

Education

Ph.D Dietetics and Nutrition,

Florida International University, USA 2012

Concentrations: Clinical Nutrition, Type 2 Diabetes, vitamin D receptor polymorphisms.

Dissertation: “Vitamin D levels, vitamin D receptor polymorphisms and HOMA2 model in Cuban Americans, Haitian Americans, and African Americans with and without type 2 Diabetes”. The dissertation assessed vitamin D levels, HOMA2 and looked at TaqI and ApaI VDR polymorphisms in association with three different ethnicities with and without type 2 diabetes.

MSc Public Health,

The University of Westminster, UK 2003

Concentrations: Nutrition and Health Care

Thesis: “Recommendations for tackling childhood obesity in Kuwait: a review of public health interventions”. A literature review was conducted on different countries with successful public health interventions, these interventions were then assessed for practicality in Kuwait. Recommendations based on literature review and being a native Kuwaiti were provided.

BSc Biochemistry,

Kuwait University, Kuwait 2002

Minor in Zoology

Research Experience

2010-2012 Post graduate in use of ELISA, PCR, RT PCR, gel electrophoresis.

Work experience:

2012-Present Associate professor, Kuwait University, Kuwait

2006-2008 Foundations of Nutrition Science Laboratory, Florida International University

2005-2006 Nutrition and Fitness, American University of Kuwait

2001-2002 Lab Technician Faculty of Medicine, Biochemistry Dept. Kuwait University

Courses Taught

Undergraduate courses

(at Kuwait University, College of Life Sciences, Kuwait).

1. FSN 424 Maternal and Child Nutrition
2. FSN 105 Personal Nutrition and Women's Health Issues
3. FSC 152 Internship (Nutrition),
4. FSN 440 Nutrition and Dietetics Lab
5. FSN 123 Women in the Workplace
6. FSN 426 Nutrition Therapeutics
7. FSN 110 Introduction to Nutrition and Food Science
8. FSN 423 Nutrition Education
9. CLS 130 Ethics and Principles.

Postgraduate courses taught continuously since 2013/and when available

1. Applied Clinical Nutrition, College of Life Sciences, Kuwait University.
2013-present
2. Public Health Nutrition, College of Life Sciences, Kuwait University.
2013-present

Journal Publications

1. Ziyab, A. H., Al-Taiar, A., Al-Sabah, R., **Shaban, L.**, Almousa, Z., AlBaloul, A. H., & Karmaus, W. (2023). Sex and obesity status modify the association between vitamin D and eczema among adolescents. *Pediatric research*, 94(3), 1235–1242. <https://doi.org/10.1038/s41390-023-02641-y>
2. Sukhram, S. D., Zarini, G. G., **Shaban, L. H.**, Vaccaro, J. A., Sukhram, A. R., & Huffman, F. G. (2023). Serum cotinine as a predictor of lipid-related indices in Turkish immigrants with type 2 diabetes: A clinic-based cross-sectional study. *Frontiers in medicine*, 10, 1011045. <https://doi.org/10.3389/fmed.2023.1011045>

