



RESEARCH SCHOLARY ACTIVITIES

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PEER-REVIEWED JOURNALS

Almasri, A., **El-Kour, T.**, Silva, L., & Abdulfattah, Y. (2024). Evaluating the Energy Efficiency of Popular US Smartphone Health Care Apps: Comparative Analysis Study Toward Sustainable Health and Nutrition Apps Practices. *JMIR Hum Factors*, 2024 (11). doi: 10.2196/58311

Moussa Rogers, M., Cuccolo, K., McKinney, C., Edlund, J. E., Grahe, J. E., Zlokovich, M. S., Bauer, L. M., **El-Kour, T.**, Hässler, B., Jia, F., Norvilitis, J., Shane-Simpson, C., Yockey, R. A., Cramblet Alvarez, L. D., Eisner, L., Rhys Evans, T., Farahani, H., Haden, S., Hawkins, G., Kawabata, Y., Stoppa, T., ... Kalibatseva, Z. (2024). Understanding Family Dynamics in a Cross-Cultural Sample: A Multi-National Study. *Psi Chi Journal of Psychological Research*, 29(2),140–149. <https://doi.org/10.24839/2325-7342.JN29.2.140>

El-Kour, T. (2023, July). Reorienting Global Efforts to Effectively Deliver on Nutrition Outcomes. *Dietetics and Nutrition Around the World*, 5. <https://internationaldietetics.org/wp-content/uploads/2023/08/DRAFT-DNAW-FOR-JULY-2023-2023-07-21.pdf>

El-Kour, T. (2022). Increasing Covid-19 Vaccine Uptake in Africa. K4D Helpdesk Report. *Institute of Development Studies*. doi: 10.19088/K4D.2022.099

El-Kour, T. (2021). Digital Behavior Response in Augmented Reality Versus Non-Augmented Reality Contexts: A Randomized Controlled Trial. *Fielding Graduate University ProQuest Dissertations Publishing*, 2021.28316944. <https://www.proquest.com/openview/2604451f481d67e57dca359542d4c82c/1?pq-origsite=gscholar&cbl=18750&diss=y>

El-Kour, T., Kelley, K., Bruening, M., Robson, S., Vogelzang, J., Yang, J., & Jimenez, E. (2020). Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition. *Journal of the Academy of Nutrition and Dietetics*, 121(7), pp. 1379-1391. doi: 10.1016/j.jand.2020.08.078

Burgermaster, M., Wong, S., Bateson, W., Qamar, Z., McGuirt, J., MacMillan Uribe, A., **El-Kour, T.**, Spielmaker, A. & Stage, V. (2019). DigiTech Division: Positioning SNEB to Lead the Way in Digital Technology for Nutrition Education and Behavior Change. *Journal of Nutrition Education and Behavior*, 51(3), pp. 265-266. doi: 10.1016/j.jneb.2019.01.016

Caiafa, K., Dewey, K., Michaelsen, K., de Pee, S., Collins, S., Rogers, B., **El-Kour, T.**, Walton, S. & Webb, P. (2019). Food Aid for Nutrition: Narrative Review of Major Research Topics Presented at a Scientific Symposium Held October 21, 2017, at the 21st International Congress of Nutrition in Buenos Aires, Argentina. *Food and Nutrition Bulletin*, 40(1) pp. 111-123. doi: 10.1177/0379572118817951

El-Kour, T. (2008). Social Determinants of Health: Essential Knowledge for Public Health Practitioners. The Digest (peer-reviewed publication of the Public Health and Community Nutrition practice group of AND), Winter 08: 6-7, 9.

EI-Kour, T. (2004). 2004 Public Policy Workshop. Building Visions for the Future. Today@MDA (peer-reviewed publication of the Massachusetts Dietetic Association), Summer 04: 6-7.

EI-Kour, T. (2004). Nutrition and Public Policy: A Student's Perspective on What We Can Do. Academy of Nutrition and Dietetics Student Scoop (peer-reviewed publication of the Academy of Nutrition and Dietetics); Jan 04 (1): 6-7.

