

# **Amir Alakaam, *PhD. MS. RDN. LN. MBChB.***

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## **EDUCATION**

- Ph.D. Nutrition and Food Systems** December 2015  
University of Southern Mississippi, Hattiesburg, Mississippi  
Graduate Assistantship  
Additionally, completed 18 graduate-level credits in Public Health
- M.S. Nutrition and Dietetics** January 2013  
Marywood University, Scranton, Pennsylvania  
Fulbright Scholarship
- M.B.Ch.B. Medicine and General Surgery** June 2006  
University of Baghdad, College of Medicine, Baghdad, Iraq
- ISPP Individualized Supervised Practice Pathways** August 2018  
Dietetic Internship Program, Iowa State University, Ames, Iowa

## **ACADEMIC APPOINTMENT**

- Associate Professor** August 2019 – present  
Department of Health & Human Performance, University of Tennessee at Chattanooga, Chattanooga, Tennessee
- Assistant Professor** July 2016 – July 2019  
Department of Nutrition and Dietetics, University of North Dakota, Grand Forks, North Dakota
- Postdoctoral Fellow** January – June 2016  
Department of Nutrition and Food Systems, University of Southern Mississippi, Hattiesburg, Mississippi
- Graduate Research Assistant** May 2013 – December 2015  
Department of Nutrition and Food Systems, University of Southern Mississippi

## **PROFESSIONAL CREDENTIAL**

- Registered Dietitian, Commission on Dietetic Registration, the Academy of Nutrition and Dietetics. Licensure Number: 1098726. 2019 – present

Licensed Nutritionist, State of North Dakota. North Dakota Board of Dietetic Practice, U.S. Licensed number: 003785. 2016 – present

Licensed Physician (Primary Care), Iraqi Medical Association, Iraq. Licensed number: 36330. 2006 – present

## TEACHING EXPERIENCE

### Academic Course

*University of Tennessee at Chattanooga* 2019 – present

- NUTR 3370: Advanced Nutrition I: Macronutrients
- PUBH 5450: Public Health & Community Nutrition

*University of North Dakota* 2016 – 2019

- N&D 335: World Food Pattern
- N&D 441: Advanced Nutrition
- N&D 499: Special Topics in Nutrition and Dietetics
- N&D 541: Biochemical and Physiological Basis of Nutrition: Macronutrients
- N&D 542: Biochemical and Physiological Basis of Nutrition: Micronutrients
- N&D 550: Nutrition Education and Program Planning
- N&D 553: Nutritional Health Advocacy and Policy

*University of Southern Mississippi* 2013 – 2015

- NFS 362: Nutrition
- NFS 713: Nutrition Education: Theory and Practice (Co-Instructor)
- NFS 410: Macronutrients Metabolism (Graduate Assistant)
- NFS 411: Micronutrients Metabolism (Graduate Assistant)

### Non-academic Course and Seminar

*Osher Lifelong Learning Institutes, Hattiesburg, Mississippi* 2014

- Food Labels
- Eat Right

## CLINICAL EXPERIENCE

### Dietetic Intern: Clinical Rotation

Valley Memorial Homes (Valley Eldercare Center), Grand Forks, North Dakota June – August 2018

### Permanent Resident Doctor: Cardiothoracic and Vascular Surgery

Al-Kadhimiya Teaching Hospital, Baghdad, Iraq

May – August  
2010

**Director and General Practitioner**

Amaar Ben Yasser Primary Healthcare Center, Wasit, Iraq

March 2009 –  
May 2010

**Resident Doctor**

Al-Karama General Hospital, Wasit, Iraq  
Al-Numaniya General Hospital, Wasit, Iraq

February 2006 –  
March 2009

**Clinical Training: Baghdad Teaching Hospital, Iraq**

17 weeks training in Medicine  
17 weeks training in Surgery  
8 weeks Gynecology and Obstetrics  
6 weeks Pediatrics

