

Curriculum Vitae

Full name Noushin Mohammadifard

Academic degree Associate Professor

Nationality: Iranian

Residency Iran

Department: Nutrition

Affiliation Isfahan Cardiovascular Research Center (ICRC) (WHO Collaborating Center in the EMR), Cardiovascular Research Institute, Isfahan University of Medical Sciences

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H Index (Scopus) 59 (4 Sep 2025)

Top 1% High Cited Researcher in the World Based on ESI (2020)

Personal Information

Education:

Feb 2012 to Aug 2016 Ph. D. in Nutrition, Isfahan University of Medical Sciences

Sep 2002 to Apr 2006 M.S in Nutrition, Shahid Beheshti University of Medical Sciences

Sep 1990 to Jul 1994 B.S in Nutrition, Isfahan University of Medical Sciences

Fields of interest: Nutrition Epidemiology in cardiovascular disease

Language skills: English, Spanish (Level 1)

Awards

Year	Subject
2000	Outstanding Researcher of Isfahan Cardiovascular Research Center
2004	Outstanding Woman Award of the Year, the Governor of Isfahan
2007	Outstanding Researcher Award of the Year, the Governor of Isfahan
2009	Outstanding Researcher Award of the Year, the Governor of Isfahan
2009	Outstanding Researcher Award of the Year, the Isfahan University of Medical Sciences
2012	Outstanding Researcher Award of the Year, the Isfahan Cardiovascular Research Institute
2019	Outstanding Researcher Award of the Year, the Governor of Isfahan
2020	Top 1% High Cited Researcher in the World Based on ESI
2021	Outstanding Researcher National Award, The Ministry of Science, Research and Technology

Grants

Year	Sponsor
2012	From World Heart Federation to participating in World Congress of Cardiology in Dubai: UAE
2014	From World Heart Federation to perform “The impact of educational and encouragement interventions on weight reduction in overweight and obese children & adolescents” study

Training Course

Date	Subject
2003 (Nov 11)	Diagnosis and Analysis of Healthy Problem in Society Workshop in Cardiovascular Research Center
2003 (Oct 5-9)	Global Forum NCD Prevention and Control: Rotating International Visitors' Program 2003. In: Iran: Isfahan, Organized by WHO/HQ and EMRO
2005 (Nov 15-20)	Process Evaluation Workshop
2006(Apr16-20)	NCD Prevention and Health Promotion: Components, Rationale and Strategies for Effective Interventions
<u>2007 (Oct 1-16)</u>	<u>Short Training Course on Data Analysis of Cohort Study, Public health Dep., Birmingham University, UK</u>
2015 (5-6 Aug)	Peer Review Workshop by National Institute of Medical Sciences Research (NIMAD)

2024 (1st Sep-31th Oct) **Short Training Course on “Design, measurement, statistical analysis and interpretation of metabolomic data in nutrition epidemiologic studies” in Rovira i Virgili University (URV), Reus, Spain (PREDIMED STUDY GROUP)**

Work Experience: Scientific and Administrative Responsibilities

Date	Responsibility
Oct 2001 to date	Head of Nutrition Department of Isfahan Cardiovascular research Center (ICRC)
Sep 2013 to date	Section Editor of Nutrition in ARYA Atherosclerosis J (Indexed in ISI & PubMed)
Jul 2005 to date	Nutritionist of “Prospective Urban, Rural Epidemiological Study (PURE) in Iran, funded by McMaster University, Canada
2001 - 2007	Member of Evaluation and Executive Committees of IHHP
2002 - 2007	Manager Healthy Food for Healthy Community Project, IHHP
2002 - 2007	Head of Nutrition Scientific Committee of Isfahan Healthy Heart Program (IHHP)
2005 -2013	Member of the committee of designing the IHHP educational package
2006 - 2009	Research Manager of ICRC
2009 - 2015	Head of Quality Control Unit of ICRI
Sep 2009 to date	Interface between ICRI and International Affairs, Isfahan University of Medical Sciences (MUI)
Nov 2011 to date	Member of Monitoring Committee of Polypill Study (is done by Digestive Disease Research Institute of TUMS)
Sep 2011 to date	Member of Scientific Committee of Prevention, Evaluation and Management Guideline of High Blood Pressure and dyslipidemia
May 2015 to date	Member of Evaluation & Monitoring Committee of ICRI
Oct 2018 to date	Secretary of Research Council of Cardiovascular Research Institute (CRI)
Aug 2018 to date	Deputy Director of ICRC
Sep 2020 to date	Member of Publications Council of MUI
Sep 2021 to date	Deputy Director of CRI
Sep 2021 to date	Secretary of Steering Council of CRI
Sep 2023 to date	Member of Ethical Committee MUI