3. Alhammad, R., Abu-Farha, M., Rahman, A., Thanaraj, T.A., **Shaban, L.**, & Abubaker J. (2023). LRG1 Associates with Iron Deficiency Anemia Markers in Adolescents. *Nutrients*. 11;15(14):3100. doi: 10.3390/nu15143100. PMID: 37513518; PMCID: PMC10384480.
4. Sukhram, S. D., Zarini, G. G., **Shaban, L. H.**, Vaccaro, J. A., & Huffman, F. G. (2022). Microalbuminuria and Hypertension among Immigrants with Type 2 Diabetes: A Community-Based Cross-Sectional Study. *Journal of personalized medicine*, 12(11), 1777. <https://doi.org/10.3390/jpm12111777>
5. Alhammad, R., Abu-Farha, M., Hammad, M. M., Thanaraj, T. A., Channanath, A., Alam-Eldin, N., Al-Sabah, R., **Shaban, L.**, Alduraywish, A., Al-Mulla, F., Rahman, A., & Abubaker, J. (2022). Increased LRG1 Levels in Overweight and Obese Adolescents and Its Association with Obesity Markers, Including Leptin, Chemerin, and High Sensitivity C-Reactive Protein. *International journal of molecular sciences*, 23(15), 8564. <https://doi.org/10.3390/ijms23158564>
6. Al-Taiar, A., Al-Sabah, R., **Shaban, L.**, Sharaf Alldin, R., Durgampudi, P. K., & Galadima, H. (2022). Is age of menarche directly related to vitamin D levels?. *American journal of human biology : the official journal of the Human Biology Council*, 34(6), e23731. <https://doi.org/10.1002/ajhb.23731>
7. Al-Sabah, R., Al-Taiar, A., **Shaban, L.**, Albatineh, A. N., Sharaf Alldin, R., & Durgampudi, P. K. (2022). Vitamin D level in relation to depression symptoms during adolescence. *Child and adolescent psychiatry and mental health*, 16(1), 53. <https://doi.org/10.1186/s13034-022-00489-4>
8. **Shaban, L.**, Al-Taiar, A., Rahman, A., Al-Sabah, R., & Mojiminiyi, O. (2020). Anemia and its associated factors among Adolescents in Kuwait. *Scientific reports*, 10(1), 5857. <https://doi.org/10.1038/s41598-020-60816-7>
9. Al-Taiar, A., Rahman, A., Al-Sabah, R., **Shaban, L.**, AlBaloul, A. H., Banaee, S., & Akpınar-Elci, M. (2020). Vitamin D levels in relation to low back pain during adolescence. *The British journal of nutrition*, 123(11), 1302–1311. <https://doi.org/10.1017/S0007114520000720>
10. Al-Sabah, R., Al-Taiar, A., Rahman, A., **Shaban, L.**, Al-Harbi, A., & Mojiminiyi, O. (2020). Season of birth and sugary beverages are predictors of Raven's Standard Progressive Matrices Scores in adolescents. *Scientific reports*, 10(1), 6145. <https://doi.org/10.1038/s41598-020-63089-2>
11. Rahman, A., Al-Taiar, A., **Shaban, L.**, Al-Sabah, R., & Mojiminiyi, O. (2020). The routine chemiluminescence assay for plasma 25-hydroxyvitamin D analysis does not overestimate the prevalence of vitamin D deficiency in adolescents. *Nutrition research* (New York, N.Y.), 79, 60–67.

- <https://doi.org/10.1016/j.nutres.2020.05.013><https://doi.org/10.1016/j.nutres.2020.05.013>
12. Hammad, M. M., Abu-Farha, M., Al-Taiar, A., Alam-Eldin, N., Al-Sabah, R., **Shaban, L.**, Al-Mulla, F., Abubaker, J., & Rahman, A. (2020). Correlation of circulating ANGPTL5 levels with obesity, high sensitivity C-reactive protein and oxidized low-density lipoprotein in adolescents. *Scientific reports*, 10(1), 6330. <https://doi.org/10.1038/s41598-020-63076-7>
 13. Rahman, A., Al-Taiar, A., **Shaban, L.**, Al-Sabah, R., & Mojiminiyi, O. (2020). Plasma 25-hydroxyvitamin D is positively associated with folate and vitamin B12 levels in adolescents. *Nutrition research* (New York, N.Y.), 79, 87–99. <https://doi.org/10.1016/j.nutres.2020.06.003>
 14. Alkazemi, D., Saleh, A., **Shaban, L.**, & Al-Hilal, M. (2019). Intuitive Eating and Weight Restrictive Practices among Dietitians in Kuwait. *Arab Journal of Nutrition and Exercise*, 4(1), 18. doi: 10.18502/ajne.v4i1.4481
 15. **Shaban, L.**, & Alkazemi, D.(2019). Trends in fast-food consumption among Kuwaiti youth. *International Journal of Preventive Medicine*, 10(1), 44. doi: 10.4103/ijpvm.ijpvm_480_18
 16. Al-Taiar, A., Rahman, A., Al-Sabah, R., **Shaban, L.**, & Akhtar S. (2018). Plasma 25-Hydroxy Vitamin D is not Associated with Acne Vulgaris. *Nutrients*, 10(10): 1525. doi: 10.3390/nu10101525
 17. Rahman A., Al-Taiar, A., **Shaban, L.**, Al-Sabah, R., & Mojiminiyi, O. (2018). Plasma 25-Hydroxy Vitamin D Is Not Associated with Either Cognitive Function or Academic Performance in Adolescents. *Nutrients*. 1;10(9), 1197. doi: 10.3390/nu10091197
 18. Al-Taiar, A., Rahman, A., Al-Sabah, R., **Shaban, L.**, & Al-Harbi, A. (2018). Vitamin D status among adolescents in Kuwait: a cross-sectional study. *BMJ open*, 8(7), e021401. <https://doi.org/10.1136/bmjopen-2017-021401>
 19. Alabdullah, G., Vaccaro, J.A., Abel, D., **Shaban, L.H.**, Huffman, F.G. (2018) Kuwaiti mothers' perception of their child's body mass index and their belief in early childhood dietary advice. *Current changes in Diabetes and Obesity Journal*,6(4).
 20. **Shaban, L. H.**, Vaccaro, J. A., Sukhram, S. D., & Huffman, F. G. (2017). Do mothers affect daughter's behaviors? Diet, physical activity, and sedentary behaviors in Kuwaiti mother–daughter dyads. *Ecology of Food and Nutrition*, 1-15. doi:10.1080/03670244.2017.1418337
 21. **Shaban, L. H.**, Vaccaro, J. A., Sukhram, S. D., & Huffman, F. G. (2016). Perceived Body Image, Eating Behavior, and Sedentary Activities and Body Mass Index Categories in Kuwaiti Female Adolescents. *International Journal of Pediatrics*, 2016, 1-7. doi:10.1155/2016/1092819

