

## Contact Information

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## Educational background

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<b>Texas Tech University</b>	2011-2013
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PhD of Nutrition

Nutrition, Hospitality and Retailing

<b>Wayne State University</b>	2008-2011
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Masters of Art in Nutrition

Nutrition and Food Science

<b>New Mexico State University</b>	2001-2004
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Masters of Science in Human Nutrition

Human Nutrition and Food Science

<b>Jordan University of Science and Technology</b>	1994-1998
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Bachelor of Nutrition and Food Technology

## Current and previous positions

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1. Consultation Services for "in-patients " / Department of Clinical Nutrition / King Abdullah University Hospital (KAUH), (Aug 2015- current)
2. Supervisor for the student's internship in King Abdullah University Hospital (KAUH) (2014- current)

3. Assistant professor, Department Nutrition and Food Technology/ Faculty of Agriculture, Jordan University of Science and Technology, (Feb, 2014- current).
4. Teaching Assistant, Department Nutrition/College of Sciences. Texas Tech University (2011-2013).
5. Teaching Assistant, Department of Nutrition and Food Science / College of Liberal Arts and Sciences. Wayne State University (2009-2011).

### **Workshops that I conducted**

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- Training workshop (12 hrs) about the "Science behind Diabetes", JUST, Sep 2014
- Training workshop (12 hrs) about Sports in Nutrition, JUST, Sep 2014.
- Training workshops about vitamin D and bariatric surgeries in the Agricultural Engineers Associations, Amman, Jordan, April, 2014
- Training workshop (12 hrs) about "Diets and weight loss", Consultative Center for Science & Technology, JUST, Dec, 2014
- Training workshop (12 hrs) about "Clinical Nutrition: applications in the hospitals", Consultative Center for Science & Technology, JUST, Dec, 2014.
- Training workshop (12 hrs) about "Diet Therapy for CVD patients", Jordanian Army Forces, Directorate Royal Medical Services. March, 2015
- Training workshop (12 hrs) about "Diet Therapy for Diabetic patients", Jordanian Army Forces, Directorate Royal Medical Services. March, 2015.
- Training workshop (3 hrs) about "Obesity and Weight Loss", Jordanian Army Forces, Directorate Royal Medical Services, Aug, 2015.
- Training workshop (12 hrs) about " Sports Nutrition", JUST, Sep, 2015
- Training workshop (12 hrs) about "Diabetes and insulin units", JUST, Sep, 2015.
- Training workshop (12 hrs) about "Diets and weight loss: latest research findings", Consultative Center for Science & Technology, JUST, Feb, 2016.

### **Workshop that I attended**

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- Training workshop (12 hrs) about online educational resources, Academic Development & Quality Assurance Center- JUST (2014).
  - Training workshop (12 hrs) about innovation teaching in higher education, Academic Development & Quality Assurance Center- JUST (2015).
  - Basics of CPR/ King Abdullah University Hospital, Nov, 2015.

### **Fellowships, Scholarships**

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- Rumble fellowship, \$25,000, (2009-2010) from Wayne state University, Graduate School.
  - Graduate Professional Scholarship (2009-2010) from Wayne State University, Graduate school.
  - Horton A. and Mildred Proctor Hobbs Endowed Scholarship, Texas Tech University, 2012-2013.
  - Margaret Chan Carter Endowed scholarship, Dept. Nutrition, Hospitality and Retailing, Texas Tech University, 2013-2014.
  - C.J. Davidson Home Economics Endowed scholarship, College of Human Sciences, Texas Tech University, 2013-2014.
  - Hobbs HS scholarship, College of Human Sciences, Texas Tech University, 2012-2013.
  - Craddock HS scholarship, College of Human Sciences, Texas Tech University, 2013-2014.
  - MB Snyder HS scholarship, College of Human Sciences, Texas Tech University, 2013-2014.
  - Fox HS Scholarship, College of Human Sciences, Texas Tech University, 2013-2014.
  - TTU president Doctoral Excellency TA, Texas Tech University, 2012-2013.
  - Doctoral Fellowship from Jordan University of Science and Technology to pursue my PhD at Texas Tech University, 2011.
  - Teaching assistantship (2010-2011) from Wayne State University, Dept Nutrition and Food Science.
  - Teaching scholarship (2011-2013) from Texas Tech University, Dept Nutrition, Hospitality and Retailing.

### **Skills, Trainings, Qualifications, Organization**

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- Microsoft Course (Word, Excel, Power point, Internet) Future Institute, United Arab Emirates. (1998).

- Member of the Agricultural Engineers Associations, Amman, Jordan (2005)
- CITI online course for The Human Investigation Committee (HIC) and the Animal Investigation Committee (AIC), Wayne State University, Sep, 2009
- Member of the American Society for Nutrition (ASN), USA, 2010
- Treasurer of the Graduate Nutrition Organization (GNO) in TTU since Dec, 2011.
- CDC's Health Literacy for Public Health Professionals Training:  
<http://www.cdc.gov/healthliteracy/training/>
- Member in Sam Steel Society- New Mexico State University (2001- Present).
- Member in New Mexico Alumni Association- New Mexico State University (2004- Present).
- Training course in EEO Non- discrimination for Employees V2, Texas Tech University, 2011.