Baxter, A., Highfill, B., & **EI-Kour, T.** (2003). Nutrition and Public Policy. Action Plan for Kansas Dietetic Professionals. KDA Communicator (peer-reviewed publication of the Kansas Dietetic Association); May-Jun 03: 4-5.

PEER-REVIEWED ABSTRACTS

EI-Kour, T. (2022). The Middle East Dietetics Needs Assessment: Using Data to Drive Change in Policy, Systems and Environment for Impactful Dietetics Practice. *Journal of the Academy of Nutrition and Dietetics*, 122(10). doi: 10.1016/j.jand.2022.08.080

EI-Kour, T. (2021). Proposed Model for Categorizing Consumer Digital Behavior Responses towards Health and Nutrition Information Over a Continuum of Technology. *Journal of the Academy of Nutrition and Dietetics*, 121(9). doi: 10.1016/j.jand.2021.06.315

EI-Kour, T. (2021). The Effects of Augmented Reality on Digital Behavior Responses in Millennials and Generation-Z: A Randomized Controlled Trial. *Journal of the Academy of Nutrition and Dietetics*, 121(9). doi: 10.1016/j.jand.2021.06.184

EI-Kour, T., Nafouj, R., Abo Al-Shamat, R., Hajjar, M., & Nahlawi, M. (2021). Implementing Infant and Young Child Feeding in Emergencies during COVID-19 in Primary Healthcare Facilities in Syria. *Journal of the Academy of Nutrition and Dietetics*, 121(9). doi: 10.1016/j.jand.2021.06.209

EI-Kour, T. (2020). Digital Behavior Interventions in Augmented Reality Versus Non-Augmented Reality Contexts: A Randomized Controlled Trial. *Fielding Graduate University*.

Kelley, K., **EI-Kour, T.,** & Jimenez, EY. (2019). An Ounce of Prevention: Weighing the Role of the Registered Dietitian in Population Health. 2019 *The North American Primary Care Research Group (NAPCRG) Practice Based Research Network (PBRN) Conference* in Bethesda, MD.

EI-Kour, T., Hogg, J., & Sewell, D. (2018). A Comparison of Facebook Use and Exposure to Nutrition Misinformation among Arabs according to Body Weight. *Journal of the Academy of Nutrition and Dietetics*, 118(10). doi: 10.1016/j.jand.2018.08.021

EI-Kour, T., Hogg, J., & Sewell, D. (2018). Food Consumption Behavior and Body Mass Index Scores Predict Exposure to Nutrition Misinformation on Facebook. *Journal of the Academy of Nutrition and Dietetics*, 118(10). doi: 10.1016/j.jand.2018.08.020

EI-Kour, T., Hogg, J., & Sewell, D. (2018). Is Facebook the Message for Nutrition Misinformation. 2018 *American Psychological Association Annual Convention* in San Francisco, CA.

EI-Kour, T., Hogg, J., (2018). Misinforming Arabs with Facebook in Mind: A Mixed-Methods Approach. *Journal of Nutrition Education and Behavior Advancing Research, Practice & Policy, Society for Nutrition Education and Behavior*, 50(7). doi: 10.1016/j.jneb.2018.04.134

EI-Kour, T., Hogg, J., & Sewell, D. (2018). Facebook Use, Food Consumption Behavior, and Risk Perception as Predictors of Exposure to Nutrition Misinformation. *Fielding Graduate University Research Summer Session* in Chicago, IL.

El-Kour, T. (2017). Media Psychology: A Comprehensive Cross-Cultural Comparative Analysis of Global Dietary Patterns and Best Practices for Autism. *Published abstract and oral presentation at the Second Annual Cyprus International Conference on Autism Treatment and Research of Magic Always Happens, Inc.*; Cyprus.

Myers, E., Hakeem, R., Bdour, N., **El-Kour, T.**, Atayata, F., Tashtoush, S., Cakir Bicer, N., Sakar, S., Erginbas, C., Kahill, R., Herrerra, M., & Boyd, M. (2017). Middle East Dietetics Needs Assessment: Identifying Opportunities for Future Collaborative Activities. *Journal of the Academy of Nutrition and Dietetics*, 117(9). doi: 10.1016/j.jand.2017.06.323

El-Kour, T. (2016). Use of Advergaming Affects Food Intake in Children. *Published abstract and poster presentation at the 17th International Congress of Dietetics* in Granada, Spain.

