



تحت رعاية الاستاذ الدكتور بدران بن عبدالرحمن العمر
مدير جامعة الملك سعود
الندوة السعودية الأولى لصحة المجتمع بعنوان (صحة المرأة)
5 - 4 ربيع الأول 1439 هـ | 22-23 نوفمبر 2017
The 1st Annual Saudi Community Health Symposium
(Women's Health & Wellbeing) 22-23 Nov 2017

صحة المرأة
WOMEN'S HEALTH

CME
16

رؤية
VISION
2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

المدينة الطبية بجامعة الملك سعود - القاعة الرئيسية بمستشفى طب الأسنان الجامعي - الرياض
MEDICAL CITY KING SAUD UNIVERSITY - MAIN AUDITORIUM - COLLEGE OF DENTISTRY



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عن الندوة

تولي المملكة العربية السعودية اهتماماً خاصاً لأهداف التنمية المستدامة من خلال رؤية المملكة ٢٠٣٠ والتي تركز بشكل كبير على تمكين المرأة، كذلك تؤكد على مواصلة تعزيزها لجميع القضايا المتعلقة بحقوق المرأة فهي شريك أساسي في عملية البناء والتنمية في سوق العمل وتنمية مواهبها واستثمار طاقاتها والإسهام في تنمية مجتمعها، لذا فهي بحاجة إلى خدمات طبية تلأئم احتياجاتها، وتحقق توقعاتها وتتيح لها تحسين أسلوب حياتها وصحتها العامة، مما يساعدها على القيام بأدوارها واتخاذ قرارات أفضل حيال مستقبلها.

لذلك تطلق جامعة الملك سعود / كلية العلوم الطبية التطبيقية - قسم علوم صحة المجتمع، الندوة السعودية الأولى لصحة المجتمع بعنوان (صحة المرأة).

والتي تناقش العديد من القضايا الصحية المتعلقة بصحة المرأة من خلال استقطاب العديد من المتخصصين والأكاديميين في الكادر الصحي وكذلك صناع القرار المهتمين بالقضايا المتعلقة بصحة المرأة لمناقشة أهم الأمور المرتبطة بها عبر مجموعة متنوعة من المواضيع.

كما تضم الندوة معرض مصاحب يشتمل على ملصقات علمية لأحدث الأبحاث التي تعنى بالمواضيع المتعلقة بصحة المرأة، بالإضافة إلى مشاركات عدة من جمعيات وجهات مهتمة بصحة المرأة الجسدية والنفسية والاجتماعية.

الهدف العام:

التبادل المعرفي للقضايا الصحية المتعلقة بصحة المرأة.

الأهداف الفرعية:

- استعراض أحدث الأبحاث المتعلقة بصحة المرأة بشكل عام، والصحة النفسية والجسدية والاجتماعية والحالة الغذائية وممارسة الرياضة وبرامج التدخل الصحي في المملكة.
- تعزيز السلوكيات والممارسات الصحية بين السيدات السعوديات.
- إتاحة فرص التعاون والتواصل المستقبلي فيما بين المهتمين بقضايا صحة المرأة.
- توثيق التوصيات المستقبلية للأبحاث والمشاريع التي تعزز صحة المرأة في المملكة

موضوعات الندوة:

تشتمل الندوة على الموضوعات التالية:

- صحة المرأة بشكل عام (الجسدية والنفسية والاجتماعية).
- السلوكيات الصحية المرتبطة بصحة المرأة (التغذية والنشاط الرياضي).
- البرامج والحملات الصحية المقامة في المملكة والتي تعنى بصحة المرأة.
- أهداف ومخرجات برامج وحملات التوعية الصحية التي تعنى بصحة المرأة بالمملكة.

ورش العمل:

أربع ورش عمل تغطي المواضيع التالية:

- تعزيز تبني الممارسات الصحية.
- التغذية الصحية.
- اللياقة البدنية

الفئات المستهدفة:

- الأطباء والممرضين
- أخصائي التغذية العلاجية
- أخصائي التثقيف الصحي
- طلاب الامتياز / طلاب الكليات الصحية
- جميع مقدمي الرعاية الصحية

المكان:

المدينة الطبية بجامعة الملك سعود | القاعة الرئيسية بمستشفى طب الأسنان الجامعي - الرياض.

التاريخ و الوقت :

22 - 23 نوفمبر 2017 | من الساعة 8:00 صباحاً إلى 5:00 مساءً.

كلمة رئيسة الندوة

تلبية لدعوة ولي العهد صاحب السمو الملكي الأمير محمد بن سلمان بن عبد العزيز آل سعود «لا نريد أن نتأخر، نريد أن نعمل بشكل احترافي وعال جدا».

وإيماننا منا برؤية الوطن ٢٠٣٠ التي تعكس التقدير الحقيقي لمكانة المرأة السعودية كونها أحد العناصر المهمة لبناء الوطن ، يأتي انعقاد الندوة السعودية الأولى لصحة المجتمع بعنوان «صحة المرأة» لتعبر عن مساعي جامعة الملك سعود بتضافر جهود مميزة ومبدعة لفريق عمل و متخصصين بارزين في مجال الصحة للارتقاء بالأمن الصحي بشكل عام وصحة المرأة بشكل خاص لتحقيق النهوض الوطني نحو الرؤية .

سائلين الله السداد والتوفيق والاستفادة القصوى من هذا اللقاء المميز .

رئيسة الندوة
الدكتورة / دارة بنت أسعد الديسي
وكيلة قسم علوم صحة المجتمع
كلية العلوم الطبية التطبيقية - جامعة الملك سعود



الأستاذ الدكتور/ بدران بن عبدالرحمن العمر
مدير جامعة الملك سعود



سعادة الدكتور/ يزيد بن عبدالملك آل الشيخ
عميد كلية العلوم الطبية التطبيقية - جامعة الملك سعود

About The Symposium:

Saudi Arabia assumes special attention to the goals of sustainable development through the 2030 vision of the Kingdom, which focuses seriously on the empowerment of women, As well emphasizes on the continued promotion related to women's rights issues. She is a key partner in the construction and developing the labor market, emerging its talents, investing its energies and contributing to the development of the society. Therefore, there is a need concerning medical services that meet their needs, achieve their expectations and allow improving lifestyle and public health, enhancing their roles and their future's decisions.

King Saud University / College of Applied Medical Sciences - Department of Community Health Sciences launches the first Saudi Community Health Symposium entitled "Women's Health", Which discusses various health issues related to women's health by inviting Clinician and academic experts , specialists as well as decision-makers interested to women's health for discussing the most important issues related to them through various topics.

The symposium includes an exhibition containing scientific posters and participation for various associations that focus on women's physical, psychological and social health.

Goal:

To exchange knowledge and explore experiences related to women's health and wellbeing.

Objectives:

- Reviewing recent evidence concerning women's holistic health .mental .physical .social. nutritional .targeted to Saudi women -based interventions specifically.
- Promoting healthy behaviors and practices among Saudi women.
- Providing opportunities for multidisciplinary health professionals interested in women's health for establishing future collaborations.
- Authenticating recommendations for future research and projects focused on Saudi women's health promotion.

Topics:

- Women's holistic health(physical, mental and social)
- Health behaviors (nutrition and physical activity)
- Saudi-based interventions and campaigns

Workshops:

Four workshops covering the following topics:

- Self-Efficacy and Motivation for change
- Nutrition
- physical fitness

Target Group:

- Physicians and nurses
- Clinical Dietitians
- Health Education Specialist
- Medical Interns and Students
- All Healthcare providers

Location:

Medical City King Saud University | College of Dentistry – Main Auditorium - Riyadh

Date and time:

22-23 Nov 2017| From 8 am until 5pm.

Language:

English

CME Hours:

16 CME Hours by the Saudi Commission for Health Specialties (SCFHS).

DAY 1 (1st) Session Title : Holistic health (A): Women's physical, mental and social health			
Chairman: Prof. Mohammed Alsaif		Co-Chairman: Dr. Mona El-Shafie	
Duration	Time	Oral Presentation	Speaker
20 min	8:30 – 8:50	Women in Saudi Arabia Health Examination Survey “ WISHES” Project 2015: The Physical Health of Women and Gender (Differences (1	Prof. AlJohara Alquaiz <i>Executive Director of Princess Nora Bent Abdullah Women's health Research Chair Prof & Consultant Family Physician, Department of Family & Community medicine, King Saud University, KSA</i>
20 min	8:50 – 9:10	Lifestyle Behaviors and Eating Habits of Saudi Female Youth: Like Mother, Not Like Daughter	Prof. Hazzaa Alhazzaa <i>Distinguished Emeritus Professor and Former Director, Pediatric Exercise Physiology Research Laboratory, King Saud University, KSA</i>
20 min	9:10– 9:30	Women and Heart Disease	Prof. Khalid Alnemer <i>Vice Dean of faculty of medicine AL-Imam Muhammed Ibn Saud university, KSA Consultant cardiologist</i>
20 min	9:30 – 9:50	Cairo Declaration on Arab Women Health and Riyadh Document on Patient Rights	Prof. Tawfik Khoja <i>,Professor of Public Health ,Imperial College, London, UK General Secretary of Arab Hospital Federation</i>
10 min	9:50 – 10:00	Panel Discussion	
90 min	10:00 – 11:30	Opening Ceremony	
60 min	11:30 – 12:30	Prayer and Lunch Break	
Chairman: Dr. Khalid Aldubayan		Co-Chairman: Dr. Ingrid Echeverry	
20 min	12:30 – 12:50	Tajik Sehatik- Women Health initiative at PNU ((2016-2017	Dr. Fatma Alabadi <i>Director of Health Education and Promotion Department,Director of Tajik. Sehatik initiative King Abdullah bin Abdulaziz University Hospital, Princes Noura University, KSA</i>
20 min	12:50 – 1:10	Ministry of Health Approaches to Promote Women Health and Well-Being in Primary Health Care	Dr. Maysoon Alamoud <i>Manager of Elderly Health Care Program and Maternal and Reproductive Health Program, Directorate General of Health Programs and Chronic Diseases, Ministry of Health, KSA</i>
20 min	1:10 – 1:30	Model of Care Pathway in Women and Child	Dr. Nada Altheyab <i>Project Manager of Women and Child Pathway Model of Care, Vision Realization Office, Ministry of Health, KSA</i>
10 min	1:30 – 1:40	Panel Discussion	

DAY 1 (2 nd) Session Title : Nutrition and issues in women's health			
Chairman: Prof. Adel Alhamdan		Co-Chairman: Dr. Ghadeer Aljuraiban	
Duration	Time	Oral Presentation	Speaker
20 min	2:00–1:40	Body Composition and Diet-Driving the Rise of Non-Communicable Diseases in Saudi Arabia	Dr. Majid Alkhalaf <i>Head of Exposure Assessment Department</i> <i>Executive Department of Risk Assessment, Food Sector, Saudi Food & Drug Authority, KSA Clinical dietician</i>
20 min	2:00 – 2:20	Vitamin D and Women's Health	Dr. Nasser Aldaghri <i>Dean of the College of Science, Director of Prince Mutaib Chair for Biomarkers of Osteoporosis, King Saud University, KSA</i>
20 min	2:20 – 2:40	Prevalence of Dietary Supplement Use and Associated Factors among Female College Students in Saudi Arabia	Dr. Hanan Alfawaz <i>Associate professor, Division of Nutrition and Food Science, College of Food Science and Agriculture, King Saud University, KSA</i>
20 min	2:40– 3:00	The Diagnostic Accuracy of Body Mass Index (BMI) in Diagnosing Obesity among Saudi Women in a Community-Based Setting	Ms. Suad Alsoghayer <i>Public Health Specialist</i> <i>Department of Family Medicine & Polyclinics, King Faisal Specialist Hospital and Research Centre, KSA</i>
10 min	3:00 – 3:10	Panel Discussion	
30 min	3:00 – 3:30	Prayer and Coffee Break	

DAY 1 (3 rd) Session Title: Physical activity and health			
Chairman: Dr. Mahmoud Abulmeaty		Co-Chairman: Dr. Fahda Alshaikh	
Duration	Time	Oral Presentation	Speaker
20 min	3:30 – 3:50	Does The use of Pedometer Motivate Saudi Women to Be More Physically Active	Dr. Hana AlSobayel <i>Department of Rehabilitation Sciences , College of Applied Medical Sciences, King Saud University, KSA</i>
20 min	3:50 – 4:10	Injury Prevention in Female Athletes	Mr. Othman Alkassabi <i>Executive manager, Prince Sultan Center for Special Education Support Services, KSA</i> <i>Physiotherapist</i>
min 20	4:10 – 4:30	The Nature of the Female Patient-Physiotherapist Relationship in Saudi Arabian Musculoskeletal Outpatient Settings - The Road To Patient Empowerment	Dr. Abeer Altamimi <i>Director of Health Sciences Research Centre, Princess Nourah bint Abdulrahman University, KSA</i>
min 20	4:30 – 4:50	Review of Physical Activity Promotion Policies Development in Saudi Arabia	Dr. Mezna Almarzooqi <i>Lecturer, Department of Community Health Sciences, King Saud University, KSA</i>
min 10	4:50 – 5:00	Panel Discussion	

Day 1: Workshops

Speaker: **Ms. Alanoud Alduwish**

Women's health physical therapist, King Abdullah bin Abdulaziz university Hospital, KSA

Duration	Time	About the workshop
1.5 hour	3:30- 5:00	Abdominal and Pelvic Dysfunctions among Postpartum Athletes Women

Speaker: **Dr. Osama Al lala**

Physical and Health Consultant Expert in Health and Physical Fitness Department, UAE

Duration	Time	About the workshop
2 hours	3:00-5:00	Keys to Health and Fitness: Stay Fit for Life

DAY 2 (1st) Session Title: Holistic health (B): Women's physical, mental and social health

Chairman: **Dr. Majed Alshahwan**

Co-Chairman: **Dr. Ghalia Abdeen**

Duration	Time	Oral Presentation	Speaker
20 min	8:30 – 8:50	Is Diabetes a Women Disease? a Close Look in Disease Epidemiology and Genetics	Prof. Khalid Alrubeaan <i>Professor of Endocrinology and Internal Medicine, King Saud University, KSA Director of Strategic Center for Diabetes Research</i>
20 min	8:50 – 9:10	Dasman Diabetes Institute-Canberra Geo-health Initiative: Using a Spatial Lens to Understand Diabetes in Relation to Social, Built and Physical Environmental Factors Shaping Risks and Outcomes	Dr. Saad Alsharrah <i>Geographic Information Systems consultant, Dasman Diabetes Institute, Kuwait</i>
20 min	9:10 – 9:30	Towards Safe Plastic Surgery	Dr. Fatema Alsubhi <i>Director of Medical education and training department Prince Sultan Military Medical City, KSA Consultant of Plastic Surgery</i>
20 min	9:30–9:50	Women's Health and Domestic Violence	Dr. Samia Alhabib <i>Consultant family physician, King Abdullah Bin Abdulaziz University Hospital, Princes Noura University, KSA</i>
min 20	9:50 – 10:10	The Impacts of Wife Abuse and Child Abuse on Saudi Women's Mental health and Chronic Pain Severity	Dr. Eman Alhalal <i>Assistant Professor, Community and Mental Health Department Nursing, King Saud University, KSA</i>
15 min	10:10 –10:25	Panel Discussion	
15 min	10:25 –10:40	Coffee Break	

DAY 2(2 nd) Session Title : Being a woman: from adolescence to menopause			
Chairman: Dr. Abdulrahman Alfuriah		Co-Chairman: Dr. Eman Alhalal	
Duration	Time	Lecture	Speaker
20 min	10:40–11:00	Cervical Cancer Screening Program in ?Saudi Arabia, Are we There Yet	Dr. Fatimah Alhamlan <i>Scientist, Research Centre, King Faisal Specialist ,Hospital</i> <i>Assistant Professor at Alfaisal University, KSA</i>
20 min	11:00 –11:20	Assisted Reproduction: Past, Present and Future	Dr. Serdar Coskun <i>Head, Section of Assisted Reproductive Technology, King Faisal Specialist Hospital and Research Center, KSA</i>
20 min	11:20–11:40	Factors Associated with Different Symptom Domains among Postmenopausal Saudi Women in Riyadh, Saudi Arabia	Dr. Ambreen Kazi Kamran <i>Assistant Professor, Department of Family & Community Medicine, King Saud University, KSA</i> <i>Princess Nora bent Abdallah Women Health Research Chair</i>
20 min	11:40–12:00	Impact of Pre-Pregnancy Body Mass Index and Weight Gain During Pregnancy on Maternal and Fetal Outcomes	Dr. Khadijah Alkahtani <i>Maternal Fetal Medicine, King Abdullah Bin AbdulAziz Hospital, Princess Norah Bent Abdu-rrahman University, KSA</i>
15 min	12:00-12:15	Panel Discussion	
60 min	12:15 – 1:15	Prayer and Lunch Break	

DAY 2 (3rd) Session Title : Prevention and awareness: the keys to health promotion

Chairman: Prof. Khalid Almutairi

Co-Chairman: Dr. Alyah Almoajel

Duration	Time	Lecture	Speaker
min 20	1:35 – 1:15	Holistic Primary Care for Women in Saudi Arabia	Dr. Patricia McWalter <i>Consultant Family Physician, Department of Family Medicine and Polyclinics, King Faisal Specialist Hospital and Research Centre, KSA</i>
min 20	1:55 – 1:35	Well-being and Associated Factors among Women in Saudi Arabia: Cross-Sectional Study	Ms.Oraynab Abou Abbas <i>Senior Research Coordinator King Abdullah International Medical Research Center, King Abdulaziz Medical City, Ministry of National Guard-Health Affairs, KSA</i>
min 20	2:15 – 1:55	Women in Saudi Arabia Health Examination Survey “ WISHES” Project 2015: Mental and Social Health of (Women (2	Prof. AlJohara Alquaiz <i>Executive Director of Princess Nora Bent Abdullah Women’s health Research Chair Prof & Consultant Family Physician, Department of Family & Community medicine, King Saud University, KSA</i>
min 15	2:30 – 2:15	Saudi Endometriosis Group	Dr. Sabah Abdelkader “Former” Assistant Professor Department of Community Health Sciences, King Saud University, KSA
min 15	2:45 –2:30	National Diabetes Prevention and Control Program Campaigns	Dr. Fatima Alslail Director of the National Diabetes Prevention and Control Program and the Cardiovascular Program, Ministry of Health, KSA
min 15	3:00 – 2:45	Challenge” a Saudi-based Female” Sports Club	Ms. Reem Alkhamis <i>Teaching assistant</i> <i>Clinical Laboratory Science Department, King Saud University, KSA</i>
min 15	3:15 – 3:00	Panel Discussion	
min 30	3:45 – 3:15	Prayer and Coffee Break	

Day 2: Workshops

Speaker: **Ms.Areej Almualllem**

CEO of Nofos Group, Cognitive behavior therapy specialist, KSA

Duration	Time	About the workshop
hour 1.5	3:30-5:00	Psychological Methods of Restricting Diet
Speaker: Prof. Hazzaa Alhazzaa		
<i>Distinguished Emeritus Professor and Former Director, Pediatric Exercise Physiology Research Laboratory, King Saud University, KSA</i>		
Duration	Time	About the workshop
hours 2	3:00-5:00	Physical Activity Prescription for Obese or Diabetic Females

(Closing session and recommendations (3:45-4:30

رؤساء الجلسات Chairmen And Co-Chairmen



Professor: Mohammed Alsaif

- Is the Former Dean of The Faculty of Applied Medical Sciences, King Saud University.
- He is the Head of Community Health Scientific counsel at SCFHS Consultant at Food and Drug Authority.
- Professor since 2010, he has published more than 70 articles in the Field of Nutrition and supervised more than 10 master theses.
- Also, he has contributed in curricula development and update of bachelor, master and PhD programs in Nutrition in King Saud University.
- He is the first chairman of the Saudi Dietetic Association and participated in establishing the Association.



