

CURRICULUM VITAE

Personal Profile

Date of Birth: July 12, 1976
Nationality: Kuwaiti
Marital Status: Married

Mailing address: Department of Food Science and Nutrition
College of Life Sciences
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Education

Ph.D., Human Nutrition, McGill University, 2013; Concentrations:
Human Nutrition, Epidemiology of Chronic Diseases.
Dissertation: "Oxidative Stress as a Cardiovascular Risk Factor
in Canadian Inuit".

M.Sc., Human Nutrition, McGill University, 2007; Concentrations:
Human Nutrition, Epigenetics & Diabetes. Thesis: "Modulating
Factors of Oxidative Stress in Gestational Diabetes".

B.Sc., Dietetics & Human Nutrition, Florida International University,
1999 (*SUMMA CUM LAUDE*).

Research Experience

Sep 2008 – Dec 2012 Post-Graduate Student
McGill University,
School of Dietetics and Human Nutrition
Montreal, Canada

Work Experience

2020-todate	Associate Professor, KU
2013 - 2020	Assistant Professor, KU
2003 - 2004	Teaching Assistant, KU
2001 - 2004	Nutrition Counselor, Medical Services Co.
2000 - 2001	Dietitian, Ministry of Health, Kuwait

Courses Taught

Undergraduate Courses

FSN 105	Personal Nutrition and Women's Health Issues
FSN 220	Nutrition in the Life Cycle
FSN 313	Human Nutrition
FSN 321	Nutrition of Population Subgroups
FSN 327	Nutrition-Related Diseases
FSN 423	Nutrition Education
FSN 424	Maternal and Child Nutrition
FSN 499	Capstone Projects

Postgraduate Courses

FSN 520	Nutritional Assessment
FSN 518	Nutritional Epidemiology

Journal Publications

- 1) Essra Al-Mahmoud, **Dalal Alkazemi**, Wafaa Al-Qabandi. *Growth Stunting and Nutritional Deficiencies Among Children and Adolescents with Celiac Disease in Kuwait: A Case-Control Study*. Children 2024. Under review
- 2) Hoteit, M., Mansour, R., Mohsen, H., Bookari, K., Hammouh, F., Allehdan, S., **AlKazemi, D.**, Al Sabbah, H., Benkirane, H., Kamel, I., Qasrawi, R., & Tayyem, R. (2023). Status and correlates of food and nutrition literacy among parents-adolescents' dyads: Findings from 10 Arab countries. *Frontiers in Nutrition*, 10, 1151498. DOI:10.3389/fnut.2023.1151498
- 3) **Dalal Alkazemi**, Nourah Alsouri, Tasleem Zafar, Stan Kubow. *Hypomagnesemia and the Metabolic Syndrome Among Apparently Healthy Kuwaiti Adults: A Cross-Sectional Study*. Nutrients. 2022; 14(24):5257. DOI: 10.3390/nu14245257
- 4) Tasleem Zafar, **Dalal Alkazemi**. *Correlates of food intake and mealtime behaviors among*

Kuwaiti adolescents. International Journal of Adolescent Medicine and Health. 2022; 34(2), pp. 19–30. DOI:10.1515/ijamh-2021-0005

