



The Third Pediatric Nutrition Conference

"Healthy Children for a
Sustainable Future"

المؤتمر الثالث لتغذية الأطفال

"أطفال أصحاء من أجل
مستقبل مستدام"

20-22 October 2026

Student Affairs (I11)
Qatar University

٢٠-٢٢ أكتوبر ٢٠٢٦

مبنى شؤون الطلاب (I11)
جامعة قطر





The Third Pediatric Nutrition Conference

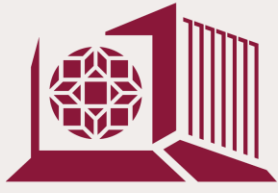
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Day 01





Preconference Interactive Workshops



WORKSHOP
WHO Growth Standards

WHO Growth Standards



Presenter
Dr. Leila Cheikh Ismail (United Arab Emirates)



Moderator
Dr. Reema Tayyem (Qatar)



09:30 – 09:33	Session Pre-evaluation
09:33 – 10:30	Introduction
10:30 – 12:30	Case-Based Discussion
12:30 – 12:33	Session Evaluation

Interactive



WORKSHOP
Food Safety Essentials

From Infant Formula to Lunchboxes and Safe Meals: Food Safety Essentials for Healthy Futures in Pediatric Nutrition and Healthcare



Presenters
Dr. Layal Karam (Qatar)
Dr. Hussein Hassan (Lebanon)

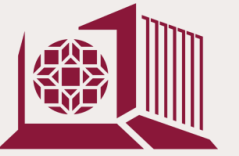


Moderators
Dr. Tahra El-Obeid (Qatar)



13:00 – 13:03	Session Pre-evaluation
13:03 – 14:00	Introduction
14:00 – 16:00	Case-Based Discussion
16:00 – 16:03	Session Evaluation

Interactive



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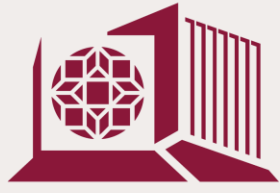
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Day 02





★ Opening Ceremony

08:30–09:00	Registration & Networking
09:00–09:10	Opening Speech: Prof. Omar Al-Ansari President of Qatar University
09:10–09:15	Opening Speech: Her Excellency, Lolwah RM Al-Khater Minister of Education and Higher Education
09:15–09:20	Opening Speech: Prof. Hanan Abdul Rahim Dean, College of Health Sciences
09:20–09:25	Opening Speech: Dr. Rayanna Bou Haka WHO Representative in Qatar
09:25–09:30	The Conference Videos

🌱 Session 1: Nutrition, Growth, and Resilience

👥 Moderator: Dr. Mohammad Ahmadna		
09:30–09:55	Dr. Dalia Ayyad (Palestine)	The story of child malnutrition in Gaza: realities and challenges for humanitarian response
09:55–10:20	Dr. Duo Li (China)	The Jiaxing Birth Cohort: factors influencing the growth, development, and health of infants and young children
10:20–10:30	Q & A Session	

Auditorium (10:30–11:25)

👥 Moderators: Dr. Layal Hanna Karam & Dr. Nauman Khalid		
10:30–10:45	Dr. Tahra ElObeid (Qatar)	The Burden and Health Impact of Severe Child Undernutrition in Sudan
10:45–11:00	Dr. Abdulkareem Nassar (Yemen)	The role of community health and nutrition volunteers in improving the health and nutrition status of infants and young children in remote areas, Hajjah, Yemen
11:00–11:15	Ms. Haya Alkhammash (Jordan)	Integrating MUAC screening into UNRWA's child health services for improved wasting detection in Gaza conflict in 2024
11:15–11:25	Q&A	

Hall One (10:30–11:25)

👥 Moderators: Dr. Ghadeer Jayyousi & Dr. Haleama Al-Sabbah		
10:30–10:45	Dr. Radwan Qasrawi (Palestine)	Disability severity and child growth: moderating pathways between diet, micronutrient intake, and anthropometric indicators among children aged 5-18 years
10:45–11:00	Dr. Sohair Elsiddig (Qatar)	Medical Management of Faltering Growth: From Early Detection to Precision Intervention
11:00–11:15	Dr Rahaf Elgonaid (Qatar)	Continuity in disruption: A virtual support system strengthening infant nutrition in Gaza
11:15–11:25	Q&A	

