

The Third Pediatric Nutrition Conference: "Healthy Children for a Sustainable Future"

Activity Code: AGI-03-P205

CPD Category: ☒ Category 1 – Accredited Group Learning Activity ☐ Category 3 – Accredited Assessment Activity

Activity Format: ☐ Workshop ☐ Seminar ☐ Symposia ☒ Conference ☐ Educational Rounds ☐ Journal Clubs
☐ Online Synchronous and Blended Learning Activities

Delivery Mode: ☒ Face-to-Face ☐ Online ☐ Blended

Platform / Venue: (Microsoft Teams / Auditorium, City, Country) | 11 Auditorium, Qatar University, Doha, Qatar

Date & Time: 20 October 2026 | 09:30AM to 04:03PM; 21 October 2026 | 02:30PM to 06:45PM; 22 October 2026 | 08:25AM to 10:35 AM and 1:40PM to 5:10 PM

Target Audience

- ☐ Physician
- ☐ Dentist
- ☐ Pharmacist
- ☒ Allied Health Practitioner
- ☒ Nurse
- ☐ Complementary Medicine
- ☐ Others

if Other Profession (Specify here): Nutritionists and Dietitians

Important Note: CPD credits will be granted only to eligible healthcare practitioners within the approved target audience who attend the accredited educational component and have their attendance verified in accordance with DHP-AS requirements. Others may attend for learning purposes but will not receive CPD credit.

Overall Educational Purpose / Activity Aim

By the end of this accredited CPD activity, participants will be able to apply evidence-based nutrition knowledge and regionally relevant strategies to improve child growth, health, and long-term sustainability across clinical, community, and policy settings.

Overall Learning Objectives

1. Analyse multilevel determinants of child and adolescent nutrition and eating behaviours.
2. Assess the relationships between dietary patterns, nutritional status, growth, and Pediatric health outcomes.
3. Apply evidence-based, culturally appropriate, and sustainable nutrition interventions for the prevention and management of Pediatric nutrition-related conditions.
4. Utilize standardized growth assessment tools, clinical evaluation frameworks, and food safety principles to support safe, effective nutrition care in clinical, community, and institutional settings.
5. Translate research and policy evidence into nutrition, nursing and public health practice, strengthening through interdisciplinary approaches.

Post-Activity Follow-up Outcome / Impact Evaluation

Learning outcomes will be assessed through one or more of the following methods:

- ☒ Pre/post assessment
- ☐ Case-based discussion
- ☒ Reflective evaluation
- ☐ Intent-to-apply measure
- ☐ Skills demonstration
- ☐ Direct observation (for Category 3, where applicable)
- ☐ Other: _____

Speakers/Moderators (Full Name and affiliation):

1. Abdul Baseer Qureshi; World Health Organization
2. Ahmed Awaisu; Qatar University
3. Ahmed Wehbi; Qatar University
4. Amal Khidir; Weill Cornell Medicine-Qatar
5. Amna Al-Mansoori; Abu Dhabi University
6. Annalisa Terranegra; Sidra Medicine
7. Atiyeh M. Abdallah; Qatar University
8. Ayman Yassien; Misurata University
9. Ayoub Al-Jawaldeh; World Health Organization
10. Cherine Hatem; Qatar University
11. Dalia Abu Al-Haija'a; Zarqa University
12. Eman Amer; Order of Physicians in Egypt

13. Farah Naja; University of Sharjah
14. Geeta Appannah; Qatar University
15. Ghazi Daradkeh; Hamad Medical Corporation
16. Hasanainn Ghazi; Al-Bayan University
17. Haya Aljadani; King Abdulaziz University
18. Hasanain Faisal; Al Bayan University
19. Hussein Hassan; Lebanese American University
20. Ivana Klari-Mandic; Sidra Medicine
21. Jennifer Sacke; Brown University
22. Layal Karam; Qatar University
23. Leila Cheikh; University of Sharjah
24. Madeeha Kamal; Sidra Medicine
25. Maha Hoteit; Lebanese University
26. Manal Othman; Hamad Medical Corporation
27. Maya Bassil; Qatar University
28. Mirey Karavetian; University of Toronto
29. Nadine Zeeni; Lebanese American University
30. Nauman Khalid; University of Management and Technology
31. Noor Sadeq Hamed; Hamad Medical Corporation
32. Paulina Nowicka; Uppsala University
33. Rania Al-Groom; Al-Balqa Applied University
34. Razan Al-Rahahleh; Zarqa University
35. Reema Tayyem; Qatar University
36. Sabika Allehdan; University of Bahrain
37. Sameeha Thnaibat; Middle East University
38. Seyyed Sobhani; Tehran University of Medical Sciences