Publications: Books

No	Title	Year
1.	Translation of "Epidemiology in Medicine" by GH Henkin Z, JE Booring	1996
2.	Healthy Cooking for Having Healthy Heart	2002
3.	Health Nutrition in Preventive Cardiovascular Disease	2006
4.	Trace Minerals Chapter in Handbook of Food Bioactive Ingredients; Publisher Springer (ISBM: 978-3-030-81404-5)	2022

Published Papers:

International Journals (Indexed: Pubmed/ ISI): (* corresponding author)

1. Nematbakhsh M, Rajabi P, Soltani SH, Sarraf-Zadegan N, **Mohammadifard N**, Alikhasi H. Esterogen attenuates endothelial permeability and fatty streaks incholesterol- fed male rabbit aorta. *Atherosclerosis* 1998; 2(1): 3-7.
2. 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(2): 75-78.
3. 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.
4. 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. Nutr and Environ Med*, UK 2001; 11:113-119.
5. **Mohammadifard N**, Sarraf-Zadegan N, Sajadi F, et al. Effect of cardiac rehabilitation on lipid profile. *J Association of Physicians of India* 2003; 51: 12-15.
6. 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.
7. **Mohammadifard N**, Mehrabian F, Sarrafzadegan N, Sajadi F. Effect of consumption of fat-modified diets during pregnancy and lactation on the serum lipids. *Indian J. Pediatric* 2004; 71 (5): 7-11.

8. 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. ARYA Atherosclerosis J 2005; 1 (2): 94-100.
9. **Mohammadifard N**, Omidvar N, Houshiarrad A, et al. Does fruit and vegetable intake differ in adult females and males in Isfahan. ARYA Atherosclerosis J 2005; 1 (3): 193-203.
10. Kelishadi R, Shafiee A, Hashemipour M , Rabiee K, **Mohammadifard N**, Amin Z, Alikhasi H, Sajjadi 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): PD1-4.
11. 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.
12. 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: 362-72.
13. 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.
14. 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. Clin Endocrinol (Oxf). 2008 Nov;69(5):721-9.
15. 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. Int J Cardiol. 2008 Dec 17;131(1):90-6.
16. 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. EMHJ 2008; 14 (5): 1080-1090.
17. Najafian J, **Mohammadifard N** (Nushin M). The relation between total daily caloric intake and blood pressure. Indian Heart J 2008; 60: 110-112.

18. 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.
19. 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*. 2008; 4 (3): 112-120.
20. Kelishadi R, Sajadi F, Ghatreh Samani SH, **Mohammadifard N**, Khavarian N Alikhasy 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.
21. 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.
22. **Mohammadifard N**, Kelishadi R, Safavi M, Sarrafzadegan N, Sajadi F, Sadri GH, Maghroon M, Alikhasi H, Heydari S, Sarmadi F. Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme. *Public Health Nutr*. 2009 Feb 17:1-9. [Epub ahead of print].
23. 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. *Bull World Health Organ* 2009; 87: 39–50.
24. Sarrafzadegan N, Azadbakht L, **Mohammadifard N**, Esmailzadeh A, Safavi M, Sajadi F, Alikhasi H, Maghroon M, Kelishadi R. Do lifestyle interventions affect dietary diversity score in the general population? *Public Health Nutr J*. 2009 Feb 23:1-7. [Epub ahead of print].
25. 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 Am Coll Nutr* 2009 Oct; 28 (5): 601-10.
26. 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 Pac J Public Health* 2009 Oct 12. (Epub ahead of print)

