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COVID-19-Related Lifestyle Changes: Weight Gain Risks and Prevention

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The pandemic of the coronavirus SARS-CoV-2 (COVID-19) has caused significant disruption in everyday lifestyle.

Since March 2020, almost many parts of the globe became a protected zones, with severe restrictive measures, such as the closure of all usual activities, including schools/universities, sport activities, shops and factories. People had to stay at home, working activities were suspended or turned into virtual (work from home).

Restrictions of the activities, working from home policies, lockdown and the adverse mental burden linked to the COVID-19 pandemic may increase the risk of weight gain and obesity.

In my speech, I will highlight the risk of weight gain and obesity associated with lifestyle changes related to COVID-19 Pandemic and suggest preventive strategies for these negative consequences of this change in health.

Biography:

Rasmeh AL- Huneiti is a Clinical Guidelines Specialist at the Ministry of Public Health, Healthcare Quality and Patient Safety Department, in state of Qatar. She is also a guest lecturer in Healthcare at Calgary University Qatar. Rasmeh holds a BSc in General Nursing from the University of Jordan. She has a PhD in Medical Education from Brunel University in the UK. Her post graduate qualifications include a Diploma in Primary Healthcare, MSc in General Nursing Education, International Diploma in HR Management Certificate in Clinical Nutrition and Health Systems Specialization.

As a reviewer and editing board member she contributed to several international conferences, peer reviewed journals and her research work is published internationally.

Since 2015 she has been serving as Adjunct Professor at Calgary University Qatar and as Guest Lecturer on Patient Safety and Healthcare Quality and Healthcare Regulation for the master's Leadership in nursing program. Rasmeh is also a guest speaker for the Patient Safety and Change Management Community Medicine Residency Program.

Rasmeh developed an E-learning Model for E-health Education in Developing Countries.

She is a volunteer at the Qatar Red Crescent Society.

Professionally her experience spans nearly 30 years across a variety of challenging roles, including clinical nursing, education, administration, training and staff development, regulation and clinical guidelines development as well as change management.

Since joining the Ministry of Public Health National Clinical Guidelines Program in 2015, she has played a lead role in setting the Change management and Communication strategy for the program. She also serves as a member on several Guideline related national working groups.