

Alyaa Majed S Zagzoog

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EDUCATION

January 2021-August 2024	<i>PhD</i> , 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	<i>MS</i> , Nutritional Sciences with an emphasis on Clinical Nutrition, College of Medicine, University of Kentucky (UK) , Lexington, KY, U.S.
September 2010-June 2015	<i>BS</i> , Clinical Nutrition, College of Applied Medical Sciences, Umm Al-Qura University (UQU) , Makkah, Saudi Arabia

FELLOWSHIP

January 2026-Present	AI Implementation for Education & Scientific Research Fellowship, Center for University Education and Development, King Abdulaziz University
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WORK AND CLINICAL EXPERIENCES

October 2024-Present	<i>Assistant Professor</i> , Department of Community Health, Clinical Nutrition Program, Northern Border University (NBU) , Arar, Saudi Arabia
November 2024-Present	<i>Clinical Dietitian</i> , Northern Border University (NBU) Healthcare Center , Arar, Saudi Arabia
June 2015-February 2018	<i>Clinical Dietitian</i> , 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	<i>Clinical Nutrition Master's Student</i> , Kentucky Children's Hospital , Lexington, KY, Experience areas: Pediatric Hematology, Oncology and Cardiology inpatient and outpatient clinic
May-June 2015	<i>Clinical Dietitian Intern</i> , Saudi Arabia, at the following hospitals: King Abdulaziz Hospital, Jeddah
April-May 2015	King Fahd Armed Forces Hospital, Jeddah
December 2014-March 2015	Maternity and Children Hospital, Makkah
August-November 2014	King Abdulaziz University Hospital, Jeddah

LEADERSHIP ROLES

December 2025-Present	President, Graduate Studies and Scientific Research, Vice Deanship for Development and Community Partnership, NBU
October 2025-Present	Member, Committee of Woman Empowermen, NBU

July 2025-Present	Member, Committte of Mental Health Promotion Permanent Group, NBU
June 2025-Present	Member, Health City Program, Office of the Govener, Northen Border Region
July 2025-Present	Clinical Nutrition Consultant, Wasm Society for Multiple Sclerosis
January 2025-Present	President, Teaching Assistants and Scholars Affairs Unit, Vice Deanship for Development and Community Partnership, NBU

LICENSES AND CERTIFICATIONS

July 2025	Sport Nutrition Specialist, National Council on Strength and Fitness (NCSF)
May 2025	Senior Clinical Dietitian, Saudi Commission for Health Specialties, Saudi Arabia
November 2023	Global Engagement Academy Certificate, UK
August 2023	Graduate Certificate in College Teaching & Learning, UK
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
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

RESEARCH ADVISORY

January 2025-June 2026	Clinical Nutrition Program, Department of Community Health, NBU Montroed and supervised undergraute students in research projects entilted - Diet Quality, Sleep Quality, Perceived Stress, and Physical Activity as Correlates of Academic Performance among Saudi University Students: A Cross-Sectional Study - Associations between Dietary Habits, Nutrition Knowledge, and Stress Levels among University Students in Saudi Arabia
January 2025-May 2025	Clinical Nutrition Program, Department of Community Health, NBU Montroed and supervised undergraute students in research projects entilted - The Impact of Dietary Habits, Nutrition Knowledge, Stress Level on Job Performance of Employees in Saudi Universities: A Mixed Method Study - Use of Nutrition Applications in the Daily Work of Clinical Nutrition Specialists

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)

PEER-REVIEWED PUBLICATIONS

Alzahrani, H., Naseeb, M., **Zagzoog, A. M.**, Malaikah, S., Alsulami, S., & Albajri, E. (2026). Eating attitudes across body mass index categories in Saudi Arabia: a cross-sectional study. *Frontiers in nutrition*, 13, 1737215. <https://doi.org/10.3389/fnut.2026.1737215>

Ghabashi, M. A., Babateen, **A. M.**, **Zagzoog, A. M.**, Aljaadi, A. M. (2025). The Impact of Nutritional Knowledge of Mothers on Their Children's Nutritional Knowledge and Weight Status. *Healthcare (Basel, Switzerland)*, 13(17), 2226. <https://doi.org/10.3390/healthcare13172226>

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

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]. Annual Meeting for American Society for Nutrition. Orlando, FL.

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.

