

CURRICULUM VITAE

Carine R. ISSA, M.Sc., PhD.

Cell: +961 (3)766095; e-mail: carineissa@terra.net.lb

P.O.Box. 165134, Beirut, LEBANON

Lebanese, Born on March 10, 1978

EDUCATION

- ◆ Sept 06 - Nov 09 **PhD in Human Nutrition (Nutritional Epidemiology) – Evaluation: Excellent**
Faculté de Médecine de la Timone
Université de la Méditerranée (Aix-Marseille II) – Marseille, FRANCE
Thesis title: Traditional Mediterranean diet and adiposity in a rural sample of Lebanon and nutritional quality of composite dishes
- ◆ Oct 05 – Jul 06 **M.S in Nutrition (Molecular and Cellular aspects) and Food Security – GPA=14.5/20**
Université d'Aix-Marseille III – Marseille, FRANCE
Thesis title: Pilot study on the relationship between adherence to the Mediterranean diet in the Lebanese adult population and cardiovascular diseases risk.
- ◆ Oct 00 - Nov 02 **M.S in Food Service Management (Leadership) – GPA=3.8/4**
R.I.T (Rochester Institute of Technology) - Rochester, NEW-YORK
Thesis title: Restaurant management in Lebanon: Current trends and future concerns.
- ◆ Oct 96 - Jul 99 **B.S in Nutrition and Dietetics – GPA=80/100**
A.U.B (American University of Beirut) – Beirut, LEBANON
- ◆ Oct 81 - Jul 95 **French Baccalaureate – Sciences (Biology)**
Collège des Soeurs des Saints-Coeurs – Beirut, LEBANON

PROFESSIONAL EXPERIENCE

- ◆ Oct 10 till present **Associate Professor and researcher at the Nutrition Department**
(Courses: Research Methodologies, Survey techniques, Nutritional Assessment, Nutrition in the Life cycle, Food service management, Hygiene and Sanitation, Fundamentals of Nutrition)
Faculty of Public Health – Lebanese University – Section II - Fanar, LEBANON
- ◆ Oct 06 – Jul 13 **Master thesis director and jury member for Nutrition and Dietetics students**
Assistant Professor at the Faculty of Pharmacy (part-time)
(Courses: The Mediterranean Diet; Nutritional composition analysis Software Lab; Nutrition, Sports and Health; Therapeutic Nutrition Lab)
Department of Nutrition and Dietetics – U.S.J (Université Saint-Joseph) – Beirut, LEBANON
- ◆ Nov 03 - Aug 07 **Nutrition program coordinator and Instructor (270 hrs / year)**
(Courses: Food Service Management, Hygiene and quality control, Culinary techniques, Therapeutic Nutrition, Introduction to Nutrition and Dietetics)
Department of Human Nutrition and Dietetics – Faculty of Agricultural Sciences - U.S.E.K (Université Saint-Esprit de Kaslik) - Jounieh, LEBANON
- ◆ Jul 01-Feb 07 **Instructor at the Faculty of Business (part-time)**
(Courses: Hospitality and Service Management, Leadership, Sanitation and Safety)
Hotel Management Department - A.U.T (American University of Technology) – Halat.

- ◆ Jan 04 till Jul 11 **Private Dietetic Clinic**
Beirut, LEBANON
- ◆ Apr 02-May 03 **Food Service Management Consultant**
Synergy-Hospitality Services and Solutions – Beirut, LEBANON
- ◆ Sept 99 – July 11 **Piano teacher**

PUBLICATIONS IN PEER REVIEWED JOURNALS

Bou-Serhal, R., Salameh, P., Wakim, N., **Issa, C.**, Kasseem, B., Abou-Jaoudé, L., & Saleh, N. *A New Lebanese Medication Adherence Scale: Validation in Lebanese Hypertensive Adults*. International Journal of Hypertension; Volume 2018, Article ID 3934296, 7 pages.
<https://doi.org/10.1155/2018/3934296>

Issa, C., Jomaa, L., Salamé, J., Waked, M., Barbour, B., Zeidan, N., Baldi, I., Salameh, P., *Girls are more adherent to Mediterranean Diet than boys among university students in Lebanon*. Asian Pacific Journal of Health Sciences, 2014; 1(4): 142-145.

