

## Curriculum Vitae

### Personal Information

**Full Name** Noushin Mohammadifard  
**Date of birth:** 12 Aug 1971  
**Place of birth:** Isfahan  
**Sex:** Female  
**Martial status:** Married  
**Nationality:** Iranian  
**Residency** Iran  
**Department:** Nutrition  
**Affiliation** Isfahan Cardiovascular Research Center (ICRC), WHO Collaborating Center in the EMR, Isfahan Cardiovascular Research Institute, Isfahan University of Medical Sciences  
**Office address:** Seddighe Tahere Research Center, Khorram St., P. O. Box: 81465-1148, Isfahan, Iran  
**Office Phone** + 98-311- 3377883  
**Office fax:** + 98-311-3373435  
**Home address:** 4<sup>th</sup> Floor, No87, Aghadavoudi Alley, Karimian St., Baghdaryacheh St., Isfahan, Iran  
**Home phone:** + 98 311 7862463, 98-311-6270557  
**E-mail:** [mohammadifard@crc.mui.ac.ir](mailto:mohammadifard@crc.mui.ac.ir), [nmohammadifard@gmail.com](mailto:nmohammadifard@gmail.com)  
**Language skills:** English, Farsi

### Education:

Jan 2012 PhD Student in , Isfahan University of Medical Sciences  
23 Sep 2002 to 9 Apr 2006 MSc in Nutrition, Shahid Beheshti University of Medical Sciences  
23 Sep 1990 to 11 Jul 1994 B.S in Nutrition, Isfahan University of Medical Sciences  
23 Sep 1985 to 20 Jun 1989 High School

## Fields of Interest:

- Nutrition Epidemiology in cardiovascular disease
- Clinical Nutrition in cardiovascular disease

## Training Course:

|                               |   |
|-------------------------------|---|
| 1996 (Mar 5-20)               | Research Methodological Workshop  |
| 1998 (Feb 13-18)              | Medical Writing Workshop  |
| 2000 (Jan 5-Feb 3)            | SPSS Training Workshop  |
| 2003 (Nov 11)                 | Diagnosis and Analysis of Healthy Problem in Society<br>Workshop in Isfahan Cardiovascular Research Center                                      |
| 2003 (Oct 5-9)                | Global Forum NCD Prevention and Control: Rotating<br>International Visitors' Programme 2003. In: Iran: Isfahan,<br>Organized by WHO/HQ and EMRO |
| 2006(Apr16-20)                | NCD Prevention and Health Promotion: Components,<br>Ratioale and Strategies for Effective Interventions   |
| 2005 (Nov 15-20)              | Process Evaluation Workshop   |
| May 2005-Feb 2006             | 7 Skills of ICDL  |
| <b><u>2007 (Oct 1-16)</u></b> | <b><u>Short Training Course on Data Analysis of Cohort Study</u></b>  |

## Work Experiences:

|                     |   |
|---------------------|---|
| 11 Nov 1994 to date | Nutrition Researcher                            |
| 16 Oct 2001 to date | Head of Nutrition Department of ICRC            |
| 10 Jan 2009 to date | Head of Quality Control Unit of ICRC            |
| 1 Aug 2006 to date  | Research Manager of ICRC                        |
| 10 Aug 2006 to date | Member of Research Council of ICRC              |
| 21Aug 2006 to date  | Member of ICRC Basic Sciences Committee         |
| 21 Aug 2006 to date | Member of ICRC Health System Research Committee |

|                            |  |
|----------------------------|--|
| 10 Oct 2005 to date        | Representative of Prof. Sarrafzadegan as a Member of the Scientific Committee of the 'Educational Program for Modifying Fat Consumption' in Iran's Ministry of Health (Nutrition Department) |
| 21 Aug 2005 to date        | Member of the team designing the IHHP educational package  |
| 15 Jul 2005 to date        | Nutritionist of “Prospective Urban, Rural Epidemiological Study (PURE) in Iran, This international study funded by McMaster University, Canada   |
| 12 Oct 2003 to date        | Scientific Consultant of Research Council  |
| 21 Dec 2002 to date        | Head of nutrition unit of Isfahan Cardiovascular Research Center   |
| 15 Nov 2002 to date        | Head of Nutrition Scientific Committee of Isfahan Healthy Heart Program (IHHP)   |
| 12 Sep 2002 to date        | Manager Healthy Food for Healthy Community Project, IHHP   |
| 11 Jul 2002 to 20 Nov 2005 | Colleague of Youth Project, IHHP   |
| 13 Sep 2001 to 21 Oct 2005 | Member of Statistic and Epidemiology Committee of Isfahan Cardiovascular Research Center   |
| 8 Aug 2001 to 20 Jul 2005  | Member of Evaluation Committee of IHHP   |
| 8 Aug 2001 to 20 Jul 2005  | Member of Information, Collaboration and Supervision Committee of IHHP   |
| 5 May 2000-13.May 2003     | Head of Data Entry Committee of IHHP-Phase I   |
| 15 Jan 2000-21 Feb 2002    | Head of Rechecking Committee of IHHP-Phase I   |
| 15 Jan 2000 to date        | Member of Executive Committee of IHHP-Phase I  |
| 15 Jan 2000 to 23 Sep 2002 | Member of Coordinating Committee IHHP-Phases I & II  |

