

INSTITUTE OF PUBLIC HEALTH  
CMHS, UAE UNIVERSITY

# E-BOOK

SCIENTIFIC WEBINARS, HEALTH  
PROMOTION WEBINARS AND NEWSLETTERS





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# WELCOMING MESSAGE

In correlation with the mission of the Institute of Public Health (IPH), which is to educate health professionals and promote the health of individuals at the national, regional, and global levels, the IPH has initiated the delivery of a series of free scientific and health promotion webinars.

The scientific public health webinars are organized for the network of public health professionals in collaboration with ASPHER (Association of Schools in Public Health in the European Region). IPH has been a proud associate member since 2019. The series aims to showcase the importance of interdisciplinarity in public health practice, research, and training. We invited distinguished international speakers and covered interesting public health topics. In a short time, it became a popular venue for exchanging scientific expertise.

Health promotion webinars are focused on a broad public, informing the community about different health-related issues. It is arranged with health experts from UAE in collaboration with national health authorities. Speakers shared evidence-based health promotion lectures with practical advice. Our graduate and undergraduate students are involved in the organization of these webinars. By working with multiple disciplines and collaborating with local communities and government, we can have a tangible impact on public health research and practice.

Here, you can find current and archived webinar recordings, as well as our newsletter that highlights the IPH news and activities.



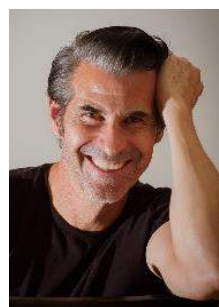
Prof. Michal Grivna  
Director, Institute of Public Health  
College of Medicine and Health  
Sciences  
United Arab Emirates University

## How our instincts to be healthy are making us sick



**Dr. Louis Hugo Francescutti**

*Royal Alexandra Hospital and the Northeast  
Community Health Centre in Edmonton, Canada*



**Dr. Robert Barrett**

*Royal College of Physicians &  
Surgeons of Canada, Canada*

Date: 21<sup>st</sup> October 2020

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**Dr. Louis Hugo Francescutti** is an emergency and preventive medicine physician, a university professor, an international speaker. He trained in preventive medicine at Johns Hopkins University in Baltimore and is Past-President of the Canadian Medical Association, and Past-President of the Royal College of Physicians and Surgeons of Canada, Dr. Francescutti has spent nearly three decades advocating one message: Live Smart. Reputed as one of Canada's leading medical visionaries and regarded internationally for his 'down to earth' and 'bold' methodologies, Lou is not intimidated by political correctness, nor is he afraid to tell it like it is. "People need to hear what the real issues are--no sugar coating. We live in a world that is far too complex and unforgiving. People need to learn that they are in control of their future and fortune--both in terms of health and happiness".

**Dr. Robert Barrett** has spent much of his life studying behavior, group dynamics, and organizational culture. His primary focus is on why we do the things we do and how individuals and teams can reach top performance. He has traveled to rural Nigeria to interview recruiters and leaders of death squads on how they indoctrinate fighters, he helped build Canada's first ever Patient Safety Officer program for Canadian hospitals, lectured on intercultural negotiation for senior Canadian Forces officers deploying to Afghanistan, and was lead researcher on a unique program designed to investigate ways to mitigate astronaut crew conflict in space for future Mars missions. Robert's work on motivation and team dynamics is also supported by 13 years as an elite athlete. Robert has written for the Huffington Post and has appeared more than 50 times on national television and radio. He is the recipient of a dozen major academic awards and is a human factors expert with over 15,000 hours of flying experience.



Recording: [Click here](#)

## Nothing is true and everything is possible public health in a world of “fake news”



### **Prof. Martin McKee**

*London School of Hygiene & Tropical Medicine, UK*

Date: 18<sup>th</sup> November 2020

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**Prof. Martin McKee** is Professor of European Public Health at LSHTM, London School of Hygiene & Tropical Medicine. He qualified in medicine in Northern Ireland and subsequently trained in public health in London. He manages a large research team studying the health effects of social, economic, and political transition. He has published over 1,200 papers in peer-reviewed journals, and he is author or editor of 46 books. He is in the top 1% of researchers by citations across all disciplines in the Clarivate world rankings.

