

FACULTY PROFILE

Dana K. Al Tarrah, BSc, MSc, PhD



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Professional Summary

Dana K AlTarrah, BSc, MSc, Ph.D., is an Assistant Professor, Social and Behavioral Science at the Faculty of Public Health, Kuwait University. Her current activities involve development and teaching of courses in the area of Social and Behavioral Sciences for the Faculty of Public Health. Dr AlTarrah's current research focuses on the following areas: childhood obesity, the role of early nutrition in the development of childhood obesity, dietary assessment, nutrition epidemiology using qualitative and quantitative methods in surveillance of non-communicable diseases, and the development of educational interventions to promote a healthier lifestyle for children and prevent the early development of childhood obesity.

Education and Training

- PhD, Child Health Research, University College London, UCL Great Ormond Street Institute of Child Health, 2018 [PhD Scholarship Program, FOPH, Kuwait University]
- MSc, Clinical and Public Health Nutrition, University College London, 2010
- BSc, Human Nutrition, Kings College London, 2008

Research Interests and Projects

Dr AlTarrah current research interests and projects encompasses many aspects of paediatric nutrition and child health, with particular focus on childhood obesity, identification of early life risk factors of preschool overweight and obesity in the Arabian Gulf region, and the role of early nutrition in the development of obesity. Additionally, Dr AlTarrah research focuses on developing culturally appropriate interventions to prevent and manage the rising prevalence of childhood overweight and obesity in the region.

Selected Publications and Scientific Conferences

AlTarrah D., Singhal A., Lanigan J. (2016). Evaluation of a simple tool (Eat Right Emirates) that aims to educate parents on healthy lifestyle practices –findings of a randomised controlled trial. *Journal of Human Nutrition and Dietetics*. 29, S1, 14–23.

2nd Annual Bright Start Woman and Children Health conference, Abu Dhabi, 16 November 2015.

British Dietetic Association (BDA) Research Symposium, 2nd December 2015, presented abstract findings in the paediatric stream.

Presented at UCL Doctoral School Research Poster Competition 2015/2016. Poster title: evaluation of a simple healthy lifestyle tool “Eat Right Emirates” findings of a Randomised Controlled Trial.

Presented at UCL Great Ormond Street Institute of Child Health Annual Poster competition 2016 – attained 2nd prize in the Population Policy and Practice category. Poster title: evaluation of a simple healthy lifestyle tool “Eat Right Emirates” findings of a Randomised Controlled Trial.

Dietary assessment methods workshop at the Nutrition Society, 2017