22. Cheema, A.K., Zarini, G.G., Exebio, J., Ajabshir, S., **Shaban, L.**, Antwi, J., Vaccaro, J.A., Huffman, F. (2014) Ethnic Differences in Insulin Resistance, Adiponectin Levels and Abdominal Obesity: Haitian Americans and African Americans, with and without Type 2 Diabetes Mellitus. *British Journal of Medicine & Medical Research* 4(26): 4455-4469. doi: 10.9734/bjmmr/2014/10333
23. Huffman, F.G., Vaccaro, J.A., Rowe, T., Zarini, G.G., Sukhram, S., **Shaban, L.H.** & Himburg, S. (2014). Obesity indicators and C-reactive protein in African and Haitian Americans with and without type 2 diabetes. *Journal of Nutritional Disorders and Therapy*, 4:2, <http://dx.doi.org/10.4172/2161-0509.1000145>
24. Ajabshir, S., Exebio, J.C., Zarini, G.G., Nayer, A., McLean, M., **Shaban, L.**, & Huffman, F.G. (2014). Skin Color and Self-reported Sun Exposure Scores are Associated with Serum 25-Hydroxyvitamin D Concentrations in a Multi-ethnic Population Living in South Florida. *British Journal of Medicine & Medical Research*, 4(34): 5312-5323. doi: 10.9734/bjmmr/2014/10551
25. Huffman, F.G., Vaccaro, J.A., Exebio, J.C., Ajabshir, S., Zarini, G.G., & **Shaban, L.** (2013). Relationship of Omega-3 Fatty Acids on C-Reactive Protein and Homocysteine in Haitian and African Americans with and without Type 2 Diabetes. *Journal of Nutrition & Food Sciences*, 03(01). doi:10.4172/2155-9600.1000180
26. **Shaban, L.**, Zarini, G.G., Exebio, J.C., Sukhram, S.D., & Huffman, F.G. (2012). Serum Vitamin D Insufficiency and Diabetes Status in Three-Ethnic Minority Groups. *Journal of Immigrant and Minority Health*, 14(6), 926-932. doi: 10.1007/s10903-012-9634-2
27. Sukhram, S.D., Zarini, G.G., **Shaban, L.H.**, Vaccaro, J.A., Huffman, F.G.(2012) Obesity and Serum High Sensitivity C-Reactive Protein Levels Among Elderly Turkish Immigrants in the Netherlands with Type 2 Diabetes. *Ageing International*, 39(1), 68–80. doi: 10.1007/s12126-012-9149-0
28. Huffman, F.G., De La Cera, M., Vaccaro, J.A., Zarini, G.G., Exebio, J., Gundupalli, D., & **Shaban, L.** (2011). Healthy Eating Index and Alternate Healthy Eating Index among Haitian Americans and African Americans with and without Type 2 Diabetes. *Journal of Nutrition and Metabolism*, 2011, 1–8. doi: 10.1155/2011/398324
29. Thomson, M., Al-Amin, Z.M., Al-Qattan, K.K., **Shaban, L.H.**, & Ali, M. (2007). Anti-diabetic and hypolipidaemic properties of garlic (*Allium sativum*) in streptozotocin-induced diabetic rats. *International Journal of Diabetes & Metabolism*, 15, 108-115.

