



**DR. JOANNE KARAM**  
**PhD in Food Science & Nutrition, Certified Health Coach.**  
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## Work Experience

- **Chairperson of Nutrition and Dietetics Department** **Oct 2020 – Present**  
*Modern University of Business and Science*
  - Management of nutrition department & internship and practicum organization for nutrition students and signing MOUs with concerned parties.
  - Instructor:
    - Nutrition courses instructor: food microbiology & parasitology, food service management, food processing & laboratory, food hygiene, nutritional status assessment, community nutrition.
    - Public health courses instructor: Stress Management, Gender & Development, Toxicology for Health, Health Promotion Interventions, Family Health, Community Mental Health.
  - Research & Projects:
    - Leading and preparing an interventional study on student engagement in online learning.
    - Project in virtual exchange, projects in public health and nutrition (mental health, food security & safety, Mediterranean diet, eating disorders, and body image).
    - Preparing proposal for grants, supervising senior projects.
    - Policy brief writing within the FREE project (Female Academic Role Model Empowerment, Equality and Sustainability at Universities in Mediterranean Region).
    - Research subcommittee member.
  - External editor for PhD thesis: Physical activity, sedentary behavior and diet in Mediterranean older adults with high cardiovascular risk, Efecto del entorno alimentario y su asociación con la obesidad en el contexto urbano Chileno.
  - Seminars and symposiums organization & moderation: Breast cancer prevention, Nutrition & Breastfeeding, Eating Disorders Feeding the silent illness, COVID-19: separating facts from fictions, Nutrition symposium on Diet & Kidney Diseases, Nutrition Symposium on World Nutrition Day (Keto Diet and Bariatric Surgery), Importance of Diabetes Awareness, practical training for future dietitians, Symposium on Mental Health and current situation in Lebanon.
  
- **Program Coordinator, YALA 2.0 (Youth Activism for Lebanese Accountability) project funded by National democratic institute NDI** **Nov 2021- Present**  
*Modern University of Business and Science*
  - Recruitment, ToT training, program coordination.
  
- **Chairperson for accreditation of research department** **Oct 2020 – Oct 2021**  
*Modern University of Business and Science*
  - Preparing all related documents for applying to EVALAG accreditation in the research department.
  - Writing the strategy for the research department for years 2021-2025
  
- **University Instructor & Research Collaborator (part-time)** **Feb 2020 – Sep 2020**  
*Modern University of Business and Science*
  
- **Health coach and Pilates Instructor** **Nov 2019 – Sep 2020**
  - One on one coaching of clients seeking a healthier lifestyle.
  - Seminars:
    - “Healthiest diets around the world”, seminar in the University of Balamand.
    - “The Mediterranean Diet”, seminar in the University of Balamand.

- “The diet of a young athlete”, seminar in Eleven Pro Football.
- o Workshops and coaching with NGOs
  - Coaching youth at Mercy Corps
  - Leading a stress free lifestyle: Loyac Kuwait

### Publications

- Adherence to Mediterranean Diet among adults during the COVID-19 outbreak and the Economic Crisis in Lebanon. **Joanne Karam**, Wissam Ghash, Carol Bouteen, Makary Mary Joe, Marwa Riman, Mireille Serhan. Published in Nutrition & Food Science. January 10th 2022, ISSN: 0034-6659
- Adherence to Mediterranean diet among Lebanese university students. **Joanne Karam**, María del Mar Bibiloni, Mireille Serhan, Josep A. Tur. Published in Nutrients. April 12th 2021 <https://doi.org/10.3390/nu13041264>
- Addressing high dropout rates and barriers to tertiary education of students from vulnerable communities in Lebanon 2019-2020. Nael Alami; Diana Maddah; Lara Rafeh; Mariam Fadel; Hanine Abi Ghannam; **Joanne Karam** & Nathalie Fakherdine. Research Report published on [www.aub.edu.lb/ifi](http://www.aub.edu.lb/ifi)
- Total fat and Fatty acid intakes and food sources in Mediterranean older adults requires education to improve health. **Joanne Karam**; Maria del Mar Bibiloni; Antoni Pons; Josep A Tur. Published in Nutrition Research. November 15<sup>th</sup> 2019. <https://doi.org/10.1016/j.nutres.2019.11.003>
- Association between physical condition and body composition, nutrient intake, sociodemographic characteristics, and lifestyle habits in older Spanish adults. Maria del Mar Bibiloni; **Joanne Karam**; Cristina Bouzas; Raquel Aparicio-Ugarriza; Raquel Pedrero-Chamizo; Antoni Sureda; Marcela Gonzalez-Gross; Josep A Tur. Published in Nutrients November 1<sup>st</sup> 2018. <https://doi.org/10.3390/nu10111608>
- Polyphenol estimated intake and dietary sources among older adults from Mallorca Island. **Joanne Karam**, Maria del Mar Bibiloni, Josep A. Tur. Published in Plos One January 30<sup>th</sup> 2018. doi: 10.1371/journal.pone.0191573.