Salameh, P., Jomaa, L., **Issa, C.**, Farhat, G., Salamé, J., Zeidan, N., Baldi, I., for the Lebanese National Conference for Health in Universities Study Group. *Assessment of Dietary Intake Patterns among University Students in Lebanon: a focus on gender differences*. Frontiers in Public Health, October 2014; 2 (Article 185): 1-12.

Salameh, P., Jomaa, L., **Issa, C.**, Farhat, G., Zeghondi, H., Gerges, N., Sabbagh, M.T., Chaaya, M., Barbour, B., Waked, M., Salamé, J., Saadallah-Zeidan, N., & Baldi, I., on behalf of the Lebanese National Conference for Health in Universities Study Group. *Assessment of health risk behaviours among university students: a cross-sectional study in Lebanon*. International Journal of Adolescence and Youth 2014; 19 (2): 203-216.

Salameh, P., Jomaa, L., Farhat, G., Zeghondi, H., Gerges, N., **Issa, C.**, Sabbagh, M.T., Chaaya, M., Barbour, B., Waked, M., Salamé, J., Saadallah-Zeidan, N., & Baldi, I., and The Lebanese National Conference for Health in Universities Study Group. *The Young Adults' Cigarette Dependence (YACD) score: An improved tool for cigarette dependence assessment in university students*. Addictive Behaviors 2013; 38: 2174–2179.

Salameh, P., Barbour, B., **Issa, C.**, Rachidi, S. *Obesity associated behavior in adolescents of private schools in Lebanon*. J Med Liban 2011; 59 (4): 179-190.

Maillot, M., **Issa, C.**, Vieux, F., Lairon, D., Darmon, N. *Following Mediterranean steps, the shortest way to reach nutritional goals. Evidence from computer-generated personalized diets*. Am J Clin Nutr 2011; 94: 1127–37.

Issa, C., Darmon, N., Salameh, P., Maillot, M., Batal, M., Lairon, D. *A Mediterranean diet pattern with low consumption of liquid sweets and refined cereals is negatively associated with adiposity in adults from rural Lebanon*. Int J Obes 2011; 35: 251-258.

Issa, C., Salameh, P., Batal, M., Vieux, F., Lairon, D., Darmon, N. *The nutrient profile of traditional Lebanese composite dishes: Comparison with composite dishes consumed in France*. Int J Food Sc Nutr 2009; 60 (S4): 285-295.

Barbour, E.K., El Jurdy, L., **Issa, C.**, & Tannous, R. *Preliminary attempts towards production of table eggs free from Salmonella enteritidis*. Journal of Cleaner Production 2001; 9:69-73.

ORAL COMMUNICATIONS AND POSTERS

Mattar, L., Hobeika, M., Taouk, J., Haddad, G., Yazbeck, L., Zeidan, R.K., Salameh, P., & **Issa, C.** Determinants of a longer duration of exclusive and mixed breastfeeding and its relationship with infants' and toddlers' health: First nationwide study on daycares in a developing country. *3rd Nutrition and Food Science Research Conference. Department of Natural Sciences, School of Arts and Sciences, Lebanese American University, Beirut, Lebanon, April 12, 2018.*

Maillot, M., Issa, C., Vieux, F., Lairon, D., Darmon, N. The shortest way to reach nutritional goals is to adopt Mediterranean food choices. *Research trends in food safety and security. Department of Natural Sciences, School of Arts and Sciences, Lebanese American University, Beirut, Lebanon, 3-5 May 2011.*

Maillot, M., Issa, C., Vieux, F., Lairon, D., Darmon, N. Following Mediterranean steps, the shortest way to reach nutritional goals: evidence from computer-generated personalized diets. *First Regional Nutrition Conference: Nutrition challenges in the East Mediterranean Region. Department of Health Sciences, College of Art and Sciences, Qatar University, Doha, Qatar, 28-29 March 2011.*

Maillot, M., Issa, C., Vieux, F., Lairon, D., Darmon, D. Adopter des choix alimentaires de type méditerranéen, c'est la meilleure façon d'atteindre les recommandations nutritionnelles : une démonstration basée sur la modélisation individuelle de rations [Following Mediterranean steps, the shortest way to reach nutritional goals: evidence from computer-generated personalized diets]. *8^{èmes} Journées Francophones de Nutrition, Lille, France, 8-10 December 2010.*

Maillot, M., Vieux, F., Issa, C., Lairon, D., Darmon, N. Following Mediterranean steps, the shortest way to reach nutritional goals: evidence from computer-generated personalized diets. *2nd World Congress on Public Health Nutrition, Porto, Portugal, 23-25 September 2010.*

