

Alyaa Majed S Zagzoog

Jeddah-Arar, Saudi Arabia. Alyaa.Zagzoog@nbu.edu.sa [LinkedIn](#), [ResearchGate](#), [ORCID](#)

EDUCATION

- January 2021-August 2024 *PhD*, Rehabilitation and Health Sciences with an emphasis on Clinical Nutrition, College of Health Sciences, **University of Kentucky (UK)**, Lexington, KY, U.S.
- August 2019-December 2020 *MS*, Nutritional Sciences with an emphasis on Clinical Nutrition, College of Medicine, **University of Kentucky (UK)**, Lexington, KY, U.S.
- September 2010-June 2015 *BS*, Clinical Nutrition, College of Applied Medical Sciences, **Umm Al-Qura University (UQU)**, Makkah, Saudi Arabia

WORK AND CLINICAL EXPERIENCES

- October 2024-Present *Assistant Professor*, Department of Community Health, Clinical Nutrition Program, **Northern Border University (NBU)**, Arar, Saudi Arabia
- November 2024-Present *Clinical Dietitian*, **Northern Border University (NBU) Healthcare Center**, Arar, Saudi Arabia
- June 2015-February 2018 *Clinical Dietitian*, **King Abdulaziz Hospital (KAAH)**, Jeddah, Saudi Arabia Experience areas: Adult ICU, Pediatric ICU, ER, CCU, Burn Unit, Surgical Ward, and Dietetic Clinics
- January-February 2020 *Clinical Nutrition Master's Student*, **Kentucky Children's Hospital**, Lexington, KY, Experience areas: Pediatric Hematology, Oncology and Cardiology inpatient and outpatient clinic
Clinical Dietitian Intern, Saudi Arabia, at the following hospitals:
- May-June 2015 King Abdulaziz Hospital, Jeddah
- April-May 2015 King Fahd Armed Forces Hospital, Jeddah
- December 2014-March 2015 Maternity and Children Hospital (MCH), Makkah
- August-November 2014 King Abdulaziz University Hospital, Jeddah

LEADERSHIP ROLES

- January 2025-Present President, Teaching Assistants and Scholars Affairs Unit, Vice Deanship for Development and Community Partnership, NBU

GRANTS AND SCHOLARSHIPS

- March 2024 Professional Development Grant for the Spring 2024 semester, the Center for Graduate and Professional Diversity Initiatives (CGPDI), UK

November 2023	Global Engagement Academy Professional Development Grant, UK
October 2023	Professional Development Grant for the Fall 2023 semester, the Center for Graduate and Professional Diversity Initiatives (CGPDI), UK
July 2023	Floyd Wright Trust Scholarship for the 2023-2024 Academic Year, UK
March 2023	Endowed University Professor in Health Sciences, UK
May 2018-December 2020	Saudi Arabian Cultural Mission (full ESL program and master's degree sponsorship)

CLINICAL AND TEACHING CERTIFICATIONS

November 2023	Global Engagement Academy Certificate, UK, Lexington, KY, U.S.
May 2023	Graduate Certificate in College Teaching & Learning, UK, Lexington, KY, U.S.
September 2020	Certified Trainer, Insistence and Ambition Training Center, Saudi Arabia
August-December 2018	Certification of English as a Second Language (ESL), College of Arts and Sciences, UK, Lexington, KY, U.S.
March-April 2018	Certified Diabetes Educator, King Saud Bin Abdulaziz Medical City, Jeddah, Saudi Arabia
June 2015	Certified Clinical Dietitian, Saudi Commission for Health Specialties, Saudi Arabia

PEER-REVIEWED PUBLICATIONS

Alyaa M Zagzoog, David Travis Thomas, Christen G Page. (2025). Stages of Change Model: How to Deliver Nutrition Education to Adult Burn Survivors. *Current Developments in Nutrition*. <https://doi.org/10.1016/j.cdnut.2025.104584>.

