



FACULTY FULL NAME: Dr. Omar Ibn Ibrahim Abuzaid

Assistant Professor - Vice Dean of Training Affairs of Applied Medical Sciences

Personal Data

Nationality | Saudi

Department | Clinical Nutrition

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Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2013	PhD	University of Lincoln Nebraska	USA
2001	MSc	King Saud University	Riyadh
1993	BSc	King Saud University	Riyadh

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	EATING PATTERNS AND PHYSICAL ACTIVITY CHARACTERISTICS AMONG URBAN AND RURAL STUDENTS IN SAUDI ARABIA
Master	EVALUATION OF HEALTH AND NUTRITIONAL STATUS OF MILDLY MENTALLY HANDICAPPED CHILDREN (Age 6-14 Years)
Fellowship	

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date
Assistant Professor	Clinical Nutrition Department	College of Applied Medical Sciences in Imam Abdulrahman bin Faisal University in Dammam	29/12/1434 - now
Lecturer	Nutrition Department	Health Science College for Boys in Dammam (Ministry of Health)	22/11/1424
Instructor	Nutrition Department	Institutional Health for Boys in Dammam (Ministry of Health)	04/08/1414



Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Vice Dean for Training Affairs	College of Applied Medical Sciences at IAU	17/12/1437 - now
Chairman of Clinical Nutrition Department	College of Applied Medical Sciences at IAU	18/3/1435-30/5/1439
Chairman of the Educational Affairs Department	Health Science College for Boys in Dammam (Ministry of Health)	
Division Head of Student's Affairs Department	Health Science College for Boys in Dammam (Ministry of Health)	
Division Head of Student's Housing and food Service	Institutional Health for Boys in Dammam (Ministry of Health)	

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Aljanahi, Alanood, Huda Hadhiah, Wejdan Al-Nasr, Omar Abuzaid, Nourah Al Qahtani, Tunny Sebastian, and Reham Metwally.	The Effect of Dietary Intake of Vitamin D on Gestational Diabetes Mellitus	" Nutrition and Metabolic Insights 13 (2020): 1178638820932164.
2	Abuzaid, Omar Ibrahim, Bayan Mohammed Al-Dhaif, Fatimah Essa Alqunais, and Mohamed Saleh Ismail	Impact of metabolic syndrome on nutrients intakes among Saudi females	JPMA. The Journal of the Pakistan Medical Association 69, no. 3 (2019): 330.
3	Sarah A Alahmary, Sakinah A Alduhaylib, Hibah A Alkawii, Mashail M Olwani, Reem A Shablan, Hala M Ayoub, Tunny S Purayidathil, Omar I Abuzaid, Rabie Y Khattab	Relationship Between Added Sugar Intake and Sleep Quality Among University Students: A Cross-sectional Study	American Journal of Lifestyle Medicine (2019): 1559827619870476.
4	Dr Arafat M Goja Dr Omar I Abuzaid Seham H. Alyami, Maha J. Alqahtani, Hawra H. Alsadah, Nouf A. Altumaysi	Association between dietary intake and bone density among female Students at Imam Abdulrahman Bin Faisal University, Saudi Arabia	International Journal of Community Medicine and Public Health 11/2019
5	Mai Abd-Alkhalik Gharib, Omar Ibrahim Abu Zaid, Norah Hassan Al-Qahtani, Nourah Al-Shammari, Fatemh Al-Jassem, Meaad Al-Khalifa, Zahra Al-Yousef	Nutritional status of gestational diabetes of resident's women in eastern province of Saudi Arabia	International Journal of Multidisciplinary Research and Development. 2018/11
6	Mohamed S Ismail, Omar I. Abuzaid, and Ibrahim M. El-Ashmaouy	Effect of aqueous extract of tops of date palm leaves on blood glucose of diabetic rats.	Pakistan journal of pharmaceutical sciences 30(5):2031-2037. September 2017
7	Shaea A Alkahtni, Michelle Dalton, Omar Abuzaid, Omar Obeid, Graham Finlayson	Validation of the Leeds Food Preference Questionnaire in Arabs	Asia Pacific journal of clinical nutrition 2016/6
8	Omar Ibn Ibrahim Abuzaid	Eating patterns and physical activity characteristics among urban and rural students in Saudi Arabia	(Doctoral dissertation, The University of Nebraska-Lincoln). 2012