### **Awards:**

|      |  |
|------|--|
| 2000 | Outstanding Researcher of Isfahan Cardiovascular Research Center |
| 2004 | Outstanding Woman Award of the Year, the Governor of Isfahan     |
| 2009 | Outstanding Researcher of Isfahan University of Medical Sciences |

## Publications

### Books:

- 1- "Healthy Cooking for Having Healthy Heart", 2002
- 2- Translation of "Epidemiology in Medicine" by GH Henkin Z, JE Booring, 1996.
- 3- "Health Nutrition in Preventive Cardiovascular Disease", 2006.

### Educational CDs/TV Programs:

- Educational CD entitled 'A Table for my Heart', Supported by the Iranian Heart Foundation), 2004.
- "Healthy Cooking" program on Isfahan TV Network, 2003-2004

### Published Articles in Journals

#### Internatinoal Journals:

1. **Mohammadifard N**, Sarrafzadegan N, Jalali A, et al. Food and nutrition intake among adults of Isfahan. South Asian J. Preventive Cardiology 1998; 2:59-64.
2. **Mohammadifard N(Fard NM was mentioned)**, Sarrafzadegan N (Zadegan NS was mentioned), Sajadi F, et al. Effect of cardiac rehabilitation on lipid profile. J Association of Physicians of India 2003; 51: 12-15.
3. **Mohammadifard N(Fard NM was mentioned)**, Mehrabian F, Sarrafzadegan N Sarrafzadegan N (Zadegan NS was mentioned), Sajadi F. Fat- modified diets during pregnancy and lactation and serum lipids after birth. Indian J Pediatrics 2004; 71(8):683-687.
4. **Mohammadifard N**, Omidvar N, Houshiarrad A, et al. Does fruit and vegetable intake differ in adult females and males in Isfahan. ARYAAtherosclerosis J 2006; 1 (3): 193-203.
5. **Mohammadifard N**, Kelishadi R, Safavi M, et al. Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme. Public Health Nutrition 2009; 12(9):1422-1430.
6. **Mohammadifard N**, Nazem M, Naderi GHA, et al. Effect of hydrogenated, liquid and ghee oils on serum lipids profile. ARYA Atherosclerosis J. 2010; 6(1):16-22.

7. **Mohammadifard N**, Sarrafzadegan N, Nouri F, et al. Using factor analysis to identify dietary patterns in Iranian adults: Isfahan healthy heart program. *International J Public Health*. 2011 May 5. [Epub ahead of print] DOI 10.1007/s00038-011-0260-x
8. **Mohammadifard N**, Omidvar N, Houshiarrad A, et al. Validity and reproducibility of a food frequency questionnaire for assessment of fruit and vegetable intake in Iranian adults. *J Research in Medical Sciences* 2011; 16(10): 1286-1297.
9. Nematbakhsh M, Rajabi P, Soltani SH, Sarraf-Zadegan N, **Mohammadifard N**, Alikhasi H. Esterogen attenuates endothelial permeability and fatty streaks in cholesterol-fed male rabbit aorta. *Atherosclerosis* 1998; 2(1): 3-7.
10. Poorshams A, **Mohammadifard N**, Golshadi I, Sarraf-Zadegan N. Evaluation of the International "Quit and Win" Contest 1998 in Isfahan, Iran. *Archives of Iranian Medicine* 2000; 3(1): 75-78.
11. Asgary S, Naderi GH, Sarrafzadegan N, **Mohammadifard N**, et al. Antihypertensive and Antihyperlipidemic effect of *Achillea wilhelmsii*. *Drug under Experimental and Clinical Research* 2000; 26(3): 89-93.
12. Sarraf-Zadegan N, Singh RB, Rakesh S, Narendra S, **Mohammadifard N**, et al. Ethnic differences in dietary fat intake and risk of coronary disease in Iranian and Indian elderly populations. *J. Nutrition and Environmental Medicine* 2001; 11:113-119.
13. Sarraf-Zadegan N, Sadri GH, Malek-Afzali M, Baghaei M, **Mohammadifard N**, et al. Isfahan Healthy Heart Programme: a comprehensive integrated community-based Program for cardiovascular disease prevention and control. Design, methods and initial experience. *Acta Cardiologica* 2003; 58(4): 309-321.
14. Akhtar JH, Sarrafzadegan N, **Mohammadifard N (Correspondence Author)**, Kelishadi R, Siadat ZD, Gharipour M. Is there difference between dietary habits in hypertensives, hyperlipidemics, obese, smokers and the normal population? *ARYA Atherosclerosis J* 2006, 1(3): 193-201.
15. Kelishadi R, Shafiee A, Hashemipour M, Rabiee K, **Mohammadifard N**, Amin Z, Alikhasi H, Sajadi F. Cross-sectional and longitudinal correlations of serum leptin concentrations with generalized and abdominal obesity in children and adolescents. *J Ped Neonat* 2006; 3 (3-4): PD35-38.
16. Khosravi AR, Shirani SH, Shahrokhi SH, **Mohammadifard N**, Ansari R. Antihypertensive Drugs Used By Hypertensive Patients In The Provincial Cities Of Isfahan, Najafabad And Arak. *ARYA Atherosclerosis J* 2006; 1(4):275-81.

