

Lina Begdache, PhD, RDN, CDN, CNS-S
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Binghamton University
Health and Wellness Studies Department
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Education

Binghamton University, State University of New York

Doctor of Philosophy, Biological Sciences, May 2008

Concentration: **Cell and Molecular Biology**

Research area: **Neuroscience**

Dissertation

NADPH oxidase in PC12 cell differentiation and apoptosis.

University at Buffalo, State University of New York

Master of Science, Nutrition Sciences, May 1998

Research area: **Obesity**

Thesis

Effect of fatty acid and sterol composition on the growth and differentiation of 3T3-L1 cell line.

American University of Beirut, Lebanon

Bachelor of Science, Nutrition & Dietetics, June 1991.

Collège Protestant Français; Beirut, Lebanon

French Baccalaureat (Diplôme Du Baccalauréat de l'enseignement du second degré), June 1987

Concentration: Experimental Sciences

Professional Credentialing

CDN : Certified Dietitian-Nutritionist-2017

RDN : Registered Dietitian-Nutritionist-2014

CNS-S : Certified Nutrition Specialist- Scholar-2013

Teaching and Work Experience

Positions:

2016-present: **Assistant Professor**, Health and Wellness studies, Decker School of Nursing-SUNY Binghamton

2013-2016 **Research Assistant Professor**, Health and Wellness studies, Decker School of Nursing-SUNY Binghamton

2009-2013 **Adjunct Lecturer- Part-time**- Health and Wellness studies, Decker School of Nursing-SUNY Binghamton

2010-present **Nutrition course coordinator** Health and Wellness studies, Decker School of Nursing
2012-2016 **Visiting Research Associate**- Biomedical Anthropology- SUNY Binghamton
2009-2016 **Adjunct Lecturer**- Biological Sciences, SUNY Binghamton
2003-2007 **Teaching Assistant**- Biological Sciences-- SUNY Binghamton
1996-1998 **Teaching Assistant**- Nutritional Sciences-SUNY Buffalo

Teaching:

Binghamton University

Department of Health and Wellness studies (2009-present)

Course coordinator and instructor

HWS 332 Nutrition

HWS 410 Pathophysiology of Nutrition-Related Diseases

Decker School of Nursing

NURS 325- Nutrition through a lifespan (summer 2010)

NURS 568 Human Nutrition and metabolism (2013-present)

Department of Biological Sciences

BIOL 301/501 Molecular Genetics (2011-2015)

BIOL 311 Principles of Cell Biology (co-taught Spring 2009; summer 2010)

BIOL 118 Introduction to Cell and Molecular Biology (summer 2005)

Research Mentor for Undergraduate Students, 2004-2008

Research Mentor, Bridges to Baccalaureate Program, summer 2005

Research Assistant, fall 2003

University at Buffalo

Department of Nutrition Sciences

Teaching Assistant-1997-1998 **NTR 108- Human Nutrition**

Dissertation committee member

Christen Waddell-Decker School of Nursing-Binghamton University-**Identifying And Addressing Nutrition Education Needs For Patients With Hypertension In Primary Care**- 2014-2015.

Hamed Kianmehr- Integrating system dynamics modeling and big data analytics as a new approach to deal with health system issues-Watson School of Engineering -2018

Anastacia Kudinova-Psychology Department- Outside Reviewer-Association between the magnitude of the immune response and Recurrent Major Depression Disorder in humans and depression-like behavior in animals-2018

Teaching Techniques and certifications

Course-based Undergraduate Research Experience
Flipped classroom
Online teaching- Teaching Online Certification
Service Learning- Engaged Faculty Fellow
Hybrid teaching

Continuing Education

University of Arkansas for Medical Sciences
Medical Nutrition Therapy-Summer 2013

Binghamton University
NURS 530: Scientific Inquiry: Research Methods

Courses Developed

Fall 2017- UNIV 103 A **Nutrition for all performances**
Fall 2013-NURS 568 **Nutrition and Human Metabolism**
Spring 2011- HWS 410 **Pathophysiology of Nutrition-Related Diseases**