### **Conferences, exhibits, posters & workshops**

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- A member in the **Jordan Obesity and Metabolomics Study Group** (JOMSG) that study the prevalence of overweight and obesity among Jordanian children and adolescents and the contributing factors to this epidemic problem (October, 2015- current).
- A speaker in the 1<sup>st</sup> Scientific Agricultural Conference, Dec-2015. Agricultural Engineers Associations, Irbid-Jordan "Vitamin D and weight loss".
- A speaker in the 7<sup>th</sup> Scientific Research Conference, November 14, 2015 at the Middle East University, Amman. "Vitamin D supplementation after bariatric surgeries".
- A session leader in the 7<sup>th</sup> Scientific Research Conference, November 14, 2015 at the Middle East University, Amman.
- Presented a poster in the Second International Congress of Agriculture, Food and Gastronomy on April, 2015- Antalya/Turkey. "Diet quality and lifestyle characteristics of Syrian adolescents aged 13 – 18 years".
- Invited speaker, title "vitamin D and bariatric surgeries" in a conference about "Vitamin D". Agricultural Engineers Associations, Amman, Jordan, April, 2014

- Presented a poster in the Graduate exhibition at Wayne State University on March 28, 2010. "Relationship between Body Mass Index Percentile (%BMI) and Blood pressure in 3 and 4 years preschoolers in Detroit Area".
- Attended Texas Dietetic Association (TDA) Food & Nutrition Conference & Exhibition, April 2012. San Antonio-Texas.
- Leader session in SIOP ASIA-PDOC/ King Hussein Cancer Center. April, 2015
- A speaker in the annual conference of "obesity" in the Royal Medical Services, King Hussein Center. Aug, 2015.

### **Community Services**

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- Supervised the Nutrition and Health Fair (event) in JUST, May, 2016.
- Supervised the Nutrition and Health Fair (event) in JUST, May, 2015.
- Volunteer in one of the Palestinian refugee camp/Irbid Jordan, 2015. Free Health and nutrition assessment day, including glucose measurement, blood pressure, body composition analysis.
- Supervisor of a team who conducted a free health and medical day in Sarih, North Jordan. 2015. "Nutrition and health assessments and measurements".
- Nutrition counselling in the city of Irbid, Al-Rabwa Pharmacy. (3 days a week) 2005-2007.

### **Development of Clinical Curriculums**

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1. Developed a program plan and curriculum for "Higher Diploma in clinical Nutrition" in the department of Nutrition and Food Technology, JUST (2014). (pending)

2. Developed a program plan and curriculum of "Interdisciplinary Clinical Nutrition Program" with the faculty of Agriculture, Medicine, Nursing, Pharmacy, and Applied Medical Sciences, Jordan University of Science and Technology (2015). (pending)
3. Established and supervised the Clinical Nutrition Clinic for out-patients visiting "King Abdullah University Hospital" Sep, 2015.
4. Developed a MA program plan and curriculum in "Clinical Nutrition" in the department of Nutrition and Food Technology, JUST (2014). (pending)

## **Educational Activities**

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### **Undergraduate Courses**

Diet Therapy 1 (Jordan University of Science and Technology)  
Diet Therapy 2 (Jordan University of Science and Technology)  
Community Nutrition (Jordan University of Science and Technology)  
Nutrition Education and Extension (Jordan University of Science and Technology)  
General Biochemistry (Jordan University of Science and Technology)  
Summer Training: Internship in Clinical Nutrition in King Abdullah Hospital  
Nutrition and Health (Wayne State University)  
Medical Terminology (online course) (Texas Tech University)  
Laboratory Techniques (Wayne State University)

### **Graduate Courses**

Advanced Medical Nutrition Therapy (Jordan University of Science and Technology)  
Special Topics in Nutrition: Disease and Pathophysiology (Jordan University of Science and Technology)

## **Committee Member**

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- Member of the "Health Accreditation and Certification Services Committee", **Ministry of Health, Amman/Jordan.** (Aug, 2015- current)
- Chair of Masters Comprehensive exam committee, JUST
- Member of Scientific Research Committee, JUST

- Member of Graduate Studies Committee, JUST
- Advising of undergraduate students, JUST
- Advising and supervising graduate students, JUST
- Member in the Departmental Council (March, 2014- present), JUST