27. 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 Med Sci* 2010; 35 (2): 140-144.
28. **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):
29. Kelishadi R, Hashemipour M, Sarrafzadegan N, **Mohammadifard N**, et al. Effect of a lifestyle modification trail among phenotypically obese metabolically normal and phenotypically obese and metabolically abnormal adolescents in comparison with phenotypically normal and metabolically obese adolescents. *Matern Child Nutr.* 2010 Jul 1; 6(3):275-86.
30. 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. *Diabetol Metab Syndr* 2010 Oct 5; 2: 59-65.
31. 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.
32. 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.
33. Sarrafzadegan N, Talaei M, Sadeghi M, Kelishadi R, Oveisgharan S, **Mohammadifard N**, Sajjadih AR, Kabiri P, Marshall T, Thomas GN, Tavasoli A. The Isfahan cohort study: rationale, methods and main findings. *J Hum Hypertens.* 2011 Sep;25(9):545-53.
34. Najafian J, Toghianifar N, **Mohammadifard N**, Nouri F. Association between sleep duration and metabolic syndrome in a population-based study: Isfahan Healthy Heart Program. *JRMS* 2011; 16(6): 801-6.
35. Najafian J, Toghianifar N, **Mohammadifard N**, Nouri F. Association between sleep duration and metabolic syndrome in a population-based study: Isfahan Healthy Heart Program. *J Res Med Sci.* 2011 Jun;16(6):801-6.
36. **Mohammadifard N**, Omidvar N, Houshiarrad A, Neyestani T, Naderi GA, Soleymani B. Validity and reproducibility of a food frequency questionnaire for assessment of fruit and vegetable intake in Iranian adults. *J Res Med Sci.* 2011Oct;16(10):1286-97.
37. **Mohammadifard N**, Sarrafzadegan N, Nouri F, et al. Using factor analysis to identify dietary patterns in Iranian adults: Isfahan healthy heart program. *Int J Public Health.* 2012 Feb;57(1):235-41.

38. Kelishadi R, **Mohammadifard N**, Sarrafzadegan N, Nouri F, Pashmi R, Bahonar A, Heidari H, Asgary S, Boshtam M, Mardani A. The effects of a comprehensive community trial on cardiometabolic risk factors in adolescents: Isfahan Healthy Heart Program. *ARYA Atheroscler*. 2012 Winter;7(4):184-90.
39. Boroujeni HK, Sarrafzadegan N, **Mohammadifard N**, Sajjadi F, Asgary S, Maghroum M, Alikhasi H, Esmailzadeh A. The relation between dietary intake of vegetable oils and serum lipids and apolipoprotein levels in central Iran. *ARYA Atheroscler*. 2012 Winter;7(4):168-75
40. Khosravi-Boroujeni H, Sarrafzadegan N, **Mohammadifard N**, Alikhasi H, Sajjadi F, Asgari S, Esmailzadeh A. Consumption of sugar-sweetened beverages in relation to the metabolic syndrome among Iranian adults. *Obes Facts*. 2012;5(4):527-37.
41. Khosravi-Boroujeni H, **Mohammadifard N**, Sarrafzadegan N, Sajjadi F, Maghroum M, Khosravi A, Alikhasi H, Rafieian M, Azadbakht L. Potato consumption and cardiovascular disease risk factors among Iranian population. *Int J Food Sci Nutr*. 2012 Dec;63(8):913-20.
42. Sarrafzadegan N, Talaei M, Kelishadi R, Toghianifar N, Sadeghi M, Oveisgharan S, Kabiri P, Tavassoli A, **Mohammadifard N**, Thomas GN, Marshall T. The influence of gender and place of residence on cardiovascular diseases and their risk factors. The Isfahan cohort study. *Saudi Med J*. 2012 May;33(5):533-40.
43. **Mohammadifard N**, Fahimi S, Khosravi A, Pouraram H, Sajedinejad S, Pharoah P, Malekzadeh R, Sarrafzadegan N. Advocacy strategies and action plans for reducing salt intake in Iran. *Arch Iran Med*. 2012 May;15(5):320-4.
44. Abolhassani S, Irani MD, Sarrafzadegan N, Rabiei K, Shahrokhi S, Pourmoghaddas Z, **Mohammadifard N**, Roohafza H, Asgary S, Moattar F. Barriers and facilitators of weight management in overweight and obese people: Qualitative findings of TABASSOM project. *Iran J Nurs Midwifery Res*. 2012 Mar;17(3):205-10.
45. Masoudkabar F, Toghianifar N, Talaei M, Sadeghi M, Sarrafzadegan N, **Mohammadifard N**, Marshall T, Thomas GN. Socioeconomic status and incident cardiovascular disease in a developing country: findings from the Isfahan cohort study (ICS). *Int J Public Health*. 2012 Jun;57(3):561-8.
46. Sarrafzadegan N, Kelishadi R, Siavash M, Sadri G, Malekafzali H, Pourmoghaddas M, Shirani S, Boshtam M, Asgary S, **Mohammadifard N**, Bahonar A, Eshrati B, Ghamsari F. How does the impact of a community trial on cardio-metabolic risk factors differ in terms of gender and living area? Findings from the Isfahan healthy heart program. *J Res Med Sci*. 2012 Aug;17(8):732-40.

