

Ola Anabtawi

Nablus-Palestine | ola.anabtawi@najah.edu

Head of 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.

Dietitian with clinical, business, research and teaching experience. Mixed-method researcher. Passionate about sensitive yet effective strategies to support children with obesity, their families, and healthcare providers.

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
- 70/100 (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

HEAD OF DEPARTMENT | AN-NAJAH NATIONAL UNIVERSITY | PALESTINE

- September 2020- current
- Head of the department of Nutrition and Food Technology – Faculty of Agriculture and Veterinary Medicine

NUTRITION SPECIALIST | SWISS TPH- WORLD BANK

- October 2020- current

- In collaboration with SWISS TPH, currently 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 – June 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)

Analytical skills

- Statistical analysis (SPSS, STATA, RStudio)
- Novel methodologies in Nutrition and Public Health: Ex. Choice-based analysis (CBC) and Hierarchical agglomerative clustering (HAC)
- Survey Design
- Ethical approvals
- Qualitative analysis
- Diet history and associated software

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
- **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 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.

CONFERENCE PAPERS/POSTERS:

- 26th European Congress on Obesity – EASO, Glasgow, Scotland (2019)
 - **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.
 - **Anabtawi, O.,** Weng, S., Townsend, T., Strathearn, L., Swift, J. A. Exploratory analysis characterising children who drink sugar-sweetened beverages in the UK.
- 6th Nutrition Conference on Childhood Obesity, it is time for action – Ramallah, Palestine (2018)
 - **Anabtawi, O.,** Townsend, T., Strathearn, L., Swift, J. A. Should the soft drinks industry levy (“the sugar tax”) be framed as a childhood obesity intervention?
- 6th Obesity Stigma Conference – Leeds, UK (2018)
 - **Anabtawi, O.,** Townsend, T., Strathearn, L., Swift, J. A. Should the soft drinks industry levy (“the sugar tax”) be framed as a childhood obesity intervention?

Other Experiences

- 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 mutual master's programme with the University of Naples Federico II
- Member of the Agriculture and Veterinary Medicine Faculty committee
- Member of the nutrition technical committee at the Ministry of Health
- Member of Nutritionists at ANNU

References

- Dr. Heba Fares, An-Najah National University, e-mail: heba-alfares@najah.edu
- Dr. Amanda Avery, University of Nottingham, e-mail: amanda.avery@nottingham.ac.uk
- Dr. Stephen Weng, University of Nottingham, e-mail: stephen.weng@nottingham.ac.uk