

Bayan Ahmed Obeidat, Ph.D
Department of Nutrition and Food Technology
Faculty of Agriculture
Jordan University of Science and Technology
P.O. Box 3030 Irbid, Jordan



Office phone: +962-7201000 ext 22205
Fax: +96227201071

Mobile: + 962-0795156522
E-mail: obeidatb@just.edu.jo

PERSONAL

DATE & PLACE OF BIRTH: December 10, 1974 (Irbid, Jordan)

MARTIAL STATUS: Married; 5 children

POSITION TITLE: Associate Professor

MAJOR: Human Nutrition and Dietetics

EDUCATION

<u>Institution/Location</u>	<u>Degree</u>	<u>Year</u>	<u>Field of Study</u>
Jordan University of Science and Technology, Irbid, Jordan	B.Sc.	1996	Nutrition and Food Technology
Texas Tech University, Lubbock, Texas	M.Sc.	2002	Nutrition
Texas Tech University: Lubbock, Texas	Ph.D	2004	Nutrition

PROFESSIONAL EMPLOYMENT:

September 2015 – present. Clinical Nutrition Specialist (Part-time), King Abdullah University Hospital, Irbid, Jordan.

January 2013- Present: Associate Professor, Department of Nutrition and Food Science, Jordan University of Science & Technology, Irbid, Jordan.

January 2005- January 2013: Assistant Professor, Department of Nutrition and Food Science, Jordan University of Science & Technology, Irbid, Jordan.

August 2001- August 2004: Teaching Assistant, Food and Nutrition Program, Department of Education, Nutrition & Restaurant/Hotel Management, Texas Tech University, Lubbock, TX.

Summer, 2003 and 2004: Research Assistant, Food and Nutrition Program, Department of Education, Nutrition & Restaurant/ Hotel Management, Texas Tech University, Lubbock, TX.

January 1997-December 1998: Teaching Assistant, Department of Nutrition and Food Science, Jordan University of Science & Technology, Irbid, Jordan.

RESEARCH INTERESTS

- The role of vitamin D in disease prevention.
- Impact of diet quality on obesity especially abdominal obesity.
- The role of nutrition practices in health promotion and prevention of chronic diseases.
- Developing healthy and nutritious food products.

TEACHING EXPERIENCES:

Undergraduate

- Diet Therapy
- Nutritional Case Evaluation
- Nutrition in the Life Cycle
- Advanced Human Nutrition
- Principles of Nutrition
- Human Nutrition
- Seminar
- Summer Training in Nutrition (Clinical Nutrition)

Graduate

- Nutrition in Special Cases
- Maternal and Child Nutrition
- Nutritional Assessment
- Seminar

AWARDS

- 2004 Summer Dissertation/Thesis Research Award, Texas Tech University, USA.
Dissertation: “A Survey of Parents of Overweight Children in the WIC Program”
- 2002 Summer Dissertation/Thesis Research Award, Texas Tech University, USA.
Thesis: “Food Habits of Arab Students Living in the United States”

FUNDED RESEARCHES:

- The association between vitamin D level and pre-eclampsia among Jordanian women (Jordan University of Science and Technology, 2014).
- Relationship of vitamin D level with gestational diabetes among Jordanian women (Jordan University of Science and Technology, 2014).
- The relationship of diet quality and life-style with abdominal obesity in healthcare sift workers (Jordan University of Science and Technology, 2014).
- The association between Diffuse Hair loss, Nutritional, lifestyle, and socioeconomic factors among Jordanian young females (Jordan University of Science and Technology, 2012).
- Diet quality and lifestyle characteristics of Syrian adolescents aged 13-18 years (Jordan University of Science and Technology, 2012).

