

Curriculum Vitae

Basic Personal Information

Full name	Delaram Ghodsi
Nationality	Iranian
Marital status	Married
Work Address	Department of Nutrition Research, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences and Health Services, P.O. Box 19395-4741, Tehran, Iran.
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Google scholar	https://scholar.google.com/citations?hl=en&user=_K7q8scAAAAJ

Education

Ph.D. 2011-2016	Nutrition Sciences Faculty of Nutrition Sciences and Food Technology/National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences and Health Services, IR. Iran. Thesis: Program analysis, effectiveness and cost analysis of “multidisciplinary program for improvement of nutritional status of children in Iran”
Master of Science 2000-2003	Nutrition Sciences Tabriz University of Medical Sciences and Health Services, IR. Iran. Dissertation: Prevalence of hyperlipidemia and nutritional and socio-economical factors affected it, in adolescent girls in Tabriz.
Bachelor in Science 1996-2000	Nutrition Isfahan University of Medical Sciences and Health Services IR.Iran.

Professional Work Experiences

Assistant Professor (research) 2021-...	Department of nutrition research, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
Researcher 2016- 2021	Member of department of nutrition research, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
Research Assistant 2003- 2005	Department of nutrition research, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
Lecturer Shahid Beheshti University of Medical Sciences, Tehran, Iran	2019- ...: Nutrition services in primary health care. [B.Sc.] 2018- ...: Household economics [PhD.] 2017- ...: Nutrition planning and management [PhD.] 2012-:Food and nutrition planning [B.Sc.] 2017-2019: Nutrition and Maternal Health [PhD.] 2012- 2013: Food and nutrition planning [M.Sc.]

		2011- 2014: PHC trial [B.Sc.]
		2012- 2015: Nutrition in specific group and condition [B.Sc.]
		2005- 2011: Clinical trial of diet therapy for adults and children [B.Sc.]
Islamic University, Pharmaceutical Science Branch, Tehran, Iran	Azad	2012- 2-14: Diet Therapy and edible food [Pharmacology student]
Islamic University, branch, Qom, Iran	Azad Qom	2008-2011: Basic of nutrition [MD student] Basic of nutrition and diet therapy [Nursing student; B.Sc.] Nutrition during pregnancy, lactating and infancy [Midwifery student; B.Sc.]

Thesis consultant

- “The cost-effectiveness of group-based and web-based nutrition education in overweight or obese type 2 diabetes mellitus patients”. PhD. in Nutrition. School of nutrition and food sciences. Shiraz University of Medical Sciences. 2020.
- “Strategy development for improving consumption patterns to reduce loss and waste along the wheat bread supply chains in Fars province, Iran”, PhD. In: Computer Applications and Business Management in Agriculture. University of Hohenheim, 2018.
- “Participatory evaluation and policy analysis of Tehran municipality in regards to overweight and obesity prevention with an emphasis on governance for obesity risk factors and community participation in Adults”. PhD. in Food and Nutrition Policy Making. Faculty of Nutrition Sciences and Food Technology. SBMU, 2019.
- Development and evaluation of health promotion interventions package for controlling Polycystic ovary syndrome in adolescents. PhD. in Maternal Health. School of Nursing & Midwifery. SBMU, 2018.

Publications

Books

- Sheikholeslam R., Abdollahi Z., Omidvar N., Ghodsi D. et al. Public Health Nutrition Programs within the Health System in Iran. National Nutrition and Food Technology Research Institute. Shahid Beheshti University of Medical Sciences Press. Tehran. Iran. 2021.
- **Ghodsi D.**, Nikooyeh B., Eini-Zinab H., Rasekhi H., Neyestani TR., Abdollahi Z., Minaei Mina. Analysis of trend of nutritional status of children in Iran: Results of health and nutrition surveys in last three decades. UNICEF, The Statistical Center of Iran, and Statistical Research and Training Center. Tehran. Fall. 2020. (in Persian)
- Rasekhi H., Ghodsi D. WHO guidelines for improving breastfeeding practices. In: Breastfeeding: Trends, Determinants, and Benefits”. The Nova Science Publishers. 2021 (in Press)
- Omidvar N., **Ghodsi D.** Healthy Family (Birth up to 2 years). Literacy Movement of Iran publication, Tehran, Iran. 2019.
- Omidvar N., Abdollahi Z., **Ghodsi D.**, Doostmohammadian A., Sadeghi-Ghotbabadi F., Azemati B. Textbook of Development and evaluation of community-based nutritional program. National Nutrition and Food Technology Research Institute publication. ISBN:978-964-91340-8-6, Tehran, Iran. 2018.
- Azar M., Omidvar N., **Ghodsi D.** Proceeding book of 7th Iranian Nutritional Congress. Iranian association of nutrition publication, Tehran, Iran. 2006
- Khalili M., **Ghodsi D.** Basic Nutrition for students of public health. Ghalamchi Publication, Tehran, Iran 2007.

Journal papers

- Derakhshandeh-Rishehri SM., **Ghodsi D.**, Faghieh Sh., Keshavarz Kh., Pishdad Gh. Study protocol: a randomized controlled trial to compare the cost-effectiveness of group vs. Web-Tel nutrition education

- program on glycemic, lipids, and anthropometric control of patients with type 2 diabetes. *Journal of Health Sciences and Surveillance System*. 2021 (in press)
- Nahidi F., Ramezani Tehrani F., **Ghods D.**, Jafari M., Alavi Majd H. & Abdollahian S. Relationship between body mass index and the clinical predictors of polycystic ovary syndrome in adolescent girls. *The Iranian Journal of Obstetrics, Gynaecology and Infertility*. 2021. [10.22038/ijogi.2021.53306.4601](https://doi.org/10.22038/ijogi.2021.53306.4601). (In press).
 - Rabiei S., **Ghods D.**, Nikooyeh B., Rasekhi H., Doustmohammadian A., Amini M., Abdollahi Z., Minaie M., Sadeghi F., Neyestani T. Fast food intake during lockdown induced by COVID-19; the first nationwide study, *National Nutrition and Food Surveillance*. Food Science and Nutrition. 2021.
 - Nikooyeh B., **Ghods D.**, Neyestani TR. How Much Does Serum 25 (OH) D Improve by Vitamin D Supplement and Fortified Food in Children? A Systematic Review and Meta-Analysis. *Journal of Pediatric Gastroenterology and Nutrition*. 2021. DOI: [10.1097/mpg.0000000000003300](https://doi.org/10.1097/mpg.0000000000003300)
 - **Ghods D.**, Omidvar N., Nikooyeh B., Shakibazadeh E., Rostaee R. Effectiveness of community nutrition-specific interventions on improving nutritional status of children under 5 years of age in the EMR: A systematic review. *MDPI International Journal of Environmental Research and Public Health*. 2021, 18(15), 7844; <https://doi.org/10.3390/ijerph18157844>
 - Anari R., Amini M., Nikooyeh N., **Ghods D.**, Torabi P., Neyestani T.R. Assessment of nutritional status of hospitalized patients including their food intake and evaluation of food waste, its causes and consequences in some selected Tehran hospitals: a cross-sectional study protocol. *Nutrition and Food Sciences Research*. 2021; 8: 2: 1-4.
 - Abdollahian S, Ramezani Tehrani F., **Ghods D.**, Jafari M., Alavi Majd H. & Nahidi F. The effectiveness of lifestyle-training program promoting adolescent health with polycystic ovarian syndrome: a study protocol for a randomized controlled study. *Journal of Education and Health Promotion*. 2021;10 (1); 351.
 - Ghaziani Sh., **Ghods D.**, Dehbozorgi GhR., Faghieh Sh., Rajabpour Ranjbar Y., Doluschitz R. Comparing Lab-Measured and Surveyed Bread Waste Data: A Possible Hybrid Approach to Correct the Underestimation of Household Food Waste Self-Assessment Surveys. *MDPI sustainability*. 2021, 13 (6); 3472. <https://doi.org/10.3390/su13063472>
 - Amini M., **Ghods D.**, Doostmohammadian A., Nikooyeh B., Neyestani TR. Exploring health and nutrition stakeholders' expectations and perception toward establishment of the Food and Nutrition Surveillance (FNS) in Iran. *J Health Planning & Manage*. 2021; 36 (3): 885-895. <https://doi.org/10.1002/hpm.3130>
 - Rasekhi H., Rabiee S., Aminin M, Ghods D., Doostmohammadin A., Nikooyeh B., Abdollahi Z., Minaee M., Minaee M., Neyestani TR. COVID-19 epidemic-induced changes of dietary intake of Iran population during lock-down Period: The study protocol. *Nutrition and Food Sciences Research*. 2021; 8: 2: 1-4.
 - Mokari-Yamchi A., Faramarzi A., Salehi-Sahlabadi A., Barati M., **Ghods D.** Jabbari M., Hekmatdoost A. Food Security and Its Association with Social Support in the Rural Households: A Cross-Sectional Study. *Prev. Nutr. Food Sci*. 2020; 25 (2): 146- 152. <http://doi.pnf.2020.25.2.146>.
 - Abdollahian S, Ramezani Tehrani F., Amiri M., **Ghods D.**, Bidhendi Yarandi R., Jafari M., Alavi Majd H. & Nahidi F. Effect of lifestyle modifications on anthropometric, clinical, and biochemical parameters in adolescent girls with polycystic ovary syndrome: a systematic review and meta-analysis. *BMC Endocrine Disorders*. 2020; 20 (71). <https://doi.org/10.1186/s12902-020-00552-1>.
 - Edalati S., Omidvar N., Haghghighian Roudsari A., **Ghods D.**, Zargaram A. Development and implementation of nutrition labelling in Iran: A retrospective policy analysis. *Int J Health Plann Mgmt*. 2020; 35: e28-e44. DOI: DOI: 10.1002/hpm.2924
 - **Ghods D.**, Ghaziani Sh, Doluschitz R. Food Loss and Waste from Farm to Fork: A Case Study of Wheat and Wheat in Iran. *Iranian Journal of Nutrition Sciences & Food Technology*. 2019; 14 (2).S 126-131.(In Persian)
 - Mohammadi-Nasrabadi F, **Ghods D.**, Khoshfetrat MR, Hoseini M, Haghghighian-Roudsari A. Consumption Sub-system and its importance in healthy and sustainable Food and Nutrition System. *Iranian Journal of Nutrition Sciences & Food Technology*. 2019; 14 (2)S; 153-159. (In Persian)
 - Mohammadi-Nasrabadi F., Omidvar N., Goshtaei M., Ebadi F., Zargaran A., **Ghods D.**, & et al. Policy assessment of food and nutrition in Iran based on article number six of the general health policy document. *Iranian Journal of culture and health promotion*. Academy of Medical Sciences of Islamic Republic of Iran. 2018; 2 (2): 190-205. (In Persian)
 - **Ghods D.**, Rashidian A., Omidvar N., Eini-Zinab H., Raghfar H., Ebrahimi M. Process Evaluation of a National Community-Based Food Supplementary Program for Improving Nutritional Status of Children in Iran. *Public Health Nutrition*, 2018; 21 (18): 2811-2818.
 - **Ghods D.**, Omidvar N., Rashidian., A Eini-Zinab H., Raghfar H., Aghaian M. Effectiveness of the national food supplementary program on the anthropometric index of growth retarded or malnourished children aged 6–

72 month in Iran. *J Matern Child Nutr.* 2018; <https://doi.org/10.1111/mcn.12591>

- **Ghods D.**, Omidvar N., Rashidian A., Raghfar H., Eini-Zinab H. Key Informants' Perceptions on the Implementation of a National Program for Improving Nutritional Status of Children in Iran. *Food and Nut Bulletin.* 2017; 38 (1); 78-91.
- **Ghods D.**, Omidvar N., Eini-Zinab H., Rashidian A., Raghfar H. Impact of the National Food Supplementary Program for Children on Household Food Security and Maternal Weight Status in Iran. *Int J Prev Med.* 2016; 7 (108).
- Mohammadi-Nasrabadi F., Abdolahi M., **Ghods D.**, Hoshidar-Rad A., Rezvani V., Ghafarpour M., Kalantari N. Do Iranian Female-headed Households Have Lower Socio-economic and Nutritional Status Compared to Male-headed ones? *Nutrition and Food Science Research.* 2 (2); Apr-Jun. 2015: 13-22.
- Abdollahi M., Mohammadi-Nasrabadi F., Houshiar rad A., Ghaffarpur M., **Ghods D.**, Kalantari N. Socio-economic Differences in Dietary Intakes: The Comprehensive Study on Household Food Consumption Patterns and Nutritional Status of I.R.Iran. *Nutrition and Food Science Research.* 1 (1); Jul-Sep. 2014: 19-26.
- **Ghods D.**, Eghtesadi SH., Khalili M., Rashidkhani B., Jazayeri SH., Shidfar F., Vafa M., Shirinzadeh M. , Gorabi S. Major Dietary patterns and related factors among workers of Oil Terminal Company in Kharg Island, Iran. *Journal of Paramedical Sciences (JPS).* Summer 2014 Vol.5, No.3. 69- 76.
- Hashemian F., Mohammadian S., Riahi F., Ghaeli P., **Ghods D.** A comparison of the effects of reboxetine and placebo on reaction time in adults with ADHD. *Daru-Journal of Pharmaceutical Sciences.* 2011; 19 (3); 231-235.
- Dostmohammadian A, Neyestani T, Abtahi M, Shariatzadeh N, Nikooyeh B, Nematy M, Maddah M, **Ghods D.** Prevalence of malnutrition among physically disabled children based on anthropometry data. *Iranian Journal of Nutrition Science and Food Technology.* Winter 2013. 7(5): 11-16. (In Persian)
- MacKean S, Eskandari H, Borjali A, **Ghods D.** The comparison between efficacy of narrative therapy and diet therapy on body image in women with overweight and obesity. *Pajouhandeh.* 2010, 15(5): 225-232. (In Persian)
- MacKean S, Eskandari H, Borjali A, **Ghods D.** Comparison of the effects of narrative therapy and diet therapy on the body mass index in overweight and obese women. *Iranian Journal of Nutrition Science and Food Technology.* 2010; 5 (4); 53-63. (In Persian)
- **Ghods D.**, Mahboob S.A., Omidvar N., Ostadrahimi A.r., Izadifard SH., Kooshavar H. Lipid serum profile and its correlation with socio-economic and nutritional factors. *Iranian Journal of Endocrinology and Metabolism* 2004; vol 7; (1), p: 55-64. (In Persian)
- Khosravi H., Amini M., Haghighi S., **Ghods D.**, Mohammadi S., Bateni J. The effectiveness of medical nutrition therapy for the control of weight and fasting blood sugar in type 2 diabetic patients. *Journal Shahrekord University of Medical Sciences*, vol 8, no 2, P 29-34, summer 2006. (In Persian)
- Khosravi H., Amini M., Haghighi S., **Ghods D.** A comparative study on iron intake in first-degree relatives of type 2 diabetic patients with impaired or normal glucose tolerance. *Journal of Zanjan University of Medical Science*, Vol 14, no 57, P 39-44, winter 2007. (In Persian)

Invited talks/poster

- Amini M., **Ghods D.**, Zargar A. Monitoring unhealthy food promotion to children on Iran Mass media: modification of INFORMAS protocol. *INFORMAS Reginal e-Symposium.* 21 October 2021. (*Oral Presentation*)
- **Ghods D.**, Roustae R., Faramarzi A., Omidvar N. Price of healthy and un-healthy foods before and after COVID-19 in Iran. *INFORMAS Reginal e-Symposium.* 21 October 2021. (*Oral Presentation*)
- **Ghods D.**, Mohammadi-Nasrabadi F., Haghighian Roudsari A., Khoshfetrat M., Abdollah-PooriHoseini F., Babapoor M., Esfarjani F., Ajami M., Zargar A. Sugar sweetened beverages expenditure patterns in Iran after tax revenue: implications for policy implementation. *INFORMAS Reginal e-Symposium.* 21 October 2021. (*Oral Presentation*)
- Amini M., Rasekhi H., Doustmohammadian A., **Ghods D.**, Nikooyeh B., Rabiei S., Neyestani TR. Development of a mobile application for data collection in a nationwide survey measuring COVID-19 pandemic effects on Iranians' nutritional status and food security. 4th Shiraz International Congress on Mobile Health. *J Biomed Phys Eng.* 16-18 February 2021. Shiraz, Iran (Poster presentation)
- **Ghods D.** Strategies to improve food insecurity in during Covid-19 pandemic. The 4th International Congress on Biomed (ICB). Iran, November 2020. (*Oral Presentation*)
- **Ghods D.**, Mohammadi-Nasrabadi F. Health policies on food and nutrition in Iran: The impact of policies and upcoming necessities. 3rd international congress on biomedicine. Health and nutrition panel. 6-14 November

2019. (Oral presentation)

- **Ghosi D.**, Omidvar N., Rashidian A., Eini-Zinab H., Raghfar H. Challenges for Implementation of Supplementary Food Distribution among Malnourished Children in Iran: Key Informant's Experiences. 3th International and 15th national nutrition congress. 19-21 December. 2018. Tehran, Iran. (Oral Presentation)
- Mohammadi-Nasrabadi F, **Ghods D.**, Khoshfetrat MR., Hoseini SM., Babapour M, EbadiF., Zargaran A., Sadeghi Niaraki M. Assessment and analysis of food market in the recent decade in Iran (from 2006 to 2016). 3th International and 15th national nutrition congress. 19-21 December. 2018. Tehran, Iran. (Oral Presentation)
- **Ghods D.**, Rezazadeh A., Omidvar N., Eini-Zinab H. Lifestyle needs assessment of free living elderly in Tehran: key informants' Experience. 3th International and 15th national nutrition congress. 19-21 December. 2018. Tehran, Iran.
- **Ghods D.**, Raghfar H., Omidvar N., Babapour M., Eini-Zinan H. The cost and effect of the food supplement distribution for malnourished or growth retarded children in Iran. 2nd World congress on health economics and policy and outcome research. 29-30 June. 2017. Spain. Madrid. (Oral Presentation)
- **Ghods D.**, Omidvar N. Eini-Zinan H., Raghfar H. Evaluation of the community-based supplementary food distribution for improvement of nutritional status of children in Iran. 2nd International and 14th Iranian nutrition congress. 2nd International and 14th Iranian nutrition congress. Tehran, Iran. Sep 2016. (Oral Presentation)
- **Ghods D.**, Omidvar N., Eini-Zinan H., Rashidian A., Raghfar H. Effect of the food distribution on household food security in Iran. 18th International Conference on Global Food Security. Miami, USA. 2016. (Oral Presentation)
- **Ghods D.**, Omidvar N. A qualitative study of diverse experts' views about barriers to implementation of "multidisciplinary interventional program for improvement of nutritional status of children in Iran". III World Congress of Public Health Nutrition, Las Palmas de Gran Canaria, Spain. 9 - 12 November 2014.
- Ebrahimof S., Angoorani P., **Ghods D.**, Mehrzadi M., Abedidni S., Karimi Z. The association between fruit and vegetable consumption, weight and body mass index in adults. The First International and the 13th Iranian Nutrition Congress. 30 Nov.-3 Dec. 2014.
- **Ghods D.**, Omidvar N, Raghfar H, Rashidian A, Meibody M. Assessing the recovery rate of children as an indicator of effectiveness in "Multidisciplinary Interventional Program for Improvement of Nutritional Status of Children in Iran": 2010 to 2013. The First International and the 13th Iranian Nutrition Congress. 30 Nov.-3 Dec. 2014.
- Lamyian M, Goshtasbi A, Reisian F, Bakouei S, Hadi N, Hajizade E, **Godsi D.** .Comparison of daily intake of zinc in pregnancy with recommended dietary allowance and it's relation with reproductive factors. The 17th national and 2nd international congress on reproductive medicine held on March 2-4, 2011. Tehran; Iran.
- Khosravi Borujeni H., Amini M., Haghghi S., **Ghods D.** A comparative study on iron intake in first-degree relatives of type 2 diabetic patients with impaired or normal glucose tolerance. *Annals Of Nut And Metab.* 2007. 51(Suppl 1). 130-130
- Lamyian M, Goshtasbi A, Reisian F, Bakouei S, **Godsi D.** The relation between daily zinc intake and reproductive characteristics in pregnancy. The 17th national and 2nd international congress on reproductive medicine held on March 2-4, 2011. Tehran; Iran.
- Abdollahi M., Mohammadi F., Houshiar Rad A., Ghaffarpour M., **Ghods D.**, Kalantari N., Socio-economic differences in dietary patterns and nutrients intake: the Comprehensive study on household food consumption patterns and nutritional status of I.R. IRAN, 2001-2003. *Annals of Nutrition and Metabolism.* 49 (suppl 1): 72; 2005. 18th International Congress of Nutrition. Durban, South Africa. Sep 2005. (Oral presentation).
- **Ghods D.**, Omidvar N., Mahboob S., Azemati B. Dose Waist-to-Height Ratio Indicate Dyslipidemia Better than BMI and WHR in Adolescent Girls, in Tabriz, Iran. I World Congress of Public Health Nutrition - VII Congreso de la SENC. 28-30 Sep 2006. Barcelona. Spain. (Oral presentation).
- Mackean S., Edkandari H., Borjali H., **Ghods D.** Efficacy of diet therapy on Body Mass Index and Body Image in women with overweight and obesity. 2nd International Congress of Metabolic Syndrome, Obesity and Diabetes. Zanzibar. Iran. 16-18 June 2010.
- Azemati B, Derakhshani K., **Ghods D.**, Heshmati R., Tabibi H. Study of self-reported anthropometric measures and glucose, lipid profile in type 2 diabetes. 20th World Diabetes Congress. Montreal, 18-22 October 2009.
- Haghghian Roudsari A., Kimiagar M., Larijani B., **Ghods D.** Can soy isoflavone intake suppress bone loss in postmenopausal women? 7th International Soy Symposium, Role of Soy in Health and Disease Prevention. 2007. Thailand.
- **Ghods D.**, Mahboob S., Omidvar N., Izadifard SH., Khosravi H. Eating behavior and physical activity-related

- determinants of high body mass index in a group of high school adolescent girls in Iran. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
- **Ghods D.**, Mahboob S., Omidvar N., Bazhan M., Izadifard SH. Anthropometry of adolescent girls including body fat distribution, in Tabriz, north west of Iran. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - **Ghods D.**, Mahboob S., Omidvar N., Bazhan M., Haghhighian Roudsari A. Blood lipid profile in obese and nonobese adolescents girls in Tabriz, north west of Iran. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - Bazhan M., Kalantari N., Houshiar-Rad A., **Ghods D.** Difference in dietary intake and activity level between normal-weight and overweight or obese adolescent girls. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - Bazhan M., **Ghods D.**, Haghhighian Roudsari A., Kimiagar M. Role of almond on prevention of cardiovascular disease (CVD). V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - Haghhighian Roudsari A., Bazhan M., **Ghods D.**, Azemati B., Kimiagar M. Intake and effective factors on efficacy and bioavailability of vitamin a in Iranian diet. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - Bazhan M., Kalantari N., Haghhighian Roudsari A., **Ghods D.** Energy intake and anthropometry of Iranian adolescent girls: A case study of high schools in Lahijan. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - Haghhighian Roudsari A., Azemati B., **Ghods D.**, Bazhan M., Kimiagar M. Phytoestrogens and prevention of menopausal osteoporosis. V. International Nutrition and Dietetics Congress. Hacettepe University Cultural Centre. Ankara, Turkey. 12-15 April 2006.
 - **Ghods D.**, Omidvar N., Mahboob S., Izadifard SH. Relationship between anthropometric variables and lipid levels among adolescent girls in Tabriz, Iran. 13th Asia-Oceania Congress of Endocrinology (AOCE), Tehran, Iran, 2006.
 - Bazhan M., Houshiar-rad A., Haghhighian Roudsari A., **Ghods D.**, Kalantari N. Waist- hip ratio and waist circumference associated with body mass index in a study with adolescent girls. 13th Asia-Oceania Congress of Endocrinology (AOCE), Tehran, Iran, 2006.
 - Bazhan M., **Ghods D.**, Haghhighian Roudsari A. Effect of chocolate on prevention of cardiovascular disease. 13th Asia-Oceania Congress of Endocrinology (AOCE), Tehran, Iran, 2006.
 - Bazhan M., Haghhighian Roudsari A., **Ghods D.** Effect of soy foods and soybean isoflavones on metabolic syndrome. 13th Asia-Oceania Congress of Endocrinology (AOCE), Tehran, Iran, 2006.
 - **Ghods D.**, Mahboob S.A., Omidvar N., Izadifard Sh. Comparison of dietary intake between normal-weight and overweight or obese adolescents. 10th International Congress on Obesity. Sydney, Australia. 3-5 Des 2006.
 - **Ghods D.**, Mahboob SA., Omidvar N., Izadifard Sh., Haghhighian Roudsari A. Pattern of body fat distribution in obese and nonobese adolescent girls in Tabriz, Iran. 10th International Congress on Obesity. Sydney, Australia. 3-5 Des 2006.
 - **Ghods D.**, Mahboob SA., Omidvar N., Khosravi H. Adverse profile of dietary nutrients and anthropometry in adolescent girls in Tabriz, North West of Iran. 10th International Congress on Obesity. Sydney, Australia. 3-5 Des 2006.
 - **Ghods D.**, Mahboob SA., Omidvar N., Izadifard Sh., Bazhan M., Jabbari M. Consumption of fruits, vegetables, soft drinks, and high-fat-containing snacks among a group of adolescent girls in Iran. 10th International Congress on Obesity. Sydney, Australia. . 3-5 Des 2006
 - **Ghods D.**, Ebrahimof S., Bazhan M., Oveisi H. Waist circumference, waist –height ratios and their correlation with cardiovascular disease risk factors in a group of Iranian adults. 19th World Congress of diabetes. Cape Town, South Africa, Dec 2006.
 - Bazhan M., Ebrahimof S., **Ghods D.**, Oveisi H. Blood lipid profile and anthropometrical evaluation in people with and without diabetes. 19th World Congress of diabetes. Cape Town, South Africa, Dec 2006.
 - **Ghods D.**, Mahboob SA., Omidvar N., Bazhan M. Waist-to-height and waist-to-hip ratio and body mass index are indicators for evaluating nutritional status in high school adolescent girls in Iran. I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006. (*Oral presentation*)
 - **Ghods D.**, Mahboob S., Omidvar N., Bazhan M., Izadifard S. Effect of obesity on plasma lipid level in adolescent girls in Tabriz, north west of Iran. I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006.

- Bazhan M., Kalantari N., Houshiar-rad A., **Ghods D.** Association of energy intake, macronutrients and energy from meals with body mass index (BMI) among adolescent girls in Iran. I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006.
 - Bazhan M., Kalantari N., Houshiar-rad A., **Ghods D.** The effect of increasing meal number on meeting the recommendations of food guide pyramid and nutrient intake in adolescent girls in Iran, 2000-20001. I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006.
 - **Ghods D.**, Mahbob S.A., Omidvar N., Izadifard SH., Ostadrahimi A.R., Koshavar H. Prevalence of hyperlipidemia and its relationship to body fatness in female adolescents in Tabriz, North-west of Iran. 6th IEA Eastern Mediterranean Regional Scientific Meeting. Ahvaz, Iran, Dec. 2003.
 - **Ghods D.**, Mahbob S.A., Omidvar N., Izadifard SH. Risk factors of cardiovascular disease in female adolescents of Tabriz, Iran. 2003. 2nd Prevention of Non-communicable diseases Prevention Congress (Tehran, Iran): 2003. (*oral presentation*)
 - Omidvar N., **Ghods D.** Analytical report of health status of women in Iran. Peking +10 Conference.
 - Omidvar N., **Ghods D.**, Social factors affecting overweight and obesity in Iranian women. Proceeding of 8th Iranian Nutrition Congress. Iranian Nutrition Society (ATA) publication, 2005. 363-368. (*Oral presentation*)
 - Kimiagar M., **Ghods D.** New aspects of carbohydrates. Proceeding of the 7th Iranian Nutrition Congress. World of Nutrition and Health cultural Institute publication. 2006. 18-22. (*Oral presentation*)
 - Conference on infants, children and adolescences' obesity (Tehran, Iran). 2009. (*Oral presentation*)
 - Workshop on "documentation and assessment of nutritional status of patients in hospital. Feb. 2006. (*Oral presentation*)
 - Live Radio program in Radio Salamat Channel about Nutrition during recovery from drug abuse, Nutrition in skin health, and Nutrition in gastrointestinal tract disorders, 2005- 2007. (*Oral presentation*)
 - Oil Co. (Tehran, Iran). Principle of appropriate nutrition and food guide pyramid. 2010. (*Oral presentation*)
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Research Experience

- Leader in "Evaluation of the PhD program on food and nutrition policy in Iran". Sponsored by NNFTRI. 2021.
- Co-leader in "Effectiveness of wheat flour fortification with vitamin D". Sponsored by Food and Drug Administration, Iran. 2020.
- Co-leader in "Participatory evaluation and policy analysis of Tehran municipality in regards to overweight and obesity prevention with an emphasis on governance for obesity risk factors and community participation in Adults". Sponsored by NNFTRI. 2020.
- Co-leader in "Consultancy for developing and piloting a minimum package to prevent linear growth failure and stunting in under five children". Sponsored by UNICEF. 2020.
- Leader in "analysis of malnutrition trend in under five children in Iran: based on national health and nutrition surveys in the last three decades". Sponsored by UNICEF in collaboration with Statistical Research and Training Center. 2020.
- Co-leader in "Food and Nutrition Surveillance system in Iran". Sponsored by UNICEF. 2020.
- Leader in "Study of economic sanctions affecting household food and nutrition security, policies to cope with them and offer a supportive package in Iran". Sponsored by NNFTRI. 2020.
- Leader in "Investigation of the compliance of food products commercials' content in mass media with related health policy issues of ministry of health and medical education: a systematic review and analysis of related policies". Sponsored by NNFTRI. 2018-2020.
- Co-leader in "Analysis of policies and programs on diabetes prevention and control in the health system and nongovernmental organizations (NGOs) in Iran, evaluation of its process, nutritional effectiveness and suggesting the strategies. Sponsored by Tabriz University of Medical Sciences, 2019.
- Leader in "Opinion analysis and expectations of stakeholders in the field of health and nutrition from the establishment of National Food and Nutritional Surveillance Program (NFNSP)". Sponsored by NNFTRI. 2018-2019.
- Leader in "Effectiveness of nutrition interventions on improving Nutritional status of children under 5 years of age in EMRO region: A systematic review of literature". Sponsored by NNFTRI in collaboration with EMR office. 2017-2020.

- Co-leader in “Policy analysis of nutrition food labeling in Iran using health policy triangle framework, a qualitative study”. Sponsored by NNFTRI. 2018-2020.
- Leader in “A comprehensive review of routine nutrition programs within the health system in Iran”. Sponsored by NNFTRI. 2018-2020.
- Colleague in “The comprehensive study on household food consumption patterns and nutritional status of I.R. Iran., NNFTRI”, *National research*. 2019.
- Leader in “Situation analysis of community/free living elders' Lifestyle (with Emphasis on Nutrition) in the city of Tehran and design and testing an Intervention for its Improvement”. Sponsored by NNFTRI. 2017-2019.
- Co-Leader in “A protocol for a survey on diet and nutrition and its relation with NCDs in 2020. Project has been ordered by WHO. Sponsored by NNFTRI. 2016-2020.
- Co-Leader in “Conduct a regional nutrition situation study to monitor the WHO global target. Project has been ordered by WHO. Sponsored by NNFTRI. 2017-2020.
- Co-Leader in “On the Job Training Course on Community Nutrition for Public Health Nutritionists in the Primary Health Care System of Iran”. Sponsored by Health Deputy of Ministry of Health and Medical Education, Tehran, Iran. 2016-2017.
- Colleague in “Policy Research of Food and Nutrition in Iran based on material six of overall health policies”. Sponsored by Academy of Medical Sciences Islamic Republic of Iran collaborating with NNFTRI. 2016-2017.
- Leader in “90 days weight challenge for workers in Ericson company”. Sponsored by Ericson Company, 2016.
- Leader in “A study of program analysis, effectiveness and cost analysis of "multidisciplinary interventional program for improvement of nutritional status of children in Iran””. Sponsored by UNICEF office in Iran. (2014-2016).
- Colleague in “The study of Nutrition status of workers in oil projects of Khark”, Sponsored by National oil and gas Cooperation of Iran, 2008-2009.
- Colleague in “The comprehensive study on household food consumption patterns and nutritional status of I.R.Iran., NNFTRI”, *National research*. 2001-2003.
- Colleague in “Strategic Planning for the NNFTRI”, (administrative project), NNFTRI, 2004.
- Co-Leader in “The study of Nutrition status of high school adolescents in the city of Isfahan”, Sponsored by Isfahan University of Medical Sciences, 2000.

Workshop Teaching

- Training workshop for establishment of food and Nutrition Surveillance in deprived provinces. National Nutrition and Food Technology Research Institute. October 2021.
- Training workshop for effectiveness of wheat flour fortification with Vit. D. October 2021. Nutrition and Food Technology Research Institute. October 2021.
- Invited lecturer. “Improvement of nutritional status of rural women and World Food Day”. Webinar. Mazandaran University of Medical Sciences. October 2021.
- Invited lecturer of “Food security policies and challenges during COVID-19”. Webinar. Kerman University of Medical Sciences. 22. Oct.2020.
- Training workshop for establishment of food and Nutrition Surveillance in deprived provinces. Ministry of Health and Medical Education. October 2019.
- Invited speaker. “Regional workshop on strengthening national surveillance capacities on the Global Nutrition Monitoring framework in the context of the sustainable development goals”, World Health organization, Regional Office for the Eastern Mediterranean, 24-26 September, 2018, Khartoum, Sudan
- Invited lecturer. “On the Job Training Course on Community Nutrition for Public Health Nutritionists in the Primary Health Care System of Iran”. February 2017.
- Invited lecturer. “On the Job Training Course on Community Nutrition for Public Health Nutritionists in the Primary Health Care System of Iran”. Invited lecturer, October 2016.

Main Achieved Certificates

- A certificate on “**Effective communication and participation approaches for education, consulting and behavior change in nutrition programs**”. Held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Science. 2 days, March 2017.
- A certificate on “**Structural Equation Model**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Science. 2 days, 12-13 Nov. 2016.
- A certificate on “**Policy analysis and evaluation methods of health and nutrition programs**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Science. 2 days, Feb 2014.
- A certificate on “**Qualitative Research Methods in Food & Nutritional Studies**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Science. 3 days, December 2013.
- A certificate on “**writing systematic review**” held by Tehran University of Medical Sciences, 2 day, July. 2012. (Tehran-Iran)
- A certificate on “**Endnote**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. 16 hours, Winter 2009.
- A certificate on “**Endnote**” held by Tehran University of Medical Sciences, 1 day, July. 5th. 2009. (Tehran-Iran)
- A certificate on “**Scientific writing workshop, Basic level**” held by Tehran University of Medical Sciences, 1 day, July. 30th. 2009. (Tehran-Iran)
- A certificate on “**Scientific writing, Advance level**” held by Tehran University of Medical Sciences, 1 day, August. 15th. 2009. (Tehran-Iran)
- A certificate on “**Infants, children and adolescence obesity**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. 3-5 July 2008. (Tehran-Iran)
- A certificate on “**Sport and Nutrition**” held by London Metropolitan University. Under the auspices of the Islamic Federation of Women’s Sport and British Council. 19th -20th Feb 2008. (Tehran-Iran)
- A certificate on “**Qualitative survey in nutritional research**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. 24 and 26 of September 2008. (Tehran-Iran)
- A certificate on “**Curriculum vitae writing in English**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. 10th. October. 2008. (Tehran-Iran)
- A certificate on “**Advanced Research Methodology**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. (5 day). June 2008. (Tehran-Iran)
- A certificate on “**Nutritional assessment skills and patient nutritional care documentation, biochemical assessment and food and drug intervention**” held by National Nutrition and Food Technology Research Institute (NNFTRI). Shahid Beheshti University of Medical Sciences and Health Services. 4-6 July 2007. (Tehran-Iran)
- A certificate on “**Diet therapy in controlling weight**” held by Tehran University of Medical Sciences, January 2004. (Tehran-Iran)

Peer Reviewing

I am regularly invited to review articles for the following journals:

- International Journal of pediatric Obesity (IJPO)
- MDPI Sustainability
- European Journal of Public Health
- Science Progress
- *BMC Nutrition*
- Public Health Nutrition
- Journal of Nutritional Science and Vitaminology
- Iranian Red Crescent Medical Journal
- Nutrition and Food Sciences Researches Journal
- Iranian Journal of Nutrition Sciences and Food Technology (In Persian)

Associate Editor of:

- Nutrition and Food Sciences Researches Journal

Reviewer of congress and research proposal

- Scientific reviewer of PhD dissertation proposal, Shiraz University of Medical Sciences.
- Reviewing research proposal submitted in National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran: 10 proposal
- Member of the Scientific committee of the 3th international & 15th Iranian Nutrition congress, 19-21 December 2018, Tehran, Iran: reviewing 32 conference papers
- Member of the Coordinating Committee of the 3th international & 15th Iranian Nutrition congress, 19-21 December 2018, Tehran, Iran
- Reviewer of Posters of the 1st international & 13th Iranian Nutrition congress, 30 November-3 December 2014, Tehran, Iran
- Co-mediator of the 1th world congress of Public Health Nutrition. 28-30 September 2006. Barcelona, Spain

Other qualification

- Leader of “Food Price” module in Iran as a member of International Network for Food and Obesity / Non-communicable Diseases (NCDs) Research, Monitoring and Action Support (INFORMAS) network. 2021-....
- A member of Technical Commission for Standardization Complementary foods for infants and young children based on processed cereal – Specifications. Iranian National Standardization Organization. 2020-....
- A member of Consultative & Scientific Committee of Instant Formula & Baby Food. Iranian Food and Drug Administration, Ministry of Health and Medical Education, Tehran, Iran. 2019-....
- Nutrition Consultant and Dietitian. Clinic of Nutrition and Diet Therapy, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 2005 – 2011.
- Member of the Scientific Committee and Scientific Referee of the 3rd International Congress and the 15th Iranian Nutrition Congress, Tehran. December 2018.
- Cooperative with ACF for data entering aimed analyzing nutritional status of children after Bam earthquake. Kerman province. February to March 2004.

Main Achievements and honors

- Very talent student in the country according to Paragraph T of Article-2 of Welfare, Research and Education Facility on outstanding Talent.
 - 3rd grade participant in Ph.D. Year-entrance examination of state universities (Tehran, Iran, 2011).
 - 1st grade participant in Ph.D. Year-entrance examination of Shahid Beheshti University of Medical Sciences (Tehran, Iran, 2011).
 - Distinguished PhD student among PhD participants of state universities (Iran, 2011).
 - 2nd grade-graduate student in MSc. (Tabriz University of Medical Sciences, Iran, 2002).
 - INF fellowship for attending in I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006.
 - Co-mediator of on symposium session in I World Congress of Public Health Nutrition - VII Congreso de la SENC. Barcelona. Spain. 28-30 Sep 2006.
 - IDF Grant for attending in 19th World Congress of diabetes. Cape Town, South Africa, Dec 2006.
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Research Interests

- Public Health Nutrition
 - Policy analysis and evaluation (effectiveness and economic evaluation)
 - Food system (waste management)
 - Food price and affordability
 - Qualitative and quantitative (mixed method) studies
 - Development, Implementation, and evaluation of community nutrition program
 - Intervention for reducing malnutrition and obesity in children
 - Food Consumption Surveys
 - Food and Nutrition Surveillance
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Personal skills

- Advanced in qualitative research (in-depth interviews, focus groups, observation, and document analysis for complex and multi-facet research).
- Skill in use qualitative software (Maxqda)
- Statistical analysis: trained to use SPSS
- Expert in Microsoft Office
- Expert in Nutrition Assessment and food consumption survey