Grants

Personalized Dietary Recommendations for Mood Optimization-PI NIH 2018
Sweat Wearable for Health and Stress Monitoring -Co-PI- NSF-2018
Sweat Wearable and Economic Appliance and Technology for Health and Stress Monitoring- Co-PI Samsung GRO 2018
CIFAR -Azrieli Global Scholar- PI Submitted 2018
Development of Intelligent Mental Disease Prediction System (IMDPS) based on a longitudinal dietary pattern analysis-ICG- PI Submitted 2018
Dietary and Lifestyle modifications to support mental wellbeing in Division I Athletes-NCAA- PI Submitted 2017
Development of a prototype Intelligent Mental Disease Prediction System based on dietary pattern analysis: a pilot study- PI Big Data October 2017 Awarded
NYS Health Foundation-PI September 2017 Awarded
NY State Academy of Nutrition and Dietetics -PI September 2017 Awarded
YIGPRO Effects of Mediterranean diet and exercise on gut microbiota richness and diversity- -PI Submitted 2017
Establishing a role for intestinal microbiota in GERD symptom severity- PI ACG Submitted 2016

(S3IP) Center of Excellence- 2016 Awarded
Regional Economic Development Council-2016 Awarded
Teaching Online Certification Program Grant-Center for Learning and Teaching-
Binghamton University-2016 Awarded
Gemple Grant- Academy of Nutrition and Dietetics- Nutrition and neurodegeneration-
2015 Awarded
Engaged Fellow-Service-learning for nutrition education program-Binghamton
University- 2014-2015 Awarded
Individual Developmental Funds- Stress-induced eating patterns and gastroesophageal
reflux disease (GERD) risk in college students Binghamton university-2012 Awarded
Eckler Mini-grant- Epigenetic Modifications in Guam ALS-2013 Awarded

Research Activities

As a Principal Investigator

Dietary patterns and mood -2016-present
Gastroesophageal reflux disease (GERD) and mood - 2011-2016
Nutrition and mental health – 2013-present
Polymorphisms in One-carbon metabolism in Guam ALS—2013-2016

As a graduate student

Reactive oxygen species and neurodegeneration in differentiated PC12 cells
Reactive oxygen species as signaling molecules in undifferentiated PC12 cells

Effect of fatty acid and sterol composition on adipocyte growth and differentiation
Metabolic effect of leptin on obesity

Scientific Publications

Books

Lina Begdache- Nutrition in Health and Pathophysiology of Disease- First edition
Cognella-ISBN 978-1-60927-558-7.
Lina Begdache NADPH oxidase in PC12 cell differentiation and apoptosis- 2008 ISBN-
10: 0-549-70617-8
Lina Begdache Effect of fatty acid and sterol composition on the growth and
differentiation of 3T3-L1 cell line-1998

Articles

Begdache L and **Chaar M.** (2018). Development and Validation of a New Questionnaire
Assessing Food Intake in Relation to Mental Distress: Food-Mood Questionnaire (FMQ)-
Under revision

Begdache L., Sabounchi N., Chaar M., Marhaba J., Kianmehr H. (2018) Principal Component Analysis Identifies Differential Gender-Specific Dietary Patterns that may be Linked to Mental Distress in Human Adults-*Nutritional Neuroscience*-
<http://doi.org/10.1080/1028415X.2018.1500198>

Begdache L (2018). Cognitive Decline and Mental Distress: A Potential Mismatch between the Contemporary Diet and the Evolved Brain. *Anthropol Ethnol Open Acc J* 1(1): 000105. <https://medwinpublishers.com/AEOAJ/AEOAJ16000105.pdf>

Kianmehr H., Sabounshi N., **Begdache L** (2018). The Role of Big Data Analytics in Developing System Dynamic Models. White paper. International Conference of the System Dynamics Society in Reykjavík, Iceland.