17. Sarrafzadegan N, Rabiei K, Shirani SH, Kabir A, **Mohammadifard N**, Roohafza HR. Drop-out predictors in cardiac rehabilitation programmes and the impact of sex differences among coronary heart disease patients in an Iranian sample: a cohort study. *Clin Reh* 2007; 21(4): 362-72.
18. Ghaderian N, **Mohammadifard N**, Sajjadi F, Sadri GH, Moattarian A, Maghroon M. Is there any relationship between the type of dietary fat and blood glucose? Results of Isfahan Healthy Heart Program. *ARYA Atherosclerosis J* 2007; 3(3): 162-167.
19. Kelishadi R, Hashemipour M, **Mohammadifard N**, Alikhassy H, Adeli K. Short- and long-term relationships of serum ghrelin with changes in body composition and the metabolic syndrome in prepubescent obese children following two different weight loss programs. *Clinical Endocrinology (Oxf)* 2008 Nov; 69 (5): 721-9. Epub 2008 Feb 11.
20. Sarrafzadegan N, Kelishadi R, Baghaei AM, Sadri GH, Malekafzali H, **Mohammadifard N**, Rabiei K, Bahonar A, Sadeghi M, O'Laughlin J. Metabolic syndrome: An emerging public health problem in Iranian women: Isfahan Healthy Heart Program. *International J Cardiology* 2008; 131 (1):90-6. Epub 2008 Jan 10.
21. Sajjadi F, **Mohammadifard N**, Kelishadi R, et al. Clustering of coronary artery disease risk factors in patients with type II diabetes and impaired glucose tolerance: Isfahan Healthy Heart Program. *Eastern Mediterranean Health J* 2008; 14 (5): 1080-1090.
22. Najafian J, **Mohammadifard N (Nushin M was mentioned)**. The relation between total daily caloric intake and blood pressure. *Indian Heart J* 2008; 60(2): 110-112.
23. Kelishadi R, Sajadi F, Ghatreh Samani SH, **Mohammadifard N**, Khavarian N Alikhassy H, Maghroon M. Results of a Non- pharmacological Trial for Weight Loss of Obese Children-Parents Pairs. *ARYA Atherosclerosis J*. 2008; 4 (4): 143-147.
24. Nazari B, Asgary S, Sarrafzadegan N, Saberi S, **Mohammadifard N**. Content of long chain omega-3 fatty acid composition in some Iranian canned fish. *ARYA Atherosclerosis J*. 2008; 4 (3): 93-98.
25. Kelishadi R, Hashemi M, **Mohammadifard N**, Asgary S, Khavarian N. Association of changes in oxidative and proinflammatory states with changes in vascular function after a lifestyle modification trial among obese children. *Clin Chem*. 2008 Jan; 54 (1):147-53.
26. Sarrafzadegan N, Kelishadi R, Esmailzadeh A, **Mohammadifard N**, Rabiei K, Roohafza HR, Azadbakht L, Bahonar A, Sadri G, Amani A, Heidari S, Malekafzali H. Do Lifestyle interventions

work in developing countries? Findings from the Isfahan Healthy Heart Program in Iran. *Bulletin of World Health Organization* 2009; 87(1): 39–50.

27. Sarrafzadegan N, Azadbakht L, **Mohammadifard N**, Esmailzadeh A, Safavi M, Sajadi F, Alikhasi H, Maghroun M, Kelishadi R. Do lifestyle interventions affect dietary diversity score in the general population? *Public Health Nutrition* 2009 Oct; 12 (10): 1924-30.

28. Kelishadi R, Zemel MB, Hashemipour M, Hosseini M, **Mohammadifard N**, et al. Can a dairy-rich diet be effective in long-term weight control of young children? *J American College Nutrition* 2009 Oct; 28 (5): 601-10.