39. Shaikha Al-Abduljabbar; SIDRA Medicine
40. Suzan Tami; King Faisal University
41. Tahra El-Obeid; Qatar University
42. Zumin Shi; Qatar University

Educational Program

Date 20-October-2026 (Day 1)					
Interactive Workshop: WHO Growth Standards Workshop					
Time	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Need/Evidence Addressed
9:30 AM-9:33 AM	Session knowledge pre-assessment survey				
9:33 AM-10:30 AM	Speaker: Dr. Leila Cheikh, Associate Professor of Nutrition, University of Sharjah, UAE Moderator: Dr. Reema Tayyem, Professor, Qatar University, Qatar	Lecture		By the end of the workshop, participants will be able to: • Apply the WHO Child Growth Standards to measure, plot, and interpret child growth indicators in clinical, community, and nursing practice settings • Integrate WHO Growth Standards into routine pediatric practice in alignment with national and local child health programs.	• Variable ability to assess nutritional status and growth using standardized tools (e.g., WHO Growth Standards, INTERGROWTH-21st). • Evidence-based nutrition and growth assessment tools are not routinely or systematically used in clinical and community practice.
10:30 AM-12:30 PM	Speaker: Dr. Leila Cheikh, Associate Professor of Nutrition, University of Sharjah, UAE	Case-based discussion, Hands on application	Case-based discussion, Hands on application (120min interactive)	• Describe and utilize INTERGROWTH-21st Project tools, including the Newborn Chart and Preterm Growth Standards, for accurate assessment of newborn and preterm infant growth.	

	Moderator: Dr. Reema Tayyem, Professor, Qatar University, Qatar			Mapped to overall conference learning Objectives: Objective 2, Objective 4 and Objective 5	
12:30 PM-12:33 PM	Session knowledge post-assessment survey				
Interactive Workshop: From Infant Formula to Lunchboxes and Safe Meals: Food Safety Essentials for Healthy Futures in Pediatric Nutrition and Healthcare					
Time	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	
1:00 PM-1:03 PM	Session knowledge pre-assessment survey				
1:03 PM – 2:00 PM	Speakers: -Dr. Layal Karam, Associate Professor of Food Safety, Qatar University, Qatar -Dr. Hussein Hassan, Professor of Food Science and Technology; Director of Academic Compliance; Academic Director of MEPI-TLG Program, Department of	Lecture		By the end of this session, participants will be able to: - Assess food safety risks affecting children and immunocompromised populations across nurseries, schools, early childhood centers, and healthcare settings, in alignment with national and international standards. - Identify key food safety hazards associated with infant feeding, including risks related to infant formula (e.g., Cronobacter sakazakii, heavy metals) and expressed human milk, to support informed clinical decision-making. - Apply evidence-based food safety principles to the preparation, handling, storage, and service of infant formula,	- Variable familiarity with current research, global standards, and emerging evidence in food safety, and sustainability. - Limited confidence in case-based analysis and application of food safety principles.

	Nutrition and Food Science, Lebanese American University (LAU), Lebanon Moderator: Dr. Tahra El Obeid, Associate Professor, Qatar University, Qatar			human milk, complementary foods, and children's meals in nursing practice and in other clinical and community settings. • Communicate practical, role-appropriate food safety guidance for caregivers, schools, and healthcare teams, including safe lunchbox and meal preparation practices, allergen control, temperature management, and cross-contamination prevention.	
2:00 PM – 4:00 PM	Speakers: -Dr. Layal Karam, Associate Professor of Food Safety, Qatar University, Qatar -Dr. Hussein Hassan, Professor of Food Science and Technology; Director of Academic Compliance; Academic Director of MEPI-TLG Program, Department of Nutrition and Food Science, Lebanese American	Case-based discussion, Hands on application	Case-based discussion, Hands on application (120min interactive)	Mapped to overall conference learning Objectives: Objective 2, Objective 4 and Objective 5	