El-Kour, T. (2016). The Low-Carbohydrate Craze on the Web: A Biased Presentation or An Impartial Truth?. *Published abstract and poster presentation at the 17th International Congress of Dietetics* in Granada, Spain.

El-Kour, T. (2016). Enhanced Recovery After Surgery: The Pathway to Improved Care. *Published abstract and oral presentation at the First International Conference of Al-Bashir Hospital and Ministry of Health* in Amman, Jordan.

El-Kour, T. (2016). From Mobile Play to a Healthy Plate: How Gaming Apps are Transforming the Way Children Eat. *Published abstract and oral presentation at the First MENA Regional Conference on Community Psychology Collaboration for Community Change: Insight, Innovation, and Impact. The American University of Cairo, School of Humanities and Social Sciences* in Cairo, Egypt.

El-Kour, T., & El-Mousaad, H. (2010). Emerging Role of On-Pack Warning Labels in Effective Tobacco Control Policy Implementation. *Indian Journal of CANCER* 47(5), pp. 109-210. <https://www.indianjcancer.com/article.asp?issn=0019-509X;year=2010;volume=47;issue=5;spage=109;epage=210;aulast=>

El-Kour, T., & El-Mousaad, H. (2010). New Approaches to Tobacco-Free Practice: Bridging the Global Divide. *Indian Journal of CANCER* 47(5), pp. 109-210. <https://www.indianjcancer.com/article.asp?issn=0019-509X;year=2010;volume=47;issue=5;spage=109;epage=210;aulast=>

El-Kour, T. (2009). New Approaches to Challenging Food and Nutrition Trends. *Published abstract and poster presentation at the International Congress of Nutrition*. Thailand.

El-Kour, T. (2009). Emerging Role of Media in Changing Nutrition Behavior Outcomes. *Published abstract and poster presentation at the International Congress of Nutrition*. Thailand.

El-Kour, T., & El-Mousaad, H. (2007). Approaches to Effective Food and Nutrition Policy Implementation. *Published abstract and oral presentation at The International Epidemiology Association Conference "Epidemiology: Translating Research to Health Care"*, Saudi Arabia.

Khan, S., **El-Kour, T.**, Sengo, P., & Dwyer, J. (2005). Dietary and Fluid Restrictions: An Issue among Hemodialysis Patients. *Published abstract and poster presentation at the American Society of Nephrology 38th Annual Renal Week Meeting*.

Khan, S., Sengo, P., **El-Kour, T.**, Klinger, D., Caffarielli, M., & Guller. (2005). Medication Adherence Could be an Issue Among Dialysis Patients. *Published abstract and poster presentation at the American Society of Nephrology 38th Annual Renal Week Meeting*.

RESEARCH COLLABORATIONS

Global Dietary Database

Lara-Castor L, Micha R, Cudhea F, Miller V, Shi P, Zhang J, Sharib JR, Erndt-Marino J, Cash SB, Barquera S, Mozaffarian D; Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2024). Intake of Sugar-Sweetened Beverage among Children and Adolescents in 185 Countries Between 1990 and 2018 . *BMJ*, 2024;386:e079234. doi: <https://doi.org/10.1136/bmj-2024-079234>

Lara-Castor, L., O'Hearn, M., Cudhea, F., Miller, V., Shi, P., Zhang, J., Sharib, J., Cash, S., Barquera, S., Micha, R., Mozaffarian, D., & Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2024). Type 2 Diabetes and Cardiovascular Disease Burdens Attributable to Sugar-Sweetened Beverages Among Adults in 184 Countries. doi: 10.1038/s41591-023-02278-8

Lara-Castor, L., Micha, R., Cudhea, F., Miller, V., Shi, P., Zhang, J., Sharib, J. R., Erndt-Marino, J., Cash, S. B., Mozaffarian, D., & Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2023). Sugar-Sweetened Beverage Intakes among Adults between 1990 and 2018 in 185 Countries. *Nature Communications*, 14(1), 5957. <https://doi.org/10.1038/s41467-023-41269-8>

