

Fatemeh Esfarjani

1960/08/25



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## Education

- \* B.S, (Nutrition), Az Zahra University, Tehran, Iran(1985).
- \* Dietitian Technician, Minnesota, USA(1990-1991).
- \* M.S.P.H(Nutrition in Public Health), Tehran University, Tehran, Iran(1993).
- \* PhD by Research in Public Health , Shahid Behesti University , Tehran , Iran (2016).

## Work Experiences

1. Teacher at High School (1979-1983).
2. Dietitian and consulting at Pastourno, Hospital, Iran(1985 - 1990).
3. Assistant Professor , in the National Nutrition and Food Technology, Tehran, Iran(1993 to present).

- **Teaching Experience (In Shahid Beheshti University of Medical Sciences):**






1. Concept of public health and nutrition, education for health teacher schools in Tehran.
2. Diet Planning (for graduate students).
3. Principal Nutrition (for graduate students)
4. Food safety (for graduate students)

- **Current Position (2021):**

Head of food and Food and Nutrition Policy and Planning Research Department, National Nutrition and Food Technology Research Institute (NNFTRI), Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran











## Areas of Specialization

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-  Clinical nutrition (Diet Therapy).
-  Principal nutrition.
-  Diet planning
-  Breast feeding management and consulting
-  Food safety & Food security



## Skills

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-  Disciplined and efficient
  -  Team leader and player
  -  Critical thinker and quick learner
  -  Problem solver and innovative
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-  Microsoft word
  -  Presentation
  -  End note
  -  Internet and social network
  -  Microsoft PowerPoint
  -  SPSS

## Languages

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-  **Persian:** Native
-  **English:** Advance level

## Certificates

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- 1- Lactation management course, Child health Center, (WHO) Tehran, Iran, (1992).
- 2- Lactation consulting, (WHO) Tehran, Iran, (1994).
- 3- Methodology workshop (1995).
- 4- Community Oriented Nutrition Education (C.O.N.E.) (1, 2) 1995, 1998.
- 5- Curriculum planning workshop (1996).
- 6- “How to write paper, workshop, (1998)
- 7- Breast feeding workshop 1998.
- 8- Internet workshop, 1999.
- 9- Nutrition strategy Training International workshop, (Unicef) 2000.

- 10- Knowledge Translator workshop, 2012.
- 11- Strategic management and research planning in the field of food and nutrition, workshop, 2013.
- 12- Meeting of Thought Dialog about Milk, workshop, 2012.
- 13- End –note software, workshop, 2012.
- 14- Meta Analysis, Workshop, 2012.
- 15- Critical review, workshop, 2012.
- 16- GIS Geographic Information Systems, Workshop, 2012.
- 17- Qualitative studies, Workshop, 2012.
- 18- Workshop for presentation at conferences, 2012.
- 19- Power- point software, workshop, 2012.
- 20- Policy Analysis Methods and Evaluation of Nutrition and Health Plans, workshop, 2012.
- 21- Workshop paper writing, 2013.
- 22- The workshop for creating design and ideas for a successful package, 2014.
- 23- Structural Equation Modeling, Workshop (SEM), 2014.
- 24- A Technical Workshop on the Methodology for Assessment of Food Control System , 2016, (By WHO/FAO).
- 25-Food safety online course by Waghaningne, Netherlands, summer, 2021.

## Thesis and Dissertation

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**Title: The Impact of Nutrition Education of Mothers on their Nutritional knowledge in a health Center in Tehran**

Description: Master's thesis in Nutrition of Public health, 1993

**Title: Determinates and predictive modeling of home food safety practice in households of Tehran, using mixed methods approach.**