47. **Mohammadifard N**, Hosseini M, Sajjadi F, Maghroun M, Boshtam M, Nouri F. Comparison of effects of soft margarine, blended, ghee, and unhydrogenated oil with hydrogenated oil on serum lipids: A randomized clinical trial. *ARYA Atheroscler*. 2013 Nov;9(6):363-71.
48. **Mohammadifard N**, Nazem M, Sarrafzadegan N, Nouri F, Sajjadi F, Maghroun M, Alikhasi H. Body mass index, waist-circumference and cardiovascular disease risk factors in Iranian adults: Isfahan healthy heart program. *J Health Popul Nutr*. 2013 Sep;31(3):388-97.
49. Yazdekhasti N, **Mohammadifard N***, Sarrafzadegan N, Mozaffarian D, Nazem M, Taheri M. The relationship between nut consumption and blood pressure in an Iranian adult population: Isfahan Healthy Heart Program. *Nutr Metab Cardiovasc Dis*. 2013 Oct;23(10):929-36.
50. Haghghatdoost F, Sarrafzadegan N, **Mohammadifard N**, Sajjadi F, Maghroun M, Boshtam M, Alikhasi H, Azadbakht L. Healthy eating index and cardiovascular risk factors among Iranians. *J Am Coll Nutr*. 2013;32(2):111-21.
51. Khosravi-Boroujeni H, Sarrafzadegan N, **Mohammadifard N**, Sajjadi F, Maghroun M, Asgari S, Rafieian-Kopaei M, Azadbakht L. White rice consumption and CVD risk factors among Iranian population. *J Health Popul Nutr*. 2013 Jun;31(2):252-61.
52. **Mohammadifard N**, Sarrafzadegan N, Ghassemi GR, Nouri F, Pashmi R. Alteration in unhealthy nutrition behaviors in adolescents through community intervention: Isfahan Healthy Heart Program. *ARYA Atheroscler*. 2013 Jan;9(1):89-97
53. Sarrafzadegan N, Rabiei K, Nouri F, **Mohammadifard N**, Moattar F, Roohafza H, Haghjooy Javanmard S, Zarfeshani S, Pourmoghaddas M. Parental perceptions of weight status of their children. *ARYA Atheroscler*. 2013 Jan;9(1):61-9.
54. **Mohammadifard N**, Toghianifar N, Sajjadi F, Alikhasi H, Kelishadi R, Maghroun M, Esmaeili M, Ehteshami S, Tabaie H, Sarrafzadegan N. Improvement of dietary oil consumption following a community trial in a developing country: The role of translational research in health promotion. *ARYA Atheroscler*. 2013 Jan;9(1):29-37.
55. Talaei M, **Mohammadifard N**, Khaje MR, Sarrafzadegan N, Sajjadi F, Alikhasi H, Maghroun M, Iraj F, Ehteshami S. Healthy bread initiative: methods, findings, and theories-- Isfahan Healthy Heart Program. *J Health Popul Nutr*. 2013 Mar;31(1):49-57.
56. Haghghatdoost F, Sarrafzadegan N, Khosravi A, Noori F, Boshtam M, **Mohammadifard N**, Abdollahi Z, Azadbakht L. Is the association between salt intake and blood pressure mediated by body mass index and central adiposity? *Arch Iran Med*. 2013 Mar;16(3):167-71.
57. Askari G, Yazdekhasti N, **Mohammadifard N**, Sarrafzadegan N, Bahonar A, Badiei M, Sajjadi F, Taheri M. The relationship between nut consumption and lipid profile among the

