

Curriculum Vitae

Full Name Noushin Mohammadifard

Date of birth: 12 Aug 1971

Place of birth: Isfahan

Sex: Female

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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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Personal Information

Education:

Feb 2012 to Aug 2016 Ph. D. By Research, 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

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

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
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 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
2006(Apr16-20)	NCD Prevention and Health Promotion: Components, Rationale and Strategies for Effective Interventions
2005 (Nov 15-20)	Process Evaluation Workshop
<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 NIMAD

Work Experience: Scientific and Administrative Responsibilities

Date	Responsibility
Aug 2018 to date	Deputy Director of Isfahan Cardiovascular research Center (ICRC)
Nov 1994 to date	Nutrition Researcher
Oct 2001 to date	Head of Nutrition Department of ICRC
Aug 2018 to date	Deputy Director of ICRC
Sep 2021 to date	Deputy Director of Cardiovascular Research Institute
Sep 2013 to date	Section Editor of Nutrition in ARYA Atherosclerosis J (Indexed in ISI & PubMed)
Oct 2003 to date	Scientific Consultant of Research Council
May 2015 to date	Member of Evaluation & Monitoring Committee of ICRI
Jul 2005 to date	Nutritionist of “Prospective Urban, Rural Epidemiological Study (PURE) in Iran, This international study funded by McMaster University, Canada
Nov 2011 to date	Member of Monitoring Committee of Polypill Study (is done by Digestive Disease Research Institute of TUMS)
Sep 2009 to date	Interface between ICRI and International Affairs, IUMS
Sep 2011 to date	Member of Scientific Committee of Prevention, Evaluation and Management Guideline of High Blood Pressure and dyslipidemia
2006 - 2009	Research Manager of ICRC
2009 - 2015	Head of Quality Control Unit of ICRI
2005 -2013	Member of the committee of designing the IHHP educational package
2002 - 2007	Head of Nutrition Scientific Committee of Isfahan Healthy Heart Program (IHHP)
2002 - 2007	Manager Healthy Food for Healthy Community Project, IHHP
2001 - 2007	Member of Evaluation and Executive Committees of IHHP

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

Published Papers:

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

1. **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.
2. **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.
3. 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. Atheroscleroza 1998; 2(1): 3-7.
4. 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.
5. 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.
6. 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.
7. 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.
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, 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): 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. **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].
19. 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.
20. 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].

21. 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.
22. 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.
23. 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.
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. 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.
26. **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):
27. The Isfahan cohort study: Rationale, methods and main finding. *J Hum Hypertens* 2010; Nov [Epub ahead of print]
28. 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.
29. 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.
30. 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.
31. 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.

32. 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.
33. 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)
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*. 2011 Oct;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, Maghroun M, Alikhassi 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**, Alikhassi 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, Maghroun M, Khosravi A, Alikhassi 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.
44. **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.
 45. 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.
 46. Masoudkabar F, Toghianifar N, Talaie 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.
 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. Yazdekhesti 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. 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.
 51. 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.
 52. 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.

53. 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.
54. **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
55. 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.
56. **Mohammadifard N**, Toghianifar N, Sajjadi F, Alikhasi H, Kelishadi R, Maghroun M, Esmacili 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.
57. 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.
58. 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.
59. Askari G, Yazdekhesti 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.
60. 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.
61. **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.

62. 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, Yusoff 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.
63. 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.
64. 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.
65. 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.
66. 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.
67. 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.
68. 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.
69. 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.
70. Raina P, Sohel 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.

71. **Mohammadifard N**, Yazdekhesti 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.
72. 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.
73. **Mohammadifard N**, Sajjadi F, Maghroun 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.
74. 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.
75. 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.
76. **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.
77. Azadbakht L, **Mohammadifard N***, Akhavanzanjani M, Taheri M, Golshahi J, Haghghatdoost F. The association between dietary glycemic index, glycemic load and diet quality indices in Iranian adults: results from Isfahan Healthy Heart Program. *Int J Food Sci Nutr*. 2016;67(2):161-9.
78. Raina P, Sohel 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*. 2016 Apr;22(2):92-8.

79. Miller V, Yusuf S, Chow CK, Dehghan M, Corsi DJ, Lock K, Popkin B, Rangarajan S, Khatib R, Lear SA, Mony P, Kaur M, Mohan V, Vijayakumar K, Gupta R, Kruger A, Tsolekile L, **Mohammadifard N**, Rahman O, Rosengren A, Avezum A, Orlandini A, Ismail N, Lopez-Jaramillo P, Yusufali A, Karsidag K, Iqbal R, Chifamba J, Oakley SM, Ariffin F, Zatonska K, Poirier P, Wei L, Jian B, Hui C, Xu L, Xiulin B, Teo K, Mente A. Availability, affordability, and consumption of fruits and vegetables in 18 countries across income levels: findings from the Prospective Urban Rural Epidemiology (PURE) study. *Lancet Glob Health*. 2016 Aug 23. pii:S2214-109X(16)30186-3. doi: 10.1016/S2214-109X(16)30186-3.
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155. **NCD Risk Factor Collaboration (NCD-RisC).** Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. *Lancet*. 2021 Sep 11;398(10304):957-980.
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157. **GBD 2016 Alcohol Collaborators.** Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet*. 2018 Sep 22;392(10152):1015-1035.
158. **GBD 2017 SDG Collaborators.** Measuring progress from 1990 to 2017 and projecting attainment to 2030 of the health-related Sustainable Development Goals for 195 countries and

- territories: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet*. 2018 Nov 10;392(10159):2091-2138.
159. **GBD 2017 Population and Fertility Collaborators.** Population and fertility by age and sex for 195 countries and territories, 1950-2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet*. 2018 Nov 10;392(10159):1995-2051. doi: 10.1016/S0140-6736(18)32278-5.
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2000-17: analysis for the Global Burden of Disease Study 2017. *Lancet*. 2020 Jun 6;395(10239):1779-1801.

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170. **GBD 2019 Adolescent Mortality Collaborators.** Global, regional, and national mortality among young people aged 10-24 years, 1950-2019: a systematic analysis for the Global Burden of Disease Study 2019. *Lancet*. 2021 Oct 30;398(10311):1593-1618.

171.

National Journals (Educational Research):

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): 307-313.
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): 75-80.
8. 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.

9. 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.
10. 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.
11. Rezaie H, **Mohammadifard N**, khalili E. Comparing the effect of three methods on abdominal obesity. Olempic J. 2000; 2:23-25.
12. 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 Healths; 2000; 1-4: 69-77.
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14. Alikhasi H, Moatarian 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.
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17. Sajadi F, **Mohammadifard N**, et al. Prevalence of type II diabete and it's association with cardiovascular risk factors in Isfahan. J. Mashhad University of Medical Science 2003; 46 (81): 68-71.
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20. 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.

21. 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.
22. **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.
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26. **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.
27. **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.
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34. Sajjadi F , Maghroun M, Sarhanghpour MR, Nouri F, Shriatifar M , **Mohammadifard N***. Assessment of salt and sodium in processed foods, Iran 2011-2013. Hakim 2015, 18(3): 209-216.
35. Sajjadi F, Nouri F, **Mohammadifard N***, Maghroun M, Alikhasi H, Irajii F, Ehteshami MSH. Cardiovascular diseases risk factors in people with normal body mass index and waist circumference. J Birjand Univ Med Sci. 2013, 20(3): 317-326.
36. Sajjadi F, **Mohammadifard N***, Maghroun M, Alikhasi H, Nouri F, Irajii F, Ehteshami MSH. Occupation effect on behavioral approach of female in relation to cardiovascular disease: Isfahan Healthy Heart Program. J Res Behave Sci 2014; 12(3): 416-424.

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: 5th Middle East Cardiovascular Congress (Feb 23-25), Kish Island, Iran, 2011.
16. **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.
17. **Mohammadifard N**, et al. "Trend of nutrition behaviours in an Iranain adults population: Isfahan healthy Heart Program" In: 5 Middle East Cardiovascular Congress (4-7 Mar), Kish Island, 2010.
18. **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.
19. **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.
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.

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 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.