His contributions to health policy in Europe have been recognized by election to Fellowship of the UK Academy of Medical Sciences, Foreign Associate Membership of Institute of Medicine of the US National Academies of Sciences, and membership of Academia Europaea. He has also been awarded 6 honorary doctorates. In 2003 he was awarded the Andrija Stampar medal by the Association of Schools of Public Health in European Region (ASPHER) and in 2005 he was made a Commander of the Order of the British Empire (CBE) for services to health care in Europe. He has over 30,000 followers on Twitter, as @martinmckee

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 Recording:

## Commercial determinants of health – a global challenge



### **Dr. Nino Paichadze**

*Milken Institute School of Public Health, The  
George Washington University, USA*

Date: 19<sup>th</sup> January 2021

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**Dr. Nino Paichadze**, MD MP is Assistant Research Professor in the Department of Global Health at the Milken Institute School of Public Health, the George Washington University. Her research focuses on non-communicable diseases (NCDs), injury prevention, digital health and research capacity development in low- and middle-income countries. Her research interests include utilizing mobile technologies for optimizing data systems on NCDs and associated risk factors, using the data for defining gaps in the management of chronic conditions and understanding the impact of commercial determinants on health outcomes. Dr. Paichadze holds a Master of Public Health degree from the Johns Hopkins Bloomberg School of Public Health, where she also completed her postdoctoral fellowship and a medical degree from Tbilisi State University, Georgia.

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Recording: [Click here](#)

## Planning for an outbreak of health



**Prof. John Middleton**  
*President of ASPHER*

Date: 23<sup>rd</sup> February 2021

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**Prof. John Middleton** Hon FFPH, FRCP, is the President of the Association of Schools of Public Health in the European Region (ASPHER) and Immediate Past President UK Faculty of Public Health. He leads ASPHER's strategic development and chairs the ASPHER COVID-19 task force who produced extensive materials for teaching and advocacy. He was Director of Public Health for Sandwell in the West Midlands of England for 27 years. His professional interests are in community safety, community development, climate breakdown and environmental protection. In another life he is a blues harmonica player with Dr Harp's Medicine Band, [www.drharp.co.uk](http://www.drharp.co.uk), albums on apple music and Spotify.

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Recording: [Click here](#)

## Public health in the Arab World, are we doing well?



**Prof. Iman Nuwayhid**  
*Faculty of Health Sciences, American  
University of Beirut, Lebanon*



**Prof. Salman Rawaf**  
*Imperial College London, UK*

Date: 23<sup>rd</sup> March 2021

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**Prof. Iman Nuwayhid** is a Professor of Public Health at the Faculty of Health Science (FHS) at the American University of Beirut (AUB), where he formerly served as Dean for 12 years (2008-2020). He received his MD from AUB and a Master of Public Health (MPH) and a DrPH in Occupational Health from The Johns Hopkins University, USA. Dr. Nuwayhid is American Board Certified in Occupational Medicine and an elected fellow to the Collegium Ramazzini since 2004. He is co-editor of the landmark book on “Public Health in the Arab World” (Cambridge University Press, 2012) and a co-chair of the Lancet-AUB Commission on Syria. Dr. Nuwayhid applies a social and political lens of analysis in his research, which focuses on the health of workers including working children, environment and health, and conflict and health. Under his leadership as Dean, FHS adopted a homegrown 360° system-network approach to public health teaching, research, practice, and policy, for which FHS received the “Global Health Leadership Award” in 2018 at the Arab Health Summit organized by the Arab Community Center for Economic and Social Services (ACCESS) in Washington, DC.

**Prof. Salman Rawaf** is the Chair of Public Health, Director of WHO Collaborating Centre in the Department of Primary Care and Public Health at Imperial College London, UK. He acquired his qualification in medicine, with training in pediatrics and public health, and spent the breadth of his career in leading roles in the NHS. Professor Rawaf is a globally recognized for his international work and contribution to global public health, health systems development, primary care and medical education in research and service delivery. He is an adviser to the World Health Organization on primary care, public health, health systems, medical education and training, human resource for health and COVID-19. He is involved in many national and international advisory works, including different task forces on COVID-19 and is a member of several editorial boards. Prof. Rawaf published almost 250 scientific papers, five books and many international reports and received many awards and recognitions including in 2015 a Life Achievement Award for innovative works in shaping health services, research and medical education