- 5) Latifa Al-Ghanim, Dalal Alkazemi. *Factors Associated with Self-Efficacy Toward Healthy Eating and Physical Activity among Kuwaiti Adolescent Girls. Current Research in Nutrition and Food Science. 2021; 9(3). DOI: 10.12944/CRNFSJ.9.3.16*
- 6) **Dalal Alkazemi**, Younis Salmean: *Fruit and Vegetable Intake and Barriers to Their Consumption among University Students in Kuwait: A Cross-Sectional Survey. Journal of Environmental and Public Health. 2021; 11 pages, 2021. DOI: 10.1155/2021/9920270*
- 7) **Dalal Alkazemi**, Abdur Rahman, Banan Habra. *Alterations in glutathione redox homeostasis among adolescents with obesity and anemia. Sci Rep. 2021;11(1):3034. DOI: 10.1038/s41598-021-82579-5*
- 8) **Dalal Alkazemi**, Roberts T. Jackson. *Breastfeeding Exposure is Associated with Better Knowledge of and Attitudes toward Breastfeeding in Kuwaiti Women. BMJ Nutrition, Prevention & Health. 2019; DOI: 10.1136/bmjnph-2019-000027*
- 9) Mariam Ebrahim, **Dalal Alkazemi**, Tasleem Zafar, Stan Kubow. *Disordered Eating Attitudes Correlate with Body Dissatisfaction Among Kuwaiti Male College Students. BMC Journal of Eating Disorders. 2019;7(1),37; DOI: 10.1186/s40337-019-0265-z*
- 10) **Dalal Alkazemi**, Asma Saleh, Lemia Shaban, Mariam Al-Hilal. *Intuitive Eating and Weight Restrictive Practices among Dietitians in Kuwait. Arab Journal of Nutrition and Exercise. 2019; DOI: 10.18502/ajne. v4i1.4481*
- 11) Lemia Shaban, **Dalal Alkazemi**: *Trends in Fast-food Consumption Among Kuwaiti Youth. International Journal of Preventive Medicine. 2019;10(1),1-7; DOI: 10.4103/ijpvm.IJPVM_480_18*
- 12) **Dalal Alkazemi**: *Gender differences in weight status, dietary habits, and health attitudes among college students in Kuwait: A cross-sectional study. Nutrition and Health. 2019;25(2),75-84; DOI: 10.1177/0260106018817410*
- 13) **Dalal Alkazemi**, Asma Saleh: *Adequacy of dairy product intake among children in Kuwait using a short dietary assessment questionnaire. Nutrition & Food Science. 2019;49(1),112-128; DOI: 10.1108/NFS-04-2018-0120*
- 14) **Dalal Alkazemi**, Munirah Albeajan, Stan Kubow: *Early Infant Feeding Practices as Possible Risk Factors for Immunoglobulin E–Mediated Food Allergies in Kuwait. International*

Journal of Pediatrics. 2018; DOI: 10.1155/715

- 15) **Dalal Alkazemi**, Tasleem A. Zafar, Stan Kubow, Mariam Ibrahim: *Distorted Weight Perception Correlates with Disordered Eating Attitudes in Kuwaiti College Women*. International Journal of Eating Disorders. 2018;51(5),449-458; DOI: 10.1002/eat.22852
- 16) **Dalal Alkazemi**, Maryam Zadeh, Tasleem Zafar, Stan Kubow: *The Nutritional Status of Adult Female Patients with Disabilities in Kuwait*. Journal of Taibah University Medical Sciences. 2018; 13(3),238-246; DOI: 10.1016/j.jtumed.2018.01.002
- 17) **Dalal Alkazemi**, Lyman Jackson Robert, Hing Man Chan, Stan Kubow: *Increased F3-Isoprostanes in the Canadian Inuit Population Could Be Cardioprotective by Limiting F2-Isoprostane Production*. Journal of Clinical Endocrinology & Metabolism. 2016;101(9),3264-3271. DOI:10.1210/jc.2015-4096
- 18) **Dalal Alkazemi**, Abdur Rahman, Sameera Alsaad, Stan Kubow: *Parental perceptions and concerns of weight status in children with autism spectrum disorders in Kuwait*. Research in Autism Spectrum Disorders. 2016; 22,1-9 DOI: 10.1016/j.rasd.2015.11.001
- 19) Stan Kubow, Matthew Sorenson, **Dalal Alkazemi**, Lyman Jackson Roberts, Katherine Naselli Adamski, Leonard A. Jason: *Novel Associations of F2-Isoprostanes, F3-Isoprostanes and Isofurans in Older Adults with Chronic Fatigue Syndrome: An Exploratory Study*. Clin Res Open Access 1(1): DOI: <http://dx.doi.org/10.16966/2469-6714.103>
- 20) **Dalal Alkazemi**, Grace M Egeland, L Jackson Roberts, Hing Man Chan, Stan Kubow: *New insights regarding tissue Se and Hg interactions on oxidative stress from plasma IsoP and IsoF measures in the Canadian Inuit population*. Journal of Lipid Research. 2013;54(7). DOI:10.1194/jlr.M033068
- 21) **Dalal Alkazemi**, Grace M Egeland, Lyman Jackson Roberts, Stan Kubow: *Isoprostanes and isofurans as non-traditional risk factors for cardiovascular disease among Canadian Inuit*. Free Radical Research. 2012;46(10): 1258-66. DOI: 10.3109/10715762.2012.70290
- 22) Leonard Jason, Matthew Sorenson, Kebba Sebally, **Dalal Alkazemi**, Athena Lerch, Nicole Porter, Stan Kubow: *Increased HDAC in association with decreased plasma cortisol in older adults with chronic fatigue syndrome*. Brain Behavior and Immunity. 04/2011; 25(8):1544-7. DOI: 10.1016/j.bbi.2011.04.007
- 23) **Dalal Alkazemi**, Grace Egeland, Jacob Vaya, Sara Meltzer, Stan Kubow: *Oxysterol as a Marker of Atherogenic Dyslipidemia in Adolescence*. Journal of Clinical Endocrinology &

Metabolism. 2008; 93(11):4282-9. DOI: 10.1210/jc.2008-0586

Book Chapters

Edelstein, S. Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals. 1st. ed. Ch. 47; *The Arabian Peninsula*. Jones & Bartlett Learning, 2010:525–537 (book chapter).

