

SHAMMY AKTER, PhD

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Professor of Applied Nutrition and Food Technology at Islamic University, Bangladesh, with a research focus on public health and epidemiology. Teaches both undergraduate and postgraduate courses: Public health, nutrition and fitness and nutritional epidemiology, biostatistics and has authored peer-reviewed research on metabolic syndrome, adolescent nutrition, eating disorders, health literacy and non-communicable disease risk in Bangladeshi populations.

ACADEMIC EXPERIENCE

Professor	31 Jan 2026 – Present
Dept. of Applied Nutrition and Food Technology, Faculty of Biological Sciences, Islamic University, Bangladesh	
Associate Professor	Nov 2022 – 30 Jan 2026
Dept. of Applied Nutrition and Food Technology, Faculty of Biological Sciences, Islamic University, Bangladesh	
Assistant Professor	Dec 2016 – Nov 2022
Dept. of Applied Nutrition and Food Technology, Faculty of Biological Sciences, Islamic University, Bangladesh	
Lecturer	Sep 2014 – Dec 2016
Dept. of Applied Nutrition and Food Technology, Faculty of Biological Sciences, Islamic University, Bangladesh	
Lecturer	Dec 2012 – Sep 2014
Dept. of Human Nutrition, Faculty of Nutrition and Food Science, Patuakhali Science and Technology University, Bangladesh	

RESEARCH INTERESTS

Public Health and Epidemiology

QUALIFICATIONS

PhD , Applied Nutrition and Food Technology, Islamic University, Bangladesh	2022
MSc , Applied Nutrition and Food Technology, Islamic University, Bangladesh	2011
BSc , Applied Nutrition and Food Technology, Islamic University, Bangladesh	2009

SELECTED PUBLICATIONS

- Akter, S., Azhar, B.S., Kamruzzaman, M. et al.** Nutritional education interventions on the components of metabolic syndrome in the North-Western Bangladeshi adults. *BMC Nutrition*, 11, 186 (2025). <https://doi.org/10.1186/s40795-025-01121-2>
- Akter, S., Al Banna, M.H., Tetteh, J.K., Mallick, T., Azhar, B.S., & Nahar, J.** (2025). Association of sociodemographic factors and television food advertisements with junk food consumption among a sample of adolescents aged 13 to 17 in Magura district, Bangladesh. *BMC Nutrition*, 11(1), 109.
- Mallick, T., Al Banna, M.H., Disu, T.R., Akter, S. et al.** (2025). Exploring the Relationship Between Excessive Social Media Use and Eating Disorders Among Young Adults: Evidence From a Bangladesh-Based Cross-Sectional Study. *Brain and Behavior*, 15(5), e70540.

4. **Al Banna, M.H., Hamiduzzaman, M., Akter, S. et al.** (2025). University Students' Sociodemographics, Physical Inactivity, and Inadequate and Poor-Quality Sleep Are Associated With Their Overweight/Obesity: Findings From a Case-Control Study in Bangladesh. *Health Science Reports*, 8(2), e70454.
5. **Rahman, M.H., Rahman, S.S., & Akter, S.** (2025). Nourishing Bangladesh: A Call for Integrated Approaches to Food Security and Public Health. *Bangladesh Journal of Food and Nutrition*, 2(2), 1–3.
6. **Sahrin, S., Al Banna, M.H., Hamiduzzaman, M., Akter, S. et al.** (2024). Night Eating Syndrome Among University Students in Bangladesh: Investigation of Prevalence and Associated Factors. *Brain and Behavior*, 14(10), e70118.
7. **Al Banna, M.H., Akter, S., Kabir, H. et al.** (2023). Internet addiction, depressive symptoms, and anxiety symptoms are associated with the risk of eating disorders among university students in Bangladesh. *Scientific Reports*, 13(1), 20527.
8. **Abid, M.T., Al Banna, M.H., Akter, S. et al.** (2023). Prevalence and predictors of binge eating disorder symptoms among a sample of university students in Bangladesh: A cross-sectional survey. *Health Science Reports*, 6(11), e1668.
9. **Akter, S., Juthi, S.M., Islam, T., & Urmi, A.S.** (2022). Association of hypertension with generalized and central obesity in rural adults: A cross-sectional study in Bangladesh. *International Journal of Science and Research Archive*, 7(1), 477–483.

LEADERSHIP AND MEMBERSHIPS

- Founder, Nutrition Initiative (NI), Kushtia, Bangladesh
- Co-founder, Ishahq Ali Foundation for Social Entrepreneurship
- Mentor, Nutrition Club, Islamic University (IU), Bangladesh

PROFESSIONAL DEVELOPMENT

Participated in multiple national and international workshops and conferences focused on public health nutrition, nutritional assessment, biostatistics and communication for development.