- Assessment of Vitamin D Status among Jordanian Women with Polycystic Ovary Syndrome (PCOS) and its Association with Metabolic Syndrome (MBS) (Jordan University of Science and Technology, 2011).
- Using of germinated lupine flour in cookies (biscuits) production (Jordan University of Science and Technology, 2008)
- The prevalence of metabolic syndrome among Jordanian adults and its associated risk factors. (Jordan University of Science and Technology, 2007)
- Factors affecting vitamin B12 deficiency among college students. (Jordan University of Science and Technology, 2007)
- The prevalence of overweight among Jordanian school children and its influence on health (Jordan University of Science and Technology, 2007)
- Factors that influence iron Deficiency Anemia in Infants Living in Northern Jordan. (Jordan University of Science and Technology, 2006)

GRADUATE STUDIES

Supervising MSc Students

1. Eslam Khaled Ali "A.Al-Shami". The prevalence of metabolic syndrome among Jordanian adults and its associated risk factors. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2008.
2. Banan Ali Habib Allah , Factors Effecting Vitamin B12 Deficiency Among College Students. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2008.
3. Tagreed Ahmad Alassal. Chemical composition, mineral concentration of infant formulas marketed in Jordan as compared with mother's milk. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2009.
4. Dalia Zakaria Al-Omari. Effect of addition of germinated lupin flour on the physiochemical and organoleptic properties of cookies. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2009.
5. Samah Rakad Al-Bataineh. Assessment of osteoporosis status and fracture risk and their associated factors among a group of pre- and post- menopausal Jordanian women in Irbid city. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2011.
6. Wisal Mohammad Koujan. Assessment of Vitamin D Status among Jordanian Women with Polycystic Ovary Syndrome (PCOS) and its Association with Metabolic Syndrome (MBS). Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2012.
7. Maha Moufak Bahbooh. Diet quality and lifestyle characteristics of Syrian adolescents aged 13-18 years. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2012.
9. Sara Al-Rosan. The association between Diffuse Hair loss, Nutritional, lifestyle, and socioeconomic factors among Jordanian young females. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2013

10. Najla Alsaqer. Prevalence of premenstrual syndrome and its associated factors among female college students. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2013.
11. Rasha Ali. Assessment of the knowledge and beliefs regarding probiotic consumption among Jordanian college students and its associated factors. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST, 2013
12. Ishraq Al-Mansi. The association between vitamin D level and pre-eclampsia among Jordanian women. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST.
13. Ishraq Alzoubi. Relationship of vitamin D level with gestational diabetes among Jordanian women. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST.
14. Amani Qawasmeh. The relationship of diet quality and life-style with abdominal obesity in shift healthcare workers. Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST.

Examined Master Thesis:

1. Ebtesam Tallouzi. Nutritional assessment of adolescent females in Irbid governorate, Jordan, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2006.
2. Safa Al-Sahawneh. Developing meal-planning exchange list for composite dishes common in the Jordanian and Arabic cuisine, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2006.
3. Naseem Al-shwaiyat. Developing meal-planning exchange list for composite desserts and appetizers common in the Jordanian and Arabic cuisine, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2006.
4. Layal Oweis. Gross chemical composition, mineral analysis, phenolic compound, anthocyanins and antioxidants activity determination in wild edible plants grown in Jordan, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2007.
5. Dima Abu Jamous. Glycemic control in food insecure patients with type 2 diabetes, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2008.
6. Ola Osama Al-Saydali, Utilization Rice and corn Flours in Gluten Free Bread Making, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2009.

