

Ola Anabtawi

Researcher, Academic, Newly Podcaster. Lecturer at the Nutrition and Food Technology Department at An-Najah National University. Received my PhD in Nutritional sciences from the University of Nottingham. MSc (Distinction) in Clinical Nutrition and Bachelor (First Class) in Nutrition and Food Technology. All degrees supported by scholarships.

Dietician with business, research and teaching experience. Mixed-method researcher. Passionate about sensitive yet effective strategies to support children with obesity, their families, and healthcare providers. Driven to deliver knowledge, health with equity.

Education

PHD IN BIOSCIENCES | UNIVERSITY OF NOTTINGHAM

- July 2017 – July 2020
- Title: “The Bigger Picture: The Hidden Consequences of the Sugar Reduction Strategy for Tackling Childhood Obesity in the UK”
- Aim: Critically assess the focus on sugar reduction in tackling childhood obesity, through the identification of possible unintended consequences of framing and posing certain policies and interventions.
- Novel mixed-methodology approaches

MSC IN CLINICAL NUTRITION | UNIVERSITY OF NOTTINGHAM

- September 2013 – September 2014
- Distinction
- Taught courses included: Public health policies, Diabetes 1&2, Research strategies, communication skills.
- Research project: “Healthy-weight children who want to lose weight: prevalence and relationship with eating behaviour”

BSC IN NUTRITION AND FOOD SCIENCE | JORDAN UNIVERSITY OF SCIENCE AND TECHNOLOGY (JUST)

- September 2008 – May 2012
- 90/100 (Excellent. Ranked 1st out of 50+ graduates within cohort)

Experience

ASSISTANT PROFESSOR | AN-NAJAH NATIONAL UNIVERSITY | PALESTINE

- Sep. 2024

HEAD OF DEPARTMENT | AN-NAJAH NATIONAL UNIVERSITY | PALESTINE

- Sep. 2020- Sep. 2024
- Head of the department of Nutrition and Food Technology – Faculty of Agriculture and Veterinary Medicine
- Coordinator of the joint master’s programme with the University of Naples Federico II

CONSULTANT | JUZOOR FOR HEALTH AND SOCIAL DEVELOPMENT

- July 2022- Current
- Evaluating current nutrition related policies and activities in collaboration with the MoH and MoE
- Conducting research to assess the effectiveness of current policies and programmes across Palestine

TRAINER| FAO

- July 2022- Current
- FAO Green Jobs Programme trainer, specializing in capacity building and skills development.
- Her passion for nurturing talent and fostering growth extends to her role in training and monitoring students, ensuring they acquire essential skills in the field.

NUTRITION SPECIALIST | SWISS TPH- WORLD BANK

- October 2020- October 2021
- In collaboration with SWISS TPH, working as a nutrition specialist to address Anemia status in Palestine as part of a mandate proposed by the World Bank

LECTURER | AN-NAJAH NATIONAL UNIVERSITY | PALESTINE

- October 2014 – July 2017
- Department of Nutrition and Food Technology – Faculty of Agriculture and Veterinary Medicine
- Prepared, taught and assessed eight courses (including Fundamentals of Nutrition, Meal Planning, and Diet Therapy). Supervised and assessed undergraduate students' graduation projects.
- Ran an on-campus nutrition clinic for the general public which provided dietary plans for different cases with several nutritional requirements (e.g. weight gain/loss, diabetes, cancer, kidney and liver diseases)

DIETICIAN | SPECIALISED MEDICAL CENTRE | PALESTINE

- November 2014 – October 2015
- Clinical assessment of outpatients' nutritional status and provision of dietetic support.

DIETICIAN | OWN COMPANY – “GOFIT” | PALESTINE

- December 2015 – February 2017
- Co-founder
- Assessment of customers' nutritional status, provision of dietary plans and personalised meal delivery.

RESEARCH AND TEACHING ASSISTANT | BIRZEIT UNIVERSITY | PALESTINE

- October 2012 – August 2013
- Department of Nutrition and Dietetics- Faculty of Pharmacy, Nursing and Health Professions
- Taught experimental techniques and graded reports within physiology and meal planning courses, and in food microbiology laboratories.