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Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
1	Mohamed Saleh Ismail, Omar Ibrahim, Sara Bawazier, and Sumaya Al Ghamdi	Manifestations of Nutritional Deficiencies among Adolescent Females - Case from Secondary Schools, Dammam, Saudi Arabia: A Cross-sectional Study	BMC Public Health	Under publishing

Current Researches

#	Research Title	Name of Investigator(s)
1	Study of the Hypoglycemic and Hypolipidemic Properties of Gongolis Fruit Pulp (<i>AdonsoniaDigitata</i>) Extracts on Experimental Animals	Dr Arafat M Goja and Dr. Omar Abuziad, and Mohamed S Ismail
2	Effects of Soy Isoflavone on Bone Health among Saudi Female Students Imam Abdulrahman Bin Faisal University	Dr Arafat M Goja, Dr Omar I Abuzaid, Dr Tunny Sebastian, Ms Sara Muteb Alotaishan
3	The Association between Dietary intake of Omega-3 and Cognitive abilities among Saudi female University students.	Dr Reham Metwally, Dr Omar I Abuzaid, Dr Tunny Sebastian
4	Food Habits has no Impacts on Body Weight of Adolescents Saudi Females	Mohamed Saleh Ismail, Omar Ibrahim Abuzaid, Hanoof Abdulrahman AlEssa, and Shrifah Abdulaziz Alkhalaf
5	The Relationship between Home Activities and Nutrients Intakes among Saudi Adolescents' Females.	Omar Ibrahim Abuzaid, Mohamed Saleh Ismail, Sumayyah Abdulmohsen AlGhamdi, Shrifah Abdulaziz Alkhalaf, Sarah Showgi Bawazier, and Hanoof Abdulrahman AlEssa

Contribution to Scientific Conferences and Symposia

Conference Title	Place and Date of the Conference
APCCN2015 - 9th Asia Pacific Conference on Clinical Nutrition	26th - 29th January 2015. Shangri-La Kuala Lumpur, Malaysia.
Diabetes Guidelines Update	Held by Royal College of Physicians in London, UK, 2015
Updates on Pediatric Clinical Nutrition,	Held at King Fahd Hospital of the University, Al-Khobar, 2015
Communication Skills for Lecturers & University Teachers –	Royal Academy of Dramatic Art and UOD, 2015
On the Pathway for Quality Assured Research,	Held by UOD & Thomson Reuters Strategic Partnership, 2015
Avoiding common teaching mistakes in Higher Education	Organized by Deanship of Education Development at IAU, 2015



Environmental Contaminants and Food Safety,	held by CAMS Environmental Health Department, UOD,2014
السمنة و امراض العصر	جمعية الرحمة الطبية / قاعة جامع عبدالهادي القحطاني بالخبر، 2014
العيادة الاستشارية / جمعية الرحمة الطبية	الحملة الطبية بحي الخزامى بالخبر- 2014
10th Applied Medical Sciences Student Annual Meeting,	Held at King Faisal Conference Center, King Abdulaziz University, Jeddah, 2014
Checklist of Activities Towards NCAAA Accreditation – Phase 1 & 2	Held by Deanship of Quality and Academic Accreditation, UOD, 2014
The Well-Structured Classroom	held by the Deanship of Education Development at UOD, 2014
التدريس بالتمايز	عمادة تطوير التعليم الجامعي – جامعة الدمام-2015
Promoting Innovation in Higher Education organized by the Academic	Held at University of Dammam, Dammam Leadership Center- 2015
Developing Core Competencies in Teaching and Learning in Higher Education Training Program	Organized by Deanship of Education Development at IAU, 2015
مهارات القرن الحادي والعشرين و حاجتها لسوق العمل	عمادة تطوير التعليم بجامعة الامام عبدالرحمن بن فيصل- 2015
الندوة السعودية الأولى للغذاء و التغذية	جامعة الملك سعود - الرياض
الندوة السعودية الثانية للغذاء و التغذية	جامعة الملك سعود - الرياض
الندوة السعودية الثالثة للغذاء و التغذية	جامعة الملك سعود - الرياض
Nutrition Update Symposium	Held by Johns Hopkins Aramco Healthcare, Dhahran Health Center, 2015
Positive Academic Leadership	Organized by the Academic Leadership Center, held in Khobar, KSA- 2016
The pursuit of mentoring in higher education	Held by the Deanship of Education Development at UOD, 2016
Diabetes Nutrition and Carbohydrate Counting,	Conducted by Saudi Diabetes and Endocrine Association, 2016
Using Multiple Choice Items to Test Higher thinking Skills organized	Deanship of Education Development at IAU, 2017
Obesity and Kidney Disease – Prevention and Intervention	held at IAU by Saudi Diabetes and Endocrine Association, 2017
Student Learning Outcomes	Organized by Deanship of Education Development at IAU, 2017
Alternative and Effective Assessment Methods	Organized by Deanship of Education Development at IAU,