7. Deqa Mohammed. The prevalence of food insecurity among Jordanian adolescents and its impact on their school performance, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST.2009.
8. Nour Amin Al-Sahoriy, Utilization Of Lupin Flour To Produce Gluten Free Cookies, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2010.
9. Nather Hassan Masadeh. Effect of fortification of barley protein on chemical, functional and sensory properties of pita bread (Baladi bread), **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2010.
10. Hams Mahfouz. The relationship between obesity and fatty liver among a group of Jordanian adults females, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2010.
11. Nada Yaseen. The relationship between the frequency of fish intake and cardiovascular diseases risk factors among Jordanian adults in Amman Jordan, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2011.
12. Ranyah Awad Al-Ajlouni. Attitudes of Jordanian adolescent students toward overweight and obesity, **M.Sc** thesis, Dept. Community and Mental Health Nursing, Faculty of Nursing, JUST. 2012.
13. Lama Jdees. General nutrition knowledge and its relation to glycemic control among patients with type 2 diabetes in Syria, **M.Sc** thesis, Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2012.
14. Rub Abu-Taleb. Evaluation of serum estrogen, ghrelin and leptin levels and their relationship to body composition in a group of female students at the University of Jordan aged 18-25 years, **M.Sc** thesis, Dept. Nutrition and Dietetics, Faculty of Agriculture, University of Jordan, 2012.
15. Karam Al-Majdalani. Relationship between central pro-inflammatory biomarkers and body composition in a group of overweight students at the University of Jordan, **M.Sc** thesis Dept. Nutrition and Dietetics, Faculty of Agriculture, University of Jordan, 2012.
16. Rawan Bukhari. Evaluation of serum complement C3 protein levels and its association with anthropometric indices of obesity and macronutrient intakes in a group of adolescent boys and girls aged 12-16 years in Amman at the University of Jordan, **M.Sc** thesis Dept. Nutrition and Dietetics, Faculty of Agriculture, University of Jordan, 2014.
17. Asma Al-Bakri. Effect of dietary-induced obesity and body weight-reducing diet on the initiation, progression, and reversibility of epididymal adipose tissue remodeling and on

insulin sensitivity in Sprague Dawley male rats at the University of Jordan, **M.Sc** thesis
Dept. Nutrition and Dietetics, Faculty of Agriculture, University of Jordan, 2014.

18. Hiba Shaban. Evaluation of hepatoprotective effect of Pistacia lentiscus fruits, **M.Sc** thesis,
Dept. Nutrition and Food Technology, Faculty of Agriculture, JUST. 2015.

ACTIVITIES

COMMITTEES

Non-academic Committees

- Member of the "Foods for Special Dietary Uses Committee", Jordan Food and Drug Administration, Amman, Jordan. September 2014 - present.
- Member of the "Health Accreditation and Certification Services Committee", Ministry of Health, Amman, Jordan. November 2011 - November 2015.

Academic committees

Department committees

- Promotion Committees.
- Coordinated Program in Clinical Nutrition and Dietetics, Jordan University of Science and Technology, 2013-present.
- Department Representative at the Faculty Council (2009)
- Graduate Studies Committee (2006, 2007, 2009, 2011- present).
- Curriculum Committee (2005, 2011, 2013-present)
- Students Affairs Committee (2006, 2007).
- Scientific Research Committee (2005, 2006, 2010, 2013, 2014)
- Library Committee (2008).
- Social Committee (2007-2011)

Faculty committee

- Students Affairs committee (2011)
- Library Committee (2008).
- Social Committee (2005, 2010-2014)

External Reviewer for Faculty Promotion

- Jaber Al-Ahmad University, Kuwait, 2015.

Refereeing Activity

- Preventing Chronic Disease Journal
- Journal of Clinical Nutrition
- Jordan Journal of Agricultural Sciences

Community Services

- Giving lectures in the role of nutrition in health promotion and disease prevention for pregnant and lactating women, infants and school children; 2006 – present.

