

## Dr. Omar Al-Boqai

### **Personal Information:**

Full Name: Omar Khaled Salem Alboqai

Place and Date of Birth: Al-Sareeh, Jordan 14/11/1962

Citizenship: Jordanian

National Number: 9621027478

Permanent Residence: Al-Sareeh, Jordan

Marital Status: Married

Present Position: Associate Professor

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Research Interests: Obesity and Related Diseases.



### **Education:**

B.Sc. **Public Health/ Nutrition**, 1985. Faculty of Public Health and Allied Medical Sciences, Yarmouk University, Irbid, Jordan.

Ms. **Nutritional Science**, 1998. Faculty of Graduate Studies, Jordan University, Amman, Jordan.

Ph.D. **Nutritional Biochemistry**, 2003. Faculty of Medicine, Gezira University, Wad Madni, Sudan.

### **Dissertations**

Ms. Study of Frame Size of Group of Jordanian Adult Males Using Some Anthropometric indicators.

Ph.D. Anthropometric and Biochemical Studies in Obese Adult Males in the Semi -Urban Community A Case Study (Sareeh Area).

**Employment History:**

**17/10/2019- Present:** Assistant Professor at faculty of agriculture and sciences ,  
Department of Nutrition and Food Science, Jerash University, Jordan

**1/10/2018-1/6/2019:** Part time Lecturer, Faculty of pharmacy, Jadara University, Jordan

**Following courses:**

- Clinical biochemistry
- Clinical nutrition
- General pathology

**2/10/2016-1/5/2017:** Medical Project Coordinator- Al-Rukban - Jordan Health Aid Society (JIHAZ)

**1/10/2013- 1/10/2016:** Vice Dean, Faculty of Allied Medical Sciences- Royal University for Medical Sciences, Amman, Jordan.

**1/10/2009-1/10/2013:** Assistant Professor of Clinical Nutrition, Department of Nutrition and Food Science, Jerash University, Jordan. And a Part-time lecturer for nutrition, Medical Nutrition Therapy and Biochemistry at Faculty of Allied Medical Sciences, Calmoon University, Syria.

**27/8/2003 – 2/4/2009:** Clinical Nutrition Consultant and Director of all Nutrition and Food Departments of Hospitals at Royal Medical Services.  
Lecturer, Princess Muna College of Nursing and Allied Health professions Mu'tah University, Jordan.

**2/12/2003 – 27/8/2008:** Director of Allied Medical Division at Royal Medical Services College, Al-Balqa Applied University and part time lecturer, Faculty of Agriculture, JUST University.

**12/5/2003 -- 1/12/2003:** Lecturer, Princess Muna College of Nursing and Allied Health professions Mu'tah University, Jordan.

**14/9/2002 – 8/5/2003:** Lecturer, Faculty of Medicine, Gezira University,  
Wad Madni, Sudan.

**1993 – 2002:** Lecturer, Royal Medical Services College for Allied Medical  
Professionals, Al-Balqa Applied University, Jordan.

**1989 – 1993:** Head of the Nutrition Department, Royal Medical Services Hospitals

**1985 – 1989:** Clinical Nutritionist at King Hussein Medical Center, Royal Medical  
Services, Jordan.

**Courses Taught:**

Principles of Biochemistry

Biochemistry for Nursing

Clinical Chemistry 1

Clinical Chemistry 2

Principles of Nutritional Biochemistry

Human Physiology

Pathology

Pathophysiology

Biostatistics

Introduction to Public Health

Epidemiology

Principles of Human Nutrition

Fundamentals of Nutrition

Advance Human Nutrition

Clinical Nutrition and Diet Therapy I &  
II.

Community Nutrition

Meal Planning

Nutritional Assessment

Nutritional Counseling

Nutrition through life cycle

Medical Nutrition Therapy I & II.