Begdache L, Marhaba J. (2018). The Serotonergic System in Diet, Obesity and Mental Health. *Glob J Endocrinol Metab* .1(5).
<http://doi.org/10.31031/GJEM.2018.01.000521>

Begdache L, Marhaba R. (2018). Is it Time to Revisit Vitamin B12 for Mental Health and Cognitive Functions in Elderly? *Mod Appl Bioequiv Availab.*; 3(3): 555614.
<https://juniperpublishers.com/mabb/pdf/MABB.MS.ID.555614.pdf>

Begdache L., Kianmehr H., Heaney C. (2018). College Education on Dietary Supplements May Promote a Responsible Use in Young Adults. *Journal of dietary Supplements*. <https://doi.org/10.1080/19390211.2018.1482983>

- **Begdache L.**, Chaar M., Kianmehr H., and Sabounchi N. (2017). A Cross-Sectional Study to Examine the Effect of Dietary Factors and Exercise Assessment on Mental Distress in Younger versus Older Adults. *Nutritional Neuroscience*- page 1-11
<https://doi.org/10.1080/1028415X.2017.1411875>

Birtan A, Vlad C, Bank L, **Begdache L**. (2017) A Study of Comorbidities and Nutritional Supplements Strongly Associated with Inflammatory Bowel Disease. *Alpenglow*. Issue 3.
<https://orb.binghamton.edu/cgi/viewcontent.cgi?article=1049&context=alpenglowjournal>

Begdache Lina. The hefty price of 'study drug' misuse on college campuses. The Conversation Web site. <https://theconversation.com/the-hefty-price-of-study-drug-misuse-on-college-campuses-59340>. Updated 2016

Awad A.B., **Begdache L**. and Fink C.S. Effect of sterols and fatty acids on growth and triglyceride accumulation in 3T3-L1 cells. 2000. *The Journal of Nutritional Biochemistry*. 11(3):153-156.

Abstracts and Posters presented at conferences

Begdache L., Chaar M., Kianmehr H., and Sabounchi N.A. 2018 Causal Modeling Approach for the Study of Association among Food Intake, Exercise, and Mental Distress. NERCCS - Abstract

Azva Alvi, Maria Bajwa, Daehan Won, Jacob Friedman, Leslie Bank, and **Lina Begdache** 2018. A Study of the Severity and Onset of Symptoms in Patients with Inflammatory Bowel Disease in Relation to Various Comorbidities. Abstract submitted for ACG

Marhaba R and **Begdache, L.**2018- “Assessment of Mediation Effects of Exercise and Breakfast Eating between Females and Males Mood”. BBRC. Abstract

Franze C, Gaitour V, Stone A, Liu J, Farragher-Gnadt C, and **Begdache L** 2018. Associations Between Sleep, Diet, and Mental Health in College Students-CURE Project. Plenary presentation BBRC.

Begdache L., Chaar M., Kianmehr H., and Sabounchi N.A Causal Modeling Approach for the Study of Association Among Food Intake, Exercise, And Mental Distress. NERCCS 2018- Abstract

Birtan A, Vlad C, Bank L, **Begdache L.** 2017. A Study of Comorbidities and Nutritional Supplements Strongly Associated with Inflammatory Bowel Disease. GITD

Marszalek A. and **Begdache L.** 2017. Sleep Patterns, Mood, and Academic Performance in Relation to Stimulant Use. BBRC

Heaney C. and **Begdache L.** 2017. Dietary Supplement Knowledge and Usage among College Students. BBRC

Pamper A. and **Begdache L.** 2017. Weight loss pill use and association with mood in college students. Research days

D’souza S and **Begdache L.** 2017. Differential Nutritional Knowledge and Stress Response in Division I Female versus Male Athletes. Research Days

Sadeghi S, Stowell Sara E., Ralph M. Garruto, **Begdache L,** 2016 Examination of GSTP1 Single Nucleotide Polymorphism in Guamanian ALS/PDC. 9thAnnual Binghamton Biomedical Research Conference

Begdache L, Rappa. 2016. Assessment of nutrition knowledge of collegiate Division I athletes I. A. 9thAnnual Binghamton Biomedical Research Conference.