PEER REVIEWED PUBLICATIONS

Refereed Journals

1. Abdul-Razzak K, **Obeidat B**, Al-Farras M, Dauod A. 2014. Vitamin D and PTH status among adolescent and young females with severe dysmenorrhea. *J Pediatr Adolesc Gynecol.* 27 (2):78-82. doi: 10.1016/j.jpag.2013.07.005.
2. Al-Nabulsi A, **Obiedat B**, Ali R, Osaili T, Bawadi H, Abushelaibi A, Shaker R, Holley R. 2014. Knowledge of probiotics and factors affecting their consumption by Jordanian college students. *International Journal of Probiotics & Prebiotics* 9 (3): 77
3. Maghaydah S, Abdul S, Ajo R, **Obeidat B**. Tawalbeh Y. 2013. Enhancing the Nutritional Value of Gluten-Free Cookies with Inulin. *Advance Journal of Food Science and Technology* 5(7): 866-870.
4. Osaili T, Abu Jamous D, **Obeidat B**, Bawadi H, Tayyem R, Subih H. 2013. Food safety knowledge among food workers in restaurants in Jordan. *Food Control* 31, 145-150.
5. **Obeidat B**, Alchalabi H, Abdul-Razzak K, Al-Farras M. 2012. Premenstrual Symptoms in Dysmenorrheic College Students: Prevalence and Relation to Vitamin D and Parathyroid Hormone Levels. *Int. J. Environ. Res. Public Health* 9(11), 4210-4222; doi:10.3390/ijerph9114210.
6. **Obeidat B**, Al-Shami E, Abdul-Razzak K, Khader Y. 2012. Predictors of Metabolic Syndrome among Employees: A Study from Jordan. *Food and Nutrition Sciences* 3, 669-677 doi:10.4236/fns.2012.35091.
7. **Obeidat B**, Abdul-Hussain S, Al Omari D. 2012. Effect of addition of germinated lupin flour on the physiochemical and organoleptic properties of cookies. *Journal of Food Processing and Preservation.* doi: 10.1111/j.1745-4549.2012.00688.x.
8. Abdul-Razzak K, Khoursheed A, Altawalbeh S, **Obeidat B**, Ajlony M. 2012. Hb level in relation to vitamin D status in healthy infants and toddlers. *Public Health Nutr.* 6:1-5.
9. Brittin H and **Obeidat B**. 2011. Food practices, changes, preferences and acculturation of Arab students in US universities. *International Journal of Consumer Studies* 35: 552–559.
10. Abdul-Razzak K, Ajlony M, Khoursheed A, **Obeidat B**. 2011. Vitamin D deficiency among healthy infants and toddlers: a prospective study from Irbid, Jordan. *Pediatr Int.* 53(6):839-45.
11. Massadeh A, Baker H, Obeidat M, ShakatrehS, **Obeidat B**, Abu-Nameh E. 2011. Analysis of Lead and Cadmium in Selected Leafy and Non-Leafy Edible Vegetables Using Atomic

Absorption Spectrometry. *Soil and Sediment Contamination: An International Journal* 20(3): 306-314.

12. Osaili T, **Obeidat B**, Abu Jamous D, Bawadi H. 2010. Food safety knowledge and practices among college female students in north of Jordan. *Food Control* 22 (2): 269-276.
13. **Obeidat B**, Shriver B, Roman-Shriver C. 2010. Factors Involved in the Persistence of Overweight among Children Enrolled in the Supplemental Food Program for Women, Infants, and Children. *Matern Child Health* March 14(2):164-73.
14. Abdul-Razzak K, Ayoub N, Abu-Taleb A, **Obeidat B**. 2010. The Influence of Dietary intake of Dairy Products on Dysmenorrhea. *The Journal of Obstetrics and Gynaecology Research* 36(2): 377-383.
15. Abdul-Hussain S, Ajo R, **Obeidat B**. 2009. Acceptability and chemical composition of thick flat bread supplemented with chickpea flour and isolated soy protein, proceeding. 5th International Congress Flour-Bread, 7th Croatian Congress of Cereal Technologists, Croatia.
16. Suleiman A. Albogai O, Yasein N, El-Qudah J, Bataineh B, **Obeidat B**. 2009. Prevalence of and Factors Associated with Overweight and Obesity among Jordan University Students. *Journal of Biological Sciences* 9(7): 738-745.
17. Alboqai O, Suliman A, Al Hourani H, **Obeidat B**, Abuirmeileh N, El-Qudah J, and 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.

