

In The Name Of God
CURRICULUM VITAE

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Date of Birth: 26 October 1955

Education:

BSc. Agriculture University of Mazandaran Sari Iran 1977

Attendance at MSc. Course of Nutrition King's College University of London London UK 1987

PhD: Medical Biochemistry and Nutrition Brunel University London UK 1991

Visiting Fellow: Nutrition and Obesity UCLA CA USA 2000

Title of dissertation:

Vitamin E status and susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig. 1992.

Research Focus:

Nutrition and Heart Diseases

Nutrition and Cancer

Diet Therapy in Iron Deficiency Anemia

Nutrition Evaluations and surveillances

Evaluation of Nutrition in the community

Assessment of Nutrition Status

Fortification of foods (Flour with Iron and Folic Acid)

Food and Nutrition Security

Academic Appointments:

Associate Professor and Senior Lecturer Clinical Nutrition Dept.

School of Nutrition and Food Sciences

Head School of Health Isfahan University of Medical Sciences and Health Services

Managing Director of Community Nutrition Department Ministry of Health Iran

Head of Nutrition Department School of Health Isfahan Medical Science University and Health Services

Head of Nutrition and Food Security Research Center Isfahan University of Medical Sciences and Health Services

Publications:

Sarrafzadegan N, Azadbakht L, Mohammadifard N, Esmailzadeh A,

Safavi M, Sajadi F, Alikhasi H, Maghroun M, Kelishadi R. Do lifestyle

interventions affect dietary diversity score in the general population?

Pub Health Nutr 2009 ;12:1924-30.

Mohammadifard N, Kelishadi R, **Safavi M**, Sarrafzadegan N, Sajadi

F, Sadri GH, Maghroun 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. Pub Health Nutr 2009 ;12:1422-30.

Esmailzadeh A, Entezari M, Paknahad Z, **Safavi M**, Jalali. M, Bahreini N, Norian M, Azadbakht L. Identification of disease relations through dietary pattern approach: A review. J Res Med Sci 2008; 13: 337-348.

F. Kelly F, **Safavi M**, Cheesemant K. Tissue α - tocopherol status during late fetal and early neonatal life of the guinea- pig. Br J Nutr 1992; 67:457-62.

Safavi S.M., Development of Food Based Dietary Guideline for Iran: Preliminary Report 51:Ann nutr Metab. 2006

Safavi S.M., Sheikholeslam R, Naghavi M., Sadeghian S., Sadeghzadeh E., Kolahehdooz F., Mohammadian S. Zinc Status of Iranian Preschool Children; Food and Nutrition Bulletin.2006

Safavi S.M., Sheikholeslam R., Naghavi M., Kolahehdoz F.,
Mohammadian S., Sadeghian S., Sadeghzadeh E. A Study on Zinc
Status In Iranian Pre-school children in 2001. Journal of Isfahan
Medical College Isfahan Iran

Pourmoghadas M., Montazeri H.R., Safavi S.M., An Investigation of
the effect of Vegetarian Diet on Atherosclerosis, Iranian Heart Journal

-The acute effect of protein and amino acid solutions on metabolic
rate in humans. MSc. Thesis , Department of food and Human
Nutritional Sciences, King's College Library, University of
London, London , U.K, 1988.

-An Investigation of the Effect of a vegetarian diet on
Atherosclerosis, First Eastern Mediterranean Congress on
preventive cardiology and 10th Annual Iranian Congress of
Cardiovascular Diseases, Medical Journal of The Islamic Republic
of Iran, vol. 11, Number 1(S) , 1997.

-Nutrition situation in Iran compare to the world, Proceedings of The
Third Iranian Congress of Nutritionm 1994.

-Proceedings of The Third Iranian Congress of Nutrition, Nutrition
Research Center of Isfahan, 1996.

-Planning and Managing Community Nutrition work. WHO -
UNICEF publications, Tehran, Iran, 1996.