	University (LAU), Lebanon Moderator: Dr. Tahra El Obeid, Associate Professor, Qatar University, Qatar				
4:00 PM – 4:03 PM	Session knowledge post-assessment survey				

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
Accredited Conference Session 3: Food, Fitness & Innovative Diet Design for Lifelong Health						
2:30 PM–2:33 PM	Session knowledge pre-assessment survey					
2:33 PM–2:55 PM	Food, Fitness, and Building Health for a Lifetime: Nurturing Our Kids Today for a Healthier Tomorrow	Speaker: Prof. Jennifer Sacheck, Professor and Chair of the Department of Behavioral and Social Sciences; Brown University School of Public Health, USA	Keynote lecture	Interaction will occur during Q&A	By the end of this session, participants will be able to: - Describe key individual, social, environmental, and media-related determinants influencing child and adolescent dietary behaviors. - Analyze the effects of dietary patterns on child and adolescent	- Incomplete understanding of biological, psychosocial, and environmental determinants of pediatric nutrition. - Variable familiarity with current research, global standards, and emerging evidence in pediatric nutrition, obesity, and sustainability.
2:55 PM–3:20 PM	Valorization and value-addition of Gen-Z teens' diets: Concepts	Speaker: Dr. Nauman Khalid, Founding Dean	Keynote lecture	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	of novel food designs	and Professor, School of Food and Agricultural Sciences; University of Management and Technology, Pakistan			health outcomes, including obesity, malnutrition, and overall well-being. • Discuss evidence-based and sustainable dietary strategies for children and adolescents, including novel food design and environmentally responsible nutrition approaches. • Integrate research and policy evidence into nursing and public health practice to support healthy	
3:20 PM –3:35 PM	Q&A session	Moderator: Dr Tahra El-Obeid, Associate Professor, Qatar University, Qatar	Q&A, Discussion	Q&A, Discussion (15min interactive)		
Auditorium: (3:35 PM - 4:40 PM)						
3:35 PM –3:50 PM	Environmental Footprints of Adolescents' Diets in Lebanon: Links to	Speaker: Dr. Maha Hoteit, Associate Professor, Regional	Oral Presentation	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	Malnutrition and Obesity-Findings from the Lebanese National Food Consumption Survey (LEBANON-FCS)	Commission of Economic and Scientific Experts (CREES), Francophone University Agency (AUF), Lebanese University, Lebanon			and sustainable eating behaviors among children and adolescents across diverse settings. Mapped to overall conference learning Objectives: Objective 1, Objective 2, Objective 3 and Objective 5	
3:50 PM –4:05 PM	Emotional Eating, E-Smoking, and Coffee Craving as Coexisting Emotional Coping Behaviors Among School Students Aged 12–17 in Jordan	Speaker: Dr. Dalia Abu Al-Haija'a, Vice Dean, Faculty of Allied Medical Sciences; Assistant Professor of Clinical Nutrition, Zarqa	Oral Presentation	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
		University, Jordan				
4:05 PM –4:20 PM	Metabolic Greenprints in Childhood: Behavior-Based Reprogramming of Adipose Tissue for Sustainable Obesity Prevention	Speaker: Dr. Sameeha Thnaibat, Vice Dean, Faculty of Allied Medical Sciences; Head of the Department of Nutrition & Integrative Health, Middle East University, Jordan	Oral Presentation	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
4:20 PM –4:35 PM	Q&A	Moderators: -Dr. Atiyeh M. Abdallah, MSc, PhD, IBMS, MB(ASCPi) Associate of BMS, Program Coordinator for Graduate Studies, CHS, Qatar University, Qatar	Q&A, Discussion	Q&A, Discussion (15min interactive)		
4:35 PM– 4:40 PM	Session knowledge post-assessment survey					
Hall One: (3:35 PM- 4:40 PM)						
3:35 PM –3:50 PM	The Role of Perceived Desirability and Sensory Actions	Speaker: Dr. Seyyed Sobhani, Assistant	Oral Presentation	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	in Adolescent Food Choices: Potentials for Promoting Sustainable Nutrition	Professor, Tehran University of Medical Sciences, Iran				
3:50 PM –4:05 PM	Mothers' knowledge, attitudes, and practices towards feeding their under-five children in Baghdad, Iraq	Speaker: Dr. Hasanainn Ghazi, Professor; Deputy Dean, College of Nursing, Al-Bayan University, Iraq	Oral Presentation	Interaction will occur during Q&A		
4:05 PM –4:20 PM	Dietary exposure to glyphosate from breakfast cereals and snacks among Lebanese	Speaker: Dr. Hussein Hassan, Professor, Department of Nutrition and Food Science,	Oral Presentation	Interaction will occur during Q&A		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	children and adolescents	Lebanese American University, Lebanon				
4:20 PM –4:35 PM	Q&A	Moderators: -Dr. Annalisa Terranegra, Principal Investigator and Researcher, Sidra Medicine, Qatar -Dr. Mirey Karavetian, Senior Research Associate, University of Toronto, Canada	Q&A, Discussion	Q&A, Discussion		

