

I. Academic/Professional Background

A. Name: Berna Rahi

Title: Assistant professor

B. Educational Background

<i>Degree</i>	<i>Year</i>	<i>University</i>	<i>Major</i>
Ph.D.	2014	University of Montreal	Clinical Nutrition

C. University Experience

<i>Position</i>	<i>University</i>	<i>Dates</i>
Assistant professor	Lebanese American University	1/18-8/21
Postdoctoral fellow	University of California, Los Angeles	11/16-10/17
Postdoctoral fellow	INSERM- University of Bordeaux II	9/14-9/15

D. Relevant Professional Experience

<i>Position</i>	<i>Entity</i>	<i>Dates</i>

E. Other Professional Credentials (licensure, certification, etc.)

Member of the American Society for Nutrition

II. TEACHING

A. Teaching Honors and Awards:

Recommendation for Ph.D. honor's list, Faculty of Medicine, University of Montreal in 2014

B. Courses Taught:

At Lebanese American University:

NUT 201: Fundamentals of human nutrition (UG as an elective class and restricted to nutrition students)

NUT 301: Community Nutrition (UG)

NUT 401: Advanced Human Nutrition (UG)

NUT 499: Senior project in nutrition (UG)

NUT 602: Research methodology in nutrition and food sciences (G)

NUT 652: Advanced nutrient metabolism II (G)

NUT 623: Advanced Therapeutic Nutrition (G)

NUT 631: International nutrition and nutrition in emergencies (G)

NUT 661: Nutritional Epidemiology (G)

NUT 699: MSc. Thesis

C. Graduate Theses/Dissertations, Honors Theses, or Exit Committees (if supervisor, please indicate):

Supervisor:

2020- Tracy Daou, MS student- Dietary Patterns and prevalence of frailty among Lebanese community-dwelling older adults

2020- Alexandra Daccache, MS student - Protein and energy intakes and frailty prevalence among Lebanese community-dwelling older adults

2020- Mariam Kansou, MS student- Association between dietary patterns and cognitive decline among Lebanese community-dwelling older adults- Mariam Kansou

2021- Maha Ezzeddine, MS student, Healthy lifestyle index and cognitive decline among Lebanese community-dwelling older adults

Committee Member:

2020- Nathalie Aouad, MS Student- The effects of social determinants of health on type 2 diabetes outcomes- a cross sectional study

2020- Marya Hanna, MS student- The effect of a maternal dairy-free Lebanese Mediterranean diet on colic and allergy symptoms in exclusively breastfed infants

2021- Maya Imad, MS student- Effects of Lebanese Mediterranean diet and lifestyle factors on pregnancy outcomes: a prospective study

D. Courses Prepared and Curriculum Development:

2018- NUT 602: Research methodology in nutrition and food sciences (G)

2018- NUT 652: Advanced nutrient metabolism II (G)

2019- NUT 631: International nutrition and nutrition in emergencies (G)

2020- NUT 623: Advanced Therapeutic Nutrition (G)

2020- NUT 661: Nutritional Epidemiology (G)

E. Funded External Teaching Grants and Contracts:

2019- World Food Program, Lebanon: Impact of the World Food Programme summer camps on children's nutrition knowledge, health knowledge, social cohesion, and life skills- 30,000\$, CoPI

F. Submitted, but not Funded, External Teaching Grants and Contracts:

G. Funded Internal Teaching Grants and Contracts:

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

I. Other:

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press)

1. Books (if not refereed, please indicate)

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

Rahi B, Raji C, Meysame S, Merrill D. (2020) “Nutrition and Cognitive Decline”. Handbook of Cognitive Aging: A Life Course Perspective, Cambridge University Press. Editors: Gutchess A & Thomas A.

e. Creative Books:

2. Articles

a. Refereed Journal Articles:

1. Rahi B, Pellay H, Chuy V, Helmer C, Samieri C, Fear C. “Dairy Product Intake and Long-Term Risk for Frailty among French Elderly Community Dwellers” *Nutrients* . 2021 Jun 23;13(7):2151. doi: 10.3390/nu13072151.
2. El-Jor C[§], **Rahi B**[§], El Khoury Malhame M, Mattar L, Moussa S, Zeeni N. “Assessment of the World Food Programme Summer Camps in Lebanon: a model of effective interventions for vulnerable adolescents.”. *Br J Nutr*. 2020 Sep 18:1-29. doi: 10.1017/S0007114520003682. Online ahead of print. **Chosen Paper of the month**
3. McEwen SC[§], Siddarth P[§], **Rahi B**, Kim Y, Mui W, Wu P, Emerson ND, Lee J, Greenberg S, Shelton T, Kaiser S, Small G, Merrill DA. “Simultaneous aerobic exercise and memory training program in older adults with subjective memory complaints”. “*Journal of Alzheimer’s Disease*”. 2018;62(2):795-806. doi: 10.3233/JAD-170846
4. Laird KT, Paholpak P, Roman M, **Rahi B**, Lavretsky H. “Mind-Body Therapies for Late-Life Mental Cognitive Health”. *Curr Psychiatry Rep*. 2018 Jan 25;20(1):2. doi: 10.1007/s11920-018-0864-4
5. Siddarth P[§], **Rahi B**[§], Emerson ND, Burggren AC, Miller KJ, Bookheimer S, Lavretsky H, Dobkin B, Small G, Merrill DA. “Physical Activity and hippocampal sub-region structure in older adults with memory complaints”. *J Alzheimers Dis*. 2018;61(3):1089-1096. doi: 10.3233/JAD-170586.
6. **Rahi B**^{*}, Ajana S, Tabue-Teguo M, Dartigues JF, Peres K, Fear C. “Higher adherence to a Mediterranean diet and lower risk of frailty among French elderly community-dwellers: results from the Three-City-Bordeaux study”. *Clin Nutr*. 2018 Aug;37(4):1293-1298. doi: 10.1016/j.clnu.2017.05.020. Epub 2017 May 31.
7. **Rahi B**^{*}, Colombet Z, Gonzalez-Colaco Harmand M, Dartigues JF, Boirie Y, Letenneur L, Fear C. “Higher Protein But Not Energy Intake Is Associated with A Lower Prevalence Of Frailty Among Community Dwelling Older Adults In The French Three-City-Cohort”. *J Am Med Dir Assoc*. 2016 Jul 1;17(7):672.e7-672.e11. doi: 10.1016/j.jamda.2016.05.005.
8. García-Esquinas E, **Rahi B**, Peres K, Colpo M, Dartigues JF, Bandinelli S, Fear C, Rodríguez-Artalejo F. “Consumption of fruits and vegetables and risk of frailty: a dose-response analysis of three prospective cohorts of community-dwelling older adults”. *Am J Clin Nutr*. 2016 Jul;104(1):132-42. doi: 10.3945/ajcn.115.125781. Epub 2016 May 18.
9. **Rahi B**, Morais JA, Gaudreau P, Payette H, Shatenstein B. “Energy and protein intakes and their association with a decline in functional capacity among diabetic older adults from the

NuAge cohort". Eur J Nutr. 2016 Jun;55(4):1729-39. doi: 10.1007/s00394-015-0991-1. Epub 2015 Jul 16.

10. **Rahi B**, Morais JA, Gaudreau P, Payette H, Shatenstein B. "Functional decline is unaffected by diet quality alone or in combination with physical activity among generally healthy older adults with T2D from the NuAge cohort." Diabetes Res Clin Pract. 2014 Sep;105(3):399-407. doi: 10.1016/j.diabres.2014.07.008. Epub 2014 Jul 22.
11. **Rahi B**, Morais JA, Dionne IJ, Gaudreau P, Payette H, Shatenstein B. "The combined effects of diet quality and physical activity on maintenance of muscle strength among diabetic older adults from the NuAge cohort." Exp Gerontol. 2014 Jan;49:40-6. doi: 10.1016/j.exger.2013.11.002. Epub 2013 Nov 20
12. Hlais S, El-Bistami D, **El Rahi B**, Mattar MA, Obeid OA. "Combined Fish Oil and High Oleic Sunflower Oil Supplements Neutralize their Individual Effects on the Lipid Profile of Healthy Men." Lipids. 2013 Sep;48(9):853-61. doi: 10.1007/s11745-013-3819-x. Epub 2013 Jul 26.

b. Non-refereed Articles:

3. Conference Proceedings

a. Refereed Conference Proceedings:

- 2020-Rahi B**, Daou T, Gereige N, Issa Y, Moawad Y, Zgheib K. "Effects of Polypharmacy on appetite and malnutrition risk among institutionalized Lebanese older adults – Preliminary results". *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 69, https://doi.org/10.1093/cdn/nzaa040_069
- 2020-Rahi B**, Pellay H, Samieri C, Helmer C, Dartigues JF, Feart C. "Frequency of Dairy Products Consumption and 10-Year Risk of Frailty Among Older Community-Dwellers from the Three-City-Bordeaux cohort- Preliminary Results" *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 70, https://doi.org/10.1093/cdn/nzaa040_070
- 2019-Rahi B**, Al Arif A, Assaker E, Radan M, Rizk Y. "Eating alone and nutritional status among Lebanese community dwelling older adults- Preliminary results". JAGS, volume 67, S1, Meeting Abstract, p S55

b. Non-refereed:

4. Abstracts:

5. Reports:

2016- <http://sante.lefigaro.fr/actualite/2016/09/01/25342-manger-proteines-est-crucial-pour-muscles-apres-65-ans>

2017- The Global Fruit and Veg Newsletter, March 2017, #19

2017- <https://www.nutraingredients.com/Article/2017/06/23/French-study-links-Med-diet-pattern-to-lower-risk-of-frailty>

2017- <http://www.pressreleasepoint.com/just-4000-steps-day-can-lead-better-brain-health>

2017- <http://newsroom.ucla.edu/releases/just-4000-steps-a-day-better-brain-health>

2018- <https://www.scienceandtechnologyresearchnews.com/just-4000-steps-a-day-can-lead-to-better-brain-health/>

6. Book Reviews:

7. Other Works in Print:

B. Works not in Print

1. Papers Presented at Professional Meetings:

2020- **Rahi B**, Daou T, Gereige N, Issa Y, Moawad Y, Zgheib K. “Effects of Polypharmacy on appetite and malnutrition risk among institutionalized Lebanese older adults – Preliminary results”. American Society for Nutrition 2020 *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 69, https://doi.org/10.1093/cdn/nzaa040_069

2020-Rahi B, Pelay H, Samieri C, Helmer C, Dartigues JF, Feart C. “Frequency of Dairy Products Consumption and 10-Year Risk of Frailty Among Older Community-Dwellers from the Three-City-Bordeaux cohort- Preliminary Results”. American Society for Nutrition 2020. *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, Page 70, https://doi.org/10.1093/cdn/nzaa040_070

2019-Rahi B, Al Arif Aghappi, Assker E, Radwan M, Rizk Y. 2019 Annual Scientific Meeting of the American Geriatrics Society, Oregon, USA, Thursday 2 May. JAGS, volume 67, S1, Meeting Abstract, p S55

2020-Pelay H, Samieri C, Helmer C, Dartigues JF, **Rahi B**, Feart C. Accepted at the 7th francophone conference, Frailty of older adults, Paris, France

2019- Pelay H, Samieri C, Helmer C, Dartigues JF, **Rahi B**, Feart C. Fifth International Congress of Translational Research in Human Nutrition. Clermont-Ferrand, France

2019-Féart C, Le Goff M, Pelay H, **Rahi B**, Helmer C, Pérès K, Dartigues JF, Tabue-Teguo M. Accepted at the 7th Francophone conference, Frailty of Older Adults, Paris, France

2017- **Rahi B**, Siddarth P, Emerson ND, Burggren AC, Small G, Merrill DA. “22nd Annual UCLA research Conference on Aging”

2016-Rahi B, Colombet Z, Dartigues JF, Boirie Y, Letenneur L, Feart C. Presented at the 4th francophone conference, Frailty of older adult, Toulouse, France

2016-Rahi B, Ajana S, Tabue-Teguo M, Dartigues JF, Peres K, Feart C. Presented at the 4th francophone conference, Frailty of older adult, Toulouse, France

2015-Rahi B, Garcia-Esquinas E, Ajana S, Dartigues JF, Barberger-Gateau P, Rodriguez-Artalejo F, Feart C. Presented at the annual meeting of the International Academy on Nutrition and Aging, Barcelone, Spain

2015-Feart C, Ajana S, **Rahi B**, Dartigues JF, Peres K, Barberger-Gateau P. Presented at the annual meeting of the International Academy on Nutrition and Aging, Barcelone, Spain

2015-Rahi B, Garcia-Esquinas E, Ajana S, Dartigues JF, Barberger-Gateau P, Rodriguez-Artalejo F, Feart C. Presented at the 3rd francophone conference, Frailty of older adult, Paris, France

2015- Rahi B, Ajana S, Tabue-Teguo M, Dartigues JF, Peres K, Feart C. “Journées Francophones de Nutrition”, Marseille, France

2015- Rahi B, Ajana S, Dartigues JF, Peres K, Feart C. “Journées Francophones de Nutrition”, Marseille, France, 9-11 December 2015.

