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Qualification: PhD in Nutrition (Minor: Economics)

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National Nutrition and Food Technology Research Institute

Education:

1. B.Sc. in Nutrition, National Institute of Nutrition Research and Food Technology, Shaheed Beheshti University of Medical Sciences, Tehran, I.R.Iran, 1991-95.
2. M.Sc. in Nutrition Sciences, School of Public Health and Nutrition, Tabriz University of Medical Sciences, Tabriz. I,R.Iran, 1995-8.
3. Ph.D. in Nutrition (Minor: Economics), National Institute of Nutrition Research and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, I.R.Iran, 2005 up to 2010.

Work Experience:

1. Research associate, Nutrition Unit, Endocrine & Metabolism Research Center, Shaheed Beheshti University of Medical Sciences (1998 to 2003)
2. Member of Iranian Nutrition Society (No. 600)
3. Food and Nutrition Policy Research Group, National Nutrition and Food Technology Research Institute, (2003 to present)

Other Research Interests:

- Food and Nutrition policies and programs
- Food Security and Health Policies
- Food patterns and consumption related to Food Guide Pyramid
- Prevention of diabetes in subjects with impaired glucose tolerance
- Preparation of Iranian food composition tables
- Nutrition related cardiovascular risk factors in vulnerable population
- Promotion of nutritional KAP in the general public
- Obesity in childhood and adolescents
- Socio-economic status in relation to nutrition

Teaching

- Food and Nutrition Economics and planning course for B.S. students
- Current Issues in Nutrition course for MSc students
- Management of Nutritional Programs course for PhD students
- Food Security and Development course for food and Nutrition Policies PhD students

Major Research Projects

- Analysis of fiscal policies aimed at reducing dietary risk factors of NCDs in the Islamic Republic of Iran
- Study of economic sanctions affecting household food and nutrition security, policies to cope with them and offer a supportive package in Iran
- Evaluation of Subsidy Targeting Program through Cash Transfer on Food Security and Expenditure of Urban Population in Tehran: a Mixed Method
- Assessment and analysis raw and processed food products market in the recent decade in Iran (from 2005 to 2014)
- Assessment of food security status after targeted subsidy through cash transfer program in rural population of Tehran province in 2015: a mixed study
- Policy Research of Food and Nutrition in Iran based on material six of overall health policies
- 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

- Measurement and Modeling of Household Food Security in Urban Households in the city of Tehran
- The comprehensive study on household food consumption patterns and nutritional status of I.R.Iran, 2001-2003 & 2019-2021
- Tehran Lipid and Glucose Study
- Assessment of Interventional Program for Declining Iron Deficiency Anemia in Fertile Aged Women in Marand, East Azarbaijan

Papers

1. Azizi F, Allahverdian S, Mirmiran P, Rahmani M, Mohammadi F. Dietary factors and body mass index in a group Iranian Adolescents: Tehran Lipid and Glucose Study. Iranian Adolescents: Tehran Lipid and Glucose Study. Int J Vitam Nutr Res. 2001, 71: 123-127.
2. Mirmiran P, Mohammadi F, Allahverdian S, Azizi F. Association of educational level and marital status with dietary intake and cardiovascular risk factors in Tehranian adults: Tehran Lipid and Glucose Study (TLGS). Nutr Res. 2002; 22: 1365-1375.
3. Mirmiran P, Mohammadi F, Allahverdian S, Azizi F. Estimation of energy requirement for adults Tehran Lipid and Glucose Study. Int J Vitam Nutr Res. 2003; 73(3): 193-200.
4. Mirmiran P, Mohammadi F, Sarbazi N, Allahverdian S, Azizi F. Gender differences in dietary intakes anthropometrics measurements and health indices in an urban adult population. Nutr Metab Cardiovasc Dis. 2003; 13(2): 64-71.
5. Abdollahi M, Mohammadi F*, Houshiar-Rad A, Ghaffarpur M, Ghodsi D, Kalantari N. Socio-economic differences in dietary patterns and nutrient

intakes: the Comprehensive Study on Household Food Consumption Patterns and Nutritional Status of I.R.Iran, 2001-2003. Proceedings of the 18th International Congress of Nutrition, 19-23 September 2005, Durban, South Africa. *Ann Nutr Metab.* 2005; 49 (supple 1): 72.