Published Abstracts

1. Zarini, G., **Shaban, L.**, Exebio, J., Vaccaro, J., Ajabshir, S. and Huffman, F. (2015). Relationship between Microalbuminuria and Serum Vitamin D Levels in African Americans with Type 2 Diabetes. *The FASEB Journal*, 29: 902.6. https://doi.org/10.1096/fasebj.29.1_supplement.902.6
2. Ajabshir, S., Exebio, J., Zarini, G., Nayer, A., Vaccaro, J., **Shaban, L.** and Huffman, F. (2014). Serum 25-hydroxy vitamin D is associated with blood total cholesterol and diastolic blood pressure in a young multi-ethnic group living in South Florida (1041.15). *The FASEB Journal*, 28: 1041.15. https://doi.org/10.1096/fasebj.28.1_supplement.1041.15
3. Huffman, F., Feijao, K., **Shaban, L.**, Zarini, G., Ajabshir, S. and Vaccaro, J. (2014), Body mass index and serum vitamin D levels in Cuban, African, and Haitian Americans with type 2 diabetes (1029.7). *The FASEB Journal*, 28: 1029.7. https://doi.org/10.1096/fasebj.28.1_supplement.1029.7
4. Sukhram, S., **Shaban, L.**, Huffman, F. (2014). Environmental influences on cardiovascular risk factors among Turkish immigrants in the Netherlands with type 2 diabetes (806.4). *The FASEB Journal*, 28: 806.4. https://doi.org/10.1096/fasebj.28.1_supplement.806.4
5. Zarini, G.G., **Shaban, L.**, Exebio, J.C., McLean, M. and Huffman, F.G. (2013), Relationship between 25-hydroxyvitamin D and adiponectin levels in Blacks. *The FASEB Journal*, 27: 841.4-841.4. https://doi.org/10.1096/fasebj.27.1_supplement.841.4
6. Exebio, J.C., Ajabshir, S., Zarini, G.G., **Shaban, L.** and Huffman, F.G. (2013), Use of HOMA indexes for the identification of metabolic syndrome and insulin resistance among Cuban-Americans. *The FASEB Journal*, 27: 615.12-615.12. https://doi.org/10.1096/fasebj.27.1_supplement.615.12
7. Cheema, A.K., Zarini, G.G., Vaccaro, J.A., **Shaban, L.**, Dorak, M.T. and Huffman, F.G. (2013), Prevalence of Gly482Ser polymorphism of PPARGC1A in Cuban Americans. *The FASEB Journal*, 27: 1212.1-1212.1. https://doi.org/10.1096/fasebj.27.1_supplement.1212.1
8. Sukram, S., Zarini, G.G., **Shaban, L.** and Huffman, F.G. (2013), Microalbuminuria and hypertension among Turkish immigrants in the Netherlands with type 2 diabetes. *The FASEB Journal*, 27: 841.18-841.18. https://doi.org/10.1096/fasebj.27.1_supplement.841.18
9. **Shaban, L.**, Zarini, G.G., Exebio, J.C., Shin, D. and Huffman, F.G. (2012), Association between TaqI vitamin D receptor (VDR) gene polymorphism and

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LDL-C in Cuban Americans. FASEB J, 26: 526.6-526.6.
https://doi.org/10.1096/fasebj.26.1_supplement.526.6

Posters and Presentations

1. Anemia among School Children in Kuwait. **Lemia H. Shaban**, Abdullah Al-Taiar, AbduRahman Ahmed, Reem Al-Sabah, Anwar Al-Harbi at the Faculty of Medicine, Kuwait University. March 12-14, 2019.
2. The frequency of fast food intake among students at Kuwait University. **Lemia H. Shaban**, Hamed Alfeeli, Zainab Ashkanani, Dalal Alkazemi. Department of Food science and Nutrition, College of Life Sciences, Kuwait University- Won first prize at College level. March 14, 2018
3. Environmental influences on cardiovascular risk factors among Turkish immigrants in the Netherlands with type 2 diabetes. Shiryn D. Sukhram, **Lemia H. Shaban**, Fatma G. Huffman. Department of Biology, College of Staten Island, Staten Island, NY, College for Women, Kuwait University, Kuwait City, Kuwait, Dietetics & Nutrition, Florida International University, Miami, FL.
4. Microalbuminuria and hypertension among Turkish immigrants in the Netherlands with type 2 diabetes. Shiryn Sukram, Gustavo G Zarini, **Lemia Shaban**, Fatma G Huffman. Environmental & Occupational Health, Dietetics and Nutrition, Florida International University, Miami, FL, Food Science and Nutrition, College for Women, Kuwait University, Kuwait, Kuwait.
5. Use of HOMA indexes for the identification of metabolic syndrome and insulin resistance among Cuban-Americans. Joel C Exebio, Sahar Ajabshir, Gustavo G Zarini, **Lemia Shaban**, Fatma G Huffman. Dietetics and Nutrition, Florida International University, Miami, FL, Food Science and Nutrition, College for Women, Kuwait University, Kuwait, Kuwait
6. Relationship between 25-hydroxyvitamin D and adiponectin levels in Blacks. Gustavo G Zarini, **Lemia Shaban**, Joel C Exebio, Michael McLean, Fatma G Huffman. Dietetics and Nutrition, Florida International University, Miami, FL, Food Science and Nutrition, College for Women, Kuwait University, Kuwait, Kuwait
7. Prevalence of Gly482Ser polymorphism of PPARGC1A in Cuban Americans. Amanpreet K Cheema, Gustavo G Zarini, Joan A Vaccaro, **Lemia Shaban**, Mehmet T

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Dorak, Fatma G Huffman. Dietetics and Nutrition, Environmental & Occupational Health, Florida International University, Miami, FL, Food Science and Nutrition, College for Women, Kuwait University, Kuwait, Kuwait

8. Environmental influences on cardiovascular risk factors among Turkish immigrants in the Netherlands with type 2 diabetes. Shiryn D. Sukhram, **Lemia H. Shaban**, Fatma G. Huffman. Department of Biology, College of Staten Island, Staten Island, NY. Food Science and Nutrition, College of Life Sciences, Kuwait University, Kuwait City, Kuwait
³Dietetics and Nutrition, Florida International University, Miami, FL

Scholarships and Awards/certifications

- 2020 Institute of Functional medicine certified practitioner (IFMCP)
- 2018 **Shaban, L.H.**, Alkazemi, D. “The Frequency of Fast Food Intake Among Students at Kuwait University”. March 2018, KU Poster Day for Scientific Faculties. The poster won *first place* for the faculty members’ category on the College of Life Sciences level.
- 2017 **Bareec** (positivity in the classroom) certification of completion to commence Instruction
- 2012 **Registered Dietitian, RD/RDN** (USA), awarded by the Academy of Nutrition and Dietetics.
- 2012 Associate member of the Sigma Xi Scientific Research Society (USA), awarded by the Florida International University Chapter of the Society.
- 2010 Lactation Educator Counselor (USA), awarded by University of California, San Diego.
- 2003 Scholarship from Kuwait University for PhD

Membership of international Societies

- 2018 to date Institute of functional Medicine
- 2006 to date Academy of Nutrition and Dietetics
- 2012-2016 Honorary membership in Sigma Xi Scientific research Society

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