Dr. Khalid Aldubayan

- Dr. Khalid is a Chairperson of the Community Health Sciences Department at King Saud University.
- He is an Assistant Professor of Clinical Nutrition and Senior Dietitian, an Advisor and a Member of the Executive Committee of the Healthy Food Strategy at the Saudi Food & Drug Authority.
- He is also a Member of the board of directors of the Saudi Dietetics Association.
- His research interests involve school nutrition, food and nutrition policy, obesity and diabetes.



- Professor Alhamdan is the Head of postgraduate committee at the department of Community Health Sciences, College of Applied Medical Sciences, King Saud University.
- He is a Former Chairman of the Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University and a Former Vice Dean for Academic Affairs.
- Professor Alhamdan is a Member of the American Society for Parenteral and Enteral Nutrition.
- His research interests involve Nutrition and Physiological Stress, Nutrition and older persons.
- He has published many papers in leading scientific Journals.
- In addition, he has supervised many MSc students and is a Member of many PhD and MSc thesis-Examination Committees.



Dr. Mahmoud M. A. Abulmeaty

- Dr. Mahmoud is a Fellow of American College of Nutrition, ESPEN Faculty Staff Member, Physician Consultant at Therapeutic Nutrition & Primary Care Clinics,
- Assistant Professor of Metabolism & Nutrition Physiology, Clinical Nutrition Program, Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University, Saudi Arabia,
- Obesity Management & Research Unit, and Medical Physiology Department, Faculty of Medicine, Zagazig University, Egypt. His current research involves the study of some new adipokines and their associations with cardiovascular and GIT health.



Dr. Majed Alshahwan

- Dr. Majed is an Associate Consultant Speech and Language Pathologist and a Clinical Director for College of Applied Medical Sciences Clinics, King Saud University.
- He is a Member of Saudi Speech and language Pathology and Audiology Association. His research interests involve voice including gender differences and its disorders, Motor speech and its disorders.



Dr. Abdulrahman Alfuraih

- Dr. Alfuraih is the Vice Dean for post-graduate and research at College of Applied Medical Sciences, King Saud University.
- He is an Assistant Professor of Medical Physics, Department of Radiological Sciences, King Saud University.
- He obtained PhD in Medical Physics with emphasis on Radiation Therapy.
- His research interests involve Monte Carlo Simulations, Nuclear Medicine, Breast Imaging, Ionizing radiation dosimetry, UV spectral characterization and skin exposure.



Professor Khalid M. Almutairi

- Professor Almutairi is the Chairman of Nursing Administration, College of Nursing, King Saud University.
- He is also the Coordinator of Nursing Program in the General Directorate of Colleges & Institutes (MOH), Head of the Health Administration and a Supervisor of the Health Science Faculties in Qasim.
- He is also the Director of the Department of Health Institutes.
- Professor Almutairi is a Member of the American Society for Public Health, Member of the Behavioral Health, and a Member of Health Informatics Society.
- His research interests involve prevention health education, promotion and education, and quality and behaviour.

Co-Chairmen



Dr. May Almoammar

- Dr. May is The Dean of Health & Rehabilitation Sciences College, Prince Nourah Bint Abdulrahman University. She is an Associate Professor of Clinical Nutrition, College of Applied Medical Sciences, King Saud University.



Dr. Mona Mohamed El-Shafie

- Assistant Professor of Community Health Science (Clinical Nutrition), College of Applied Medical Sciences (CAMS), King Saud University (KSU), KSA.
- CAMS Vice-Dean Assistant for Development and Quality (Female Section).
- Academic Consultant at Egyptian -Turkish for Educational Services.
- International Professional Certified Trainer (ISR- International University).
- Member of CAMS Strategic Plan Executive committee, 2016 till now.
- Member of KSU Quality Awards Team 2016 until now.
- Member of CAMS accreditation council.
- Research interest: community nutrition , Natural antioxidants, Natural Herbs.



Dr. Ingrid Echeverry

- Faculty member of the Clinical Nutrition Program in the Community Health Sciences Department, College of Applied Medical Sciences at King Saud University. Assistant Professor of Functional Foods, Coordinator of the Seminar in Clinical Nutrition and Independent Study courses in the Clinical Nutrition Program. She holds a Ph.D. in Food Science from the University of Illinois at Urbana-Champaign.
- Her teaching and research interests focus on the role of Functional Foods and their Bioactive Components on health promotion and disease prevention, food processing and nutrient bioavailability, and food additives on gastrointestinal health.
- Other areas of interest include consumer education on reading and understanding food labels to help improve the nutritional choices and health outcomes of those affected with food allergies and food intolerances.



Dr. Ghadeer Aljuraiban

- Dr. Aljuraiban is an Assistant professor at King Saud University, College of Applied Medical Sciences, Department of Community Health Sciences-Clinical Nutrition.
- She holds an Msc degree in Clinical Nutrition, and a PhD degree in nutrition and cardiovascular diseases.
- Her Research interests include nutrition epidemiology, cardiovascular diseases, and obesity.



Dr. Fahdah Alshaikh

- Dr. Fahda is an Assistant professor at King Saud University.
- She holds a MPH and a PhD in public health.
- Her research interests lie in the area of Health promotion, public health and health systems.



Dr. Ghalia Abdeen

- Dr. Ghalia is the Vice Dean assistant for clinical affairs, College of applied medical sciences, King Saud University.
- She is an Assistant Professor of Clinical Nutrition in the Faculty of Community health science, College of Applied Medical Sciences.



Dr. Eman Alhalal

- Dr. Eman Alhalal is an Assistant Professor in Community and Mental Health Department Nursing in King Saud University. Her research focuses on violence against women, particularly the health outcomes of violence.
- She worked with a group of Canadian researchers in a study funded by the Canadian Institutes of Health Research (CIHR).



Dr. Alyah Almoajel

Dr. Alyah is an Assistant Professor in Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University.

She has served several administrative posts starting as coordinator of health colleges and institutes in Ministry of health, Administrative vice dean for Riyadh health sciences college in Ministry of health , Director of clinical Instructor center in MOH .



Royal Highness Princess Reema bint Bandar bin Sultan bin Abdulaziz Al-Saud

Over the past decade, Her Royal Highness Princess Reema bint Bandar bin Sultan bin Abdulaziz Al-Saud has established a profile for advocacy of business growth, community health and women's development issues. Her efforts as a global ambassador for positive social change are recognized internationally and she has become one of the most visionary voices for a more conjoined world. On August 1st , 2016,

The Saudi Council of Ministers appointed Princess Reema Vice President for Development and Planning (Women's Affairs) at the General Sports Authority, a governmental body focused on developing the Saudi sports and physical fitness space in the largest national economy within the Middle East and North Africa region.

In 2013 Her Highness founded Alf Khair, a social enterprise with an aim to elevate the professional capital of Saudi women through a structured curriculum focusing on professional guidance and career management. She had previously served for seven years as CEO of Alfa International, a multi-brand luxury retail company. With the goal of empowering women in mind, comprehensive training programs were developed for female staff members, which took place at a time when the retail sector struggled to be a gender-inclusive workspace.

Another Alf Khair project initiative '10KSA', a holistic health awareness-raising endeavor with a focus on breast cancer that brought together more than 10,000 women in December 2015 in Riyadh. Alf Khair was awarded a Guinness Book of World Record for organizing the World's Largest Human Awareness Ribbon 2015 for breast cancer awareness, something Her Highness had also achieved in 2010.

Selected in September 2014 by Forbes Middle East magazine as one of the most powerful 200 Arab women, Princess Reema was also recognized as a Young Global Leader in 2015, Foreign Policy Magazine Global Thinker Mogul in 2014, Business of Fashion's Top 500 people working in fashion industry (2013 and 2014), and as Fast Company's Most Creative Person of 2014. She is also a member of several advisory bodies including 'Saudi National Creative Initiative', whose programs aim to create a communication platform for creative talent in Saudi Arabia; and a founding member of 'Zahra' Breast Cancer Association.

Currently focusing her energy on the responsibilities associated with her post at the General Sports Authority to further the goals of the national sports and physical fitness strategies in Saudi Arabia.



Dr. Nadia Al Tamimi

Dr. Nadia Al Tamimi is a consultant clinical and counseling psychologist. She has been working with adults and in particular couples who are suffering from marital discords due to psychological illness.

Dr. Nadia has a mass experience in her field and do enjoy working with her clients. She has published several articles, participated in research, and in education for clinical psychologists.

She also participated in governmental programs, such as the National Registration of children with Developmental Disorder and in others.

Dr. Nadia believes in the role of rising committee's awareness with regards of the psychological illness and the role of psychologists in prevention in the media, whether, TV, journals or Radio.



نبذة عن المتحدثين و الملخصات Speakers' Profile And Abstracts



Professor Ali Al-Jobair

- MBBS, DPHC, FRCGP, FPPH, FRCP – UK
- Professor of Public Health - Imperial College, London – UK.
- Family and Community Medicine Consultant.
- He was the Director General, Executive Board, Health Ministers' Council for the Cooperation Council States for more than 16 years, the job responsibilities including overall development and implementation of PHC, family medicine, public health and development and advancement of health programmes and improvement of TQ concepts and patient safety,
- Conduction and coordination of field studies and research. He was Director General of Health Centers, MOH - KSA. Now he is the General Secretary of the Arab Hospital Federation.

Abstract:

A Glimpse on Cairo Declaration on Health of the Arab Women – 2017: From Theory to Practice

Based on the values, principles and objectives in the Strategy of Arab Women Progress, the Arab Charter of Human Rights, the UN Millennium Development Goals as well as the Sustainable Development Goals, 2030. And, in promotion of Arab women empowerment for more effective and efficient participation.

The Cairo Declaration on Health of Arab Women was issued on the 28th of Feb. - 1st March, 2017; where it gained full support from the Arab Health Ministers and the highly esteemed Council. The declaration came up with a lot of vital and extremely important recommendations and provisions in the areas of improvement of service quality, policies, strategies and health systems to advance and upgrade the health care provided to women within the developmental programs and activities.

Cairo Declaration drew attention to the importance of giving health of women the due priority and urged the various sectors concerned with women, health, media, education, youth, justice and social solidarity to work towards promotion of women's health and their protection against communicable and noncommunicable diseases and empowering women to play an effective role in depicting health policies for women.

Moreover, it urged the governments of the Arab countries to integrate women's health and care within all health policies and development systems including promotion of the role of hospitals to be friendly to women and children & setting tools and mechanisms for early cancer screening tests to be adopted as routine examinations especially for cancer cervix and breast. It also called for making health and social protection of Arab women a high national priority and allocating more resources for that purpose.

Based on this and on the recommendation endorsing women health specialty and working towards setting scientific curricula and comprehensive training programs for this specialty.

Also, organizing Arab conferences on women's health was emphasized as well as inclusion in the Arab health systems the availability of the required comprehensive and high-quality healthcare services for women.

Due to the importance of this case, all related health team members, policy makers and health system officers shall be well informed of the most prominent components of Cairo Declaration on Arab Women Health, its objectives and the recommendations issued in this regard to seek effective means of making this declaration a reality and well synchronized conceptual work.



Consultant family physician, researcher and WHO expert in Global Burden Disease (GBD) project.

Also work as an advisory consultant for the Saudi Medical Council in establishing the Saudi Centre in Evidence Based Healthcare Centre.

Dr. Samia Alhabib

Abstract

Women Health and Domestic Violence

The Problem: Intimate partner violence (IPV) against women is a substantial public health problem, a serious human rights violation, and a major factor contributing to women's morbidity and mortality worldwide. Abused women presented to us, as general practitioners, with frequently unexplained, and difficult to diagnose symptoms and signs. In many countries, IPV has been extensively investigated, but little is known about the prevalence and experiences of IPV among Saudi women.

The approach: to measure IPV and explore Saudi women experiences in the UK. The study was informed by the ecological framework that constituted multi-dimensional components proposed theoretically to explain IPV aetiology and its process. Mixed methods were used in order to explore these different dimensions. Initially, a self-reported survey was posted to a stratified random sample of Saudi women across England (n=718). Then respondents were purposively sampled and in-depth semi-structured interviews were conducted with 20 women to explore their IPV experiences. Interviews were audio recorded, transcribed and thematically analysed.

Findings: Prevalence of severe combined abuse was 19%, emotional abuse and/or harassment was 11%, physical abuse, emotional abuse and/or harassment was 3%, and physical abuse alone was 2%. Logistic regression analysis showed significant associations between severe combined IPV with several items of the SF-36 health survey and few socio-demographic profiles. Interview' data provided insight into the diversity of experience, and beliefs of IPV in the contexts of their religion, socio-cultural, economic-political, and health profiles. Juxtaposing the findings from the survey and the interviews and informed by the ecological framework allowed for the detailed components explanations of IPV and its impacts on women's health and their well-being. For example, women's views about their health and well-being were similar to the survey findings showing that IPV was significantly associated with lower scores of the SF-36 health questionnaire. Interviews findings informed and illuminated the survey findings in terms of IPV prevalence, its types, severity, and impacts. Saudi women's views revealed that IPV prevalence, types and severity is contextual and influenced by various social, political, and economic factors. For example, the most common types of IPV was the severe combined abuse, which is about control, and interviews findings also consistently revealed that abuse is all about control was fundamental as expressed by the majority of Saudi women.

Consequences: There is a need for further cohort longitudinal studies to investigate IPV among Saudi with a multi-dimensional approach considering the dynamics and intersections of socio-cultural, religious, economic-political, and health status factors. Additionally, future research efforts should peruse mixed methods to measure and explore IPV in order to assess its impacts and hence, to plan resources that are in contexts with the need of Saudi population in terms of religion, and cultural values.



Dr. Saad Alsharrah (Kuwait)

Dr Saad Alsharrah is a Geographic Information Systems (GIS) consultant at the Dasman Diabetes Institute.

He has published articles on spatial modelling and analysis. His current research interest is on health and social applications of GIS.

Abstract:

Dasman Diabetes Institute-Canberra GeoHealth Initiative: Using a spatial lens to understand diabetes in relation to social, built and physical environmental factors shaping risks and outcomes

Saad Alsharrah^a, Dari Alhuwail^a, Humoud Aljalahma^a, Mark Daniel^b, Neil Coffee^b, Ebba Alosairi^a and Faisal Alrifai^a

^aDasman Diabetes Institute, ^bUniversity of Canberra

The Dasman Diabetes Institute, in partnership with the University of Canberra, is undertaking a major GeoHealth initiative in Kuwait. This involves the use of Geographic Information Systems (GIS) to enable researchers and decision-makers to perform spatially-based research to evaluate geographic variations in factors driving glycaemic disease and its complications, the access, availability and effectiveness of treatment options, and outreach strategies for prevention. GIS provides the capacity to statistically analyse occurrences of diseases together with social-demographic, as well as the built and physical environmental factors, and to spatially visualise the outcomes. Spatial statistics are used to identify disease clusters with statistical analysis of social-demographic factors and spatial variations in built environmental factors (e.g. healthful and unhealthful food outlets, cooperatives, recreational areas, or road and transportation networks) and physical environmental factors (e.g. temperature, air quality and humidity, etc.). Such research can provide a more informed understanding of the interplay between diabetes, its complications and features of the social and environmental contexts where disease is most prevalent. We will present the framework of this initiative for the State of Kuwait where the rise of obesogenic urbanisation and chronic diseases including type 2 diabetes corresponds to major lifestyle changes shaped by oil wealth. Such changes may differentially influence women and men, and gender-specific differences may vary according to population demographics and environmental contexts. Hence, the use of a spatial lens can provide insight and understanding of the composition and context of diabetes, now a substantial public health problem in Kuwait. Diabetes is further a major and growing health concern across all Gulf Cooperation Council countries, and this presentation will address gender differences in diabetes and physical activity under the GeoHealth initiative which may be of relevance to the Kingdom of Saudi Arabia. Our initiative for research on spatial variations in links between environmental factors and diabetes has a strong potential to inform spatially-specific prevention and treatment initiatives, where strategies are tailored to the local features and needs of populations and environments for effective prevention and control of type 2 diabetes, thus benefiting the health of the population overall.



Prof. Hazzaa Al-Hazzaa

Hazzaa M Al-Hazzaa, PhD, FACSM, FECSS, is currently a distinguished professor emeritus and former director of Pediatric Exercise Physiology Research Laboratory at King Saud University (KSU) in Riyadh, Saudi Arabia.

He has also served in the scientific board of the Obesity Research Chair in the College of Medicine, KSU (2008-2014).

In addition, professor Al-Hazzaa had held a joint position for four years (2011-2014) as a visiting research professor in the faculty of health and life sciences, Coventry University, Coventry and in the school of human sciences, Newman University, Birmingham, both in UK.

He earned his BSc degree in Biology with minor in Chemistry from KSU, and PhD degrees in clinical Exercise Physiology from USA in 1985.

Abstract

Lifestyle behaviors and eating habits of Saudi female youth:

Like mother, NOT like daughter

Hazzaa M. Al-Hazzaa, PhD, FACSM, FECSS

During the past several decades, Saudi Arabia has experienced enormous economic growth accompanied by major lifestyle changes, including increases in physical inactivity, sedentary behaviors and consumption of caloric dense diet. This has greatly contributed to the increase in non-communicable diseases (NCD's) including obesity and diabetes mellitus in the country. Contrary to the lifestyle of female youth in the past generations, the present Saudi young females were negatively impacted by the recent lifestyle transformation. This presentation highlights some of our research findings over the past two decades on physical activity/inactivity, sedentary behaviors obesity, sleep duration and dietary habits among Saudi female youth relative to males. The latest National health survey indicated that the prevalence of overweight plus obesity among Saudi youth 15-24 years old was around 39% with no gender differences between males and females. Trends analysis, however, showed that such obesity prevalence is still rising. The majority of Saudi youth are now not active enough to meet the minimal weekly requirement of moderate to vigorous physical activity. The proportions of Saudi children and adolescents who are at risk of physical inactivity are exceedingly higher than those who are at risk for hypertension, hypercholesterolemia, hypertriglyceridemia, or even obesity. The prevalence (%) of physical inactivity among Saudi female youth (78.1) is much greater than that in males (44.5), while the prevalence (%) of sedentary behaviors (screen time above 2 hours/day) is significantly higher in adolescents females (91.2) compared to that of males (84.0). The total energy expenditure from leisure-time physical activity appears significantly higher in boys at public schools, while it is higher in girl's private schools. It is well recognized that self-imposed sleep curtailment is considered a potentially important and novel risk factor for obesity.

