

For Immediate Release



AUB professor wins Shoman Award for leading research on obesity and related diseases

Beirut, Lebanon- 16/08/2015 - Dr. Lara Nasreddine, associate professor and chair of the Department of Nutrition and Food Sciences at the Faculty of Agricultural and Food Sciences, has received the 2014 Abdul Hamid Shoman Award for Arab Researchers, for her research on obesity and diet-disease associations. She shares with award with Dr. Nasser Bin Mohamad Bin Nasser Al-Daghri from King Saud University, Kingdom of Saudi Arabia

Launched in 1982, the Abdul Hameed Shoman Award for Arab Researchers recognizes distinguished scientific studies, whose dissemination and publication will lead to promoting applied and scientific knowledge, increase awareness about the culture of scientific research, and contribute to solving problems of priority at the local, regional and international levels. The award aims to promote and support Arab scientific research.

Since its launch and up to the end of 2013, 370 professors and researchers have been granted this award, representing Arab universities and scientific institutes from various Arab countries.

Dr. Nasreddine's research was selected within the category of "Health and Medical Sciences", under the theme: "Healthy nutrition, including dieting and obesity", for her significant contribution to the field of nutrition, both at the national and regional levels.

"This region, including Lebanon, is facing an obesity epidemic, which carries far-reaching ramifications on population health and economic development," said Dr. Nasreddine, noting that obesity is contributing to the rise in non-communicable diseases in the region. "Our research identifies dietary factors and food consumption patterns that modulate the risk of being overweight and/or obese with specific research focus on children and adolescents. Our findings serve as a cornerstone for the development of culture-specific prevention strategies and interventions aiming at curbing the obesity epidemic in the country and the region."

Based on her research, Dr. Nasreddine and her team have developed Food-Based Dietary Guidelines for Lebanese children and adolescents, in addition to producing various culture-specific nutrition education manuals whose aim is to promote healthy feeding practices among Lebanese children less than five years old.

"It is an honor to be recognized by such a prestigious award, which is one of the few fora that recognize, support and promote scientific research in our part of the world," added Dr. Nasreddine, thanking and congratulating her colleagues for their contributions to the research. "Such recognition represents a push forward and an incentive to continue on the path I have embarked on."

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For more information please contact:

Maha Al-Azar, Director of News and Information, ma110@aub.edu.lb,
01-75 96 85

Note to Editors

About AUB

Founded in 1866, the American University of Beirut bases its educational philosophy, standards, and practices on the American liberal arts model of higher education. A teaching-centered research university, AUB has more than 700 full-time faculty members and a student body of about 8,000 students. AUB currently offers more than 100 programs leading to the bachelor's, master's, MD, and PhD degrees. It provides medical education and training to students from throughout the region at its Medical Center that includes a full service 420-bed hospital.

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