

CURRICULUM VITAE

EDUCATION

- Ph.D. School of Dietetics and Human Nutrition. McGill University. Montreal, Canada.
(Average 4 out of 4) 2008

Dissertation title: The effects of formulation and dosing frequency of plant sterols on plasma lipid profiles and cholesterol kinetics parameters in hypercholesterolemic subjects

- M.Sc. in Nutrition. Department of Nutrition and Food Technology. Faculty of Agriculture, The University of Jordan, Amman. Jordan. (Average 3.88 out of 4) 2002

Dissertation title: The effect of food intake and frequency of iron dosage on the treatment of iron-deficiency anemia in Jordanian children aged 8 to 24 months

- B.Sc. in Nutrition and Food Technology. Department of Nutrition and Food Technology. Faculty of Agriculture, The University of Jordan, Amman. Jordan. (Average 3.79 out of 4) (First-class honors) 1999

CITATION INDICES (According to Google Scholar)

- Citations 2109
- h-index 22
- i 10-index 26

AWARDS & GRANTS

- Advances in Nutrition Top Reviewer Award, USA 2017
- Institute of Nutraceuticals and Functional Foods Travel Grant 2007
- Agri-Food Travel Grant, McGill University 2005
- Invited speaker, McGill University 2005
- Doctoral Fellowship, The Hashemite University, Az-Zarqa, Jordan 2003- 2006
- The Ministry of Higher Education Scholarship, Jordan 1995/1997/1998

PROFESSIONAL EXPERIENCE

- Director, Department of Clinical Nutrition and Dietetics, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. Sep 2017 - Now
- Associate Professor, Department of Clinical Nutrition and Dietetics, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. Sep 2014 - Now
- Assistant Professor, Department of Clinical Nutrition and Dietetics, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2008- Sep 2014

SUHAD ABUMWEIS

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PROFESSIONAL EXPERIENCE

- Researcher, Agriculture and Agri-Food Canada. Summer 2008, 2012, 2013
 - Conducted meta-analyses to be used in Health Canada food-health claim petition for a number of functional ingredients

- Clinical Research Coordinator, Mary Emily Clinical Nutrition Research Unit. McGill University. Montreal, Canada. 2003-2005
 - Designed human clinical trials
 - Supported submission of new human clinical trials including preparation of protocols, and applications for submission to the Institutional Review Board
 - Maintained documentation and files for all clinical trials
 - Participated in all aspects of clinical trials including initiating, investigating and monitoring data collection
 - Tracked and managed studies as per established timeline, budget and resources.
 - Trained study personnel in study specific procedures
 - Evaluated, monitored and documented all study results as well as classified and analyzed data
 - Conducted laboratory analysis
 - Maintained familiarity with relevant scientific literature
 - Wrote and submitted publications to journals and conferences

PROFESSIONAL DEVELOPMENT

- Gastrointestinal Disorders Nutritional Management. Commission on Dietetic Registration. Activity Number 132866. Number of CPEUs Awarded : 9 (Amman, Jordan 27/4/2018).
- Nutrition Psychology. Commission on Dietetic Registration. Activity Number 135175. Number of CPEUs Awarded : 8 (Amman, Jordan 02/03/2018).
- How to Customize and Implement the NCM Diet Manual at Your Health Care Facility (Extended/Long Term Care). Commission on Dietetic Registration. Activity Number 140098. Number of CPEUs Awarded : 1 (Online)
- How to Customize and Implement the NCM Diet Manual at Your Health Care Facility (Extended/AcuteTerm Care). Commission on Dietetic Registration. Activity Number 140096. Number of CPEUs Awarded : 1 (Online)
- Protein's Role in Bone Health: Does Protein Type and Amount Matter. Commission on Dietetic Registration. Activity Number 143049 (Online)

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PROFESSIONAL MEMBERSHIP

American Society of Nutrition

RESEARCH INTERESTS

- Medical nutrition therapy
- Evidence based nutrition: Meta-analyses
- Functional foods and nutraceuticals for cardiovascular disease and diabetes.
- Plant sterols (phytosterols)
- Health claims
- Lipid metabolism
- Nutritional assessment
- Nutrigenomic and Nutrigenetic

PEER-REVIEW ACTIVITIES

- American Society for Nutrition conference (2019, 2020)
- Meta Gene (2019)
- European Journal of Clinical Nutrition (2019)
- International Journal of Cancer (2019)
- Journal of Child Health Care (2017)
- Jordan Journal of Biological Sciences (2017)
- Advances in Nutrition (2015, 2016, 2017, 2018)
- Evidence Based Complementary Medicine
- American Journal of Clinical Nutrition (2015, 2020)
- BMC Public Health (2015)
- BMC Cardiovascular Disorders (2013)
- Nutrition Journal (2013)
- Lipids in Health and disease (2012)
- Nutrition and Metabolism (2012)
- Journal of Nutrition (2011,2013, 2014, 2015)
- Lipids (2008, 2011,2013, 2015, 2016)

PUBLICATIONS

Books

Jones PJ, Paquin P, Omar JM, Ramprasath VR, **AbuMweis S**, Paradis ME, Lamarche B. Best Practices for Food-Based Clinical Trials: Guidance for Planning, Conducting and Reporting on Human Studies to Support Health Claims. Agriculture and Agri-Food Canada. May 2013.

PUBLICATIONS**Refereed Journal Publications**

1. **AbuMweis S**, Sunil PK, Jones PJH. Triacylglycerol-lowering effect of docosahexaenoic acid is not influenced by single nucleotide polymorphisms involved in lipid metabolism in humans. *Lipids* 2018 Nov 8. doi: 10.1002/lipd.12096 (JIF= 1.936)
2. **AbuMweis S**, Alatrashb RM, Tayyem R, Hammoudehd A. Sex and age are associated with the use of specific dietary supplements among people exercising in gyms: Cross-sectional analysis from Amman, Jordan. *Med J Nutrition Metab xx* (20xx) x–xx. DOI:10.3233/MNM-180223. IOS Press
3. **AbuMweis S**, Jew S, Tayyem R, Agraib L. Eicosapentaenoic acid and docosahexaenoic acid containing supplements modulate risk factors for cardiovascular disease: a meta-analysis of randomized placebo-control human clinical trials. *J Hum Nutr Diet.* 2018; 31(1):67-84. (JIF= 2.681)
4. Tayyem RF, Al-Shudifat AE, Johannessen A, Bawadi HA, **AbuMweis SS**, Agraib LM, Allehdan SS, Haj-Husein I, Azab M. Dietary patterns and the risk of coronary heart disease among Jordanians: A case-control study. *Nutr Metab Cardiovasc Dis.* 2018 ;28(3):262-269. (JIF= 3.381)
5. Al-Shudifat AE, Johannessen A, Azab M, Al-Shdaifat A, **AbuMweis SS**, Agraib LM, Tayyem RF. Risk factors for coronary artery disease in patients undergoing elective coronary angiography in Jordan. *BMC Cardiovascular Disorders.* 2017;17(1):183. doi: 10.1186/s12872-017-0620-4. 2017. (JIF= 1.812)
6. **AbuMweis S**, Thandapilly SJ, Storsley J, Ames N. Effect of barley β -glucan on postprandial glycaemic response in the healthy human population: A meta-analysis of randomized controlled trials. *J Funct Foods*, 2016; 27: 329-342. (JIF= 3.470)
7. Tayyem RF, Bawadi HA, **AbuMweis SS**, Allehdan S, Agraib L, Ghazzawi HA, Al-Mannai MA, Musaiger AO. Association between mass media and body weight concern among Jordanian adolescents' residents of Amman: the role of gender and obesity. *Environ Health Prev Med.* 2016;21(6):430-438. (JIF= 1.376)

