor
Food Sciences and Nutrition Department.
College of Health Sciences
Public Authority for Applied Education & Training,
Kuwait

1998 - 2003 Assistant lecturer.
Food Sciences & Nutrition Department.
College of Health Sciences
Public Authority for Applied Education & Training,
Kuwait

1995 – 1997 Lab Technician. Biochemistry lab
Amiri Hospital Kuwait

PUBLICATIONS

1. Alhaifi A, Alawadi B, Aldashti Y, Aljazzaf B, Allafi A, AlMannaai M, Al-Hazzaa H, 2022. Prevalence of Obesity among Kuwaiti Adolescents and its Relationship with Obesity Perception by Parents or Friends.
2. Alghazeer, R., Elgahmasi, S., Aljazzaf, B., Alansari, W.S., Al-Griw, M., Sidati, M., Altarrah, D., Elhensheri, M., Elnfati, A.H., 2020.

Investigation of the potential anti- fertility activity of *Arbutus pavarii* in male mice. *Acta Pol. Pharm.* 77, 725-735.

3. Alkhatlan a, ,Khan, R, Aljazzaf,B 2018. Factors affecting seeking health-related information through the internet among patients in Kuwait. *Alexandria Journal of Medicine* Vol. 54 No. 4

DEPARTMENTAL ACTIVITIES

- Performed a variety of complex and responsible administrative support functions for the academic department such as class scheduling, departmental committees and related functions.
- Participated in the new diploma and BSc curriculum development and compiled lists of appropriate textbooks to be ordered for assigned classes.
- Provided information and assistance to faculty and students; and serve as a liaison between the academic department with other academic departments, and students.
- Provided functional and procedural supervision for student in the department.
- Organized and attended a variety of meetings; served as recorder (taking and preparing minutes; disseminating information as appropriate).
- Counseled students with special illness on nutrition programs and treated them through promoting healthy eating habits and recommending dietary modifications if desired.

TEACHING EXPERIENCE

- Human Nutrition
- Introduction to food Sciences
- Food Laws and Regulation
- Catering
- Medical Nutrition Therapy
- Lifespan Nutrition
- Nutrition and Metabolism
- Food Born Diseases
- Field Training

CONFERENCES AND SYMPOSIUMS

- As organizer:

1. Organizing The 1st Conference On Human Investment In The Allied Health Sector (March 2010, Kuwait).
2. Organizing The 4th Arabic Conference On Obesity and Physical Activity (February 2014, Kuwait).

- As Attendant:

- 2018. World Congress on Food & Nutrition. Dubai
- 2017. Diet, Nutrition and the changing face of cancer survivorship. UK
- 2016 The 4th Kuwait Conference of Chemistry “Chemistry & Life Sciences”, Kuwait
- 2016 The 3rd Health and Medicine Expo, College of Health Sciences, Kuwait
- 2016 The 2nd Kuwait Infant & Young Child Feeding Conference, Kuwait
- 2015 Youth Volunteering Forum to Counter Extremist Expo, Ministry of State For Youth Affairs, Kuwait

- 2015 Food Day Expo&Ed, College of Health Sciences, Kuwait
- 2015 Health Priorities Expo&Ed, College of Health Sciences, Kuwait
- 2014 What you don't know about your body. Kuwait University
- 2014 Evidence based Health professional development. Kuwait
- 2014 4th GCC Symposium Clinical Nutrition. Dubai.
- 2014 The 3rd Nutrition Week organized by the Nutrition & Food Department in Amiri Hospital.
- 2014 The 2nd Nutrition & Health Conference. Kuwait.
- 2014 The 4th Arabic Conference On Obesity and Physical Activity Kuwait.

COURSES

- The Public Authority for applied education and Training. *The Basics of Academic accreditation*. 24-26 April 2016.
- The Public Authority for applied education and Training *"How to publish your research"*. 11 April 2016.
- The Public Authority of Applied Education and Training. Kuwait. *"SPSS"* 9-11 February 2015
- Ministry of Public Health. Kuwait. *First Aid* 27-28 April 2015.
- The Public Authority of Applied Education and Training Kuwait. *How to build a successful team*. 24–27 May 2015.

- Brookwood International Academy of Health Research, “*Clinical Research and GCP Competence*”. 16-20 May 2005.
- University of Surrey, “*Obesity Diabetes and Eating disorders*”, 23-25 February 2005.
- University of Surrey, “*Principles of Applied Nutrition and Epidemiology*”. 12-14 January 2004.
- University of Oxford, “*Quality Assurance on the Laboratory*”. 27 January 2004.
- University of Surrey, “*Lipids and Essential Fatty Acids*”. 5-7 November, 2003.
- The Public Authority of Applied Education and Training. Kuwait. “*Class Room Management*”. 26-28 October, 2002
- The Public Authority of Applied Education and Training. Kuwait. “*Scientific Research Methods*”. 10-25 March, 2001.
- The Public Authority of Applied Education and Training. Kuwait. “*Academic Advisory*”. 18-20 November. 2000.
- The Public Authority of Applied Education and Training. Kuwait. “*Educational Preparation*”. 4-18 May, 2000.
- Ministry of Health, “*Laboratory aspects in Biochemistry*”. August 1998.

LANGUAGE SKILLS

- Arabic: Excellent, Speaking, Reading, Writing
- English: Excellent, Speaking, Reading, Writing

PROFFECIONAL ORGANIZATIONS

- Member of the Professional section of the American Diabetes Association.
- Member of the Kuwait Society of Biochemistry.
- Member of the UK Nutrition Society.
- Member of the Kuwaiti food and Nutrition Association.

RESEARCH INTEREST

- The interrelationship between diet and cardiovascular disease.
- The effects of dietary fat and the glycaemic index on blood lipids & lipoproteins.
- Measurement of glycaemic index of carbohydrate rich foods.
- The effect of low glycaemic index food on blood lipids in the atherogenic lipoprotein phenotype and type 2 diabetes.
- The effect of saturated fat, polyunsaturated fat and monounsaturated fat on metabolic syndrome and insulin resistance.