

Hadeel Ali Ghazzawi, PhD MMedSci BSc

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DoB: Jeddah 06 Mar. 1979

Nationality: Jordanian

Personal Statement

I am a self-motivated person with academic and industrial practice in human nutrition. I drive to work within competitive and team-oriented environments while maintaining my initiative and leadership.

Work Experience

Associate Professor, The University of Jordan; Amman, Jordan (March. 2019 – present):

- Member of Department of Nutrition and Food Technology, Faculty of Agriculture.
- **Lecturing:**
 - Nutrition through Life Cycle.
 - Seminar of Nutrition and Dietetic.
 - Sport Nutrition (Bachelor and postgraduate Courses).
 - Maternal and infant nutrition (postgraduate course).
 - Geriatric nutrition (postgraduate course).
 - BioEnergy and Nutrition
 - Nutrition and Food Security
 - Food and Nutrition Policies and Planning
- **Responsibilities:**
 - Supervised MSc student's research.
 - Supervised PhD student's research.

Assistant Professor, The University of Jordan; Amman, Jordan (March. 2016 – 2019):

- Member of Department of Nutrition and Food Technology, Faculty of Agriculture.
- **Lecturing:**
 - Nutrition through Life Cycle.
 - Fundamental to Nutrition.
 - Seminar of Nutrition and Dietetic.
 - Sport Nutrition
 - Contemporary Issues in Nutrition
 - Maternal and infant nutrition (postgraduate course).
 - Geriatric nutrition (postgraduate course).
- **Responsibilities:**
 - Students' hospital training and tutorials.
 - Supervised MSc student's research.

Full-Time Lecturer, The University of Jordan; Amman, Jordan (Sep. 2013 – Feb 2016)

- Member of Department of Nutrition and Food Technology, Faculty of Agriculture.
- **Lecturing:**
 - Applied Nutrition.

- Nutrition through Life Cycle.
- Fundamental to Nutrition.
- Seminar of Nutrition and Dietetic.
- Sport Nutrition
- Contemporary Issues in Nutrition
- **Responsibilities:**
 - Students' hospital training and tutorials.

Part-Time Lecturer, The University of Jordan; Amman, Jordan (Sep. 2012 – June. 2013)

- **Lecturing:**
 - Applied Nutrition (Department of Nursing).
 - Nutrition through Life Cycle (Department of Nutrition).
 - Fundamental to Nutrition

Full-Time Lecturer, Al-Kalamoon University; Daratiah Damascus, Syria (Dec. 2006 – Sep. 2008)

- Member of Department of Nutrition and Food Science. Health Sciences College.
- **Lecturing:**
 - Introduction to Human Nutrition.
 - Community Nutrition.
 - Protein Biochemistry.
 - Therapeutic Nutrition (theory and laboratory).
 - Nutritional Assessment.
 - Food Safety laboratory sessions.
- Assistant in departmental management matters including schedules control.
- Supervision of students' theses, tutorials and hospitals scientific training.

Dietician and Nutritional Consultant, Nutrition and Diet Centre; Jeddah, Saudi Arabia (Aug. 2005 – Nov. 2006)

Nutritional Lecturer and Educator, Abbott; Jeddah, Saudi Arabia (Jan. 2001 – Jul. 2001)

- Providing training and educational materials and sessions for hospitals and health clinics in topics including babies, lactating and pregnant women food.

Education

Doctoral, Nutritional Science, University of Vienne; Austria (2008 – 2011)

Majoring credits:

- Nutrition and Gene Regulation.
- Correct Use of Food Composition Tables.
- Global Nutrition.
- Nutrition and Immunology.
- Trials and Meta-analysis in Nutritional Epidemiology.
- Aspects of Nutrition Economics in Developing Countries.

PhD Thesis: Assessment of Essential Fatty Acids Status in Austrian Adults Using Different Blood Component.