 11:25–11:45

Coffee Break & Student Poster Presentation

 Session 2: From Policy to Practice in Child Nutrition

 Moderator: Dr. Ala Rajabi		
11:45–12:05	Ms. Fetna Al-Naemi (Qatar)	Breastfeeding and Public Health in Qatar: From National Policy to Universal Health Coverage
12:05–12:25	Ms. Hend Al-Tamimi (Qatar)	Qatar Dietary Guidelines for Mother and Child (0-5 Years)
12:25–12:35	Q & A	

Auditorium: (12:35-13:30)

 Moderators: Dr. Zumin Shi & Dr. Radwan Qasrawi		
12:35–12:50	Dr. Annalisa Terranegra (Qatar)	The effect of Ramadan Fasting in Pediatric Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Epigenetic and Lipidomic Analyses
12:50–13:05	Dr. Hala Al-Nawaiseh (Jordan)	Nutritional and Developmental Status among Jordanian Children Aged 3-5 Years Old in Jordan University Hospital: A Cross-Sectional Study
13:05–13:20	Dr. Haya Aljadani (Kingdom of Saudi Arabia)	Advancing Food Literacy for Children with Food Allergies: Expert Evaluation of an Educational Tool for Use in Arab Pediatric Hospital Settings
13:20–13:30	Q&A	

Hall One: (12:35-13:30)

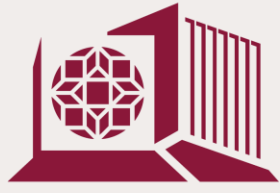
 Moderators: Dr. Cherine Hatem & Dr. Niveen Abu-Rmeileh		
12:35–12:50	Dr. Haleama Al-Sabbah (United Arab Emirates)	Pediatric Nutrition Challenges in the United Arab Emirates: A Focused Analysis of Feeding Practices, Growth Indicators, and Micronutrient Status
12:50–13:05	Dr. Irina Godchaux (United Arab Emirates)	Preparing future physicians to address paediatric obesity: Findings from an umbrella review of medical education
13:05–13:20	Dr. Thanaa Al-Jaraideh (Jordan)	Food and Nutrient Intakes from School Canteens and Markets near Schools among Students Aged 14-18 Years in Jordan
13:20–13:30	Q&A	

 13:30–14:00

Poster Presentations

 14:00–14:30

Lunch Break



Session 3: Food, Fitness & Innovative Diet Design for Lifelong Health (CPD Accredited)

Moderator: Dr. Tahra El-Obeid

14:30–14:33	Session Pre-evaluation	
14:33–14:55	Dr. Jennifer Sacheck (USA)	Food, Fitness, and Building Health for a Lifetime: Nurturing Our Kids Today for a Healthier Tomorrow
14:55–15:20	Dr. Nauman Khalid (Pakistan)	Valorization and value-addition of Gen-Z teens' diets: Concepts of novel food designs
15:20–15:35	Q & A Session	

Auditorium: (15:35- 16:40)

Moderators: Dr. Atiyeh Abdallah & Dr. Hussein Hassan

15:35–15:50	Dr. Maha Hoteit (Lebanon)	Environmental Footprints of Adolescents' Diets in Lebanon: Links to Malnutrition and Obesity-Findings from the Lebanese National Food Consumption Survey (LEBANON-FCS)
15:50–16:05	Dr. Dalia Abu Al-Haija'a (Jordan)	Emotional Eating, E-Smoking, and Coffee Craving as Coexisting Emotional Coping Behaviors Among School Students Aged 12–17 in Jordan
16:05–16:20	Dr. Sameeha Thnaibat (Jordan)	Metabolic Greenprints in Childhood: Behavior-Based Reprogramming of Adipose Tissue for Sustainable Obesity Prevention
16:20–16:35	Q&A	
16:35–16:40	Session Evaluation	

Hall One: (15:35- 16:40)