- Lack of Nutrition is a destruction factor and the cause of development restriction, proceedings of seminar in poverty. 1st edition, pp: 459-470, April 17-19, 1996.
- Report of seminar on problems concerning bread production in Isfahan, Iran, 1995.
- Vitamin E Status and susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig, 6th World Congress on Clinical Nutrition Anti-Oxidants and disease ? Banff, Alberta, Canada, July 23-26 ,1997.
- Tissue Alpha-Tocopherol status during late fetal and early neonatal life of the guinea pig , British Journal of Nutrition , 67 , pp 457-462, 1992.
- Susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig, British Journal of Nutrition , 1992 .
- How can avoid cancer? Journal of Medicine and Community No.12 , Year 2 , Iran , 1983 .
- Vegetarian Diets, Journal of World Health, Iran, 1984 .
- Assessment of fat and Sodium Chloride content of different kinds of cheeses among Isfahan urban population by chemical analysis method, Journal of Standard. No. 38 , Iran, 1984.
- Tissue Vitamin E Status during late fetal and early neonatal life of the guinea pig, oxidative damage & repair, The 5th Biennial Meeting of the International Society for Free Radical Research, Pasadena, California, U.S.A, November 14-20, 1990.
- Effect of vegetarian diet on atherosclerosis plaque formation after one year, 16th International Congress of Nutrition , Montreal , Canada, July 27- August 1, 1997.
- A pilot study of flour fortification with Iron Sulphate in a defined population in Isfahan, Iran, Research in Medical Sciences, Scientific Journal of Isfahan University of Medical Sciences and Services, Vol. 5 No. 4 Winter 2001.

- Oxidative damage and repair, the 5th Biennial Meeting of the International Society for Free Radical Research, Pasadena, California , U.S.A., 1990.
- Tissue status of RRR- Alpha - tocopherol in the perinatal period, free radicals in nutrition, satellite Congress SFRR, Sardinia, Italy, , 22-25 June 1992.
- Nutrition Evaluation in Elderly people of Sadeghieh Elderly Center, Isfahan , The first International Conference on Aging, Tehran, Iran, October 19-21 , 1999.
- Study of Flour fortification with Iron in a defined population in Isfahan, Iran, The 8th European Nutrition Conference, Lillehammer, Norway, Scandinavian Journal of Nutrition, Supplement 341 P. 705, 8-25P, June 17-19 , 1999.
- The role of packaging in storage of dairy products, food safety seminar , Isfahan, Iran, 1998.
- Study of Immunoglobulin in mother's milk with term and preterm deliveries , 4th International Congress of tropical pediatrics , Kuala Lumpur, Malaysia, 7-11 July 1996.
- World food day an opportunity to tackle hunger and malnutrition, Agriculture Ministry, Tehran, Iran, September 1996.
- How we can Tackle Iron deficiency anemia (IDA) by the means of fortification: 8th Asian Congress of Nutrition, Seoul, Korea, Aug 29-Sep 2, 1999.
- Vitamin E and its effects on diseases, First National Meeting of nutrition students, Tabriz, Iran, May 20-23 , 1996.
- Proceedings of the Third Iranian Congress of Nutrition (Nutrition , Community Health and development) , Isfahan University of Medical Science, Iran, 1996.
- Nutrition Evaluation In orphan children at Shahid Fayyazbakhsh Center, Isfahan, Iran, 1986.
- Evaluation and Formulation of a vegetable source appetite reducing drug and its effect on weight reduction,

Fourth Iranian Congress of Nutrition, Tehran, Iran, 1986.

-Evaluation of food consumption among Isfahan urban population, The Third Iranian Congress of Nutrition, Isfahan, Iran, 1984.

-Evaluation of BMI and its relation to diseases among patients refer to Khorshid Clinic, Third Iranian Congress of Nutrition, Isfahan, Iran, 1984.

-Effect of olive and olive leaves on inflammation and blood pressure, The third Iranian Congress of Nutrition, Isfahan, Iran, 1984.

-Food safety is a pathway to standardize Nutrients, 9th National Congress of Food industries in Iran (Food and Standard), Tehran, Iran, December , 1996.

-Effect of organic acids on reduction of fermentation time and phytate in bread, proceedings of The Third Iranian Congress of Nutrition, Isfahan, Iran, 1994.

-Nutrition education training effects to low-income head start parents on menu planning and weight control, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, 16-21 February 2003.

-Effect of prenatal and child nutrition education on low-income Hispanic pregnant college students, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, 16-21 February 2003.

-Effect of Nutrition and fitness education for low-income women, seniors and students, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, , 16-21 February 2003.

-Nutrition Education benefits in prenatal and child on low income Hispanic pregnant College students, Abstracts of IX Asian Congress of Nutrition, New Delhi, India, February 23-27, 2003.

-Nutrition education effects on weight management of low income Hispanic women, IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003.

-Effect of nutrition education on low income women, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003

-Fitness and nutrition education benefits in low income Hispanic women, , IV International nutrition and dietetics Congress Antalya, Turkey, 2-5 April 2003.

-Nutrition education effects and the benefit of training workshops on heart healthy cooking to low income Hispanic women, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003.

-Effect of providing heatless cooking and nutrition classes in Spanish to low-income parents, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003.

-The effect of symbiotic supplementation on some cardio-metabolic risk factors in overweight and obese children: A randomized triple-masked controlled trial, Int. J. of Preventive Medicine 2013

- Association of serum ceruloplasmin level with obesity and some of the metabolic and inflammatory indexes in Isfahan, Iran, Journal of Obesity 2013

- Development of food based dietary guidelines for Iran: A preliminary Report. Annals of Nutrition and Metabolism 2007; 51 (suppl. 2): 32-35

- Do lifestyle interventions affect dietary diversity score in the general population? Public Health Nutrition 2009 1-7

- Identification of Diet-disease relations through dietary pattern approach: a review. JRMS/ November and December 2008; Vol 13, No 6.

- Comparison of Serum Vitamin C and Calcium between pre-eclamptic and normotensive pregnant women. Journal of Isfahan Medical School, Fall 2007; No. 9 (Supplement).

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Journal of Isfahan Medical School. English edition. Fall 2006 ISSN: 1027-7595

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N. Sarrafzadegan,*L. Azadbakht, N. Mohammadifard A. Esmailzadeh,**M. Safavi**, F. Sajadi,H. Alikhasi,M. Maghroun,R. Kelishadi; Do lifestyle interventions affect dietary diversity score in the general population? Public Health Nutrition, 2009, 12(10), pp(1924- 1930)

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Sarrafzadegan,F. Sajadi ,Gh.H. Sadri ,M. Maghroon,H. Alikhasi,S. Heydari,F. Sarmadi; Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme; Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme; Public Health Nutrition, 2009, 12(9) pp(1422- 1430

-**S.M. Safavi**, R. Ziaei*, M. RezaMaracy, ; Association of Serum Ceruloplasmin Level with Obesity: Some

Components of Metabolic Syndrome and High-Sensitive C-Reactive Protein in Iran; Journal of Obesity, 2012, pp(1- 5)

-S. Mehrabani, A. Salehi-Abargouei, M. Asemi, S. Mehrabani, A. Feizi, **S.M. Safavi***, Effect of Low-fat Milk Consumption Compared to Apple Juice and Water on the Energy Intake Among 10-12-Year-Old Obese Boys: A Three-way Cross-over Clinical Trial, International Journal of Preventive Medicine, 2014 November, pp(1405- 1411)

-**M. Safavi** , S. Farajian, R. Kelishadi*, M. Mirlohi M. Hashemipour, The effects of synbiotic supplementation on some cardio-metabolic risk factors in overweight and obese children: a randomized triple-masked controlled trial, Int J Food Sci Nutr,, 2013, 64(6), pp(687- 693)

-M. Kazemzadeh, **S.M. Safavi***, Sh. Nematollahi, Z. Nourieh,, Effect of Brown Rice Consumption on Inflammatory Marker and Cardiovascular Risk Factors among Overweight and Obese Non-menopausal Female Adults, International Journal of Preventive Medicine, April 2014, Vol 5, No 4, pp(478- 488)

-R. Kelishadi, S. Farajian, **M. Safavi**, M. Mirlohi M. Hashemipour,, A randomized triple-masked controlled trial on the effects of synbiotics on inflammation markers in overweight children, (Rio J) Pediatr, 2014, 90(2), pp(161- 168).

