



Sibelle Al Hayek, Ph.D.

Assistant Professor

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Biography

Dr. Al Hayek is currently an Assistant Professor of Human Nutrition at the Faculty of Nursing and Health Sciences at NDU. She received her Ph.D. degree in Medical Nutrition Sciences from the University of Kansas, USA in 2021. She has been involved in several studies in Lebanon and USA and has extensive experience in data collection. Her research interest focuses on the importance of nutrition and dietary intake methods and the factors affecting body composition. She has been teaching nutrition and health courses for undergraduate and graduate classes since January 2021. She is also a PCQI; she has successfully completed training in the development and application of risk-based preventive controls by the Food Safety Preventive Controls Alliance (FSPCA) in 2021.

Peer-reviewed Journals

- Choi IY, Taylor MK, Lee P, Al Hayek S, Bechtel M, Hamilton-Reeves J, Spaeth K, Adany P, Sullivan DK. Milk intake enhances cerebral antioxidant (glutathione) concentration in older adults: A randomized controlled intervention study. *Front Nutr.* 2022 Aug 15;9:811650. doi: 10.3389/fnut.2022.811650. PMID: 36046132; PMCID: PMC9421260.
- Aoun, A; Ghanem, C; Hamod, N; Darwish, F; Ghemrawi, S; Al Hayek, S. Does Maternal Nutrition Have Any Impact on Sex Ratio at Birth in Animal and Human Studies?. *Nutrition Today:* 5/6 2022 - Volume 57 - Issue 3 - p 179-187 doi: 10.1097/NT.0000000000000544.
- Myriam Fahed, Maya G Abou Jaoudeh, Samar Merhi, Jocelyne Matar Bou Mosleh, Rachelle Ghadieh, Sibelle Al Hayek, Jessy E El Hayek Fares. 2020. Evaluation of Risk Factors for Insulin Resistance: A Cross Sectional Study Among Employees at a Private University in Lebanon. *BMC Endocr Disord* 20(1):85. doi: 10.1186/s12902-020-00558-9.
- Antoine Aoun, Sibelle Al Hayek, Flora El Jabbour. 2018. The need for a new model of the physician–patient relationship: a challenge for modern medical practice. *Family Medicine and Primary Care Review* 20(4):379–384. DOI: 10.5114/fmpcr.2018.79351.
- Rachelle Ghadieh, Jocelyne Mattar Bou Mosleh, Sibelle Al Hayek, Samar Merhi, Jessy El Hayek. 2018. The relationship between hypovitaminosis D and metabolic syndrome: a cross sectional study among employees of a private university in Lebanon. *BMC Nutrition* 4(36). DOI: 10.1186/s40795-018-0243-x.
- Sibelle Al Hayek, Jocelyne Matar Bou Mosleh, Rachelle Ghadieh, Jessy El Hayek. 2018. Vitamin D status and body composition: a cross-sectional study among employees at a private university in Lebanon. *BMC Nutrition* 4(31). DOI: 10.1186/s40795-018-0239-6.
- Antoine Aoun, Farah Darwiche, Sibelle Al Hayek, Jacqueline Doumit. 2018. The Fluoride Debate: The Pros and Cons of Fluoridation. *Preventive Nutrition and Food Science* 23(3):171-180. DOI: 10.3746/pnf.2018.23.3.171.

- Susan E. Carlson, Byron J. Gajewski, Sibelle Alhayek, John Colombo, Elizabeth H. Kerling, Kathleen M. Gustafson. 2018. Dose-Response Relationship Between Docosahexaenoic Acid (DHA) Intake and Lower Rates of Early Preterm Birth, Low Birth Weight and Very Low Birth Weight. PLEFA. 138: 1-5. Doi: <https://doi.org/10.1016/j.plefa.2018.09.002>.
- Jessy El Hayek, Sibelle Al Hayek, Jaafar Jaafar, Nathalie Djabrayan, Antoine G. Farhat. 2018. Factors affecting body composition of Lebanese university students. Nutrition & Food Science 48(2):00-00. DOI: 10.1108/NFS-08-2017-0172.

Peer-reviewed Conference Proceedings

- Sibelle Alhayek, Matthew Taylor, In Young Choi, Phil Lee, Kendra Spaeth, Debra Sullivan, The Correlation Between Caffeine Intake and Brain Health in Cognitively Normal Healthy Older Adults, Current Developments in Nutrition, Volume 5, Issue Supplement_2, June 2021, Page 295, https://doi.org/10.1093/cdn/nzab037_005.
- Sibelle Alhayek, Matthew Taylor, Kendra Spaeth, In-Young Choi, Phil Lee, Debra Sullivan. 2020. The Correlation Among Three Different Dietary Intake Methods in Cognitively Normal Healthy Older Adults. Current Developments in Nutrition 4(2):1156. https://doi.org/10.1093/cdn/nzaa056_003.
- Antoine Aoun, Tala Karimeh, Cecile Obeid, Sibelle Al Hayek, Najwa El Gerges. 2020. Knowledge and practices of physicians regarding vitamin D deficiency in adults. Clinical Nutrition 40:627 <https://doi.org/10.1016/j.clnesp.2020.09.664>.
- Sibelle Alhayek, Matthew Taylor, Kendra Spaeth, In-Young Choi, Phil Lee, Debra Sullivan. 2020. The Correlation Among Three Different Dietary Intake Methods in Cognitively Normal Healthy Older Adults. 2019 Student Research Forum- Kansas City, KS, USA, April 2019.
- Jessy El Hayek, Sibelle Al Hayek, Jaafar Jaafar, Nathalie Djabrayan, Antoine G. Farhat. The Effect of Stress, Sleeping Habits, Physical Fitness and Dietary Habits on Body Composition of University Students in Lebanon: A Cross-sectional Study. 14th International Conference on Clinical Nutrition- Rome, Italy- July 2017.
- Sibelle Al Hayek, Jocelyne Matar Bou Mosleh, Rachelle Ghadih, Jessy El Hayek. The Relationship between Vitamin D Status and Body Composition: A Cross Sectional Study among University Employees in Lebanon. LAAS Scientific International Conference- Lebanon, April 2017.
- Rachelle Ghadih, Jocelyne Mattar Bou Mosleh, Sibelle Al Hayek, Samar Merhi, Jessy El Hayek. 2018. The relationship between hypovitaminosis D and metabolic syndrome: a cross sectional study among employees of a private university in Lebanon. LAAS Scientific International Conference- Lebanon, April 2017.
- Fourier Transform Infrared Spectroscopy Bank Coupled with Consumer-Friendly Labeling for the Authentication and Classification of Lebanese Olive Oil. Lebanese Ministry of Economy and Trade- March 2016.

Specialized Reports

- Aoun A, Darwiche F, Al Hayek S and Doumit J (2018). The Fluoride Debate: The Pros and Cons Fluoridation. Prev. Nutr. Food Sci.; 23(3):171-180.
- Aoun A, Al Hayek S and El Jabbour F (2018). The Need for a New Model of the Physician-Patient Relationship: A Challenge for Modern Medical Practice. Family Medicine & Primary Care Review; 20(4):379-384.

Exhibitions, Competitions and Creative Work

International

- Best poster award: The correlation among three different dietary intake methods in cognitively normal healthy older adults. 2019 Student Research Forum- Kansas City, KS, USA (April 2019).

Esteemed Indicators

- Member in the KU Medical Center Chapter of the Alpha Eta Honor Society for Allied Health Professionals (August 2020- Present).