Description: Thesis for PhD by Research, 2016

1. Early Exposure to cow's milk & solid foods in infancy & risk of insulin dependent diabetes mellitus, Tehran, Iran, 1996.
2. Education of health teachers on their Nutritional knowledge in Tehran schools (1996).
3. Knowledge and Attitude towards Breast Feeding among Adolescent Girls in Tehran, Iran. (1999)
4. Assessment of bakeries & bread in Tehran, Iran, (2002-4).
5. Collected data bank of Intervention, to prevention and treat (Fe,I,Zn,VitA,B2) (2002-3).
6. Nutrition interventional planning to improve the management of school buffet and nutritional behavior of students (2009).
7. Assessment of nutritional status of mothers and their less than 5 year- old children in mother headed households, under the protection of Imam Khomeini relief foundation of Tehran, (2005-2007).
- 8-Survey of stunting prevalence and it's relation to dietary pattern in 8year-old students of Tehran, (2007-2011).
9. Assessing the effect of lifestyle modification intervention in elementary school obese children (2012).
10. Assessment of milk consumption in households and some of its related factors of western Azerbaijan province in 2012-2013.
11. Determinates and predictive modeling of home food safety practice in households of Tehran, using mixed methods approach. 2015-2016
12. Assessment of the quality and safety of frying oils (qualitative and combination features) in fast-food restaurants in Tehran and the design and development of oil optimization policies.2018-2019
13. The challenges of edible oils advertising: views of stakeholders and provide policy recommendations.2019-2020.
14. Policy Research of Food and Nutrition in Iran based on material six of overall health policies.
15. Analysis of fiscal policies aimed at reducing dietary risk factors of NCDs in the Islamic Republic of Iran.
16. Assessment and analysis of volume and value of raw and processed food products market in the recent decade in Iran (from 2005 to 2014).
17. Developing policy proposals for controlling nutritional risk factors of non-communicable diseases, based on analysis of findings of "national program for monitoring the levels of sugar, salt, saturated and trans fatty acids in industrial and traditional Iranian foods.

## Articles

1. Djazayeri A. Esfahani F. Mahmoodi M. Parsai S. Impact of Breast-feeding education on nutritional awareness of mothers in south Tehran (Yaftabad), Iranian journal of public Health, 24(1,2):45-51, 1995.
2. Esfarjani F. Ghaffarpour M, Valaie N. Early feeding with cows, milk and solid foods in infancy and Risk of IDDM. Mazandaran university of Medical Sciences journal, 7-8 (17-18): 20-24, 1998.
3. Esfarjani F, Kimiagar M. Golestan B. Are the Tehranian female students prepared for successful breast feeding? Pejouhandeh (Quratory Research journal) 6(24):383-390, 2001.
4. Esfarjani F. Ghaffarpour M, Valaie N. Early feeding with cows, milk and solid foods in infancy and Risk of IDDM. Mazandaran university of Medical Sciences journal, 7-8 (17-18):20-24, 1998.
5. Esfarjani F, Kimiagar M. Golestan B. Are the Tehranian female students prepared for successful breast feeding? Pejouhandeh (Quratory Research journal) 6(24):383-390, 2001.
6. Esfarjani F. Razzahy azar M, Ghaffarpour M. IDDM early exposure of infant to cows, milk. The Indian journal pediatrics, 68(2):107-115, 2001.
7. Esfarjani F, Golestan B Rasouli B, Roustae R, Derakhshani K. Surveying the efficiency of education on nutritional knowledge and performance of adolescent girls. Pejouhandeh (Biomonthly Research journal), 1 (37):21-29, 2004.
8. Esfarjani F, Golestan B, Roustae R, Derakhshani K. Do the adolescent girls have a desirable nutritional health state? Pejouhandeh (Biomonthly Research journal), 10(45):183-191, 2005
9. Haji Faraji M, Esfarjani F, Roustae R, Khoshfetrat M.R, Kamrani Z. Assessment of anthropometric status of adolescents in public guidance schools in East Tehran, 2006. Iranian Journal of Nutrition Sciences and Food Technology, 2(2):37-43, 2007.
10. Esfarjani F, Salarkia N, Roustae R, Abadi A.R. Anthropometric and infancy nutrition status of less than 5 year-old children in mother headed households, under the protection of Imam Khomeini Relief Foundation of Tehran and some of the related factors, 2005. Iranian Journal of Nutrition Sciences and Food Technology, 2(4):41-48, 2008.
11. Esfarjani F, Zoghi T, Mohammadi Nasrabadi F, Islami Amirabadi M, Roustae R, Kamrani Z, Haji faraji M. A qualitative assessment of student's snack and buffet status in middle schools of Tehran, 2008. Iranian journal of Faculty of Nursing & Midwifery Quarterly shaheed Beheshti University of Medical sciences and health services, 18(62):12-22, 2008.
12. Abdollahi, M., Mohammadi, F., Houshiar-Rad, A., HajiFaragi, M. and Esfarjani, F., 2011. Shares of energy and nutrients intakes from subsidized food items in Iranian households in different socio-economic status. Iranian Journal of Nutrition Sciences & Food Technology, 6(1), pp.43-56.
13. Esfarjanjani F, Roustae R, Mohammadi Nasrabadi F. Some determinants of stunting in children of Tehran. Journal of Nursing & Midwifery Faculty, 76 (22): 20-27, 2012.
14. Esfarjanjani f, Mohammadi Nasrabadi F, khalafi M, Roustae R. Olive oil in the diet of obese children. JFST10 (39):11-17, 2013.
15. Esfarjani F, HajiFaraji M, Roustae R, Mohammadi-Nasrabadi F. Schools' Cafeteria status: Does it affect snack patterns? A qualitative study. International Journal of Preventive Medicine. Int J Prev Med. 2013; 4(10): 1194-1199.