Moderators: Dr. Annalisa Terranegra & Dr. Narmeen Al-Awwad

15:35–15:50	Dr. Seyyed Sobhani (Iran)	The Role of Perceived Desirability and Sensory Actions in Adolescent Food Choices: Potentials for Promoting Sustainable Nutrition
15:50–16:05	Dr. Hasanain Ghazi (Iraq)	Mothers' knowledge, attitudes, and practices towards feeding their under-five children in Baghdad, Iraq
16:05–16:20	Dr. Mohammad Tilaki (Malaysia)	Food Island Syndrome and Pasar Malam Food Environments: Understanding Childhood Overweight in Vulnerable Neighbourhoods of Penang Island, Malaysia
16:20–16:35	Q&A	
16:35–16:40	Session Evaluation	



WORKSHOP
Eating Disorders



- 16:40 – 16:45 Session Pre-evaluation
- 16:45 – 17:15 Introduction
- 17:15 – 18:40 Case-Based Discussion
- 18:40 – 18:45 Session Evaluation

Eating Disorders and Disordered Eating in Children and Adolescents in the Middle East

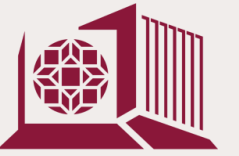


Presenter
Dr. Nadine Zeeni (Lebanon)
Ms. Ivana Klari-Mandic (Qatar)



Moderator
Dr. Maya Bassil (Qatar)

Interactive



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Day 03



Session 4: Infant, Child & Adolescent Nutrition (CPD accredited)



Moderator: Dr. Zumin Shi

08:25–08:30		Session Pre-evaluation
08:30–08:55	Dr. Farah Naja (United Arab Emirates)	Bridging Evidence and Policy: The Journey of a Mother and Child Nutrition Cohort in Qatar and Lebanon
08:55–09:15	Dr. Abdul Baseer Qureshi (Egypt)	Early Childhood Nutrition and the First 1,000 Days of Life
09:15–09:30		Q & A

Auditorium (09:30–10:35)



Moderators: Dr. Manal Othman & Dr. Sybil Barr

09:30–09:45	Dr. Sabika Allehdan (Bahrain)	Exploring Adolescents’ Nutrition Literacy and their Parents’ Food Literacy in Bahrain: A Cross-sectional Study
09:45–10:00	Dr. Basma Al-Yazeedi (Oman)	Adherence and Determinants of Infant Feeding Practices in Oman: A Nationally Representative Study
10:00-10:15	Dr. Amna Al-Mansoori (United Arab Emirates)	Maternal and neonatal outcomes in women with a bariatric surgery history
10:15-10:30		Q&A
10:30-10:35		Session Evaluation

Hall One (09:30–10:35)



Moderators: Dr. Mirey Karavetian & Dr. Dr. Haya Aljadani

09:30–09:45	Ms. Razan Al-Rahahleh (Jordan)	Early Nutrition and Infant Feeding Practices: A Cross-Sectional Study of Household Determinants, Birth Factors, and Maternal Health in Northern Governorates of Jordan
09:45–10:00	Dr Amal Khidir (Qatar)	Eating Habits and Social Media: Opportunities and Challenges
10:00-10:15	Dr. Suzan Tami (Kingdom of Saudi Arabia)	Assessing Home Environment Influences on Childhood Obesity Risk in Al-Ahsa, Saudi Arabia
10:15-10:30		Q&A
10:30-10:35		Session Evaluation



10:35–10:55

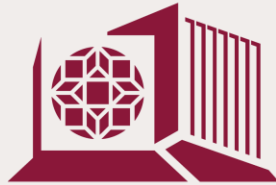
Coffee Break

Session 5: Clinical Pediatric Nutrition & Special Populations



Moderators: Dr. Maya Bassil

10:55–11:20	Dr. Leila Cheikh Ismail (United Arab Emirates)	Bridging the Gap in Child Growth Assessment
11:20–11:45	Dr. Eman Habib (Egypt)	Nutrition for Children with Disabilities
11:45–11:55		Q & A



Auditorium: (11:55–12:50)