- Iranian adult population; Isfahan Healthy Heart Program. *Eur J Clin Nutr.* 2013 Apr;67(4):385-9.
58. Sarrafzadegan N, Kelishadi R, Sadri G, Malekafzali H, Pourmoghaddas M, Heidari K, Shirani S, Bahonar A, Boshtam M, Asgary S, **Mohammadifard N**, Sadeghi M, Eshrati B, Hadipour E, Esmailzadeh A, O'Loughlin JL. Outcomes of a comprehensive healthy lifestyle program on cardiometabolic risk factors in a developing country: the Isfahan Healthy Heart Program. *Arch Iran Med.* 2013 Jan;16(1):4-11.
 59. Talaei M, Sadeghi M, **Mohammadifard N**, Shokouh P, Oveisgharan S, Sarrafzadegan N. Incident hypertension and its predictors: the Isfahan Cohort Study. *J Hypertens.* 2014 Jan;32(1):30-8.
 60. **Mohammadifard N**, Sarrafzadegan N, Paknahad Z, Nouri F. Inverse association of legume consumption and dyslipidemia: Isfahan Healthy Heart Program. *J Clin Lipidol.* 2014 Nov-Dec;8(6):584-93.
 61. O'Donnell M, Mente A, Rangarajan S, McQueen MJ, Wang X, Liu L, Yan H, Lee SF, Mony P, Devanath A, Rosengren A, Lopez-Jaramillo P, Diaz R, Avezum A, Lanas F, Yusuf K, Iqbal R, Ilow R, **Mohammadifard N**, Gulec S, Yusufali AH, Kruger L, Yusuf R, Chifamba J, Kabali C, Dagenais G, Lear SA, Teo K, Yusuf S; PURE Investigators. Urinary sodium and potassium excretion, mortality, and cardiovascular events. *N Engl J Med.* 2014 Aug 14;371(7):612-23.
 62. Hosseini E, Lachat C, **Mohammadifard N**^{*}, Sarrafzadegan N, Kolsteren P. Associations of dietary glycemic index and glycemic load with glucose intolerance in Iranian adults. *Int J Diabetes Dev Ctries (April–June 2014)* 34(2):89–94.
 63. Sarrafzadegan N, Talaei M, Sadeghi M, **Mohammadifard N**, Taheri M, Lotfizadeh M, Esmailzadeh A, Khosravi-Boroujeni H. Determinants of weight change in a longitudinal study of Iranian adults: Isfahan Cohort Study. *Arch Iran Med.* 2014 Aug;17(8):539-44.
 64. Paknahad Z, **Mohammadifard N**, Bonakdar Z, Hasanzadeh A. Nutritional status and its relationship with bone mass density in postmenopausal women admitted in osteodensitometry center, Isfahan-Iran. *J Educ Health Promot.* 2014 May 5;3:48.
 65. Najafian J, **Mohammadifard N**, Naeini FF, Nouri F. Relation between usual daily walking time and metabolic syndrome. *Niger Med J.* 2014 Jan;55(1):29-33.
 66. Sajjadi F, Gharipour M, **Mohammadifard N**, Nouri F, Maghroun M, Alikhasi H. Relationship between legumes consumption and metabolic syndrome: Findings of the Isfahan Healthy Heart Program. *ARYA Atheroscler.* 2014 Jan;10(1):18-24.

67. Haghghatdoost F, Sarrafzadegan N, **Mohammadifard N**, Asgary S, Boshtam M, Azadbakht L. Assessing body shape index as a risk predictor for cardiovascular diseases and metabolic syndrome among Iranian adults. *Nutrition*. 2014 Jun;30(6):636-44.
68. Golshahi J, Ahmadzadeh H, Sadeghi M, **Mohammadifard N**, Pourmoghaddas A. Effect of self-care education on lifestyle modification, medication adherence and blood pressure in hypertensive adults: Randomized controlled clinical trial. *Adv Biomed Res*. 2015 Sep 28;4:204.
69. Raina P, Soheli N, Oremus M, Shannon H, Mony P, Kumar R, Li W, Wang Y, Wang X, Yusoff K, Yusuf R, Iqbal R, Szuba A, Oguz A, Rosengren A, Kruger A, Chifamba J, **Mohammadifard N**, Darwish EA, Dagenais G, Diaz R, Avezum A, Lopez-Jaramillo P, Seron P, Rangarajan S, Teo K, Yusuf S; PURE Investigators. Assessing global risk factors for non-fatal injuries from road traffic accidents and falls in adults aged 35-70 years in 17 countries: a cross-sectional analysis of the Prospective Urban Rural Epidemiological (PURE) study. *Inj Prev*. 2015 Oct 28.
70. **Mohammadifard N**, Yazdekhasti N, Stangl GI, Sarrafzadegan N. Inverse association between the frequency of nut consumption and obesity among Iranian population: Isfahan Healthy Heart Program. *Eur J Nutr*. 2015 Sep;54(6):925-31.
71. Ostovaneh MR, Poustchi H, Hemming K, Marjani H, Pourshams A, Nateghi A, Majed M, Navabakhsh B, Khoshnia M, Jaafari E, **Mohammadifard N**, Malekzadeh F, Merat S, Sadeghi M, Naemi M, Etemadi A, Thomas GN, Sarrafzadegan N, Cheng KK, Marshall T, Malekzadeh R. Polypill for the prevention of cardiovascular disease (PolyIran): study design and rationale for a pragmatic cluster randomized controlled trial. *Eur J Prev Cardiol*. 2015 Dec;22(12):1609-17.
72. **Mohammadifard N**, Sajjadi F, Maghrour M, Alikhasi H, Nilforoushzadeh F, Sarrafzadegan N. Validation of a simplified food frequency questionnaire for the assessment of dietary habits in Iranian adults: Isfahan Healthy Heart Program, Iran. *ARYA Atheroscler*. 2015 Mar;11(2):139-46.
73. Nouri F, Sarrafzadegan N, **Mohammadifard N**, Sadeghi M, Mansourian M. Intake of legumes and the risk of cardiovascular disease: frailty modeling of a prospective cohort study in the Iranian middle-aged and older population. *Eur J Clin Nutr*. 2015 Sep 23.
74. Kafeshani O, Sarrafzadegan N, Nouri F, **Mohammadifard N***. Major dietary patterns in Iranian adolescents: Isfahan Healthy Heart Program, Iran. *ARYA Atheroscler*. 2015 Feb;11(Suppl 1):61-8.