Despite that, our research as well as other local studies have observed a high prevalence of short sleep duration among Saudi children and adolescents and that short sleep duration was significantly associated with increased risk of overweight and obesity. Having both high BMI and high waist to height ration was highly correlated with short sleep duration in Saudi adolescents. Also, sleep duration showed a positive association with the weekly frequency of breakfast intakes. Furthermore, data from the recent Arab Teens Lifestyle Study (ATLS) indicate that breakfast skipping was significantly higher among Saudi females (79.4%) than males (71.3%). Also, unhealthy lifestyle habits seem to cluster among them, as active Saudi adolescents exhibited significant associations with higher consumptions of healthy dietary habits (breakfast, fruit, vegetables and milk intakes), whereas higher screen time was significantly associated with higher intakes of sugar-sweetened drinks, fast foods, cake/doughnuts and energy drinks.

Based on the available evidences, efforts toward promoting physical activity, reducing sedentary behaviors and improving sleep and dietary habits among Saudi youth population and young females in particular are needed in order to curtail obesity epidemic among youth and reduces future NCD risk profile.



Prof. Khalid Al-Rubeaan

Dr Khalid Al Rubeaan is a Professor and Senior Endocrinologist at College of Medicine, King Saud University, Riyadh, Saudi Arabia, with major interests in endocrine diseases especially Diabetes Mellitus.

His main areas of interest include basic research, education, prevention and epidemiology of Diabetes Mellitus in Saudi Arabia and Middle East.

He is the Executive Director of Strategic Center for Diabetes Research and Editor-in-chief of International Journal of Diabetes Mellitus and Head of Saudi National Diabetes Registry.

He is a member of many associations and has numerous publications in the form of book chapters and scientific papers covering various aspects of Diabetes Mellitus.

His achievements include many national and international awards from Government agencies as well as research and academic institutions. He also holds patent in the field of Nano Technology & IT for the management of Diabetes Mellitus.

Abstract

IS DIABETES A WOMEN DISEASE? A CLOSE LOOK IN DISEASE EPIDEMIOLOGY AND GENETICS

Diabetes mellitus has been recognized in the past as a woman disease for that reason ancient Egyptians have called this disease “woman’s thirst”. When looking at diabetes epidemiology data, this disease is still more prevalent among women when compared to men in certain societies although it is more common in men generally.

Women gender role in diabetes epidemiology is related to genetic and hormonal effect which could mean that diabetes is linked to female gender. Mitochondrial diabetes for example is purely women disease that is transmitted to both genders originating from the mother mitochondria present in the ova which does not exist in the sperm. There are certain types of diabetes that exist only in women namely gestational diabetes which is related to human lactogene hormones that are secreted by the placenta.

Women are also affected by the commonest Type 1 and Type 2 diabetes although both types are more prevalent among women in certain age group. Diabetes complications have different behavior among women than men especially in the post menopausal period. There are certain associate symptoms that predispose women to diabetes at a higher rate whether it is related to her genetic or environmental factors.



,Dr. Coskun Serdar

Dr. Serdar Coskun is the ART laboratory director and senior clinical scientist at King Faisal Specialist Hospital and Research Center

He obtained D.V.M. degree from Firat University, Elazig, Turkey.

He received his MSc and PhD degrees from the Ohio State University, Columbus, OH.

He is American Board of Bioanalysis (ABB) certified high-complexity clinical laboratory director (HCLD) and embryology laboratory director (ELD). He is also a faculty member in Alfaisal University and responsible for Semen Analysis and Assisted Reproductive Technology courses in the master program.

His research interests are in assisted reproduction, preimplantation genetic diagnosis, in vitro oocyte maturation and early in vitro embryo development.

His publications and citations can be reach at:

<http://scholar.google.com/citations?user=dvNK074AAAA-J&hl=en>

Abstract:

Assisted Reproduction: Past, Present and Future

Approximately 15% of all couples in their childbearing years are unable to conceive naturally. They need some sort of medical attention ranging from an advice to the advanced assisted reproductive technologies (ART). The first baby following assisted reproduction was born in 1978 following almost 50 years of research and trials. Since this birth, ART has progress rapidly and its applications allowed many couples to have their own biological child whom were considered as sterile before. With the recent advances, ART also involved in the prevention of inherited diseases by employing preimplantation genetic diagnosis (PGD). However, there is small percentage of couples still cannot have children with the current ART procedures. These are the patients without any functional gametes namely oocyte or sperm. Stem cell research is in full gear to produce in vitro derived gametes. Although there is success in animals in obtaining live births, no success has been reported in humans. There is also intense research on genomic editing human embryos. The last two techniques although hold promises to many patients, there are major ethical issues to be dealt with before they can be implemented. All these techniques will be reviewed and presented.



Dr. Maysoon Al-Amoud

Dr. Maysoon Al-Amoud is the manager of Elderly Health Program and Maternal and Reproductive Health - General Directorate of Health Programs and Chronic Diseases - MOH.

She is a member in national & GCC committees, temporary advisor for WHO in elderly health and a Local international speaker.

She had several publications.

Abstract:

MOH approaches to promote women health & well-being in Primary Health Care

Introduction: Ministry of Health has several approaches of a wide range of activities to improve health & well-being of women in primary health care in line with 2030 vision.

Approaches:

I- Initial approach: Maternal health services.

II- Extended approaches: to improve women health & well-being include:

1- Reproductive health services

- i- National strategy for reproductive health (2017-2030).
- ii- Guideline for reproductive health workers in primary health care
- iii- Mother & Child Health Passport
- vi- Cooperation with other sectors.

2- Preventive health services.

III- 2030 Vision realization approaches:

Maternal & child health are included in the Model of Care Project & in Health Initiatives.

Discussion:

Maternal health services is one of the essential services provided in the primary health care since 1983. It provides care to the women during pregnancy, delivery & after delivery.

Reproductive health is based on a comprehensive & integrated concept of women's & men's health, with emphasis on women's health as they are most affected by relevant social, psychological & biological factors.

The national strategy for reproductive health (2017-2030) was developed in line with 2030 vision & WHO strategy. It provides a comprehensive framework for reproductive health care activities through an integrated approach to implement interventions that support progress in achieving national & global maternal health goals.

The reproductive health guideline was developed to improve the quality of health services provided to the women & to support professionals training & capacity building.

Maternal & Child Health Passport is a tool that promote health, nutrition & physical activities of the pregnant women, neonates & children.

Cooperation with local & regional sectors performed to promote women health & well being & empower women.

Preventive services addressed control infectious diseases, promote healthy life-style, community participation & early detection of diseases.

Maternal & child health in primary health care are targeted to be improved through both the Model of Care Project & the Health Initiatives of the Ministry of Health .



Dr.Abeer Altamimi

The director of health sciences centre at Princess Nourah bint Abdulrahman University.

She hold a bachelor degree in Physiotherapy from King Saud University.

Her master's degree is in women's health. Her PhD is in health professions from University of Brighton.

Her research interest is in women's health.

Abstract:

The Nature of the Female Patient-Physiotherapist Relationship in Saudi Arabian Musculoskeletal Outpatient Settings - The Road To Patient Empowerment

The relationship between the physiotherapist and the patient is fundamental to the delivery of musculoskeletal healthcare. In order to deliver high quality patient care it is vital that an effective therapeutic relationship is established. To date, there has been very little research into the nature of the patient-physiotherapist relationship and none has been conducted in Saudi Arabia. This study explored the nature of the female patient-physiotherapist relationship in Saudi Arabian musculoskeletal outpatient settings.

A total of ten female musculoskeletal physiotherapists and nine female patients participated in this qualitative study, situated in the interpretive research paradigm. Purposive sampling was used to initially select participants. Subsequent theoretical sampling, informed by data analysis, allowed specific participants to be sampled. Data was initially collected from nineteen semi-structured interviews with ten female musculoskeletal physiotherapists and nine female patients participants, which were audio-recorded and transcribed. As the study approached theoretical sufficiency, three of the physiotherapists and three patient participants were theoretically sampled for a second interview. A constructivist grounded theory approach involving the constant comparative method of analysis was used to code and analyse data to construct a substantive theory of the nature of the therapeutic relationship between female patients and physiotherapists.

Patients' and physiotherapists' embraced three types of therapeutic relationships: clinical, professional and personal. These relationships were influenced by the different physiotherapist professional roles and patient personas that have been adopted during their interaction. The different characteristics of the three physiotherapist professional roles, along with the two patient personas, led physiotherapists and patients to have different expectations of the relationship, which, in turn, had an impact upon the experience of the relationship. This ultimately shaped the relationship outcomes between the physiotherapists and patients.

Participants' negotiation was identified as the key factor which contributed to the experience of the relationship between them. Physiotherapists and patients experienced different types of negotiations. The two types of physiotherapist-patient experience of negotiation were trust, partnership negotiation and decision-making negotiation. Within each type, there have been existed variations in the level of negotiation that were related to and influenced by the physiotherapist's professional role and patient's persona, as expressed during the interaction. A number of influencing factors were identified to contribute to participants' negotiation and helped to explain the nature of the therapeutic relationship between physiotherapist and patient: time availability, sociocultural factors, participants' self-efficacy, and professional self-esteem. These findings provide the first explanation for the nature of the patient-physiotherapist relationship within the Saudi Arabian musculoskeletal outpatient setting. The substantive theory developed through this study has implications for physiotherapy practice, education and research, and may inform physiotherapy curricula development, continuing education, and professional development activities in Saudi Arabia.



Mr. Othman Y. Alkassabi,

EMBA, MBA, BSc.PT, PGD, COMT, CMP

Othman Yousif Alkassabi is qualified as Physiotherapist from King Saud University, since 2007.

He is a certified Manual Therapists holding post-graduate certificates in Orthopedic Manual Therapy from Australia.

He is holding an MBA from Furtwangen University in Germany on 2011. He is also holding an Executive Masters in Business Administration in International Management and Leadership with concentration on Marketing from Alyamamah University on 2012. He is an active member of the Saudi Physical Therapy Association.

He has more than 10 years experience in management and marketing relating to health and lifestyle in addition to his practice as a senior musculoskeletal physiotherapist.

He is also involved in research looking at professional issues and physiotherapy for musculoskeletal conditions and currently currently a senior physiotherapist & chairman of board of PhysioTrio, and the Executive Manager of Surgical Center at Sultan Ben Abdulaziz Humanitarian City.

Abstract

Injury Prevention in Female Athletes

As the number of female athletes participating in sports events increased, health problems and injuries unique to female athletes has emerged. To review the common injuries seen among female athletes and patterns, risk factors of injury, and injury prevention, we conducted an electronic search in MEDLINE and other databases. Keywords such as female athlete, sport injuries, risk factors, were used. Studies addressing the prevalence, patterns, and factors associated with injuries among female athletes were included. There is some evidence that female athletes are more at risk of some injuries than male athletes. Risk factors have been divided into hormonal, neuromuscular response, and anatomic subgroups. Also, the evidence suggests that poor load management is a major risk factor for injury, which is defined as rapid changes in training and competition load, competition, and psychosocial loads. There is some evidence that if load is applied in a moderate and progressive manner, and rapid increases in load are avoided, high loads and physically hard training may protect athletes against injuries.



Prof. Khalid AlNemer

MD, FRCPC, FACC, FASCI, FASNC, FSCCT.

Professor of Cardiology AL-IMAM University

Interventional, CT/Nuclear Cardiologist

Vice Dean - College of medicine

**Member of the National Pharmacovigilance and
Drug Safety Committee SFDA**

Advisory board member of Saudi heart association

**Founder of cardiac imaging Committee in Saudi
Heart Association.**

**The Vice Dean of College of Medicine at Al-Imam
Muhammad Ibn Saud University.**

Abstract

Women and Heart Disease

Coronary artery disease is the leading cause of death in women in spite of that only 54% of them recognize that heart disease is their number one killer. Since thirty years, the annual cardiovascular disease mortality rate has remained greater for women than men; however, over the last decade, there have been marked reductions in cardiovascular disease mortality in women. The dramatic decline in mortality rates for women is attributed partly to an increase in awareness, a greater focus on women and cardiovascular disease risk, and the increased application of evidence-based treatments for established coronary heart disease. Almost two-thirds (67%) of women who die suddenly of coronary heart disease have no previous symptoms. Even if they have symptoms, women tend to have atypical presentation with vague nonspecific symptoms, and when they present usually late compared to men with more frequent occurrence of complications, and those Complication rates after acute myocardial infarction are higher in women than in men despite similar success rates with treatment. Women with acute myocardial infarction are more likely to suffer from bleeding complications, which are often secondary to pharmacological therapies or invasive procedures. Mechanical complications and heart failure are more likely to develop in women, whereas ventricular arrhythmias occur at similar rates in both sexes after an acute myocardial infarction.



Prof. AlJohara AlQuaiz

Professor and Consultant Family Physician –Department of Family and Community Medicine-College of Medicine-King Saud University

Holder of chair “Princess Nora Bent Abdullah Chair for Women’s Health Research” KSU - Research chair program.

Member of Scientific Excellence Committee in KSU

Head of research committee in the department of family medicine-college of medicine –KSU 2016 till now.

Ex-Head of the unit of Family Medicine.

Ex-Board member of Saudi Osteoporosis Society

Ex-Board member of the National Saudi Hypertension Management Group (SHMS).

Abstract

Factors associated with different symptom domains among postmenopausal Saudi women in Riyadh, Saudi Arabia

Objective: To determine factors associated with different symptom domains among postmenopausal Saudi women in Riyadh, Saudi Arabia.

Methods: In a cross-sectional study, interviews were conducted with 542 postmenopausal Saudi women, comprising sociodemographic history, social support, and the Menopause-specific Quality of Life questionnaire.

Results: The mean age of participants was 58 (± 7.0) years, and the mean age at menopause was 49 (± 4.7) years. We found that 41% ($n = 224$), 14.4% ($n = 78$), 57% ($n = 307$), and 12.7% ($n = 69$) of women reported severe/ moderate impact of vasomotor, psychosocial, physical, and sexual symptoms, respectively. Multivariate logistic regression revealed that lacking emotional support was associated with severe/moderate vasomotor (adjusted odds ratio [aOR] 1.5, 95% confidence interval [CI] 1.1, 2.3), psychosocial (aOR 2.0, 95% CI 1.2, 3.4), and physical (aOR 1.7, 95% CI 1.2, 2.6) symptoms. Lack of tangible social support was associated with severe/moderate sexual symptoms (aOR 1.9, 95% CI 1.0, 3.4). In addition, women who worked (aOR 1.8, 95% CI 1.1, 3.2), were obese (aOR 2.0, 95% CI 1.0, 4.1), lived in rented accommodations (aOR 3.9, 95% CI 1.2, 13.1), or had a retired spouse (aOR 1.6, 95% CI 1.0, 2.4) had higher odds for moderate/severe menopausal symptoms.

Conclusions: Establishing educational and counseling programs for postmenopausal women, their spouses, and other family members could improve social support and hence quality of life of postmenopausal women. Effective preventive strategies to deal with modifiable risk factors, such as obesity and work stress, should also be implemented.



Dr. Sabah AbdelKader

Dr. Sabah is an Assistant professor of ☐
Community Medicine, College of Applied Med-
ical Sciences, Riyadh, Kingdom of Saudi Arabia

She obtained her PhD in Maternal ☐
and Child Health from High Institute of Public
Health, Alexandria University

She also has a Postgraduate Certificate ☐
of Family Practice and Women's Health, Exeter
University, United Kingdom

She is a member of Saudi Society of ☐
family and community medicine and a mem-
ber of Saudi endometriosis awareness group

Abstract

Saudi endometriosis group

In this disease, endometrium is found outside the uterus as “nodules, tumors, lesions, implants, growths”. 10% of women worldwide have endometriosis - that's 176 million worldwide. The prevalence of endometriosis in women with infertility be as high as to 30–50%. Endometriosis is the second most common gynecological condition in the UK. Endometriosis affects 1.5 million women, a similar number of women affected by diabetes. There are no statistics about prevalence in KSA but among visitors of ob-gyn department of KFMC, prevalence of endometriosis was 14% in 2016.

On average it takes 7.5 years from onset of symptoms to get a diagnosis. So what can we do? The most important intervention is to raise awareness about the disease for the purpose of early diagnosis and treatment (secondary prevention). That is why Saudi Endometriosis Group (SEG) was established as a volunteer group of well-known ObGyn staff from all regions of the kingdom. Conferences started in 2012 to exchange experiences in diagnosing and management of cases and to send alarming messages about raising awareness about it among the community. This can be done through using special occasions to transmit Health Education messages about endometriosis:

1. Special health events e.g world health day.
2. Some curricular activities e.g reproductive health where health education session is held for adolescents in intermediate schools.
3. Brochures put in the stand of health education for university students to read, a reference person can be designated to answer any enquiries about the subject.
4. Using social networks to educate university students about endometriosis.
5. Using course discussion board or blogs to discuss endometriosis and answer questions.
6. Education of first aid cases of dysmenorrhea and advice to check ob-gyn specialist.
7. Education of students' academic advisors who are in close contacts with students.



Ms. Reem AlKhamis

- Reem AlKhamis is a Teaching Assistant at The Clinical Laboratory Science Department, College of Applied Medical Sciences at King Saud University.
- Reem obtained her MSc in Reproductive and Environmental Biology from Imperial College London, UK.
- She is interested in health and fitness and holds a Certificate in Personal Training from the European Institute of Fitness, London, UK, as well as multiple awards: Award of ACSM Fitness and Nutrition Coach, Award of Exercise Specialist, and Fitness Business Award.

Abstract

“Challenge” a Saudi-based Female Sports Club

Challenge Sports Club (CSC), an exclusive female sports club based in Riyadh, was founded out of the love of sports in 2007. CSC aspires to be an outstanding educational-athletic organization that provides a high-quality experience for every athlete. We promote a positive ladies sports culture that teaches life lessons and values beyond playing the field and learning the skills.

We believe that sports is not just about competing and winning trophies. It's about health, fitness, and belonging to a team. When we love what we do and we do what we love, we'll have the ability to become the change we wish to see in the world. And that is what we strive for most in our club.



Dr. Patricia McWalter

Dr. Patricia graduated from UCD and did Internal Medicine SHO Training in St Vincent's University Hospital, Dublin.