Scholarships

HIGHER EDUCATION SCHOLARSHIP FOR PALESTINIANS – BRITISH COUNCIL

- Fully funded scholarship for PhD degree (2017-2020)
- Fully funded scholarship for MSc. Degree (2013-2014)

PALESTINIAN MINISTRY OF EDUCATION – BSC SCHOLARSHIPS

- Undergraduate tuition fees (competitive) scholarship (2008-2012)

Publications

SUBMITTED PAPERS:

- **Published: Anabtawi, O.,** Swift, J. A, Hemmings, S., Gertson, L., Raaff, C., The effect of the single nutrient approach on the public's perceived healthiness of food items when the Traffic Light FoP Labelling is used: Choice-Based Conjoint Analysis and Cross-sectional Survey. The Journal of Human Nutrition and Dietetics, January, 2020
- **Published: Al-Lahham, S., Jaradat, N., Altamimi, M., Anabtawi, O.,** Irshid, A., AlQub, M., Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study. BMC Pediatrics, December, 2019. DOI: 10.1186/s12887-019-1842-7
- **Published: Badrasawi, M., Anabtawi, O.,** Qaissieh, M., Nutrition Knowledge and Dietary Practices among Secondary School Students in Hebron City- Palestine: A Cross-Sectional Study. Palestinian Medical and Pharmaceutical Journal, February, 2020.
- **Published: Badrasawi, M., Anabtawi, O.,** Al-Zain, Y. Breakfast meal characteristics, reasons of skipping and perception among 8th and 9th grade students at governmental schools, Jenin governance, West Bank. BMC Nutrition, February 2021.
- **Submitted: Anabtawi, O.,** Weng, S., The use of the hierarchical agglomerative clustering to explore the underlying characteristics of children who drink sugar-sweetened beverages (SSBs) in the UK. Submitted to the Archives of Disease in Childhood, February 2022.
- **Published: Hattab, S., Badrasawi, M., Anabtawi, O.,** Zidan, S., Development and Validity of a Smartphone Image-Based Dietary Assessment App Compared to 3-Day Food Records in Assessing Dietary Intake among Palestinian Undergraduates. Scientific reports. September 2022.
- **Published: Mudalal, S., Kanan S., Anabtawi, O.,** Irshaid A., Sabbah, M., Shtaya M., Shraim, F., Mauriello, G. Application of the hurdle technology concept to the fresh Za'atar (*Origanum syriacum*) preservation. Foods. September 2022.
- **Submitted: Saleh. B, Irshaid, A. Anabtawi, O.,** Health lessons of COVID-19: E-learning in a Palestinian university- A cross sectional study. Education and Information Technology. June 2023
- **Submitted: Anabtawi, O.,** Hanbali, L., Avery, A. Problems hiding in plain sight: A problem-based evaluation of the UK Government Policy "Childhood Obesity: a Plan for Action". International Journal of Health Services. July 2023
- **Submitted: Anabtawi, O.,** Ayoub, H., Irshaid, A., Saleh, F., Impact of social media influencers on disordered eating behaviors amongst Palestinian female university students: mixed-method study. Psychology of Popular Media. February 2024.
- **Submitted: Anabtawi, O.,** Mansour, A., Mustafa, T., Ahmad, E., As a young Patient, how does it feel to live with type-1 diabetes: a qualitative study. Qualitative Health Research. March 2024
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- **Submitted: Anabtawi, O.,** Abu- Farha, A., Shwaikeh, B., Shannik, S., Eid, T., Ibrahim, A., Badrasawi, M., The potential effects of the 2023 war on food security levels in Nablus governorate: a mixed-method cross-sectional study. Eastern Mediterranean Health Journal. October 2024.
- **Submitted: Bahour, N., Anabtawi, O.,** Wispelwey, W., Asi, Y., Hammoudeh, W., Bassett, M., Mills, D., Tanous, O., War, Malnutrition, and Starvation in the besieged Gaza Strip. Eastern Mediterranean Health Journal. November 2024.