75. **Mohammadifard N**, Salehi-Abargouei A, Salas-Salvadó J, Guasch-Ferré M, Humphries K, Sarrafzadegan N. The effect of tree nut, peanut, and soy nut consumption on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials. *Am J Clin Nutr.* 2015 May;101(5):966-82.
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Presentations

Abstracts Presented in International Congress:

1. **Mohammadifard N**, et al. "The study of carbohydrate & 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 syndrom 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 BMI 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: Brezil, 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: Brezil, 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), Kualalampour: Malasia, 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: 5 Middle East Cardiovascular Congress (4-7 Mar), Kish Island, 2010.

16. **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.
17. **Mohammadifard N**, et al. "Association of nut consumption and blood pressure in an Iranian adults population: Isfahan healthy Heart Program" In: The 1st International Congress on Prevention, Diagnosis & Management of Hypertension & Developing the Iranian Guidelines (11-15 Sep), Isfahan University of Medical Sciences, 2011.
18. **Mohammadifard N**, et al. "Association of C-Reactive protein and dietary complex carbohydrate and unhydrogenated oil" In: 5th Annual Congress of Iranian Rheumatology Association (20-22 Oct) , Isfahan University of Medical Sciences, 2011.
19. **Mohammadifard N**, et al. "Nut consumption and serum lipids among Iranian population: Isfahan healthy heart program" In: World Congress of Cardiology (Apr 9-12), Dubai, United Arab Emirates, 2012.
20. **Mohammadifard N**, et al. "Frequency of nut consumption and obesity among Iranian population" In: The 1st International Congress of Cardiac Rehabilitation (20-24 Sep), Isfahan University of Medical Sciences, 2014.
21. **Mohammadifard N**, et al. "Association of single nucleotide polymorphism in salt taste receptor gene with dietary salt intake and blood pressure among Iranian adults population" In: Nutrition 2021 (7-10 Jun), American Society of Nutrition, 2021.
22. **Mohammadifard N**, et al. "Association of single nucleotide polymorphisms in salt taste receptor genes with intake of salt sources" In: The 19th international symposium on Atherosclerosis (ISA2021) (24-27 Oct), Kyoto, Kansai Japan, 2021.
23. **Mohammadifard N**, et al. "Meat consumption and the severity of premature coronary artery disease" In: 20th International Symposium on Atherosclerosis (ISA 2024) (Dec 24), Oman: International Atherosclerosis Society, 2024.

Abstracts Presented in National Congress:

1. **Mohammadifard N**, et al. "Studying the relation of TG and total cholesterol to BMI 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 Syndrome 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 BMI and central obesity with MI" 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 supply 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. "Adult males and females of Isfahan differ in fruit and vegetable intake" In: 3rd National Epidemiology (May 9-11), Kerman, 2006.
12. **Mohammadifard N**, et al. "Nutrition status in center 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.
13. **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.
14. **Mohammadifard N**, et al. "Effect of different kinds of obesity on incidence and comorbidity of cardiovascular risk factors in central area of Iran: result of Isfahan Healthy Heart Program"

In: 10th Iranian Nutrition Congress (Oct 29-31), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2008.