2005 – 2006

**THESIS AND DISSERTATION**

**Doctoral Dissertation**

Alakaam, A. (2015). Hospital practices related to breastfeeding in Mississippi A Socio-Ecological approach. *Dissertation, 178*. <http://aquila.usm.edu/dissertations/178>

**Master Thesis**

Alakaam, A. (2012). *A Qualitative study assessing the factors that influence dietary habits among international students in the United States*. Marywood University, Scranton, PA

**RESEARCH AND PUBLICATION**

**Peer-reviewed**

**Alakaam, A.** (2019). Demand for lactation leads to flowing supply of success: Support requested from states to improve breastfeeding practices. *JMWH: Journal of Midwifery & Women's Health*. 1526-9523. [doi.org/10.1111/jmwh.12977](https://doi.org/10.1111/jmwh.12977)

**Alakaam, A.,** Lemacks, J., Yadrick, K., Connell, C., Choi, H., & Newman, R. (2018). Maternity nurses' knowledge and practice of breastfeeding in Mississippi. *MCN: The American Journal of Maternal/Child Nursing*, 43(4), 225-230. [doi:10.1097/NMC.0000000000000437](https://doi.org/10.1097/NMC.0000000000000437)

**Alakaam, A.,** Lemacks, J., & Parker, A. (2018). Reasons for non-attendance nutrition appointment among medically underserved community in rural Mississippi. *Journal of Epidemiological Research*, 4(2), 35. [doi:10.5430/jer.v4n2p35](https://doi.org/10.5430/jer.v4n2p35)

**Alakaam, A.,** Lemacks, J., Yadrick, K., Connell, C., Choi, H., & Newman, R. (2017). Breastfeeding practices and barriers to implementing the ten steps to successful

breastfeeding in Mississippi hospitals. *Journal of Human Lactation*, 34(2), 322-330.  
[doi:10.1177/0890334417737294](https://doi.org/10.1177/0890334417737294)

**Alakaam, A.,** Townsend, D., & Lemacks, J. (2017). Accuracy of weight status perception related to weight loss stage of change among medically underserved adults. *Journal of Epidemiological Research*, 3(1), 37. [doi:10.5430/jer.v3n1p37](https://doi.org/10.5430/jer.v3n1p37)

**Alakaam, A.,** & Lemacks, J. (2015). Fruit and vegetable consumption, fat intake, and physical activity participation in relation to socio-demographic factors among medically underserved adults. *AIMS Public Health*, 2(3), 402-410.  
[doi:10.3934/publichealth.2015.3.402](https://doi.org/10.3934/publichealth.2015.3.402)

**Alakaam, A.,** Castellanos, D., Bodzio, J. & Harrison, L. (2015). The factors that influence dietary habits among international students in the United States. *Journal of International Students*, 5(2), 104-120. [EJ1060049](https://doi.org/10.1002/ijis.10049)

### Published Abstract

**Alakaam, A.** (2019). A nutrition education program through the farmer's market: Lessons learned from community-based research in North Dakota. *Circulation*, 139, AP093.  
[doi.org/10.1161/circ.139.suppl\\_1.P093](https://doi.org/10.1161/circ.139.suppl_1.P093)

**Alakaam, A.,** Lemacks, J., Yadrick, K., Connell, C., Choi, H., & Newman, R. (2016). Hospital policies and practices related to breastfeeding in Mississippi: A Socio-Ecological approach. *APHA*.354042

**Alakaam, A.,** Townsend, D., Lemacks, J., & Landry, A. (2014). The relationship between socio-demographic characteristics of South Mississippi adults to reported fruit and vegetable intake and physical activity. *The FASEB Journal*, 28(1), [1021.4](https://doi.org/10.1096/faseb.2014.28.1.1021.4).