Sanitation

Biology for agriculture student

Field training in Clinical Nutrition and Dietetics

Clinical Nutrition for Nursing Food

Field Training in Nutrition Coun

### **Publications: Papers Published in Refereed Periodicals Journal:**

1. Nizar Issa Alrabdi, Motasem Al-Massad and **Omar Alboqai** (2013). Food Safety: A study of Jordanian Consumers Knowledge and Practices. World Applied Sciences Journal ,Vol. 22,NO. 1,PP.35-40.
2. **O. Alboqai**, A. Suleiman, H. Alhourani, B. Obeidat, N.Abuirmelih, Central adiposity rather than overall obesity influences cardio-metabolic risk factors among adult males in Northern of Jordan. 2009. Diabetologia Croatica, 38-3, 37-82
3. Al Hourani HM, Atoum M, **Alboqai OK**, Cheikh Ismail LI, Aldhaheri AS, and Hijjawi N (2009)Effectiveness of dietary intervention for obese women in Jordan.2009, International Journal of Food Sciences and Nutrition ISSN 0963 – 7486 2009.
4. Suleiman Ahmad Atwan, **Alboqai OK**, Nada Yasin, Jafer M. El- Qudah, Mo'ath F Bataineh, Bayan A Obedat. Prevalence of and factors Associated with Overweight and Obesity among Jordan University Students, Journal of Biological Sciences: 9(7): 738-745, 2009.
5. Al Hourani HM, Atoum M, **Alboqai OK**, and Cheikh Ismail LI (2009) Evaluation of diabetic diet in Jordanian hospitals. Diabetologia Croatica: 38(1): 7-12, 2009.
6. Suleiman Ahmad Atwan, **Alboqai OK** , , Smeer Kofahi, Adib A Aughsteen, Kader El Masri. Vegetarianism among Jordan University students. Journal of Biological Sciences: 9(3): 237-242, 2009.
7. Jafer M. El- Qudah, Omar Al-Widyan, **Omar K. Alboqai**, Ahmad A. Suleiman, Jihad M. quasem. “Fat Soluble Vitamins (A, E and K) Intake among a Sample of Jordanian University Students. “World Applied Sciences”, 5(2): 252-257, 2008\_
8. Suleiman Ahmad Atwan, **Alboqai OK**, Yasein N, Al-Essa MK, El Masri K. “Prevalence of Vitamin-Mineral Supplement Use among Jordan University Students”. Saudi Arabia Medical Journal, 29(9): (2008).

9. **Omar K Alboqai**, Suleiman Ahmad Atwan, Mohhammad Q. Al-Natour, Huda M. Al-Hourani, Naji M. Abuirmellah, “ Estimated Risk of Coronary Heart Disease in Obese Adult Males Northern of Jordan”. Saudi Medical Journal, 27(5): 681-686, 2006.
10. **Alboqai OK**, Abu Odeh A, Al Hourani HM, Al-Qudah F. (2007) Obesity and Serum Uric Acid. Bahrain Medical Bulletin, 29(3): (2007).
11. **Alboqai OK**, Khalid Eltom Ali, Naji Abuirmelleh. Generalized Obesity, Serum Lipids and Lipoproteins in Adult Males in a Semi-Urban Community in the North of Jordan. Journal of the Royal Medical Services, 13(1): (2006).
12. **Omar Alboqai**, Khalid Eltom Ali, Naji Abuirmelleh. Obesity and Hyperlipidaemia, Gezira Medical Journal, 1(1): (2003).
13. Primary Non-Alcoholic Fatty Live and Obesity. In progress
14. عمر البؤاعي و ناجي ابو رميلة وخالد النوم. السمنة والمتالزمة الپضية ني شمال الوردن – المجلة العربية للغذاء والبدغذية – مملكة البحرين 5 (11): 2004.

## **Papers presented at Conferences:**

**1- Prevalence of vitamin-mineral supplement use among Jordan University students.**

The 5<sup>th</sup> Conference of Jordanian Medical Schools, The 6<sup>th</sup> Conference of Arab Society of Medical Faculties : 15/May 1/2009. **(Presenting)**

**2- Life Style Modification for Management Overweight and Obese Patients with type Diabetes among Nutritional Clinic Attendance at prince Rashid Hospital.**

The Fourth International Conference of Royal Medical Services.12 -15/May /2008. **(Presenting)**

**3- Generalized Obesity, with Metabolic Syndrome, Primary Fatty Liver and**

**Coronary Heart Disease Risk among Adult Males in Northern of Jordan.** The 4<sup>th</sup>

International Conference of Royal Medical Services.12 -15/May /2008. **(Presenting)**

**4- Central obesity rather than overall adiposity influences Metabolic Syndrome,**

**Primary Fatty Liver and Gallbladder Stones in Obese Adult Females in Northern of**

**Jordan.** The 4<sup>th</sup> International Conference of Royal Medical Services.12 -15/May /2008.

**(Presenting)**

**5- Comparision OF Central Adiposity and Overall Obesity in Estimating Risk of**

**Coronary Heart Disease among Obese Adult Males in Northern of Jordan.** The

16<sup>th</sup> Scientific Day for Nursing and Allied Health Professions: 23/4/2007. **(Presenting)**

**6- Overall Obesity with metabolic syndrome, primary fatty liver and coronary heart**

**disease risk among adult males in northern Jordan.** The 2th Bal' Medical Conference,

Ministry of Health. 15/7/2007. **(Presenting)**

**7- The relationships of Obesity with Fatty Liver and Serum Lipids among Obese**

**Adult Males.** The Second Conference of Jordanian Medical Schools, the Third

Conference of Arab Society of Medical Faculties: 12- 13/April/2006. **(Presenting)**

**8- Central obesity rather than Overall Adiposity Influences Serum Glucose in Obese men in the north of Jordan.** The 3<sup>th</sup> International Conference of Royal Medical Services. 5/May /2006 **(Presenting)**

**9- Central obesity rather than overall adiposity influences serum lipids and lipoproteins obese men in the north of Jordan.** The 5<sup>th</sup> conference of Faculty of Medicine of JUST 27/4/2005. **(Presenting)**

10- العوامل المؤثرة في حدوث السمنة عند الذكور البالغين في شمال الأردن – المؤتمر العلمي الثالث  
لمركز سليمان الحبيب الطبي للتغذية والأمراض المزمنة – الرياض 12/4/2005