My research involved the analysis of essential fatty acids and omega-3 index in 1200 blood samples from whole blood, blood plasma, erythrocytes, phospholipids and cholesterol ester using Folch methods, thin layer chromatography and gas chromatography.

Medical Masters, Human Nutrition, The University of Sheffield; Sheffield United Kingdom (2004 - 2005)

Majoring credits:

- Biochemistry.
- Epidemiology.
- Physiology.
- Third World Nutrition.
- Clinical Nutrition.

MMedSci Thesis: Investigating the Effects of Frequent Feeding on Overall Bone Turnover in Healthy Adults.

Essays:

- AIDS/HIV Physiology Changes in European Adults.
- Comparative Analysis between Fast and Starvation.
- Food Policy for Infant in Sub-Saharan African.
- African Nutrition Deficiency.
- Food Policy History.
- Resting Energy Requirements and Maximum Heart Rate.
- Nigerian Children Nutrition.
- Hormonal Effective on Baby Growth.

Diploma, Management and Administration, Jeddah Economic Room; Saudi Arabia (2002 - 2003)

Bachelors, Nutrition and Food Science, Damascus University; Syria (1996 - 2001)

Majoring credits:

- Food Technology.
- Food Manufacture and Analysis.
- Food Preservation, and Nutrition.
- Food Security and Strategy.

BSc Thesis: Chocolate Manufacture and Chemistry, Microbiology and Physical Analysis.

Visited on-site chocolate factories across Damascus, Syria, and conducted research analysis on micro flora and bacteria environments.

Scientific committee

1. **BRITISH ASSOCIATION FOR NUTRITION:** health and sport; accreditation to teach sport nutrition courses. Nov 2018.
2. **JORDANIAN OLYMPIC PREPARATION COMMITTEE:** Responsible of the sport nutritional science within Scientific Committee. April 2019.
3. **ITALIAN SCIENTIFIC COMMITTEE SINSEB:** Responsible for the area Science in Applied Nutrition within Scientific Committee. Feb 2020