She completed Family Medicine training in UK and obtained extra training and certificates in Womens Health, Rheumatology and Diabetes from UK. (DRCOG 1998, MRCP 1999, DFFP 1999, Diploma Primary Care Rheumatology Bath University 2002, Certificate in Diabetes Leicester University 2014.) Engages in full time clinical work as a Family Medicine Consultant at KFSHRC since 2006 as well as doing research and teaching

Abstract

Holistic Primary Care for Women in Saudi Arabia

By definition, holistic care is “characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease”. Care in the Islamic view also emphasizes holistic care.

In 2011, women’s life expectancy at birth was more than 80 years in 46 countries, in Saudi Arabia it is 75.7 (WHO 2013).

Education of women and girls is single most important factor in improving the health of a nation (UN).

Family medicine is a specialty devoted to comprehensive health care for people of all ages and therefore the primary care setting is the ideal place to deliver holistic care for all. Alma Ata Declaration (1978) identified primary care as the best way to achieve health for all.

In 1980, Primary Health Centers (PHCs) were established in KSA. Saudi Arabia now has over 2000 primary care clinics.

Studies have found that there is good access to prenatal care and immunization in Saudi Arabia. Access to chronic disease care and education however are below target.

This talk will give an overview of what constitutes holistic care for women in primary care in the ideal setting and why it is important, including screening.

Investing in women’s health benefits society as a whole (UN), so delivering comprehensive, culturally sensitive and patient centered care is essential.



Prof .Nasser Aldaghri

PhD in Clinical Biochemistry.

The main research field is biochemistry of chronic diseases.

Full time Professor of Biochemistry at King Saud University in Riyadh, Saudi Arabia since 2012.

Dean, College of Science, King Saud University (2015-present)

Vice Dean of Research Chairs (Supervision of 130 Research Chairs) in King Saud University, Riyadh, Saudi Arabia (2013-2015)

Director, Prince Mutaib Chair for Biomarkers of Osteoporosis (2010-present)

Deputy Director, Biomarkers Research Program (2007-present)

Research Fellow, University of Warwick, Coventry, UK

Abstract

Vitamin D and Women's Health

Nasser M. Al-Daghri and Shaun Sabico

Prince Mutaib Chair for Biomarkers of Osteoporosis

King Saud University

The role of vitamin D in human health has been thoroughly investigated in the last decade. From a specific function of maintaining calcium homeostasis, vitamin D has emerged as one of the key regulators of metabolism and immunity. Despite an abundance of evidence pointing to low levels of circulating vitamin D being an independent risk factor for several diseases, not everyone is convinced that vitamin D correction should be made mandatory in the general population, at least for now. In the Middle East and Saudi Arabia in particular, vitamin D deficiency is widespread, particularly in females of all ages. As more diseases find their way to be associated with vitamin D deficiency, this talk will discuss the significant impact of vitamin D in women's health. Emphasis on the local studies will be highlighted, including the studies done under the Prince Mutaib Chair for Biomarkers of Osteoporosis.



Dr. Nada Al Theyab

Dr. Nada ALTheyab is the project manager of Women and Child Pathway Model of Care at the Vision Realization Office in the Ministry of Health.

She was awarded in the 24th Royal Brisbane Women Hospital Symposium for her Innovation in predicting body fat in infants from Anthropometric measurements. Nada is interested in perinatal research along with women's health.

Abstract

Model of Care Pathway in Women and Child

the new Model of Care will support women to have safe births and healthy infants by providing continuous support from pre-marriage through pre-conception to post-delivery. This new Model of Care will help to identify potential health risks early on through screening, recording, and sharing appropriate health information; Support mothers from pre-conception, through labour to postnatal and neonatal care and Support mothers in raising healthy babies.

The Model of Care will introduce seven key interventions to support women and children:

1. Premarital services
2. Preconception Care Services
3. Maternity Care Services
4. National Birth Registry
5. Postnatal Care Services
6. Neonatal care service
7. Well baby clinic



Ms. Saud Al Soghayer

Ms.Suad Al Soghayer is a Registered Dietician (RD) and Public Health Specialist certified in Public Health through The National Board of Public Health Examiners in USA.

She holds a Master of Public Health in Community Health (MPH) from the University of North Texas Health Science Centre,Fort Worth, Texas, USA.

Currently work in the field of clinical research in the Department of Family Medicine at King Faisal Specialist Hospital & Research Centre.

Abstract

The Diagnostic Accuracy of Body Mass Index (BMI) in Diagnosing Obesity among Saudi Women in a Community-Based Setting

Suad Alsoghayer, MPH, Muath Alammam, MD, Kossay El-Abd, MD, Abdullah Alkhenizan, MD
Department of Family Medicine & Polyclinics
King Faisal Specialist Hospital and Research Centre
Riyadh, Saudi Arabia

Background: Obesity is a risk factor that leads to many chronic diseases. Its prevalence in Saudi Arabia is on the rise. Accurate obesity diagnosis is important for the management of patients with obesity and its complications. This study aims to investigate the diagnostic accuracy of body mass index (BMI) in diagnosing obesity among Saudi women using body fat percentage as the gold standard. **Materials and Methods:** This is a cross-sectional study including a calculated sample size of 593 Saudi women. Included subjects were followed up in the family medicine clinics linked to King Faisal Specialist Hospital and Research Centre in Riyadh, Saudi Arabia from January 2005 to March 2016. The diagnostic accuracy of BMI was assessed by using the World Health Organization (WHO) and the American Association of Clinical Endocrinologists and American College of Endocrinology (AACE/ACE) reference standard for obesity of BF% > 35% for women. Body fat percentage (BF%) was estimated by using DEXA scan.

Results: We found that 53% of Saudi women in our population are obese using BMI-defined obesity with a cut-off point of 30 kg/m². While, the prevalence of obesity was 97.3% using BF%-defined obesity of > 35%; which corresponds to BMI cut-off point of 24 kg/m². Even if we consider the highest acceptable range of BF% based on the mean age of our study populations (which is 43%), the highest acceptable BMI cut-off point to diagnose obesity should not exceed 27 kg/m² among women in Saudi Arabia.

Conclusion: Among Saudi women, the accuracy of BMI 30 to diagnose obesity is limited. We have to lower the BMI cut-off used for obesity diagnosis among Saudi women and possibly all Arab women. Our study suggests that the BMI cut-off point to diagnose obesity should not exceed 27 kg/m² for Saudi women.



Ms. Oraynab Abou Abbas

Ms. Oraynab Abou Abbas is a Senior Research Coordinator at King Abdullah International Medical Research Center (KAIMRC).

She holds a Master's degree in Population Health from the American University of Beirut and has worked on several research projects in different disciplines including women's health, adolescents' health, mental health and others.

Ms. Oraynab has a number of publications in peer reviewed scientific.

Abstract

Well-being and Associated Factors among Women in Saudi Arabia: A Cross-sectional Study

Huda Jradi; Oraynab Abou Abbas

King Saud Bin Abdulaziz University for Health Sciences, Riyadh, Kingdom of Saudi Arabia;

King Abdullah International Medical Research Center Riyadh, Kingdom of Saudi Arabia;

Background: Well-being is an essential measure that contributes to the evaluation of the health and quality of life of populations. In 1948, the World Health Organization (WHO) defined health as physical, mental and social well-being.

Methods :A cross-sectional survey was conducted in Riyadh, Saudi Arabia, between July and September 2015. Women aged 18 years old and above were invited to participate in the study. The data were collected using the WHO's Well-Being Index questionnaire. Univariate

and multivariate logistic regression models were fitted to identify factors that are significantly associated with well-being.

Results: A total of 900 women completed the survey. Approximately 58% of the women reported moderate to high (50) score of well-being, whereas 41.7% reported ill-being/likely depression. Experiencing violence, living in unfavorable physical conditions and reporting morbidities were shown to be significantly associated with low levels of subjective well-being (ill-being) ($p < 0.0001$). **Conclusions:** Our study revealed a significant percentage of low levels of well-being among women in Riyadh, Saudi Arabia, and identified the factors associated with them. Further research in this domain is recommended to better investigate additional causes of the low levels of well-being hence help in planning and guiding necessary interventions.



Dr. Hanan Alfawaz

Associate Professor in the Department of food science and nutrition in the College of Food Sciences and Agriculture at King Saud University.

She holds a PhD in human nutrition and metabolism from King Saud University.

Board member of Prince Mutaib Chair for Biomarkers of Osteoporosis

Member of education and preventive Diabetes Association charity King Saud University

Abstract

Prevalence of Dietary Supplement Use: Association of Sociodemographic and Lifestyle Factors, Awareness and Attitude among Female College Students in Saudi Arabia

The economic boom in Saudi Arabia has prompted the use of dietary supplements in the last two decades. Dietary supplements are food source product containing dietary ingredients intended to add more nutritional values to a normal diet. There are lot of evidences for the widespread use of dietary supplements in US and Europe. In GCC countries, reports have demonstrated an increase in demand for nutritional supplements. For instance, a recent study performed among college students in Qatar revealed a high proportion (49.6%) use of nutritional and herbal supplements. In addition, the use of complementary and alternative medicines in general population and diabetic patients have been shown in Bahrain and Saudi Arabia, respectively. Our present study shows that the prevalence of dietary supplement use was high in Saudi female students and was significantly associated with sociodemographic and lifestyle factors.



Dr. Fatema Alsubhi

(2016) Member in the scientific committee of plastic surgery residency training program at the Saudi commission of health specialties SCHS.

(2015 to present) And assigned to be Director of Medical education and training department over the postgraduate and continuous medical education at the Prince Sultan Military Medical City.

(2015) One year chairman of medical and health conferences and workshops and meetings, as a director of METD, medical education and training department, Prince Sultan Military Medical City.

Licensed by Saudi health as plastic surgeon. I have been working as Consultant Plastic Surgery in the department of plastic surgery and burn unit.

(2008-2009) Enhance Medial Education Fellowship Family Medicine, University Of Toronto, Toronto, Canada.

(2009) Hand And Microsurgery: Toronto Western Hospital University Of Toronto.

(2008) Trauma And Oncology Reconstructive Plastic Surgery The Sunny Brooke Health Center, University Of Toronto.

(2007-2008) Pediatric Plastic Surgery Fellowship, University Of Toronto Hospital For Sick Children, Toronto, Canada.

(2005) SSC-PLAST Saudi Board Of Plastic Surgery And Burn certification, Saudi Health Commission Of Heath Science, Riyadh, Saudi Arabia.





Dr. Fatimah Alhamlan

Dr. Alhamlan is a Scientist at the Research Centre, King Faisal Specialist Hospital and an Assistant Professor at Alfaisal University.

She is also a founder and Vice President of Rofaia Women's Health Organization.

Dr. Alhamlan was recently awarded Sayadati Young Saudi Female Scientist Award in Science and Medicine.

She was also awarded grants to support her research in Women's Health and awareness campaigns.

She has published many articles in prestigious journals.

Abstract

Cervical Cancer Screening Program in Saudi Arabia, Are we There Yet?

Cervical cancer is the fourth most common cancer affecting women, with worldwide annual incidence and mortality rates of 528,000 and 266,000, respectively, according to the World Health Organization. It is well established that cervical cancer is predominantly caused by a persistent human papillomavirus (HPV) infection of cervical cells. Although molecular detection and HPV prophylactic approaches have greatly advanced in recent years, approximately 85% of the global burden of mortality from cervical cancer still occurs in developing countries. Clinical and molecular epidemiological studies have demonstrated a need for developing countries in general to adopt cervical screening and vaccination programs. However, studies examining cervical cancer screening modalities and HPV prevalence as well as whether HPV vaccination programs should be implemented are lacking at the national level in some developing countries. Therefore, this talk will highlight the current status of cervical cancer screening program in Saudi Arabia, presenting some of the existing challenges in implementing cervical screening and HPV vaccination programs. The talk will also highlight the dire need for awareness campaigns to educate girls, women, and healthcare providers about the importance of early detection.



Dr. Eman AlHalal

Dr. Eman Alhalal is an Assistant Professor in Community and Mental Health Department Nursing in King Saud University.

She earned her Master and PhD degrees in Community Health Nursing from Western University, Canada.

Her research focuses on violence against women, particularly the health outcomes of violence.

She worked with a group of Canadian researchers in a study funded by the Canadian Institutes of Health Research (CIHR).

Abstract

The Impacts of Wife Abuse and Child Abuse on Saudi Women's Mental health and Chronic Pain Severity

Chronic pain is a disabling health issue associated with both child abuse and Intimate Partner Violence (IPV) among women. It negatively impacts women's well-being, quality of life, and level of functioning. Most of the research on the health impacts of IPV on chronic pain has been conducted in Western countries and may not be generalizable to Saudi women. In addition, Post-traumatic Stress Disorder (PTSD) and depressive symptoms overlap, yet, it is not clear whether they function in unique ways as mediators of the relationships of abuse with chronic pain. Thus, the purposes of this study were to: a) test a causal model that explains the mechanisms by which severity of child abuse and wife abuse affect chronic pain among Saudi women, and the mediating role of symptoms of depression and PTSD and perceived family support and, b) advance the measurement of IPV and health problems associated with it by evaluating the psychometric properties of Arabic versions of the Composite Abuse Scale (CAS), PTSD Checklist—Civilian Version (PCL-C), and Chronic Pain Grade (CPG) scale.



Dr. Mezna Al Marzooqi

Dr. Mezna AlMarzooqi is a faculty member in the Community Health Sciences Department, College of Applied Medical Sciences, King Saud University.

She did her PhD in public health physical activity behaviour at the University of Adelaide, Australia. She also has a master's degree in Public Health Education from the United States.

In addition, during her master degree Mezna has an opportunity to train at the Pan American Health Organization (PAHO), the Regional Office for the Americas of the World Health Organization (WHO), Washington, DC, USA.

Mezna is passionate about community health and wellbeing.

Her research interests include health promotion, walking behaviour, urban health, social determinants of health, international health, health inequality, and women's health.

Abstract

Review of physical activity promotion policies development in Saudi Arabia

Mezna AlMarzooqi, Annette Braunack-Mayer

King Saud University, College of Applied Medical Science, Riyadh, Kingdom of Saudi Arabia

The University of Adelaide, School of Population Health, Adelaide, Australia

Introduction: Policies regarding physical activity (PA) are important to address public health issues and, in particular, the increasing rates of non-communicable diseases (NCD). Although research on PA in Saudi Arabia is limited, available studies reveal high rates of physical inactivity especially among youth and women. A national policy is essential to increase levels of health-enhancing physical activity (HEPA). This study provides an in-depth analysis of existing HEPA initiatives in Saudi Arabia

Methods: We reviewed all available Saudi policy documents, strategies, guidelines, programs, activities and projects related to PA directly or indirectly between April and September 2016. We collected data using a policy audit tool (PAT) composed of 27 questions that assists in mapping policies related to PA across multiple sectors such as, health, sport, education, transport, environment, and urban planning.

Results: In total, we found 21 documents and grouped them under seven themes: health (n=13), education (n=3), sport (n=2), environment (n=6), urban design (n=7), transport (n=2), and tourism (n=4). We presented our key findings in four areas: 1) national programs and guidelines; 2) health awareness campaigns, 3) educational resources (conferences and website); and 4) projects that may have an impact on promoting PA.

Conclusions: This in-depth policy audit revealed that Saudi Arabia has partially addressed most of elements of a successful HEPA policy. However, Saudi Arabia is still in the early stages of building a successful national approach to PA. Therefore, this study can guide the development of a Saudi HEPA policy within the NCD prevention agenda.



Dr. Majid Al Khalaf

Dr. Majid is the Head of Exposure Assessment Department and Executive Department of Risk Assessment at the Saudi Food & Drug Authority, Saudi Arabia. He is a clinical dietician.

Abstract

Body composition and diet –driving the rise of non-communicable diseases in Saudi Arabia.

By M.M. Alkhalaf, C.A. Edwards, M.E.J. Lean and E. Combet, Human Nutrition, New Lister Building, School of Medicine, College of Medical, Veterinary and Life Sciences, University of Glasgow, Glasgow G31 2ER, UK

Saudi Arabia (SA) suffers from a high burden of non-communicable diseases (NCDs) such as cardiovascular diseases (CVDs), hypertension and Type 2 Diabetes Mellitus (T2DM) (1-2). Our work provides a comprehensive picture of the diet and obesity challenges facing the young SA population. It establishes an important baseline to develop a new public health policy as well as revised health awareness programs in SA to reduce the burden of NCDs. CVDs have been estimated to account for half (51%) of the country's deaths. The recent SA National Health Survey (SHIS) revealed that the prevalence of hypertension, T2DM and obesity is 15%, 13% and 29%, respectively (3-4). From 1992 to 2010, T2DM diagnosis increased two-fold. The emergence of these diseases over the past decades has coincided with dramatic changes in socioeconomic status and lifestyle factors (1-2). The steep population increase particularly in the young (<30 years) implies that the burden of NCDs will increase significantly in the next few years (5). While diet and obesity are key drivers for NCDs, there is a very limited number of in depth studies focussing on body composition, diet and nutrition in SA. We validated a food frequency questionnaire focusing on sodium intake and conducted a cross-sectional study (n=601) in Riyadh city and assessed the relationship between sodium intake and NCDs. The high levels of sodium intake among both adult men and women in Riyadh city (median: 9.2 g salt/day, IQR 6.7-12 and 8.3 g salt/day, IQR 5.3-11, respectively) (6), came mostly from unexpected sources including vegetables (42%) and un-processed foods (55%) –consistent with local culinary practice. Salt was mainly added during cooking, with one third of the population using “false” salt substitutes still containing sodium (7). These highlight an area of importance for public health, since high blood pressure is a key health burden in SA. In fact, in our online cross-sectional study (n=1,045) we found very limited awareness in non-medically educated SA adults towards food and health. Most (97%) SA adults are not aware of any health and nutrition guidelines, with 92% not following any health or nutritional guidelines (8). This perhaps explains the high prevalence of obesity based on BMI (<30 kg/m² -45% and 31% for women and men, respectively), and high prevalence of high risk WC (♀>88cm and ♂>102cm -50% and 35% for women and men, respectively). In this secondary analysis of national surveys (n=23,968), around 27% of adults with a high risk WC (♀>88cm and ♂>102cm) would not have been identified as high risk as they had BMI<30 kg/m² (9). Our study also shows that WC and waist-to-height ratio are the best predictors of risk factors of CVDs, for both sexes, and BMI and waist-to-hip ratio were markedly poorer predictors of these risk factors. These results are central to confirm the weak performance of BMI in SA to predict NCDs since BMI is the most common method (87%) used for obesity assessment among dieticians in SA. Altogether, our results are important in informing future public health interventions and long term risk management by considering the sources of higher salt intake in SA including vegetables and un-processed foods; measuring and presenting results on WC; and raising the knowledge and awareness of SA population regarding nationally-balanced diet.