16. Esfarjani F., Roustae R., Mohammadi-Nasrabadi F, Esmailzadeh A, Determinants of stunting in school-aged children of Tehran. *International Journal of Preventive Medicine*. 2013; 4(2): 173–179.
17. Esfarjani F, Roustae R, Mohammadi-Nasrabadi F, Esmailzadeh A. Major dietary patterns in relation to stunting among Tehran children. *Journal Health Population Nutrition*. 2013; 31(2):202-210.
18. Esfarjani F, Khalafi M, Mohammadi F, Zamani\_nour N, Kelishadi R. Metabolic Syndrome and its determinants in a sample of young Iranian children with obesity, *Pakistan Journal of Medical Sciences*, 2013; 29(1):253-257.
19. Esfarjani F, Khalafi M, Mohammadi F, Roustae R, Zamani\_nour N, Kelishadi R. Family-Based Intervention for Controlling Childhood Obesity: An Experience Among Iranian Children. *International Journal of Preventive Medicine* 2013; 4(3): 358–365.
20. Esfarjani F, Mohammadi F, Roustae R, Khalafi M, Alikhanian H, Nouri-Saeidlou S, Abadi A, Kamali Z, Hajimirsadeghi Z, Davari A, Rashidi A. Household Milk consumption and its Socio-economic Association in West Azarbayejan province, North-west Iran. *Nutrition and food sciences research journal* 2015; 3(2):21-27.
21. Esfarjani F, Hosseini H., Mohammadi Nasrabadi F., Roustae R, Abadi A., Alikhanian H., Khalafi M, Kiaee M.F., Khaksar R. Development of a Home Food Safety Questionnaire Based on Precede Model: Targeting Iranian Women. *Journal of food protection*, 2016:79 (12); 2128-2135.
22. Esfarjani F, Khaksar R, Mohammadi Nasrabadi F, Roustae R, Alikhanian H, Khalaji N, Mousavi Khaneghah A, Hosseini H. A preventive approach to promote food safety: bacteria contamination of domestic refrigerators. *British food Journal* 2016:118(8):2076-2091.
23. Esfarjani F, Khaksar R, Mohammadi-nasrabadi F, Roustae R, Alikhanian H, Hosseini H. Women's behaviors and views on home food safety in Tehran: A Qualitative Study. *Nutrition and Food Sciences Research*, 2017, 4(1), 17-25.
24. Esfarjani, F., Mohammadi-Nasrabadi, F., Khaksar, R., Roustae, R., Alikhanian, H., Ghazi-Tabatabaei, M., & Hosseini, H. (2018). Structural equation modeling of home food safety practice based on the PRECEDE model. *Journal of Food Safety*, 38(6), e12517.
25. Mohammadi-Nasrabadi, F, Omidvar, N, Goshtaei, M, Ebadi, F, Zargaran A, Ghodsi D, Haghighian, A, Esfarjani, F, Ajami, M, et al, (2018). Policy Assessment of Food and Nutrition in Iran Based on Article Number Six of the General Health Policy Document. 10; 2(2):190-205.
- 26.
27. Esfarjani, F., Hosseini, H., Khaksar, R., Roustae, R., Alikhanian, H., Khalafi, M., & Mohammadi-Nasrabadi, F. (2019). Home Food Safety Practice and Household Food Insecurity: A Structural Equation Modeling Approach. *Iranian journal of public health*, 48(10), 1870.
28. Zargaraan, A., Mohammadi-Nasrabadi, F., Hosseini, H., Salmani, Y., Bahmaei, M., & Esfarjani, F. (2019). Challenges of edible oils from farm to industry: Views of stakeholders. *Food and nutrition bulletin*, 40(1), 99-110.