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
4:35 PM–4:40 PM	Session knowledge post-assessment survey					
Interactive Workshop 1: Eating Disorders and Disordered Eating in Children and Adolescents in the Middle East						
4:40 PM-4:45 PM	Session knowledge pre-assessment survey					
4:45 PM–5:15 PM	Speakers: -Dr. Nadine Zeeni, Professor of Nutrition; Coordinator of Liberal Education – Sciences, Lebanese American University (LAU), Lebanon -Ms. Ivana Klari-Mandic, Supervisor of Clinical Nutrition and Dietetics, Sidra Medicine Moderator: Dr. Maya Bassil, Associate Professor, Qatar University, Qatar		Lecture		By the end of the workshop, participants will be able to: Analyze pediatric case studies to identify risk factors, clinical features, and contextual drivers of disordered eating and eating disorders in children and adolescents.	- Variable familiarity with current research, global standards, and emerging evidence in obesity, disordered eating, food safety, and sustainability. - Limited confidence in case-based analysis, early identification of obesity and disordered eating,

Date 21-October-2026 (Day 2)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
5:15 PM-6:40 PM	Speakers: -Dr. Nadine Zeeni, Professor of Nutrition; Coordinator of Liberal Education – Sciences, Lebanese American University (LAU), Lebanon -Ms. Ivana Klari-Mandic, Supervisor of Clinical Nutrition and Dietetics, Sidra Medicine Moderator: Dr. Maya Bassil, Associate Professor, Qatar University, Qatar		Case-based discussion, Hands on application	Case-based discussion, Hands on application (85 min Interactive)	- Assess nutritional status, growth, and psychosocial indicators in children and adolescents with disordered eating or eating disorders using evidence-based nursing and clinical assessment tools. - Design culturally sensitive, evidence-based, patient- and family-centered nutrition interventions Mapped to overall learning objectives: LO 1, LO 3, LO 5.	and application of food safety principles. - Inconsistent application of evidence-based and culturally sensitive nutrition interventions. - Limited interprofessional collaboration between nursing, nutrition, public health, and other disciplines in pediatric nutrition care.
6:40 PM-6:45 PM	Session knowledge post-assessment survey					