### Book Chapter

**Alakaam, A.** (2016). International students' eating habits and food practices in colleges and universities. In Bista, K., & Foster, C. (2016), *Campus support services, programs, and policies for international students*. IGI Global. [10.4018/978-1-4666-9752-2.ch006](https://doi.org/10.4018/978-1-4666-9752-2.ch006)

### Other Publication

**Alakaam, A.** (2011). Fulbright, more than study. *Fulbrighter*, 4, 2-3.

### Research Oral Presentation

**Alakaam, A.** North Dakota Nutrition. Brown Bag sessions, College of Nursing and Professional Disciplines. University of North Dakota. November 2018

**Alakaam, A.** Eating habits and cultural effects among international students in the United States. Comparative and International Education Society Annual Meeting (CIES). Mexico City, Mexico. March 2018

- Alakaam, A.** Factors that influence dietary habits of international students in the United States. Brown Bag sessions, College of Nursing and Professional Disciplines. University of North Dakota. November 2017
- Alakaam, A.** A strategy to develop breastfeeding-friendly environments among hospitals in Mississippi. Brown Bag: Women's History Month. Hattiesburg, Mississippi. March 2016
- Alakaam, A.** Hospital practices related to breastfeeding in Mississippi. Three Minute Thesis, University of Southern Mississippi. November 2015
- Alakaam, A., & Mayfield-Johnson, S.** Comparison of eating patterns among international students from six U.S. universities. Dr. Siltanen Graduate Student Research Symposium, Hattiesburg, Mississippi. March 2015
- Alakaam, A.** A strategy to develop breastfeeding-friendly environments among hospitals in south Mississippi. Three Minute Thesis, University of Southern Mississippi. November 2014

### Conference Poster Presentation

- Alakaam, A.** Increase fruit and vegetable intake through the farmer's market. Choose Food Symposium. Baltimore, Maryland. November 2018
- Alakaam, A.** Evaluation of breastfeeding rates, durations, and support in North Dakota. Dakota Conference on Rural and Public Health. Grand Forks, North Dakota. June 2018
- Willyard, A. & **Alakaam, A.** Dietary acculturation effects among international college students in the United States. Association for Psychological Science Annual Convention. San Francisco, California. May 2018
- Alakaam, A., Lemacks, J., Yadrick, K., Connell, C., Choi, H., & Newman, R.** Hospital policies and practices related to breastfeeding in Mississippi. American Public Health Association Annual Meeting. Denver, Colorado. October 2016
- Alakaam, A., Townsend, D., Lemacks, J., & Landry, A.** The relationship between socio-demographic characteristic of south Mississippi adults to reported fruit and vegetable intake and physical activity. Experimental Biology Conference, San Diego, California. April 2014

### GRANT

#### External

- Nutrition Education Program. **Alakaam, A. (PI).** Community Outreach grant. North Dakota Nutrition Council. Awarded: \$250 2019

Nutrition Education Program. <b>Alakaam, A. (PI)</b> . City of Grand Forks. Awarded: \$3,000	2019
Increase Breastfeeding Rates among Low-income Mothers in North Dakota. <b>Alakaam, A. (PI)</b> & Shogren, M. The Robert Wood Johnson Foundation. Requested: \$180,000.	2018
Nutrition Education Program through the Farmers' Market. <b>Alakaam, A. (PI)</b> . Town Square Farmer's Market. Awarded: \$2,000	2018
Multicultural Scholars into Nutrition Programs. Tande, D. (PI) & <b>Alakaam, A. (Co-investigator)</b> . National Institute of Food and Agriculture. Requested: \$200,000. Not funded	2018
Preventive Health and Health Services Block Grant Evaluation. Tande, D. (PI) & <b>Alakaam, A. (Co-investigator)</b> . North Dakota Department of Health. Awarded: \$20,000.	2016
The Church as a Bridge to Deliver Health Resources via Telehealth. A Lemacks J. (PI), <b>Alakaam, A. (Research Lab Manager)</b> . National Institute of Health. Awarded: \$439,290.	2016

### Internal

Rural Communities Health Seed Funding. UND Division of Research & Economic Development. Awarded: \$3,200.	2018
Seed Award. The College of Nursing and Professional Disciplines Office of Research. Awarded (total): \$6,000	2018 & 2017
Faculty Travel Grant. The Senate Scholarly Activities Committee. Awarded: \$177.15	2016
Peggy Jean Connor Grant. The Committee on Services and Resources for Women. Awarded: \$1,000	2015
Research Award. USM Department of Public Health. Awarded: \$150	2015