29. Kelishadi R, Sarrafzadegan N, Sadri Gh, Pashmi R, **Mohammadifard N**, et al. Short-Term Results of a Community-Based Program on Promoting Healthy Lifestyle for Prevention and Control of Chronic Diseases in a Developing Country Setting: Isfahan Healthy Heart Program. *Asia Pacific J Public Health* 2009 Oct 12. (Epub ahead of print)

30. Najafian J, **Mohammadifard N**, Siadat ZD, et al. Association of sleep duration with body mass index and waist circumference: Isfahan Healthy Heart Program. *Iranian J Medical Sciences* 2010; 35 (2): 140-144.

31. Sarrafzadegan N, Talaei M, Sadeghi M, Kelishadi R, Oveisgharan S, **Mohammadifard N**, et al. The Isfahan cohort study: Rationale, methods and main finding. *J Human Hypertension* (2010), 1–9.

32. Kelishadi R, Hashemipour M, Sarrafzadegan N, **Mohammadifard N**, et al. Effect of a lifestyle modification trial among phenotypically obese metabolically normal and phenotypically obese and metabolically abnormal adolescents in comparison with phenotypically normal and metabolically obese adolescents. *Maternal Child Nutrition*. 2010 Jul 1; 6(3):275-86.

33. Hidari R, Sadeghi M, Talaei M, Rabiei K, **Mohammadifard N**, et al. Metabolic syndrome in menopausal transition: Isfahan Healthy Heart Program, a population based study. *Diabetology Metabolic Syndrome* 2010 Oct 5; 2: 59-65.

34. O' Donnell M, Xavier D, Liu L, et al on behalf of the INTERSTROKE investigators (**Mohammadifard N**, one of national coordinators). INTERSTROKE national coordinators, investigators, and key staff. Risk factors for ischaemic and intracerebral hemorrhagic stroke in 22 countries (INTERSTROKE study): a case-control study. *Lancet* 2010 Jul 10; 376 (9735): 112-23. Epub 2010Jun 17.

35. Sarrafzadegan N, Toghyanifar N, Roohafza H, Siadat Z, **Mohammadifard N**, et al. Lifestyle related determinants of hookah and cigarette smoking in Iranian adults. J Community Health 2010 Feb; 35 (1): 36-42.
36. Najafian J, Toghyanifar N, **Mohammadifard N**, Nouri F. Association between sleep duration and metabolic syndrome in a population-based study: Isfahan Healthy Heart Program. J Research in Medical Sciences 2011; 16(6): 801-6.
37. Yusuf S, Islam S, Chow CK, Rangarajan S, et al (**Mohammadifard N**, one of PURE Study Investigators). Use of secondary prevention drugs for cardiovascular disease in the community in high-income, middle-income, and low-income countries (the PURE Study): a prospective epidemiological survey. Lancet vol 378 October 1, 2011
38. Sajadi F, Ghaderian N, **Mohammadifard N**, et al. Comparison of food habits among smoker and non-smoker individuals: Isfahan Healthy Heart Program. Arya Atherosclerosis J 2010; 5(4):

#### **National Journals:**

1. **Mohammadifard N**, Najafian J, Boshtam M, Sajadi F, et al. The amount of nutrients of traditional foods in Isfahan. Research in Medical Sciences J. Isfahan University of Medical Sciences 2000; 4(4): 203-206.
2. **Mohammadifard N**, Mehrabian F, Sajadi F, et al. The effect of maternal modifying fat diet on cord serum lipid. J. Isfahan University of Medical Science, 2001, 5(4): 301-307.
3. **Mohammadifard N**, Jalali A, Rafiei M, et al. Food and nutrients intake among adults of Isfahan, Iran. Iranian J. Pulic Health 2000; 1-4: 127-137.
4. **Mohammadifard N**, Sarraf-Zadegan N, Sajadi F, et al. Effect of cardiac rehabilitation on lipid profile. J of Medical Council of Islamic Republic of Iran Tehran University of Medical Sciences 2002; 20 (3): 199-205.
5. **Mohammadifard N**, et al. Design, methodology and experiences of Isfahan Heart Health Program (phase I). J. Isfahan University of Medical Science 2002; 7 (1): 1-8.
6. **Mohammadifard N**, Sadri GH, Sarraf-Zadegan N, Baghaei AM, Shahrokhi SH, Hoseini SH, et al. The prevalence of cardiovascular risk factors in rural and urban population of Isfahan & Markazi provinces. J Qazvin University of Medical Sciences 2003; 26: 5-14.



7. **Mohammadifard N**, Sarraf-Zadegan N, Bagheri M, et al. The effect of passive smoking on fibrinogen and serum lipids. *Daneshvar* 2004; 11 (51): 75-79.
8. **Mohammadifard N**, Omidvar N, Hoshouirrad A and et al. Relationship of fruit and vegetable consumption with demographic and social factors in adults of Isfahan. *MATA J.* 2006; 2 (2): 84-91.
9. **Mohammadifard N**, Ashtiani R, Moattarian A, and et al. Isfahan Healthy Heart Program: Nutrition knowledge, attitude and practice in adults of Isfahan and Markazy provinces: results of phase I. *MATA J.* 2006; 2 (2): 75-83.
10. **Mohammadifard N**, Shams HR, Paknahad Z, Sajadi F, Maghroon M, et al. The relationship of obesity on cardiovascular risk factors in adults of central parts of Iran: result of Isfahan Healthy Heart Program. *J. Nutrition Sciences and Food Technology* 2008; 2 (4): 19-28.
11. **Mohammadifard N**, Omidvar N, Houshiarrad A, Soleymani B, Sajjadi F, Maghroon M. The relationship between fruit and vegetable intake and serum lipids level in adults of Isfahan city, *J. Isfahan Medical School* 2009; Special Issue (Supplement) of *Health Promotional*: 447-57.
12. **Mohammadifard N**, Shirani F, Sajadi F, Maghroon M, Alikhasi H, et al. Impact of nutrition intervention in a community based program on the dietary protein pattern: Isfahan Healthy Heart Program, *J. Isfahan Medical School* 2009; Special Issue (Supplement) of *Health Promotional*: 571-581.
13. Sarraf-Zadegan N, **Mohammadifard N**, Rafiei M. The prevalence of high triglyceride & decreased high density lipoprotein syndrom among people over 20 years of age in Isfahan population *J. Tehran University of Medical Sciences* 1998; 2: 49-56.
14. Sarraf-Zadegan N, Rafiei M, Boshtam M, Alikhasi H, **Mohammadifard N**, Sajadi F. The Prevalence of hyperlipidemia among people over 19 years of age in Isfahan. *J. Mashhad University of Medical Sciences* 1996; 53: 60-67.
15. Sajadi F, Sarraf-Zadegan N, **Mohammadifard N**, et al. Prevalence of non insulin dependent diabete during 1976-1997. *Uromia Medical J.* 1999; 10(2): 129-139.
16. Rezaie H, khalili E, **Mohammadifard N**. Comparing the effect of three methods on abdominal obesity. *Olempic J.* 2000; 2:23-25.
17. Sarraf-Zadegan N, **Mohammadifard N**, Soltan MohammadZadeh S. Are the risk factors the same for those who died of myocardial infarction and those who survive outside hospitals. *Iranian J. Public Health*s; 2000; 1-4: 69-77.

18. Nematbakhsh M, Rajabi P, Soltani SH, ..., **Mohammadifard N**, et al. Estrogen effect on serum insulin, glucose, total cholesterol/HDL and LDL/HDL in normal and high cholesterol-fed male rabbit. J. Isfahan University of Medical Sciences 2001; 25 (1): 17-23.
19. Gharipour M, **Mohammadifard N**, Asgary S, Naderi GH. The prevalence of obesity and cardiovascular risk factors in Isfahan. J Qazvin University of Medical Sciences 2003; 23: 53-64.
20. Alikhasi H, Moatari A, **Mohammadifard N**, Sadri GH, Amani A, Boshtam M, et al. Relationship between kind of protein intake and cardiovascular risk factors. J Qazvin University of Medical Sciences 2003; 26: 71-78.
21. Saeedi M, Rabiee K, **Mohammadifard N**. Effect of cardiac rehabilitation on serum lipids of high risk coronary patients. J. Isfahan University of Medical Science 2003; 8(4): 20-24.
22. Hashemipour M, Kelishadi R, Asgary S, **Mohammadifard N**, Tavakoli N. Efficacy of two different herbal medical therapy in controlling childhood obesity. J. Isfahan University of Medical Science 2003; 7(4): 293-297.
23. Sajadi F, **Mohammadifard N**, et al. Prevalence of type II Diabetic and its association with cardiovascular risk factors in Isfahan. J. Mashhad University of Medical Science 2003; 46 (81): 68-71.
24. Sadeghi M, Rabiei K, Rooh Afza HR, Boshtam M, **Mohammadifard N**, et al. Comparison of cardiac rehabilitation effect on lipid profiles of men and women. J. Isfahan University of Medical Sciences 2003; 8 (4): 31-35.
25. Sajadi F, Baghbanian P, Asgary S, Naderi GH, Alikhasi H, **Mohammadifard N**, et al. Effect of Salvia Officinalis on diabete mellitus. J. Isfahan University of Medical Science 2003; 7 (4): 314-318.
26. Ghaderian N, **Mohammadifard N**, et al. Is there a relationship between the type of consumed fat and blood glucose? (Isfahan Healthy Heart Program): J Isfahan Medical School 2004; 71: 56-63.
27. Asgary S, Naderi GH, Sadeghi M, Sabet B, **Mohammadifard N**, Askari N. A study of the anti-lipid and anti-hypertensive effects of Acillea Wilhelmsii in a double blind clinical trial. J Isfahan Medical School 2004; 71: 48-51.
28. Sajjadi F, **Mohammadifard N**, Ghaderian H, et al. Clustering of cardiovascular risk factors in diabetics and IGT cases in Isfahan Provinces 2000-2001: Isfahan Healthy Heart Program. J Qazvin University of Medical Sciences 2005; 35: 35-43.

