

PERSONAL INFORMATION

LEILA ITANI



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

WORK EXPERIENCE

26/10/2023-present

Associate Professor

Beirut Arab University/ Faculty of Health Sciences/Department of Nutrition and Dietetics,

01/01/2019-26/10/2023

▪ Beirut (Lebanon)

Assistant Professor Nutrition

Beirut Arab University/ Faculty of Health Sciences/Department of Nutrition and Dietetics,

▪ Beirut (Lebanon)

Teaching several Nutrition courses:

- Nutrition education (NUTR 218) - Spring 2019
- Community Nutrition (NUTR 405)- Spring, 2019
- Nutrition through the Life Span (NUTR 310) - spring 2019
- Nutrition epidemiology (NUTR 601) for graduate Nutrition students - Spring 2019
- Maternal-child nutrition (NUTR 628) for graduate Nutrition students Spring 2019
- Breastfeeding essentials (NUTR 621) for undergraduate students

My duties as Assistant professor included:

- Preparation of detailed course syllabus, assigning reference books, preparation of lecture material, preparation of case studies and answer keys, assigning projects for students and follow up with student work, coordinating student presentation, preparation of test bank for examination questions with answer keys, preparation of handout material
- Providing extra readings reference books and articles on recent issues.
- Assigning sessions for solving exams after correction and grading, the purpose of these sessions was to enforce the knowledge base of the students and clarify any misconception that might have led to wrong answers.
- Preparation of Course portfolio in soft and hard copies which included all lecture material, handouts, extra readings assignments and Answer Keys.
- Preparation of course file material for accreditation purposes

2010–2018

Lecturer

Beirut Arab University/Faculty of Health Sciences/Department of Nutrition and Dietetics,

▪ Beirut (Lebanon)

Taught several Nutrition courses:

- Nutrition education (NUTR204)/(NUTR318) - Spring 2010, 2011, 2012, 2013, 2014,2016, 2017,2018
- Nutrition interventions (NUTR 405)/(NUTR317) - Fall 2011,2012,2013,2014,2015,2016
- Research Methods (FHSC 401) - Fall 2011,2012,2013, 2014
- Community Nutrition (NUTR 304)/ (NUTR 402)- Spring, 2011,2012,2013, 2014,2015,2016,2017,2018
- Nutrition and Non-Communicable Diseases (NUTR 302) - Spring,2012, 2013, 2014,2015
- Nutrition research project (NUTR 403)/ - Fall 2011,2012, 2013, 2014, 2015,2016, 2017
- Nutrition Seminar (NUTR 401) - Fall 2011,2012, 2013, 2014, 2015, 2016
- Human Nutrition (NUTR203)/(NUTR 315) - Fall 2014, 2015, 2016, 2017,2018
- Malnutrition (NUTR 207)- Fall 2014
- Basic Nutrition (NUTR212)- Spring 2014,2015, 2016
- Nutrition through the Life Span (NUTR202)/(NUTR 310)- spring 2014, 2015, 2016, 2017, 2018)
- Malnutrition and nutrition interventions (NUTR317) - Fall 2015,2016,2017,2018
- Nutrition epidemiology (NUTR 601)for graduate Nutrition students- Fall 2017-2018
- Maternal child nutrition (NUTR628) for graduate Nutrition students Spring 2018
- Human nutrition and metabolism (603) for graduate Nutrition students -2017,2018
- Community nutrition and interventions (NUTR 629) for graduate Nutrition students. 2018-2019

My duties as Lecturer included:

- Prepared detailed course syllabus, assigned reference books, lecture material, case studies and answer keys, projects for students and follow up with student work, test bank for examination questions with answer keys, handout material
- Provided extra readings reference books and articles on recent issues.
- Assigned sessions for solving exams after correction and grading, to enforce the knowledge base of the students and clarify any misconception that might have led to wrong answers.
- Prepared Course portfolio in soft and hard copies which included all lecture material, handouts, extra readings assignments and Answer Keys.
- Prepared course file material for accreditation purposes

2010–Present Quality Assurance member

Beirut Arab University /Faculty of Health Sciences/Department of Nutrition and Dietetics,

Beirut (Lebanon)

- Preparation of self-study and documentation for the site visit for accreditation for the Nutrition and Dietetics program
- Preparation of the status report of the Nutrition and Dietetics program
- followed up on course file preparation and compilation

2010–Present Nutrition and Dietetics Internship coordinator

Beirut Arab University/Faculty of Health Sciences/ Department of Nutrition and Dietetics,

Beirut (Lebanon)