O'Hearn, M., Lara-Castor, L., Cudhea, F., Miller, V., Reedy, J., Shi, P., Zhang, J., Wong, J. B., Economos, C. D., Micha, R., Mozaffarian, D., & Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2023). Incident Type 2 Diabetes Attributable to Suboptimal Diet in 184 Countries. *Nature Medicine*, 29(4), 982–995. <https://doi.org/10.1038/s41591-023-02278-8>

Miller, V., Webb, P., Cudhea, F., Shi, P., Zhang, J., Reedy, J., Erndt-Marino, J., Coates, J., Mozaffarian, D., & Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2022). Global Dietary Quality in 185 Countries from 1990 to 2018 Show Wide Differences by Nation, Age, Education, and Urbanicity. *Nature Food*, 3(9), 694–702. <https://doi.org/10.1038/s43016-022-00594-9>

Miller, V., Reedy, J., Cudhea, F., Zhang, J., Shi, P., Erndt-Marino, J., Coates, J., Micha, R., Webb, P., Mozaffarian, D., & Global Dietary Database, **EI-Kour, T.**, (Global Dietary Database Author) (2022). Global, Regional, and National Consumption of Animal-Source Foods between 1990 and 2018: Findings from the Global Dietary Database. *The Lancet. Planetary Health*, 6(3), e243–e256. [https://doi.org/10.1016/S2542-5196\(21\)00352-1](https://doi.org/10.1016/S2542-5196(21)00352-1)

Mental Health & Psychosocial Support

Tol, W. A., Le, P. D., Harrison, S. L., Galappatti, A., Annan, J., Baingana, F. K., Betancourt, T. S., Bizouerne, C., Eaton, J., Engels, M., Hijazi, Z., Horn, R. R., Jordans, M. J. D., Kohrt, B. A., Koyiet, P., Panter-Brick, C., Pluess, M., Rahman, A., Silove, D., Tomlinson, M., ... van Ommeren, M. (2023). Mental Health and Psychosocial Support in Humanitarian Settings: Research Priorities for 2021-30. *The Lancet. Global Health*, 11(6), e969–e975. [https://doi.org/10.1016/S2214-109X\(23\)00128-6](https://doi.org/10.1016/S2214-109X(23)00128-6)

Nutrition & Dietetics

Workforce Capacity Assessment (Principal Investigator)

EI-Kour, T., Kelley, K., Bruening, M., Robson, S., Vogelzang, J., Yang, J., & Jimenez, E. (2020). Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition. *Journal of the Academy of Nutrition and Dietetics*, 121(7), pp. 1379-1391. doi: 10.1016/j.jand.2020.08.078

Kelley, K., **EI-Kour, T.**, & Jimenez, EY. (2019). An Ounce of Prevention: Weighing the Role of the Registered Dietitian in Population Health. 2019 The North American Primary Care Research Group (NAPCRG) Practice Based Research Network (PBRN) Conference in Bethesda, MD.

Wasting Prevention

Frison S, Angood C, Khara T, Bahwere P, Black RE, et al. (2020) Prevention of Child Wasting: Results of a Child Health & Nutrition Research Initiative (CHNRI) Prioritisation Exercise. *PLOS ONE* 15(2): e0228151. <https://doi.org/10.1371/journal.pone.0228151>

Implementing Infant and Young Child Feeding in Emergencies during COVID-19 in Primary Healthcare Facilities in Syria

EI-Kour, T., Nafouj, R., Abo Al-Shamat, R., Hajjar, M., & Nahlawi, M. (2021). Implementing Infant and Young Child Feeding in Emergencies during COVID-19 in Primary Healthcare Facilities in Syria. *Journal of the Academy of Nutrition and Dietetics*, 121(9). doi: 10.1016/j.jand.2021.06.209

Nutrition Education

KERI 2018 Mini-Grant Winner, "Healthy Breakfast, Everywhere You Go for Teens" (Jordan), International Affiliate, Academy of Nutrition and Dietetics.