Begdache L., Singh J., Webster R., Marhaba J., Hila A. 2016. A Low Glycemic Index Diet Reduces Many of Gastroesophageal Reflux Disease Symptom Severity. 9thAnnual Binghamton Biomedical Research Conference. **Selected for Plenary Session Presentation**

Begdache L, Rappa A, Marhaba J. 2016. Differential Dietary Attitudes in Division I Female versus Male Athletes.

Li C, Hrehor L, **Begdache L.** 2016. Analysis of External Factors in Relation to Obesity Prevalence within Broome County. Weight Management and Diabetes Education Teaching Day Conference.

Begdache L., Singh J., Webster R., Marhaba J., Hila A. 2016. A Low Glycemic Index Diet May Improve Mood in Individuals with GERD. 9thAnnual Binghamton Biomedical Research Conference.

Begdache L., Singh J., Webster R., Marhaba J., Hila A. 2015. A Low Glycemic Index Diet May Decrease Symptom Severity of Gastroesophageal Reflux Disease. 8thAnnual Binghamton Biomedical Research Conference.

Begdache L., Chaar M., Marhaba J., James G. 2015. Development of a Validated and a Reliable Tool to Test Mental Distress in Relation to Dietary Patterns. 8thAnnual Binghamton Biomedical Research Conference.

Begdache L., Chaar M., Huang R. 2015. The Effect of Dietary Pattern and Demographics on Perceived Mental Distress. 8thAnnual Binghamton Biomedical Research Conference.

Begdache L. and Goldberg D. 2015. Assessment of Flipped Classroom Style versus Traditional In Class Formats in a Nutrition Course. Research Days- Binghamton University.

Rappa A. and **Begdache L.** 2015 Nutritional Knowledge in Relation To Wellness and Academic Class in Division I Athletes at Binghamton University. 8thAnnual Binghamton Biomedical Research Conference.

Mostafa E., Yacoub A., Tastle W., Bank L., **Begdache L.** 2015. A Study of Comorbidities Strongly Associated with Celiac Disease Using a Novel Artificial Neural Networks. 8thAnnual Binghamton Biomedical Research Conference.

Begdache L., Marhaba J, Ahearn M., Garruto R. 2015. Strong Association between RFC1 G80A polymorphism and ALS as reflected in Auto CM analysis. 8thAnnual Binghamton Biomedical Research Conference.

Begdache L., Chaar M., Tastle W. 2014. Association between dietary patterns and stress in Binghamton University and Ithaca College students. 7thAnnual Binghamton Biomedical Research Conference.

Yasmin P. and **Begdache L.** 2014. The effectiveness of nutritional education and aid on pregnant women in Bangladesh. Research Days-Binghamton University

Begdache L., Patel K., Sorber H., Mahjabeen S., Marhaba J., Hila A. 2014. A Low Glycemic Index Diet May Improve Mood in Students with Gastroesophageal Disease. 7th Annual Binghamton Biomedical Research Conference.

Begdache L., Lewis J., Marhaba J., Garruto RM. 2014. Polymorphisms in one-carbon metabolism may be linked to Guam ALS. 7th Annual Binghamton Biomedical Research Conference.

Begdache L. and Tammariello S.P. 2008 NADPH oxidase in PC12 cell differentiation and apoptosis. Binghamton University- Graduate Research Day.

Begdache L. and Tammariello S.P. 2008. Effect of angiotensin II on NADPH oxidase subunit expression in neuronal differentiation and apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

Begdache L. and Tammariello S.P. 2006. Expression of Nox1 and Nox4 in neuronal differentiation and apoptosis- Abstract. 1st Annual Binghamton Biomedical Research Conference- Biomedical Problems of the 21st century.

Begdache L. and Tammariello S.P. 2006. Nox expression and distribution in neuronal differentiation and apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

Lively L., **Begdache L.** and Tammariello S.P. 2005. The role of NADPH oxidase in apoptosis of PC12 cells- Poster. Binghamton University.

Begdache L. and Tammariello S.P. 2005. NADPH oxidase and homologs: Implication in neuronal apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

Hilburger E.W., Conte E., **Begdache L.** and Tammariello S.P. 2004. Expression of Nox 1 and Nox 4 during neuronal apoptosis. Poster. Society for Free Radical Biology and Medicine Annual Meeting.