Workshop	2018
Implementing Project Based Learning (PBL) in higher education	Organized by Deanship of Education Development at IAU, 2018
Advanced Critical Care Nutrition Provider Course	Held at King Fahd Hospital of the University, Al-Khobar, KSA, 2018
Advances in pediatric nutrition a multidisciplinary approach; childhood obesity	Held by Clinical Nutrition Department at IAU, 2019
القانون الإداري و تطبيقاته و العقد الإداري	مركز عدل للتدريب – جامعة الامام عبد الرحمن بن فيصل بالتعاون مع مركز التدريب المستمر، 2019
مهارات الترافع امام القضاء الإداري	مركز عدل للتدريب – جامعة الامام عبد الرحمن بن فيصل بالتعاون مع مركز التدريب المستمر، 2019

Membership of Scientific and Professional Societies and Organizations

- Saudi Society for Food Science and Nutrition

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Research Projects I	Nutr 415	4th Grade, 1 semester/2013 till now, Dept. of Clin Nutr, College of App. Med. Sci. Imam Abdulrahman bin Faisal University, Saudi Arabia
2	Research Projects II	Nutr 425	4th Grade 2 semester/2013 till now, Dept. of Clin Nutr, College of App. Med. Sci. Imam Abdulrahman bin Faisal University, Saudi Arabia

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Research Projects I Nutr 415 Student will develop and implement a nutrition based research project with faculty supervision. They will prepare a research proposal, conduct research and report results. At the end of the year students will defend their research and present a poster. In addition to the research project students will practice conducting a scientific debate on controversies in nutrition and dietetics.
2	Research Projects II Nutr 425 Student will develop and implement a nutrition based research project with faculty supervision. They will prepare a research proposal, conduct research and report results. At the end of the year students will defend



their research and present a poster. In addition to the research project students will practice conducting a scientific debate on controversies in nutrition and dietetics.

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.
1	Research Project 1 (NUTR 415)	√		√
2	Research Project 2 (NUTR 425)	√		√
3	Fitness & Sport Nutrition (NUTR 424)		√	√
4	Professional Ethics in Dietetics (NUTR 423)		√	√

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Undergraduate	The association between metformin use and vitamin B12 deficiency among type 2 diabetes mellites.	Clinical Nutrition Department	2019-2020
2	Undergraduate	Association between iron deficiency with or without anemia and the cognitive functions among university students in Saudi Arabia.	Clinical Nutrition Department	2019-2020
3	Undergraduate	The relationship between dietary intake, physical	Clinical Nutrition Department	2019-2020



		activity, body composition and academic achievement among female students of medical colleges.		
4	Undergraduate	Ameliorated effect of yogurt supplemented with pumpkin seeds oil on the metabolic biomarkers and childhood autism rating scale (CARS) among Saudi autistic children.	Clinical Nutrition Department	2019-2020

Books

#	Title	Publisher	Date
1	Clinical Dietetics Pocket Guide (Reviewer)		2016

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization
1	17/12/1437	now	Vice Dean for Training Affairs	College of Applied Medical Sciences at IAU
2	18/3/1435	30/5/1439	Chairman	Clinical Nutrition Department - CAMS - IAU

Committee Membership

#	From	To	Position	Organization
1	25/5/1439	now	Member	Behavior control committee -CAMS-IAU
2	18/3/1435	now	Member	College council
3	18/3/1435	now	Chairman/ Member	Clinical Nutrition Department council
4	18/3/1435	now	Member	College strategic plan committee
5	18/3/1435	now	Member	Quality and Academic Accreditation
6	18/3/1435	now	Chairman/ Member	Scientific research committee
7	18/3/1435	now	Chairman/ Member	Post graduate program (MSc) committee
8	18/3/1435	now	Chairman/ Member	Standers 1, 2, and 3 for NCAAA
9	18/3/1435	now	Chairman/ Member	Education and Study Plan Development



Scientific Consultations

#	From	To	Institute	Full-time or Part-time

Volunteer Work

#	From	To	Type of Volunteer	Organization

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Microsoft package
2	

Last Update

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