6. Mirmiran P, Mohammadi-Nasrabadi F, Omidvar N, Hosseini-Esfahani F, Hamayeli-Mehrabani H, Mehrabi Y, Azizi F. Nutritional knowledge, attitude and practice of Tehranian adults and their relation to serum lipid and lipoproteins: Tehran Lipid and Glucose Study. *Ann Nutr Metab.* 2010; 56(3):233-240.
7. Mohammadi F, Omidvar N, Houshiar-Rad A, Khoshfetrat MR, Abdollahi M, Mehrabi Y. Validity of an adapted Household Food Insecurity Access Scale in urban households in Iran. *Public Health Nutr.* 2012; 15(1): 149-157. (Impact factor 2.075)
8. Esfarjani F, HajiFaraji M, Roustae R, Mohammadi-Nasrabadi F, Zowghi T. Schools' Cafeteria status: Does it affect snack patterns? A qualitative study. *International Journal of Preventive Medicine*, 2013, 4(10): 1194–1199.
9. Mohammadi F, Omidvar N, Harrison GG, Ghazi-Tabatabaei M, Abdollahi M, Houshiar-Rad A, Mehrabi Y, Dorosty AR. Is household food insecurity associated with overweight/obesity in women of Tehran city? *Iranian Journal of public Health.* 2013; 14(4): 380-390.
10. Esfarjani F, Roustae R, Mohammadi F, Esmailzadeh A. Determinants of stunting in school- aged children of Tehran. *International Journal of Preventive Medicine* 2013; 4(5): 172-8.
11. Esfarjani F, Khalafi M, Mohammadi F, Mansour A, Roustae R, Esmailzadeh A, Zamani-Nour N, Kelishadi R. Family-based intervention for controlling childhood obesity: An experience among Iranian Children. *International Journal of Preventive Medicine* 2013; 4: 358-65.

12. Omidvar N, Ghazi-Tabatabaie M, Sadeghi R, Mohammadi F, Abbasi-Shavazi MJ. Food insecurity and its sociodemographic correlates among Afghan immigrants in Iran. *J HEALTH POPUL NUTR*. 2013; 31(3):356-366.
13. Khoshfetrat MR, Mohammadi F, Mortazavi SM, Rashidi A, Neyestani T, Kalantari N, Esmailzadeh A. The Effect of Iron–Vitamin C Co-supplementation on Biomarkers of Oxidative Stress in Iron-Deficient Female Youth. *Biol Trace Elem Res*, 2013; 132(1-3): 131-7. DOI 10.1007/s12011-013-9695-7.
14. Esfarjani F, Roustae R, Mohammadi-Nasrabad F, Esmailzadeh A. Major Dietary Patterns in Relation to Stunting among Children in Tehran, Iran. *J HEALTH POPUL NUTR* 2013 ;31(2):202-210
15. Baygi F, Qorbani M, Dorosty AR, Kelishadi R, Asayesh H, Rezapour A, Mohammadi Y, Mohammadi F*. Dietary predictors of childhood obesity in a representative sample of children in north east of Iran. *Chinese J Contemp Pediatr*. 2013; 15(7): 501-8. DOI: 1007499/j.issn.1008-8830.2013.07.001.
16. Fatemeh Esfarjani, Marjan Khalafi, Fatemeh Mohammadi, Negar Zamani-Nour, Roya Kelishadi. Metabolic Syndrome and its determinants in a sample of young Iranian children with obesity. *Pak J Med Sci* 2013; 29(1)Suppl:253-257.
17. Mohammad Reza Khoshfetrat, Sima Mortazavi, Tirang Neyestani, Mohammad Reza Mahmoodi, Nahid Zerafati-Shoae, Fatemeh Mohammadi-Nasrabad. Iron and Vitamin C Co-Supplementation Increased Serum Vitamin C Without Adverse Effect on Zinc Level in Iron Deficient Female Youth. *Int J Prev Med*. 2014; 5(8): 1037–1044.