15. **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.
16. **Mohammadifard N**, et al. "Association of glycemic index and glycemic load with metabolic syndrome among Iranian adults population: Isfahan healthy Heart Program" In: 12th Iranian Nutrition Congress (25-28 Oct), Isfahan University of Medical Sciences, 2012.
17. **Mohammadifard N**, et al. "Interesterified, soft margarine, ghee and liquid oil have different effect on serum lipids with hydrogenated oil? A Randomized clinical trial" In: 12th Iranian Nutrition Congress (25-28 Oct), Isfahan: Isfahan University of Medical Sciences, 2012.
18. **Mohammadifard N**, et al. "Association of dairy products consumption and metabolic syndrome among Iranian adults" In: 4th International and 6th National Congress of Endocrine and Metabolism Updates. (Apr 16-19), Isfahan: Isfahan University of Medical Sciences, 2017.
19. **Mohammadifard N**, et al. "Determining the premature coronary artery disease risk factors according to different ethnicities and religions in Iran and developing a biobank for epigenetic studies (Iran- premature coronary artery disease: I-PAD Study)" In: 11th Middle east Cardiovascular Congress (MECC) and 4th Clinical Cases in Complex Cardiovascular therapy (CCCCT) (Apr 24-26), Shiraz: Shiraz University of Medical Sciences, 2019.
20. **Mohammadifard N**, et al. "Meat consumption and the risk of cardiovascular and all-cause mortality: Isfahan Cohort Study" In: 2nd international congress nutrition: from laboratory research to clinical studies (Oct 4-6), Mashhad: Mashad University of medical Sciences, 2023.
21. **Mohammadifard N**, et al. "Association of grain consumption and occurrence of premature coronary artery disease: A Case-Control Study of Iran Premature Coronary Artery Disease (IPAD)" In: The 1st International Congress of Iranian Society of Nutrition (Feb 14-16), Isfahan: Isfahan University of Medical Sciences, 2024.

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.

2. Member of Nutrition Panel. 1st International Congress of Hypertension, Prevention, Diagnosis and Management. Oct, 2011.
3. Member of Nutrition Panel. 1st International Congress of Cardiac Rehabilitation from Research to Practice, October 21-23, 2014.
22. Member of the panel for Dietary Guidelines In: 2nd international congress nutrition: from laboratory research to clinical studies (Oct 4-6), Mashhad: Mashad University of medical Sciences, 2023.

Symposium Speaker & Member:

1. **Mohammadifard N.** “Validation of a food frequency questionnaire for assessment of fruit and vegetable with biomarkers in adults of Isfahan.” In: 9th Iranian Congress on Nutrition (3-6 Sep), Tabriz: Tabriz University of Medical Sciences & Iranian Nutrition Society, 2006.
2. **Mohammadifard N.** “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: 10th Iranian Nutrition Congress (29-31 Oct), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2008.
3. **Mohammadifard N.** “trend of salt intake among Iranian adults sample: Isfahan Salt Study” In: Community-based Nutrition Intervention Symposium, 2nd International and 14th Iranian Nutrition Congress (4-7 Sep), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2016.
4. **Mohammadifard N.** “Glycemic index and metabolic syndrome among Iranian adults population: Isfahan Healthy Heart Program” In: 3rd International Congress and 15th Iranian Nutrition Congress (6-19 Apr), Tehran: Tehran University of Medical Science Iranian Nutrition Society, 2018.
5. **Mohammadifard N.** “Association between dietary inflammatory index and metabolic” In: 5th International and 7th Iranian Congress of Endocrinology and Metabolism Updates (21-23 Nov), Isfahan: Isfahan University of Medical Sciences, 2019.
6. **Mohammadifard N.** “Dietary strategies for metabolic syndrome” In: 11th Middle east Cardiovascular Congress (MECC) and 4th Clinical Cases in Complex Cardiovascular therapy (CCCCT) (24-26 Apr), Shiraz: Shiraz University of Medical Sciences, 2019.
7. **Mohammadifard N.** “The role of nutrition in prevention of cardiovascular disease life style” In: 13th Middle east Cardiovascular Congress (MECC) and 6th Clinical Cases in Complex

Cardiovascular therapy (CCCCT) (20-23 Oct), Shiraz: Shiraz University of Medical Sciences, 2021.

8. **Mohammadifard N.** “Diet and lifestyle modification in hypertensive patients” In: 13th Middle east Cardiovascular Congress (MECC) and 6th Clinical Cases in Complex Cardiovascular therapy (CCCCT) (20-23 Oct), Shiraz: Shiraz University of Medical Sciences, 2021.
9. **Mohammadifard N.** “lifestyle modification in heart failure based on international guidelines” In: The 1st International Congress of Iranian Society of Nutrition (Feb 14-16), Isfahan: Isfahan University of Medical Sciences, 2024.
10. **Mohammadifard N.** “Triglyceride glucose index association with cardiovascular and all-cause mortality: Isfahan Cohort Study (ICS)” In: 10th Iranian Joint Cardiovascular Congress (Apr 29th -May 1st), Tehran: Iranian heart Association, 2025.
11. **Mohammadifard N.** “Introducing the main activities of Isfahan Cardiovascular Research center (ICRC), Isfahan University of Medical Sciences” In: 10th Iranian Joint Cardiovascular Congress (Apr 29th -May 1st), Tehran: Iranian heart Association, 2025.