### Proceedings & Abstracts

- Adherence to Mediterranean Diet among adults in Lebanon. **Joanne Karam\***, Wissam Ghash, Carol Bouteen, Mary-joe Makary, Marwa Riman, Mireille Serhan\*. The 2nd International Electronic Conference on Foods - "Future Foods and Food Technologies for a Sustainable World". Section: Food Nutrition and Human Health. October 14th 2021. <https://sciforum.net/paper/view/11099>
- Non-dairy milks: Testing the consumption & eating patterns of students. A survey study at the University of Balamand. **Joanne Karam**, Mireille Serhan. Lebanese Association for the Advancement of Science (LAAS) International Science Conference (23rd : 6-7 April 2017 : Lebanese University, Lebanon)

### Education:

- **PhD in Nutrition and Food Science** **2015-2019**  
University of Balearic Islands (Spain), holder of HERMES Scholarship granted by the European Union
- **Master's degree in Food Science and Technology** **2013-2015**  
University of Balamand, Koura (Lebanon) TEMPUS program University of Nicosia (Cyprus) - Universite de Valenciennes (France) - the University of Greenwich (England).
- **Bachelor of Sciences in Medical Laboratory** **2010-2013**  
University of Balamand, Beirut (Lebanon)
- **Lebanese Baccalaureate** **2010**  
Ecole Secondaire des Filles de la Charite, Beirut (Lebanon)

### Certificates & Licences :

- Health coach, institute of integrative nutrition IIN, New York (USA)
- Certificate of instructor of Hypopressive method , Asociacion Baleares de Pilates (Spain)
- Certificate of Pilates instructor using the Fitnessball, Asociacion Baleares de Pilates (Spain)
- Certificate of Pilates instructor for Pregnant women, Asociacion Baleares de Pilates (Spain)
- Certificate of Pilates instructor basic, intermediate and high level, Asociacion Baleares de Pilates (Spain)
- Foundation diploma in Entrepreneurial studies, Shaw Academy
- Certificate in level 3 HACCP, Boeker organization, Beirut (Lebanon)

**Conferences & Trainings:**

- Policy writing training, University of Alicante, Spain, December 2021
- Masculinity Training (ToT), Abaad, December 2021
- The 2nd International Electronic Conference on Foods - "Future Foods and Food Technologies for a Sustainable World", October (14, 29) 2021. Proceeding : Adherence to Mediterranean Diet among adults in Lebanon.
- Strategy writing, National Distance Education University-UNED, online training, April & May 2021.
- Digihealth Online Training, UNIMED, Online training, March 2021.
- E. Health Training program, TalTech, Online training, November 2020.
- Writing a successful research paper, Scopus workshop and understanding Research Metrics and Indicators using Journal-Level, Article-Level, and Author-Level metrics, Elsevier Researcher Academy- UK, October 2020.
- NutriOx meeting, Strasbourg France, September 2017. Poster presented: Estimation of dietary fatty acid intake in Mediterranean older adults
- Beirut antioxidants world congress, Lebanon, May 2017. Poster presented: Intake estimation & dietary sources of polyphenols in adults living in a Mediterranean region.
- LAAS 23rd (Lebanese Association for Advancement of Science), Lebanon, April 2017. Abstract presented: Non-dairy milks: Testing the consumption & eating patterns of students. A survey study at the University of Balamand.
- 9th world nutrition and health congress, Germany, February 2017.
- Food Oral Processing Congress, Switzerland, July 2016.

**Online Courses :**

- Health Coaching for patient care (DoaneX Lifestyle Medicine Professional Series Certificate program) February 2018
- Management and Leadership: Leading a team (Chartered Management institute) April 2017
- Exercise Prescription for the prevention and treatment of disease (Trinity College) April 2017
- Psychology and mental health (University of Liverpool) February 2017
- Nutrition and wellbeing (University of Aberdeen) January 2017

**Practical courses:**

- Obesity, a practical approach (Sociedad Española para el estudio de la obesidad SEEDO) March 2017, Spain.
- Coaching (Asociacion Baleares de Pilates) December 2017, Spain.
- Parent training interventions for children with ADHD and disruptive behavior. September 2016, Spain.
- First aid (Lebanese Red Cross) October 2013, Lebanon.

**Internships:**

- Quality inspector, Consumer protection department in the ministry of Economy, Beirut (2015)
- Laboratory technician, LARI under minister of agriculture, Beirut (Sept 2014)
- Quality inspector, Al Amira Roastery, Amioun (Apr 2014)
- Laboratory technician, St. Georges Hospital, Beirut (2013)

**Skills:**

**Languages:** Arabic (native), French, English & Spanish (fluent written & spoken)

**Technical:** SPSS, Microsoft office