BOOKS & CHAPTERS

EI-Kour, T. (2020). Nutrition Communicators Address the Global Challenge of Misinformation. In B. Mayfield (Ed.), *Communicating Nutrition: The Authoritative Guide* (pp. 52-53). Washington, DC: Academy of Nutrition and Dietetics.

Das, U., Papeneophytou, N., & **EI-Kour, T.** (2019). *Autism 360^o*. 1st Edition. Available from <https://www.elsevier.com/books/autism-360/das/978-0-12-818466-0>

EI-Kour, T. (2013). The Dietetics Profession: Profile of Professional Tatyana El-Kour. In J. Payne-Palacio & D. Canter (Eds.), *The Profession of Dietetics: A Team Approach* (pp. 46-47). Sudbury, MA: Jones & Bartlett Learning.

EI-Kour, T. (2012). *Your Health is in Your Nutrition*. 1st Edition. Amman, JO: National Library.

EI-Kour, T. (2010). Food and Nutrition Patterns. In A. Alwan (Eds.), *Nutrition in Jordan: Update and Plan of Action* (pp.22-29). Amman, JO: The Ministry of Health and WHO.

EI-Kour, T. (2006). Food and Nutrition Patterns. In A. Alwan (Eds.), *Nutrition in Jordan*. Amman, JO: The Ministry of Health and WHO.

REPORTS & GUIDELINES

United Nations Office for the Coordination of Humanitarian Affairs. (2016). *2017 Humanitarian Needs Overview, Syrian Arab Republic, December 2016*.
https://sheltercluster.s3.eu-central-1.amazonaws.com/public/docs/2017_syria_hno_161205.pdf

World Health Organization. Regional Office for the Eastern Mediterranean. (2016). *Noncommunicable Diseases in the Eastern Mediterranean Region*.
https://www.tatyanaelkour.com/_files/ugd/58af84_b2fc8f84af984cecbe08226865c23a7e.pdf

World Health Organization. Regional Office for the Eastern Mediterranean. (2014). *Report on the Second Annual Regional Meeting to Scale Up the Implementation of the United Nations Political Declaration on Noncommunicable Diseases Prevention and Control*, Cairo, Egypt, 24-25 April 2014.
https://applications.emro.who.int/docs/IC_Meet_Rep_2014_EN_15408.pdf?ua=1

Scoping of WHO Guidelines on Saturated-Fatty Acid and Trans-Fatty Acid Consumption. (2012). World Health Organization.
https://cdn.who.int/media/docs/default-source/nutritionlibrary/nugag/diet-and-health/nugag_dietandhealth_tfa_scoping_comments.pdf?sfvrsn=13b2b12c_3

Guideline: Daily Iron and Folic Acid Supplementation in Pregnant Women. (2012). World Health Organization.

World Health Organization. Regional Office for the Eastern Mediterranean. (2012). *Report on the Consultation on Developing Strategic Directions for Salt and Fat Reduction in the Eastern Mediterranean Region*, Cairo, Egypt, 28–29 November 2012.
https://applications.emro.who.int/docs/IC_Meet_Rep_2013_EN_14875.pdf?ua=1

World Health Organization. Regional Office for the Eastern Mediterranean. (2012). *Summary Report of the Meeting: Eastern Mediterranean Regional Consultation on the Development of an Updated Action Plan for the Prevention and Control of Noncommunicable Diseases (2013-2020)*, Cairo, Egypt, 30 June – 2 July 2012.
https://www.emro.who.int/images/stories/ncd/documents/Summary_of_conclusions_of_the_EMRegional_NCD_Consultation.pdf

World Health Organization. Regional Office for the Eastern Mediterranean. (2012). *Report on the Joint WHO/Flour Fortification Initiative Harmonization Workshop for Wheat and Maize Flour Fortification*, Amman, Jordan, 20–22 February 2012.
https://applications.emro.who.int/docs/IC_Meet_Rep_2012_EN_14767.pdf

Guideline: Use of Multiple Micronutrient Powders for Home Fortification of Foods Consumed by Infants and Children 6-23 Months of Age. (2011). World Health Organization.