Associate Editor, Section Editor and Reviewers in International and National Journals

No	Journal	Indexing/ IF
1.	Clinical Case Reports International (Associate editor)	ISI/ 0.285
2.	Arya Atherosclerosis (Section editor in Nutrition)	PubMed & ISI
3.	Public Health Nutrition	ISI/ 4
4.	BMC Cardiovascular Disorders	ISI/ 2.29
5.	Evidence-Based Complementary and Alternative Medicine	ISI/ 2.63
6.	British Journal of Nutrition	ISI/ 3.7
7.	Journal of Research in Medical Sciences	ISI/ 1.7
8.	Journal of the American College of Nutrition	ISI/ 3.16
9.	Journal of Epidemiology and Global Health	Pubmed
10.	Nutrition and Food Sciences Research	SID & Magiran
11.	Frontier in Nutrition	6.57

Produced Educational CDs/TV Programs

No	Title	Year
1.	Educational CD entitled 'A Table for my Heart", Supported by the Iranian Heart Foundation	2004
2.	"Healthy Cooking" program on Isfahan TV Network	2003-2004

Important Research Plans (PI or Co-PI)

No	Title	Year	International/ National	PI/ Co-PI
1.	The national study of prevention and control of cardiovascular diseases in Iran (pilot study in Isfahan, najafabad and Arak): IHHP Study	2000-2007	National	Co-PI
2.	The incidence of fatal and non-fatal events of cardiovascular disease and its association with cardiovascular risk factors: Isfahan Cohort Study (ICS I)	2001-Onoging	National	Co-PI
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	International	Co-PI
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	International	Co-PI
5.	The cohort study of "Prospective Urban Rural Epidemiology" (PURE) which is an international study have been carried out in 22 countries worldwide, McMaster University, Hamilton/ Canada	2006 - ongoing	International	PI in Iran
6.	Glycemic Index and Glycemic Load as risk factors of	2006-2007	International	Co-PI

	Type 2 Diabetes Mellitus in Iranian population, Faculty of Bioscience Engineering International Course in Food Science and Nutrition (ICFSN)			
7.	Comparing the effect of unhydrogenated oil, animal ghee, semihydrogenated oil and soft margarine with hydrogenated oil on serum lipids of healthy adults	2006-2007	National	PI
8.	The effect of community-based intervention on knowledge, attitude and practice of drivers, passengers and terminal employers regarding cardiovascular diseases prevention	2006-2007	National	Co-PI
9.	Designing a suitable model and advocacy package for salt consumption reduction at the population level and high-risk groups	2011-2012	Funded by WHO office	PI
10	Isfahan cohort on cardiovascular disease, cancers and diabetes mellitus as a master plan for a multi-generation non-communicable disease longitudinal study (ICS 2)	2013-Ongoing	National	Co-PI
11	Validity and reproducibility of food frequency questionnaire for assessment of sodium intake, food group contribution in sodium intake and the association with blood pressure in an Iranian population	2013-2016	Funded by Nutrition Dep., MOH	PI
12	Development of Five Years Multi-sectorial National Action Plan for Salt Intake Reduction	2014-2015	Funded by WHO Office	PI
13	Comprehensive intervention strategies to improve the public and health care providers' knowledge and practice of dyslipidemia management, prevention and control	2016-2022	International Grant from International Atherosclerosis Society/ Funded by Pfizer company	PI
14	Developing risk assessment charts for predicting cardiovascular events in breast and colorectal cancer patients: A 5-year multicenter cohort study (CIBC)	2018-ongoing	National	Co-PI
15	External validation and national implementation of new	2019-ongoing	National	PI

	Iran formulas based on one urine spot and simplified food frequency questionnaire to predict daily salt intake			
16	Investigating the five-year incidence of non-communicable and dangerous diseases and preparing a biobank of Isfahan twins and multiples	2019-ongoing	National	Co-PI
17	COVID 19 infection short-and long-term consequences and its recurrence or re-infection: Isfahan COVID Cohort (ICC) Study	2020-ongoing	Funded by WHO RMRO	CO-PI