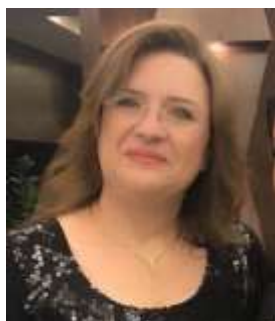






PERSONAL INFORMATION

LEILA ITANI



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Sex Female | Date of birth 19/07/1965 | Nationality Lebanese

WORK EXPERIENCE

- 01/01/2019–Present **Assistant Professor Nutrition**
Beirut Arab University/ Faculty of Health Sciences/Department of Nutrition and Dietetics,
- 2010–2018 **Lecturer**
Beirut Arab University/Faculty of Health Sciences/Department of Nutrition and Dietetics,
- 2010–Present **Quality Assurance member**
Beirut Arab University /Faculty of Health Sciences/Department of Nutrition and Dietetics,
- 2010–Present **Nutrition and Dietetics Internship coordinator**
Beirut Arab University/Faculty of Health Sciences/ Department of Nutrition and Dietetics,
- 2006–present **Examiner in Official Nutrition Colloquium**
Lebanese MEHE, Beirut (Lebanon)
- 2009–2010 **Research Associate**
American University of Beirut/ Faculty of Agricultural and Food Sciences, Beirut (Lebanon)
- 2005–2009 **instructor of Nutrition courses**
Lebanese International University/ school of Arts and Sciences, Beirut (Lebanon)
- 2006–2009 **Nutrition & Dietetics program Coordinator**
Lebanese International University/School of arts and Sciences, Beirut (Lebanon)
- 2003–2013 **Consultant for Herbal and Dietary supplement Committee**
Lebanese Ministry of Public Health, Beirut (Lebanon)
- 1989–1996 **Research Assistant**
American University of Beirut/Faculty of Agricultural and Food Sciences, Beirut (Lebanon)
- 1989–1992 **Instructor of Nutrition courses**
Lebanese University /Faculty of Agriculture, Beirut (Lebanon)

EDUCATION AND TRAINING

- 18/05/2020–22/05/2020 **“Designing Search Strategies for Systematic Reviews”**
Clinical Research Institue/AUB, Beirut (Lebanon)

- 14/05/2020–15/05/2020 **Training on Arabic Psychometric scales in Research: Methods of Cultural and Linguistic Adaptation (Part I)**
Clinical Research Institute/AUB, Beirut (Lebanon)
- 2019–2020 **Certified Breastfeeding Specialist**
Lactation Education resources, Annapolis (USA)
- 2013–2018 **PhD in education (Nutrition Education)**
Lebanese University/Doctoral School of Literature, Humanities and Social Sciences, Beirut (Lebanon)
Title of thesis: Analyzing the Nutrition component of the National School Curriculum: Recommendations for reformation toward a whole school approach
- 1986–1989 **MSc. in Nutrition**
American University of Beirut, Beirut (Lebanon)
Thesis title: Changes in lipoprotein lipases and serum cholesterol and triglycerides levels in rats fed diets containing either casein or soy protein
- 1983–1986 **BSc. in Environmental Public Health**
Replace with education or training organisation's name and locality (if relevant, country)
▪ Replace with a list of principal subjects covered or skills acquired

ADDITIONAL INFORMATION

- Consultations** **Joint FAO/UAEU Expert Consultation on “Stepping Up School-Based Food and Nutrition Education: Exploring the Challenges, Finding Solutions and Building Partnerships.**
Held in Al Ain UAE from 28 to 30 November 2017
- Conferences**
- **Dubai International Nutrition Congress (4th DINC)**
24 to 26 October 2018: Driving innovation and excellence in Nutrition
 - **World diabetes congress 2011**
December 4-8 2011. DUBAI-UAE /WTC .
 - **Educa2015 :“Pratique et Formations Dans Les Education A”**
conference held at Hammamat Tunisia, May 14-16 2014.
 - **The 11th science meeting**
American University of Beirut., April 27 - 30, 1992.
- Honours and awards** **Sutherland award for graduate excellence, 1989.**
Awarded for the Master of Science in Nutrition thesis work
- CA AND CC Rubeiz Award**
2014 on:
Dietary patterns and odds of type 2 diabetes in lebanon: a case control Study. Farah Naja, Nahla Hwalla, Leila Itani, Maya Salem, Sami Azar, Maya Nabahani Zeidan and Lara Nasreddine. Nutr Metab (Lond). 2012; 9: 111. Published online 2012 December 27. doi: 10.1186/1743-7075-9-111
- PhD Thesis:** Analyzing the Nutrition Component of The National School Curriculum in Lebanon: Recommendations for Reformation Towards a Whole School Approach. Lebanese University, School of Literature, Humanities & Social Sciences. December, 20 2018.
- Msc Thesis** Changes in lipoprotein lipase and serum cholesterol and triglycerides levels in rats fed diets containing either casein or soy protein. MSc. Thesis, February 1989.

Publications

1. Nasereddine L., Nashelian O., Naja F. , Itani L., Parrent Massin D., Nabahani-Zeidan M., Hwalla N Dietary exposure to essential and toxic trace elements from a total diet study in adult lebanese urban population. *Food chem. Toxicol.* 2010 may;48(5):1262-9.
2. Naja F, Nasreddine L, Itani L, Chamieh MC, Adra N, Sibai AM, Hwalla N. Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. *Public Health Nutr.* 2011 Sep;14(9):1570-8. doi: 10.1017/S136898001100070X. Epub 2011 May 4. PubMed PMID: 21557871.
3. Naja F, Nasreddine L, Itani L, Adra N, Sibai AM, Hwalla N. Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. *Eur J Nutr.* 2013;52(1):97-105.
4. Naja F, Hwalla N, Itani L, Salem M, Azar ST, Zeidan MN, Nasreddine L. Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. *Nutr Metab (Lond).* 2012 Dec 27;9(1):111.
5. Naja F, Nasreddine L, Itani L, Dimassi H, Sibai AM, Hwalla N. Dietary patterns in cardiovascular diseases prevention and management: review of the evidence and recommendations for primary care physicians in Lebanon. *J Med Liban.* 2014 Apr-Jun;62(2):92-9.
6. Hwalla, I. Nasreddine, a. Sibai, I. Itani, f. Naja. Pp212-sun: Mediterranean diets between europe and the middle east: the case of Lebanon. *N. Clinical nutrition.* Volume 33, supplement 1, page s99.
7. Naja F, Hwalla N, Itani L, Baalbaki S, Sibai A, Nasreddine L. A novel Mediterranean diet index from Lebanon: comparison with Europe. *Eur J Nutr.* 2015 Dec;54(8):1229-43. doi: 10.1007/s00394-014- 0801-1. Epub 2014 Nov 20.
8. El-Kassas, G., Itani, L., & El Ali, Z. (2015). Obesity risk factors among Beirut Arab University students in Tripoli-Lebanon. *Journal of Nutrition & Food Sciences*, 5(6), 1.
9. Naja F, Mousa D, Alameddine M, Shoaib H, Itani L, Mourad Y. Prevalence and correlates of complementary and alternative medicine use among diabetic patients in Beirut, Lebanon: a cross-sectional study. *BMC Complement Altern Med.* 2014 Jun 6;14:185
10. Naja F, Hwalla N, Itani L, Karam S, Sibai AM, Nasreddine L. A Western dietary pattern is associated with overweight and obesity in a national sample of Lebanese adolescents (13-19 years): a cross-sectional study. *Br J Nutr.* 2015 Dec 14;114(11):1909-19.
11. Naja, F., Alameddine, M., Itani, L., Shoaib, H., Hariri, D., & Talhouk, S. (2015). The use of complementary and alternative medicine among Lebanese adults: results from a national survey. *Evidence-Based Complementary and Alternative Medicine*, 2015.
12. Jomaa L, Hwalla N, Itani L, Chamieh MC, Mehio-Sibai A, Naja F. A Lebanese dietary pattern promotes better diet quality among older adults: findings from a national cross-sectional study. *BMC Geriatr.* 2016 Apr 19;16:85.
13. Easter Joury, Farah Naja, Amira Nour, Leila Itani, Bayan Rafii, Ahmad Manadili. Dietary patterns and the risk of oral, pharyngeal and laryngeal cancer in syria: a factor analysis study. *BMC nutrition* (2016) 2

14. Matta J, Nasreddine L, Jomaa L, Hwalla N, Mehio Sibai A, Czernichow S, Itani L, Naja F. Metabolically Healthy Overweight and Obesity Is Associated with Higher Adherence to a Traditional Dietary Pattern: A Cross-Sectional Study among Adults in Lebanon. *Nutrients*. 2016 Jul 20;8(7). pii: E432.
15. Itani L, Chatila H, Dimassi H, El Sahn F. Development and validation of an Arabic questionnaire to assess psychosocial determinants of eating behavior among adolescents: a cross-sectional study. *J Health Popul Nutr*. 2017 Apr 7;36(1):10.
16. Naja F, Shivappa N, Nasreddine L, Kharroubi S, Itani L, Hwalla N, Mehio Sibai A, Hebert JR. Role of inflammation in the association between the western dietary pattern and metabolic syndrome among Lebanese adults. *Int J Food Sci Nutr*. 2017 Dec;68(8):997-1004.
17. Farah Naja, Lamis Jomaa, Leila Itani, Jeremy Zidek, and Nahla Hwalla. A Western Dietary Pattern Has The Highest Environmental Footprints Among Lebanese Adults: Findings From A Cross Sectional Study Among Lebanese Adults. *The FASEB Journal* 2017 31 (1_supplement), 651.1-651.1
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22. Dana El Masri, Dima Kreidieh , Hana Tannir , Leila Itani and Marwan El Ghoch. Long-Term Weight- Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report. *Reports* 2018, 1, 21.
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36. Leila Chehade, Zeinab A Jaafar, Dana El Masri, Hassan Zmerly, Dima Kreidieh, Hana Tannir, Leila Itani, Marwan El Ghoch. Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence. *Current rheumatology reviews* 2019 15 (3), 209-214
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48. Itani L, Tannir H, El Masri D, Kreidieh D, El Ghoch M. Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults. *Diagnostics (Basel).* 2020 Sep 21;10(9):728.
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51. F Naja, L Itani, S Kharroubi, MD El Harake, N Hwalla, L Jomaa. Food insecurity is associated with lower adherence to the Mediterranean dietary pattern among Lebanese adolescents: a crosssectional national study *European Journal of Nutrition* 2020, 1-12
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54. Kreidieh D, Itani L, El Masri D, Tannir H, El Ghoch M. Association Between Reduced Daily Steps and Sarcopenic Obesity in Treatment-Seeking Adults With Obesity. *Front Endocrinol (Lausanne)*. 2020;11:22. Published 2020 Jan 30.
55. Jaafar ZA, Kreidieh D, Itani L, Tannir H, El Masri D, El Ghoch M. Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity. *Clin Nutr ESPEN*. 2021 Feb;41:346-350.
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58. El Masri D, Itani L, Kreidieh D, Tannir H, El Ghoch M. Relationship between multiple weight cycles and early weight loss in patients with obesity: a longitudinal study. *Eat Weight Disord*. 2021 Aug;26(6):2083-2087.
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Invited editor

Frontiers in Nutritional Epidemiology

April 2020: Guest Associate Editor on the topic : Nutrition and Health-Related Quality of Life: Is it an Ignored Outcome?