Recording: [Click here](#)



## Public health genomics



**Prof. Róza Ádány**

*University of Debrecen, Hungary*

Date: 20<sup>th</sup> April 2021

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**Prof. Róza Ádány** is a medical doctor specialized in preventive medicine and public health, founding Dean of the Faculty of Public Health, leader of the Public Health Research Group at the University of Debrecen, Hungary, visiting professor at the Semmelweis University (Budapest, Hungary). She is the immediate past president of the Public Health Genomics Section of the European Public Health Association (2012-2021), former President of the Association of Schools of Public Health in the European Region (ASPHER, 2001-2003), Vice-Chair of the WHO European Advisory Committee on Health Research (2012-2020).

Her scientific research achieved international significance regarding the identification of susceptibility genomic biomarkers of cardio-metabolic diseases; investigation of the structure and causes of premature mortality in Europe, especially among Roma; and evaluation of interventions for improved efficiency of prevention. She has over 350 scientific publications and more than 8000 citations in the international literature. She received several prestigious international awards, such as Award of the European Regional Director of the WHO for outstanding contribution to the improvement of health of the European population (2019) and H.R. Leavell Award 2020 of the World Federation of Public Health Associations.



Recording:

## Digital public health, some hints for a research agenda



### **Prof. Luís Velez Lapão**

*Professor of Global Health Information at  
Universidade Nova de Lisboa*

Date: 18<sup>th</sup> May 2021

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**Prof. Luís Velez Lapão**, PhD, MSc, Professor of Global Health Information at Universidade Nova de Lisboa. Coordinator of the DISHC-Digital & Smart Health Laboratory. He is the President of the General Council of the Lisbon Nursing School and a member of the Coordination of the WHO Collaborating Centre for Health Workforce Policy and Planning. Co-Coordinator of the CPLP Telemedicine Network. He has been the auditor of the European Commission for Healthcare Information Systems since 2005 and a member of the WHO/ITU Group on AI for Health (AI4H). He is currently the Principal Investigator of three research projects on health information and digital health, one related to COVID-19. He is author of more than 150 papers. <https://orcid.org/0000-0003-0506-1294>

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Recording:

## Health system recovery from emergencies, transforming challenges into opportunities



### **Dr. Ali Ardalan**

*Regional Adviser and Head of Health Systems in Emergencies Lab WHO Regional Office for the Eastern Mediterranean*

Date: 22<sup>nd</sup> June 2021

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**Dr. Ali Ardalan**, MD, PhD is a public health professional with 17 years of experience in arena of health emergency management at various managerial, policy making, advisory and academic capacities. Currently he is the Regional Adviser and Head of the Health Systems in Emergencies Lab (HSEL) at WHO EMRO, with a focus on health systems recovery from emergencies, operationalization of HDPNx, and refugee and migrant health. Dr. Ardalan was the founding chair and Professor at the Department of Disaster Public Health at Tehran University of Medical Sciences, Senior Fellow at Harvard Humanitarian Initiative, and a Visiting Scientist at Harvard School of Public Health.

The webinar aims to present a structured approach to the recovery and resilience-building processes of health systems and formulate implementation of building back better approach in recovery planning during the COVID-19 pandemic and other priority emergencies in the Easter Mediterranean Region including conflicts and natural disasters.



## Updates on COVID-19 response in UAE



### **Dr. Farida Al Hosani**

*Executive Director of Infection Disease Sector in  
Abu Dhabi Public Health Center*

*Official Spokesperson for Health Sector in the UAE  
Leader of the National Covid-19 Research  
Committee*