29. Sajjadi F, **Mohammadifard N**, Khosravi A, et al. Nutritional knowledge, attitude and practice of health professional about cardiovascular disease: results of Isfahan Healthy Heart Program. *Birjand University of Medical Sciences* 2008; 2 (15): 65-73.
30. Alikhasi H, Rabiei K, **Mohammadifard N**, Sajadi F, Maghroon M, Aghadadi H, Jamshidi A, Saffaari H, Saberi S. Process Evaluation of Nutritional Community based Interventions: Isfahan Healthy Heart Program. *J. Isfahan Medical School* 2009; Special Issue (Supplement) of Health Promotional: 549-559.
31. Maghroon M, **Mohammadifard N**, Sajadi F, Saffari H, Ehteshami MSH, Iraj F, et al. Association of Individual and Social Factors on Fish consumption in central part of Iran: The Isfahan Healthy Heart Program. *J. Isfahan Medical School* 2009; Special Issue (Supplement) of Health Promotional: 589-597.
32. Salek M, Pashmi R, Amirjalali Z, **Mohammadifard N**, Omidi R, Alikhasi H, et al. Association of Dietary Habits in Adolescents and the Parental Knowledge: Isfahan Healthy Heart Program-Heart Health Promotion from Childhood. *J. Isfahan Medical School* 2009; Special Issue (Supplement) of Health Promotional: 613-620.
33. Sajadi F, Kelishadi R, Maghroon M, Alikhasi H, **Mohammadifard N**, et al. The effect of two nutritional methods on anthropometric indexes in obese parents and their children. *Zahedan J Research in Medical Sciences*. 2011; 13 (1): 42-46.

**Inpress in National Journal:**

1. **Mohammadifard N**, Hoseini E, Sarrafzadegan N, et al. Association of glycemic index and glycemic load with diabetes type 2 in an Iranian adult population: Isfahan Healthy Heart Program. *Jahrom University of Medical Science*.

## Presentations

### **Abstracts Presented in International Congress:**

1. **Mohammadifard N**, et al. "The study of carbohydrate and fat in adults, Isfahan/Iran during 1993-1994" In: The 4th International Conference on Preventive Cardiology (June 29 - July 3), Montreal: Canada, 1997.
2. **Mohammadifard N**, et al. "Nutrients in traditional meals of Isfahan, Iran" In: The 1st Eastern Mediterranean Congress on Preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases (May 2-5), Isfahan: Iran, 1997.
3. **Mohammadifard N**, et al. "Amount of energy and nutrient intake in children of Isfahan, Iran" In: The 1st Eastern Mediterranean Congress on Preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases (May 2-5), Isfahan: Iran, 1997.
4. **Mohammadifard N**, et al. "Metabolic syndrome in adults of Isfahan, Iran 1994" In: XIII International Symposium on Drugs Affecting Lipid Metabolism (May 30- June 3), Florence: Italy, 1998.
5. **Mohammadifard N**, et al. "Body fat distribution, serum lipids, blood pressure and coronary artery disease in adults of Isfahan" In: Singapore National Heart Association (August 30-September 2), Singapore, 1998.
6. **Mohammadifard N**, et al. "Studying the relation between body mass index and central obesity with myocardial infarction" In: 1st Congress of The Asian-Pacific Society of Atherosclerosis and Vascular Disease (Mar 14-18), Taipei: Taiwan, 1998.
7. **Mohammadifard N**, et al. "The relationship between the smoking status and serum lipids" In: The 1st Congress of Asian-Pacific Society of Atherosclerosis and Vascular Diseases (Mar 14-18), Taipei: Taiwan, 1998.
8. **Mohammadifard N**, et al. "The prevalence of diabetes mellitus based on different diagnosis criteria in an urban community in Isfahan, Iran" In: The 1st Congress of Asian-Pacific Society of Atherosclerosis and Vascular Diseases (Mar 14-18), Taipei: Taiwan, 1998.
9. **Mohammadifard N**, et al. "Effect of positive family history of atherosclerosis in modifying lipid profiles after a cardiac rehabilitation period" In: XIII Congress of Cardiology (Apr 26-30), Rio De Janeiro: Brazil, 1998.
10. **Mohammadifard N**, et al. "Pattern of fat and oil consumption in Isfahan, Iran" In: XIII Congress of Cardiology (Apr 26-30), Rio Dd Janeiro: Brazil, 1998.