29. **Esfarjani, F.**, Khoshtinat, K., Zargaraan, A., Mohammadi-Nasrabadi, F., Salmani, Y., Saghafi, Z., & Bahmaei, M. (2019). Evaluating the rancidity and quality of discarded oils in fast food restaurants. *Food science & nutrition*, 7(7), 2302-2311.
30. Mohammadi-Nasrabadi, F., Zargaraan, A., Salmani, Y., & Esfarjani, F. (2020). Challenges of Cooking Oils in Fast-Food Restaurants of Iran: Views of Consumers. *International quarterly of community health education*, 40(2), 135-141. Impact factor: 1.055.
31. Mohammadi-Nasrabadi, F., Salmani, Y., Banihashemi, S. M., Haghghian Roudsari, A., Zargaraan, A., & **Esfarjani, F.** (2020). Policy challenges of food advertisements from the viewpoints of Stakeholders: A qualitative study. *Food science & nutrition*, 8(4), 1949-1956.
32. Abedi, A. S., Nasser, E., **Esfarjani, F.**, Mohammadi-Nasrabadi, F., Moosavi, M. H., & Hoseini, H. (2020). A systematic review and meta-analysis of lead and cadmium concentrations in cow milk in Iran and human health risk assessment. *Environmental Science and Pollution Research*, 27(10), 10147-10159. Impact factor: 4.223.
33. Fatemeh Mohammadi-Nasrabadi, Hedayat Hosseini, Yeganeh Salmani, **Fatemeh Esfarjani**. (2021). Content analysis of edible oil TV advertisements, and consumer perceptions regarding these advertisements: a mixed-method study, *Journal of Nutrition and Food processing*, DOI:10.31579/2637-8914/034.
34. Mohammadi-Nasrabadi, F., Salmani, Y., Broumandnia, N., & **Esfarjani, F.** (2021). A mixed-method study on COVID-19 prevention in Iranian restaurants. *Frontiers in Public Health*, 8, 1075.
35. Mohammadi-Nasrabadi, F., Salmani, Y., & **Esfarjani, F.** (2021). A quasi-experimental study on the effect of health and food safety training intervention on restaurant food handlers during the COVID-19 pandemic. *Food Science & Nutrition*.
36. Mohammadi-Nasrabadi, F., Zargaraan, A., Salmani, Y., Abedi, A., Shoaie, E., & **Esfarjani, F.** (2021). Analysis of fat, fatty acid profile, and salt content of Iranian restaurant foods during the COVID-19 pandemic: Strengths, weaknesses, opportunities, and threats analysis. *Food Science & Nutrition*.
37. Azizollah Zargaraana, Fatemeh Mohammadi-Nasrabadi, Azade Rashidimehr, Soheyl Eskandari c,d,e, Yeganeh Salmania, **Fatemeh Esfarjani**, A mixed-method study of chicken meat safety in Iran during the COVID-19 pandemic: SWOT analysis, Accepted in *Journal of Poultry Sciences*, (2021).
38. Salmani, Y., Mohammadi-Nasrabadi, F., & **Esfarjani, F.** (2021). A mixed-method study of edible oil waste from farm to table in Iran: SWOT analysis. *Journal of Material Cycles and Waste Management*, 1-11.
39. Soheyl Eskandari, Azadeh Rashidimehr, Fatemeh Mohammadi-Nasrabadi, Yeganeh Salmani, Fatemeh Esfarjani, (2022) How policymakers can take an action in potential strengthening to improve the safety of the vegetable in the supply chain: SWOT analysis, *Journal of Nutrition and Food Security*.

### **Books**

1. Translated & Compiled by: Esfarjani F, Taleban FA, Armin S. " Learning to live well with diabetes". National Nutrition and Food Technology Research Institute publication, Tehran, Iran , 2002.

2. Scientific editor” Nutrition and health food in the households” for school children, 2005.
3. Esfarjani F, and,et.all ,” What do you know about Beverages?” , published by Ministry Health and Medical Education Deputy for health, nutrition office 2012.
4. Fatemeh Esfarjani, Yeganeh Salmani, “A Guideline for owners and restaurants staff members of food service during COVID-19 pandemic”, 2020.

### **Pamphlets**

1. Product Video’s film food exchange lists with Iranian’s food (20 minutes) (1997).
2. Feeding your preschooler (poster) (1997).
3. How to build a stronger Kid (poster) (1998).
4. Learn to lower your fat choices (pamphlet) (1999).
5. Nutrition and exercise analysis software nutritionist III (Translation into Persian with addition Iranian’s foods) (1998).
6. Why is the refrigerator important? (2014).
7. What we need to know about the health and food in the refrigerator (2014).
8. Useful information on oils and fats (2015).

### Congress

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1. Esfarjani, F. Djazayeri, A, Effect of nutrition of breast feeding on their nutritional knowledge. 6th international congress of children disease. Tehran,Iran, (1994).
2. Djazayeri,A. Esfarjani,F. Mahmoudi,M. The impact of nutrition Education of mothers on their nutritional knowledge in a health center in Tehran. 7th Asian congress of nutrition, Beijing, China, (1995).
3. Esfarjani, F. Djazayeri, A. parsai,S. Nutritional Knowledge of lactating mother. 3th iranian congress of nutrition, Isfahan, Iran(1995).
4. Esfarjani,F.porgoulamuy,N. Fiber & Diseases. First national scientific and cultural seminar of nutrition students, Tabriz, Iran(1995).
5. Esfarjani,F. Djazayeri,A. Nutrition education during pregnancy is prevent of malnutrition. First congress of nutrition and malnutrition , khoramabad, Iran(1995).
6. Esfarjani,F. Kimiagar, M. Role of women in the poverty reduction programs. Congress of poverty reduction, Tehran, Iran(1996).
7. Esfarjani,F. Eyvazzadeh , L . How to prevent malnutrition with available situation, Seminar World Food day ,Tehran, Iran(1996).
8. Esfarjani.F. Gafarpour,M. Vali,N. Breastfeeding & diabetes. 4th Iranian Nutrition Congress ,Tehran, Iran(1996).
9. Shahidi,N. Kimiagar,M. Esfarjani,F. Assessment of nutritional knowledge of diabetic patient (NIDDM).4th Iranian Nutrition Congress ,Tehran, Iran(1996)



10. Esfarjani,F. Serafan, A. Gastl,J. presentation of program (nutritionist IV) software with additional Iranian's foods.(version3.5.2). 4th Iranian Nutrition Congress, Tehran, Iran(1996).
11. Esfarjani, F. Rahmani,Kh. Effects of nutrition education of health teacher on their nutritional knowledge. 4th Iranian Nutrition Congress, Tehran, Iran(1996)
12. Esfarjani, F. Poladie, M. Fazali,R. Nutrition and Cancer, How to prevent. First congress of cancer society of children. Tehran, Iran(1996).
13. Rahmani,kh. Esfarjani,F. Toisrkani, A. Role of mother in family health. Second congress of family, and productivity, Tehran, Iran(1997).
14. Esfarjani,F. Gafarpour, M. vali,N. Nutrition in infancy and diabetes (IDDM) in children. 8th Iranian congress of Internal Medicine, Rasht, Iran(1997).
15. Esfarjani,F. Gafarpour,M. vali,N. Eearly Exposure to cow's milk & solid foods in infancy & risk of insulin-dependent diabetes mellitus. 16th International congress on nutrition. Montreal, Canada,(1997).
16. Esfarjani,F. Polady,M. Role of women in food security, Seminar on world food day. Tehran, Iran. (1997)
- 17.Rahmani KH, Esfarjani,F. B.M.I is index of nutrition health in adult Iranian women. The First national conference on research in the P.H.C network, Tehran, Iran(1998).
18. Esfarjani, F . Rahmani . KH . Effect of applied nutrition on their nutritional knowledge of health teacher the first conference in the P.H.C network, Tehran Iran(1998).
19. Esfarjani , F. Razghy Azar , M . Assessment of BMI Index in diabetic children and compare with healthy children. 9<sup>th</sup> Iranian congress of internal medicine, Tehran, Iran, 1998.
20. Esfarjani, F. presentation of Nutritionist IV Software in 1st Festival of Multimedia soft ware,Tehran, Iran(1999).
21. Esfarjani , F. Evaluation of food habits in obese person. Weight Control Congress , Tehran, Iran, 1999.
22. Esfarjani ,F. Presser , J. Assessment of knowledge and attitudes of Australian adolescent girls about breast feeding. Pediatrics Congress, Isfahan Iran, 1999.
23. Esfarjani F, kimiagar M, Shafiee A. Are the Tehranian adolescent girls students have enough knowledge about breast feeding?10th Iranian Congress of Internal Medicine, Tehran, Iran(1999).
24. Esfarjani F, Rashidian F. Do the Australian girls students have enough knowledge about successful breast feeding? 5th Iranian Nutrition Congress, Tehran, Iran(1999).
25. Esfarjani F. Applied suitable for sufficient nutrition .First Aging Conference, Tehran. Iran(1999).
26. Amin poar A, Salarkia N, Esfarjani F. Assessment of BMI in students . 5th Iranian Nutrition Congress, Tehran, Iran(1999).
27. Esfarjani F. Kimiagar M. Attitudes of female high school students in IRAN and Australia toward Breast feeding. 8th Asian Congress of Nutrition. Seoul, Korea, (1999).
28. Esfarjani F, Djazayery A. Nutritional knowledge and assessment of blood indicator stool of parasite in health center of Tehran. 7th world Congress on Clinical Nutrition, New Delhi, Indian, (1999).