Date: 28<sup>th</sup> September 2021

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**Dr. Farida Ismail Al Hosani**, The familiar face of the efforts and developments of COVID-19 pandemic in the United Arab Emirates. Dr. Farida Al Hosani is the official spokesperson for the health sector in the UAE and manager of Communicable Diseases Department, Abu Dhabi Center of Public Health and Adjunct Associate Professor at the College of Medicine and Health Sciences at the UAE University. Dr. Farida graduated from the Medical College at the UAEU in 2003. In 2011 she obtained a Master of Public Health from Johns Hopkins University in the United States. She has got a DrPH in Health Policies and Management in 2018, and a Diploma in Public Sector Innovation from Mohammed bin Rashid Center for Government Innovation and University of Cambridge in the United Kingdom in 2017. She also obtained a master's in Strategic and Security Studies, from the National Defense College in the UAE in 2019. Dr. Farida Al Hosani contributed to the field of public health, as she participated in scientific and international research in health and infectious diseases and developed strategic plans for infectious diseases preparedness and dealing with pandemics. She is an expert of the World Health Organization in the field of emerging diseases. Dr. Farida Al Hosani received several awards, including: Hamdan Bin Rashid Education Award for Outstanding Performance in 2007, Excellent Bravo Award for Outstanding Employee from the Department of Health in Abu Dhabi and Abu Dhabi Award for Excellence in Government Performance in 2013. In addition, an Excellence in Teaching Award from the UAE University.

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Recording: [Click here](#)

## Public health workforce: development, competencies, and professionalization



**Prof. Katarzyna Czabanowska**  
*Maastricht University, The Netherlands*

Date: 26<sup>th</sup> October 2021

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**Prof. Katarzyna** is a Professor of Public Health Leadership and Workforce Development at the International Health Department, Maastricht University, the Netherlands, Honorary Member of the UK Faculty of Public Health. She directs Governance and Leadership in European Public Health program. She published around 200 scientific articles in peer-reviewed journals. She is the Past President of the Association of the Schools of Public Health in the European region (ASPHER), an academic Board Member of the Studio Europa at Maastricht University; she serves as a WHO expert in the area of Public Health Leadership, public health workforce development and planning and public health systems

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 Recording:

## From reducing High maternal and child mortality to NCDs burden in Himalaya's: Prevention first



### **Prof. Syed Shah**

*Institute of Public Health, College of Medicine & Health Sciences United Arab Emirates University, Al Ain, UAE*

Date: 23<sup>rd</sup> November 2021

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**Prof. Syed Mahboob Shah** is Professor in the College of Medicine and Health Sciences at the Institute of Public Health, the United Arab Emirates University. He is the World Heart Federation Emerging Leader for NCDs Prevention. His research focuses on non-communicable diseases (NCDs), mental health early childhood development, and research capacity development in low- and middle-income countries. Dr. Shah completed his medical training from Khyber Medical College, Peshawar University, a Master of Public Health degree in International Health, and PhD in Epidemiology from the Houston School of Public Health, University of Texas, in USA. He Completed one year Certificate course in the design and implementation of Clinical Trials from Harvard Medical School. He previously served the Aga Khan University as a faculty member in the Community Health Sciences, and the College of Medicine, University of Saskatchewan, Canada as an Associate Professor, and Washington State government as a Research Scientist.

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 Recording:

## Challenges of cancer survivorship: mental health and lifestyle considerations



### **Dr. Islam Elkonaissi**

*Senior Clinical Pharmacist BMT & Haematology,  
Sheikh Shakhbout Medical City and Mayo Clinic,  
UAE*

*Director, United Kingdom Clinical Pharmacy  
Association (UKCPA), UK*

Date: 21<sup>st</sup> December 2021

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**Dr. Islam Elkonaissi** is an international speaker and a prescribing cancer pharmacist in the UK. He is a Director of the UK Clinical Pharmacy Association (UKCPA). Dr. Islam held prestigious positions and led cancer services at world-renowned institutions including The Royal Marsden in London and Cambridge University Hospitals NHS Foundation Trust. Currently, he is overseeing the pharmacy BMT and Haematology service at Sheikh Shakhbout Medical City and Mayo Clinic in Abu Dhabi.

