

Huda Mustafa Al Hourani

Curriculum Vitae

Associate Professor

Dept. of Clinical Nutrition and Dietetics

Faculty of Applied Health Sciences

The Hashemite University

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Education

2002	PhD	Nutrition Oxford Brookes University/ United Kingdom
1991	MSc	Nutrition Science Jordan University/ Hashemite Kingdom of Jordan
1985	BSc	Public Health Nutrition Yarmouk University/ Hashemite Kingdom of Jordan

Dissertations

Nutritional factors associated with obesity in adolescent females in the United Arab Emirates. Doctoral Dissertation

The effect of nutrition education of a sample of Jordanian diabetic patients on body weight and blood glucose and lipids. Master's Dissertation

Professional Experience

2019 - Present	Associate Professor - Dept. of Clinical Nutrition & Dietetics, Faculty of Applied Health Sciences- Hashemite University. Jordan
2018 – 2019	Sabbatical at The National Center for Diabetes, Endocrinology and Genetics (NCDEG). Amman-Jordan
2014 – 2018	Associate Professor - Dept. of Clinical Nutrition & Dietetics, Faculty of Applied Health Sciences- Hashemite University. Jordan
2013 - 2014	Associate Professor - Dept. of Nutrition & Health, College of Food & Agriculture. United Arab Emirates University. United Arab Emirates
2010 – 2012	Associate Professor- Dept. of Clinical Nutrition & Dietetics, Faculty of Allied Health Sciences- Hashemite University. Jordan
2008 –2012	Chairperson, Dept. of Clinical Nutrition and Dietetics, Faculty of Allied Health Sciences- Hashemite University. Jordan
2002 – 2009	Assistant Professor- Dept. of Clinical Nutrition & Dietetics, Faculty of Allied Health Sciences- Hashemite University. Jordan
2006 – 2007	Dean’s Assistant- Faculty of Allied Health Sciences- Hashemite University. Jordan
1995 – 2000	Instructor-Dept. of Food Sciences and Nutrition, Faculty of Agricultural Sciences- University. United Arab Emirates - United Arab Emirates
1991 – 1995	Dietitian - Dietician-Balsam Nutrition Counseling Center, Amman-Jordan (My own center)
1992 – 1994	Part-time instructor, Faculty of Nursing, Jordan University-Jordan
Jan – July 1993	Assistant Nutritionist-United Nation for Relief and Works for Palestine Refugees (UNURWA), Amman-Jordan

1987 - 1988	Deputy Head of Nutrition Department at Princess Basma Teaching Hospital. Irbid - Jordan
1985 - 1988	Laboratory Technician/Dept. Public Health /Faculty of Medicine. Jordan University of Science and Technology, Irbid- Jordan

Publications

1. Manar Fayiz Atoum, Foad Alzoughool and **Huda Al-Hourani**. 2020. Linkage Between Obesity Leptin and Breast Cancer. *Breast Cancer: Basic and Clinical Research* 14: 1-8
2. Foad Alzoughool , Manar Atoum , **Huda Al Hourani** , Rana Abdelqader, Hani Masalha, Abdel-Rahman Alkharabsheh, Aymen Abu-Awad. 2019. Significant reduction of T3 hormone and increase in the occurrence of non-thyroid illness syndrome in ovarian cyst and polycystic ovary syndrome patients. *Gazzetta Medica Italiana* 178:775-80
3. Foad Alzoughool, **Huda Al Hourani**, Manar Atoum, Rana Abdelgader and Loai Alanagreh. 2019. Irisin, leptin and adiponectin levels are reduced significantly during fasting. *Mediterranean Journal of Nutrition and Metabolism* 12:1-8
4. Al Haj Mahmoud S, Atoum M, **Al Hourani H**, Bataienh S, Abderrhman S and Al Zoughool F. 2018. Vitamin D Deficiency and RS731236(TAQ1) Vitamin D Receptors Gene Polymorphism as Possible Risk for Rheumatoid Arthritis and Osteoarthritis. *Acta Medica Mediterranea*, 34: 209
5. Atoum M, **Al-Hourani H**, Nimer N, Almuhrif T, Raheem S.2012. Endogenous estradiol, estrogen, and progesterone receptors increase benign and breast cancer risk among non-familial postmenopausal females. *Health Science Journal* 6: 693-702.
6. Atoum MF, **Al Hourani HM**, Shoter A, Al-Raheem SN, Al Muhrib TK (2010) TNM staging and classification (familial and nonfamilial) of breast cancer in Jordanian females. *Indian Journal of Cancer* 47 (2): 152 – 156.
7. Al Dhaheri AS, Henry CJ, Lightowler HJ, Cheikh Ismail LI, Tydeman E, **Al Hourani HM** (2010) Role of Body Composition in the Glycaemic Response to Foods Fed to Three Different Ethnic Groups: A Pilot Study. *Ann Nutr Metab* 56(3):217-224.

