

SARA IBRAHEEM AL-MUSHARAF

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EDUCATION

- ✓ *King Saud University, College of Applied Medical Sciences, Riyadh-KSA. Master of Science in Public Health, Clinical Nutrition. Excellent degree, First Honor Graduate (GPA 4.95 /5.0).* 2011
I finished four semesters in courses and two semesters in the thesis which was titled “Effect of dietary calcium intake on vitamin D levels and obesity in Saudi children” which we found interesting results.
- ✓ *King Saud University, College of Applied Medical Sciences, Riyadh-KSA. Bachelor of science in Public Health - Clinical Nutrition. Excellent degree, First Honor Graduate (GPA 4.96 /5.0).* 2008
- ✓ I Studied in Najd school elementary, intermediate and secondary school, I graduated from high school **98.94%**.
- ✓ I was first student in my class through my education journey.
- ✓ The ideal student for nutrition department for year. 2005/2006

RELATED COURSEWORK

- Macrobiotic Course at The Professional Technical Institute For Training, Languages & Employment. 2002
- Participate in open day in the college representing nutrition department by a lecture for the newly students. 2009

WORK EXPERIENCE

- Lecturer at the department of community health sciences (nutrition), College of Applied Medical Sciences, King Saud University. 2012 - Present
- Teaching assistant (Demonstrator) at the department of community health sciences (nutrition), College of Applied Medical Sciences, King Saud University. (Teaching lectures and practical , Academic advising and other demonstrative work). 2007-2011
- A member in SDA (Saudi dietetic association).
- A member of Zahra association for breast cancer.
- A member of Kail Association which is interested in obesity awareness.
- One year dietetic internship: 2006-2007
 - ✓ King Abdulaziz Hospital-Diabetes Center (*DM*) for 2 months.
 - ✓ Military Hospital for 6 months(*pediatric ward & clinic, ICU unit, surgical ward, cardiac ward, renal ward and dialysis unit, long term care, liver ward, and weight reduction clinic*).
 - ✓ King Faisal Specialist Hospital for 4 months (*pediatric ward and clinic, ICU unit, cardiac ward and clinic*).

EDUCATIONAL ACTIVITIES

- Participated at the Swine Flu event, *College of Applied Medical Sciences, 2009.*
- Attendance of the functional Food day event, *College of Applied Medical Sciences, 2009.*

- Participated in" nutrition between health & disease "in prince Salman social center.
- Volunteer in nutrition awareness program at Riyadh force hospital.
- Al janadreyah (pregnancy and lactation nutrition), 2010.
- Participated Autism event with a booth, 2010.
- Organizing committee in the SDA (Saudi dietetic association) in the following symposiums (Nutrition and breast cancer, nutrition and colon cancer), 2010.
- Scientific and organizing committee in the SDA for Sports and Nutrition Symposium, 2011.
- Participated in" Renewing Health "in prince Salman social center, 2011.
- Organization and attendance of orphan's activities.

SKILLS AND LANGUAGE

- ✓ Mastering in Microsoft Word and Microsoft Power Point
- ✓ Excellent command of English.

SYMPOSIUMS ATTENDED

- **Attendance and coordination of nutrition and colon cancer symposium by SDA (2010).**
 - **Attendance and coordination of nutrition and breast cancer symposium by SDA (2010).**
 - **Attendance and coordination of sports and nutrition symposium by SDA (2011).**
 - **2nd International Congress of Childhood Obesity at four seasons hotel(2010)**
 - **1st International Congress of Childhood Obesity at King Khaled University Hospital (2009).**
 - **4th International Symposium on Update in Clinical & Community Nutrition at *Riyadh Military Hospital* (2008).**
 - **Epidemiology: Translating Science to Health Care at *King Faisal Specialist Hospital and Research Center in Riyadh, Saudi Arabia* (2007).**
 - **3rd International Symposium on Update in Clinical Nutrition at *Riyadh Military Hospital* (2004).**
 - **Update on Clinical Nutrition Symposium at *Security Forces Hospital* (2004).**
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PUBLICATIONS

- **Sara Al-Musharaf**, Abdulaziz Al-Othman, Nasser M. Al-Daghri, Soundararajan Krishnaswamy and Deqa S. Yusuf, et al. Vitamin D deficiency and calcium intake in reference to increased body mass index in children and adolescents. *European Journal of Pediatrics*, Online First™, 7 February 2012.
 - Al-Othman A, **Al-Musharaf S**, Al-Daghri NM, Yakout S, Alkharfy KM, Al-Saleh Y, Al-Attas OS, Alokail MS, Moharram O, Sabico S, Kumar S, Chrousos GP. Tea and coffee consumption in relation to vitamin D and calcium levels in Saudi adolescents. *Nutrition Journal* 2012, **11**:56.
 - Abdulaziz Al-Othman, **Sara Al-Musharaf**, Nasser M Al-Daghri, Soundararajan Krishnaswamy, Deqa S Yusuf, Khalid M Alkharfy, Yousef Al-Saleh, Omar S Al-Attas, Majed S Alokail1 , Osama Moharram, Shaun Sabico and George P Chrousos. Effect of physical activity and sun exposure on vitamin D status of Saudi children and adolescents. *BMC Pediatrics* 2012, **12**:92.
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