

REHAB ALDAHASH

Nationality: Saudi Arabia

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EDUCATION

- **Doctor of Philosophy** **University of Nebraska - Lincoln | 2022 (anticipated)**
Major: Nutrition and Health Sciences
Specialization: Community Nutrition & Health Promotion
Minor: Food Science and Technology
 - **Master of Science** **University of Nebraska - Lincoln | 2018**
Major: Food Science and Technology
College of Agricultural Sciences and Natural Resources
 - **Bachelor's Degree** **King Saud University | 2010**
Major: Food Sciences and Human Nutrition
College of Food and Agricultural Science
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PROFESSIONAL GOALS

I plan to use the experience in nutrition and health sciences developed through my graduate studies to improve individuals' health, prevent diseases, and promote preventive health behavior to protect the public's health. I plan to transmit my knowledge in the nutrition field to my students in the Health and Rehabilitation Sciences College at Princess Nourah Bint Abdulrahman University in Saudi Arabia, and to utilize my strengths in the nutrition field to advance nutrition and health research in Saudi Arabia.

PROFESSIONAL EXPERIENCE

Practice my education skills in nutrition and food science to improve the knowledge of students.

Teaching Assistant | University of Nebraska–Lincoln | OCT - APR 2018

- Food Sensory Evaluation Lab

Teaching Assistant | Princess Nora Bint Abdulrahman University | OCT 2011 - APR 2012

- Foundations of food preparation-Lab
- Food chemistry-Lab
- Principles of Nutrition-Lecturer
- Final Exam Committee Member

Student Guidance | Elementary School | JAN - APR 2010

- Helps students throughout their education, and deal with personal, social and behavioral issues.
 - Counseling in areas of academic achievement
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VOLUNTEER EXPERIENCE

Raise the level of health awareness for all segments of society.

Community Nutrition Partnership Council (CNPC) | OCT 2018

- Panel on Cultural Awareness related to nutrition, health and learning.

The Good Neighbor Community Center | AUG – DEC 2018

- Nutrition and health promotion educational presentations and activities

The World Assembly of Muslim Youth | JAN - AUG 2010

- Guidance and counseling
 - Planning activity for teenage girls
 - Islamic studies
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RESEARCH

Enhance my research skills in the fields of nutrition and food science.

Thesis Master of Science Degree | May 2018

- Interplay of Ferulic and Gallic Acid on Oxidative Phosphorylation during the Candida albicans Yeast-to-Hyphae Transition

Manuscripts in Development

- Does having a health goal influence health behavior? Implications of a cross-sectional study for health education |2021 (anticipated)
- Diet quality of children participating in SNAP and WIC food assistances program compared to nonparticipants in The U.S.: a narrative review on current evidence |2021 (anticipated)
- Health literacy in Nebraska: Results of a statewide survey

PhD Dissertation | anticipated (May 2022)

- Nutrition Knowledge and Behavior Related to Fat Intake among Foreign-Born Arabic-Speaking Women of Reproductive Age
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INNOVATIVE PROJECTS

Develop new ways to convey nutritional information.

Community Nutrition Class | AUG – DEC 2018

- Tasty videos
 - Webinar
 - School Menu
 - Wellness Challenge for NE state employees
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CONFERENCES

Learn about current knowledge in the field and network with other nutrition professionals.

- American Public Health Association Annual Meeting & Exposition | 2021 Oct. Denver, CO (anticipated)
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AWARDS

- Community Public Health Award | 2019
- Outstanding student in intensive English program at UNL | 2014
- Graduated second in my class with honor in food sciences and human nutrition at King Saud University | 2010
- Outstanding student in food sciences and human nutrition at King Saud University | 2010