8. Raheem SN, Atoum M, **Al-Hourani H**, Rasheed M, Nimer N, Almuhrif T (2010) Relationship between plasma progesterone, estradiol and prolactin concentrations and breast cancer in pre and postmenopausal women. *Neoplasma* 57(1):74-8
9. Alboqai O, Suleiman A, Al **Hourani H**, Obeidat B, Abuirmeileh N, El-QudaH J, Al Masad M. (2009) Central adiposity rather than overall obesity influences cardio metabolic risk factors among adult males in Northern Jordan *Diabetologia Croatica* 38 (3): 73-82.
10. **Al Hourani HM**, Atoum M, Akel S, Awawdeh S, and Hijjawi N. (2009) Effects of Ramadan Fasting on Some Haematological and Biochemical Parameters. *Jordan Journal of Biological Sciences* 2 (3): 103-108
11. **Al Hourani HM**, Atoum M, Alboqai OK, Cheikh Ismail LI, Aldhaheeri AS, and Hijjawi N (2009) Effectiveness of Dietary Intervention for Obese Women in Jordan. *Int J Food Sci Nutr* 60 Suppl 3:76-82.
12. Cheikh Ismail LI, **Al-Hourani H**, Lightowler HJ, Aldhaheeri AS, Henry CJ (2009) Energy and Nutrient Intakes during Different Phases of the Menstrual Cycle in Females in the United Arab Emirates. *Ann Nutr Metab* 54: 124-128.
13. **Al Hourani HM**, Atoum M, Alboqai OK, and Cheikh Ismail LI (2009) Evaluation of Diabetic Diets in Jordanian Hospitals. *Diabetologia Croatica* 38 (1): 7 – 12.
14. Sheikh – Ismail LI, Henry CJ, Lightowler HJ, Aldhaheeri AS, Masuadi E, and **Al Hournai HM**. (2009) Prevalence of overweight and obesity among adult females in the United Arab Emirates. *Int J Food Sci Nutr* 60 Suppl 3:26-33
15. **Hourani HM**, Atoum MF. (2007). Body composition, nutrient intake and physical activity patterns in young women during Ramadan. *Singapore Med J* 48:906-910.
16. Alboqai OK, Abu Odeh A, **Al Hourani HM**, Al-Qudah F. (2007) Obesity and serum uric acid. *Bahrain Med Bull* 29:94-96
17. Alboqai OK, Suliman AA, Al-Natour MQ, **Al Hourani HM**, Abuirmeileh NM (2006) Estimated risk of coronary heart disease in obese adult males in Northern Jordan. *Saudi Med J* 27: 681-686.
18. Atoum MF, and **Al –Hourani H** (2004) Lifestyle related risk factors for breast cancer in Jordanian Females. *Saudi Med J* 25: 1245- 1249.
19. Henry CJ, Lightowler HJ, **Al-Hourani HM** (2004) Physical activity and levels of inactivity in adolescent females ages 11-16 years in the United Arab Emirates. *Am J Hum Biol.* 16:346-

53.

20. Atoum MF, and Al –Hourani H (2004) Comparison of some risk factors between non familial and familial breast cancer females in Jordan. *Saudi Med J* 25: 447-450.
21. Al-Hourani HM, Henry CJ, Lightowler HJ. (2003) Prevalence of overweight among adolescent females in the United Arab Emirates. *Am J Hum Biol* 15: 758-764.

Book Chapters

Balanced Nutrition and Menu Planning, 1997: in Food and Nutrition. World Health Organization

Nutrition for the Nursing Secondary Class, 1996. Jordan. Ministry of Education, Amman-Jordan

New trends in Nutrition Education for Diabetic Patients (Booklet) 1992, Islamic Hospital, Amman Jordan (Booklet).