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## Genomics and translational epidemiology as drivers for public health



### **Prof. Vasilis Vasiliou**

*Chairman, Department of Environmental Health Sciences, Yale University, USA*

Date: 25<sup>th</sup> January 2022

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**Prof. Vasilis Vasiliou** (PhD), is Professor and Chair of the Department of Environmental Health Sciences. He received his BSc in Chemistry (1983) and PhD in Biochemical Pharmacology (1988) from the University of Ioannina, Greece. He then trained in gene-environment interactions, molecular toxicology and pharmacogenetics at the Department of Environmental Health in the College of Medicine at the University of Cincinnati (1991-1995). In July 2014, he joined the faculty of Yale University. In addition to his funded NIH-research portfolio, Prof. Vasiliou is the director of the NIAAA-funded R24-Resource Center for Mouse Models and Metabolomics Tools to Investigate Alcohol Metabolism and Tissue Injury. Prof. Vasiliou has published over 200 papers and edited three books on Alcohol and Cancer. Prof. Vasiliou is the editor of Human Genomics and serves on the editorial boards of several toxicology and visual sciences journals.

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Recording: [Click here](#)



## The global brain health survey



### **Dr. Isabelle Budin-Ljøsne**

*Norwegian Institute of Public Health, Norway*

Date: 22<sup>nd</sup> February 2022

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**Dr. Isabelle Budin-Ljøsne** (PhD), is a bioethicist and senior advisor at the Norwegian Institute of Public Health, Norway. She holds an MA in research ethics from the Keele University in the United Kingdom and a PhD in research ethics from the University of Oslo, Norway. She has over the years been involved in several European projects in the field of genetic epidemiology and is currently a work package leader in the EU-funded project Lifebrain ([www.lifebrain.uio.no](http://www.lifebrain.uio.no)). Dr. Budin-Ljøsne is also the national ELSI representative of the biobank infrastructure Biobank Norway and participates in the ELSI task force of the European research infrastructure BBMRI-ERIC. She served as a member of the Nordic Committee on Bioethics from 2015 to 2021. Isabelle's research explores ethical and societal challenges associated with health research and the conduct of longitudinal cohort studies.



Recording: [Click here](#)

## Health literacy – what is it and why is it important?



**Dr. Josefin Wångdahl**  
*Uppsala University, Sweden*

Date: 22<sup>nd</sup> March 2022

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**Dr. Josefin Wångdahl** (MSc,PhD), A researcher at the department of Public Health and Caring Sciences, Uppsala university and affiliated to ARC, the Swedish research representant of the Action Network on Measuring Population and Organizational Health Literacy of EHII - WHO-Europe (M-POHL), and member of the Research Standards Committee of the International Health Literacy Association (IHLA). Wångdahl's thesis was about health literacy among newly arrived refugees in Sweden and what implication it has for their health and health care. For many years she has worked in several large national EU-funded research projects aiming to promote the health and health literacy of migrants with refugee background. She has experiences of translation and validation of several health literacy instrument and teach regularly about health literacy. Moreover, she was one of the initiators of the Swedish website on health literacy, which she now is responsible for.



Recording: [Click here](#)

## Mandates and public health messaging



### **Dr. Steven A. Matarelli**

*Vice President for Clinical Affairs and Special Projects for Medpoint Asia, China*

Date: 26<sup>th</sup> April 2022

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**Dr. Steven A. Matarelli**, PhD RN FABC is Vice President for Clinical Affairs and Special Projects for Medpoint Asia, serving in the capacity of Chief Nursing Officer and Chief Quality Officer for Guangzhou R&F Hospital, Guangzhou China. Formerly, Dr. Matarelli worked as a Sr. Clinical Executive for Vocera Communications - Middle East & United Kingdom and as Field Director and Nurse Surveyor for Joint Commission International. Prior to joining Joint Commission, Dr. Matarelli worked for Johns Hopkins Medicine International in the role of Chief Operating Officer/Chief Clinical Officer of Tawam Hospital, United Arab Emirates.

A graduate of the Johnson & Johnson Wharton Fellows Program in Management for Nurse Executives and a Fellow of the Healthcare Advisory Board, Dr. Matarelli is a highly experienced national and international speaker in the United States, Middle East, and Asia on topics of nursing care, hospital operations, patient safety, research, and “theory-into-practice” for healthcare providers, community organizations, and academic settings. His 37 years of healthcare experience has spanned bedside nursing, clinical and executive operations, academia, research, and industry.



Recording: [Click here](#)

## Aid Effectiveness and multi-stakeholder participation in public health



### **Dr. Padmini Murthy**

*Global Health Director at New York Medical College School of Health Sciences and Practice, USA*

Date: 18<sup>th</sup> May 2022

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**Dr. Padmini Murthy**, MD, MPH, FAMWA, FRSPH is a globally recognized health professional in her roles as a physician and public health expert. Currently she serves as Professor and Global Health Director at New York Medical College School of Health Sciences and Practice, USA. She currently serves as chair of the International Health Section of American Public Health Association. She is global health lead for the American Medical Women's Association (AMWA) and the NGO rep to United Nations. Dr. Murthy has been working with UN ambassadors and UN missions to promote women's health globally with local efforts. Some of the projects she has worked on include safe motherhood, spearheading the procurement of medical equipment to serve communities in Grenada, Kenya, India, Malawi, Liberia, and Nepal. She has worked with the former 1st Lady of Malawi on a Safe Motherhood Project by providing funds to establish maternity waiting home and supply safe motherhood kits to women.

During the COVID crisis in 2020/ 2021 Murthy has spearheaded efforts working with other NGOs, foundations in the US and other countries in sending Oxygen Concentrators to India and PPE (over 85,000,) masks, face shields to the Navajo Nation, local organizations, and individuals. She is currently working on a Menstrual Equity Project with the First Lady of Suriname.

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 Recording: [Click here](#)

## Vulnerability and resilience in maternal, newborn and child health: The role of gender norms and opportunities for gender-transformative interventions



### **Dr. Emmanuel Olamijuwon**

*CHERISH Research Fellow, School of Primary Care,  
University of Southampton, UK*

Date: 28<sup>th</sup> June 2022

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**Dr. Emmanuel Olamijuwon** is a social and health researcher. His interests lie at the intersection of culture, health, and technology use in low-and-middle-income countries, particularly Africa. He has explored these dimensions through his contribution to projects examining gendered dimensions of vulnerability and resilience in MNCH, gender roles and child health nutrition, young African adults' experiences of technology-facilitated violence, and technology use in sexual health promotion, among others. He also maintains an active research program using innovative methods and digital traces to study African populations.

Affiliation: *CHERISH Research Fellow, School of Primary Care, Population Sciences and Medical Education, University of Southampton, UK*

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Recording: [Click here](#)



# HEALTH PROMOTION WEBINARS



## Bullying challenges and solution

(In Arabic)



**Dr. Faisal Al-Bakri**

*Adviser to the Minister of Education in the United Arab Emirates*



**Dr. Essam Ali**

*UNICEF- Gulf Area Office*

Date: 9<sup>th</sup> February 2021

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**Dr. Faisal Al-Bakri** is Adviser to the Minister of Education in the United Arab Emirates. He holds many academic qualifications and has long experience in civil and military work. During his long service, he practiced many leadership and executive positions within many governmental and private civil and military institutions. Currently, he exercises several tasks in the Ministry of Education, where he manages the Education Data Center, supervises the school safety officers program, and serves as Vice President of the Child Protection Council, where he contributes to the development of the education system. It stimulates and supports positive educational and behavioral practices with the aim of achieving the state's strategies for a prosperous future through Vision 2021, which includes providing a high-level educational system, a safe society, a just judiciary, and a cohesive society that preserves its identity.

**Dr. Essam Ali** is Social Policy Specialist in UNICEF- Gulf Area Office. I worked for 2 decades as a children's rights policy expert with UN agencies and international organizations as UNICEF, UNDP, ESCWA, CIDA, and Save the Children in European Union and different Arab countries. I undertook numerous studies about children in several countries and assisted in developing their strategies and plans of action to enhance child rights. I contributed to numerous publications and produced several training manuals on child protection, violence against children, juvenile justice, and children's participation. Concerning emergency programs, I worked with War Child-UK as Iraq's country director from 2006-2007. I conducted a study on "Promoting Civic Values and Life Skills among Adolescents through Education in Iraq" for ESCWA. I facilitated youth participation during UN Study on Children and armed conflict 1996.



Recording: [Click here](#)

## The science of happiness

(In Arabic)



### **Ms. Noof Al Jneibi**

*Director of the Emirates Center for Happiness  
Research at the United Arab Emirates University,  
UAE*

Date: 16<sup>th</sup> March 2021

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**Ms. Noof Al Jneibi** is the Director of the Emirates Center for Happiness Research at the United Arab Emirates University. Noof has previous experience as an academic supervisor upon joining, and later she held the position of Director of the Office of the Vice Chancellor for Student Affairs. She holds a master's degree from the University of Pennsylvania in Applied Positive Psychology.

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Recording: [Click here](#)



## Tips for healthier Ramadan during COVID-19 pandemic (In Arabic)



### **Dr. Aysha Al Dhaheeri**

*Department of Health Promotion & public health programs Abu Dhabi public health center, UAE*

Date: 6<sup>th</sup> April 2021

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**Dr. Aysha Al Daheri** is the section head of health promotion- Department of Health Promotion & public health programs Abu Dhabi public health center. She is a physician and a holder of a master's degree in public health and public health specialist accredited by the National Board for Professional Accreditation of Public Health in the United States of America.

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Recording:

## Cervical cancer prevention tips and facts

(In Arabic)



### **Dr. Thikra Hasan Al Safi**

*Consultant Physician at Tawam Hospital, UAE*

Date: 1<sup>st</sup> June 2021

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**Dr. Thikra Hasan Al Safi** Consultant at Tawam Hospital -SEHA-Abu Dhabi Consultant Physician at Tawam Hospital in Al Ain since 2005 in the Department of Obstetrics and Gynecology. She received many promotions and she's the Head of Women's Services Department. She received her Bachelor of Medicine from University of Baghdad, Iraq. She is an adjunct faculty member at the College of Medicine at the United Arab Emirates University.

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Recording:

## Breast cancer, what do you need to know about prevention?

(In Arabic)



### **Dr. Sawsan Al Madhi**

*Director of the Friends of Cancer Society, UAE*

Date: 12<sup>th</sup> October 2021

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**Dr. Sawsan Al Madhi** is the General Director of the Friends of Cancer Society in the UAE and Chairman of the Medical and Awareness Committee of the Pink Caravan. She has more than 18 years of experience in management and leadership skills. Dr. Sawsan is a specialist in internal medicine and a fellow of the Royal Medical Association in London.

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Recording: [Click here](#)

## Prevention of children's traffic and home injuries

(In Arabic)



### **Ms. Samira Al Kathiri**

*Occupational Safety Department - Health and Safety Department, UAE*

Date: 16<sup>th</sup> November 2021

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**Ms. Samira Al Kathiri** is the head of Occupational Safety Department - Health and Safety Department She holds an Executive Master's degree in Healthcare Administration (with distinction) from Zayed University in Abu Dhabi in 2013 and a bachelor's degree from the College of Technical Sciences (with distinction with honors). She is also a member of the Traffic Safety Committee of the Joint Committee for Safety in Abu Dhabi

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 Recording:

## Physical activity in the workplace

(In Arabic)



### **Dr. Mansour Anwar Habib**

*Director of Sustainability and Quality of Life*

*Department - Emirates Integrated*

*Telecommunications Company "du", UAE*

Date: 12<sup>th</sup> January 2022

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**Dr. Mansour Anwar Habib** is a family medicine and occupational health consultant and the Director of Sustainability and Quality of Life Department - Emirates Integrated Telecommunications Company "du". He has a professional track record of accomplishments, as he is the first Emirati doctor to combine the specialty of family medicine and occupational health. He is a graduate of the UAE Government Leaders Program "Executive Leaders Category - Fourth Batch". In addition to graduating from the training program for happiness and positivity. Recently, he was appointed as an assistant professor at the Mohammed bin Rashid University of Medicine and Health Sciences.

Dr. Mansour is considered one of the active writers in the local health media. He also published the book "carpenter door is broken", which talks about the society's behavior towards health



Recording: [Click here](#)

# Systemic Lupus Erythematosus (SLE) - prevention and treatment

(In Arabic)



**Dr. Afra Al Dhaheri**

*Rheumatism consultant at Tawam hospital, UAE*

Date: 2<sup>nd</sup> February 2022

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**Dr. Afra Al Dhaheri** is a rheumatism consultant at Tawam hospital and fellowship in Lupus. Dr. Afra Al Dhaheri has a Rheumatology fellowship from the Royal College of Physicians of Ireland. She also completed a clinical fellowship in Systematic lupus erythematosus from the University of Toronto. She has eight years' experience in Internal Medicine and five years' experience in Rheumatology. Her main interest is treating and managing systemic lupus erythematosus. She also has vast experience in treating inflammatory joint diseases in adults, like rheumatoid arthritis, spondyloarthritis (e.g. ankylosing spondylitis and arthritis associated with inflammatory bowel disease), and v such as SLE (Systemic Lupus Erythematosus), Sjogren's syndrome, scleroderma, polymyositis and dermatomyositis, and crystal induced arthritis like gout and other rheumatic diseases.