18. Mohammadi F, Qorbani M, Kelishadi R, Baygi F, Ardalan G, Taslimi M, et al. Association of Cardiometabolic Risk Factors and Hepatic Enzymes in a National Sample of Iranian Children and Adolescents: The CASPIAN-III Study. *J Pediatr Gastroenterol Nutr.* 2014; 58(4):463-8.
19. Abdollahi M, Mohammadi F*, Houshiar-Rad A, Ghaffarpur M, Ghodsi 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 Sciences Research* 2014; 1(1):19-25.
20. Mohammadi-Nasrabadi F, Omidvar N, Khoshfetrat MR, Kolahdooz F. Household food insecurity in the Islamic Republic of Iran: a systematic review and meta-analysis. *EMHJ* 2014; 20(11):698-706.
21. Baygi F, Kelishadi R, Heshmat R, Mohammadi F, Esmail Motlagh M, Ardalan G, Asayesh H, Larijani B, Qorbani M. Regional Disparities in Sedentary Behaviors and Meal Frequency in Iranian Adolescents: The CASPIAN-III Study. *Iran J Pediatr.* 2015; 25(2):e182.
22. Hashemian M, Hekmatdoost A, Poustchi H, Mohammadi Nasrabadi F, Abnet CC, Malekzadeh R. Systematic Review of Zinc Biomarkers and Esophageal Cancer Risk. *Middle East J Dig Dis* 2014; 6: 177-85.
23. Hashemian M, Poustchi H, Mohammadi Nasrabadi F, Hekmatdoost A. Systematic review of zinc biochemical indicators and risk of coronary heart disease. *ARYA Atheroscler* 2015; 11(6): 357-65.
24. Fatemeh Esfarjani, Fatemeh Mohammadi-Nasrabadi, Roshanak Roustae, Marjan Khalafi, Haleh Alikhanian, Sakineh Nouri-Saeidlou, Alireza Abadi, Zinat Kamali, Zohreh Hajimirsadeghi, Azadeh Davari, Arash Rashidi. [Household Milk consumption and Its Socio-economic Associates in West Azarbayejan Province, North-west Iran.](#) *Nutr Food Sci J.* 2015; 2 (3): 21-27.
25. Mohammadi-Nasrabadi F, Abdolahi M, Ghodsi D, Hoshiar-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?](#) *Nutr Food Sci J.* 2015; 2(2): 13-22.

26. Fereshteh Baygi, Roya Kelishadi, Mostafa Qorbani, Fatemeh Mohammadi, Mohammad Esmaeil Motlagh, Gelayol Ardalan, Morteza Mansourian, Seyed Masoud Arzaghi, Hamid Asayesh and Ramin Heshmat. Association of some psychosocial factors with anthropometric measures in nationally representative sample of Iranian adolescents: the CASPIAN-III study. *Journal of Diabetes & Metabolic Disorders* 2016 15:15.
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34. Fatemeh Esfarjani, Ramin Khaksar, Fatemeh Mohammadi-Nasrabadi, Roshanak Roustae, Haleh Alikhanian, Hedayat Hosseini. Women's Behaviors and Views on Home Food Safety in Tehran: A Qualitative Study. *Nutrition and Food Sciences Research* 2017; 4:17-24.
35. Nasibeh sharifi, Mahrokh Dolatian, Zohreh Mahmoodi, Fatemeh Mohammadi Nasrabadi, Yadollah Mehrabi. The relationship between social support and food insecurity in pregnant women: A cross-sectional study. *Journal of Clinical and Diagnostic Research*. 2017; 11(11): IC01-IC06.
36. Nasibeh Sharifi, Mahrokh Dolatian, Azita Fathnezhad, Reza Pakzad, Zohreh Mahmoodi, Fatemeh Mohammadi nasrabadi. Prevalence of low birth weight in Iranian newborns: A systematic review and meta-analysis. *International Journal of Women's Health and Reproduction Sciences* 2018; 6(3): 233–239.
37. Nasibeh Sharifi, Mahrokh Dolatian, Zohreh Mahmoodi, Fatemeh Mohammadi-Nasrabadi, Yadollah Mehrabi. The relationship between structural social determinants of health and food insecurity among pregnant women. *Iran Red Crescent Med J*. 2018; 20(S1):e14503.