### DISSERTATION/THESIS/ PRACTICUM ADVISING

Chia-Lin Chang, Educational Foundations & Research. Doctoral degree dissertation.	2019
Erin Harris, Shelby Beito, <i>Nutrition Education Program through the Farmers' Market</i> . Community Nutrition supervised practice.	2018
Emily Hallie, <i>Breastfeeding Support in North Dakota Hospitals</i> . Master of public health practicum.	2017

Nicolas Britton, *North Dakota: The Past, Present, and Future through its Cuisine*. Independent study. 2017

Amy Newton, *Quantitative analysis of nonattendance of nutritional appointments in rural Mississippi*. Master of public health practicum. 2016

## PROFESSIONAL DEVELOPMENT

EPI Lifestyle 2019 Scientific Sessions. Educational Activity. The American Heart Association. Houston, Texas March 2019

Teaching with Technology Workshop. University of North Dakota June 2017

Alice T. Clark Scholars Mentoring Program. University of North Dakota 2016 – 2017

Nutrition Focused Physical Examination Workshop. Rutgers University May 2017

Research Agenda Writing Workshop. University of North Dakota March 2017

Teaching Statement Workshop. University of North Dakota January 2017

Public Health Service Financial Conflict of Interest education session. University of North Dakota September 2016

The Mary Frances Picciano Dietary Supplement Research Practicum. The Office of Dietary Supplements. National Institutes of Health, Bethesda, Maryland June 2016

Designing and Conducting Focus Group Interviews. National Food Service Management Institute. Hattiesburg, Mississippi July 2013

Fulbright Global Food Security Seminar. Fulbright Program, Bureau of Educational and Cultural Affairs. State College, Pennsylvania May 2012

Greening of the Planet, Global Challenges and Local Solutions. Fulbright Program, Bureau of Educational and Cultural Affairs, Chicago, Illinois March 2011

## PROFESSIONAL MEMBERSHIPS

### National Association

Comparative and International Education Society 2018 – present

American Public Health Association 2015 – present

American Diabetes Association 2012 – present

American Heart Association and American Stroke Association 2012 – present

Association for Middle Eastern Public Policy and Administration 2012 – present

International Exchange Alumni	2010 – present
Academy of Nutrition and Dietetics	2010 – present
Iraqi Medical Association	2006 – present

**State Association**

North Dakota Nutrition Council	2018 – present
North Dakota Academy of Nutrition and Dietetics	2016 – present
Greater Grand Forks Breastfeeding Coalition	2016 – present
Mississippi Breastfeeding Coalition	2014 – 2016
Mississippi Dietetic Association	2013 – 2016
Pennsylvania Dietetic Association	2010 – 2013

**HONOR AND AWARD**

Certificate of Outstanding Contribution in Reviewing. Obesity Research & Clinical Practice	2017
Certificate of Appreciation. Journal of International Students	2016
Dean's Council Graduate Research Award. College of Health, University of Southern Mississippi	2015
Outstanding Student Award. Department of Nutrition and Food Systems, University of Southern Mississippi	2015
Department Research Award. Department of Public Health, Graduate Student Research Symposium, University of Southern Mississippi	2015
Member, The Gamma Beta Phi Society	2014
Margaret McCarthy Scholarship. University of Southern Mississippi	2013 & 2014
Member, Theta Chapter of The Alpha Epsilon Lambda Honor Society	2012
Fulbright Scholarship. The Bureau of Educational and Cultural Affairs	2010 – 2013
Appreciation for service in the CCU. Wasit Department of Health, Iraq	2007 & 2009
Certificate of Good Conduct in Private Medical Service. Iraqi Medical Association, Iraq	2006