11. **Mohammadifard N**, et al. "The impact of maternal nutrition on fetal" In: International Conference on Heart Health in Developing Countries (Oct 10-14), New Delhi: India, 1999.
12. **Mohammadifard N**, et al. "The effect of diet and exercise on general obesity" In: Annual Scientific Sessions of National Heart association (Apr 13-15), Kuala Lumpur: Malaysia, 2000.
13. **Mohammadifard N**, et al. "The impact of diet and exercise on abdominal obesity" In: The First WHF Global Conference on Cardiovascular Clinical Trial- Previews and Reviews (Nov 21-24), Hong Kong, 2001.
14. **Mohammadifard N**, et al. "Effect of Isfahan Healthy Heart Program interventions on nutrition behaviours in a developing country setting" In: World Congress of Cardiology (June 16-19), China: Beijing, 2010.
15. **Mohammadifard N**, et al. "Trend of nutrition behaviours in an Iranian adults population: Isfahan Healthy Heart Program" In: 5th Middle East Cardiovascular Congress (Feb 23-25), Kish Island, Iran, 2011.
16. **Mohammadifard N**, et al. "Fruit and vegetable intake in adult females and males" In: The World Congress of Public Health Nutrition, VII National Congress of the Spanish Society of Community Nutrition (Sep 28-30), Barcelona, Spain, 2006.
17. **Mohammadifard N**, et al. "Effect of Isfahan Healthy Heart Program intervention on nutritional behaviour of Iranian adults" In: XV International Symposium on Atherosclerosis (June 14-18), Boston: MA USA, 2009

**Abstracts Presented in National Congress:**

1. **Mohammadifard N**, et al. "Studying the relation of triglyceride and total cholesterol with body mass index in the population over 19 years of age in Isfahan" In: The Third national congress of Nutrition (Mar 4-7), Isfahan: Faculty of Health, Isfahan University of Medical Sciences, 1995.
2. **Mohammadifard N**, et al. "Studying the prevalence of high triglyceride and low HDL dyslipidemia in the Isfahan population above 20 years old" In: The Ninth Annual Iranian Congress of Cardiovascular Disease (May 1-3), Tehran: Iranian Heart Association, 1996.
3. **Mohammadifard N**, et al. "Studying the relationship of body mass index and central obesity with myocardial infarction" In: The Fourth Congress of Nutrition (Nov 5-8), Tehran: Health Faculty, Tehran University of Medical Sciences, 1996.

4. **Mohammadifard N**, et al. "What kind of sources supplies energy requirement of children of Isfahan? In: The Fourth Congress of Nutrition (Nov 5-8), Tehran: Health Faculty, Tehran University of Medical Sciences, 1996.
5. **Mohammadifard N**, et al. "Food and nutrient intake in adults of Isfahan" In: 1st National Conference on Research in The P.H.C Network (Nov 18-20), Khorasan: Khorasan University of Medical Sciences, 1997.
6. **Mohammadifard N**, et al. "Body fat distribution, serum lipids, blood pressure and coronary artery disease in adults of Isfahan" In: 11th congress of Iranian Heart Association (Oct 22-25), Tehran: Iranian Heart Association, 1998.
7. **Mohammadifard N**, et al. "The impact of diet and exercise on central obesity" In: 2th International and 3th National Congress on Exercise (Feb 21-23), Tehran: Exercise Research Center, 2000.
8. **Mohammadifard N**, et al. "The effect of maternal modifying fat diet on serum lipids of infants" In: 13th Congress of Geographic Medicine & the Congress of Cardiovascular Diseases (Oct 2-5), Shiraz: Shiraz University of Medical, 2000.
9. **Mohammadifard N**, et al. "Nutrients in traditional meals of Isfahan, Iran" In: Culture of Food and Drug Consumption (Nov 18-20), Mazandaran: Mazandaran University of Medical Sciences, 2000.
10. **Mohammadifard N**, et al. "The amount of fiber intake in urban adults of Isfahan, Iran" In: 8th Iranian Congress on Nutrition (Sep 6-9), Tehran: Iranian Nutrition Society, 2004.
11. **Mohammadifard N**, et al. "Healthy Food in Healthy Community: Isfahan Healthy Heart Program" Nutrition (Sep 6-9), Tehran: Iranian Nutrition Society, 2004.
12. **Mohammadifard N**, et al. "Adult males and females of Isfahan differ in fruit and vegetable intake" In: 3rd National Epidemiology (May 9-11), Kerman, 2006.
13. **Mohammadifard N**, et al. "Nutrition status in central part of Iran: Isfahan Healthy Heart Program" In: International Multi-Conference on the Role of Isfahan in the Development of Islamic Science, Culture, and Civilization (Dec 11-21), Isfahan: Isfahan University of Medical Sciences, 2006.
14. **Mohammadifard N**, et al. "Comparing the nutrition behaviours in smokers and non-smokers" In: International Multi-Conference on the Role of Isfahan in the Development of Islamic Science, Culture, and Civilization (Dec 11-21), Isfahan: Isfahan University of Medical Sciences, 2006.