- Development of the Dietetics internship program Guidelines
- Formulation of Dietetic Internship course description and criteria for successful completion of internship
- Securing placement of Nutrition and Dietetics graduate at training sites
- Coordinating follow up on trainees pursuing their dietetic internship at various training sites in Lebanon
- Coordinating preparation of trainees for the official colloquium exam

2006–present Examiner in Official Nutrition Colloquium

Lebanese MEHE, Beirut (Lebanon)

- My duties involved preparation and revision of examination questions and examining students as a member of the oral examination committee and member of the Nutrition colloquium committee

2009–2010 Research Associate

American University of Beirut/ Faculty of Agricultural and Food Sciences, Beirut (Lebanon)

My duties included

- Assisting in periodic reporting on research progress. Reporting involved writing executive summaries and detailed reports.
- Assisting in preparation of research proposals and writing manuscripts for research publications
- Supervising graduate students on research work and data analysis conducted as part of their thesis requirement.
- Teaching undergraduate student on data entry and analysis using different software (SPSS, Nutritionist 4)

2005–2009 instructor of Nutrition courses

Lebanese International University/ school of Arts and Sciences, Beirut (Lebanon)

Taught several Nutrition courses for Nutrition and dietetics students:

- Human Nutrition (NUTR300) - spring 2005, fall & spring 2006,2007,2008)
- Basic Nutrition (NUTR250) - fall & spring 2005,2006,2007,fall 2008)
- Nutrition Through the Life Span (NUTR400) - (spring 2005, fall 2006,2007,2008)
- Community Nutrition (NUTR450) - (spring 2006,2007,2008)
- Nutrition Seminar (NUTR490) - (fall 2005,2008, spring 2006,2007,2008, summer 2008)
- Nutrition senior project (NUTR495) (fall & spring 2006)
- Nutrition for Health professionals (PHAR500) - (Spring 2006,fall&spring 2007,2008)

2006–2009 Nutrition & Dietetics program Coordinator

Lebanese International University/School of arts and Sciences, Beirut (Lebanon)

- Development of a didactic dietetic curriculum to qualify for accreditation by the ministry of higher education. My duties involved setting core and major course requirement for a 99 credit BSc. degree curriculum as well as setting prerequisite knowledge base that meets the standards of knowledge, skills, and competencies for entry-level dietetic practitioners.
- Development of detailed courses syllabi, for every course offered within the didactic curriculum, to ensure a comprehensive content as well as the consistency of knowledge dissemination in the different active campuses of LIU(Beirut/Bekaa/Saida/Tripoli/Jubail).
- Development of admission criteria to ensure admission of high standing students.
- Development of an internship program manual intended to qualify dietitians for licensing of dietetic practice in Lebanon. The manual included a description of all activities to be conducted during the specified 6 months period of supervised dietetic practice.
- Communicating with hospital administrations and dietary departments of different hospitals to arrange for training opportunities for graduating students.
- Preparation of courses offering and setting schedules for instructors every semester in all active campuses of LIU.
- Student advising on registration and follow up on student curricula in all active campuses of LIU.
- Verification of student curricula to ensure completion of all course and credit requirements to confirm eligibility for graduation.
- Interviewing and recommending new instructors to the administration.
- Periodic meeting with instructors to follow up on course content and assign necessary enhancements.
- Follow up on instructor's performance and attendance to classes. For this purpose peer review activities were organized.
- Follow up on recent book publication on nutrition issues to update library archives.

2003–2013 Consultant for Herbal and Dietary supplement Committee

Lebanese Ministry of Public Health, Beirut (Lebanon)

My duties as a consultant for the herbal and dietary supplement committee in the ministry of health involved performing literature reviews on components of herbal products (nutrients, extracts, herbs etc..) intended for import to the country to assess its safety for human consumption. Based on scientific reviews reports are prepared to approve or disapprove the product under evaluation. Prepared a database of over 450 herbals indicating their classification, use and safety

2003–2008 Acting secretary of the Lebanese Association for Nutrition and Food Sciences (LANFS) currently LAND (Lebanese Association for Nutrition and Dietetics)

LANFS/LAND, Beirut (Lebanon)

My duties as the acting secretary involved

- Organizing two conferences (Nutrition and optimum Health, 2003 and Maternal and Infant Nutrition, 2008)
- Follow up on periodic elections of executive committee members.
- Follow up on legal issues as changes in the bylaws and foundation of colloquium examination law and lately the foundation of the order of dietitians.
- Preparation of annual report on the association activities.
- Follow up on accounting issues.