Publications

- **Ghazzawi, H. A.**, Al-Sayyed, H. F., Refa't A, A. K., Mwalla, M. M., Arafat, T. A., & AbdelQader, S. M. (2021). Effect of different extraction solvents on the antioxidant content and capacity of nine seasonal fruits. *Clinical Nutrition Open Science*, 38, 33-42.
- Reema Tayyem, mohammad omar, Dana Abdelrahim , Abdel-Ellah Al-Shudifat , Mohammed Azab, **Hadeel Ghazzawi** ,Hiba Ahmad Abed Bawadi (2021) “Association between Grains and Legumes Consumption and the Risk of Coronary Artery Obstruction Based on Angiography Results” *Preventive Nutrition and Food Science*;26(4):1-00
- Al-Majali, S. Z., **Ali Ghazzawi, H.**, & Amawi, A. T. (2021). Evaluation of Nutrients Intake for a Group of Jordanian Older Adults with Sarcopenia Syndrome in Amman: An Explorative and Pilot Study. *Journal of Aging Research*, 2021.
- **GHAZZAWI, H. A.**, Al-Ismail, K., Al-Bayyari, N., & Al-Awar, L. (2020). Obesity and smoking increases the risk of coronary heart diseases by lowering the omega-3 index: a cross-sectional study. *RIVISTA ITALIANA DELLE SOSTANZE GRASSE*, 97(1), 15-20.
- Hammouh, F., Zein, S., Amr, R., **Ghazzawi, H.**, Muharib, D., Al Saad, D., & Subih, H. (2020). Assessment of dietary selenium intake of Jordanian adults in Madaba: a cross sectional study. *Nutrition & Food Science*.
- Salhah Ersheed, **Hadeel Ghazzawi**, Refat Alkurd, (2020/10/28). “The Relationship between Premenstrual Syndrome, Dietary, Life- style Behaviors and Its Correlation with Body Weight Status among Females: A General Review”. *Journal of Nutrition & Food Sciences*,
- Agrawal, Rajendra Prasad, Ritvik Agrawal, Mo’ez Al-Islam” Faris, and **Hadeel Ali Ghazzawi**. "Potential Anti-Diabetic Effect of Camel Milk." *Handbook of Research on Health and Environmental Benefits of Camel Products*. IGI Global, 2020. 185-196.
- Mo’ez Al-Islam” Faris , **Hadeel Ghazzawi**. "Health-Improving and Disease-Preventing Potential of Camel Milk Against Chronic Diseases and Autism: Camel Milk and Chronic Diseases." *Handbook of Research on Health and Environmental Benefits of Camel Products*. IGI Global, (2020). 155-184.
- **Hadeel Ghazzawi**, (2020) “ Nutritional health status in residential homes for elderly people in Amman, Jordan” *Palestinian Medical and Pharmaceutical Journal*
- Mo’ez Al-Islam” Faris, **Hadeel Ghazzawi**, Haitham Jahrami, Mona Hashim, Fatema Salah, Jawaher Al-Dossary, Maram Jamal’ Sharifa AlAmiri, Haitham Jahrami (2019) “Knowledge, Attitudes, And Practices Toward Dietary Supplements Among College Students: A Cross Sectional Study From Sharjah/UAE”, *Asian Journal Of Clinical Nutrition* 31 Dec 2019 **Accepted**
- **Ghazzawi, H. A.**, & Mustafa, S. (2019). Effect of high-protein breakfast meal on within-day appetite hormones: Peptide YY, glucagon like peptide-1 in adults. *Clinical Nutrition Experimental*, 28, 111-122.
- Jahrami, H., Faris, M. E. A. I., **Ghazzawi, H. A.**, Saif, Z., Habib, L., Shivappa, N., & Hébert, J. R. (2019). Increased Dietary Inflammatory Index Is Associated with Schizophrenia: Results of a Case–Control Study from Bahrain. *Nutrients*, 11(8), 1867.
- **Ghazzawi H**, AL-Ismail K, (2019) “Consumption practices, preferences and barriers of nuts intake amongst University of Jordan Students” *Clinical Nutrition Experimental*, <https://doi.org/10.1016/j.yclnex.2019.01.001>.
- Hadeel Ali Ghazzawi, (2019) “Preliminary Cross-Sectional Screening For The Assessment Of Macronutrient Consumption And Body Mass Index In Orphans Aged 7 To

15 Years In Amman, Jordan.” An-Najah University Journal for Research – B (Humanities) Feb. 33.

- Maher M Al-Dabbas, Asma A Shaderma, Tawfiq M Al-Antary, **Hadeel A Ghazzawi**, Hani J Hamad, (2018). “ Effect of ozonation on cypermethrin and chlorpyrifos pesticides residues degradation in tomato fruits” Fresenius Environmental Bulletin Volume 27 – No. 10/2018 pages 6628-6633
- Shereen Al-Kharabsheh, Maher Al-Dabbas, **Hadeel Ghazzawi**, Ahmad Zatimeh, Khaled Abulaila, (2017) “Antioxidant activity and α -amylase inhibitory effect of selected medicinal plants grown in Jordan: an in-vitro study” Journal of The Arab Society for Medical Research 2017, 12:19–26.
- **Hadeel Ali Ghazzawi**, Khalid Al-Ismael, (2017) “A Comprehensive Study on the Effect of Roasting and Frying on Fatty Acids Profiles and Antioxidant Capacity of Almonds, Pine, Cashew, and Pistachio” Journal of Food Quality. Volume 2017, Article ID 9038257, 8 pages <https://doi.org/10.1155/2017/9038257>
- Saleh, M., **Ghazzawi, H.**, Al-Ismael, K., Akash, M. and Al-Dabbas, M. (2016) “Sesame-oil-cake (SOC) impacted consumer liking of a traditional Jordanian dessert; a mixture response surface model approach” International Food Research Journal 23(5): 2096-2102
- Reema F. Tayyem, Hiba A. Bawadi, Suhad S. AbuMweis, Sabika Allehdan, Lana Agraib, **Hadeel A. Ghazzawi**, Mariam A. Al-Mannai, AbdulRahman O. Musaiger. (2016) “Association between mass media and body weight concern among Jordanian adolescents’ residents of Amman: the role of gender and obesity”. Environ Health Prev Med 21:430–438
- **Hadeel A. Ghazzawi**, Hamed R. Takruri and Hiba F. Al- Sayyed, (2014) “Main Sources of Antioxidant Vitamins in the Jordanian Diet.” Pakistan Journal of Nutrition, 13: 700-704.
- **Hadeel A. Ghazzawi**, Margit Kornsteiner-Krenn, Ibrahim Elmadfa “Assessment of essential fatty acids status in different blood components in Austrian adults” PHD Thesis, Wien University (2011)
- **Hadeel A. Ghazzawi** “Investigating the Effects of Frequent Feeding on Bone Turnover in Healthy Adults” the Sheffield University, Master Thesis, (2005).