29. Esfarjani F. Nutrition in Aging. First International Conference, Rural Aging. West Virginia, USA, (2000).
30. Esfarjani F, Armin S . Anthropometrical and nutritional assessment of adolescent girls in the south of Tehran. Micronutrients and Health Malaysia, (2000).
31. Esfarjani F, Hadiani H . Dietary record's of adolescent girls in south of Tehran. 1st congress of food pattern, Sarie, Iran, (2000).
32. Esfarjani, F, Zahedirad M. Green tea, It's properties in prevention , Treatment of disease and It's health Benefits .15th International Congress on Traditional medicine material medica, Tehran , Iran.(2000).
33. Esfarjani F, Golestan B, Haidari H. Assessment of food habits adolescent girls in south of Tehran. 6th International Congress of endocrine disorders, (2001).
34. Esfarjani F, Zahedirad M. Changing nutritional habits in adolescent girls in Ramadan. The Congress on health Radman, Tehran , IRAN (2001).
  
35. Esfarjani F, Kimiagar M, Golestan B, Rashidian F. Are the Tehranian female college students prepared for successful Breastfeeding ? Journal of Clinical Nutrition. Supplement 3 (20), Munich, Germany, 23rd Congress ESPEN. (2001)
36. Esfarjani F, Golestan B, Eyvazzadeh L. Do the south- Tehranian girls students have enough knowledge about their nutritional requirements. Annals of Nutrition & Metabolism 45(Suppl 1). 17th International Congress of Nutrition, Vienna, Austria(2001).
37. Esfarjani F, Evazadeh, L . Role of zinc in infertility. Infertility Congress, Tehran, Iran (2002).
38. Kimiagar M, Esfarjani F. Role of Nutrition in Fertility and infertility. Infertility Congress, Tehran, Iran ,(2002).
39. Esfarjani, F, salarkia, N. Golestan, B. Aminpoor, A. Correlation between BMI & TSF in young adults. 3rd Asian Congress of Dietetics, Mlaysia, (2002)
40. Esfarjani F, Golestan B, Derakhshani K, Molebashi T, Evelaiton & Compare of nutritional status in adolescent girls 7th Iranian Nutrition congress, Rasht, Iran ( 2002).
41. Esfarjani, F. Golestan. B, Roustaei. Rasouli B. Knowledge and acceptable eating behavior about vitamin A of adolescent girls in Tehran. XXIVACG Meeting Morocco, 2003.
  
42. Esfarjani F, Derakkhshani K, Hajirasouli A. Anthropometric and Nutritional assessment in public and private Secondary schools in Tehran. IX Asian Congress of Nutrition, New Delhi, India, (2003).
  
43. Esfarjani F, Golestani B, Derakhshani K, Mollabashi T. Nutritional knowledge assessment of adolescent girls in two Socio - economic Class in Tehran. IX Asian Congress of Nutrition, New Delhi, India, (2003).

44. Esfarjani F, Golestan B, Derakhsahni K. Correlation between BMI and the age of menstruation beginning in adolescent girls in two Socio- Economic Classes. IV. International Nutrition and dietetics congress. Ankara, Turkey.(2003).

45. Esfarjani. F, Golestan B, Derkashani k, Eshraghi, Sh. Nutritional behavior assessment of adolescent girls in public and private Secondary schools in Tehran. 9<sup>th</sup> European Nutrition Conference, Rome, 2003.

46. Esfargani F, Derakhshani K, Roustaei R, Rasouli B. effectiveness of Educational program on Nutritional knowledge of adolescent girls of Tehran. 9<sup>th</sup> European Nutrition Conference, Rome, 2003.

47. Esfargani F, Roustaei R, Rasouli B, Derakhshani K .Study of Knowledge, dietary pattern of adalescent girls about seafood and its realation to heath. Role of fish and seafoods in Health,10<sup>th</sup> World Congress on Clinical Nutrition, Phuket ,Thailand,2004.

48. Esfarjani F, Darakshani k. Anthropometric status of adolescent girls is a predictor for future health of the community. 10<sup>th</sup> World Congress on Clinical Nurition ,Phuket, Thailand,2004.

49. Esfarjani f,Hill Sh, Rasouli B, Roustaei R. Nutritional Knowledge assessment of adolescent girls in summerland ,Canada. 8<sup>th</sup> Iranian Nutition Congress,Tehran,Iran,2004.

50. Esfarjani F,Djazayeri A,Parsai S, Women ,Health, Development. 8<sup>th</sup> Iranian Nutrition Congress, Tehran,Iran,2004.

51. Esfarjani F, Golestan B, Derakhshani K, Roustaei R, Rasouli B.Do the Adolescent girls have a desirable nutrition health?.18<sup>th</sup> International Congress of Nutrition, September 19-23, Durban, South Africa, 2005.

52. Esfarjani F ,Razaghi Azar M. Assessment of body mass index in diabetic & healthy children . 18<sup>th</sup> International Congress of Nutrition, September 19-23, Durban, South Africa, 2005.

53. Esfarjani F,Rasouli B,Roustae R, Zamani nourN. Are the Summerlandian female collage students prepared for successful breastfeeding? International Nutrition &Dietetics Congress, April 12-15, Ankara, Turkey, 2006.

54. Esfarjani F , Salarkia N, Golestan B, Roustae R, Zamani Nour N. Do the mother headed family children suffer from obesity? 13thAsia-oceania Congress of endocrinology, May 9-12 Tehran, Iran, 2006.

55. Esfarjani F, Mohammadi F, Hadjifaraji M, Roostae R, Khoshfetrat MR, Under-and over nutrition in a group of Tehran adolescents, 10<sup>th</sup> international congress on obesity, September 3-8, Sydney, Australia 2006.

56. The prevalence of overweight and obesity in Tehrani headed household woman in low income families, 10<sup>th</sup> international congress on obesity, September 3-8, Sydney, Australia 2006.

57.

58. Esfarjani F\*, Mashayekh M, Kalantari N, Roustae R., Evaluation of effective factors on production quality of Sangak, traditional Iranian bread. 13<sup>th</sup> world congress of food science and technology, 17- 21 Sept, Nantes, France, 2006.
59. Esfarjani F, Mohammadi F, Hadjifaraji M, Roustae R, Khoshfetrat M. R. Under-and over nutrition in a group of Tehran adolescents. I World congress of public Health nutrition, Spain, Barcelona 28-30 Sept, 2006.
60. Esfarjani F, Rasouli B, Roustae R, Zamani Nour N. Are the Summerlandian female colleges students prepare for successful breast feeding? World congress of public Health nutrition, Spain, Barcelona 28-30 Sept, 2006.
61. Esfarjani F, Razaghy A Zar. Assessment of Early Exposure to Cow's Milk ,Solid Food & BMI in Diabetic And Healthy Children. Th1<sup>st</sup> World congress on Controversies in Obesity, diabetes & hypertension, Berlin , Germany , October 26-29, 2006.
62. Esfarjani F, Roustae R, Mohammadi Nasrabadi F, Derakhshani K, Hajifaraji M, Khoshfetrat M. R. Effectiveness of education on nutritional knowledge and performance of adolescent students in Tehran. 10<sup>th</sup> European Nutrition Conference, Paris, France, July 10-13, 2007.
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