1989–1996 Research Assistant

American University of Beirut/Faculty of Agricultural and Food Sciences, Beirut (Lebanon)

As a research assistant, I was responsible for undertaking research work going on in the department of nutrition and food science. My duties included reviewing of relevant scientific literature writing proposals and research reports. Also, I was responsible for undertaking research activities involving animal experiments and analytical experiments

1989–1992 Instructor of Nutrition courses

Lebanese University /Faculty of Agriculture, Beirut (Lebanon)

- Taught human Nutrition for Agriculture mid Midwifery students

1986–1989 Graduate Assistant

American University of Beirut/Faculty of Agricultural and Food Sciences, Beirut (Lebanon)

My duties as a graduate assistant included teaching assistance and undertaking research work. At the

EDUCATION AND TRAINING

12/5/2025-30/8/2025 "Teach for the Future professional program"

A four month course offered by AUB in collaboration with Queen Rania University in Jordan . The online professional certificate aimed at equipping educators with future-ready teaching and learning skills. This program provided advanced knowledge and practical strategies in educational psychology, digital innovation, sustainability, global citizenship, and neuroscience of learning.

18/05/2020–22/05/2020 "Designing Search Strategies for Systematic Reviews"

Clinical Research Institute/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)

The certification is accredited by Lactation Education Accreditation and Approval Review Committee (LEAARC). This status entitles to provide advice to mothers with infants 0-23 months of age relate To:

- Benefits and importance of breast feeding to the mother and infant 2) Prepartum education for preparation for breastfeeding
- Early initiation and maintenance of breastfeeding
- Signs of effective breastfeeding
- Assessment and management of breast feeding difficulties related to mother and infant (decreased milk supply, refusal of breast, milk allergy, breastfeeding twins, tandem feeding etc..)
- Maintenance of breastfeeding along with complementary feeding until 2 years and beyond.

- 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
- 12/05/2018 **Workshop :” Survival (time-to-event) analysis”**
AUB-CME, Beirut (Lebanon)
This workshop overviewed and provided hands on experience on how to conduct a survival analysis
- 29/09/2017–30/09/2017 **Workshop: “How to Conduct Systematic Reviews and Meta-Analyses”**
AUB-CME, Beirut (Lebanon)
This workshop was intended to help the audience understand how to conduct systematic reviews and meta-analyses following the Cochrane Collaboration's methodology. It included interactive sessions, hands-on exercises, software demonstration and group discussions
- 21/10/2016–22/10/2016 **Workshop: “Designing Search Strategies for Systematic Reviews”**
AUB-CME, Beirut (Lebanon)
This two-day workshop aims to develop skills needed for designing and reporting a highly sensitive search strategy for a systematic review. This workshop will include an interactive presentation with live demonstration and hands-on searching
- 16/09/2016–17/09/2016 **Workshop: “How to Conduct Systematic Reviews and Meta-Analyses”**
AUB-CME, Beirut (Lebanon)
This workshop was intended to help the audience understand how to conduct systematic reviews and meta-analyses following the Cochrane Collaboration's methodology. It included interactive sessions, hands-on exercises, software demonstration and group discussions
- 16/05/2016 **Workshop: “Designing Search Strategies for Systematic Reviews”**
AUB-CME, Beirut (Lebanon)
This one-day workshop covering search strategies needed for conducting a systematic review
- 18/05/2015–29/05/2015 **Workshop: Nutrition in Emergencies Regional training Initiative short course**
American University of Beirut /University college London, Beirut (Lebanon)
The course is designed for both nutritionists and non-nutritionists who are working or interested in joining relevant sectors (e.g. nutrition, food security, health, logistics, etc.

The 11-day intensive course covers key elements of NIE, including:
▪ The humanitarian system and nutrition cluster
▪ Causes of malnutrition and micronutrient interventions
▪ Assessments, surveys and surveillance
▪ Food security and food assistance
▪ Infant and young child and older people in emergencies
▪ Management of acute malnutrition
▪ Health and WASH
▪ Emergency preparedness and monitoring and evaluation
- 09/04/2014–23/04/2014 **Workshop: Innovation and development of academic industry partnerships through efficient research administration in Lebanon (IDEAL)**
Beirut Arab University/Ali Rashed Hall, Beirut (Lebanon)
- 01/04/2014–07/04/2014 **Workshop: The enhancement of staff members teaching skills**
Beirut Arab University/Ali Rashed Hall, Beirut (Lebanon)
- 20/11/2013 **Workshop: الجودة في الجامعة اللبنانية من خلال البرامج الدولية**
Lebanese University ,Hadath, Conference palace, Beirut (Lebanon)
The workshop overviewed all the quality assurance collaboration and activities undertaken by LU
- 25/05/2012–26/05/2012 **Workshop: 3rd Regional MENA-IDF diabetes workshop”**
IDF-International Diabetes Federation-Golden Tulip Hotel, Beirut (Lebanon)