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39. Fatemeh Esfarjani, Hedayat Hosseini, Ramin Khaksar, Roshanak Roustae, Haleh Alikhanian, Marjan Khalafi, Amin Mousavi Khaneghah, Fatemeh Mohammadi-Nasrabadi. Home Food Safety Practice and Household Food Insecurity: A Structural Equation Modeling Approach. *Iranian Journal of Public Health* 2019; 48(9): 1-9.
40. Fatemeh Esfarjani, Fatemeh Mohammadi-Nasrabadi, Ramin Khaksar, Roshanak Roustae, Haleh Alikhanian, Mahmoud Ghazi-Tabatabaei. Hedayat Hosseini. Structural equation modeling of home food safety practice based on the PRECEDE model. *Journal of Food Safety (J Food Saf.)* 2018; e12517. <https://doi.org/10.1111/jfs.12517>
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43. Kumars Pourrostami, Mostafa Qorbani, Ramin Heshmat, Fatemeh Mohammadi-Nasrabadi, Shirin Djalalinia, Ali Sheidaei, Mohammad Esmaeil Motlagh, Gelayol Ardalan, Armita Mahdavi-Gorabi, Morteza Mansourian, Roya Kelishadi*. Economic Inequality in Healthy and Junk Foods

Consumption and its determinants in Children and Adolescents: the CASPIAN- IV Study. *Int J Pediatr* 2019; 7(4): 9249-63. DOI: 10.22038/ijp.2018.37010.3223

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45. Mohammadi-Nasrabadi M, Sadeghi R, Rahimiforushani A, Mohammadi-Nasrabadi F, Shojaeizadeh D, Montazeri A. Socioeconomic determinants of excess weight and central obesity among Iranian women: Application of information, motivation, and behavioral skills model. *J Educ Health Promot.* 2019; 8: 75-83.
46. Fatemeh Esfarjani, Khadijeh Khoshtinat, Aziz Zargaraan, Fatemeh Mohammadi-Nasrabadi, Yeganeh Salmani, Zahra Saghafi, Hedayat Hosseini, Manochehr Bahmaei. Evaluating the rancidity and quality of discarded oils in fast food restaurants. *Food Sci Nutr.* 2019; 7(7): 2302–2311.
47. Fatemeh Mohammadi-Nasrabadi, Aziz Zargaraan, Yeganeh Salmani, Fatemeh Esfarjani. Challenges of Cooking Oils in Fast-Food Restaurants of Iran: Views of Consumers. *International Quarterly of Community Health Education (Int Q Community Health Educ.)* 2020; 40(2): 135-141.
48. Abdol-Samad Abedi, Esmat Nasser, Fatemeh Esfarjani, Fatemeh Mohammadi-Nasrabadi, Motahareh Hashemi Moosavi, Hedayat Hoseini. 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* 2020; 27:10147–10159.