-G. Rajaeieh, M. Marasi, Z. Shahshahan, F. Hassanbeigi, **S. Morteza Safavi***, The Relationship between Intake of Dairy Products and Polycystic Ovary Syndrome in Women Who Referred to Isfahan University of Medical Science Clinics; The Relationship between Intake of Dairy Products and Polycystic Ovary Syndrome in Women Who Referred to Isfahan University of Medical Science Clinics, 2014, June, Vol 5, No 6, pp(687- 694)

-N. Habibi, M. Soo Lee Huang, W. Ying Gan*, R. Zulida,**S.M. Safavi**, Prevalence of Primary Dysmenorrhea and Factors Associated with Its Intensity Among Undergraduate Students: A Cross-Sectional Study Pain Management Nursing, 2015, December, Vol 16, No 6, 2015, December, Vol 16, No6, pp(855- 861).

-S. Golpour, N. Rafie, **S.M. Safavi**, M. Miraghajani*, Dietary isoflavones and gastric cancer: A brief review of current studies; Journal of Research in Medical Sciences, 2015, pp(892- 900).

-S. Mehrabani, N. Mohammadifard, S. Mehrabani, M. Sadeghi, F. Sajjadi, M. Maghroun, M.R. Maracy, **S. Morteza Safavi***, The Effect of Nutrition Consultation

on Dietary Diversity Score of Cardiac Patients Referred to Cardiac Rehabilitation Research Center Isfahan Cardiovascular Research Institute during 2008–2013; International Journal of Preventive Medicine, 2016, 7:121, pp(1-5).

-S. Mehrabani, **S.M. Safavi**, S. Mehrabani, M. Asemi*, A. Feizi, N. Bellissimo; A. Salehi-Abargouei, Effects of low-fat milk consumption at breakfast on satiety and short-term energy intake in 10- to 12-year-old obese boys J Nutr; 2016 , Jun, 55(4), pp(1389- 1396).

- N. Rafie, S. Golpour Hamedani, F. Barak, **SM. Safavi**; M. Miraghajani*, Dietary patterns, food groups and telomere length: a systematic review of current studies; European Journal of Clinical Nutrition, 2016, pp(1- 8).

- N. Rafie, S. Golpour Hamedani, F. Barak, **SM. Safavi**; M. Miraghajani*, Dietary patterns, food groups and telomere length: a systematic review of current studies, European Journal of Clinical Nutrition, 2016, pp(1- 8).

- F. Azizi-Soleiman, M. Vafa , B. Abiri, **M. Safavi***; Effects of Iron on Vitamin D Metabolism: A Systematic Review, International Journal of Preventive, pp(1- 6).

- F. Roshanzamir, **S.M. Safavi***, The putative effects of D- Aspartic acid on blood testosterone levels:, A systematic review, Int J Reprod BioMed, 2017, January, Vol. 15. No. 1, pp(1- 10).
- F. Roshanzamir , M. Miraghajani M.H. Rouhani, M. Mansourian, R. Ghiasvand **S.M. Safavi***, The association between circulating fetuin-A levels and type 2 diabetes mellitus risk: systematic review and meta-analysis of observational studies; J Endocrinol Invest, 2018 Jan, 41(1) , pp(33- 47).
- N. Rafie, N. Mohammadifard, A. Khosravi A. Feizi , **S.M. Safavi***, Relationship of sodium intake with obesity among Iranian children and adolescents, ARYA Atheroscler, 2017 , Volume 13 Issue 1, pp(1- 6).
- S. Golpour-Hamedani, N. Mohammadifard A. Khosravi , A. Feizi ; **S. Morteza Safavi***; Dietary approaches to stop hypertension diet and obesity: A cross-sectional study of Iranian children and adolescents, ARYA Atheroscler; 2017 , Volume 13 Issue 1.
- Z. Gholami, **S.M. Safavi***, P. Saneei, A. Feizi; P. Adibi, To Determine Satiety Index of Low-fat Yogurt in

Healthy Normal- Weight Isfahanian Adults, Food & Health; 2017, pp(7- 13).

Karimbeiki, R., Pourmasoumi, M., Feizi, A., (...), Rafie, N., Safavi, S.M.

Books:

25 books in Persian about Nutrition needs of the community etc.

