

# Ghanima Alfaleh

2024



Assistant Professor  
Department of Food Science and Nutrition  
Collage of Life Sciences, Kuwait University  
Kuwait  
Office: CLS-S-04-1019  
Office phone No: +965 24635324  
E-mail: ghanima.alfaleh@ku.edu.kw  
Instagram: Dr.g.diet

## SUMMARY

Assistant professor at Kuwait University, college of life sciences with experience in the field of Dietetics and Nutrition since 2010 in the public and private sector. Worked in Ministry of Health outpatient clinics for nutrition counseling related to weight management, type II diabetes, ketogenic diet for seizure management, PKU special diet, and other nutrition related chronic diseases. Gained experience in running nutrition intervention programs related to pediatric nutrition, weight management, and type II diabetes. Honored to gain experience from Dasman Diabetes Institute as a clinical dietitian and researcher.

## EDUCATION

- 2004-2009 B.S., Nutrition  
College of Life Sciences  
Kuwait University, Kuwait
- 2013-2015 M.S., Dietetics and Nutrition  
Florida International University, Miami, Florida
- 2015-2018 Ph.D., Dietetics and Nutrition  
Florida International University, Miami, Florida

## EXPERIENCE

- 2010-2021  
Clinical Dietitian  
Ministry of Health, Kuwait
- 2018-2021  
Assistant Professor  
Collage of Nursing,  
Public Authority for Applied Education & Training  
Kuwait
- 2021-2023 Clinical dietitian + Researcher  
Dasman Diabetes Institute, Kuwait
- 2024-ongoing Assistant professor  
Department of Food science and Nutrition,  
College of Life Sciences,  
Kuwait University,  
Kuwait

## SKILLS

- 2009 ICDL; International Computer Driving license.
- 2011 7 months Therapeutic nutrition training  
Food & Nutrition Administration  
Ministry of Health, Kuwait.
- Infant and young child feeding consultant.
- WHO training course on child growth assessment.
- 2012 Therapeutic Nutrition for Renal Patients course
- First Aid training course by the American Heart Association
- Renal Dietetics Advanced Practice Training Course by University of Nottingham
- 2013 Nutrition and Gastroenterology Advanced Practice training course by University of Nottingham

## ACTIVITIES AND TRAINING COURSES:

- 2005-2008 Member of "Nutri Viva"; Collage of Applied Science's food science & nutrition club.
- 2006-2007 Volunteered in the study: Evaluating the Efficacy of Iron Fortification in Wheat Flour in Women at Childbearing Age in Kuwait.
- 2009 Honored to receive the Golden medal from Sheikh Sabah Al-Subah; Amir of Kuwait for graduation from Kuwait University with excellence.
- 2011 Attended Insulin Pump & Diabetes Conference, 14 CME point, Kuwait.
- 2011- 2013 Member of the KNUPPS; Kuwait Nutrition Union for Public and Private Sector.
- 2013 Attended the Third Nutricia Middle East & South-East Asia Medical Nutrition Conference, Istanbul.
- Attended the 2<sup>nd</sup> Nutrition Week organized by the Nutrition & Food Department in Al-Amiri Hospital, 8 CME points, Kuwait.
- 2019 Attended SCOPE School Kuwait Obesity in your Clinical practice – what you need to know Symposium, 16 CPD points, Kuwait.
- Volunteered in the Rijeemy Walkathon
- Attended Catalyst – the training lab Sport Nutrition Training, 6.5 CPEUs points, Kuwait.
- Attended Catalyst – Bariatric Surgery Nutritional Management, 5.5 CPEUs points, Kuwait.
- Attended Basic Life Support (CPR and AED) course by the American Heart Association, Kuwait.
- Attended Catalyst – Nutrition Focused Physical Assessment Training, 10 CPEUs points, Kuwait.

2020 Attending Kuwait Obesity Academy Intensive course by  
Dasman Diabetes Institute and World obesity, 8 SCOPE points, Kuwait.

#### PUBLICATIONS:

Alabdullah G, Abel D, Shaban L, Huffman F: Kuwaiti Mother's Perception of Her 3-5-Year-Old Child's Body Mass Index. Experimental Biology, San Diego, California, 2016.

Alabdullah G, Sneij A. Fast-Paced Society: Influence of Societal Structure on Eating Habits and Physical Activities. Graduate Student Appreciation Week, Miami, Florida, 2016.

Alabdullah G, Abel D, Shaban L, Huffman F: Kuwaiti Mother's Perception of Her 3-5-Year-Old Child's Body Mass Index. Kuwait International Conference on Life Science, Kuwait, 2017.

Ghanima Alabdullah, Joan Vaccaro, Deborah Abel, Lemia Habib, Fatma Huffman. Kuwaiti Mothers' Perception of Their Child's Body Mass Index and Their Belief in Early Childhood Dietary Advice. *Curre Res Diabetes & Obes J.* 2018; 6(4): 555693. DOI: 10.19080/CRDOJ.2018.06.555693 005

Alabdullah G, Huffman F, Campa A, Coccia C, George F, Shaban L: Promoting healthy eating habits among school-aged children in Kuwait - "My Healthy Habits Summer Camp". *Future of Food and Nutrition*, Boston, Massachusetts, 2018.

Ghanima Alfaleh, Fatma G. Huffman, Tan Li, Joan A. Vaccaro. Child Obesity Prevention Intervention in Kuwaiti Summer Camps Targeting Health Behaviors in Nutrition, Physical Activity, and Screen. *J of Health Science and Medical Research.* 2020. doi: 10.31584/jhsmr.2020765