Moderators: Dr. Amna Al-Mansoori & Dr. Sabika Allehdan

11:55–12:10	Dr. Simone Perna (Italy)	Ketogenic diet in children with epilepsy and ketogenic foods in the Middle East
12:10–12:25	Ms. Marwa Rustom (Qatar)	Optimizing Weight Gain in Failure to Thrive
12:25–12:40	Ms. Shaikha Al-Abduljabbar (Qatar)	Unveiling multi-omics insights for precision nutrition in type 1 diabetes and obesity-associated type 1 diabetes among the pediatric population in Qatar
12:40–12:50	Q&A	

Hall One: (11:55–12:50)

Moderators: Dr. Ghazi Daradkeh & Dr. Hasanain Ghazi

11:55–12:10	Dr. Sahar Khairy (Egypt)	Beyond BMI: A Nutrition-Centred Framework for Assessing Pediatric Eating Disorders
12:10–12:25	Ms. Salma Ahmed (Qatar)	Diet & Microbiome Interactions Revealing Distinct Steroid Response Subtypes in Pediatric Nephrotic Syndrome
12:25–12:40	Ms. Samreen Latif (Pakistan)	Evaluation of different feeding strategies for the management of preterm infants in selected NICUs of Pakistan
12:40–12:50	Q&A	



12:50–13:10

Poster Presentations



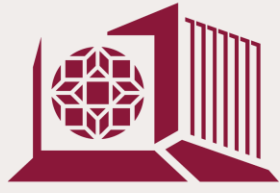
13:10–13:40

Lunch Break

Session 6: Childhood & Adolescent Obesity (CPD accredited)

Moderator: Dr. Reema Tayyem

13:40–13:43	Session Pre-Evaluation	
13:43–14:05	Dr. Paulina Nowicka (Sweden)	Addressing childhood obesity and related diseases through nutrition: Evidence and practice
14:05–14:30	Dr. Ayoub Al-Jawaldeh (Jordan)	Addressing childhood obesity and associated diseases
14:30–14:45	Q & A	



Auditorium: (14:45–15:50)

Moderators: Dr. Simone Perna & Dr. Seyyed Reza Sobhani

14:45–15:00	Dr. Ghazi Daradkeh (Qatar)	Fuel or Fat? The Hidden Link Between Energy Drinks and Adolescent Obesity
15:00–15:15	Dr. Rania Al-Groom (Jordan)	Social Media Exposure, Body Image Perception, and the Influence of Food Content: Associations with BMI among School Students Aged 12–17 in Jordan
15:15–15:30	Dr. Noor Hamed (Qatar)	From Plate to Hormones: Understanding Childhood Obesity
15:30–15:45	Q&A	
15:45–15:50	Session Evaluation	

Hall One (14:45–15:50)

Moderators: Dr. Hiba Bawadi & Dr. Suzan Tami

14:45–15:00	Dr. Narmeen Al-Awwad (United Arab Emirates)	Nutritional Status of Children with Cerebral Palsy in Jordan
15:00–15:15	Dr. Cherine Hatem (Qatar)	Latest Advances in Childhood Obesity
15:15–15:30	Ms. Roaa Malas (United Arab Emirates)	Evidence-Based Nutrition Strategies for Optimizing Growth in Premature Infants
15:30–15:45	Q&A	
15:45–15:50	Session Evaluation	



15:50–16:00

Coffee Break

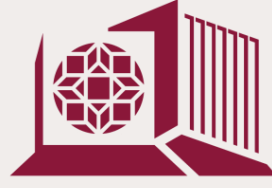
Session 7: Disordered Eating, Mental Health & Digital Exposure (CPD accredited)

Moderator: Dr. Layal Karam

16:00–16:03	Session Pre-evaluation	
16:03 -16:25	Dr. Nadine Zeeni (Lebanon)	Disordered Eating in Youth: Emerging Challenges in a Digital World
16:25–16:45	Dr. Madeeha Kamal (Qatar)	Silent Screams: Revealing the Hidden World of Qatar's Eating Disorders Puzzle
16:45-16:55	Q & A	
16:55-17:00	Session evaluation	
17:00-17:10	CPD Evaluation	

