

Curriculum Vitae

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Education:

- Ph.D. in Sociology (Population and Health, Medical Sociology), 2005-2010, University of Hawaii at Manoa, U.S.A.
- M.A in Population and Development, 2001-2003, Shiraz University, Iran.
- B.A in Social Sciences Research, 1997-2001, Tabriz University, Iran.

Employment:

- Faculty Member, 2014-Present, Department of Community Nutrition, Shahid Beheshti Medical University, Tehran, Iran.
- Advisor, 2014-2017, Department of Population Health, Ministry of Health, Tehran, Iran.
- Lecturer, 2011-2018; Department of Sociology, Allameh University, Tehran, Iran.
- Lecturer, 2011-2014; Department of Demography, Tehran University, Tehran, Iran.
- Research Project Assistant, Post-Completion Academic Training, 2010-2011; Population and Health Studies, East-West Center, Honolulu, USA.
- Graduate Assistant, 2005-2010; Population and Health Studies, East-West Center, Honolulu, USA.
- Associate Researcher, 2003-2005; Asia-Pacific Population Studies and Research Center, Tehran, Iran.

Areas of Specialization/Interest:

- Population and Health
- Medical Sociology
- Applied Research Methods
- Quantitative Methods
- Qualitative Methods

- Policy Analysis
- Community Nutrition
- Sustainable Diets
- Data Analysis and programming using software SAS, STATA, R, SPSS, LISREL, MLwiN, PAS, Spectrum, POPMAP, PASCAL, and CPro.

Languages:

- 1) Azerbaijani: Fluent in speaking, reading, and writing.
- 2) Persian: Fluent in speaking, reading, and writing.
- 3) English: Fluent in speaking, reading, and writing

Research and Publications (Selected, for a full list visit my [SCOPUS Page](#)):

1) Peer Reviewed:

2019:

- Sobhani S.R., A. Rezazadeh, N. Omidvar, & **H. Eini-Zinab (corresponding author)**. 2019. Healthy diet: a step toward a sustainable diet by reducing water footprint. *Journal of the Science of Food and Agriculture*. Wiley.

2018:

- Bazhan M., N. Kalantari, N. Keshavarz-Mohammadi, H. Hosseini, **H. Eini-Zinab**, H. Alavi-Majd. 2018. Applying social marketing mix to identify consumers' preferences towards functional dairy products in Iran. *Nutrition & Food Science*: Emerald Publishing Limited.
- Esfandiari S., N. Omidvar, **H. Eini-Zinab**, A. Doustmohammadian, Z. Amirhamidi. 2018. Associations Among Food Insecurity, Academic Performance, and Weight Status in Primary School children in Tehran, Iran: A Cross-sectional Study. *Journal of nutrition education and behavior*, 50, 2, Elsevier.
- Emamat H., F. Foroughi, **H. Eini-Zinab**, A. Hekmatdoost. 2018. The Effects of Onion Consumption on Prevention of Nonalcoholic Fatty Liver Disease. *Indian Journal of Clinical Biochemistry*, 33, 1, Springer India.

2017:

- Haghighian-Roudsari A., A. Vedadhir, P. Amiri, N. Kalantari, N. Omidvar, **H. Eini-Zinab**, H. Sadati. 2017. Psycho-Socio-Cultural Determinants of Food Choice: A Qualitative Study on Adults in Social and Cultural Context of Iran. *Iranian Journal of Psychiatry*: 12, 4, Tehran University of Medical Sciences, Psychiatry and Psychology Research Center.
- Kalantari N., N. Keshavarz-Mohammadi, S. Rafieifar, **H. Eini-Zinab**, A. Aminifard, H. Malmir, N. Ashoori, S. Abdi, M. Gholamalizadeh, S. Doaei. 2017. Indicator for Success of Obesity Reduction Programs in Adolescents: Body Composition or Body Mass Index? Evaluating a School-Based Health Promotion Project after 12 Weeks of Intervention. *International Journal of Preventive Medicine*: 8, Wolters Kluwer-Medknow Publications.