8. Tayyem RF, Bawadi HA, Shehadah I, **AbuMweis SS**, Agraib LM, Al-Jaberi T, Al-Nusairr M, Heath DD, Bani-Hani KE. Meats, milk and fat consumption in colorectal cancer. *J Hum Nutr Diet*. 2016 ;29(6):746-756. (JIF= 2.681)
9. Tayyem RF, Bawadi HA, Shehadah I, Agraib LM, **AbuMweis SS**, Al-Jaberi T, Al-Nusairr M, Bani-Hani KE, Heath DD. Dietary patterns and colorectal cancer. *Clin Nutr*. 2017 Jun;36(3):848-852. (JIF= 5.490)
10. **Abu Mweis SS**, Tayyem RF, Shehadah I, Bawadi HA, Agraib LM, Bani-Hani KE, Al-Jaberi T, Al-Nusairr M. Food groups and the risk of colorectal cancer: results from a Jordanian case-control study. *Eur J Cancer Prev*. 2015; 24(4):313-20. (JIF= 2.886)
11. Tayyem RF, Bawadi HA, Shehadah IN, **Abu-Mweis SS**, Agraib LM, Bani-Hani KE, Al-Jaberi T, Al-Nusairr M, Heath DD. Macro- and micronutrients consumption and the risk for colorectal cancer among Jordanians. *Nutrients*. 2015; 10;7(3):1769-86. (JIF= 4.197)
12. Tayyem RF, Shehadah I, MD, **Abu-Mweis SS**, Bawadi HA, Bani-Hani KE, Al-Jaberi T, Al-Nusairr M, Heath DD. Fruit and vegetable intake among Jordanians: Results from a case-control study of colorectal cancer. *Cancer Control*. 2014.;21(4):350-60. (JIF= 2.009)
13. **AbuMweis SS**, Marinangeli CPF, Frohlich J, Jones PJ. Implementing phytosterols into medical practice as a cholesterol-lowering strategy: Overview of efficacy, effectiveness and safety. *Can J Cardiol*. 2014; 30:1225-1231. (JIF= 4.524)
14. Tayyem RF, Al-Hazzaa HM, **Abu-Mweis SS**, Bawadi H, Musaiger AO, Ala' Qatatsheh. Association of lifestyle factors with obesity indices among adolescents living in Amman. *Malaysian J Nutr*. 2014; 20(1):51-62.
15. Tayyem RF, Al-Hazzaa HM, **Abu-Mweis SS**, Bawadi H, and Musaiger AO. Dietary habits and physical activity level among Jordanian adolescents attending private versus public schools. *East Mediterr Health J*. 8;20(7):416-23.
16. **AbuMweis SS**, Tayyem RF, Bawadi HA, Musaiger AO, Al-Hazzaa HM. Eating habits, physical activity, and sedentary behaviors of Jordanian adolescents' residents of Amman. *Mediterr J Nutr Metab*. 2014; (7),):67-74.
17. Tayyem RF, Dajani R, Khader YS, **AbuMweis SS**, Fatahallah R, Bawadi HA. Nutrients Intake and lifestyle factors by diabetes status of Circassians and Chechans in Jordan *Ethnicity and Disease*. 2014; 24(2): 200-206.
18. Tayyem RF, Shehadeh IN, **Abumweis SS**, Bawadi HA, Hammad SS, Bani-Hani KE, Al-Jaberi TM, Alnusair MM. Physical inactivity, water intake and constipation as risk