Conferences, Workshops and Courses

24 th – 26 th June 2018	Nutrition Care Process Course for Dietitian. Kuwait (Lecturer)
16 th – 18 th May 2017	Anthropometric Training of Field Staff for a Research Study. WHO Expert. Nairobi/ Kenya
25 th – 26 th April 2017	Anthropometric Training of Field Staff for a Research Study. WHO Expert. Dhaka/ Bangladesh
13 th – 15 th April 2016	WHO Guideline Development Group meeting – the control of soil-transmitted helminth infections in high-risk groups: preventive chemotherapy in children, adolescents and women for health and nutrition, Geneva, Switzerland (Participant) .
6 th – 7 th May 2014	Sub-Regional Workshop on the Development of National Action Plan on Salt and Fat Reduction, Al Ain – United Arab Emirates (Participant)
28 th Feb–2 March 2014	Excellence in Diabetes. Doha – Qatar (Presenting)
8 th – 12 th Dec. 2013	Regional Training Workshop (TOT) on WHO Child Growth Standards. Al Ain - United Arab Emirates (Facilitator)
15 th – 17 th April 2013	School Gardening Project. Al Ain,- United Arab Emirates (Expert)
10 th -11 th June 2012	Medical Nutrition Therapy for Diabetes Mellitus Workshop. Al Ain – United Arab Emirates (Instructor)
12 th -15 th March 2012	National Training Workshop on WHO Growth Standards. Al Ain – United Arab Emirates (Facilitator)
6 th – 9 th April 2011	4 th International Congress on Prediabetes and the Metabolic Syndrome. Madrid – Spain (Presenting)
25 th – 31 st Jan 2011	Tawasol/Tempus Service-Learning and Civic Engagement Workshops – Lebanon (Attending)

8 th – 11 th June 2010	National Training Workshop on WHO Growth Standards. Beirut – Lebanon (Participant)
17 -27 th Jan. 2010	Training Course on WHO Child Growth Standards. Cairo and Luxor - Egypt (Facilitator) National Core Trainers’ Training On WHO Child Growth Standards. Hyderabad – India (Global Trainer)
9 -13 th June 2009	
17- 25 th 2009	Training Course on WHO Child Growth Standards. Sharjah – United Arab Emirates (Facilitator)
2- 6 th Nov. 2008	Lecturer at Jordan Center for Diabetes & Endocrinology (JCDE), Amman –Jordan
23 rd Apr. 2008	Updated issues in Medical Nutrition Therapy. Irbid – Jordan (Lecturer)
24 – 27 th Mar. 2008	Training Course on WHO Child Growth Standards. Al Ain – United Arab Emirates (Facilitator)
7 -15 th Nov. 2007	Jordan Center for Diabetes & Endocrinology (JCDE), Amman –Jordan (Lecturer)
19 -22 nd Aug. 2007	Second National Training workshop on the new WHO Child Growth Standards, Amman – Jordan (Facilitator)
5 – 9 th Aug 2007	National Training Workshop on the new WHO Child Growth Standards, Khartoum – Sudan (Facilitator)
8 -12 th Jul. 2007	First National Training workshop on the new WHO Child Growth Standards, Amman – Jordan (Facilitator)
17 – 24 th June 2007	Studies on DM in Jordan at Lund University Diabetes Centre – Sweden (Lecturer)
9 th June 2007	Updated Medical Nutrition Therapy for Diabetic Patients. Amman – Jordan (Lecturer)

20thFeb – 1st Mar 2007 Regional Workshop to develop regional capacity in the introduction and dissemination of the WHO new growth curves in member states, EMRO, Cairo – Egypt
(Trainee and Facilitator)

26thAug. – 9th Sep.2006 Medical Nutrition Therapy in DM for Medical Doctors. Amman – Jordan **(Lecturer)**

16 – 22nd July 2006 Cambridge Diabetes Seminar. Cambridge–UK,
(Presenting and attending).

24 – 26th Mar. 2006 The 6th Diabetes in Asia Conference. Cairo- Egypt
(Presenting)

19thApr. – 14th May 2005 Course in Biostatistics and Epidemiology. King Hussein Cancer Center. Amman-Jordan **(Participant)**

29th Jul – 29th Aug 2004 Oxford Brookes University. Oxford – UK **(Visiting Researcher)**

21st Mar. 2004 Updated Nutrition Issues for Pregnant and Lactating. Amman – Jordan **(Lecturer)**

19 – 21st Oct. 2003 The first international conference on food systems. Al Ain - United Arab Emirates **(Presenting)**

30 – 5th Jul. 2002 Evaluation of Nutrition Department - Zayed Military Hospital. Abu Dhabi – United Arab Emirates

4- 7th Sep. 2001 Leeds course in clinical nutrition. Leeds-UK
(Participant)

17th Jul. 2001 Tackling obesity in tomorrow’s world. London-UK
(Participant)

10 -12th July 2001 Summer Meeting and Nutrition Society Diamond Jubilee Celebration. Sheffield-UK **(Presenting)**