- Ghodsi D., N. Omidvar, A. Rashidian, H. Raghfar, **H. Eini-Zinab**, M. Ebrahimi. 2017. Key Informants' Perceptions on the Implementation of a National Program for Improving Nutritional Status of Children in Iran. *Food and Nutrition Bulletin*: 38, 1, SAGE Publications, Los Angeles, CA.
- Ghodsi D., N. Omidvar, A. Rashidian, **H. Eini-Zinab**, H. Raghfar, M. Aghayan. 2017. Evaluation of the National Community-Based Food Distribution Program for Children on Anthropometric Indices of Malnourished or Growth Retarded Children in Iran: A Mixed Method Approach. *Annals of Nutrition and Metabolism*: 71, Karger Allschwilerstrasse, Switzerland.
- Doustmohammadian A., N. Omidvar, N. Keshavarz-Mohammadi, M. Amini, **H. Eini-Zinab**, M. Abdollahi, Z. Amirhamidi, S. Esfandiari. 2017. Food and Nutrition Literacy (FNLit) and its Predictors in Elementary School Children in Iran. *Annals of Nutrition and Metabolism*: 71, Karger Allschwilerstrasse, Switzerland.
- Doustmohammadian A., N. Omidvar, N. Keshavarz-Mohammadi, M. Abdollahi, M. Amini, **H. Eini-Zinab (Corresponding Author)**. 2017. Developing and validating a scale to measure Food and Nutrition Literacy (FNLit) in elementary school children in Iran. *PloS one*: 12, 6, Public Library of Science.

2016:

- Haghghian-Roudsari A., A. Vedadhir, P. Amiri, N. Kalantari, N. Omidvar, **H. Eini-Zinab**. 2016. Food Choice Strategies and Adults Perceptions Regarding to Obesity: A Qualitative Study in Iran. *Obesity Reviews*: 17.
- Rezazadeh A., N. Omidvar, **H. Eini-Zinab**, M. Ghazi-Tabatabaie, R. Majdzadeh, S. Ghavamzadeh, S. Nouri-Saeidlou. 2016. General and Central Obesity in two Iranian Ethnic Groups Living in Urmia, West Azerbaijan, Iran: Effect of The Neighborhood Environment: *Iranian Red Crescent Medical Journal*: 18, 7, Kowsar Medical Institute.
- Rezazadeh A., N. Omidvar, **H. Eini-Zinab**, M. Ghazi-Tabatabaie, R. Majdzadeh, S. Ghavamzadeh, S. Nouri-saeidlou. 2016. Food Insecurity, Socio-Economic Factors and Weight Status in Two Iranian Ethnic Groups. *Ethnicity & Health*: 21, 3, Taylor & Francis.
- Rezazadeh A., N. Omidvar, **H. Eini-Zinab**, M. Ghazi-Tabatabaie, R. Majdzadeh, S. Ghavamzadeh, S. Nouri-Saeidlou. 2016. Major Dietary Patterns in Relation to Demographic and Socio-Economic Status and Food Insecurity in two Iranian Ethnic Groups Living in Urmia, Iran. *Public Health Nutrition*: 19, 18, Cambridge University Press.
- Rezazadeh A, N. Omidvar, **H. Eini-Zinab**, R. Majdzadeh, M. Ghazi-Tabatabaie, S. Ghavamzadeh, S. Nouri-Saeidlou. 2016. Association of Depression with General and Central Obesity in Azeri and Kurd Ethnic Groups in Iran. *Obesity Reviews*: 17.
- Rezazadeh A, N. Omidvar, **H. Eini-Zinab**, R. Majdzadeh, M. Ghazi-Tabatabaie. 2016. Association of Major Dietary Patterns with Anthropometric Indices based on Gender and Ethnicity In Iran, *Obesity Reviews*: 17.

- Ghodsi D., N. Omidvar, **H. Eini-Zinab**, A. Rashidian, H. Raghfar. 2016. Impact of the National Food Supplementary Program for Children on Household Food Security and Maternal Weight Status in Iran. *International Journal of Preventive Medicine*: 7, Wolters Kluwer--Medknow Publications.
- Ghodsi D., N. Omidvar, **H. Eini-Zinab**, A. Rashidian, H. Raghfar. 2016. Effect of the Food Distribution on Household Food Security Status in Iran. *International Journal of Nutrition and Food Engineering*: 3, 3.
- Ghodsi. D, N. Omidvar, **H. Eini-Zinab**, H. Raghfar, A. Rashidian. 2016. Factors Affecting Malnutrition and Overweight of Maternal and Child Covered by National Program for Improving Nutritional Status of Children In Iran. *Obesity Reviews*:17.
- Emamat H., M. Noori, F. Foroughi, M. Rismanchi, **H. Eini-Zinab**, A. Hekmatdoost. 2016. An Accessible and Pragmatic Experimental Model of Nonalcoholic Fatty Liver Disease. *Middle East Journal of Digestive Diseases*: 8, 2, Iranian Society of Gastroenterology and Hepatology.
- Bazhan M., N. Kalantari, N. Keshavarz-Mohammadi, H. Hosseini, **H. Eini-Zinab**, H. Alavi-Majd. 2016. Identifying Iranian Consumers' Preferences towards Functional Dairy Products. *Global Journal of Health Science*:9, 1.