Clancy K., Kerckmar 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 I 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,

TEACHING EXPERIENCE

January 2026-June 2026	<i>Primary Instructor</i> , Department of Community Health, NBU MPHO 605 Research Protocol, 7 students, Occupational Health and Safety program MPHC 611 Nutritional Status Assessment, 9 students, Community Nutrition program CLN 491 Research Method and Research Project, 11 students CLN 345 Medical Nutrition Therapy 2, 9 students CLN 344 Enteral and Parenteral Nutrition, 10 students CLN 422 Advanced Topics in Nutrition, 28 students
August 2025-January 2026	<i>Primary Instructor</i> , Department of Community Health, NBU MPHE 604 Public Health Science, 9 students, Community Nutrition program, MPHE 604 Public Health Science, 7 students, Occupational Health and Safety program MPHE 604 Public Health Science, 10 students, Epidemiology and Biostatistics program CLN 343 Medical Nutrition Therapy 1, 9 students CLN 342 Food Drug Interactions, 9 students CLN 441 Clinical Rotation 1, 31 students CLN 411 Nutrient Estimation, 28 students
January-May 2025	<i>Primary Instructor</i> , Clinical Nutrition program, Department of Community Health, NBU CLN 344 Enteral and Parenteral Nutrition, 27 students CLN 345 Medical Nutrition Therapy 2, 32 students CLN 432 Nutrition for Health and Fitness, 16 students CLN 422 Advanced Topics in Nutrition, 14 students CLN 442 Clinical Rotation 2, 11 students CLN 491 Research Methods and Projects, 7 students
January-May 2024	<i>Primary Instructor</i> , Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK HHS 356 Global Health, 63 students
August-December 2023	<i>Primary Instructor</i> , Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK HHS 356 Global Health, 100 students

January-May 2024	<i>Co-Instructor</i> , Human and Health Sciences (HHS) program, Department of Health and Clinical Sciences, College of Health Sciences (CHS), UK HHS 356 Global Health, 137 students
January 2022-May 2024	<i>Co-Worker</i> , Clinical Leadership and Management Program Curriculum Mapping and Assessment: Essential Employability Qualities (EEQ) Certification, College of Health Sciences
August 2021-December 2023	<i>Teaching Assistant</i> , Human and Health Sciences and Clinical Leadership and Management programs, Department of Health and Clinical Sciences, CHS, UK 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

AWARDS AND HONORS

September 2025	1 st Place, Arar Race 3 KM, Move with Us, Ministry of Sport, Arar, Saudi Arabia
December 2024	1 st Place, Arar Race 5 KM, Ministry of Sport, Arar, Saudi Arabia
April 2020	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

January 2026-Present	President, Journal Club, Faculty of Applied Medical Sciences, NBU
February 2025-Present	Member, Develop a Program, Higher Diploma in Sports Nutrition, Faculty of Applied Medical Sciences, NBU
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

February 2026	"A Comprehensive Nutritional Approach for Multiple Sclerosis," Elmam Symposium, Arfa for Multiple Sclerosis Society, Dammam, Saudi Arabia
January 2026	"The Dietitian's Role in MS: Nutritional Strategies in Disease Management," The First Annual Medinah International MS Conference, Medinah, Saudi Arabia
January 2026	"Adult Enteral Feeding Mastery: Beyond the Basics Workshop" The First Percision Clinical Nutrition Conference, Medinah, Saudi Arabia
November 2025	"How to Deliver Nutrition Education to Burn Survivors," Woekshop, 2 nd International Clinical Nutrition Conference: The Power of Clinical Nutrition Prattice, Riyadh, Saudi Arabia
November 2025	"Experiences with Food and Nutrition Across the MS Journey: A Qualitative Study of Beliefs, Practices, and Care Integration", 2 nd International Clinical Nutrition Conference: The Power of Clinical Nutrition Prattice, Riyadh, Saudi Arabia
November 2025	Beyond the Flames: Optimizing Nutrition for Burn Recovery, 2 nd International Clinical Nutrition Conference: The Power of Clinical Nutrition Prattice, Riyadh, Saudi Arabia
June 2025	"Nutrition Screening Tools," Clinical Nutrition Diploma Program, Saudi Commission for Health Specialties (SCFHS)
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

COMMUNITY SERVICES

March 2026	Presenter, “How to Create your CV Wokshop,” Committee of Woman Empowerment, NBU
February 2026	Clinical Nutrition Sepciality Clinic, “Nabeeh Initiative” Mental Health Promotion Group, Student Affairs Deanship, NBU
December 2025	Women in Sports, Committee of Woman Empowerment, Sports Fitness Association, Sadan School, Arar
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

March 2026-Present	Tarakum Diabetes Prevention, Founding Member, NBU
February 2025-Present	Canadian Nutrition Society, Member
January 2025- Present	American Society for Nutrition, Member
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