- factors for colorectal cancer among adults in Jordan. *Asian Pac J Cancer Prev.* 2013;14(9):5207-12.
19. Tayyem RF, **Abu-Mweis SS**, Bawadi HA, Agraib L, Bani-Hani K. Validation of a food frequency questionnaire to assess macronutrient and micronutrient intake among Jordanians. *J Acad Nutr Diet.* 2013 Nov 12. pii: S2212-2672(13)01374-9. doi: 10.1016/j.jand.2013.08.019.
 20. Amir Shaghghi M, **Abumweis SS**, Jones PJ. Cholesterol-lowering efficacy of plant sterols/stanols provided in capsule and tablet formats: results of a systematic review and meta-analysis. *J Acad Nutr Diet.* 2013 Nov;113(11):1494-503. doi: 10.1016/j.jand.2013.07.006.
 21. Tayyem RF, **Abu-Mweis SS**, Bawadi HA. Low self-efficacy lead to failure in adopting CHO-counting approach to control diabetes: Pilot study. *Pak J Nutr.* 2013 12 (7): 651-654.
 22. **AbuMweis SS**, Jew S, Ames NP. β -glucan from barley and its lipid lowering capacity: a meta-analysis of randomized controlled trials. *Eur J Clin Nutr.* 2010 Dec;64(12):1472-80.
 23. **AbuMweis SS**, Jew S, Jones PJ. Optimizing clinical trial design for assessing the efficacy of functional foods. *Nutr Rev.* 2010 Aug;68(8):485-99.
 24. Rideout TC, Harding SV, Mackay D, **Abumweis SS**, Jones PJ. High basal fractional cholesterol synthesis is associated with nonresponse of plasma LDL cholesterol to plant sterol therapy. *Am J Clin Nutr.* 2010 Jul;92(1):41-6
 25. Jew S, **AbuMweis SS**, Jones PJ. Evolution of the human diet: linking our ancestral diet to modern functional foods as a means of chronic disease prevention. *J Med Food.* 2009 Oct;12(5):925-34.
 26. Jones PJ, Jew S, **AbuMweis S**. The effect of dietary oleic, linoleic, and linolenic acids on fat oxidation and energy expenditure in healthy men. *Metabolism.* 2008 Sep;57(9):1198-203.
 27. Jones PJ, **AbuMweis SS**. Phytosterols as functional food ingredients: linkages to cardiovascular disease and cancer. *Curr Opin Clin Nutr Metab Care.* 2009 Mar;12(2):147-51.
 28. **AbuMweis SS**, Barake R, Jones PJ. Plant sterols/stanols as cholesterol lowering agents: A meta-analysis of randomized controlled trials. *Food Nutr Res.* 2008;52. doi: 10.3402/fnr.v52i0.1811.
 29. **AbuMweis SS**, Jones PJ. Cholesterol-lowering effect of plant sterols. *Curr Atheroscler Rep.* 2008 Dec;10(6):467-72

30. Rudkowska I, **AbuMweis SS**, Nicolle C, Jones PJ. Cholesterol-lowering efficacy of plant sterols in low-fat yogurt consumed as a snack or with a meal. *J Am Coll Nutr.* 2008 Oct;27(5):588-95.
31. Rudkowska I, **AbuMweis SS**, Nicolle C, Jones PJ. Association between non-responsiveness to plant sterol intervention and polymorphisms in cholesterol metabolism genes: a case-control study. *Appl Physiol Nutr Metab.* 2008 Aug;33(4):728-34.
32. **AbuMweis SS**, Vanstone CA, Lichtenstein AH, Jones PJ. Plant sterol consumption frequency affects plasma lipid levels and cholesterol kinetics in humans. *Eur J Clin Nutr.* 2009 Jun;63(6):747-55.
33. Kassis AN, Vanstone CA, **AbuMweis SS**, Jones PJ. Efficacy of plant sterols is not influenced by dietary cholesterol intake in hypercholesterolemic individuals. *Metabolism.* 2008 Mar;57(3):339-46.
34. Santosa S, Varady KA, **AbuMweis S**, Jones PJ. Physiological and therapeutic factors affecting cholesterol metabolism: does a reciprocal relationship between cholesterol absorption and synthesis really exist? *Life Sci.* 2007 Jan 16;80(6):505-14.
35. **AbuMweis SS**, Vanstone CA, Ebine N, Kassis A, Ausman LM, Jones PJ, Lichtenstein AH. Intake of a single morning dose of standard and novel plant sterol preparations for 4 weeks does not dramatically affect plasma lipid concentrations in humans. *J Nutr.* 2006 Apr;136(4):1012-6.
36. **AbuMweis SS**, Nicolle C, Jones PJ. Plant sterol-enriched products for reducing blood cholesterol. *Food Sci Tech Bull.* 2006; 2:101-110.
37. Berger A, Jones PJ, **Abumweis SS**. Plant sterols: factors affecting their efficacy and safety as functional food ingredients. *Lipids Health Dis.* 2004 Apr 7;3:5.