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**Dr. Khadija Alkahtani Is Subspecialized Consultant
In The Division Of Maternal Fetal Medicine And
Obstetric And Gynecology Depatment At King Ab-
dullah Bin Abdulaziz Hospital,At Princess Norah
Bent Abdulrahman University ,Riyadh .**

Dr. Khadija Al-Kahtani

Abstract

Impact of Pre-Pregnancy Body Mass Index and Weight Gain During Pregnancy on Maternal and Fetal Outcomes

Objective:The present study aims to compare maternal and fetal outcomes of pre-pregnancy high body mass index versus average weight women and also maternal and fetal outcomes as well as differences in weight gain during pregnancy.

Method:This is a retrospective study carried out in Women Specialized Hospital, King Fahad Medical City (KFMC), Riyadh, Saudi Arabia. Pregnant women who fulfilled the inclusion criteria were divided into four groups according to their pre-pregnancy body mass index (BMI) as well as weight gain during pregnancy according to the Institute of Medicine (IOM) guidelines for pregnancy. Consent were obtained prior to the conduct of research.

Results:The total number of pregnant women included were 554 (normal BMI N= 150, overweight N=149 and obese/morbidly obese N=155). Gestational ages were over 38 weeks among all groups. There is a significant relation between gravidity and obese (4.3 (0-1 %) and morbidly obese 4.6 (0-19). There is also a significant difference ($p < 0.05$) between maternal age and weight gain age; overweight (30.6 ± 5.3), obese (32.6 ± 5.5) and morbidly obese (32.3 ± 5.2). There is a significant correlation between parity and obese (2.59 (0-9 %) & morbidly obese 2.82 (0-11 %).

Conclusion:The study findings showed that obesity associated with maternal and fetal complications. Women of childbearing age should be encouraged to maintain a healthy body mass index.



Dr. Fatma Al-Abadi

Dr. Fatma serves as director of Health Education at King Abdullah bin Abdulaziz University hospital – Princes Noura University – Riyadh for 2 years, while she used to work as Assistant Head of Health Education at King Faisal Specialist Hospital and Research Center (KFSH&RC) -Riyadh, Kingdom of Saudi Arabia for 25 years.

Dr. Al-Abadi is an active member in many charitable associations. She established (Zahrat Amal Breast Cancer Support Group on 2009) in collaboration with Zahra Breast Cancer Association after she diagnosed with breast cancer on 2008, therefore she was granted the title of (Zahra's Ambassador) by Her Royal Highness Princess Haifa Faisal Al-Saud. Also she Co-Founded of (Tafaul Cancer Support Group) at KFSH&RC on 2011.

Abstract

“Tajik Sehatik” Women

Health Promotion Initiative

The International Diabetes Federation (IDF) revealed: Saudi Arabia by 2030 will raise the number of people with diabetes from 24% to 50% in the absence of awareness and early detection and unify efforts to reduce the spread of diabetes. The Kingdom ranks first in the prevalence of diabetes among gulf area and seventh in the Middle East & North Africa and globally. While The Kingdom is the third in the Gulf for obesity with 36% (7.5 million). With The rate of obesity among children reached 18%. The cost of treating diabetics is \$ 10 billion per year, equivalent to 34% of the Ministry of Health budget (\$ 1333 per person per year). Therefore, all concern organizations should work collaboratively to empower women health to improve health promotion in line with 2030 vision of the kingdom. At 2016 Health Education & Promotion department initiated a unique health promotion program that targeted Princes Norah University's students, staff and faculty was called “Tajik ...Sehatik”. The initiative's program was based on the theory of peer's influence on each other in acquiring skills and attitudes that help them practice healthy behaviors. it focused on four health aspects which are healthy diet, exercise, mental health and health education, in parallel to that empower the students to perform yearly self-early screening through using health passport which distributed during the training. 100 students succeed to enrol in the program, which affected on more than 21,000 attendees as well as reached gulf trend among Twitter. The overall program resulted in many positive health and academic outcomes. During the presentation we will highlight on the impressive results of the initiative.



Dr. Hana Alsobayel

- Hana Alsobayel is an Associate Professor and consultant in physical therapy at King Saud University (KSU) in Riyadh, Saudi Arabia, and Adjunct Lecturer in the Clinical and Rehabilitation Sciences Research Group, Faculty of Health Sciences, University of Sydney, Australia

- Obtained her MSc. in Rehabilitation Therapy from Queen's University in Canada, followed by PhD in Physiotherapy from King's College London in UK

- For over 25 years, she has been involved in academia, teaching undergraduate and graduate physical therapy courses at KSU mainly in musculoskeletal physical therapy, and conducting research

- Her research interests and publications are mainly in self-management of chronic conditions, physical activity assessment and promotion, and cultural adaptation of disability evaluation

- She is also a founding member of the Saudi Physical Therapists in Women's Health, and active in supporting physical therapy in women's health nationally and internationally. Recently, she joined the multidisciplinary Saudi Spine Society, where she chairs the research committee. She is one of the women leaders in higher education in Saudi Arabia through her various senior managerial posts as the former vice-dean of the College of Applied Medical Sciences, and the former dean of Nursing College in Princess Nourah Bint Abdulrahman University.

Abstract

Does the use of a pedometer add to the effectiveness of a motivational education program in promoting physical activity in Saudi females?

A randomized controlled trial

Hana I. Al-Sobayel, BSc., MSc., PhD.

Background: Physical activity improves overall health and wellness and, when undertaken regularly, helps to prevent diseases such as hypertension and type 2 diabetes. There is an escalating level of physical inactivity and high obesity prevalence among the Saudi population. Various cultural factors contribute to the physical inactivity seen in Saudi women. The aim of this study was to examine whether using a pedometer, in addition to a motivational education program, improved adherence to a walking program, physical activity levels and general health of Saudi women.

Methods: A total of 161 participants were randomly assigned to an experimental or control group. A motivational education session followed by weekly motivation text messaging were given to both groups. Participants in the experimental group also used pedometers to promote physical activity. Adherence to the study protocol, physical activity levels (step-count) and general health were recorded before and after the 8-week intervention period.

Results: Adherence, measured by the number of participants completing the 8-week intervention, was significantly higher in the experimental group than the control group (73 of 81 [90%] experimental group; 32 of 80 [40%] control group). No significant differences were seen between groups for physical activity levels or general health parameters before or after the intervention. Step-counts were below recommended levels of physical activity.

Conclusion: This study demonstrated high levels of inactivity among Saudi women. Use of a pedometer improved adherence with a walking program but did not significantly affect physical activity levels or general health parameters.



- Dr. Fatima serves as the Director of the National Diabetes Prevention and Control Program and the Cardiovascular Program at the Ministry of Health. She is a medical-Public health professional with a Bachelor of Science degree in medicine and surgery from the university of 6 October in Egypt and a Master of Public Health from Emory University in the United States of America.

DR. Fatima Alslali

Abstract

National Diabetes Prevention and Control Program

Campaigns

The Ministry of Health's National Diabetes Prevention and Control Program and the Cardiovascular Program has several running events and activities including but not limited to; running World Diabetes Day activity throughout the whole month of November, Launching fixed and mobile caravans for early detection of chronic disease and promotion of healthy practices, and distributing the Women and Diabetes booklet, which will include all the stages of women's life with diabetes (early adolescence, puberty , marriage, nutrition , physical activity and travel...etc)



Dr. Ambreen Kamran

Assistant Professor, Princess Nora Research Chair for Women Health Research, Dept of Family & Community Medicine, College of Medicine, King Saud University

28/2/2012 till date. Active member of the Research Committee, Dept. of Family & Community Medicine, College of Medicine, King Saud University.

Researches done on

- Women in Saudi Arabia Health Examination Survey (WISH-ES), covering the major chronic diseases, in addition to menopause and violence against women.
- Prevalence and correlates of postpartum depression among Saudi women. enrolling pregnant women since delivery and follow up till the 12th postpartum week

Abstract

Factors associated with different symptom domains among postmenopausal Saudi women in Riyadh, Saudi Arabia

Objective: To determine factors associated with different symptom domains among postmenopausal Saudi women in Riyadh, Saudi Arabia.

Methods: In a cross-sectional study, interviews were conducted with 542 postmenopausal Saudi women, comprising sociodemographic history, social support, and the Menopause-specific Quality of Life questionnaire.

Results: The mean age of participants was 58 (± 7.0) years, and the mean age at menopause was 49 (± 4.7) years. We found that 41% ($n = 224$), 14.4% ($n = 78$), 57% ($n = 307$), and 12.7% ($n = 69$) of women reported severe/ moderate impact of vasomotor, psychosocial, physical, and sexual symptoms, respectively. Multivariate logistic regression revealed that lacking emotional support was associated with severe/moderate vasomotor (adjusted odds ratio [aOR] 1.5, 95% confidence interval [CI] 1.1, 2.3), psychosocial (aOR 2.0, 95% CI 1.2, 3.4), and physical (aOR 1.7, 95% CI 1.2, 2.6) symptoms. Lack of tangible social support was associated with severe/moderate sexual symptoms (aOR 1.9, 95% CI 1.0, 3.4). In addition, women who worked (aOR 1.8, 95% CI 1.1, 3.2), were obese (aOR 2.0, 95% CI 1.0, 4.1), lived in rented accommodations (aOR 3.9, 95% CI 1.2, 13.1), or had a retired spouse (aOR 1.6, 95% CI 1.0, 2.4) had higher odds for moderate/severe menopausal symptoms.

Conclusions: Establishing educational and counseling programs for postmenopausal women, their spouses, and other family members could improve social support and hence quality of life of postmenopausal women. Effective preventive strategies to deal with modifiable risk factors, such as obesity and work stress, should also be implemented.

The background features a light blue silhouette of a city skyline. On the left is a tower with a spherical observation deck. In the center is a flagpole flying the flag of Saudi Arabia. To the right is a tall, modern skyscraper. The word "workshops" is centered in a bold, black, sans-serif font.

workshops



Alanoud Alduwish

Workshop – First day – 22 November 2017

Duration: 1 1/2 Hours

Time: 3:30- 5:00

Title: Abdominal and pelvic dysfunctions among postpartum athletes women



Dr: Osama Kamal Al lala

Workshop – First day – 22 November 2017

Duration: 2 Hours

Time: 3:00- 5:00

Title: Keys to health and fitness (Stay fit for life)



Areej Almuallem

CEO of Nofos Group, Cognitive behavior therapy specialist, KSA

Workshop – Second day – 23 November 2017

Duration: 1 1/2 Hours

Time: 3:30- 5:00

Title: “Psychological methods of restricting diet”



PhD, FACSM, FECSS,

Distinguished Emeritus Professor and Former Director, Pediatric Exercise Physiology Research Laboratory, King Saud University, KSA.

Prof. Hazzaa Alhaz zaa

Workshop – Second day – 23 November 2017

Duration: 1 1/2 Hours

Time: 3:30- 5:00

Title: “Physical Activity Prescription for Obese or Diabetic Females”

Workshop abstract:

Prof. Hazzaa Alhaz zaa

Intended audience:

Diabetologists/Endocrinologists; Primary care Physicians (Pediatricians, Internists, Family & community Medicine Doctors); Exercise Physiologists; Nutritionists; Dietetics; Health Educators; Diabetes Educators; Exercise Scientists and Fitness Instructors; Physiotherapists; Public Health Specialists; and Women Health Specialists.

Brief description of the workshop:

This workshop is designed to enable participant to understand the theoretical and practical aspects of physical activity prescription as applied to obese and diabetic patients in general and females in particular. It include information related the definition and major concepts in physical activity science and the role and benefits of exercise in health and diseases, with particular emphasis on the role of physical activity in the prevention and treatments of obesity and diabetes. It also include the principles and components of exercise prescription and the knowledge and skills necessary for mastering metabolic calculations as related to physical activity and energy expenditure. The workshop will finish with some more practical applications of exercise prescription by presenting several case studies and illustrating how exercise prescription can be applied in such cases.

Workshop objectives:

Upon successful completion of this workshop, the participants should be able to:

- Understand the basic definitions and concepts of physical activity science as they relate to exercise prescription.
- Recognize the benefits and implications of engaging in the recommended physical activity with particular reference to obesity and diabetes.
- Know the current recommendations of the amount of health-enhancing physical activity for diabetic and obese patients.
- Appreciate the enormous scientific evidences pointing to the role of physical activity in the prevention and management of diabetes mellitus.
- Understand the metabolic calculations needed for computing energy exponders during a variety of physical activities for the purpose of weight loss.
- Apply the principles of exercise prescription and the skills of energy expenditure calculations in a variety of case studies as related to diabetes and obesity.

Workshop content:

Theoretical aspects of physical activity prescription:

- Definitions of important terms in physical activity prescription (physical activity, exercise, physical fitness, energy expenditure, MET.)
- Classifications of exercise types used in exercise prescription (aerobic, resistance, stretching and bal-

ance exercises) as well as exercise intensity based on MET values.

- Health benefits of physical activity, with particular emphases on obese and diabetic patients.
- Health-Related Dimensions of physical activity, especially as relates to obesity and diabetes.
- Recommendations for health enhancing physical activity, diabetes and weight loss.
- Pre-exercise health screening/risk assessment.
- Benefits of physical activity in preventing and managing diabetes: evidences from randomized control trials.
- Role of exercise in weight control
- Goals of exercise prescription in obesity.
- Exercise prescription for type 1 and 2 diabetic patients.

Practical aspects of physical activity prescription:

- Components of exercise prescription (type, duration, frequency, intensity, progression, safety).(
- Typical exercise session (warm-up, exercise period and cool-down.(
- Calculation of exercise intensity based on MET values.
- The recommended amount of safe weight loss.
- Energy cost of common physical activities (travel, household, sports).
- Common metabolic calculation as applied to exercise prescription.
- Calculating energy expenditure during brisk walking.
- Practical case studies as applied to diabetes and obesity (cases in diabetes, obesity and pregnancy with gestational diabetes, with and without comorbidity).

Instructional methods and presentation strategies:

The following instructional methods may be used during this workshop, depending on the time and set-up provided:

- Lectures with power point slides
- Guided practice
- Group discussion
- Guided discovery
- Handouts and Written materials

الرعاية Sponsors



Come for the sweat and stay for the experience!

KORE is the fitness destination you need to revitalise, rebuild and refresh, connect and disconnect. We are here to make your fitness journey something that gives you energy and makes you feel good. At KORE, everything is about YOU. Through our diversified programs, together, we will build your yellow brick road that will lead you to your goals.

Whether it's to help boost your metabolism, reduce weight, increase your strength, train for a triathlon, climb a mountain, or simply help make your day-to-day movement a little easier, KORE is your destination.

We have the experience, knowledge and facilities to help guide you on this journey by focusing on your individual needs and making sure you stay motivated.

While a number of factors drive people through the doors of KORE, there's one reason why they come back: Because being there feels good. Our approach will change the way you feel in body, mind, and spirit—and ultimately determine what your life feels like.

Our Facility

Uniquely KORE



At Al Jeel, we define ourselves by the knowledge we provide. Not only do we offer turnkey solutions and superior healthcare technology, but we also dedicate our expertise to help develop our healthcare partners' skills, enhance their proficiencies, and directly contribute to patients' treatment and wellbeing. Patients' health is our priority.

Our Vision

"To excel in providing best-in-class solutions and quality services for our customers, and value growth for our stakeholders."

Our Mission

- Employing creative and competent people and working with quality suppliers
- Providing the best value and services to our customers
- Becoming an industry leader in operational efficiency.
- Focusing our resources on relevant growth sectors of the Saudi economy and attaining leadership status by developing scalable and profitable businesses.
- Enhancing our employees' quality of life.

Our Values

- **People:** To attract, retain, and motivate highly talented employees, empower them and offer them challenging career paths in a healthy work environment.
- **Efficiency:** To allocate resources in the most effective manner, avoiding wastage, and achieving optimal returns.
- **Customer Focus:** To exceed customer expectations by continuously delivering to them the most relevant products and best service levels.
- **Respect & Fairness:** To deal with customers, partners, employees and authorities with the highest levels of integrity and respect, displaying fairness in all our interactions.
- **Quality:** To maintain the highest levels of quality throughout our organization, and with all external stakeholders.
- **Society:** To operate in a socially responsible matter.



IDEAL Health Diet
KSA

THE IDEAL PROTEIN DIFFERENCE

- Founded by Dr. Tran Tien Chanh, an award-winning graduate of the Faculty of Medicine in Paris.
- Ideal Protein has a firm scientific foundation and offers a viable option to address an international epidemic of obesity and conditions associated with metabolic syndrome.
- Dr. Tran Tien emphasizes the psychological aspect and human dimension of weight issues.
- Ideal Protein's medically developed weight loss method tackles the root cause of weight gain – the body's overproduction of insulin – limiting consumption of sugars in the form of fats and carbs.
- Patient results and physician satisfaction speak volumes about the effectiveness and validity of Ideal Protein.
- The one-on-one coaching and monitoring of patients supports them throughout the weight loss experience, and beyond.
- Ideal Protein's fully developed training protocol is offered free of charge to clinic partners

A system depends on research developed for two decades...

The Ideal Protein weight loss method is designed protocol containing 2 key components – weight loss and a healthier lifestyle education. Our protocol has evolved for over 20 years, and become a comprehensive system for healthy lifestyle, our system is recommended in over 4000 establishment worldwide.

Because losing weight can be more enjoyable...

Ideal Protein's unmatched variety of instant, easy-to-prepare and products are made from finest ingredients.

As the name implies, our products relies heavily on the high quality protein, each Ideal Protein serving comes individually packaged to conserve freshness and can be prepared in 10 minutes or less.

Our meals can be served hot, cold, or even frozen, and can used to make complete meals by adding chicken, fish, or vegetables.

Our meals contain high quality protein and are very low in carbohydrates (sugar) and fats, and contain 21 amino acids, of which 13 are essential for the human body.

Our products are varied between morning selection, sweets, snacks, pasta, drinks and much more



تأسس الملتقى ليشبع حاجات المجتمع النسائي السعودي المتطور والسوق المتطلب فيوفر بتفرد و تميز خدمات رائده وسباقه على أعلى المستويات. وغير ذلك فينظر للملتقى كقائد و مرشد يمنح القوة والدعم و رائداً يعزز الطموح متطلعا للمستقبل و ذلك بمنتهى المرونة بغرض تسهيل و تطوير وتحقيق أهداف المجتمع. وهناك أيضاً الخدمات الثقافية و الاجتماعية و الخيرية والتي تهتم المرأة حيث تقام جميعها بشكل دوري أسبوعي وشهري بدعم ورعاية الملتقى، وتحت سقف المركز الثقافي في الملتقى كالمقهى الحوارى "مركز الملك عبد العزيز للحوار الوطني" ...وغيره.

ويعتبر الملتقى أيضاً شريك للعديد من مبادرات ومؤسسات المجتمع المدني مثل مبادرة "لقاء الخميس للسيدات" والتي تستضيف سيدات أعمال يتحدثن عن قصص نجاحهن، مبادرة "لقرأ معاً". ويحتضن الملتقى كذلك "نادي الكتاب" التابع لمكتبة الملك عبد العزيز العامة والعديد من نوادي الكتب.