Other publications

“Ask the Scientist” published in Pressconnects.com part of USA Today (selected)

Is there a new research on PKU? 2017

What causes cancer? 2016

Why doesn't your face get goosebumps like your arms do? 2016

Why does my heart rate go up when I run? 2015

Why are we made of water? 2015

Why do we breathe oxygen? 2015

Why do we age? 2014

Does coffee affect growth? 2014

Does eating cold food burn more calories? 2012

Why do we sweat?-2012

Do we have a red or a blue blood?-2011

Does acid burn stomach cells? - 2011

How do cells work in your body?-2010

Dark chocolate is good for you-but in moderation- 2010
Brain tumors are created by abnormal cells multiplying-2009
Boost your defense against viruses with sleep and a healthy diet- 2009
Our bodies can become “unglued” without Vitamin C-2009
How does our stomach know when to rumble? 2007
Does the coldness of winter decrease the metabolism? 2006
Why do people get fat by not eating too much but by eating all day? 2006

Nutrition articles for M.E.C Foundation newsletter

The health benefits of the Mediterranean diet-2010
Mediterranean Cuisine: A new concept of a healthy diet-2005
Ready, get set, lose the weight-2003

Health Articles written for Gannett News Service

Childhood obesity -January 2008
New Year resolution: How to achieve weight loss -Dec 2007
Food for mood- November 2007
Free radicals and health- October 2007
Nutrients and beautiful skin for moms- September 2007
Health hazards of barbecued meat- July 2007
Tips for a healthier summer- June 2007
Menopause doesn't have to give you a tubby tummy- August 2006

Health and Wellness Unlimited

A New Year resolution: A new you- tips for weight loss January 2012

Invited Speaker

EAP-Diet and brain health in aging-2017
Healthy Campus Summit- **ABCs of academic success: The role of diet**-2016
UHS-Weight Management Teaching Day-**Nutrition Trends**--2016
Diverticular disease: **Looking beyond the fiber**. Speech presented at 37th
Gastroenterology Teaching day, Binghamton- 2015.
Offices of Alcohol and Other Drugs Programs and Services- **The neurobiology of
addiction**- 2015
Global Health Conference- **Global Dietary Pattern and Mental Distress**-2015
Broome County-Office for Aging **Coping with Diabetes**- 2014
Southern Tier Dietetic Association- **The Art and Science of the Mediterranean Diet**-2013
Binghamton University-Decker School of Nursing-**Transgenerational effect of maternal diet**-
2014
DSO- Binghamton University- **The emerging field of Nutrigenomics**-2013
EAP-Binghamton University-**The composition of the American diet in relation to disease**-
2013

Eating Awareness Committee-**The 3 brain imprints of college life: Alcohol, Adderall and Nicotine**-2013
Lyceum- **The science of nutrition and lifestyle in healthy aging**-2013
Triple-cities Running Club-**The ABC of a personalized sports nutrition**- 2013
Binghamton University- Athletic Department- **Fueling for performance-Science based evidence**- 2012
Binghamton University-Office of human Resources-Retiree Services-**Healthy aging: mental and physical health**- 2012
Binghamton University- HWS internship- **High Fructose Corn Syrup: “You’re in for a sweet surprise”**-2012
United Health Services- 8th Annual Weight Management Teaching Day- **Pathophysiology of obesity**-2011
United Health Services- 5th Annual Oncology Teaching Day- **Bioidentical hormones**-2011
Binghamton University- Institute for Intergenerational Studies-**Diet, lifestyle and healthy aging**- October 2010
Binghamton University- Employee Assistance Program- **The health benefits of the Mediterranean diet**- October 2010
Binghamton University- Breast Cancer Awareness day - **What a college student should know about breast cancer**- 2010
United Health Services- 4th Annual Oncology Teaching Day-**Omega 6 vs omega 3 and cancer risk**-2010
Binghamton University- Department of Health and Physical education -**Obesity and weight management** -2009
Binghamton University- Department of Health and Physical education-**Understanding metabolism**- 2009
Broome County Community College-Continuing Education- **Slow down aging**-2009
Binghamton University- Employee Assistance Program-**Moving forward with menopause**-2009
Binghamton University- Employee Assistance Program- **Stress and longevity: Strike the balance**- 2009
Broome County Medical Society-**From Alzheimer’s disease to obesity: The Mediterranean diet is the answer**.-2009.
Binghamton University- Department of Health and Physical Education- **The health benefits of the Mediterranean diet**- 2008
Binghamton University- Department of Health and Physical Education-**Understanding and managing obesity**-2008
Choi’s Tae Kwon Do Academy-**Nutrition for optimal health and performance**- 2002