15. **Mohammadifard N**, et al. "Trend of fish consumption during 2000-2005" In: Congress on Seafood Role in Community Health (May 16), Arak: Markazi Fishery Organization, 2007.
16. **Mohammadifard N**, et al. "Effect of different kinds of obesity on incidence and co-morbidity of cardiovascular risk factors in central area of Iran: result of Isfahan Healthy Heart Program" In: 10<sup>th</sup> Iranian Nutrition Congress (Oct 29-31), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2008.
17. **Mohammadifard N**, et al. "Comparing the dietary pattern of passive smokers with non smokers and smokers: Isfahan Healthy Heart Program" In: The First Regional (EMRO) Congress on Tobacco and Health (Jan 28-30), Hormozgan University of Medical Sciences, 2009.
18. **Mohammadifard N**, et al. "Nut consumption and blood pressure among Iranian adults population: Isfahan Healthy Heart Program" In: 1st International Congress on Prevention, Diagnosis & Management of Hypertension & Developing the Iranian Guidelines (Sep 27-29), Isfahan, Iran, 2011.

**Panel Member:**

- 1) Member of the Panel for Nutritional Intervention in Non-Communicable Disease Prevention Program, In: 9th Iranian Congress on Nutrition (Sep 3-6), Tabriz: Tabriz University of Medical Sciences & Iranian Nutrition Society, 2006.

**Symposium Speaker & Member:**

- 1) **Mohammadifard N**, et al. "Validation of a Food Frequency Questionnaire for Assessment of Fruit and Vegetable with Biomarkers in Adults of Isfahan." In: 9th Iranian Congress on Nutrition (Sep 3-6), Tabriz: Tabriz University of Medical Sciences & Iranian Nutrition Society, 2006.
- 2) **Mohammadifard N**, et al. "The Effect of Nutrition Intervention of Isfahan Healthy Heart Program on Nutrition Behavior of Adults of Central Parts of Iran: Isfahan Healthy Heart Program" In: 10<sup>th</sup> Iranian Nutrition Congress (Oct 29-31), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2008.

## Some Main Research Plans (Principle Investigator or Co-Investigator)

### **International Studies:**

1. Validation of a food frequency questionnaire for assessment of different food groups in adults of Isfahan (As a pilot study to validate nutrition questionnaire of “Prospective Urban Rural Epidemiology Study” which is an international study, McMaster University, Hamilton/ Canada (Principle Investigator).
2. Prospective Urban Rural Epidemiology Study in 2005-2015 (Co-Investigator).
3. COBALT Study (Correlation between abdominal obesity, lipoproteins and trans fatty acids), Isfahan Cardiovascular Research Center and Mike Rosenbloom Laboratory for Cardiovascular Research, Montreal / Canada.2005-2006 (Co-Investigator).
4. GAAMI Study (Gluteal – abdominal adipocyte morphology in ischemic patients) Isfahan Cardiovascular Research Center and Mike Rosenbloom Laboratory for Cardiovascular Research, Montreal/ Canada. 2005-2007 (Co-Investigator).
5. Glycemic Index and Glycemic Load as risk factors of Type 2 Diabetes Mellitus in Iranian population, Faculty of Bioscience Engineering International Course in Food Science and Nutrition (ICFSN) (Co-Investigator).

### **National Studies:**

1. Food consumption survey in adults of Isfahan in 1993 (Co-Investigator).
2. The prevalence of hyperlipidemia and obesity in adults of Isfahan 1993 (Co-Investigator).
3. The amount of calories and nutrients in traditional foods consumed by the people of Isfahan city in 1996 (Principle Investigator).
4. The effect of hydroalcoholic extract of Salvia Officinal is plant on diabetic patients in 1996 (Co-Investigator).
5. The effect of pregnant modified-fat diet on the serum lipids of newborn infants in 1997 (Principle Investigator).
6. Comparison of fatty acids and cholesterol levels in home chicken and eggs with bred ones in 1999(Co-Investigator).
7. Validation of a food frequency questionnaire for assessment of fruit and vegetable intake in adults of Isfahan city in 2004-2005 (Principle Investigator).
8. Comparing the effect of unhydrogenated oil, animal ghee, semihydrogenated oil and soft margarine with hydrogenated oil on serum lipids of healthy adults (Principle Investigator).



9. Validation of a food frequency questionnaire for assessment of dietary fat intake by comparing to fatty acids of serum and adipose tissue in adults of Isfahan (Principle Investigator).
10. Advocacy model of salt reduction in general population and high risk group (Principle Investigator).