Issa, C., Darmon, N., Batal, M., Salameh, P., Lairon, D. Analyse comparée du profil nutritionnel des plats libanais et français [Comparative analysis of the nutritional profile of Lebanese and French dishes]. *7^{èmes} Journées Francophones de Nutrition, Brest, France, 26-28 November 2008.*

Issa, C., Lairon, D., Darmon, N. A two-dimensional system to characterize the nutritional quality of common Lebanese dishes and desserts. *Colloque of the Doctorate School. Faculté de Médecine de la Timone. Université de la Méditerranée, Marseille, 5 and 6 June 2008.*

Maillot, M., Vieux, F., Issa, C., Lairon, D., Darmon, N. Mediterranean foods are preferentially selected by a computer-based model aimed at optimizing the nutritional quality of individual diets. *7th International Congress on the Mediterranean Diet, Barcelona, 11 and 12 March 2008.*

INTERNATIONAL CONFERENCES ATTENDED AND CERTIFICATES OBTAINED

- ◆ Sept 07 **Specialized course/seminar in: “Training the Trainer”**
ISTNA (Institut Scientifique et Technique de la Nutrition et de l’Alimentation) – Paris, France
- ◆ Sept 07 **Fourth European Nutrigenomics Conference - European Nutrigenomics Organization**
Holmenkollen Park Hotel Rica - Oslo, NORWAY
- ◆ Mar 04 & Mar 05 **6th and 7th Symposium in Micronutrition**
*IEDM (Institut Européen de Diététique et Micronutrition)
Cite des Sciences et de l’industrie, La Villette - Paris, FRANCE*
- ◆ Oct 04 **Specialized course/seminar in: “Obesity/Malnutrition Complications and Mngt”**
ISTNA (Institut Scientifique et Technique de la Nutrition et de l’Alimentation) – Paris, France

PROJECTS AND CONSULTATIONS

- ◆ Sept 10 till present **Development of the B.S. and M.S. programs courses syllabi in Nutrition and Dietetics**
Development of the Internship manuals
Faculty of Public Health – Lebanese University – Section II - Fanar, LEBANON
- ◆ Nov 04 – May 07 **Wild Edible Plants : Promoting Dietary Diversity in Poor Communities of Lebanon**
American University of Beirut (AUB); Initiative for Biodiversity Studies in Arid Regions (IBSAR); Environment and Sustainable Development Unit (ESDU)

- ◆ May 05 – Aug 07 **Reporting of kitchen activities at the Lebanese Army and recommendations**
- ◆ Jan 05 – Aug 07 **Recipe standardization, introduction of diet dishes and hygiene training at the cafeteria**
- ◆ Sept 05 – Aug 06 **Development of the M.S. program courses syllabi in Public Health Nutrition and Food Service Management**
- ◆ Sept 04 – Aug 05 **Development of the Internship manual**
- ◆ Sept 03 – Aug 04 **Development of the B.S. and M.S. programs courses syllabi in Nutrition and Dietetics**
Department of Human Nutrition and Dietetics – Faculty of Agricultural Sciences - U.S.E.K

WORKSHOPS

- ◆ **Member of the technical review committee** in the Consultation Workshop on National Guidelines for the Management of Acute Malnutrition with the UNICEF and Ministry of Public Health. **October 26 and 27, 2015.**
- ◆ **Representative of the Faculty of Public Health** in the workshop at the Ministry of Economy and Trade (MOET) for creating potential future partnerships between local governments and academic institutions with the common goal of improving food safety and quality in the country, resulting in the Public Academic Cooperation (PAC) Initiative. **June 14 and June 15, 2017.**
- ◆ **Member of the National Committee on Infant and Young Child Feeding (IYCF)** in the planning meeting of the National Breastfeeding campaign with the UNICEF and Mother, Child and School Health Unit (Ministry of Public Health) in partnership with local and international organizations. **September 22, 2017.**
- ◆ **Member of the National Committee on Infant and Young Child Feeding (IYCF)** in the “National Policy on Infant and Young Child Feeding in Lebanon” plan of action meeting with the UNICEF and Mother, Child and School Health Unit (Ministry of Public Health) in partnership with local and international organizations. **January 26, 2017.**
- ◆ **Representative of the Faculty of Public Health** in the launching meeting of the “National Breastfeeding campaign” with the UNICEF and Mother, Child and School Health Unit (Ministry of Public Health). **January 24, 2018.**
- ◆ **Member of the National Committee on Infant and Young Child Feeding (IYCF)** in the “National Policy on IYCF in Lebanon” consultative workshop with the UNICEF and Mother, Child and School Health Unit (Ministry of Public Health) in partnership with local and international organizations. **February 7, 2018.**
- ◆ **Member of the National Committee on Infant and Young Child Feeding (IYCF)** in the “IYCF Implementation Plan” **dialogue meeting** with the UNICEF and Mother, Child and School Health Unit (Ministry of Public Health). **April 20, 2018.**
- ◆ **External expert** in the consultative workshop at The International Orthodox Christian Charities (IOCC) for the implementation of a “School Snacks and Nutrition Education Program” funded by the World Food Programme (WFP). **June 5, 2018**