Alyaa M Zagzoog. (2025). Nutritional care for adult burn survivors during the rehabilitation phase. *Clinical Nutrition Open Science*. <https://doi.org/10.1016/j.nutos.2025.02.011>

Alyaa Majed Zagzoog, Maha Ahmad Baraiyan, Raghad Zuhair Malibari. "Nutritional Balance for the Care of Cancer Patients and the Prevention of Cancer." Holistic Approach for Caring of Cancer Patients: With Emphasis on the Oral, Head, & Neck Cancer Patients, First Edition, authored by Basem T. Jamal, 2023, Print Bookstore

Cory M Dungan, Camille Brightwell, Yuan Wen, Christopher J Zdunek, Christine Latham, Nicholas T Thomas, **Alyaa M Zagzoog**, Benjamin D Brightwell, Georgia L VonLehmden, Alexander R Keeble, Stanley J Watowich, Kevin A Murach, Christopher S Fry, Muscle-specific cellular and molecular adaptations to late-life voluntary concurrent exercise, *Function*, 2022; zqac027, <https://doi.org/10.1093/function/zqac027>

Latham C., Brightwell C., Keeble A., Munson B., Thomas N., **Zagzoog A.**, Fry C., and Fry J. (2021). Vitamin D promotes skeletal muscle regeneration and mitochondrial health. *Frontiers in Physiology*, vol (12) Article 660498, doi: 10.3389/fphys.2021.660498

ABSTRACT PRESENTATIONS

Alyaa M. Zagzoog, Natalie D. Pope, D. Travis Thomas, Deborah G. Kelly, Karen Badger. (December 2024). *Burn Survivors' Lived Experiences and the Need for Nutrition Education: A Qualitative Study*. [Poster presentation]. Healthcare Leadership Meeting, NBU, Arar.

Alyaa M. Zagzoog, D. Travis Thomas, Christen G. Page, Karen Badger. (December 2024). *Stages of Change: How to Deliver Nutrition Education to Adult Burn Survivors*. [Poster presentation]. Healthcare Leadership Meeting, NBU, Arar.

Zagzoog A.M, Pope N.D, Thomas D.T, Kelly D.G, Badger K. (April 2024). *Nutritional Care for Adult Burn Survivors during the Rehabilitation Phase: A Qualitative Exploratory Study*. [Poster presentation]. Center for Clinical and Translational Science, UK,

Clancy K., Kercksmar S., **Zagzoog A.M**. (May 2023). *Workforce and Employability Skills: Designing an Effective Model of Curriculum Mapping and Assessment* [Presentation]. Pedagogicon, Eastern Kentucky University. Kentucky. Presentation.

Zagzoog A.M, Page C.G, Badger K. (March 2023). *Stages of Change: How to Deliver Nutritional Education to Adult Burn Survivors*. [Poster presentation]. Center for Clinical and Translational Science, UK

Zagzoog A.M, Brightwell C.C., Munson B.D., Dunn M.E., Fry C.S., Noehren B, Fry J.L. (June 2022). *Dietary Fructose is Associated with Higher Collagen 1 Abundance in the Quadriceps following ACL Tear*. [Poster presentation]. American College of Sports Medicine Annual Meeting, CA.

Zagzoog A.M, Brightwell C.C., Munson B.D., Dunn M.E., Fry C.S., Noehren B, Fry J.L. (June 2022). *Dietary Fructose is Associated with Higher Collagen 1 Abundance in the Quadriceps following ACL Tear*. [Poster presentation]. American College of Sports Medicine Annual Meeting, CA.

Zagzoog A.M, Latham C.M., Brightwell C.C., Noehren B, Fry C.S. (May 2021). *Sex and Time Specific Differences in Quadriceps Capillary Supply After ACL Injury*. [Poster presentation]. Rehabilitation and Health Sciences PhD Program, UK

TEACHING EXPERIENCE

January-May 2024 *Primary Instructor*, Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK, Lexington, KY
HHS 356: Global Health, 63 students

August-December 2023 *Primary Instructor*, Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK, Lexington, KY
HHS 356: Global Health, 100 students

January-May 2024 *Co-Instructor*, Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK, Lexington, KY
HHS 356: Global Health, 137 students