### Papers, abstracts and Thesis title

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- 1) **H. S. Subih**, J. Behrens, B. Burt, L. Clement, R. Pannell, L. Macha, J. Spallholz, M. Boylan. Mean Serum 25 Hydroxy vitamin D levels are higher in Hemodialysis subjects given a renal multivitamin with cholecalciferol at dialysis. *Asia Journal of Clinical Nutrition*. 25 (4), 2016 (In press).
- 2) Yeh, Y. L., Gwen, L. A., Cassidy-Bushrow, A. E., **Hadil Subih**, Catherine Jen., K-L. 2015. Nutrient intake patterns in preschool children from inner city day-care centers. *International Journal of Child Health and Nutrition*; 4: 103-111.
- 3) **Dissertation**: Impact of a highly dose of monthly cholecalciferol on Serum hydroxyl vitamin D3 in bariatric surgery patients. Texas Tech University (2014).
- 4) Obeidat, B. S., M. S. Awawdeh, R. T. Kridli, H. J. Al-Tamimi, M. A. Ballou , M. A. Abu Ishmais, F. A. Al-Lataifeh, **H. S. Subih**. 2014. Feeding corn silage improves nursing performance of Awassi ewes when used as a source of forage. *Anim. Feed Sci. Tech*. 192:24-28.
- 5) 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.
- 6) Clement L., Boylan M., Miller V., Driskell J., Giraud D., **Subih H.** 2012. Vitamin B-6 Vitamer Levels in Plasma of Hemodialysis Subjects taking Prescription and Over the-Counter Renal Multivitamin Supplements. *International Journal for Vitamin and Nutrition Research*. 82(2):130-6.
- 7) **Thesis**: Assessment of caloric intake, weight status of preschool children in two day care centers in the Detroit area and the racial disparities among the children. Wayne State University (2011).

- 8) Obeidat, B. S., M. S. Awawdeh, H.H. Titi, A. A. AbuGhazaleh, F. A. Al-Lataifeh, I. A. Alawneh, M. A. Abu Ishmais, R. I. Qudsieh, **H. S. Subih**. 2011. Effect of Feeding Calcium Salts on Performance of Nursing Awassi Ewes. Trop. Anim. Health Prod. 43:1211-1217.
- 9) Obeidat B. S., Awawdeh M. S., Abdullah A. Y., Muwalla M. M., Abu Ishmais M. A., Telfah B. T., Ayrout A. J., Matarneh S. K., **Subih H. S.**, Osaili T. 2011. Effects of feeding broiler litter on performance of Awassi lambs fed finishing diets. Anim. Feed Sci. Tech. 165:15-22.

### Research Funds

Title of Research	Source of Fund	Year	Amount
The impact of a high weekly dose of cholecalciferol or calcium supplements on weight loss and serum vitamin D levels among obese and vitamin D deficient subjects	Research Deanship/JUST	2015	6600 JD
Mitigation of obesity in rats supplemented with dietary vitamin D and calcium	Research Deanship/JUST	2015	6500 JD
Impact of sleeping quality/duration on obesity, morbidity and health biomarkers among employees of Jordan University of Science and Technology	Research Deanship/JUST	2015	6000 JD
Sleeping quality/duration and adiposity, morbidities and academic performance in students of Jordan University of Science and Technology.	Research Deanship/JUST	2015	9000 JD
Effect of counseling and education on the health outcomes, blood metabolites and glycemic control in type 2 diabetes mellitus adult patients in Jordan	Research Deanship/JUST	2016	2600 JD
Epidemic of overweight and obesity among children and adolescents in public and private schools in Irbid, Northern Jordan.	Research Deanship/JUST	2016	pending
Polycystic ovarian syndrome (PCOS) and its relationship to reactive oxygen species indicators among PCOS women in Jordan.	Research Deanship/JUST	2016	pending



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### Chair of Graduate Student Committees

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1. **Hiba Hamdan:** "Mitigation of obesity in rats supplemented with dietary vitamin D and calcium".
2. **Zainab Zueter:** "The impact of a high weekly dose of cholecalciferol or calcium supplements on weight loss and serum vitamin D levels among obese and vitamin D deficient subjects".
3. **Muhannad Muzayyek:** "The relationship between sleep duration and the prevalence of obesity and metabolic diseases among employees of Jordan University of Science and Technology".
4. **Malik Al-zghoul:** "Dietary practices and behaviors among type 2 diabetes patients visiting the Royal Medical Center in Jordan".
5. **Yaqin Abu Shuqeir:** "Epidemic of overweight and obesity among children and adolescents in public and private schools in Irbid, Northern Jordan.
6. **Waad Alarefaei:** Polycystic ovarian syndrome (PCOS) and its relationship to reactive oxygen species indicators among PCOS women in Jordan.

### Advisor Committee member

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1. **Rami Katkhuda:** Dietary profile and risk of systemic inflammation among type 2 diabetic patients, M.S.C Thesis, Jordan University of Science and Technology, Aug, 2014.

2. **Ghadeer Dannoun:** Hepatoprotective activity of squalene on the rat's liver. M.Sc Thesis, Jordan University of Science and Technology, December, 2014.
3. **Bushra Omar:** Development of high fiber and protein, low carbohydrate maamoul for celiac patients. M.Sc Thesis, Jordan University of Science and Technology, Aug, 2015
4. **Waseem Al farra:** Development of high fiber and protein, low carbohydrate cookie for celiac patients. M.Sc Thesis, Jordan University of Science and Technology, Aug, 2015, 2014.
5. **Ishraq Almansi:** The association between vitamin D level and preeclampsia among Jordanian women.
6. **Asma's Alkahlout:**
7. **Ahlam**

## References

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