MASTER THESIS DIRECTED

- ◆ Jun 2010 **Facteurs de risques liés aux troubles du comportement alimentaire chez un échantillon d'étudiants Libanais** [Risk factors linked to eating disorders in a sample of Lebanese students]
- ◆ Mar 2011 **Habitudes alimentaires dans un échantillon d'étudiants universitaires Libanais** [Food habits in a sample of Lebanese university students]
- ◆ July 2011 **Evaluation de l'apport nutritionnel des athlètes Libanais** [Evaluation of the Lebanese athletes Nutritional intake]

- ◆ Jun 2012 **Evaluation des habitudes alimentaires des diététiciennes diplômées de l'USJ (Université Saint-Joseph, promotions 2005-2011** [Evaluation of the nutritional habits of dieticians having graduated from the Université Saint-Joseph (USJ), classes 2005-2011]
- ◆ Jun 2012 **Relation entre l'apport en macronutriments et l'adiposité chez les infirmiers à l'Hôpital du Grand Beyrouth** [Relationship between macronutrients intake and adiposity in nurses at the Greater Beirut Hospital]
Nutrition and Dietetics Department – Faculty of Pharmacy - U.S.J (Université Saint-Joseph) – Beirut, Lebanon
- ◆ Oct 2015 **Relation entre la durée de l'allaitement exclusif, la diversification alimentaire et la santé des enfants âgés de 6 mois à 36 mois** [Relationship between the duration of exclusive breastfeeding, food diversification and health of children aged 6 months to 36 months]
- ◆ Oct 2016 **The relationship between the duration of breastfeeding and health outcomes among toddlers aged twelve to thirty six months and attending daycares across Lebanon**
- ◆ Oct 2017 **The effect of early feeding practices on the health of Lebanese toddlers aged twelve to thirty six months and attending daycares across Lebanon**
- ◆ Oct 2018 **Identification of contamination with gluten of gluten-free labeled food on the Lebanese market**
Nutrition and Dietetics Department – Faculty of Public Health II - Lebanese University – Fanar, Lebanon

MISCELLANEOUS

- ◆ Jan 11 to present **Reviewer for peer reviewed scientific journals:**
Journal of Research in Health Sciences
International Journal of Food Sciences and Nutrition
International Journal of Obesity
- ◆ Mar 06 Main speaker in a **Conference on « Food production at the Lebanese Army and recommendations on good hygiene practices »**
- ◆ May 05 Main speaker in a **Conference on the « USEK cafeteria improvement project»**
Université Saint-Esprit de Kaslik - Jounieh, LEBANON
- ◆ Oct 04 Main speaker in **Conferences in more than 10 schools**
Nutritional education campaign in collaboration with the WHO – LEBANON
- ◆ Dec 1998 **Piano Diploma (Baccalaureate - 8th Grade)**
Conservatoire National de Musique – Sin El Fil – LEBANON

T.V. Interviews

- ◆ June 04 20 minutes live interview : « **Les graisses cachées dans l'alimentation** »
NBN T.V, Beirut, Lebanon
- ◆ Mar 04 30 minutes live interview : « **La chirurgie de l'obésité** »
Téléliban, Beirut, Lebanon
- ◆ Feb 04 20 minutes live interview : « **Le régime équilibré** »
New T.V, Beirut, Lebanon
- ◆ Nov 03 45 minutes live interview : « **Le poids idéal et la composition corporelle** »
NBN T.V, Beyrouth, LIBAN « **Les Fibres et leurs effets positifs sur la santé** »