January 2022-May 2024 *Co-Worker*, Clinical Leadership and Management Program Curriculum Mapping and Assessment: Essential Employability Qualities (EEQ) Certification, College of Health Sciences

August 2021-December 2023 *Teaching Assistant*, Human and Health Sciences (HHS) and Clinical Leadership and Management (CLM) programs, Department of Health and Clinical Sciences, CHS, UK, Lexington, KY
HHS101: Seminar in Interprofessional Healthcare, Fall 2023, 265 students
HHS101: Seminar in Interprofessional Healthcare, Fall 2022, 283 students
CLM 453: Cultural Competencies in Healthcare, Fall 2022, 31 students
HHS 353: Ethics in Healthcare, Fall 2022, 40 students
HHS 357: Community Engagement, Spring 2022, 69 students
HHS 353: Ethics in Healthcare, Spring 2022, 110 students
HHS 453: Cultural Competencies in Healthcare, Spring 2022, 70 students

RESEARCH EXPERIENCE

August 2022-December 2022 *PhD student*. Project title: How Adult Burn Survivors Experience Nutritional Education during the Rehabilitation Phase. *Qualitative Method: Interviews*, College of Social Work, UK, Lexington, Kentucky, U.S. Principal Investigator: Natalie Pope, PhD

July 2021-June 2022 *PhD student*. Project title: Myostatin Alters Satellite Cell Activity Following a Severe Burn. College of Health Sciences, UK, Lexington, Kentucky, U.S. Principal Investigator: Christopher S. Fry, PhD

January 2021-May 2021 *PhD student*. Project title: Staining Muscle Sample using Immunohistochemistry (IHC) Techniques, College of Health Sciences, UK, Lexington, Kentucky, U.S. Principal Investigator: Jean L. Fry, PhD, RDN

August 2021-December 2021 *PhD student*. Project title: Nutrition Data System for Research (NDSR) Software for Nutrient Analysis, College of Health Sciences, UK, Lexington, Kentucky, U.S. Principal Investigator: Jean L. Fry, PhD, RDN

August-December 2020 *MS student*. Project title: Function of Vitamin D in the Muscle. College of Health Sciences, UK, Lexington, Kentucky, U.S. Principal Investigator: Jean L. Fry, PhD, RDN

January-December 2020 *MS student*. Project title: Skeletal Muscle Capillarization after ACL injuries. Center for Muscle Biology, UK, Lexington, Kentucky, U.S. Principal Investigator: Christopher S. Fry, PhD

August 2013-August 2014 *BS student*. Project title: Vitamin D Supplementation in Patients with Systemic Lupus Erythematosus Disease. College of Applied Medical Sciences, UQU, Makkah, Saudi Arabia. Principal Investigator: Firas Azzeh, PhD

AWARDS AND HONORS

April 2024 Professional Development Award Recipient Testimonial, UK, Lexington, KY

February 2020	International Speech Contest, Second Place in Area 4, Toastmasters International, Lexington, KY
November 2016	Best Clinical Dietitian Employee, KAAH, Jeddah, Saudi Arabia Best Clinical
March 2015	Dietitian Intern, MCH, Makkah, Saudi Arabia

PROFESSIONAL ACTIVITIES

June-July 2020	Organizer, Future Clinical Dietitian Interns Virtual Forum, online
December 2016-February 2018	Member, scientific committee at Parenteral Nutrition Course and Symposium, KAAH, Jeddah
May 2016-February 2018	Organizer, Parenteral Nutrition Multidisciplinary Team, KAAH, Jeddah
March 2016-February 2018	Supervisor of new Clinical Dietitians, KAAH, Jeddah
June 2016-February 2018	Quality Representative, Clinical Nutrition Department, KAAH, Jeddah
July 2013-December 2018	Organizer, Holistic Approach of Head and Neck Cancer Patients' project. Project mentor: Dr. Basem Jamal, MD, PhD, International Medical Center (IMC), Jeddah
July 2013-June 2018	Organizer, Clinical Nutrition Specialist in "Ahilla Program," Community of Health Care Providers, IMC, Jeddah
September 2010-June 2015	Leader of Clinical Nutrition Students, UQU, Makkah