يلبي الملتقى تطلعات المرأة العاملة ويشجع أيضاً العمل النسائي في جميع حقوله من استثمار... محاماة... استشارات و تدريب... سياحة وسفر... تصميم الداخلي ... وغيره... فنجد فروع نسائية لهذه المكاتب تحت مظلتها.

ولأن دعم وتطوير المجتمع في شتى المجالات و بطريقة مبتكرة كان و مازال من أهم أعمدة الأساس التي قام عليها الملتقى، فقد حرص الملتقى بالإضافة الى ما سبق على تدريب طالبات الجامعات والمعاهد واحتضان العديد من الدورات التدريبية والتوعوية لكثير من الجهات الحكومية بغرض تهيئتهم لسوق العمل وزيادة فعاليته وإنتاجيته واستمرارهم فيه.

فرؤيتنا واضحة ، وأهدافنا الشخصية كانت ومازالت هي غرس حجر أساس للتغيير الإيجابي في مجتمعنا محاولة للوصول به للنجاح وذلك عبر العمل.... الابتكار.... والتفكير الخلاق



مصنع الجزيرة للتمور والأغذية

أسس مصنع الجزيرة للتمور والأغذية عام ٢٠٠١م في الأحساء حيث الإنتاج الوفير والنوعية الممتازة من التمور، إضافة لموقع المصنع المميز فإن تجهيزاته من الآلات الآلية الحديثة التي تمكن المصنع من تلبية كافة احتياجات السوق من التمور المعبأة وتصنيع مشتقات التمور

وبذلك يعمل المصنع على تعبئة التمور للإستهلاك المباشر بعدة طرق من التعبئة ومنها التمر المفرد والمضغوط والمفرغ من الهواء . وذلك بعبوات مختلفة تبدأ من ٥٠ غرام إلى ٢ كغم

كما يعمل المصنع على إنتاج منتجات تحويلية من التمور مثل العجائن ومهروس التمر والمربيات والتي تستخدم في صناعة الخ



من نحن

سلسلة مراكز عصائر طازجة يعتمد طريقة العصر البارد، يقدم خلطات مميزة وغنية في القيمة الغذائية والمذاق

Who we are

Cold press juice bar chain who serves unique and fruitful juice recipes with rich nutritional value and taste

منتجاتنا

جامن يقدم تشكيلة مميزة من الكوكتيلات الطازجة الخاصة، كوكتيلات مع الخضار، سلطات الفواكة وبرامج الديتوكس

What we offer

Jammin' offers a collection of cocktails, healthy boosts, fruit salads, detox juices and programs

الميزة التنافسية

نقدم الجودة من خلال الفواكة الطازجة وطريقة العصر البارد والبطيء، نتميز بخلطات جريئة ومميزة وصحية تشمل الخضروات بأسعار مميزة

Unique Selling Point

we sever quality by using slow juicing machines, exciting and healthy recipes including veggies, beautifully presented products at affordable prices



التفاح الأخضر

نتمتع بشجاعة وجراءة وإقدام كي نكون مختلفين! فمفهوم شركتنا في التغيير قائم على الفلسفة الأكثر منطقية في الصحة المثلى ونمط الحياة ونستهدف تغيير العالم من خلال الوجبات اللذيذة والمغذية في نفس الوقت. إننا نؤمن بالطعام الخفيف الصحي حسب الرغبة، وهذا يعني الإكثار من الأطعمة الغنية بالنباتات واللحم قليل الدسم والمأكولات البحرية والبيض والفواكه الطازجة والمكسرات والحبوب. نحن لا نضحي أبداً بالمذاق، لذا فإن مأكولاتنا ذات نمط متسارع دائماً غنية بالطعم ومفعمة بالتغذية

رسالتنا

- وضع واتباع أعلى المعايير في الجودة والأخلاقيات في كل ما نقوم به من عمل.
- تقديم منتجات غذائية ممتازة ولذيذة مع خدمات فائقة يمكن الاعتماد عليها إلى عملائنا.
- اكتساب ثقة عملائنا وموظفينا وشركائنا ومجتمعنا والمساهمة في التنمية الجيدة والرفاهية.
- إيجاد أفكار جديدة ودعم التواصل بين الأفراد.

رؤيتنا

- السعي إلى أن نكون شريك ممتاز في صناعة الغذاء.
- الريادة في التجديد والخدمة والجودة.
- أن نتبوأ مكانة بين أكثر الشركات الممتازة والمحترمة في صناعتنا.
- أن نحتل موقع رائد في الأسواق

خدماتنا

- نستند إلى مفهوم تقديم أطعمة شرقية تقليدية ذات جودة عالية وحديثة وخلق دون التضحية بالطعم.
- تجارب فريدة وصحية ومتناسكة ومثيرة في تناول الطعام لكافة عملائنا في شكل:

١. المطعم

٢. الاشتراكات

٣. الحفلات

٤. تشغيل المطاعم



مخبز لومولا للضيافة هو اسم ستذكرونه دوما فعندما تتذوقون مأكولاتنا ستأخذكم الى عالم آخر، نحن مشهورين بالحلويات كالكيك والكب كيك والكوكيز المحشوة بأشهى أنواع الشوكولا، وبالإضافة الى ذلك المقبلات المالحة المتنوعة المحشوة بمختلف النكهات التي ستزين مناسباتكم و أفراحكم وتجعل ضيوفكم فرحين بالمذاق اللذيذ، وبالتأكيد قوالب الكيك لجميع مناسباتكم، يمكنكم التواصل معنا من كافة أنحاء مدينة الرياض.



جمعية زهرة
ZAHRA ASSOCIATION

الرؤية

معاً نسعى نحو مجتمع خالٍ من سرطان الثدي.

الرسالة

جمعية خيرية صحية لتوعية المجتمع بسرطان الثدي ودعم المصابات والمتعافيات

أهداف الجمعية:

- تنفيذ البرامج التوعوية بسرطان الثدي.
- تفعيل برنامج المسح الشامل بالمملكة.
- تقديم خدمات متخصصة للمريضات والمتعافيات.
- دعم الدراسات العلمية المختصة بسرطان الثدي.
- تفعيل البرامج التدريبية لتطوير الكفاءات السعودية

يتمحور شعار الجمعية على التالي:

الزهرة: كناية بالسيدة / زهرة بنت علي بن حرفش رحمها الله والدة الدكتورة/ سعاد بنت محمد بن عامر والتي توفيت بالمرض نفسه.

- الشمس: يمثل شعاعها على انتشار المعرفة بهذا المرض داخلياً وإقليمياً ودولياً.
- الشعار الوردي: تم وضعه بشكل مترابط دلالة على بذل الجهد الجماعي لمحاربة هذا المرض.
- عددها في الشعار الاثني عشر دلالة على شهور السنة والتي يجب خلالها شهرياً عمل الفحص الذاتي للثدي.
- الشعار الوردي يوجد بالشكل المقلوب أيضاً بمعنى (لا) لا لسرطان الثدي.
- منتصف الدائرة: شكل زخرفة عربية إسلامية تدل على منبع الجمعية من المملكة العربية السعودية

الرؤية والرسالة والقيم

رؤيتنا
أن يكون لدى المرأة المعرفة اللازمة و القدرة و السياسات الداعمة التي تمكنها من اتخاذ القرارات الصحية السليمة في حياتها.

الرسالة
نلتزم بتعزيز صحة المرأة من خلال تقديم المعلومات الموثوقة و البرامج الفعالة و المساهمة الاستراتيجية في توجيه السياسات التي تخدم صحة المرأة في المملكة

- قيمنا**
- التعاون: نعمل مع من يشاركنا رؤيتنا.
 - الابتكار: نستخدم طرق غير تقليدية لتحقيق أهدافنا.
 - التجاوب والفاعلية: نصمم برامج مبنية على احتياجات المستفيدين ولها أثر إيجابي على المجتمع.

استراتيجيتنا
من خلال مبادراتنا التوعوية وبرامجنا التطويرية، نهدف لأن يصبح لدى المرأة المعرفة والقدرات والسياسات الداعمة التي تمكنها من اتخاذ القرارات الصحية السليمة، فنحن ملتزمون بتعزيز صحة المرأة عبر تقديم المعلومات الصحية الموثوقة وتطوير المهارات اللازمة والمساهمة الاستراتيجية في توجيه السياسات التي تخدم صحتها وحياتها في المملكة.

الفئة المستهدفة: النساء في المملكة من سن البلوغ وما فوق

- أهدافنا**
- توفير معلومات موثوقة باللغة العربية عن صحة المرأة
 - رفع مستوى المهارات والعادات الصحية لدى المرأة
 - تأييد السياسات والممارسات التي تساهم في صحة المرأة



الجمعية الخيرية لرعاية مرضى الروماتيزم

The Charitable Association for Rheumatic Diseases is a non-profit organization under the ministry of labor and social development founded in 2016.

The association aims at supporting patients with rheumatic diseases and their care givers from all medical and non-medical aspects including; financial, social and psychological. It also aims at providing rehabilitation to patients who suffered complications and disability from rheumatic diseases.

الجمعية الخيرية لرعاية مرضى الروماتيزم مسجلة تحت وزارة العمل والشؤون الاجتماعية وهي جمعية. ناشئة الاولى من نوعها في المملكة تهدف الجمعية الى تقديم الدعم النفسي والمالي والاجتماعي لمرضى الروماتيزم وذويهم كما تهدف الى تأهيل المرضى النصابين بمضاعفات المرض او اعاقه.

الكراسي البحثية والجمعيات

Research Chairs & Associations

كرسي الأمير متعب بن عبد الله بن عبد العزيز

النشأة:

بموافقة كريمة من صاحب السمو الملكي الأمير متعب بن عبد الله بن عبد العزيز نائب رئيس الحرس الوطني للشؤون التنفيذية، على تأسيس كرسي باسم سموه لأبحاث المؤشرات الحيوية لهشاشة العظام، فقد تم توقيع عقد إنشاء هذا الكرسي في جامعة الملك سعود ممثلة في برنامج أبحاث المؤشرات الحيوية بقسم الكيمياء الحيوية بكلية العلوم بتاريخ ٢٠ / ٥ / ١٤٣١هـ.

الملخص التنفيذي

في ضوء رؤية منظومة كراسي البحث لجامعة الملك سعود والتي جاءت لاستكمال منظومة البحث العلمي وبخاصة في المجالات العلمية والتقنية الهامة والارتقاء بها إلى مصاف المنظومات العالمية على نحو تسهم فيه في إرساء والتي ركزت في رؤيتها على الريادية العالمية KSU 2030 مجتمع المعرفة؛ واتساقاً مع الخطة الاستراتيجية للجامعة على الإجابة في KSU 2030 والتميز في بناء مجتمع المعرفة؛ وقد ركز الهدف الأول للخطة الاستراتيجية للجامعة جميع المجالات والتميز في مجالات محددة على رأسها تطوير مجال التميز في الريادية الصحية (مبادرة ١-١). لذا جاءت الخطة الاستراتيجية لكرسي الأمير متعب بن عبد الله بن عبد العزيز لأبحاث المؤشرات الحيوية لهشاشة العظام KSU 2030 متوافقة تماماً مع رؤية منظومة كراسي البحث لجامعة الملك سعود و الخطة الاستراتيجية للجامعة ومن ثم فقد جاءت رؤية كرسي الأمير متعب بن عبد الله بن عبد العزيز لأبحاث المؤشرات الحيوية لهشاشة العظام كما يلي:

«الحد من انتشار مرض هشاشة العظام في المملكة العربية السعودية». وكذلك رسالة الكرسي البحثي «تقديم مبادرات بحثية متميزة في مجال المؤشرات الحيوية تسهم في زيادة المعرفة والوعي لمرض هشاشة العظام في المملكة العربية السعودية من خلال القيام بالبحوث التطبيقية والسريية وتكوين قاعدة معلومات طبية توعوية للمؤشرات الحيوية لمرض هشاشة العظام». وقد اهتمت منظومة القيم على «التميز-الالتزام - المصادقية في العمل - التعليم والتدريب- التوثيق العلمي الرصين».

الأهداف الاستراتيجية للكرسي:

- إثراء إجراء الأبحاث الأساسية والبحوث السريية والوبائية في مجال المؤشرات الحيوية لهشاشة العظام في المملكة العربية السعودية.
- توسيع نطاق فهم الأساس الجيني ودراسة التعابير الجينية المختلفة لمرض هشاشة العظام لدى السعوديين.
- بناء برامج لتدريب الكوادر الوطنية ودعم الدراسات العليا من الباحثين والأطباء المهتمين في مجال اكتشاف وتطوير المؤشرات الحيوية.
- تطوير أدوات فحص ورصد وعلاج مرض هشاشة العظام في المجتمع السعودي.
- تشجيع الاستفادة من الوسائل الإعلامية في توعية المجتمع بمرض هشاشة العظام.
- تشجيع التواصل مع المجموعات البحثية الدولية في مجال هشاشة العظام.
- تعزيز الموارد المالية والاستمرارية لدعم أبحاث الكرسي.

برنامج أبحاث المؤشرات الحيوية

Research Program emerged from the Biomarkers Research Laboratory of Diabetes and Endocrinology, which is a research laboratory at Department of Biochemistry, Faculty of Science.

From the date of the emergence of the laboratory, which was founded in 1406 as one of the research and teaching laboratories in the Department of Biochemistry, Faculty of Science, even directing the Rector on 25/1/1431 AH to transfer the name of the laboratory to the Biomarker Research Program (Vital Signs), laboratory focuses on research in molecular etiology at the cellular level or human blood in chronic diseases, which is spread over five decades, an indication of the seriousness of these diseases on the health of individuals and communities, and since the establishment of this laboratory has participated and still participate in survey research dealing with the epidemiological spread. Especially diabetes, heart disease, and pressure, and high fat.

The causes of partial and cellular indicators have scientific and medical invidene of these diseases. Hence, it has become a scientific and medical evidence and is inferred by the occurrence of these diseases and control of its development, as well as used to monitor the impact of pharmaceuticals.

During this period, which stretched over more than twenty-five years, researchers in the laboratory participated in the establishment of a scientific background and extensive scientific expertise with a global realistic approach and the scientific level of qualifying cadres working in the areas of research of these diseases. Hence, it must monitor the scientific production by supporting the university to the laboratory research equipment and supplies, and also through support and encourage national cadres to continue their studies and research.



تعتبر الجمعية الخيرية لمكافحة السممة (كيل) من أول الجمعيات الخيرية الخاصة بهذا المجال في المملكة العربية السعودية والوطن العربي، وهي منظمة غير ربحية تأسست عام ٢٠١٠م، تترأس مجلس إدارتها الأول سمو الأميرة آية بنت فيصل آل سعود.

رؤيتنا:

الريادة في التواصل مع المجتمع وتوعيته بمخاطر السممة وسلبيتها على نمط حياتنا

رسالتنا:

العمل على خفض مستوى السممة وذلك بتحسين نمط الحياة للفرد عن طريق زيادة التوعية في المجتمع السعودي

مهمتنا:

العمل على تصحيح المفاهيم الخاطئة المتعلقة بالسممة لدى المجتمع ونشر الوعي

كيف يمكن خدمتكم:

- 1- تحمل الجمعية رسالة حضارية تحتوي في طياتها مختلف الدراسات والرسائل والخطط من قبل متخصصين لمكافحة خطر السممة وتأثيرها الخطير في المستوى الصحي.
- 2- العمل على زيادة الوعي في فئة الأطفال والشباب من طلبة وطالبات في المدارس والجامعات، ليكونوا القدوة للأجيال القادمة.
- 3- التعاون مع الجمعيات والمؤسسات الأخرى وأيضاً الجهات المختصة الحكومية للوصول إلى أكبر نسبة وعي في المجتمع السعودي.
- 4- محاولة التأثير على محلات بيع الأغذية بزيادة الوعي لديهم لزيادة الوعي للمستهلك عن الأغذية الصحية والتسوق الذكي
- 5- رفع مستوى الوعي لدى الموظفين عن كيفية التأقلم مع ساعات الدوام والغذاء المناسب لذلك
- 6- عمل دورات ومخيمات وفعاليات لزيادة المعرفة بنوعية الأغذية الصحية وطريقة الطبخ الصحي.
- 7- عمل حميات مناسبة ومتابعة الأشخاص الذين يعانون من زيادة بالوزن أو السممة ومساعدتهم على تغيير نمط الحياة الغير صحي.
- 8- تفعيل برنامج (يلا نمشي) شهرياً لتشجيع المجتمع على مزاولة النشاط البدني.
- 9- تفعيل النشاطات الهادفة للأطفال مثل عمل ماراثون أو فعالية ألعاب مختلفة لزيادة الوعي عن أهمية النشاط البدني
- 10- عمل المؤتمرات العلمية للمختصين لتحديث المعلومات العلمية لديهم بهذا المجال.

المؤسسين

انبثقت فكرة تأسيس الجمعية من مجموعة من السيدات أصيب أبائهم وأمهاتهم بمرض الزهايمر، وبدأت رحلتهم في البحث عن مهتمين في هذا الجانب، حيث بادر خمسة وأربعين من أبناء وبنات هذا الوطن بتأسيس الجمعية السعودية الخيرية لمرض الزهايمر، وصدرت موافقة وزارة الشؤون الاجتماعية على تأسيسها برقم ٨٤٠٨٣ وتاريخ ١٤٣٠/٥/١٠ الموافق ٢٠٠٩/٥/٥، وكان حفل إطلاق الجمعية يوم الأحد ١٤٣٠/٦/٧ الموافق ٢٠٠٩/٥/٣١ في قاعة نياره للاحتفالات والمؤتمرات.

الرئيس الفخري للجمعية

تبنى صاحب السمو الملكي الأمير أحمد بن عبد العزيز حفظه الله فكرة تأسيس الجمعية، وبادر بمساندتها حتى أصبحت معلماً بارزاً من معالم العمل الخيري، وتوج سموه ذلك الدعم والمساندة بقبوله رئاستها الفخرية مما كان له عظيم الأثر في إنجاح أهدافها.

رؤيتنا

الريادة في التعريف ونشر الوعي الصحي والنفسي والاجتماعي بمرض الزهايمر

رسالتنا

الوصول بمستفيدي الجمعية وذويهم وجميع فئات المجتمع إلى أعلى مستويات الوعي بمرض الزهايمر وتفعيل الشراكات الاستراتيجية بين الجهات ذات العلاقة لتحقيق أهداف الجمعية قريبة وبعيدة المدى

أهدافنا

- رفع الوعي الصحي والاجتماعي بمرض الزهايمر.
- تقديم الدعم والمساندة للمرضى وذويهم.
- تفعيل الشراكات الاستراتيجية مع القطاعات الصحية الرسمية، والخيرية، والطبية، والعلمية والبحثية، الأكاديمية، والتقنية، والإعلامية، ومؤسسات القطاع الخاص.
- دعم الأبحاث والدراسات المتعلقة بالمرض.
- التعاون مع الجمعيات الإقليمية والدولية من أجل تطوير الخدمات المقدمة من قبل الجمعية للمرضى وذويهم كلنا لأجلهم
- مواكبة المستجدات العلمية والتطورات البحثية من قبل المؤسسات الطبية والعلمية في الداخل والخارج.