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
Accredited Conference Session 4: Infant, Child & Adolescent Nutrition						
08:25 AM–08:30 AM	Session knowledge pre-assessment survey					
08:30 AM–08:55 AM	Bridging Evidence and Policy: The Journey of a Mother and Child Nutrition Cohort in Qatar and Lebanon	Speaker: Prof. Farah Naja, Professor of Nutrition and Dietetics, University of Sharjah, UAE	Keynote lecture	Interaction will occur during Q&A	By the end of this session, participants will be able to: - Explain the role of nutrition during pregnancy, infancy, and early childhood in shaping growth, development, and long-term health outcomes. - Identify maternal, household, and	- Incomplete understanding of biological, psychosocial, and environmental determinants of pediatric nutrition. - Limited awareness of life-course nutrition evidence (pregnancy through adolescence). - Limited incorporation of
08:55 AM–	Early Childhood Nutrition and the	Speaker: Dr. Abdul Baseer Qureshi, Regional Adviser in	Keynote lecture	Interaction will occur during Q&A		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
09:15 AM	First 1,000 Days of Life	Nutrition, World Health Organization (WHO), Eastern Mediterranean Region, Egypt			health-system determinants influencing infant and young child feeding practices.	environmental, biological and social influences into assessment and counseling.
09:15 AM– 09:30 AM	Q&A session	Moderator: Dr Zumin Shi, Professor, Qatar University, Qatar	Q&A, Discussion	Q&A, Discussion (15min Interactive)	Integrate evidence-based maternal and infant nutrition principles into nursing assessment, and continuity of care across pregnancy, neonatal, and early childhood settings.	Limited interprofessional collaboration between nursing, nutrition, public health, and other disciplines in pediatric nutrition care.
Auditorium: (09:30 AM- 10:35 AM)						
09:30 AM – 09:45 AM	Exploring Adolescents' Nutrition Literacy and their Parents' Food Literacy in Bahrain: A Cross-sectional Study	Speaker: Dr. Sabika Allehdan, Assistant Professor of Nutrition and Dietetics, Department of Biology, College of Science, University of Bahrain, Bahrain	Oral Presentation	Interaction will occur during Q&A	Interpret how these determinants can inform targeted maternal and child health interventions and public health	
09:45 AM – 10:00 AM	Beyond the Prescription: Digital Health, Behaviour Change and	Speaker: Dr. Mirey Karavetian, Research Associate Faculty of Kinesiology and Physical Education,	Oral Presentation	Interaction will occur during Q&A		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	Sustainable Outcomes in Adolescents Using GLP-1 Therapies	University of Toronto, Canada			policies in similar settings.	
10:00 AM - 10:15 AM	Maternal and neonatal outcomes in women with a bariatric surgery history	Speaker: Dr. Amna Al-Mansoori, Assistant Professor in Nutrition, Abu Dhabi University, UAE	Oral Presentation	Interaction will occur during Q&A	Mapped to overall conference learning Objectives: Objective 1, Objective 2, Objective 4 and Objective 5	
10:15 AM - 10:30 AM	Q&A	Moderators: -Dr. Manal Othman, Director of Patient Education, Hamad Medical Corporation, Qatar -Mr. Ahmad Wehbi, Simulation Specialist, College of Nursing, Qatar University	Q&A, Discussion	Q&A, Discussion (15min interactive)		
10:30 AM -	Session knowledge post-assessment survey					

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
10:35 AM						
Hall One: (09:30 AM- 10:35 AM)						
09:30 AM – 09:45 AM	Early Nutrition and Infant Feeding Practices: A Cross-Sectional Study of Household Determinants, Birth Factors, and Maternal Health in Northern Governorates of Jordan	Speaker: Ms. Razan Al-Rahahleh, Lecturer, Zarqa University-Jordan	Oral Presentation	Interaction will occur during Q&A		
09:45 AM – 10:00 AM	Eating Habits and Social Media: Opportunities and Challenges	Speaker: Dr. Amal Khidir, Associate Professor of Pediatrics, Weill Cornell Medicine-Qatar Pediatrics Consultant, Hamad Medical Corporation, Qatar	Oral Presentation	Interaction will occur during Q&A		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
10:00 AM - 10:15 AM	Nutrition history and risk factors of Autistic children in selected care centers at Misurata	Speaker: Dr Ayman Yassien, Professor, University of Misurata's Faculty of Health Sciences, Libya	Oral Presentation	Interaction will occur during Q&A		
10:15 AM - 10:30 AM	Q&A	Moderators: - Dr. Haya Aljadani, Associate Professor, Department of Food and Nutrition, King Abdulaziz University, Saudi Arabia. - Prof Geeta Appannah, Professor of Nutrition, Qatar University	Q&A, Discussion	Q&A, Discussion		
10:30 AM- 10:35 AM	Session knowledge post-assessment survey					