2015:

- Haghghian-Roudsari A., A. Vedadhir, N. Kalantari, P. Amiri, N. Omidvar, **H. Eini-Zinab**, F. Abdollahpouri-Hosseini. 2015. Concordance between Self-Reported Body Mass Index with Weight Perception, Self-Rated Health and Appearance Satisfaction in People Living in Tehran. *Journal of Diabetes & Metabolic Disorders*:15, 1, Biomed Central.
- Mirzadehahari Z., F. Mohammadi-Nasrabadi, **H. Eini-Zinab**, M. Khosravi, N. Mousavi, M. Agasi. 2015. Survey of Association between Major Depression Disorder in Women and Household Food Insecurity. *Iranian Journal Of Nutrition Sciences & Food Technology*: 10, 1, National Nutrition & Food Technology Research Institute.
- Hekmatdoost A., F. Vahid, Z. Yari, M. Sadeghi, **H. Eini-Zinab**, N. Lakpour, S. Arefi. 2015. Methyltetrahydrofolate vs Folic Acid Supplementation in Idiopathic Recurrent Miscarriage with Respect to Methylenetetrahydrofolate Reductase C677T and A1298C Polymorphisms: A Randomized Controlled Trial. *Plos One*: 10, 12, Public Library Of Science.
- Ghorbani Z., A. Hekmatdoost, **H. Eini-Zinab**, S. Farrokhzad, R. Rahimi, R. Malekzadeh, A. Pourshams. 2015. Dietary Food Groups Intake and Cooking Methods Associations with Pancreatic Cancer: A Case–Control Study. *Indian Journal of Gastroenterology*. 34, 3, Springer.
- Emamat H., F. Foroughi, **H. Eini-Zinab**, M. Taghizadeh, M. Rismanchi, A. Hekmatdoost. 2015. The Effects of Onion Consumption on Treatment of

Metabolic, Histologic, and Inflammatory Features of Nonalcoholic Fatty Liver Disease. *Journal of Diabetes & Metabolic Disorders*: 15, 1, Biomed Central.

- Salarkia N., N. Omidvar, F. Zarei, **H. Eini-Zinab**, T.R. Neyestani. 2015. Mother's Self-Efficacy Mediates the Relationship between Household Food Insecurity and Infant Feeding Style. *Maternal and Child Health Journal*, DOI 10.1007/s10995-015-1859-y.

2013 & earlier:

- **Eini-Zinab, H.** 2013. Multivariate analysis of total fertility rate and its components in Iran. *Population Studies Journal*, Vol. (2): 9-42. (In Persian)
- **Eini-Zinab, H.** 2013. Multidimensional life-table analysis of the effect of child mortality on total fertility in India, 1992–93, 1998–99, 2005–06. *Population Studies: A Journal of Demography*, 67(1).
- Retherford, R. D., **H. Eini-Zinab**, M. K. Choe, N. Ogawa, and R. Matsukura. 2013. Multidimensional life table estimation of the total fertility rate and its components. *Demography*, 50 (4): 1387-1395.
- **Eini-Zinab, H.** & F. Shams-Ghahfarrokhi. 2012. The effect of change in timing of fertility on total fertility rate in Iran. *Journal of Population Association of Iran*, No. 13: 177-196. (In Persian)
- Retherford, R. D., N. Ogawa, R. Matsukura, and **H. Eini-Zinab**. 2010. Multivariate analysis of parity progression-based measures of the total fertility rate and its components. *Demography* 47: 97-124.
- Ahmad-Nia, S, B. Delavar, **H. Eini-Zinab**, S. Kazemipour, A.H. Mehryar, and M. Naghavi. 2009. Caesarean section in the Islamic Republic of Iran: prevalence and some sociodemographic correlates. *East Mediterranean Health Journal*. Vol. 15. No. 6:1389-98.
- Aghajanian, A., A. H. Mehryar, B. Delavar, S. Kazemipour, and **H. Eini-Zinab**. 2007. Continuing use of withdrawal as a contraceptive method in Iran. *Canadian Studies in Population* 34: 179-190.