- **Submitted:** Shakhshir, A., **Anabtawi, O.**, Ardah, S., Smerat, T., Badrasawi, M., Factors associated with diabetes mellitus control among Palestinian diabetic patients visiting specialized center. Palestinian Medical and Pharmaceutical Journal. December 2024
- **Submitted:** Mudalal, S., **Anabtawi, O.**, Irshaid, A., Abdallah, J.,. Evaluation of the factors affecting the preferences and perceptions of consumers towards local dairy products in Palestine. The Journal of Agriculture and Environment for International Development. December 2024

ONGOING RESEARCH PROJECTS: (2022-CURRENT)

- Innovating Dairy Alternatives: The Production and Evaluation of Plant-Based Yogurt Substitutes
- Understanding the bigger picture of mental health and nutrition-related factors among Arab youths-AYC collaboration
- Structural factors of obesity in Palestine: under the lens of public health a mixed-method study
- Evaluation the prevalence weight stigma among early school children to create an educational tool overcoming stereotypes, judgmental behavior and emotional bias
- Quality of life among Palestinian Prisoners with or without hunger strikes
- Assessing sleep, depression and dietary differences between vegans and omnivores in Palestine. Cross-sectional
- RCT: The effect of fresh yogurt consumption on the immune system

Other Experiences

- 2024: Part of the EPISODE Erasmus+ project: Enhancing Digital Social Entrepreneurship in Palestine
- 2023: Multiple workshops at different communities (cities, villages and camps) on the correct use of nutrition supplements
- 2023: A series of school activities in 4 main cities in the West Bank on healthy eating on a minimum budget
- 2023: Initiated a campaign for paper recycling at ANNU
- 2022-2023: FAO – green job trainer
- 2022- current : created a podcast with a colleague to change some nutrition related narratives in society thought delivering a scientific content through a simple and interactive language.
- 2021-2023: Conducted a training on community -based learning (CBL) at ANNU
- 2022: Organized a campaign on the effect of social media on eating disorders among Palestinian university students
- 2020-2022: Was chosen as a judge for several competitions (HULT Prize foundation 2020,2021-Najah Startups for Social Good Judges Recruitment- Orange Corners PT Bootcamp Judge Second Cycle)
- 2020 (November): Organised and participated in a webinar addressing Covid-19 and nutritional support

- 2020 (September): Organised a workshop for nutritionist in both private and governmental sectors in Palestine
- 2018 (September): Volunteered to be a student representative- international welcome week- University of Nottingham
- 2018 (September): Volunteered to be student ambassador: Broadgate Park accommodation
- 2018 (August): Participated in a children summer camp as part of a charity work
- 2017: Volunteered to be STEM ambassador within the STEM Learning company in the UK
- 2017 (March): Organised an awareness day on Diabetes, An-Najah National University, Palestine
- 2016 (October): Took part in the setting of Mother's health and breastfeeding national protocol as a member of the Nutrition Technical Committee at the Palestinian Ministry of Health
- 2016 (July): Speaker at the annual conference of Excellence in Learning and Teaching, Palestine
- 2015 (August): Organised an awareness day for children with learning difficulties and Autism, Palestine
- 2013 (March): Attended a 2-day workshop for managing and treating type 1 diabetes, Bethlehem University – Palestine
- 2011 (July- August): Training at Al- Khaldi Hospital, Jordan
- 2011 (August- September): Training at Royal Scientific Society, Jordan
- 2007 (July): Volunteering for 6 weeks in teaching at Pioneer Baccalaureate School

Committees

- Coordinator of the joint master's programme with the University of Naples Federico II
- Board Member of the Young Arab Research Council– UAE
- Board of directors Member of The Future Pioneers Society – Nablus Palestine
- Member of the Agriculture and Veterinary Medicine Faculty committee
- Member of Graduate studies faculty
- Member of the nutrition technical committee at the Ministry of Health
- Member of Nutritionists at ANNU
- Member of BDS club at ANNU

References

- Dr. Abdulsalam Al-khayyat, The vice president of academic affairs- An-Najah National University
- Dr. Amanda Avery, PhD supervisor- University of Nottingham