

PhD Thesis proposal

General Information		
PhD Thesis Title	<i>Evaluation of the Lebanese Health and Nutritional Status: A National Study towards the Implementation of Adapted Mediterranean Guidelines.</i>	
School	<i>Faculty of Agricultural and Food Sciences</i>	
Research Unit	NA	
Laboratory	NA	
Axis	Nutrition and Public Health	
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Co-supervisor (if applicable)	Name & Title : Antonis Zampelas Professor Honorary Professor Email: azampelas@aua.gr	University Address : University College London, UK Agricultural University of Athens, Greece.
Location (s)	Location 1: USEK	Work shift calendar /per year (%) :
	Location 2: (if applicable)	Work shift calendar /per year (%) :
Funding and scholarship		

Applicant Profile and/or Special Requirements	MS degree in Public Health High social and communication skills
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Subject's national or worldwide Context, Objectives & Research lines
<p>The world is facing serious health problems in dietary and physical activity patterns as well as the non-communicable diseases (NCD) like cardiovascular diseases, diabetes, dyslipidemia, cancers and others. NCDs account for 70% of the global burden of disease and 60% of global mortality (Habib <i>et al.</i>, 2010).</p> <p>Recent findings show that the three leading factors of global burden are high blood pressure, smoking and high alcohol consumption (Feigin <i>et al.</i>, 2013). Based on national and community-based surveys, Cardiovascular diseases and cancers are the leading causes of mortality in Lebanon (Sibai <i>et al.</i>, 2016). Therefore, more country specific studies are necessary for the assessment and evaluation of different nutritional risk factors related to NCDs. Programs similar to the National Health and Nutrition Examination Survey (NHANES) and the National Diet and Nutrition Survey (NDNS) have been used in the United States of America (USA) for the development of health policies to safeguard public health (Murakami <i>et al.</i>, 2016).</p>

In Lebanon national studies correlating chronic health diseases with nutritional status and awareness level of the population are lacking, seeing that only a cross-sectional food consumption survey was conducted several years ago, in 2001 on Beirut adults' population (Nasreddine *et al.*, 2006). Thus, we have found the need of conducting this study that will serve as a reference in the nutrition and health fields.

Consequently, the main objectives of the study will be:

- Objective 1: to assess health status;
- Objective 2: to evaluate nutritional status and eating behavior;
- to determine awareness level of the Lebanese adult population aged between 19 and 65 years, and distributed among all Lebanese regions from all socio-economic levels.

Then, we will work on the correlations among all the above factors in order to build national guidelines aiming to improve the health of the Lebanese population through intervention programs.

Outcomes (OCs) : What do we wish to achieve?	
OC1:	Evaluate the health status of Lebanese population
OC2:	Determine the nutritional status of Lebanese population
OC3 :	Assess eating behaviors and awareness level of Lebanese population
OC4 :	Correlate all the above stated factors in order to provide tangible recommendations improving the Lebanese health and nutritional status

References (R) (5 most recent peer-reviewed publications)	
R1:	Habib, S. H., & Saha, S. (2010). Burden of non-communicable disease: global overview. <i>Diabetes & Metabolic Syndrome: Clinical Research & Reviews</i> , 4(1), 41-47.
R2:	Feigin, V. L., Roth, G. A., Naghavi, M., Parmar, P., Krishnamurthi, R., Chugh, S., ... & Estep, K. (2016). Global burden of stroke and risk factors in 188 countries, during 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. <i>The Lancet Neurology</i> , 15(9), 913-924.
R3 :	Sibai, A. M., Ghandour, L. A., Chaaban, R., & Mokdad, A. H. (2016). Potential use of telephone surveys for non-communicable disease surveillance in developing countries: evidence from a national household survey in Lebanon. <i>BMC medical research methodology</i> , 16(1), 64.
R4 :	Murakami, K., & Livingstone, M. B. E. (2016). Associations between meal and snack frequency and diet quality and adiposity measures in British adults: findings from the National Diet and Nutrition Survey. <i>Public health nutrition</i> , 19(9), 1624-1634.
R5 :	Nasreddine, L., Hwalla, N., Sibai, A., Hamzé, M., & Parent-Massin, D. (2006). Food consumption patterns in an adult urban population in Beirut, Lebanon. <i>Public health nutrition</i> , 9(2), 194-203.