**11-Obesity and hyperuricemia in Adult Males in the Semi-Urban Community in Jordan.** The Second International Conference of Royal Jordanian Medical Services.7-10/October/2003. **(Presenting)**

**12- Factors Influencing the Development of Obesity in Adult Males in the Semi-Urban Community:** Case Study, Al-Sareeh Area. Nursing Conference, Al- Zaytooneh Private University of Jordan, Faculty of Nursing. 29-30/9/2003. **(Presenting)**

**13- Obesity and Hyperuricacemia in Adult Males in the Semi-Urban Community: Case Study, Alsareeh Area.** International Jordanian Medical Conference. Royal Medical Services, Amman – Jordan, 2003. **(Presenting)**

14- السمنة والامتصاص المفرط للدهون في شمال الأردن – المجلة العربية للذخيرة والغذاء والتغذية – مجلة البحرين – المؤتمر  
العربي الثاني للتغذية – 7-9/ديسمبر/2004 – المجلة – البحرين (محدث)

15- علاقة البدانة مع القياسات البيوكيميائية والذكور البالغين في الأردن. المؤتمر العربي حول السمنة والرشا ط  
البيزي. المجلة- البحرين 24-26/9/2002 (محدث)

**16-Overall Obesity and Biomarkers of Coronary Heart Disease.** The 13<sup>th</sup> Scientific day for Nursing. Royal Medical Services, Amman – Jordan, 14/8/2002. **(Presenting)**

- 17. Obesity and Metabolic Syndrome.** The 13<sup>th</sup> Scientific day for Nursing.  
Royal Medical Services, Amman – Jordan, 14/8/2002. **(Presenting)**
- 18. Overall obesity and Hypertension.** The 7<sup>th</sup> International Middle East Nursing  
Conference. Jordan University of Science and Technology- Irbid- Jordan, 8-  
9/5/2002. **(Presenting)**
- 19. The Relationship between Obesity and Impaired Fasting Blood Glucose.**  
The 10<sup>th</sup> Conference of Pharmacy. Jordan Pharmaceutical Association, 13-  
16/3/2002. **(Presenting)**
- 20. The Disease Burden Associated with Overweight and Obesity.** The Scientific  
Day of Family Medicine. Family Medicine. Royal Medical Services, Amman –  
Jordan, 24/1/2002. **(Presenting)**
- 21. Appropriateness of particular Frame Size Measures.** The Third Scientific day  
for Allied Health Professions, Royal Medical Services, Jordan Armed Forces.  
Amman – Jordan, 23-24/5/2000. **(Presenting)**
- 22. Overweight is A Risking Fate.** Royal Medical Services, Jordan Armed Forces.  
Amman – Jordan, 23-24/5/2000. **(Presenting)**
- 23. Reassessment of Body Mass Indices as Obesity Indicator.** The 11<sup>th</sup> Scientific  
day for Nursing, Royal Medical Services, Amman – Jordan, 12/7/2000.  
**(Presenting)**
- 24. Derivation Body Frame Size Model for Jordanian Group.** First International  
Jordanian Military Nursing Conference Royal Medical Services, Jordan Armed  
Forces. Amman – Jordan, 16/9/1999. **(Presenting)**
- 25. A Study of Body Fat of A group of Jordanian Ault Males Using Some  
Anthropometric Indicators.** 1<sup>st</sup> International Jordanian Military Nursing  
Conference, Royal Medical Services, Jordan Armed Forces. Amman – Jordan 16/9/1999.  
**(Presenting)**



**26. The Prevalence of Overweight, Obesity and Underweight for A group of Jordanian Adult Males using some Anthropometric indicators.** 10<sup>th</sup> Scientific day for Nursing and the Second Scientific day for Allied Medical Sciences, Royal Medical Services, Amman – Jordan 15/5/1998. **(Presenting)**

**27. Critical Evaluation of Frame Size Determination Using 1983 Metropolitan Life Weight for High Tables Methods.** 10<sup>th</sup> Scientific day for Nursing and the Second Scientific day for Allied Medical Sciences, Royal Medical Services, Amman – Jordan 14/5/1998. **(Presenting)**

**Supervision of graduate students:**

- a. Co-supervisor for two MSC students in Nutrition at The Department of Food Science & Nutrition. Faculty of Agriculture at JUST University.
- b. External examiner for six MSC students at Faculties of Agriculture and Medicine at JUST and Jordan University.
- c. Development and improving the programs of faculty allied medical sciences at Al Balqa university, Jordan university of science and technology, and its establishment of program and schedules of allied medical sciences faculty at Royal university of medical sciences.
- d. Establishment of clinical nutrition department at royal medical services and its later development (1985-2009)

**References:**

1. His Excellency **Dr. Abdul Rau’f Rwabdeh.**
2. His Excellency **Prof. Kamel Ajlouni,** Director of the National Center for Diabetes Mellitus and Genetics Diseases, Amman – Jordan.
3. **Dr. Naji Abuirmeileh,** Prof. Nutritional Biochemistry, Jordan University of Science and Technology, Irbid-Jordan.
4. **Dr. Khader A. El-Masri,** Prof. of Community Nutrition, Faculty of Agriculture – Jordan