49. Fatemeh Mohammadi-Nasrabadi, Yeganeh Salmani, Seyed Mohsen Banihashemi, Arezoo Haghghian Roudsari, Azizollaah Zargaraan, Fatemeh Esfarjani. Policy challenges of food advertisements from the viewpoints of Stakeholders: A qualitative study. *Food Sci Nutr.* 2020; 8:1949–1956.
50. Rajaeieh G, Takian A, Kalantari N, Mohammadi-Nasrabadi F, Rahmani S. Vitamin A-related policies in Iran: Document analysis. *Adv Biomed Res* 2020;9:
51. Arezoo Haghghian Roudsari, Marjan Ajami, Hossein Davoodi, Fatemeh Mohammadi-Nasrabadi*. A Review of Evidence-Informed Policy Making in Sustainable Healthy Food and Nutrition Systems. *J Mazandaran Univ Med Sci* 2020; 29 (180): 152-164 (Persian).
52. Pakravan Charvadeh MR*, Mohammadi-Nasrabadi F. The Association between Social Welfare, Food Security and Diet Diversity among Afghan Immigrant Households in the Southern Areas of Tehran Province. *Iranian Journal of Nutrition Sciences & Food Technology* 2020; 15(1): 11-24.
53. Pourghaderi M, Mohammadi-Nasrabadi F, Damari B*, Abdollahi Z, Mafimoradi SH, Edalati S, Omidvar N*. Performance assessment and analysis of Specialized Nutrition and Food Security Working Group in achieving strategic goals of National Nutrition and Food Security Document in Iran. *Hakim Health Sys Res.* 2019; 22(4): 259-2.
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57. Mohammad Reza Pakravan-Charvadeh, Fatemeh Mohammadi-Nasrabadi, Saeed Gholamrezai, Hassan Vatanparast, Cornelia Flora, Ashkan Nabavi-Pelesaraei. The short-term effects of COVID-19 outbreak on dietary diversity and food security status of Iranian households (A case study in Tehran province). *Journal of cleaner production*, 2021; 281: 124537
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60. Haghavan S, Fatemeh Mohammadi-Nasrabadi b, Maryam Rafrat. A critical review of national diabetes prevention and control programs in 12 countries in Middle East. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2021; 15: 439e445

Abstracts

- 1- Mohammadi F, Egtesadi Sh, Afiat_Milani Sh, Omidvar N, Dastgiri S. Effectiveness of daily and weekly iron supplementation on iron deficiency anemia, knowledge, attitude and behavior of pregnant and lactating women in Marand, East Azarbayjan,1999.
- 2- Baygi F, Mirmiran P, Mohammadi F, Azizi F. Influence of educational level and marital status on dietary intake and cardiovascular risk factors in Tehran adults: Tehran Lipid and Glucose Study. 17th International Congress of Nutrition, Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 46 (Suppl 1): 184.
- 3- Rahmani M, Mohammadi F, Miramiran P, Siahkollah B, Azizi F. Body mass index and Lipid profile in Tehranian men after Islamic fasting. 17th International Congress of Nutrition, Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 195.
- 4- Allahverdian S, Mirmiran P, Mohammadi F, Sarbazi N, Azizi F. Underweight, overweight, obesity and relation to dietary intake in a group of adolescents: Tehran Lipid and Glucose Study. 17th International Congress of Nutrition, Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 479.
- 5- Mohammadi F, Mirmiran P, Sheikholeslami M, Eini E, Emami H, Azizi F. Underweight, wasting and stunting in children of Tehran and their relationship with dietary intakes: Tehran Lipid and Glucose Study. 17th International Congress of Nutrition, Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 195
- 6- Sheikholeslami M, Mirmiran P, Mohammadi F, Allahverdian S, Ainy E, Azizi F. Association of dietary factors and body mass index with serum lipids and lipoproteins in adult population of East Tehran: Tehran Lipid and Glucose Study. 17th International Congress of Nutrition. Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 138
- 7- Mohammadi F, Mirmiran P, Allahverdian S, Sheikholeslami M, Sarbazi N, Azizi F. Under-and overnutrition in a group of Tehranian children, relation to dietary intakes:

- Tehran Lipid and Glucose Study. 17th International Congress of Nutrition. Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 302
- 8- Mirmiran P, Nemati K, Mohammadi F, Azizi F. Underreporting of energy, calcium and iron intake in an urban population of Tehran: Tehran Lipid and Glucose Study. 17th International Congress of Nutrition, Aug 27-31, 2001 Vienna, Austria. *Annals of Nutrition and Metabolism*: 45 (Suppl 1): 581.
 - 9- Mirmiran P, Mohammadi F, Sarbazi N, Azizi F. Alarming prevalence of overweight and obesity in Tehran and their relation to dietary factors: Tehran Lipid and Glucose Study. 12th Asia-Oceania Congress of Endocrinology (AOCE). Sep 20-24, 2002 Taipei, Taiwan.
 - 10- Mirmiran P, Mohammadi F, Sarbazi N, Azizi F. Assessment of dietary intake based on food guide pyramid in a population in Tehran: Tehran Lipid and Glucose Study. The Fifth International Conference on Dietary Assessment Methods, Jan 26-29, 2003, Chiang Rai, Thailand
 - 11- Mohammadi F, Mirmiran P, Mehrabi Y, Azizi F. Knowledge, attitude and practices of Tehranians regarding cardiovascular disease and its risk factors: Tehran Lipid and Glucose Study. The Fifth International Conference on Dietary Assessment Methods, Jan 26-29, 2003, Chiang Rai, Thailand
 - 12- Mirmiran P, Mohammadi F, Ghanbarian A, Azizi F. Association of the consumption of various food guide pyramid groups with risk factors of noncommunicable disease: Tehran Lipid and Glucose Study. The Fifth International Conference on Dietary Assessment Methods, Jan 26-29, 2003, Chiang Rai, Thailand
 - 13- Mohammadi F, Mirmiran P, Padyab M, Azizi F. Intake of vitamin C and its association with consumption of food groups: Tehran Lipid and Glucose Study. IX Asian Congress of Nutrition. Feb 23-27, 2003, New Delhi, India

- 14- Mirmiran P, Mohammadi F, Sarbazi N, Azizi F. Association of overweight, obesity and central obesity with other cardiovascular disease risk factors: Tehran Lipid and Glucose Study. IX Asian Congress of Nutrition. Feb 23-27, 2003, New Delhi, India.
- 15- Mohammadi F, Mirmiran P, Mehrabi Y, Azizi F. Are recommended cut off values for waist suitable for Iranian adults? Tehran Lipid and Glucose Study. 9th European Nutrition Conference. Oct. 1-4, 2003, Rome, Italy, *Annals of Nutrition & Metabolism* 2003; 47: 542.
- 16- Azadbakht L, Mirmiran P, Mohammadi Nasrabadi F, Azizi F. The effect of increasing meal number on meeting the recommendations of food guide pyramid and nutrients intake in adolescents: Tehran Lipid and Glucose Study. 7th International Congress of Endocrinology Disorders (ICED). Oct. 8-11, 2004, Tehran, I.R.Iran. *Iranian Journal of Endocrine and Metabolism* 2004; 6 (supple 2): S22.
- 17- Khoshfetrat MR, Mohammadi F, Kalantari N, Rashidi A, Neiestani T. Body mass index and iron deficiency anemia in female college students of Shaheed Beheshti University of Medical Sciences, I.R.Iran. 18th International Congress of Nutrition, Sep. 19-23, 2005, Durban, South Africa, *Annals of Nutrition & Metabolism* 2005; 49 (supple 1): 139.
- 18- Mohammadi F, Mirmiran P, Mehrabi Y, Azizi F. Comparison of waist circumference of Tehranian children and adolescents: Tehran Lipid and Glucose Study. 13th Asia-Oceania Congress of Endocrinology (AOCE) May 10-12, 2006, Tehran, I.R.Iran, p: 115-116.
- 19- Khoshfetrat MR, Mohammadi F, Kalantari N, Rashidi A, Neiestani T. Relationship between body mass index and iron deficiency anemia in female college students of Shaheed Beheshti University of Medical Sciences, I.R.Iran. 13th Asia-Oceania Congress of Endocrinology (AOCE) May 10-12, 2006, Tehran, I.R.Iran, p: 131.
- 20- Mohammadi F, Mirmiran P, Mehrabi Y, Azizi F. Alarming trend of waist circumference in Tehranian children and adolescents- Tehran Lipid and Glucose Study. 10th International Congress on Obesity, 3-8, September 2006, Sydney, Australia, p: 241.

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