Academic Talks presented

Binghamton University

Guest lecturer: **Feeding a Hungry World**- 2017
Guest lecturer: **Alcohol and substance abuse effects on mental health**-2015-2016
Departmental seminar: **Adderall and health effects**-2015
Departmental seminar: **You are what....your parents ate**-2013
CoCo-Bioengineering: **Epigenetics and Nutrigenomics in individualized medicine**-2013

Departmental seminar- **The bitter truth about high-fructose corn syrup**-2012
Guest lecturer-**The physiology of stress and nutritional implications**-2011-2012
Departmental seminar-**What's in our diet that is making us fatter, sicker and addicted to food? -**
2012
Departmental seminar-**The health effect of the yo-yo dieting**-2010
Departmental seminar-**Nonmedical use of Adderall in academia**-2009
Dissertation defense-**NADPH oxidase in PC12 cell differentiation and apoptosis**- 2008
Seminar presentation- **Molecular biology of AIDS**- 2007
Seminar presentation- **Glycation and aging: The culprit in Diabetes Mellitus**- 2005
Seminar presentation- **The molecular aspects of starvation on cellular homeostasis**-
2003

University at Buffalo

Department of Nutrition Sciences

The effect of different sterols and fatty acids on lipid accumulation in 3T3-L1 cells.
Thesis defense-1998
Malnutrition in hospitalized patients- 1998
Increased homocysteine levels and the risk for heart and Alzheimer's disease- 1997

American University of Beirut

Department of Nutrition and Dietetics

Nutrition and physical performance- 1991
The danger of amphetamine consumption in athletes- 1990

Featured (selected)

Natural health News (UK)-2018
The Week Magazine-2018
World Health-2018
Independent (UK)-2018
Neuroscience News-2018
Food and Behavior Research-2018
Women's Brain Health Initiative- **Diet has bigger impact on emotional well-being in women than in men** 2018
Innovita Research-2017
Fox 40 -**Brain hacking**- 2017
Newsweek- **Diet and mood**-2017
The Guardian- **Can food change your mood?** 2017
Yahoo Health- **Age determines what food affects your mood**- 2017
Newsweek -**Should we skip breakfast on Thanksgiving?** 2017
WBNF radio- **Stress and immune system** -2017
Campus magazine- **Food addiction**-2017
WBNF radio-**Microbiota, diet and digestive health**- 2017
WBNF radio-**Omega 3 and health**-2015
Biochemistry Newsletter-**Faculty Highlight**-Binghamton University-2014

YNN news-**Mediterranean diet and memory preservation-2013**
Pipe Dream newspaper- **Vitamins help, but may not be the best option-2010**

Editorial Board

International Journal of Healthcare Systems Engineering
Anthropology and Ethnology Open Access Journal

Reviewer for scientific books and journals

Digital Health-2018
Academy of Nutrition and Dietetics- Grants 2017
Academy of Nutrition and Dietetics-Abstracts reviewer for 2016- 2018 FNCE conferences
Journal Nutrition Education and Behavior
Current Developments in Nutrition
American Journal of Public Health
W.H. Freeman
Journal of Nutrition
Hindawi Publishing Company
Preventing Chronic Disease (CDC Journal)
Anthropology and Ethnology Open Access Journal