من نحن

- مجموعة تطوعية من أفراد المجتمع ومن جميع الفئات العمرية , يجمعهم حب ممارسة رياضة ركوب الدراجات الهوائية

المظلة الرسمية

- مجموعة دراجتي السعودية تعمل تحت مظلة رسمية باسم مركز الملك سلمان للشباب

رسالتنا

- نسعى لأن نكون الرائدة في مجال نشر ثقافة رياضة ركوب الدراجات الهوائية في المملكة العربية السعودية

الرؤية

- أن نكون مجموعة تساهم لتحقيق رؤية المملكة العربية السعودية ٢٠٣٠ من خلال التشجيع على ممارسة رياضة ركوب الدراجات الهوائية لرفع نسبة ممارسي الرياضة من ١٣ ٪ إلى ٤٠ ٪ من أجل صحة وبيئة أفضل و نمط حياة متوازن.

الأهداف

- دمج ممارسة الرياضة بالعمل التطوعي .
- المساهمة في تحقيق رؤية المملكة العربية السعودية ٢٠٣٠ لرفع نسبة ممارسي الرياضة من ١٣ ٪ إلى ٤٠ ٪ .
- نشر ثقافة ركوب الدراجات الهوائية بالمملكة و كسر حاجز الخوف والتردد في المجتمع السعودي .
- الاستفادة من الخبرات الداخلية والمنظمات المحلية والأجنبية من خلال عقد اتفاقيات تعاون وشراكة.
- التعاون مع القطاعات الخاصة والعامة لنشر الثقافة الرياضية والتشجيع على ممارسة ركوب الدراجات الهوائية .
- المشاركات في المحافل المحلية والدولية لتحقيق انجازات رياضية .
- تعزيز الثقافة والمساهمة في إنشاء جيل يتبناها و يطورها

Princess Nora Chair for Women's Health Research

The chair of women health seeks to create a new paradigm for understanding, preventing and treating the health problems of women in Saudi Arabia.

We are dedicated to improve the women health in Saudi Arabia through a commitment to excellence in research.

Vision

Promoting women's health and wellbeing to the highest possible standard.

Mission

Helping through its research projects, community based activities , and training to promote women's health in Saudi Arabia , enhance the quality of health services delivered and develop a new generation of researchers and physicians with special interest in this field.

Goal

Enhancing Saudi women's health and wellbeing by conducting high quality research and training in this field

Objectives

- Increasing health awareness of common women's health care problems among the health professionals and the public through conferences, workshops and awareness campaigns.
- Improving the quality of care delivered by training Physicians to practice evidence based guidelines in this discipline.
- Conducting multidisciplinary cutting edge research in the field of women's health and incorporating research results into policies and strategies nationally, regionally and internationally.
- Attracting and training postgraduate students by involving them in research on women's health and supervising their thesis.
- Collaborating with local, regional and international research centers to facilitate exchange of knowledge, scientific and research expertise.
- Establishing a data-base for research on women's health, published nationally and internationally



الجمعية السعودية للعلاج الطبيعي

العلاج الطبيعي هو أحد المهن الصحية التي تعني بمساعدة الأشخاص على استعادة العافية بعد الإصابة أو الألم أو الإعاقة

يقدم العلاج الطبيعي الخدمات الطبية اللازمة في الحالات التي تكون فيها المشاكل الحركية والوظيفية ناتجة عن الشيخوخة أو الإصابة أو الألم أو الأمراض أو العوامل البيئية. كذلك يساهم تخصص العلاج الطبيعي في نشر ثقافة "الحركة بركة" وهي سر المحافظة على حياة صحية سليمة بإذن الله.

تقدم خدمة العلاج الطبيعي من قبل أخصائي أو دكتور العلاج الطبيعي الذي يعتبر أحد أعضاء المنظومة الصحية والذي له إلمام تمام وخلفية علمية واسعة في العلوم الطبية الأساسية مثل علم التشريح البشري، علم وظائف الأعضاء و الفيزيولوجيا المرضية وكذلك لديه المعرفة الطبية في أمراض أجهزة الجسم المختلفة.

يتمتع المعالج في تخصص العلاج الطبيعي بالقدرة على تقييم وتشخيص وعلاج الإصابات والحالات التي تؤثر على الأشخاص في جميع الفئات العمرية والفئات الاجتماعية. كذلك يساعد المريض على تجنب إصابة العمل أو الإصابات الرياضية. علاوة على هذا، يعمل أخصائي أو دكتور العلاج الطبيعي على تعزيز أنماط الحياة الصحية للجميع.

يستخدم أخصائي أو دكتور العلاج الطبيعي طرقاً علاجية مختلفة على سبيل المثال لا للحصر التمارين العلاجية، العلاج اليدوي، الإبر الجافة، الشريط الطبي اللاصق، العلاج الكهربائي.

نطاق مهنة العلاج الطبيعي واسع جداً ومتنوع، وبالتالي، فإن أخصائي أو دكتور العلاج الطبيعي يختار مجال التخصص الدقيق في المجال الذي يهتم به من أجل تطوير المجال المعرفي والعلمي في التخصص وكذلك تطوير المهارات الإكلينيكية والمجال البحثي.

يضم العلاج الطبيعي ثمان تخصصات فرعية معترف بها وتشمل تخصص الجهاز العضلي والعظام والمفاصل، الطب الرياضي، طب الشيخوخة، طب الأطفال، القلب والجهاز التنفسي والأوعية الدموية، الأعصاب، صحة المرأة، والفيسيولوجية الكهربائية الإكلينيكية



عون المشروع الوطني لمكافحة التبغ

هو مشروع وطني لمكافحة التبغ تحت إشراف الأمانة العامة للجنة الوطنية لمكافحة التبغ يهدف للتطبيق الصارم لنظام مكافحة التدخين من خلال العمل المتكامل بين عدة وزارات.

كما يقدم مجموعة متكاملة من الخدمات التوعوية والاستشارات الطبية والخدمات العلاجية من خلال عدة برامج بالإضافة إلى مركز حمايتي الخاص بالتبليغ عن الشكاوى والمخالفات وتعزيز الوعي بالأنظمة والقوانين التي تخص نظام مكافحة التدخين لدى أفراد المجتمع وحققهم في تنفس هواء نقي.



جمعية (واجب) لذوي شهداء الواجب

تهدف إلى المساهمة بفاعلية في تحقيق حياة كريمة لذوي شهداء الواجب الذين قدموا أرواحهم لله ثم دفاعاً عن أمتهم وعن تراب هذه البلاد المباركة التي تحتضن قبلة المسلمين ومهجر النبي صلى الله عليه وسلم. وهذه المبادرة تعمل مع كل الشركاء لتكون نموذجاً يحتذى به للوفاء لشهداء الواجب

رؤيتنا

جمعية سعودية رائدة و متميزة في تعزيز قيم التكافل وتمكين التكامل في المجتمع لذوي شهداء الواجب.

رسالتنا

تنفيذ برامج وخدمات ذات جودة عالية لذوي شهداء الواجب بالتعاون مع شركاء فاعلين في المجتمع تركّز على الجوانب التعليمية، الصحية، التدريبية والتأهيلية للمساهمة في تحسين ظروفهم الحياتية لتعزيز دورهم المميز في المجتمع

أهداف الجمعية

الوفاء

• تحقيق معاني الوفاء وتقديم نموذج مميز مع ذوي شهداء الواجب ليشعروا بالفخر لوطنهم ومجتمعهم

التأهيل

• تقديم برامج وخدمات ذات جودة عالية لذوي شهداء الواجب لتأهيل الأسر والتركيز على الأبناء والبنات والمساهمة في تحسين ظروف حياتهم ليواصلوا دورهم بفخر كمواطنين مشاركين في تنمية المجتمع

الرعاية

توفير الرعاية الاجتماعية والتعليمية والصحية للأيتام ومن في حكمهم

تعزيز التكامل

تعزيز التكامل مع الجهات الوقفية للاستفادة من الأوقاف لاستدامة تمويل المشاريع المتعلقة بخدماتهم.

الشراكة مع المستفيدين

بناء الشراكة مع المستفيدين وحققهم في التأهيل والعيش الكريم، ومعاملتهم بكل الاحترام والتقدير الذي يستحقونه في كافة الأوقات والظروف.

الشراكة مع الداعمين

تعزيز الشراكة مع الداعمين والأدوار المميزة التي يقومون بها، والسعي لتلبية توقعاتهم والاهتمام المستمر بالحفاظ على ثقتهم وتعزيزها



عيادات كلية العلوم الطبية التطبيقية | جامعة الملك سعود:

• الرؤية

تحقيق الريادة والتميز في تقديم الخدمات العيادية النوعية والتعليمية في تخصصات الكلية .

• الرسالة

تقديم خدمات صحية متميزة لمراجعي العيادات وتوفير البيئة التعليمية لمنسوبي الكلية والمساهمة في تعزيز البحث العلمي.

• الأهداف

١. تقديم الخدمات الصحية لمراجعي العيادات

٢. الوصول بمخرجات الكلية البشرية والبحثية لأعلى المستويات

٣. تطبيق افضل معايير الجودة

٤. ان تعزز العيادات مصادر البحث العلمي في مجال تخصصها

تم افتتاح عيادات الكلية في عام ٢٠١٥م لتخدم منسوبي ومنسوبات الكلية والجامعة وذوهم ويشارك فيها مجموعة من أعضاء هيئة التدريس والأخصائيات من جميع أقسام الكلية بمختلف التخصصات التطبيقية. وتضمنت الأقسام التالية:




نبذه عن برنامج فخر التطوع:

هو فريق تطوعي تحت إشراف وحدة الشراكة المجتمعية هدفة نشر ثقافة التطوع وإبراز دورها في تنمية المجتمعات وسد احتياجات المنظمات والجهات من العناصر التطوعية ويضم في عضويته أعضاء هيئة التدريس والهيئة الإدارية والطالبات مما يتيح للأعضاء تبادل الخبرات وتطوير مهارات الاتصال والقيادة لديهم.

استمارة تسجيل فخر التطوع

على الراغبين الانضمام في فريق فخر التطوع الضغط على الاستمارة وتعبئتها
وارسالها على البريد الإلكتروني c.p@KSU.EDU.SA.



Committees' members

أعضاء اللجان

<div>اللجنة التحضيرية (إدارة الفعالية)</div> <div>نبذة تعريفية</div>	<div>عربي</div> <div>English</div>	
<p>Head of the symposium committees</p>	<p>رئيسة الندوة</p>	
<p>Deputy of Community Health Sciences Department / College of Applied Medical Sciences /King Saud University</p> <p>Assistant Professor - Clinical Nutrition</p>	<p>· وكلية قسم علوم صحة المجتمع – كلية العلوم الطبية التطبيقية / جامعة الملك سعود</p> <p>· أستاذ مساعد - تخصص تغذية اكلينيكية</p> <p>كلية الطب - جامعة وورويك</p>	<p>د/دارة الديسي رئيسة الندوة</p> <p>Dr. Dara Aldisi</p>
<p>Medical Sciences/College of Medicine /Warwick University Coventry , United Kingdom</p> <p>· Assistant Professor of Community Health Sciences</p> <p>· Vice-Dean Assistant for Development and Quality (Female Section).</p>	<p>كوفنتري ، بريطانيا</p> <p>استاذ مساعد علوم صحة المجتمع كلية العلوم الطبية التطبيقية</p> <p>مساعدة وكلية للتطوير والجودة – كلية العلوم الطبية التطبيقية.</p> <p>اخصائية صحة عامه – تثقيف صحي</p>	<p>د/منى محمد الشافعي</p> <p>Dr. Mona Mohamed El-Shafie</p>
<p>Public health Specialist – Health Education</p> <p>King Saud University (KSU), College of Applied Medical Sciences , Community Health Sciences Department</p> <p>· an Assistant Professor at the Community Health Sciences Department in King Saud University.</p>	<p>جامعة الملك سعود</p> <p>كلية العلوم الطبية التطبيقية</p> <p>قسم صحة المجتمع –برنامج التثقيف الصحي</p> <p>منسقة التدريب والتطوير في قسم صحة المجتمع</p>	<p>أ/أسماء خلف العنزي</p> <p>Asma Khalaf AlEnezi</p>
<p>· a PhD in public health with a subspecialty in development and evaluation of complex ehealth and/or behaviour change interventions.</p> <p>· She has previosuly worked with the HeLP-Diabetes team at University College London, London,United Kingdom. The team developed, evaluated and implemented a website intervention for people with type ٢ diabetes, which is currently being used in different primary care units across England.</p>	<p>استاذ مساعد في قسم علوم صحة المجتمع – كلية العلوم الطبية التطبيقية –جامعة الملك سعود</p> <p>دكتوراه في الصحة العامة – الصحة الالكترونية والتعديل السلوكي</p> <p>اخصائية صحة عامه – تثقيف صحي</p>	<p>د/غاده الخالدي</p> <p>Dr. Ghadah Alkhal-di</p>
<p>Public health Specialist</p> <p>King Saud University (KSU), College of Applied Medical Sciences , Community Health Sciences Department</p>	<p>جامعة الملك سعود</p> <p>كلية العلوم الطبية التطبيقية</p> <p>قسم صحة المجتمع –برنامج التثقيف الصحي</p> <p>المشرفة العامة على الانشطة الطلابية</p>	<p>أ/ هديل صقر السعدون</p> <p>Hadeel Alsadoon</p>

Clinical Dietitian - Sports and Nutrition specialty	اخصائية تغذية علاجية- تخصص تغذية رياضيين	أ/أمل حمدي كنانه
Lecturer Prince Sultan University	محاضرة في جامعة الامير سلطان	
Member and consultant in Kayl association for obesity	عضو ومستشارة في جمعية كيل لمكافحة السمنة	
Member in several scientific associations	عضوة في عدة جمعيات علمية	
Speaker in different national and international conferences	محاضرة في اكثر من مؤتمر محلي ودولي	
Member in several scientific committees related to nutrition administration for ministry of health	شاركت في اللجان العلمية لعدة مجالات تابعة لإدارة التغذية بوزارة الصحة	
		سكرتير الندوة أ/الهنوف الحبيب أ/ سارة المعيلي
مساعد اداري - جامعة الملك سعود - كلية العلوم الطبية التطبيقية - قسم علوم صحة المجتمع , بكالوريوس	تربية خاصة " صعوبات تعلم "	
مساعد اداري - جامعة الملك سعود - كلية العلوم الطبية التطبيقية - قسم علوم صحة المجتمع , بكالوريوس	اقتصاد منزلي و تربية فنيه	

نبذة تعريفية		لجنة الدعم الفني والتنظيم
English	عربي	
Health education Specialist ·	· اخصائية تثقيف صحي	
Master degree in Public Health - · Clinical Epidemiology	· حاصلة على درجة الماجستير في الصحة العامة - الوبائيات الاكلينيكية.	أ/ حنان عبدالله الزايدي رئيسة اللجنة
Coordinator for community health · clinic - College of Applied Medical Sciences	· منسقة عيادات قسم صحة المجتمع في كلية العلوم الطبية التطبيقية	Hanan Abdullah Alzaidi
A faculty member in the department of · Community Health Sciences at King Saud (University). (clinical nutrition program)	· معيدة في قسم علوم صحة المجتمع (برنامج التغذية العلاجية) في جامعة الملك سعود.	
Having a master degree in clinical · nutrition from ٢٠١٥.	· حاصلة على الماجستير في التغذية العلاجية من جامعة الملك سعود عام ٢٠١٥.	أ/ ريهام الميمان Reham Almaiman
Interesting in diabetic nutrition and · chronic disease in general	· مهتمة بتغذية مرضى السكري والأمراض المزمنة بشكل عام	
Clinical dietitian ·	· اخصائية تغذية علاجية	
A faculty member in the department · of Community Health Sciences at King Saud University	· عضو هيئة تدريس في جامعة الملك سعود - كلية العلوم الطبية التطبيقية	أ/مي الشهبان
MSc in Clinical Nutrition ·	· حاصلة على الماجستير في التغذية العلاجية	May Ahmad Alshahwan
Interested in researches of · Vitamin D and its effect on the body	· مهتمة في الأبحاث المتعلقة بفيتامين (د) وتأثيره على الجسم	

English

عربي

Clinical Dietitian ·	· أخصائية تغذية علاجية	أ/ نوره الذكير رئيسة اللجنة
Demonstrator at Community Health · Sciences Department, King Saud University	· معيدة في قسم علوم صحة المجتمع – كلية العلوم الطبية التطبيقية- جامعة الملك سعود · مهتمة بتغذية مرضى السكري وتوعيتهم.	Noura Althukair
Interesting in Educating Diabetic patient · Clinical Dietitian ·	· أخصائية تغذية علاجية	أ/ سماهر السدحان
Demonstrator at Community Health · Science, King Saud University ·	· معيدة في قسم علوم صحة المجتمع جامعة الملك سعود	Samaher Alsadhan
Chair of Academic Advising Unit at · .College of Applied Medical Science	· رئيسة وحدة الإرشاد الأكاديمي لكلية العلوم الطبية التطبيقية	
Having a Master Degree in Clinical · Nutrition from King Saud University at .٢٠١٧	· حاصلة على الماجستير من جامعة الملك سعود في التغذية السريرية عام ٢٠١٧ · مهتمة بتغذية مرضى هشاشة العظام وتوعيتهم.	
Interesting in Educating Osteoporosis · .patient		
Master of disaster management and · .epidemiology	· عضو هيئة تدريس في قسم صحة المجتمع/ كلية العلوم الطبية التطبيقية	أ/ عزة الشهري
A faculty member at community health · department/college of applied medical .sciences	· ماجستير صحة عامه تخصص ادارة و وبائيات الازمات	Azzah Alshehri
A faculty member in Community Health · department, Applied Medical Sciences College at King Saud University since .٢٠٠٩	· عضو هيئة تدريس بقسم صحة المجتمع في كلية العلوم الطبية التطبيقية بجامعة الملك سعود منذ عام ١٤٣٠هـ.	أ/ عزة الشويعر
With a bachelor's degree in Clinical · Nutrition from King Saud University in Riyadh	· حاصلة على شهادة البكالوريوس في التغذية الأكلينيكية من جامعة الملك سعود بالرياض،	Azzah Alsheweir
and a master in Nutrition Sciences (· nutrition education option) from California State University- Chico in the United States	· وشهادة الماجستير في علوم الأغذية من جامعة كاليفورنيا (تشيكو) بالولايات المتحدة الأمريكية.	
Technician at Community Health · department, Applied Medical Sciences College at King Saud University	· فنيه في قسم علوم صحة مجتمع في كلية العلوم الطبية التطبيقية	أ/ هاله الدخيل
Member of laboratories committee ·	· عضوه في لجنة المعامل في الكلية	Hala Aldakheel