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
Accredited Conference Session 6: Childhood & Adolescent Obesity						
1:40 PM-1:43 PM	Session knowledge pre-assessment survey					
1:43 PM –2:05 PM	Addressing childhood obesity and related diseases through nutrition: Evidence and practice	Speaker: Prof. Paulina Nowicka, Chair Professor in Food Studies, Nutrition and Dietetics (Communication in Dietetics), Uppsala University, Sweden	Keynote Lecture	Interaction will occur during Q&A	By the end of this session, participants will be able to: • Explain biological, behavioral, environmental, and psychosocial contributors to childhood and adolescent obesity.	• Incomplete understanding of biological, psychosocial, and environmental determinants of pediatric nutrition. • Variable familiarity with current research, global standards, and emerging evidence in obesity, disordered eating, food safety, and sustainability. • Inconsistent application of
2:05 PM –2:30 PM	Addressing Childhood Obesity and Associated Diseases	Speaker: Dr. Ayoub Al-Jawaldeh, Independent Consultant in Nutrition and Food Systems; Former Regional Nutrition Adviser,	Keynote Lecture	Interaction will occur during Q&A	• Evaluate evidence-based nutrition and lifestyle interventions for pediatric obesity	

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
		World Health Organization (WHO) – Eastern Mediterranean Regional Office (EMRO), Jordan			prevention and management. • Analyze the influence of media, family, and food environments on obesity risk, and incorporate this understanding into nursing assessment practices. • Apply sustainable, behavior-based prevention frameworks in clinical and public health settings.	preventive, behavior-based, and sustainability-oriented frameworks in pediatric nutrition care.
2:30 PM –2:45 PM	Q&A session	Moderator: Dr Reema Tayyem, Professor, Qatar University, Qatar	Q&A, Discussion	Q&A, Discussion (15min interactive)		
Auditorium: (2:45 PM–3:50 PM)						
2:45 PM–3:00 PM	"Fuel or Fat? The Hidden Link Between Energy Drinks and Adolescent Obesity"	Speaker: Dr. Ghazi Daradkeh, Clinical Dietitian Supervisor, Department of Dietetics and Nutrition, AL-Khor Hospital, Hamad Medical Corporation, Qatar.	Oral Presentation	Interaction will occur during Q&A		
3:00 PM –3:15 PM	Social Media Exposure, Body Image Perception, and the Influence of Food Content:	Speaker: Dr. Rania Al-Groom, Head of Department, Al-Balqa Applied University, Jordan	Oral Presentation	Interaction will occur during Q&A	Mapped to overall conference learning Objectives:	

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	Associations with BMI among School Students Aged 12–17 in Jordan				Objective 1, Objective 3, Objective 4 and Objective 5	
3:15 PM –3:30 PM	From Plate to Hormones: Understanding Childhood Obesity	Speaker: Dr. Noor Sadeq Hamed, Associate Consultant, Pediatric Endocrinology and Diabetes, Hamad Medical Corporation, Qatar.	Oral Presentation	Interaction will occur during Q&A		
3:30 PM –3:45 PM	Q&A	Moderators: - Dr. Ayoub Al-Jawaldeh, Independent Consultant in Nutrition and Food Systems; Former Regional Nutrition Adviser, World Health Organization (WHO) – Eastern Mediterranean	Q&A, Discussion	Q&A, Discussion (15min interactive)		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
		Regional Office (EMRO), Jordan -Dr. Eman Amer, MD, Order of Physicians, Egypt				
3:45 PM –3:50 PM	Session knowledge post-assessment survey					
Hall One: (2:45 PM–3:50 PM)						
2:45 PM–3:00 PM	Assessing Home Environment Influences on Childhood Obesity Risk in Al-Ahsa, Saudi Arabia	Speaker: Suzan Tami; Assistant Professor, Nutritional Sciences, King Faisal University, KSA	Oral Presentation	Interaction will occur during Q&A		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
3:00 PM –3:15 PM	Latest Advances in Childhood Obesity	Speaker: Dr. Cherine Hattem, Clinical Assistant Professor Qatar University, Qatar	Oral Presentation	Interaction will occur during Q&A		
3:15 PM –3:30 PM	Unveiling multi-omics insights for precision nutrition in type 1 diabetes and obesity-associated type 1 diabetes among the pediatric population in Qatar	Speaker: Ms. Shaikha Al-Abduljabbar, Biomedical Research Specialist, SIDRA Medicine, Qatar	Oral Presentation	Interaction will occur during Q&A		
3:30 PM –3:45 PM	Q&A	Moderators: - Dr. Ahmed Awaisu, Professor, College of Pharmacy, Qatar University - Dr. Hasanain Ghazi; Professor and Deputy Dean for Scientific	Q&A, Discussion	Q&A, Discussion		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
		Affairs, Al-Bayan University College of Nursing, Baghdad, Iraq				
3:45 PM –3:50 PM	Session knowledge post-assessment survey					
Accredited Conference Session 7: Disordered Eating, Mental Health & Digital Exposure						
4:00 PM-4:03 PM	Session knowledge pre-assessment survey					
4:03 PM –4:25 PM	Disordered Eating in Youth: Emerging Challenges in a Digital World	Speaker: Dr. Nadine Zeeni, Professor of Nutrition; Coordinator of Liberal Education – Sciences, Lebanese American University (LAU), Lebanon	Keynote Lecture	Interaction will occur during Q&A	By the end of this session, participants will be able to: - Describe emerging patterns of disordered eating among youth in the digital era. - Differentiate nutrition-centered approaches from weight-based assessment models.	- Variable familiarity with current research, global standards, and emerging evidence in obesity, disordered eating, and sustainability. - Limited interprofessional collaboration between nursing, nutrition, public
4:25 PM –4:45 PM	Silent Screams: Revealing the Hidden World of Qatar's	Speaker: Dr. Madeeha Kamal, Acting Division Chief of Adolescent Medicine, General	Keynote Lecture	Interaction will occur during Q&A		