- 26/11/2010 The workshop was organized by the Lebanese Diabetes Society in collaboration with the International diabetes Federation. The workshop highlighted two important areas related to diabetes care Policy and NDP (national diabetes program) and medical care. A delegate from the IDF discussed the cornerstones for implementation of the national diabetes program (NDP). Also the role of multisectoral collaboration between NGO'S government, health care institutions and facilities and academic institutions in this process was described. The medical management of Diabetes was overviewed
Workshop: "Scientific Writing & Publishing of Epidemiological Research"
IEA/EMR-USJ, Beirut (Lebanon)
- 25/11/2010 The workshop discussed an approach for the integration of the scientific writing for publication within the research process. the most salient points about writing papers for publication were presented. It was offered as a pre-conference workshop for the 8th IEA/EMR's Scientific Meeting on "Globalization and Public Health in the Eastern Mediterranean Region"/
Workshop: "Modeling Incomplete Observation"
IEA/EMR-USJ, Beirut (Lebanon)
- 08/06/2010–11/06/2010 The workshop focused on different approaches to treat missing observations and minimizing bias. It was offered as a preconference workshop for the 8th IEA/EMR's Scientific Meeting on "Globalization and Public Health in the Eastern Mediterranean Region"
- 08/06/2010–11/06/2010 **Training Course on "WHO Child Growth Standards"**
World Health Organization (WHO), Beirut (Lebanon)
A training course for health professionals on child growth assessment using new "WHO Child Growth Standards". The workshop was conducted by WHO experts to provide health professionals with the experience on the implementation of the new growth standards developed recently by WHO, including measuring and plotting techniques and carrying out corresponding interventions
- 28/04/2010–08/06/2010 **Online course: "Preventing Childhood Obesity: An Ecological Approach"**
Cornell University: E-Cornell, Beirut (Lebanon)
An in-depth course on the use of an ecological approach to identify underlying causes of childhood obesity and begin developing an action plan for intervention in their communities. This course involves a series of assessments -- of behavior, of the environment, and specific local factors -- to help diagnose the underlying causes of excessive weight gain in children. During the course, participants use this approach while focusing on a community in their country. This was achieved via a four-part project that runs throughout the course
- 23/01/2009–24/01/2009 **Workshop: "Communicating With Policy Makers"**
American University of Beirut/ Faculty of Public Health, Beirut (Lebanon)
Workshop organized by the faculty of Health Sciences at American University of Beirut in partnership with the Prevention Research Center in Washington University St Louis, Missouri and The Institute of Community and Public Health In Beirzeit University
- 19/01/2009–22/01/2009 **Workshop: "Evidence Based Public Heath"**
American University of Beirut/ Faculty of Public Health, Beirut (Lebanon)
Workshop organized by the faculty of Health Sciences at the American University of Beirut in partnership with the prevention Research Center in Washington University St Louis, Missouri and The Institute of Community and Public Health In Beirzeit University
- 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

PERSONAL SKILLS

Mother tongue(s) Arabic

Other language(s)

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user

Communication skills

Good communication skills gained through my experience in teaching and interacting with students, colleagues, and participation in conferences

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Basic user	Independent user		Basic user

Good command of Microsoft office, WORD, EXCEL, POWERPOINT, OUTLOOK Good command of SPSS, STATA, NCSS PASS and MedCalc

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
 - Two Oral Presentations :
 - Validation Of An Arabic Version Of The Obesity-Related Wellbeing (ORWELL 97) Questionnaire In Adults With Obesity
 - A minimally processed dietary pattern is associated with lower odds of metabolic syndrome among Lebanese adults
- **World diabetes congress 2011**
December 4-8 2011. DUBAI-UAE /WTC .
 - Conference organized by the IDF. Oral presentation in the session entitles: You are what you eat: Nutrition in diabetes and obesity
 - Topic presented:
 - Association between dietary patterns and the risk of metabolic syndrome among lebanese adults. F. Naja, L. Nasreddine, L. Itani, N. Adra, AM. Sibai, N. Hwalla
- **Educa2015 :“Pratique et Fromations Dans Les Education A”**
conference held at Hammamat Tunisia, May 14-16 2014.
 - Topic presented:
 - A culturally appropriate Lebanese nutrition knowledge, attitude and practices questionnaire. Hanadi Chatila, Leila Itani, Hani Dimassi, Fikrat El Sahn
- **The 11th science meeting**
American University of Beirut., April 27 - 30, 1992.
 - Topic presented:
 - Lipoprotein lipase, adiposity, serum cholesterol and triglycerides levels in rats fed casein or soy protein. L. Itani, n. Baba, z. Habbal.