2) Working Papers:

- Eini-Zinab, H., A. Sajedi, Z. Rezaei, T. Nurollahi, A. Zahedian, A. Khosravi. & F. Shams-Ghahfarrokhi. 2014. *Modeling and Forecasting Mortality in Iran: 1996-2041*. Statistical Research & Training Center, Tehran, Iran.
- **Eini-Zinab, H.** 2011. *Multivariate life table methodology for estimating the effect of child mortality on the total fertility rate and its components*. East-West Center Working Paper 123. Honolulu: East-West Center.
<http://www.eastwestcenter.org/fileadmin/stored/pdfs/popwp123.pdf>
- Retherford, R. D., **H. Eini-Zinab**, M. K. Choe, N. Ogawa, and R. Matsukura. 2011. *Further Development of Methodology for Multivariate Analysis of the Total Fertility Rate and its Components Based on Birth-history Data*. East-West Center Working Paper 122. Honolulu: East-West Center.
<http://www.eastwestcenter.org/fileadmin/stored/pdfs/popwp122.pdf>

- **Eini-Zinab, H.** 2010. *New multivariate methodology for assessing the effect of child mortality on the total fertility rate and its components*. DHS Working Papers No. 70. Calverton, Maryland, U.S.A.: ICF Macro.
<http://www.measuredhs.com/pubs/pdf/WP70/WP70.pdf>
- Retherford, R. D., N. Ogawa, R. Matsukura, and **H. Eini-Zinab**. 2010. *Multivariate Analysis of Parity Progression-based Measures of the Total Fertility Rate and its Components Using Individual-level Data*. East-West Center Working Paper No. 119. Honolulu: East-West Center.
<http://www.eastwestcenter.org/fileadmin/stored/pdfs/POPwp119.pdf>
- Mehryar, A. H. and **H. Eini-Zinab**, 2004, *Teenage Marriage, Pregnancy, Contraception and Fertility in the Islamic Republic of Iran*, Population Studies and Research Center, Working Papers No.1, Tehran, Iran.
- Mehryar, A. H., **H. Eini-Zinab**, and B. Delavar, 2004, *Non-Users in a High Contraceptive Prevalence Setting: Iran*, Population Studies and Research Center, Working Papers No.14, Tehran, Iran.
- Mehryar, A. H., **H. Eini-Zinab**, and B. Delavar, 2004, *Pregnancy Wastage in Iran: A Retrospective Cross-sectional Study of Extent and Major Correlates*, Population Studies and Research Center, Working Papers No.12, Tehran, Iran.
- Mehryar, A. H., S. Kazemi-Pour, **H. Eini-Zinab**, and B. Delavar, 2004, *Migration and Reproductive Health in Iran*, Population Studies and Research Center, Working Papers No.11, Tehran, Iran.

3) Conference Papers:

- **Eini-Zinab, H.** 2015. *Multivariate Analysis of Fertility in Iran*, Paper presented at the Population Association of Iran Annual Meeting, September, 2015. Tehran, Iran.
- **Eini-Zinab, H.**, A. Vedad-Hir, and M. Ghazi-Tabatabaei. 2014. *Intersectionality: A New Paradigm to Promote Population Health and Quality*, Paper presented at the 1st International & 13th National Nutrition Congress, Nov. 30 - Dec. 3, 2014. Tehran, Iran.
- **Eini-Zinab, H.**, A. Vedad-Hir, and M. Ghazi-Tabatabaei. 2012. *Age Structural Transition and Demographic Dividends in Iran*, Paper presented at the Population Association of Iran Annual Meeting, October 25-26, 2012. Tehran, Iran.
- Retherford, R. D., **H. Eini-Zinab**, M.K. Choe, N. Ogawa, and R. Matsukura. 2010. *Further Development of Methodology for Multivariate Analysis of the Total Fertility Rate and its Components Based on Birth-history Data*, Paper presented at the Population Association of America Annual Meeting, April 15-17, 2010. Dallas, Texas.
- **Eini-Zinab, H.** 2007. *Multivariate Analysis of the Parity Progression-based Total Fertility Rate and its Components in Iran*, Paper Presented at 6th East-West Center International Graduate Student Conference, February 2007, Honolulu, HI.
- **Eini-Zinab, H.** 2006. *Demographic and Socio-Economic Determinants of Birth Interval Dynamics in Iran: A Survival Analysis*. Paper Presented at 5th East-West Center International Graduate Student Conference, February 2006, Honolulu, HI.
- **Eini-Zinab, H.** 2004. *Teenagers in Iran: Marriage, Contraception, Pregnancy and Childbearing*. Paper presented at Second National Conference of Population Association of Iran, Shiraz University, May 12-13, 2004.