Funded Research Projects

PI Completed Projects

- ❖ Research Initiation Grant - ZW01/13 – **Dalal Alkazemi**. “*Feasibility study for establishment of a Nutrition Clinic at College for Women, KU.*” (2000 KD)
- ❖ Graduate Studies Project - YF01/18 - **Dalal Alkazemi**, Abdur Rahman Ahmad, Banan Habra. “*Assessing Glutathione Redox Status in Kuwaiti Adolescents in Relation to Obesity and Anemia*”. (3000 KD)

Awards

Alkazemi, D., Zafar, T.A., Ebrahim, M. and Kubow, S. “*Distorted weight perception correlates with disordered eating attitudes in Kuwaiti college women.*” June 2018, Rewarded paper (1000 KD) published in *Q1-Journal*, from an unfunded project.

Albeajan, M., **Alkazemi, D.** “*Immunoglobulin E-mediated food allergy and the associated nutritional factors in children in Kuwait*”. March 2017, KU Poster Day for Scientific Faculties. Poster presentation won *second place* for the graduate students’ category at both the College of Life Sciences level and the scientific faculties’ level.

Shaban, L.H., **Alkazemi, D.** “*The Frequency of Fast Food Intake Among Students at Kuwait University*”. March 2018, KU Poster Day for Scientific Faculties. Poster Presentation won *first place* at the faculty members’ category at the College of Life Sciences level.

Saleh, A., **Alkazemi, D.** “*Restrictive versus Nonrestrictive Weight Management Practices among Dietitians in Kuwait*”. March 2018, KU Poster Day for Scientific Faculties. Poster Presentation won *first place* at the faculty assistant members category, at the College of Life Sciences level.

Zadeh M., **Alkazemi D.**, Zafar, T.A. “The Nutritional Status of People with Disability in Kuwait’s Center for Rehabilitation”. March 2019, KU Poster Day for Scientific Faculties. Poster presentation won second place for the graduate students’ category at the College of Life Sciences level.

Supervision/Co-Supervision

Completed MSc Candidates Theses

- Latifa Al-Ghanim, Jiwan Sidhu, **Dalal Alkazemi**; “*The Relationship between Diet Behavior, Attitudes, Nutrition Knowledge and Weight Status among Adolescent Girls in Kuwait*”. March 2017
- Munirah Albeajan, Jiwan Sidhu, **Dalal Alkazemi**; “*Prevalence of Immunoglobulin E-Mediated Food Allergy and Associated Nutritional Factors among Children at the Pediatric Allergy Clinics in Kuwait*”. April 2017
- Mariam Ebrahim, Tasleem Zafar, **Dalal Alkazemi**; “*Eating Disorders Attitudes and Body Dissatisfaction among College Students in Kuwait*”. May 2017
- Noura Al-Souri, **Dalal Alkazemi**, Tasleem Zafar; “*The Association between Magnesium Status and the Metabolic Syndrome among Adult Population in Kuwait*”. October 2018.
- Maryam Zadeh, **Dalal Alkazemi**, Tasleem Zafar; “*The Nutritional Status and Diet Quality of Institutionalized Adults with Mental and Physical Disabilities in the Rehabilitation Centre in Kuwait*”. June 2019
- Banan Habra, **Dalal Akazemi**, Abdur Rahman Ahmad. “*Assessing Glutathione Redox Status in Kuwaiti Adolescents in Relation to Obesity and Anemia*”. January 2021.
- Esraa Mahmoud, **Dalal Alkazemi**. “*The Nutritional Status in Children with Celiac Disease in Kuwait*”. August 2022.

Current MSc Candidates Theses, Supervision

- Alia Boushari, **Dalal Alkazemi**. “*The Associations between Vitamin D and Gestational Diabetes in Kuwait*”. Expected date of completion: Nov 2022.
- Raghad Obeid, Dalal Alkazemi, “*Nutrition Assessment of Patients with Cancer*”. Expected date of completion: Nov 2023.