2014- **Rahi B**, Morais JA, Gaudreau P, Payette H, Shatenstein B. 74th scientific sessions of the American Diabetes Association, San Fransisco, USA, Guided Audio Poster Tour

2014- **Rahi B**, Morais JA, Gaudreau P, Payette H, Shatenstein B. 74th scientific sessions of the American Diabetes Association, San Fransisco, USA, General Poster Session

2013- **Rahi B**, Morais JA, Shatenstein B. Presented at the 2013 Annual Scientific Meeting of the American Geriatrics Society, Texas, USA, International Poster Session

2013- **Rahi B**, Morais JA, Shatenstein B. Presented at the 2013 Annual Scientific Meeting of the American Geriatrics Society, Texas, USA

2012- **Rahi B**, Morais JA, Shatenstein B. Presented at 41st Annual scientific and Education Meeting of the Canadian Association of Gerontology, Vancouver, Canada

2012- **Rahi B**, Morais JA, Shatenstein B. Presented at the 15th Annual McGill Division of Geriatric Medicine Research Day, McGill University, Montreal, Canada

2012- **Rahi B**, Morais JA, Shatenstein B. Presented at the 7th symposium of the Association of Students in Public Health at Univeristy of Montreal, Montreal, Canada

2011- **Rahi B**, Morais JA, Shatenstein B. Presented at the annual research day of University of Montreal, Montreal, Canada

2. Creative works

4. Invited Talks, Lectures, and Presentations:

2019- Rahi B. “Nutrition and Cognition”; 3rd Middle East and North Africa Regional Conference of Alzheimer’s Disease International, 27 Sep 2019

2019- Rahi B. “Nutrition and Physical Performance among Older Adults”; Symposium on Nutrition and Healthy Aging, Lebanese American University, Lebanon, April 2, 2019

2018-Rahi B. “Role of Nutrition in the Health of Older Adults”; Nutrition and Dietetics Department, American University of Technology, Byblos, Lebanon; April 17, 2018

2017-Rahi B. “Geriatric Nutrition: Roles in physical, functional, cognitive and mental health”; Department of Nutrition, University of Balamand, Beirut, Lebanon; October 27, 2017

2016-Rahi B. “Frailty and disability in older adults: Nutrition and Beyond”; Casa Colina Hospital and Centers for Healthcare, Pomona, California; August 26, 2016

2015-Rahi B. “Roles of diet quality and physical activity in preventing functional decline among diabetic older adults” in Diabetes and Obesity: Current understanding and perspectives for 2030, Interdisciplinary Public Health Seminar; Bordeaux, France; January 23, 2015

5. Consultancies:

6. Workshops:

7.5. Other Works not in Print:

a. Works “submitted” or “under review”

b. Works “in progress”

C. Grants and Contracts

1. Funded External Grants and Contracts:

2. Submitted, but not Funded, External Grants and Contracts:

3. Funded Internal Grants and Contracts:

4. Submitted, but not Funded, Internal Grants and Contracts:

D. Fellowships, Awards, Honors:

IV. SERVICE

A. Institutional

1. University:

2. College:

Member, School of Arts and Sciences Undergraduate Academic Council

3. Department/School:

Secretary, Natural Sciences Department Laboratory Best Practices Committee (DLBPC)

B. Professional:

Journal reviewer

- British journal of nutrition

- Nutrients

- Journal of American Geriatrics Society

- Public Health Nutrition

- International journal of environmental research and public health

C. Community:

D. Service Honors and Awards:

E. Service Grants and Contracts

1. Funded External Service Grants and Contracts:

2. Submitted, but not Funded, External Service Grants and Contracts:

3. Funded Internal Service Grants and Contracts:

4. Submitted, but not Funded, Internal Service Grants and Contracts: