



Jessy El Hayek, Ph.D.

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Biography

Dr. Jessy El Hayek is an Associate Professor of Nutrition and currently the dean of Faculty of Nursing & Health Sciences at NDU. Dr. El Hayek joined the Department of Nursing & Health Sciences in Fall 2012 shortly after completing her PhD and postdoctoral fellowship in Human Nutrition, in McGill University, Canada, in Spring 2011. Currently Dr. El Hayek is teaching multiple graduate and undergraduate courses including basic human nutrition, lifecycle nutrition as well as community nutrition. Her major research interests include vitamin D and bone health. She specifically works on assessing vitamin D status and intakes and associated factors in at risk populations. Further, Dr. El Hayek is interested in repercussions of low vitamin D status on bone health and other extraskeletal functions. Recently she has been involved in research about maternal health and the mediterranean diet.

Publications

- El Hosry L., Bou-Mitri C., Bou Dargham M., Abou Jaoudeh M., Farhat A., El Hayek J., Matar Bou Mosleh J., Bou-Maroun E., Phytochemical composition, biological activities and antioxidant potential of pomegranate fruit, juice and molasses: A review, *Food Bioscience*, Volume 55, 2023.
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- El Hayek J, Weiler H. Implications of the nutrition transition for vitamin D intake and status in Aboriginal groups in the Canadian Arctic. *Nutrition Reviews* 2016; 74 (9): 571-583.

Peer-reviewed Conference Proceedings

- Saade M, El Hayek J., J. Bou Mosleh, A. Aoun (2020). Prevalence and correlates of a positive screen for eating disorders among university employees. *ESPEN Virtual Congress, September 19-22, 2020 (E-poster)*.
- Saade M, El Hayek J., J. Bou Mosleh, A. Aoun (2020). Prevalence of vitamin D deficiency and its correlation with a positive screen for eating disorders. *ESPEN Virtual Congress, September 19-22, 2020 (E-poster)*.
- El Hayek Fares J, Al Hayek S, Jaafar J, Djabrayan N, Farhat A (2017). Association between lifestyle, dietary factors and body Composition among Notre Dame University students: A cross-sectional study. *Clinical Nutrition Conference July 27-29 July, 2017; Rome, Italy (Oral Presentation)*.
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