INVITED PRESENTATIONS

December 2024	"Burn Survivors' Lived Experiences and the Need for Nutrition Education," Your Health in Your Lifestyle Forum, Arar
November 2024	"Assessment of Nutritional Status in Critically Ill," Fresenius Kabi, Jeddah
July 2024	"Exploring the Nutrition Experience of Burn Survivors," Dietitians Webinar
July 2024	"Advanced Adult Enteral and Parenteral Nutrition," Quality and Food Safety
July 2024	"How to Prepare your CV," Dietitians Webinar
March 2024	"The Nutrition Experience of Adult Burn Survivors during the Rehabilitation Phase: A qualitative Exploratory Study," RHB 771: Research Seminar, UK
February 2024	"Culture, Health, and Food in Saudi Arabia," DHN 319: Department of Dietetics and Human Nutrition, UK
November 2023	"Career in the Clinical Nutrition Field," CHS 101: College of Health Sciences course, UK

November 2022	“Cultural Competence and Cultural Humility,” CLM 453: Cultural Competencies in Healthcare course, CHS, UK
September 2022	“Medical Nutrition Therapy for Multiple Sclerosis,” Arfa Community, Saudi Arabia “I Graduated, So What?” Ministry of Health, Hail, Saudi Arabia
July 2022	“Hydration Status during Fasting in Ramadan Month,” College of Medicine, Community, Service Unit, King Abdulaziz University, Jeddah, Saudi Arabia
October 2021	“How to Prepare yourself for Career and Graduate Studies: CVs, Job Interviews, and Information Interview,” UQU, online
April 2021	“Adult Total Parenteral Nutrition Case Study,” King Fahad University Hospital, Riyadh, Saudi Arabia
February 2021	“How to Prepare Yourself for Higher Education and for Job Markets,” Achieve your Goals Team, online

COMMUNITY SERVICES

April 2025	Nutrition for Mental and Physical Health, Elementary School, Arar
May 2023	Nutrition Therapy for People with Multiple Sclerosis, Tawasol Community, Twitter Space
December 2022-Present	Founder, “Nutrition 4 MS” an Instagram account for nutritional awareness (in Arabic)
August 2022-Present	Organizer, “Comprehensive Approach to Multiple Sclerosis Patients,” an educational session on the Twitter Space platform
March 2022	Organizer, “The Rural Ky Children Project,” serving children, Somerset, KY
March 2022	Organizer, “A Different Kind of Mask Project,” Homestead Post-Acute Care Center, Lexington
April 2021	Writer, “Healthy Eating Patterns during Ramadan (the Fasting Month,)” Published in Aramco Newsletter

RELEVANT COURSEWORK AND CAREER DEVELOPMENT

October 2024	Qualitative Data Collection and Analysis Course, Technical and Vocational Training Corporation
April 2024	American Burn Association Annual Meeting, Chicago, IL
July 2023	World Burn Congress, Phoenix Society for Burn Survivors, National Harbor, MD
June 2023	Clinical Research Coordinator 101 Workshop, CCTS, UK
July 2022	Quality Assurance and Ethical Consideration in Clinical Research course, King Abdullah International Medical Research Centre (KAIMRC)
July 2022	American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CL

January-February 2022 Practical Statistics and Design Experiments

PROFESSIONAL ASSOCIATIONS

February 2023-Present	American Burn Association, Member
December 2021-May 2024	Mentor Evaluation Committee, Rehabilitation and Health Sciences program, UK, member
June 2021-Present	Nutrition Journal Club, Dietitian Webinar, member
August 2018-Present	Toastmasters Big Blue Club, Toastmasters International, member
November 2016-May 2024	Saudi Students Club, Lexington, KY, member
April 2014-December 2020	Aban Community, administrator
January 2013-Present	American Society for Parenteral and Enteral Nutrition, member

SKILLS

Languages

Native Arabic speaker

Full professional proficiency in English

Software and Techniques

Nutrition Data System for Research (NDSR) Software REDCap Application for Research

Qualtrics Online Survey Software

Canvas educational platform

Canva Online Graphic Design