Memberships:

- Member of British Nutrition Foundation Since 1989.
- Member and Head of Isfahan Branch of Iranian Nutrition Society (ATA) Since 1991.
- Member of Free Radical Society since 1990.
- Member of Biochemical Society since 1991.
- Member of National Nutrition Committee, Ministry of Health, Tehran, Iran, Since 1985 .
- Member of National Planning Committee for Nutritional Researches, Ministry of Health, Tehran, Iran, since 1985.
- Member of National Board of Nutrition Specialists, Ministry of Health, Tehran, Iran, Since 1985 .
- Member of National Committee for Children Growth Monitoring, Ministry of Health, Tehran, Iran, Since 1985 .
- Academic Member of Infection and Tropical Research Center, Isfahan Medical Science University, Isfahan, Iran, Since 1988.
- Member of the National Scientific and planning Committee of Nutrition, Ministry of Health, Iran, 1996 ? 1998 .
- Member of National academic board of nutrition, Ministry of Health, Tehran Iran since 1996.

Work Experiences:

-Professor, Associate professor , Assistant

Professor, Department of Clinical Nutrition school
of Nutrition and Food Sciences, Isfahan University
of Medical Sciences and Health Services ,Isfahan,
Iran , since 1991 (Subjects of Teaching :

Nutrition for Medical Students, Nutrition planning,
Principles of Nutrition, Nutrition Management,
Diet Therapy , Nutrition and Diet Therapy,
Nutrition for Special Groups)

Deputy of Administration and Financial Medical
School Isfahan Medical Science University
1991-1995

Deputy Chancellor for Research Isfahan
Medical Science University 1993-1994

Deputy Chancellor of Administration and
Financial affairs Isfahan Medical Science
University 1995

Head Isfahan Nutrition Research Center
Isfahan Medical Science University 1993-1999

Head School of Health Isfahan Medical Science
University 1993-1999

Diet Therapist, Isfahan Family Clinic and Noor and
Ali-Asghar Hospital and private Clinic 1992-
2018

-Director General of Nutrition Improvement
Office, Ministry of Health and Medical Education
2005-2008.

Consultant of assistant for Health of Ministry of
Health Iran 2007-2008

Director General Isfahan Health Care City

Isfahan Iran 2011-2018

Secretary of the Third Iranian Congress of Nutrition, Iran, Isfahan, 1994. And 12th Iranian Congress of Nutrition and The 1st International Congress of Deputy Director, Institute for the Intellectual Development of Children and young adults, Tehran, Iran, 1978-1981 . Lecturer, Zahra College, Isfahan, Iran, 1982-1983.

-Lecturer, Rajaei College, Isfahan, Iran, 1983-1984.

Principal Investigator, A pilot project of wheat fortification with Iron in a defined population, A WHO & Unicef Joint project , Isfahan , Iran (1997).

Principal Investigator , An investigation of the effect of vegetarian diet on atherosclerosis , First Eastern Mediterranean Congress on preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular disease, Iran, 1997 .

Principal Investigator , An investigation of the effect of vegetarian diet on atherosclerosis , First Eastern Mediterranean Congress on preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular disease, Iran, 1997 .

-Member , National team for formulating the Nutritional Strategy, Islamic Republic of Iran, Tehran, Iran, June-July 1987.

-Principal Investigator , Family food and nutrition security (Symbol of planning and action) Isfahan, Iran, 1997.

Professional Expert Nutrition Consultant, East Los Angeles College, Los Angeles Community College District, Los Angeles, California, USA, 2001.

Workshops:

-Research Methodology, Isfahan University of Medical Science, Isfahan, Iran.

-International Research Methodology in Cardiovascular Diseases, Isfahan Cardiovascular Research Center, Isfahan, Iran .

-Teaching Methodology , Isfahan University of Medical Science , Iran.

-Epidemiology in Nutritional Researches , Ministry of Health and Medical Services, Tehran, Iran.

-Advanced Teaching Methodology, Isfahan University Medical Science ,Isfahan, Iran .

-Evaluation of Educational Programmes, Joint UNDP project Isfahan University of Medical Science , Iran, 1999.

- Planning management, evaluation and medical education development, Isfahan University of Medical Science, Isfahan, Iran, 1993.
- Community Medical Education, Isfahan University of Medical Science, Isfahan, Iran, 1995.
- Advanced problem based learning, Isfahan University of Medical Science, Isfahan Iran, 1997.
- Obesity Management in Primary Care, UCLA School of Medicine, UCLA, Los Angeles, California, 2001.