**ACADEMIC AND PROFESSIONAL SERVICE**

## **University Service**

### *University of North Dakota*

- Member of the Essential Studies Committee 2018 – 2019
- Member of Rural Health & Communities Grand Challenge 2018 – 2019
- Judge in the Graduate Research Achievement Day 2017
- Associate Member on the Graduate Faculty 2018 – 2019

## **College Service**

### *College of Nursing and Professional Disciplines, University of North Dakota*

- Member of Research & Scholarship Committee 2018 – 2019
- Member of Nursing Faculty Search Committee 2017 – 2019
- Member of a review committee for a student appeal 2017
- Member of Civility-Retreat Planning Committee. 2017

## **Department Service**

### *Department of Nutrition and Dietetics, University of North Dakota*

- Advise master students 2018
- Member of Inter-professional Health Care Team 2017
- Member of Faculty Search Committee 2017
- Instruct a Nutrition Education Workshop to master students 2016
- Screened Community Nutrition Supervised Practice applicants 2016

## **Professional Service**

### *Editorial Board Member*

- Journal of Food Research and Nutrition 2017 – present
- Journal of Nutrition, Diet and Human Health 2017 – present
- Nutrition & Food Science International Journal 2016 – present

### *Conference Organizing Committee member*

- International Conference on Food and Nutritional Sciences. Valencia, Spain 2020

- World Congress & Expo on Food Science, Nutrition and Health. 2019  
Barcelona, Spain.

*Abstract Reviewer*

- Comparative and International Education Society Annual 2017  
Conference. (3 papers, 1 panel)
- American Public Health Association Annual Meeting. (27 abstracts) 2017

*Peer Manuscript Reviewer*

- Drug, Healthcare and Patient Safety (2) 2019 – present
- Vaccine (1 manuscript) 2018 – present
- PLOS One (1 manuscript) 2018 – present
- Applied Medical Research (2 manuscript) 2018 – present
- American Journal of Public Health (4 manuscript) 2017 – present
- Nutrition & Food Science International Journal (10 manuscripts) 2017 – present
- Journal of International Students (12 manuscripts) 2015 – present
- Obesity Research & Clinical Practice (1 manuscripts) 2015
- SAGE open (2 manuscripts) 2015 – 2016

*Chapter Reviewer*

- Bista, K., & Foster, C. (2016). *Global perspectives and local 2015*  
*challenges surrounding international student mobility*. IGI Global.
- Bista, K., & Foster, C. (2016). *Campus support services, programs, 2015*  
*and policies for international students*. IGI Global.

*Guest Speaker*

- Nutrition Assessment Workshop. The Department of Physician 2018 – 2019  
Assistant Studies. School of Medicine & Health Sciences
- Nutrition in Older Adults lecture. First-year medical students. School 2017  
of Medicine & Health Sciences
- Food Labels. Spirit Lake Diabetes Awareness Day. Devils Lake, ND 2017
- Qualitative Research. Workshop offered to juniors in dietetics 2016  
program. University of North Dakota

- My Research: Past, Present, and Future. USDA Grand Forks Human Nutrition Research Center 2016
- Middle Eastern Retail Culture. Department of Marketing and Merchandising, University of Southern Mississippi 2014 & 2015
- International Students' Adjustments to U.S. Food and Culture. Marywood International Dinner, Marywood University 2012
- Fulbright Scholarship: What You Should Know. Fulbright Fair, Marywood University 2012

### **Interview and Media Appearance**

[Eater](#). (April 22, 2019). The Secret Soylent Capital of the World Is... Grand Forks, North Dakota? Jenny Zhang.

[WDAY TV](#). (July 14, 2018). North Dakota Nutrition. ABC News report.

[Health and Wellness Podcast](#). (April 26, 2018). Wake-up Call to Poor Eating. UND Today.

[Alive & Well Podcast](#). Dr. Amir Alakaam: The Importance of Nutrition. (Feb 15, 2018). Natural Healthy Concepts.

[Academic Services: Best Practices and Gaps](#). Webinar. (Nov 17, 2016). The Journal of International Students.