- 21st Feb 2001 Nutritional Effects of New Processing Technologies.
Winter Meeting for the Nutrition Society. London-UK
(Participant)
- 14th Apr. 1999 Food Quality Control: It's Effect in Securing proper
Nutrition in Gulf Region .Al-Ain, United Arab Emirates
(Participant)
- 8th Apr. 1999 Annual Workshop on Diabetes Mellitus and its
Complications. Al Ain- United Arab Emirates
(Participant)
- 11th Dec. 1996 Treatment and Education of Diabetic Patients. Dubai.
United Arab Emirates **(Lecturer)**
- 27th Nov 1996 Treatment and Education of Diabetic Patients. Abu
Dhabi. United Arab Emirates **(Lecturer)**
- 21 – 23rd Nov. 1995 Establishing Food Composition Data for the Arab
Countries of the Gulf. Al-Ain. United Arab Emirates
(Participant)

Supervision of Master Thesis

Ibtessam Tallozi, M.Sc: Nutritional status of adolescent females in Irbid governorate. January 2006. **(Co supervisor)**

Dr. Ali Alradaidah, MSc: Prevalence of Overweight and Obesity and Associated Risk Factors among School Children in Jordan 2008 **(Supervisor)**

Dana Al-Mahmoud. MSc. The effect of Body Weight on Glycemic Control in Patients with Type 2 Diabetes Mellitus 2017 **(Supervisor)**

Rana Ababneh. MSc. Prevalence of Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders Among Young people with Dysglycemia 2018 **(Supervisor)**

Reem Al-Raoush. MSc .Prevalence of hyperuricemia and associated Factors among type 2 diabetic patients in Jordan 2018 **(Supervisor)**

Aya'' Mohammad Azzam' AL-Taylouni. MSc. The association between rs7903146 polymorphism at the transcription factor7-like 2 gene that regulates insulin and glucagon among type 2 diabetes mellitus patients 2018 **(Co supervisor)**

Journal Reviewer

1. Jordan Journal of Biological Sciences
2. Woman & Health
3. International Journal of Food Sciences & Nutrition
4. Ecology of Food and Nutrition
5. Public Health Nutrition
6. Acta Endocrinologica
7. Journal of Religion and Health
8. Nutrition and Food Technology

Taught Courses

Graduate	Advanced Diet Therapy at Jordan University of Science and Technology. Irbid - Jordan Research Methods & Data Analysis at The Hashemite University
Undergraduate	Nutrition Counseling and Education Medical Nutrition Therapy 1 Medical Nutrition Therapy 2 Nutrition and Health Nutrition Throughout the Lifecycle Community Nutrition Computer Applications in Clinical Nutrition and Dietetics Field training in Clinical Nutrition and Dietetics Dietetics Cosmetic Nutrition Fundamentals of Nutrition Principles of Nutrition Human Nutrition & Metabolism

Field of Specialization and Interests

The prevalence of obesity increases dramatically worldwide, environmental factors rather than genetics have been suggested as a major cause of obesity. The environmental factors can be divided into 2 subgroups: energy intake (food intake) and energy expenditure (physical activity).

Food intake is composed of two parts, the quantity of the food and the quality of the food (nutrients, and mainly macronutrients, especially fat). Obesity is a major threat to the public health. Obesity may lead to a number of health problems affecting many systems in the human body, as well as psychological and economic problems. There is a direct association between weight, obesity and several diseases. These include type 2 diabetes mellitus, cardiovascular diseases (CVD), dyslipidemia, hypertension and cancer such as breast cancer. The primary goal of my research program is to:

1. Estimate the amount of food intake and its component of carbohydrate, protein and fat in order to calculate the energy intake which has an effect on weight gain.
2. Evaluation of the quality and quantity of diets offered to diabetic patients. The main goal of this investigation is to pinpoint the amount and the type of nutrients offered to diabetic patients and its effect on weight and glycemic control.
3. Estimate the prevalence of overweight and obesity among different age groups especially children and adolescents; it aims at highlight the risk factors and finds the appropriate dietary intervention program
4. Examine the relationship between obesity, lipid profile and blood pressure, and to quantify the risk of coronary heart disease. The chief goal is find an appropriate dietary intervention program to overcome the problems of obesity, hypertension and impaired lipid profile.
5. Study the modifiable lifestyle risk factors of breast cancer such as obesity, physical activity, and smoking. The ultimate goal of this investigation is to highlight the risk factors that contribute to decrease the incidence of breast cancer and to better management of the disease