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
	Eating Disorders Puzzle	Pediatrics, and Dermatology, Sidra Medicine, Qatar.			- Develop individualized nutrition care plans that address energy restoration, weight goals, micronutrient correction, and safe refeeding practices. - Recognize the impact of digital exposure on eating behaviors and mental health, and integrate this understanding into nursing assessment practices - Apply holistic evidence-based frameworks for early identification and management of pediatric eating disorders	health, and other disciplines in pediatric nutrition care.
4:45 PM-4:55 PM	Q&A	Moderator: Dr Layal Karam, Associate Professor, Qatar University, Qatar	Q&A, Discussion	Q&A, Discussion (10min interactive)		
4:55 PM – 5:00 PM	Session knowledge post-assessment survey					
5:00 pm – 5:10 PM	CPD Mandatory Evaluation					

Date 22-October-2026 (Day 3)						
Time	Talk Title	Role	Educational Method	Interactive Component	Mapped Learning Objective(s)	Specific Needs/Evidence Addressed
					Mapped to overall conference learning Objectives: Objective 1, Objective 2, Objective 3, Objective 4 and Objective 5	

Total Educational Time	Total Interactive Time	Interactive Percentage
885 minutes (14.75 hours)	425 minutes (7.5 hours)	48 %

Please confirm the following before submission:

- ☒ Each speaker, moderator, facilitator, and Scientific Planning Committee member has completed a Conflict-of-Interest Declaration.
- ☒ The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.
- ☒ All SPC members completed COI declarations, which were reviewed and managed by the CPD-HP Office/independent reviewer in accordance with QU Health CPD-HP procedures.
- ☒ Educational content is evidence-based, balanced, scientifically rigorous, and free of commercial bias.

- ☒ The activity content, learning objectives, educational methods, interactive components, and evaluation tools are aligned with the identified learning needs.
 - ☒ The target audience is clearly defined and consistent across the needs assessment, program description, registration form, attendance sheet, and certificate issuance process.
 - ☒ CPD credits will be awarded only to participants within the approved target audience.
 - ☒ Attendance records, evaluation results, COI forms, SPC documentation, program materials, and certificate records will be maintained for a minimum of 6 years.
 - ☒ The final attendance list will be verified before certificate issuance and DHP portal upload.
 - ☒ Relevant COI disclosures will be communicated to participants at the beginning of the activity.
 - ☒ Statement of Commercial Independence: No sponsor or commercial entity has influenced the content, faculty selection, learning objectives, educational methods, or evaluation.
-
- **“This activity is an Accredited Group Learning Activity Category 1 as defined by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section and is approved for a maximum of 14.75 CPD hours.”**
 - **“CPD-HP (QU Health) is accredited by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section (DHP-AS) as a provider of Continuing Professional Development.”**
-