Refereed Conference Publications

1. Peter J.H. Jones, **Suhad S. AbuMweis**, Simon B. Myrie. Efficacy of plant sterols when provided in capsule and tablet formats. 103rd American Oil Chemists' Society Annual Meeting, Long Beach, California, USA, 2012 (Oral presentation).
2. **AbuMweis SS**, Jew S, Ames NP. Barley β -glucan and its cholesterol lowering capacity: a meta-analysis of randomized controlled trials. Federal Food Safety and Nutrition Meeting. Ottawa, Canada. 2009. (Oral presentation).
3. **Suhad S. AbuMweis**, Alice H. Lichtenstein, Peter J.H. Jones. Effect of frequency of dosing of plant sterols on plasma cholesterol levels and synthesis rate. Experimental Biology, Washington, DC, 2007 (Oral presentation).
4. Iwona Rudkowska, **Suhad S. AbuMweis**, Catherine Nicolle, Peter J.H. Jones. Plant sterols consumed in low-fat yogurt as a snack lower cholesterol. Experimental Biology, Washington, DC, 2007 (Oral presentation).

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5. Iwona Rudkowska, **Suhad S. AbuMweis**, Catherine Nicolle, Peter J.H. Jones. Non-responsiveness to plant sterol treatment and possible polymorphisms: ABCG5, ABCG8 and NPC1L1. Experimental Biology, Washington, DC, 2007 (Poster).
6. **Suhad S. AbuMweis**, Catherine A. Vanstone, Alice H. Lichtenstein, Peter J.H. Jones. Short-term efficacy of plant sterols consumed at breakfast or at each meal in lowering blood cholesterol levels. Canadian Society for Clinical Nutrition Meeting, Edmonton, Alberta, 2006 (Poster abstract award).
7. **Suhad S. AbuMweis**, Catherine A. Vanstone, Naoyuki Ebine, Peter J.H. Jones, Alice H. Lichtenstein. Lack of efficacy of plant sterol preparation taken as a single morning dose. Experimental Biology, San Diego, CA, 2005 (Poster).

SERVICE

Committee Assignments

- Chair, Curriculum and Class Schedule Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2017-present
- Chair, Automation Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2017-present
- Member, Scientific Research Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2017-present
- Member, Promotion Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2017-present
- Member, Postgraduate Studies Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2015- 2017
- Treasurer, The Department of Clinical Nutrition and Dietetics Council, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2011- 2015
- Member, Curriculum Committee, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2008
- Member, The Students Affairs Committee, Faculty of Allied Health Sciences, The Hashemite University. 2009, 2012
- Member, The Dietetics Internship Committee, The Department of Clinical Nutrition and Dietetics Council, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2011- present
- Member, Scientific Research Committee, Department of Clinical Nutrition and Dietetics, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2008- Present
- Member, The Faculty Council, Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2011.
- Member, Organization Committee of the Second Scientific Day. Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2011
- Chairperson, Student Assembly Elections Committee , Faculty of Allied Health Sciences, The Hashemite University, Zarqa, Jordan. 2009