MSc Candidates Theses, Examination

- Sara Alkandari, Tasleem Zafaar, Suleiman Al-Sabah. *The Effect of Consumption of Parboiled Rice on Blood Glucose Level, Insulin and Glucagon-Like Peptide- 1 Responses in Healthy and People with Type 2 Diabetes.* Dec 2020
- Reem Jallad, Abdur Rahman, Muddanna Rao. *Prevalence of Lead Toxicity and Its Association with Cognitive Function and Vitamin D Levels in Adolescents.* Nov 2020.
- Ghanima J. Ahmad, Tasleem A. Zafar, Zaha Alsuwailan. *Picky Eating Behavior and its Association with Feeding Practices during Infancy and Weight Status among Preschool Children in Kuwait.* Nov 2018.
- Eman Z. Al-Wases, Tasleem A. Zafar, Ebaa Al-Ozairi. *The Effects of Chia Seeds Consumption on HbA1c, Insulin Level, Lipid profile, and C-Reactive-Protein in People with Type 2 Diabetes.* Nov 2017.
- AHanouf Alobaidi, Jiwan Sidhu, Younis Salmean. *Impact of Inulin Fiber Consumption on Appetite in College age Females in Kuwait.* Nov 2016

COMMUNITY SERVICE

Invited Talks

Outside of College Campus and Conferences

- 2002**, Apr; *"Promoting Women's Health and Wellbeing through Nutrition, Sport, and Physical Activity"* at the Olympic Council of Asia Women's Leadership in Sport, Qatar.
- 2013**, Mar; *"10 Steps for Healthy Eating"* at Kuwait Oil Company, Be Fit-Be Healthy Event, Al-Ahmadi.
- 2013**, May; *"The Anti-inflammatory Diet for the Management and Prevention of Chronic Diseases: How good is the evidence?"* at the 2nd Nutrition Week at Al-Amiri Hospital, Ministry of Health, Kuwait.
- 2014**, Mar; *"Diet for A Healthy Heart"* at Kuwait Oil Company "Save Your Heart" Event, Al-Ahmadi.
- 2016**, Jan; *"Maternal Nutrition Guidelines"* at the 2nd Kuwait Infant & Young Child Feeding Conference, Ministry of Health, Kuwait.
- 2018**, Oct; *"The Association between Magnesium Status and the Metabolic Syndrome among Adult Population in Kuwait"* at Dubai International Nutrition Congress, Dubai Festival City, UAE.

On Campus or Departmental Talks

2013, May; *“Oxidative Stress as a Risk Factor for Cardiovascular Diseases”* the Scientific Day Seminar at CLS, KU.

2015, Feb; *“The Controversy Surrounding Genetically Modified Foods”*, Fahad Al-Duwairy High School (Surrah, Kuwait), at CLS, KU.

2015, Mar; *“How Dangerous Is Monosodium Glutamate in Foods?”*, Suad Mohammed Al-Subah High School (Mansouriyah, Kuwait), at CLS, KU.

Workshops

2013 Alkazemi, D., Al-Sumaie, M. *“Lactation Counselor Training Course,”* Office of Training and Consultations, CLS, KU.

Peer Review Summary

BMC Nutrition (13)

BMJ open. (1)

Cogent medicine. (1)

European eating disorders review. (1)

Frontiers in nutrition. (2)

Frontiers in psychiatry. (1)

Health psychology and behavioral medicine. (2)

International Breastfeeding Journal (14)

International journal of general medicine (1)

Journal of Health, Population and Nutrition (8)

Journal of nutrition and metabolism. (1)

Journal of nutrition education and behavior. (75)

Nutrition and health. (3)

Nutrition Bulletin (1)

Obesity. (1)

PloS one. (2)

Preventive medicine reports. (1)

Public health nutrition. (1)

The international journal of eating disorders. (4)

SERVICE

- 2016-2021 Member of Graduate Students (MSc in Food Science & Nutrition) Thesis Examination Committee, Faculty of Life Sciences, Kuwait University.
- 2016-2021 Member of the Graduate Students Scientific Committee, College of Graduate Studies, Kuwait University.
- 2017-2018 Members, Academic Complaint Committee, College of Computing and Engineering, Kuwait University
- 2016- 2018 Member of the FSN Department Scientific Committee
- 2017-2018 Member in the FSN academic programs Accreditation and Assessment.
- 2016-2018 Organizing Committee Member for CLS Conference
- 2015-2017 Convener and Committee Member, Students Textbooks and CLS Library