★ Closing Ceremony

17:10-17:15	Summary & Recommendations
17:15-17:30	Conference Ceremony, Poster Award announcement & Appreciation



Poster Presentations

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Day 2





Poster Presentations

13:30–14:00

#	Author	Poster Title
1	Dr. Abdulkareem Nassar	The potential effectiveness of community health and nutrition volunteers on mothers' infant and young children feeding knowledge and practice in remote areas, Hajjah, Yemen
2	Dr. Hussein Hassan	Dietary Exposure Assessment to Glyphosate Through the Consumption of Breakfast Cereals and Snacks Among Lebanese Children and Adolescents
3	Dr. Suzan Tami	Exploring Parenting Feeding Styles of Saudi Mothers in Al-Ahsa Province
4	Mufeeda Ameerli	Nutrition Education for Children and Families
5	Dr. Adrino Mazenda	Sustainable and Safe Food Systems for Child Growth and Development: The Contribution of Edible Insect-Based Protein in Low-Income Economies
6	Dr. Fekri Ali Dureab	Drivers of Food and Nutrition Insecurity in Emergency-Affected Countries of the Eastern Mediterranean: A Regional Analysis of Challenges and Pathways Forward
7	Eman Abu Hassan	The Role of Nutrition in Pediatric SMA Rehabilitation Post-Gene Therapy
8	Mayada Ebrahim	Healthcare Professionals' Nutrition Knowledge and Practices Determine the Nutritional Status Outcomes Among Institutionalized Abandoned Infants in Sudan: A Prospective Cohort Study
9	Shahid Fazal	Impact of Maternal Malnutrition on Pregnancy Outcomes and Childbirth in Dadu, Sindh, Pakistan
10	Amna Al-Thani	Epigenetic Effects of the Ramadan Fasting on Pediatric Metabolic Dysfunction-Associated Steatotic Liver Disease: A Pilot Study
11	بقاح مليكة	Local nutritional health heritage in educational curricula at the primary level: a content analysis of the textbooks
12	Tahra ElObeid	Development and Nutritional Evaluation of an Iron-Enriched Instant Weaning Food from Sorghum (<i>Sorghum bicolor</i>) and white leaved Cranberry (<i>Grewia tenax</i>)

Poster Presentations



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Day 3



Poster Presentations

12:50–13:10

#	Author	Poster Title
1	Dr. Suzan Tami	The impact of using smart devices on nutritional behaviors and physical activities among Saudi pre-school children
2	Dr. Fekri Ali Dureab	Strengthening Quality of Care in Therapeutic Feeding Centres: A Guideline-Based Approach to Severe Acute Malnutrition Management in Yemen
3	Dr. Nauman Khalid & Samreen Latif	Parental perception of nutritional intake and food skills of school-going children in Pakistan: A transformative way for nutritional improvement
4	Dr Seyyed Sobhani	From Awareness to Action: Innovative Strategies for Promoting Sustainable Diets in Children and Adolescents: A Systematic Review
5	Dr. Thanaa Al-Jaraedeh	Nutrient Intakes among Jordanian Adolescents Based on Gender and Body Mass Index
6	Ms. Maria Saleem	Sustainable Strategies for Childhood Obesity Prevention in Qatar
7	Dr. Ghazi Daradkeh	Fuel or Fat? The Hidden Link Between Energy Drinks and Adolescent Obesity
8	Dr. Arun Lakshmanan	The Role of the Microbiome in Infant Birthweight Prediction and Childhood T1DM
9	Dr. Sadaf Javaria	Sustainable and Safe Food Systems for Healthy Children: Bridging Food Security, Nutrition Security and Child Health
10	Ms. Fathima Rishdha Saleem	Perception of Teachers' and Caterers on Challenges and Barriers in Implementation of School Meal Program in Sri Lanka
11	Dr. Ghalia Shamlan	Appendicitis in a Child Following Pumpkin Seed Intake: A Clinical Case Report
12	Dr. Ghalia Shamlan	Appendicitis in a Child Following Pumpkin Seed Intake: A Clinical Case Report