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

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 (Sep 3-6), 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 (Oct 29-31), Tehran: Tehran University of Medical Sciences & Iranian Nutrition Society, 2008.
3. **Mohammadifard N.** “trend of salt intake among n Iranian adults sample: Isfahan Salt Study” In: Community-based Nutrition Intervention Symposium, 2nd International and 14th Iranian Nutrition Congress (Sep 4-7), 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 (Apr 16-19), 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 (Nov 21-23 Nov), Isfahan: Isfahan University of Medical Sciences, 2019.
6. **Mohammadifard N.** “The Role of nutrition in Prevention of cardiovascular Disease life style” 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.

Reviewers in International and national Journals

No	Journal	Indexing/ IF
1.	Public Health Nutrition	ISI/ 4
2.	BMC Cardiovascular Disorders	ISI/ 2.29
3.	Evidence-Based Complementary and Alternative Medicine	ISI/ 2.63
4.	British Journal of Nutrition	ISI/ 3.7
5.	Journal of Research in Medical Sciences	ISI/ 1.7
6.	Journal of the American College of Nutrition	ISI/ 3.16
7.	Journal of Epidemiology and Global Health	Pubmed
8.	Nutrition and Food Sciences Research	SID & Magiran
9.	Arya Atherosclerosis (Section editor in Nutrition)	PubMed & ESCI
10.	Frontier in Nutrition	6.57
11.		
12.		

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

Teaching Experience

No	Subject	Year
1.	Training Public Health students (6 semester)	2011-2014
2.	Training Nutrition students in “nutrition in P.H.C and other health centers in society)	2010-2016
3.	Lecturer in CME of general physician (nutrition in hypertension)	2004-2016
4.	Lecturer in CME of general physician (lifestyle modification)	2004-2009
5.	Lecturer in CME of general physician (nutrition in hyperlipidemia)	2004-2007

Research Plans (Principle Investigator or Co-Investigator

No	Title	Year	International/ National	PI/ Co-PI
1.	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
2.	Comprehensive intervention strategies to improve the public and health care providers’ knowledge and practice of dyslipidemia management, prevention and control	2016-ongoing	International Grant from International Atherosclerosis Society/ Funded by Pfizer company	PI
3.	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
4.	Development of Five Years Multi-sectorial National Action Plan for Salt Intake Reduction	2014-2015	Funded by WHO Office	PI
5.	Validity and reproducibility of food frequency	2013-2016	Funded by	PI

	questionnaire for assessment of sodium intake, food group contribution in sodium intake and the association with blood pressure in an Iranian population		Nutrition Dep., MOH	
6.	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
7.	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
8.	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)	2006-2007	International	Co-PI
9.	Food consumption survey in adults of Isfahan in 1993	1993-1995	National	Co-PI
10.	The prevalence of hyperlipidemia and obesity in adults of Isfahan 1993	1993-1995	National	Co-PI
11.	The amount of calories and nutrients in traditional foods consumed by the people of Isfahan city in 1996	1996-1997	National	PI
12.	The effect of hydroalcoholic extract of Salvia Officinalis plant on diabetic patients in	1996	National	Co-PI
13.	The effect of pregnant modified-fat diet on the serum lipids of newborn infants in 1997 (Principle Investigator)	1997-1998	National	PI
14.	Comparison of fatty acids and cholesterol levels in home chicken and eggs with bred ones in	1999	National	Co-PI
15.	The effect of antioxidant vitamins on hypertension and diabetes mellitus	1998	National	Co-PI
16.	Association of prevalence of coronary artery disease	1996	National	Co-PI