Books and Book Chapters

1. Khalid K. Abdul-Razzak, Bayan A Obeidat, Nehad M. Ayoub, And Mudhaffar I. Al-FarrasA . 2012. Reproduction, Pregnancy, and Women: Diet Quality and Dysmenorrhea: in *Diet Quality: An Evidence-Based Approach*. Springer New York. Pp 53-63.

Other

1. Roman-Shriver CR, Shriver B, Morberg B, **Obeidat B**. Report of the WIC Data Analysis Project: Overweight Surveys and Anemia Surveys, Texas Department of Health. Aug 2003.

Abstracts (Presented and Published)

1. **Bayan Obeidat**, Nail Obeidat, Wisal Koujan. Assessment of Vitamin D Status among Jordanian Women with Polycystic Ovary Syndrome (PCOS) and its Association with Metabolic Syndrome (MBS). The "ASIAN CLINICAL CONGRESS", January 28-29, 2013, Bangkok, Thailand on Jan 28-29 , 2013.

2. Khalid Al-Ani, **Bayan Obeidat**, Mudhaffar Al-Farras, Ali Dauod. Adolescence and Young Females with Severe Dysmenorrhea: Are they at Risk of Developing Osteomalacia? A Prospective Study. The 1st Funded Research Conference, April 24 2012, Deanship of Research and Faculty of Graduate Studies, Jordan University of Science and Technology.
3. **Obeidat, Bayan A.** Ajlony, Mohammed-Jafar A. Prevalence and Predictors Of Iron Deficiency Among Healthy Infants And Toddlers Living In North Jordan. International Food and Agricultural Congress, February 15-19, 2012, Antalya, Turkey.
4. **B. Obeidat**, B. Habib-Allah, S. Al-Azzami. Factors that Influence Low Vitamin B12 Level Among College Students. 94th Canadian Chemistry Conference and Exhibition (CSC): Chemistry and Health. Jun 5-9, 2011. Montréal, Quebec, Canada
5. **B. Obeidat**, E.Al-Shami, K. Al-Ani. The prevalence of Metabolic syndrome among Jordanian Employees and Its Associated factors. EDDP International Conference on Early disease Detection and Prevention, February 25-28, 2010, Munich, Germany.
6. **Bayan Obeidat**. Prevalence and Predictors of Metabolic syndrome among Jordanian adults. First Nutrition Forum "Nutrition in Health and Disease", March 31-April 1, 2010, University Kalamoon, Syria.
7. Selma S. Abdul-Hussain, **B. A. Obeidat** and D.Z.Al-Omary. Effect of addition of germinated Lupin flour on the physiochemical and organoleptic properties of cookies. IFT Annual Meeting Scientific Program Subpanel (SPS)-2010
8. Tayyem R.F. Bawadi H.A., Osaili T., **Obeidat B.** Knowledge, attitudes and food-handling practices among housewives in Jordan. 1st Arabic Conference for Food Safety, The Kingdom of Bahrain, Manamah, December 22-24, 2008.
9. **Obeidat BA**, Brittin HC. 2004. Food practices, changes, preferences, and acculturation of Arabs in the United States. [Abstract]. Journal of the American Dietetics Association; supplement 2, 104 (8): P34.
10. **Obeidat BA**, Roman-Shriver C, Shriver B. 2004. Comparisons between improvers and non-improvers among overweight children enrolled in the supplemental food program for women, infants, and children. Journal of the American Dietetics Association; supplement 2, 104 (8): P59
11. **Obeidat, B. A.** Roman-Shriver, C. and Shriver, B. 2004. Parental perceptions and beliefs of weight status and eating behavior of overweight children enrolled in the WIC program. Annual Meeting of the Texas Dietetic Association: Food and Nutrition Conference and Exhibitions. April 1-3, Dallas, Texas.