Administrative Assistant and Secretary ·
at Community Health department, Applied
Medical Sciences College at King Saud
University

Bachelor's social service ·

Interested in all matters related to the ·
tasks of the practitioner in the field of
social service

Technician at Community Health ·
department, Applied Medical Sciences
College at King Saud University

Secretary of internship committee ·

· مساعد إداري و سكرتارية في قسم علوم صحة
المجتمع

· بكالوريوس خدمة اجتماعية

· مهتمة في كل ما يتعلق بمهام الممارس في
تخصص الخدمة الاجتماعية

· فنية في قسم علوم صحة مجتمع في كلية العلوم
الطبية التطبيقية

· سكرتيرة لجنة الامتياز بقسم علوم صحة المجتمع

أ/نوال العنزي

Nawal Alenazi

أ/أريج الدوسري

Areej Aldossari

نبذة تعريفية

English

A faculty member in the Community Health Sciences ·
Department, College of Applied Medical Sciences, King
Saud University

she did her master in the effect of nutrition especially ·
protein on renal disease patients

Her interests focused on Diabetes in pediatric and the ·
research interests include new clinical nutrition trends in
feeding the patients

an Assistant Professor at the Community Health Sciences ·
Department in King Saud University

a PhD in public health with a subspecialty in development ·
and evaluation of complex ehealth and/or behaviour change
interventions

She has previously worked with the HeLP-Diabetes team ·
at University College London, London, United Kingdom.
The team developed, evaluated and implemented a website
diabetes, which is currently ٧ intervention for people with type
being used in different primary care units across England

Yara almuhtadi is an Assistant Professor of Clinical Nutrition at Community Health ·
Sciences Department at King Saud University

Yara has graduated with honors on her bachelors and masters degree. Her masters ·
degree was obtained from University of Sheffield. Her PhD was recently obtained from
Leeds Beckett University

Yara's research interest involves programme evaluations and behaviour change ·
including weight management domain

Her PhD involved developing a framework to evaluate and improve a weight ·
management programme in a real-world setting. Yara is seeking to conduct more
research in this area

عربي

· عضو هيئة تدريس في قسم
علوم صحة المجتمع كلية العلوم
الطبية التطبيقية جامعة الملك
سعود

· حاصله على الماجستير في
التغذية العلاجية في أمراض الكلى

· مهتمة بالتغذية في مرض
سكري الاطفال وباحثه في كل
جديد في تغذية المرضى بشكل
عام

· استاذ مساعد في قسم علوم صحة
المجتمع - كلية العلوم الطبية
التطبيقية - جامعة الملك سعود
· دكتوراه في الصحة العامة -
الصحة الالكترونية والتعديل السلوكي

استاذ مساعد في قسم علوم صحة
المجتمع

كلية العلوم الطبية التطبيقية

جامعة الملك سعود

اللجنة العلمية

أ/ الجازي بن زرع
رئيسة اللجنة

Aljazi Binzaraah

د/ غاده الخالدي

Dr. Ghadah
Alkhaldi

د/ يارا المهدي

Dr. Yara Al-
muhtadi

Associate Professor
Clinical Nutrition
Community Health Sciences Department
College of Applied Medical Sciences
King Saud University
Dr. Alia Al Moajel, is an Assistant Professor in Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University
Dr. alia has served several administrative posts starting as coordinator of health colleges and institutes in Ministry of health, Administrative vice dean for Riyadh health sciences college in Ministry of health , Director of clinical Instructor center in MOH
Chairman of quality and development unit in Applied Medical College ,KSU. Vice Chair of Community Science Department in KSU, Supervised many master research for Master's Program in Hospital and Health Administration, KSU, Department of Health & Hospital Administration , College of Business Administration
Assistant professor at King Saud University
She holds a MPH and a PhD in public health
Her research interests lie in the area of Health promotion, public health and health systems
Assistant professor at King Saud University, College of Applied Medical Sciences, Department of Community Health Sciences-Clinical Nutrition
Holds an Msc degree in Clinical Nutrition, and a PhD degree in nutrition and cardiovascular diseases
Research interests include nutrition epidemiology, cardiovascular diseases, and obesity
Assistant professor and a clinical dietitian at King Saud University
Awarded MSc and PhD from The University of Reading in UK
Assistant Professor of Community Health Sciences
Vice-Dean Assistant for Development and Quality ((Female Section

استاذ مشارك التغذية الإكلينيكية

قسم علوم صحة المجتمع

كلية العلوم الطبية التطبيقية

جامعة الملك سعود

د/ سعداء محمد العرف

**Dr.Saada Mo-
hammed Alorf**

· أستاذ مساعد بقسم علوم صحة المجتمع، كلية العلوم الطبية التطبيقية، جامعة الملك سعود .

· وقد شغلت العديد من المناصب الإدارية بدءاً من منسقة كليات ومعاهد الصحة بوزارة الصحة و وكالة الشؤون الإدارية لكلية العلوم الصحية بالرياض بوزارة الصحة ومديره مركز اعداد المدربين الصحيين الاكلينكيين بوزارة الصحة.

· في جامعه الملك سعود , رئيسة وحدة الجودة والتطوير , ثم وكالة قسم علوم صحة المجتمع في كلية العلوم الطبية التطبيقية,

· استاذ مساعد في جامعة الملك سعود.

· حاصله على الماجستير و الدكتوراه في الصحة العامة

· توجهها البحثي في مجال الصحة العامة و التثقيف الصحي و الانظمة الصحية.

· استاذ مساعد في قسم علوم صحة المجتمع، تخصص تغذية إكلينيكية.

· حصلت على درجة الماجستير في التغذية الإكلينيكية و درجة الدكتوراه في تخصص أمراض القلب و السمنة.

· تلخص الاهتمامات البحثية في الوقاية والعلاج من الأمراض المزمنة

· عضو هيئه تدريس بجامعه الملك سعود

· حاصله على شهادتي الماجستير و الدكتوراه من جامعه ريدنق ببريطانيا

· استاذ مساعد علوم صحة المجتمع كلية العلوم الطبية التطبيقية

· مساعدة وكالة الكلية للتطوير و الجودة

د/ عاليه المعجل

**Dr. Alia Al Moa-
jel**

د/ فهدة آل الشيخ

**Dr.Fahdah
Alshaikh**

د/ غدير الجريبان

**Dr. Ghadeer S
Aljuraiban**

د/ ايمان بن دايل

**Dr.Eman Abdul-
lah Bandal**

د/منى الشافعي

**Dr. Mona Mo-
hamed El-Shafi**

An assistant professor and a public health specialist at the Community Health Sciences Department at the College of Applied Medical Sciences

She is interested in research that focuses on public health especially cancer, health education and promotion; which applied quantitative, qualitative or mixed methods

;Vice dean assistant for clinical affairs ·

College of applied medical sciences; KSU

Assistant professor- Clinical Nutrition ·

Imperial College London; UK

PhD in Bariatric surgery, mechanism and ingestive behavior

A faculty member in the department of Community Health Sciences at King Saud University

.Master In Public Health

.Interested in health promotion and women's health

is a lecturer in community health sciences department in the college of applied medical sciences in King Saud University

She holds a bachelor in clinical nutrition from King Saud University and a Master of Research in clinical research from Imperial College London in the United Kingdom

• An assistant professor at the Community Health Sciences Department at the College of Applied Medical Sciences

A faculty member in the Community Health Sciences Department, College of Applied Medical Sciences, King Saud University

.PhD in epidemiology and public health ·

Has experience in accreditation and quality in health care

أستاذ مساعد وأخصائي صحة عامة بقسم علوم صحة المجتمع بكلية العلوم الطبية التطبيقية.

تهتم بالأبحاث ذات العلاقة بالصحة العامة، تعزيز الصحة والتثقيف الصحي خصوصاً السرطان باستخدام طرق بحثية كمية، ونوعية أو مختلطة.

· مساعدة وكيل الكلية لشؤون العيادات والتدريب الإكلينيكي - كلية العلوم الطبية التطبيقية - جامعة الملك سعود

أستاذ مساعد في التغذية العلاجية جامعة امبيريال لندن- بريطانيا
دكتوراه في مجال السمنة/عمليات السمنة وتأثيرها على السلوك الغذائي

· عضو هيئة تدريس في قسم علوم صحة المجتمع بجامعة الملك سعود.

ماجستير في الصحة العامة

مهمة بتعزيز الصحة وصحة المرأة.

· عضو هيئة تدريس في قسم علوم صحة المجتمع بكلية العلوم الطبية التطبيقية في جامعة الملك سعود

حاصلة على بكالوريوس في تخصص التغذية الاكلينيكية من جامعة الملك سعود

حاصلة على درجة الماجستير في تخصص الأبحاث الاكلينيكية في مجال التغذية من جامعة امبريل كولج لندن في المملكة المتحدة

•أستاذ مساعد بقسم علوم صحة المجتمع بكلية العلوم الطبية التطبيقية.

· عضو هيئة تدريس بكلية العلوم الطبية التطبيقية - جامعة الملك سعود

· دكتوراة في علم الوبائيات والصحة العامة , خبرة في مجال الاعتراف والجودة في الرعاية الصحية.

د/ سلطانة الحريشي

Dr.Sultana A Alhurishi

د. غالية نذير عابدين

Dr. Ghalia N Abdeen

أ/ نورة محمد السدحان

Norah Mohammed Alsadhan

أ/ نوف

عبدالعزیز الجعوي

Nouf Abdulaziz Aljawini

د/انجريد الشيفري

Dr. Ingrid Echeverry

د/نوره العفيف

Dr. Nawal Alissa, faculty member in the College of ·
Applied Medical Sciences, Community Health Sciences
Department

PhD in Health Education and Promotion with emphasis ·
on Nutrition from Kent State University, USA

Interested in women health and related issues ·

A faculty member in the Community Health Sciences ·
Department, College of Applied Medical Sciences, King
Saud University

She did her PhD in public health physical activity ·
behavior at the University of Adelaide, Australia

Her research interests include walking behavior, urban ·
health, social determinants of health, health inequality,
women's health

Member of Faculty of Community Health Department ·
in the college Applied Medical Sciences in King Saud
university

Clinical and Postgraduate Research (MA and PhD) ·
were on vitamin D deficiency in children, adolescents
and pregnant women and their relationship to chronic
metabolic diseases such as obesity and diabetes

· عضو هيئة تدريس في كلية
العلوم الطبية التطبيقية، قسم علوم
صحة المجتمع.

· حاصله على درجة الدكتوراه
في تخصص التثقيف والتعزيز
الصحي مع التخصص الدقيق
في التغذية من جامعة كنت ستيت
بالولايات المتحدة الأمريكية

· مهتمة في مجال صحة المرأة
والبحوث المتعلقة بذلك

· عضو هيئة تدريس في قسم
صحة المجتمع، كلية العلوم الطبية
التطبيقية، جامعه الملك سعود.

· حاصله على الدكتوراه في
الصحة العامة و سلوك النشاط
البشري من جامعه ادلبيد، استراليا.

· اهتماماتها البحثية في سلوك
المشي، صحة المدن، محددات
الصحة الاجتماعية، العدالة
الصحية و صحة المرأة.

· عضو هيئة تدريس في قسم
صحة مجتمع في كلية العلوم
الطبية التطبيقية، جامعة الملك
سعود.

· التخصص تغذية اكلينيكيه

· المجال البحثي للدراسات
العليا (ماجستير و دكتوراه) عن
نقص فيتامين (د) لدى الأطفال ،
المراهقين و الحوامل و علاقتهم
بالأمراض الايضية المزمنة مثل
السمنة والسكري.

د/نوال العيسى

Dr. Nawal Alissa

د/مزنة المرزوقي

Dr.Mezna Almar-
zooqi

د/ساره المشرف

Dr.Sara AL-
Musharaf

نبذة تعريفية	لجنة ورش العمل
English	عربي
<p>A faculty member in the department of Community Health Sciences ,College of Applied Medical Sciences at King Saud University</p> <p>Has master degree in public health nutrition from university of Southampton, UK</p> <p>Interesting in increasing the awareness in the community regarding health and nutrition</p> <p>Health education specialist and A faculty member in the department of Community Health Sciences ,College of Applied Medical Sciences at King Saud University</p> <p>who is specialized in patient electronic health and trained in McMaster University - Canada</p> <p>A faculty member in the Community Health Sciences Department, College of Applied Medical Sciences, King Saud University</p> <p>She did her PhD in public health physical activity behavior at the University of Adelaide, Australia</p> <p>Her research interests include walking behavior, urban health, social determinants of health, health inequality, women's health</p>	<p>أ/عهد المسيند رئيسة اللجنة Ohoud Almusiened</p> <p>عضو هيئة تدريس في قسم علوم صحة المجتمع ،كلية العلوم الطبية التطبيقية بجامعة الملك سعود . حاصلة على شهادة الماجستير في تخصص تغذية وصحة مجتمع من جامعة ساوثهامبتون ،بريطانيا . مهمة بتوعية المجتمع في كل ما يخص الغذاء والصحة .</p>
<p>Health education specialist and A faculty member in the department of Community Health Sciences ,College of Applied Medical Sciences at King Saud University</p> <p>who is specialized in patient electronic health and trained in McMaster University - Canada</p>	<p>أ/عهد الحماد Ohoud Alhammad</p> <p>عضو هيئة تدريس في برنامج التعليم الصحي . حاصله على الماجستير في تخصص الصحة الإلكترونية من جامعة مكماستر في كندا</p>
<p>A faculty member in the Community Health Sciences Department, College of Applied Medical Sciences, King Saud University</p> <p>She did her PhD in public health physical activity behavior at the University of Adelaide, Australia</p> <p>Her research interests include walking behavior, urban health, social determinants of health, health inequality, women's health</p>	<p>د/مزنة المرزوقي Dr.Mezna Almarzooqi</p> <p>عضو هيئة تدريس في قسم صحة المجتمع، كلية العلوم الطبية التطبيقية، جامعه الملك سعود . حاصله على الدكتوراه في الصحة العامة و سلوك النشاط البدني من جامعه ادليد، استراليا . اهتماماتها البحثية في سلوك المشي، صحة المدن، محددات الصحة الاجتماعية، العدالة الصحية و صحة المرأة .</p>

A faculty member in the ·
department of Community
Health Sciences at King Saud
.University

Her interests are focused on ·
practicing health education
and mentoring public health
.workforce

A faculty member in ·
the Community Health
Sciences Department,
College of Applied
Medical Sciences, King
.Saud University

PhD in epidemiology and ·
public health

Has experience in ·
accreditation and quality in
.health care

· عضو هيئة تدريس في قسم علوم صحة المجتمع بجامعة الملك سعود.
· مهتمة بممارسة التعليم الصحي وإرشاد العاملين في مجال الصحة العامة
اكاديمياً وعملياً.

· عضو هيئة تدريس في قسم صحة المجتمع – كلية العلوم الطبية التطبيقية
– جامعة الملك سعود.
· دكتوراه في علم الوبائيات والصحة العامة، جامعة ليدز، كلية الطب،
المملكة المتحدة
· خبرة في مجال الاعتراف والجودة في الرعاية الصحية.

أ/الاء الميمان

Alaa Almaiman

د/نورة العفيف

**Dr. Noura Al-
afeef**

نبذة تعريفية		لجنة العلاقات العامة
English	عربي	
Assistant Professor of · Community Health Sciences	· استاذ مساعد علوم صحة المجتمع كلية العلوم الطبية التطبيقية	د/منى الشافعي رئيسة اللجنة
Vice-Dean Assistant for · Development and Quality .(Female Section	· مساعدة وكيالة الكلية للتطوير و الجودة	Dr. Mona Mo- hamed El-Shafi
Public health Specialist · King Saud University (KSU), Community Health Sciences Department	· استاذ مساعد علوم صحة المجتمع كلية العلوم الطبية التطبيقية · مساعدة وكيالة الكلية للتطوير و الجودة · اخصائية صحه عامه – تثقيف صحي جامعة الملك سعود - كلية العلوم الطبية التطبيقية - قسم صحة المجتمع –برنامج التثقيف الصحي · المشرفة العامة على الانشطة الطلابية	أ/ هديل السعدون
Clinical Dietitian · Demonstrator at Community · Health Sciences Department, King Saud University	· اخصائية تغذية علاجية · معيدة في قسم صحة المجتمع كلية العلوم الطبية التطبيقية جامعة الملك سعود	أ/ لينا الفريح
Clinical Dietitian - Sports and Nutrition · specialty	· اخصائية تغذية علاجية- تخصص تغذية رياضيين	أ/ امل حمدي كنانه
Lecturer Prince Sultan University ·	· محاضرة في جامعة الامير سلطان	Amal H. Kenanah
Member and consultant in Kayl · association for obesity	· عضو ومستشارة في جمعية كيل لمكافحة السمنة	
Member in several scientific associations ·	· عضوة في عدة جمعيات علمية	
Speaker in different national and · international conferences	· محاضرة في اكثر من مؤتمر محلي ودولي	
Member in several scientific committees · related to nutrition administration for ministry of health	· شاركت في اللجان العلمية لعدة مجالات تابعة لإدارة التغذية بوزارة الصحة	
Vice dean assistant for clinical · ;affairs	· مساعدة وكيل الكلية لشؤون العيادات والتدريب الإكلينيكي - كلية العلوم الطبية التطبيقية- جامعة الملك سعود	د. غالية نذير عابدين
College of applied medical sciences; KSU	· أستاذ مساعد في التغذية العلاجية	Dr. Ghalia N Abdeen
Assistant professor- Clinical · Nutrition	· جامعة امبيريال لندن- بريطانيا	
Imperial College London; UK	· دكتوراه في مجال السمنة/عمليات السمنة وتأثيرها على السلوك الغذائي	
PhD in Bariatric surgery, mechanism · and ingestive behavior		
Lecturer- community health · department- health education	· محاضر -قسم علوم صحة مجتمه -برنامج التثقيف الصحي	أ/بسمة قطان
master's in public health- · epidemiology and biostatistics	· ماجستير في الصحة العامة - علم الوبائيات والإحصاء الحيوي	

Administrative Assistant and Secretary at Community Health department, Applied Medical Sciences College at King Saud University

Bachelor's social service

Interested in all matters related to the tasks of the practitioner in the field of social service

مساعد إداري و سكرتارية في قسم علوم صحة المجتمع

بكالوريوس خدمة اجتماعية

مهتمة في كل ما يتعلق بمهام الممارس في تخصص الخدمة الاجتماعية

أ/نوال العنزي

Nawal Alenazi

نبذة تعريفية		اللجنة المالية
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SAUDI EPIDEMIOLOGY
ASSOCIATION

إتحاد المستشفيات العربية
Arab Hospitals Federation



الجمعية السعودية للإpidemiology
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Saudi Commission for Health Specialties

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