World Health Organization. Regional Office for the Eastern Mediterranean. (2011). *Report on the Regional Workshop on Developing Plans of Action for Promotion of Physical Activity and Prevention and Control of Obesity*, Amman, Jordan, 8–11 March 2010.
<https://iris.who.int/handle/10665/116064>

World Health Organization. Regional Office for the Eastern Mediterranean. (2010). *Report on the Technical Consultation to Establish a Regional Nutrition Surveillance System with Focus on Micronutrient Malnutrition, Damascus, Syrian Arab Republic 18–21 October 2009*.
<https://iris.who.int/handle/10665/116021>

World Health Organization. Regional Office for the Eastern Mediterranean. (2010). *Country Cooperation Strategy for WHO and Jordan (2008 – 2013), Amman, Jordan*.
https://applications.emro.who.int/docs/CCS_Jordan_2010_EN_14473.pdf

World Health Organization. Regional Office for the Eastern Mediterranean. (2006). *Report on the Regional Workshop on National Nutrition Policy and Plan Formulation and Implementation*, Cairo, Egypt, 27–30 November 2006.
https://applications.emro.who.int/docs/who_em_nut_243_e_en.pdf

MULTI-MEDIA PUBLICATIONS

<https://www.tatyanaelkour.com/my-multi-media-hub>

// Quoted professionally: > 50 times on radio; > 50 times in consumer print media.
// Expert interviews: > 50 appearances in local & regional TV channels & International podcasts.
// Authored > 550 articles in leading newspapers in Jordan [Al Rai, Al Ghad, and The Jordan Times].
// Authored > 15 articles in popular magazines of Jordan [Royal Wings Magazine & JoHeart].

REVIEWS

Initiatives/ Projects

2024 Evaluator and Mentor, 2024 World Food Forum Transformative Research Challenge.

2020 Bardus M, Awada N, Ghandour LA, Fares EJ, Gherbal T, Al-Zanati T, Stoyanov SR
The Arabic Version of the Mobile App Rating Scale: Development and Validation Study.
JMIR Mhealth Uhealth 2020;8(3):e16956. doi: 10.2196/16956

2017 Reviewer (and narrator) of the second module of the Academy of Nutrition and Dietetics Certificate of Training Program in Public Health Nutrition.

2017 Academy of Nutrition and Dietetics Hunger-Free Communities Facilitator Guide and Tools.

2011 - 2013 United Nations Trust Fund to End Violence Against Women. Operated by the United Nations Equity for Gender Equality and the Empowerment of Women (UN Women).

2008 National Cancer Institute Publication. Eating Hints for Cancer Patients.

2005 - 2006 Peer Review Committee of Oncology Nutrition Dietetic Practice Group. Oncology Nutrition Connection Publication.

Scientific Journals

2025 Journal of Hunger and Environmental Nutrition.

2024 - 2025 Journal of Nutrition Education and Behavior.

2024 - 2025 Scientific Reports.

2024 - 2025 Global Health Research & Policy.

2024 - 2025 Nutrition Today.

2024 - 2025 Topics in Clinical Nutrition Journal.

Position Papers

2016 Position of the Academy of Nutrition and Dietetics: Obesity, Reproduction, and Pregnancy Outcomes.

Scientific Abstracts

2025 American Psychological Association Annual Convention, Division 38 (Society for Health Psychology Program) & Division 52 (International Psychology).

2005 - 2025 Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Exhibition.

2016 – 2020 & 2024 - 2025 Society for Nutrition Education and Behavior.

2015 – 2020 & 2025 American Society for Nutrition.

2015 - 2017 International Communication Association, divisions of Children, Adolescents & Media, Global Communication & Social Change, Health Communication, and Mobile Communication.

2010 & 2012 Union for International Cancer Control, World Cancer Congress 2010 & 2012.

EDITORIAL BOARD MEMBERSHIP

2025 - 2028 Journal of Hunger and Environmental Nutrition.

2024 - 2025 Nutrition Today.