Honours and awards

Sutherland award for graduate excellence, 1989.

Awarded for the Master of Science in Nutrition thesis work

CAAND 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. Baba N., Habbal Z., Sankari A., Hamadeh S., And Itani L. Relative effects of feeding camel, cow, and sheep butters and hydrogenated coconut oil on plasma lipids in rats. American University of Beirut: twentieth research report, 1991-1993, p: 58-59
2. Baba N., Yang M., Miski A.M., Habbal Z., Itani L. Effects of severe vs moderate energy restriction on body composition and adipose tissue lipoprotein lipase activity in rats. American university of Beirut: twentieth research report, 1991-1993, p: 58-59
3. حماية أوميغا the arabic translation of "the omega diet "by artemis simopoulos . Arab scientific publishers, 2004 , 352 pages .
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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
13. 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.
14. 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.
15. 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.
16. 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

17. 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.
18. 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.
19. 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.
20. 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
21. Saleh F, Itani L, Calugi S, Grave RD, El Ghoch M. Adipose-derived Mesenchymal Stem Cells in the Treatment of Obesity: A Systematic Review of Longitudinal Studies on Preclinical Evidence. *Curr Stem Cell Res Ther*. 2018;13(6):466-475.
22. Nasreddine L, Tamim H, Itani L, Nasrallah MP, Isma'eel H, Nakhoul NF, Abou-Rizk J, Naja F. A minimally processed dietary pattern is associated with lower odds of metabolic syndrome among Lebanese adults. *Public Health Nutr*. 2018 Jan;21(1):160-171.
23. Kreidieh D, Itani L, El Kassas G, El Masri D, Calugi S, Grave RD, El Ghoch M. Long-term Lifestyle modification Programs for Overweight and Obesity Management in the Arab States: Systematic Review and Meta-analysis. *Curr Diabetes Rev*. 2018;14(6):550-558.
24. Itani L, Calugi S, Dalle Grave R, Kreidieh D, El Kassas G, El Masri D, Tannir H, Harfoush A, El Ghoch M. The Association between Body Mass Index and Health-Related Quality of Life in Treatment- Seeking Arab Adults with Obesity. *Med Sci (Basel)*. 2018 Mar 13;6(1).
25. 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.
26. Kreidieh D, Itani L, El Masri D, Tannir H, Citarella R, El Ghoch M. Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women. *J Cardiovasc Dev Dis*. 2018 Oct 20;5(4). pii: E51
27. Naja F, Jomaa L, Itani L, Zidek J, El Labban S, Sibai AM, Hwalla N. Environmental footprints of food consumption and dietary patterns among Lebanese adults: a cross-sectional study. *Nutr J*. 2018 Sep 12;17(1):85.
28. Khazem S, Itani L, Kreidieh D, El Masri D, Tannir H, Citarella R, El Ghoch M. Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study. *Int J Environ Res Public Health*. 2018 Dec 5;15(12). pii: E2754.
29. Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Kreidieh D, Tannir H, El Masri D, El Ghoch M. Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report. *Sports (Basel)*. 2019 Feb 16;7(2). pii: E44

30. Chehade L, Jaafar ZA, El Masri D, Zmerly H, Kreidieh D, Tannir H, Itani L, El Ghoch M. Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence. *Curr Rheumatol Rev.* 2019 Jan 21.
31. F Naja, L Itani, R Hamade, MC Chamieh, N Hwalla. Mediterranean Diet and Its Environmental Footprints Amid Nutrition Transition: The Case of Lebanon. *Sustainability* (2019)11 (23), 6690
32. L Nasreddine, H Shatila, L Itani, N Hwalla, L Jomaa, F Naja. A traditional dietary pattern is associated with lower odds of overweight and obesity among preschool children in Lebanon: A cross-sectional study *European journal of nutrition* (2019) 58 (1), 91-102
33. L Itani, S Calugi, D Kreidieh, G El Kassas, D El Masri, H Tannir, RD Grave, Marwan El Ghoch. Validation of an Arabic version of the obesity-related wellbeing (ORWELL 97) questionnaire in adults with obesity *Current diabetes reviews* 2019 15 (2), 127-132
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