SERVICE

Community Service

- Scientific Committee Member for the 2nd International Jordanian Conference of Nutrition 2019”, 4th – 5th, April, 2019 in Amman, Jordan
- Speaker in the 2nd International Jordanian Conference of Nutrition 2019”. Oral Presentstion: “Omega-3 Supplements and Cardiovascular Disease”. 4th – 5th, April, 2019 in Amman, Jordan
- Speaker in the Second Scientific day for Jordanian Dietitians Association. Oral Presentation: " Nutraceuticals for Cardiovascular Diseses", December 2018 in Amman, Jordan
- Supervising participating students in internal and external events
- Nutritional article writer in Zahrt Al-lawaz magazine
- Workshop entitled “Recent Advances in Modified and Therapeutic Diets” for nutritionist in the Royal, Medical Services, Jordan, 2018
- Founder and Editor, Medical Nutrition Therapy Updates , 2018
- Speaker in the First Scientific day for Jordanian Dietitians Association. Oral Presentation: Recent Advances in Medical Nutrition Therapy for Hyperlipidemia, Amman, Jordan, November 25th, 2017
- Organizer and Speaker for the workshop “Reading Scientific Articles: The Hashemite University, February, 2018
- Scientific Committee Member for the First Scientific day for Jordanian Society for Clinical Nutritionists. Amman, Jordan, November 25th, 2017
- Member in the Nutrition Education and Scientific Committee for the Jordanian Dietitians Association, 2017-present
- Worksop entitled "Nutritional Assessment" for nutritionist in the Royal, Medical Services, Jordan,
- Guest speaker in "Save the Children" society, Amman, Jordan
- Guest speaker in the workshop "For Better Health", The Hashemite University, Zarqa, Jordan.
- Consultant for the society of nutrition and food, Amman, Jordan

Examining Activities

- Co-Supervisor for a graduate student in the Chemistry Department, Faculty of Science, The Hashemite University. Thesis entitled" Accurate Quantification of Antioxidants in Processed Food Matrices and Estimation of Daily Intake by Young Consumers", 2018
- Examining committee for graduate students, Jordan University, 2017
- Examining committee for graduate students, Jordan University for Science and Technology, 2013, 2017, 2018

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EVENTS ATTENDED

- WHO workshop entitled “Preparing Dietary Guidelines for Jordanians”, Amman, Jordan 2020
- Jo-Wellness Conference, Amman, Jordan 2020
- Erasmus- workshop entitled “How to Write a Competitive Project Proposal”, Jordan, 2018
- Jordan-European Union Higher Education Cooperation Day, Jordan, 2017
- The Eighth Conference on Scientific Research in Jordan, 2017
- Training Workshop on Writing Grant Proposals, The Hashemite University, Jordan. 2009
- The 14th Jordan Scientific Day, Amman, Jordan. 2009
- The Fourth Annual KHCC Nutrition Day, Amman, Jordan. 2011
- The Scientific Day of the Nutrition Department, Petra University Scientific Day, Amman, Jordan. 2009, 2012, 2018

TEACHING AND MENTORING

Courses

- Assessment of Nutritional Status
- Clinical Nutrition
- Medical Nutrition Therapy 2
- Human Nutrition
- Nutrition counseling
- Metabolism
- Fundamentals of Nutrition
- Nutrition Across the Life Span
- Nutrition and Health (for nursing)
- Principles of Nutrition
- Nutrition, Health, and Safety for the Young Child
- Internship in Medical Therapeutic Nutrition
- Internship in Nutritional Assessment and Counseling
- Seminar
- Research Methods
- Special Topics
- Nutrition Counseling and Education

Undergraduate Students Academic Advisor

SPECIALIZED SKILLS

- Meta-analysis.
- SPSS and SAS statistical programs.
- Diet analysis using softwares.
- Gas chromatography techniques.
- Isotope ratio mass spectrometry techniques.
- Cholesterol absorption and synthesis analyses.

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FUNDED PROJECTS

- Differentiating the effects of eicosapentaenoic acid and docosahexaenoic acid on cardiovascular risk factors in clinical trials. (The Hashemite University, 2013)
- Quantifying the effect of vitamin D supplementation on cardiovascular disease and risk factors. (The Hashemite University, 2019)
- Cooperated projects with Canadian researchers