Awards, Honors and Recognitions

Expert Reviewer- Publons (36 merits)
Outstanding reviewer- Journal of Nutrition Education and Behavior-2018
Certificate of Appreciation- NYS Academy of Nutrition and Dietetics-2018
Excellence Award- NYS Academy of Nutrition and Dietetics -2017
Outstanding Dietetic Student-NY State Dietetic Association-2014
Recognition Award-Academy of Nutrition and Dietetics-2014
The National Scholars Honor Society-MagnaCumLaude-2008
Graduate Research Day Award- Binghamton University-2008
Graduate Student Excellence in Teaching Award- Binghamton University-2006
Ask the Scientist Recognition Award- Binghamton University-2006, 2007
Annette Rachman Scholarship Award –University at Buffalo-1996, 1997
Volunteer Service Award- Metropolitan Hospital Center NY, NY-1993
Player of the Year Scholarship Award- Athletic Department, American University of Beirut-1991
Distinguished Player- Tournament de basketball des écoles secondaires- Beirut, Lebanon-1986
Malcom Kerr Scholarship Award, American University of Beirut-1988-1989
Player of the Year Award- Collège Protestant Français- Beirut, Lebanon-1986-1987

Committee Work

Evaluation Coordination Committee- Binghamton University-2018-19
Poster session chair- NYSAND-Annual Meeting and Expo 2018-2019

Immediate-Past President- Southern Tier Academy of Nutrition and Dietetics-2018-19
President-Southern Tier Academy of Nutrition and Dietetics-2017-2018
Board for Certified Nutrition Specialist Exam Development Council 2017-2018
Nominating Chair- NYS Academy of Nutrition and Dietetics- 2017-2018
CIW Faculty Fellow- Binghamton University-2017-2018
Dean of Students Leadership Awards Selection Committee- Binghamton University-2017
Parent Leadership Council- Binghamton University-2016-present
Road Map Renewal-Binghamton University-2016-2017
Open Repository @Binghamton-Binghamton University-2016-2017
Intercollegiate Athletics Board-Binghamton University-2016-2018
Healthy Practices Research Group- DSON-2016-2017
President-Elect- Southern Tier Academy of Nutrition and Dietetics -2016-2017
Webmaster-Southern Tier Academy of Nutrition and Dietetics -2015-2016
Public Relation Co –Chair –Southern Academy of Nutrition and Dietetics -2014-2015
Planning Chair-36th Gastroenterology Teaching Day- United Health Services-2013
Fraternity/Sorority Health Assessment coalition- Binghamton University 2012-2013
The BC walk- Broome County-2012-2013
ITURP-Interdisciplinary Tobacco Use Research Program-Binghamton University 2011-2012
Weight Management/Diabetes Teaching Day- United Health Services-2009-present
Curriculum committee-HWS department, Binghamton University -2009-present
Eating Disorder Awareness, Binghamton University 2008-2016
“We Can” Stay Healthy-United Health Services- 2009- 2012
Health and Wellness Committee at ARE–Chair-2008-2009
Science program at ARE- Chair- 2008-2009
Science program at ARE 2007-2008
Alliance with the Broome County Medical Society-Binghamton, NY-2002
MECF, non-for-profit- Scholarship committee- Binghamton, NY-2002-2010
Cultural Awareness Committee-Vestal Elementary school (ARE)-Vestal, NY-2001-2004
Campus Nutrition Committee- American University of Beirut, Lebanon-1989-1991

Others

Annual Binghamton University Health Fair- **Health educator** – 2009-present
St Vincent’s Church Health Fair- **Organizer and health educator-** 2009

Professional Membership

Academy of Nutrition and Dietetics
NY Sate Academy of Nutrition and Dietetics
Southern Tier Academy of Nutrition and Dietetics
American Society for Nutrition
Nestle Nutrition Institute
Board for Certification of Nutrition Specialist
NY Academy of Science-2012

Community Service

Planned a Mental Health Awareness Event- Binghamton University- 2018
Food packing-Chow St James Church-2016
Service learning nutrition education community projects-2015
Vestal Track and Field-Booster-Club-Co-president -2015
Vestal Track and Field-Vestal, planning committee-2014
Vestal Cross Country- Banquet volunteer and DVD maker-2014