- **Eini-Zinab, H.** 2003. *Evaluation of the Impact of Family Planning Program on Fertility: Using Prevalence Model in Selected Districts of Iran-2001*, presented in European Population Conference-2003, 26-30 August, Warsaw, Poland. The revised version of this paper also presented and awarded as the best essay presented by young scholars at the first Population Association of Iran (PAI) conference in 2003.
- **Eini-Zinab, H.** and J. Iranmahboob. 2003. *A Demographic Analysis of Abortion and Contraception in Iran – 2000*. Paper presented in British Society for Population Studies (BSPS) Annual Conference – 2003, 10-12 September, University of Bristol, UK.

4) Other Selected Research:

- **Eini-Zinab, H.** 2015. *Multivariate Analysis of Total Fertility Rate and Its Components in Iran, 2011 Census Data*. Research funded by Statistical Center of Iran & UNFPA-Iran, Tehran, Iran.
- **Eini-Zinab, H.** 2014. *Modeling and Forecasting Mortality in Iran: 1996-2041*. Research funded by Statistical Center of Iran & UNFPA-Iran, Tehran, Iran.
- **Eini-Zinab, H.** 2012. *Multivariate Analysis of Total Fertility Rate and Its Components in Iran, 2006 Census Data*. Research funded by Asia-Pacific Population Studies Center, Tehran, Iran.
- **Eini-Zinab, H.** 2010. *The effect of child mortality on fertility in India*. Doctoral Dissertation. Department of Sociology. University of Hawaii at Manoa.
- **Eini-Zinab, H.** 2003. *Evaluation of the Impact of Family Planning Program on Fertility in East Azerbaijan Province (Iran): A Multilevel Modeling Approach*. M.A. Thesis, Department of Sociology, Shiraz University, Shiraz, Iran.
- **Eini-Zinab, H.**, 2003, *Evaluation of the Impact of Family Planning Program on Fertility: Using Prevalence Model in Selected Districts of Iran-2001* In: Recent Changes and the Future of Iran's Population; Proceedings, Faculty of Social Sciences, University of Tehran 18-19 February 2003.
- **Eini-Zinab, H.** 2003. Determinants of Contraceptive Method Choice in Iran.
- **Eini-Zinab, H.** 2001. Parental Cultural Capital and Educational Attainment: A Case Study in Health Network Officers of Shabestar District in East Azerbaijan Province, Iran. B.A. Thesis, Department of Social Sciences, Tabriz University, Tabriz, Iran.

Teaching:

Academic Teaching:

- Graduate Level Courses: Advanced Research Methods, Advanced Statistics, Fertility, Demographic Software, Population and Labor Planning, Policy Analysis, Social Determinants of Healthy Behavior, and Population, Environment, & Nutrition.
- Undergraduate Level Courses: Social and Economic Demography, Cultural Ecology of Food & Nutrition.

Workshops:

- Workshop on *Meta-Analysis Using R*, February 2015, Research Department, School of Nutrition & Food Industry, Shahid Beheshti Medical University, Tehran, Iran
- Workshop on *Multivariate Methods of Estimating Total fertility Rate and Its Components*, December 2012, Department of Demography, University of Tehran, Tehran, Iran.
- Workshop on *Advanced Multivariate Data Analysis in Food and Nutrition Sciences*, March 2012, National Nutrition and Food Technology Institute, Tehran, Iran.
- Workshop on *Application of STATA in Demography and Population Studies*, December 2011, Department of Demography, University of Tehran, Tehran, Iran.
- 40th Summer Seminar on Population, Workshop 1: *Understanding Fertility Change in Asia: Design and Analysis of Longitudinal Surveys*. June 2- July 2, 2009. Honolulu, HI, U.S.A.
- 39th Summer Seminar on Population, Workshop 2: *Use of Discrete-Time Survival Models to Draw Out the Policy Implications of Demographic and Health Surveys*. June 3- July 3, 2008. Honolulu, HI, U.S.A.