Awards and Accomplishments

- Speaker in The 7th Dubai International Nutrition Congress Dubai 2021.
- Speaker in The 2nd International Jordanian Conference of Nutrition 2019 & Obesity Surgery April 2019.
- Course trainee credited by British AFN for sport nutrition. 2018
- 2nd International Growth and Development Conference (IGD 2018), oral presentation and poster presentation. Dubai UAE; 14- 16 March;2018.
- The eighth conference on scientific research in Jordan 11.11.2017 “anthropometric assessment of the nutritional status of orphans in selected Jordanian orphanages based on their energy intake”. Amman, Jordan.
- Nutrition for athletes. 23rd of January 2016. Jordan Agriculture Engineers Association. **Invited Talk.**

- Nutrition during Ramdan, July 2015. Jordan Agriculture Engineers Association. **Invited Talk.**
- Chronic Constipation in Infants and Toddlers, 28-30 Jun. **2007**, Tartous, Syria. Title: *The Role of Fibre Dietary Intake in Treating Constipation in Infants and Toddlers.* **Invited Talk.**
- Promotion of Breast Feeding in Syria, 21 Feb. **2008**, Tadmur, Syria. Title: *The Nutritional Needs of Lactating Women.* **Invited Talk.**
- Arab Doctors Pan, 24 Jun. **2008**, Damascus, Syria. Title: *MyPyramid for Kids.* **Invited Talk.**
- Member of the Syrian Society of Pediatric Gastroenterology and Nutrition, **2008.**

List of interviews

- T.V. show at **Aldunya** Channel 2007.
- **AlhayatFM** Radio channel in Amman, Jordan. Preparing our bodies before Ramdan. 30minutes talk. Morning program. June 2015
- **AlhayatFM** Radio channel in Amman, Jordan. Losing weight during summer. 30minutes talk. Morning program. August 2015
- **AlhayatFM** Radio channel in Amman, Jordan. How to maintain body weight during winter season. 10minutes talk. Morning program .Jan 2016
- **AljazeeraNews.** Live on the 6p.m. news. Sugars in beverages. 1st of March 2016.
- **AljazeeraNews.** Live on the 6p.m. news. Children obesity. 6th of June 2016.

Skills

Languages:

- Fluent in English (IELTS 6.5 in 2003).
- Fluent in Arabic.
- Basic in Deutsch.

Referees

Academic

1. Emer. Prof. Dr. I. Elmadfa
President of the Austrian Nutrition Society, IUNS - Past President
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2. Dr. Margit Kornsteiner-Kenn
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3. Dr. Margo Barker
PhD in Human Nutrition, Lecturer in Epidemiology, Sheffield University.

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Non-Academic

1. Dr. Iman Bahnasi
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