	with serum vitamin D in carpet maker women			
17.	The dietary fiber assessment in adults of Isfahan city	1999-2000	National	PI
18.	The effect of estrogen on endothelial permeability, pathologic changes in coronary and aortic wall thickness, serum lipids and lipoproteins	1999	National	Co-PI
19.	The effect of some therapeutic methods on prevention and control of obesity in children and adolescents	1999-2001	National	Co-PI
20.	The trans fatty acids intake in adults population of Isfahan, Najafabad and Arak cities in 2001-2002	2001-2002	National	PI
21.	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
22.	Validation of a food frequency questionnaire for assessment of fruit and vegetable intake in adults of Isfahan city in 2004-2005	2004-2006	National	PI
23.	The effect of nutrition intervention on knowledge, attitude and practice of community population	2001-2007	National	Co-PI
24.	The national study of prevention and control of cardiovascular diseases in Iran (pilot study in Isfahan, najafabad and Arak)	2000-2007	National	Co-PI
25.	The improvement of baking traditional bread in Isfahan city	2002-2007	National	PI
26.	The effect of two kinds of diet therapy in obese children and their parents simultaneously	2004-2006	National	Co-PI
27.	The trend of morbidity and mortality of cardiovascular diseases after community based intervention	2001-2007	National	Co-PI
28.	Improvement of health status of Mobarekeh Complex Company employers	2004-2006	National	Co-PI

29.	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
30.	Comparing the low and normal sugar soft drinks consumption on organoleptic testing	2005	National	Co-PI
31.	The effect of nutritional interventions on knowledge, attitude and practice of confectionary workers regarding sugar and oil in Isfahan city	2005	National	Co-PI
32.	The effect of nutritional interventions on knowledge, attitude and practice of restaurant workers in Isfahan city	2005	National	Co-PI
33.	The association of obesity with lipid profiles, Apo A, ApoB, insulin resistance and serum trans fatty acids among Iranian adults population	2005	National	Co-PI
34.	The health promotion of children of premature cardiac patients through monitoring and prevention of cardiovascular risk factors	2005	National	Co-PI
35.	The trans fatty acids measurements in common consumed food	2007	National	Co-PI
36.	The effect of 5 years community-based interventions on physical and biochemical indicators of cardiovascular diseases	2007	National	Co-PI
37.	The salt intake assessment via 24-hour urine collection among adults of Isfahan city	2007	National	Co-PI
38.	Food consumption survey among an Iranian's adults population	2007	National	PI
39.	Food consumption survey among an Iranian's children and adolescents population	2007	National	PI
40.	The 10-year incidence of fatal and non-fatal events of coronary diseases and stroke and its association with cardiovascular risk factors: Isfahan Cohort Study	2007	National	Co-PI

41.	The cardiovascular disease risk factors in employees of electricity office and the effect of lifestyle interventions on their health status	2008	National	Co-PI
42.	Salinity threshold and salt sensitivity assessment in normotensive and hypertensive adults population	2010	National	Co-PI
43.	The impact of educational and encouragement interventions on weight reduction in overweight and obese population	2011-2014	National	Co-PI
44.	The impact of educational and encouragement interventions of weight reduction on biomarker indicators in overweight and obese population	2013-2014	National	Co-PI
45.	The measurement of sodium and salt content in the main source of foods	2010	National	Co-PI
46.	The salt intake assessment via 24 hour and spot urine among adults and children and adolescents of Isfahan city	2013-2014	National	PI
47.	Association of single nucleotide polymorphism in salt taste receptor genes with dietary salt intake and blood pressure among Iranian adults population	2018-2021	National	PI
48.	Determining the prevalence of premature coronary heart disease and its risk factors according to different ethnicities and religions in Iran and developing a biobank for epigenetic studies	2015-2020	National	Co-PI
49.	External validation and national implementation of new Iran formulas based on one urine spot and simplified food frequency questionnaire to predict daily salt intake	2019-ongoing	National	PI
50.	Investigating the effect of the integration of national	2016-ongoing	National	Co-PI

	and international guidelines on hypertension treatment and control in patients with hypertension under treatment			
51.	Successful and unsuccessful weight control experience in adolescents with obesity: Qualitative study in Isfahan	2019	National	Co-PI
52.	Linear mixed models multi-dimensional hidden feature for longitudinal data with the entry of hidden predictive variables and non-normal random effects with a bizarre approach: its application in medical data analysis	2018-2019	National	Co-PI
53.	Establishing a twin registry for future longitudinal cohort study to determine the incidence of non-communicable diseases and their risk factors	2018-2020	National	Co-PI
54.	Assessing the Impact of Training general practitioners the latest hypertension international and national Guidelines on Controlling their Under-Treatment Hypertensive Patients	2019-2020	National	Co-PI