Conferences/Workshops attended

Strength Summit-San Antonio Texas September 2018
Health and Wellness Conference-United Health Services 2018
FNCE- Chicago 2017
NYSAND Leadership conference- Bolton NY-2017
Digestive Disease Week-Chicago 2017
Current Nutrition trends-STAND-2017
13th Annual Weight Management Teaching Day– United Health Services, 2017
National Institute of Health- Practicum on Dietary supplements-2016
12th Annual Weight Management Teaching Day– United Health Services, 2016
11th Annual Weight Management Teaching Day– United Health Services, 2015
Nutrition-Focused Physical Assessment-STDA 2015
Motivational and Treatment Modalities for Weight Management-UHS 2015
Legalization of medicinal marijuana in NY State-*Panel member*-2014
Flipping Classroom-Binghamton University-2104
Current Nutrition Trends-STAND-2014
The Many Hats of Obesity-United Health Services-2014
Global Health Conference-*Chairperson of panel*-Binghamton University 2013
Health, Wellness and Community Partnership-Binghamton University 2013
ITURP Addiction-*Panel member*- Binghamton University 2012
New thoughts about Causes, Prevention and Treatment of Childhood obesity-
Binghamton University/ United Health Services 2012
9th Annual Weight Management Teaching Day– United Health Services, 2012
8th Annual Weight Management Teaching Day– United Health Services, 2011
Teach with Passion- Binghamton University, 2011
Introduction to Blackboard 9.0 - Binghamton University, 2010
Structuring Your Online Course and Syllabus-Binghamton University, 2010
Facilitating Discussion and Interaction Online-Binghamton University, 2010
7th Annual Weight Management Teaching Day– United Health Services, 2010
Sports Nutrition for Peak Performance- Cross Country Education- 2009
Molecular intervention for cancer patients- NAAMA, 2009
6th Annual Weight Management Teaching Day– United Health Services, 2009
5th Annual Weight Management Teaching Day– United Health Services, 2008
4th Annual Weight Management Teaching Day– United Health Services, 2007
3rd Annual Weight Management Teaching Day– United Health Services, 2006

2nd Annual Weight Management Teaching Day– United Health Services, 2005
Management of Obesity in Clinical Settings- NAAMA, 2005
Teaching Assistant Workshop –University at Buffalo, 1997

Internship

Dietetic Internship-Sage University-2014
Dietetic Internship – American University Hospital- Beirut, Lebanon- 1991-1992

Relevant Additional Professional Experience

“Ask the scientist” Columnist, Binghamton University- 2006-present
Health Columnist, Gannett News Service- 2005-2008
Newsletter editor, MECF Inc., 2003-2007

Pro Bono/Volunteer work

First-year undergrad mentor-New Student Mentoring Program-Binghamton University-2014-2015
Mentor for Dietetic Interns- Southern Tier Academy of Nutrition and Dietetics-2015-2017
Faculty Advisor-Phi Delta Epsilon-Pre-professional 2012-2016
Co-coach Basketball-CYO JV St Vincent De Paul church. Vestal, NY-2011-20112
Head Basketball coach-CYO-Grammar St Vincent De Paul church. Vestal, NY-2009-2010
Head Basketball coach (11-14 boys)-YMCA. Johnson City-2009
Head Basketball coach-CYO-(10-11 boys) St Vincent De Paul church. Vestal, NY-2008-2009
Assistant basketball coach- CYO –St Vincent De Paul church. Vestal, NY-2007-2008
Volunteer Educator on Nutrition-Health fair-Binghamton University, 2008-present
Basketball coach-Town of Vestal Recreation Youth Association. Vestal, NY-2003-2009
Volunteer Librarian–Vestal Elementary school (ARE)- Vestal, NY-2007-2008
Volunteer Nutritionist- Metropolitan Hospital Center NY, NY-1992-1993

Sports

Tae Kwon Do (First Degree Black belt)
5K Runner
Lebanese National Basketball Team 1991-1992
Alumni Varsity Basketball American University of Beirut -1991-1992
Women Varsity Basketball American University of Beirut 1987-1991
Women Varsity Basketball Collège Protestant Français 1980-1987