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Recording: [Click here](#)

## Polycystic Ovaries (PCO) versus Polycystic Ovarian Syndrome (PCOS)

(In Arabic)



### **Dr. Saba Munib Sheikh**

*Obstetrician & Gynecologist, Ambulatory Health Care Services, UAE*

Date: 8<sup>th</sup> March 2022

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**Dr. Saba Munib Sheikh** (MCPS (Pak.), FCPS (Pak.), MPH (UAE)) is an Obstetrician & Gynecologist, Ambulatory Health Care Services, UAE. She is also an Adjunct Clinical Lecturer in the College of Medicine & Health Sciences in the UAE University. She is also a trained lactation Consultant

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Recording: [Click here](#)

## Obesity and Pre-Metabolic Syndrome

(In Arabic)



**Dr. Sara Al Hadrami**

*Sheikh Khalifa Medical City, UAE*

Date: 24<sup>th</sup> April 2022

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**Dr. Sara Al Hadrami** is a pediatrician at Sheikh Khalifa Medical City and a graduate of the College of Medicine and Health Sciences at the United Arab Emirates University.

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Recording: [Click here](#)



## Smoking and Midwakh: it's time to quit (In Arabic)



### **Dr. Mohammad Al houqani**

*Associate Professor at the United Arab Emirates University, UAE*



### **Dr. Budoor Al Shehhi**

*Chronic Diseases Department at the Abu Dhabi Center for Public Health, UAE*

Date: 31<sup>st</sup> May 2022

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**Dr. Mohammad Al houqani** is an Associate Professor at the United Arab Emirates University, Consultant Pulmonary and Secretary General of the National Institute for Health Specialties, completed his specialized training at the University of Toronto and holds a fellowship from the Royal College of Physicians and Surgeons of Canada, a researcher in respiratory diseases and sleep disorders

**Dr. Budoor Al Shehhi** is the head of the Chronic Diseases Department at the Abu Dhabi Center for Public Health. She graduated from the College of Medicine and Health Sciences at the UAE University in 2006 with a bachelor's degree in Medicine and General Surgery, and then completed the Arab Board in Internal Medicine in 2011. She received her master's degree in public health in 2017. She holds a mini-MBA in Hospital Administration from the University of Missouri, USA, in 2017. She is currently a PhD student in public health at the Institute of Public Health at the College of Medicine, United Arab Emirates University. Specialized in providing smoking cessation services.



Recording: [Click here](#)

## Mental health among Youth

(In Arabic)



### **Dr. Rasha Bayoumi**

*University of Birmingham, Dubai, UAE*

Date: 21<sup>st</sup> June 2022

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**Dr. Rasha Bayoumi** is a psychologist. She has been involved in research, clinical practice, and teaching over the past two decades in Canada, the UK, the US, Sudan, and Oman. Worked at WHO in the field of mental health and reproductive health. She has taught in many areas of psychology and public health at the undergraduate and graduate levels, as well as training master's students. She has also been involved in various aspects of research, including writing proposals and grants, designing a study, collecting and analyzing data, and managing research teams.

She holds a bachelor's degree in psychology from McMaster University in Canada and completed her master's degree in clinical psychology at San Jose State University, USA. During that time, she trained at the Veterans Affairs Hospital in Palo Alto, California, where she worked with veterans with PTSD and other anxiety disorders. She moved to Oman to continue her clinical work, where she also taught clinical courses to medical students.

She completed her PhD in Psychology at Cardiff University in collaboration with the World Health Organization. She then completed a postdoctoral fellowship at Harvard University.

She joined the University of Birmingham Dubai in 2021, where she is currently an Assistant Professor of Psychology and the University's Chief Research Officer.



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# NEWSLETTER



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