

## CURRICULUM VITA

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### A. EDUCATION

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| 2017 | Visiting fellow, McGill University, Montreal, Canada  |
| 2011 | Visiting fellow, University of Wollongong, Australia.   |
| 2004 | Certificate on Improving health communication strategies in control and prevention of micronutrient malnutrition by WHO/NNFTRI, Tehran, Iran.   |
| 2002 | Ph.D, Nutritional Science, School of Public Health and Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran. Dissertation title: Psychosocial determinants of food choice in adolescents in the city of Tehran. |
| 2000 | Visiting fellow, UCLA School of public health, USA.   |
| 1993 | Certificate on Breastfeeding Counseling by WHO/UNICEF, Tehran, Iran.  |
| 1992 | Certificate on Research Methods, by Shahid Beheshti University of Medical Sciences, Tehran, Iran.   |
| 1990 | R.D., Registered dietitian, by the American Dietetic Association.   |
| 1989 | M.Sc., Nutrition Science, California State University, Long Beach, USA.   |
| 1979 | B.Sc. Nutrition Science, College of Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.   |

### B. MAJOR FIELD

Nutrition behavior and communication, Methodology of nutritional assessment, adolescent nutrition.  
Nutrition intervention planning.

### C. EMPLOYMENT

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| 2021—present | <b>Department Chair</b> , Coordinating the department educational and research activities.   |
| 2021-present | <b>Associate Professor</b> , Full-time faculty member, School of Nutrition Sciences and Food Technology and National Nutrition & Food Technology Research Institute, Shahid Beheshti university of Medical Sciences, Tehran. Coordinating the department research and education activities.      |
| 2017-present | <b>Short-term consultant</b> with FAO Rome, International expert consultation on “School Food and Nutrition Education: Healthy Diets, Sustainable Food Systems and Behavior Change.  |
| 2016-present | <b>Professor</b> , Full-time faculty member, School of Nutrition Sciences and Food Technology and National Nutrition & Food Technology Research Institute, Shahid Beheshti university of Medical Sciences, Tehran: Teaching undergraduate and graduate courses and conducting research projects. |
| 2015-2019    | <b>Short-term consultant</b> , with Tehran UNESCO office: Development and pretesting a simple booklet for low literate adults on nutrition and water management.   |
| 2008- 2016   | <b>Associate Professor</b> , Full-time faculty member, School of Nutrition Sciences and Food Technology and National Nutrition & Food Technology Research Institute,   |

Shahid Beheshti university of Medical Sciences, Tehran: Teaching undergraduate and graduate courses and conducting research projects.

- 2007-2009      **Department Chair**, Coordinating the department educational and research activities.
- 1991-2008      **Assistant professor**, Full-time faculty member, School of Nutrition Sciences and Food Technology and National Nutrition & Food Technology Research Institute, Shahid Beheshti university of Medical Sciences, Tehran: Teaching undergraduate and graduate courses and conducting research projects.
- 10/89-1990      **Public Health Nutritionist**, Hubert H. Humphrey comprehensive Health Center, Los Angeles: Organizing and conducting nutrition education and counseling sessions.
- 1/89-8/89      **Dietetic Intern**, St Francis medical Center, The American Dietetic Association requirement for registration examination.
- 1988-1989      **Volunteer Research assistant**, L.A. County Department of Health: Studying existing information's on nutritional status of young children enrolled in Child Health Disability Prevention Program (CHDP).
- 1983-1986      **Dietitian**, Takhti Pediatrics Hospital, Tehran: Planning hospital menus, menu modification, and patient education on therapeutic diets.

I have also served as WHO-EMRO short term consultant in several projects and educational programs and workshops. More detail can be provided as needed.

#### **D.HONORS, AWARDS**

- 1999      National first prize winner of Ph.D. students in Medical sciences in Iran.
- 1999      Second prize winner of 5th Razi Research Festival, as co-investigator of the project entitled: Evaluation of Interventions for Reduction of Iron Deficiency Anemia in 15-49 year old women in Marand District, East Azarbaijan.
- 2001      Third prize winner of 8th Razi Research Festival, as the nutrition investigator.
- 2005      "Best researcher" award by Research affairs, Shahid Beheshti University of Medical Sciences.
- 2010      Sight and life, Excellence in Research Award.
- 2011      "Best researcher" award by Research affairs, Faculty & National Nutrition and Food Technology Research Institute

#### **I. PUBLICATIONS**

##### **ARTICLES**

- Sobhani SR, Edalati S, Eini-Zinab H, Kennedy G and Omidvar N. A comparative analysis of sustainability of the usual food intakes of the Iranian population, Iranian food-based dietary guidelines, and optimized dietary models. *Front. Sustain. Food Syst.* 2022 6:838741. doi: 10.3389/fsufs.2022.838741
- Mokari-Yamchi A, Omidvar N, Tahamipour Zarandi M. Eini-Zinab H (2022) The Effects of Food Taxes and Subsidies on Promoting Healthier Diets in Iranian Households. *Front. Nutr.* 9:917932, doi: 10.3389/fnut.2022.917932.
- Sobhani SR, Omidvar N, Abdollahi Z, Al Jawaldehy A. Shifting to a Sustainable Dietary Pattern in Iranian Population: Current Evidence and Future Directions. *Front. Nutr.* 8:789692.

doi: 10.3389/fnut.2021.789692

Niknam M, Omidvar N, Amiri P, Eini-Zinab H, Kalantari N. The Action Plan and Strategy Development for the Community Readiness Improvement for Tackling Childhood Obesity (CRITCO) Study. *Int J Endocrinol Metab.* 2021e111371.

Kennedy, G, Kanter, R, Chotiboriboon, S, Covic, N, Delormier, T, Longvah, T, Maundu P, Omidvar N, Prakash V, Kuhnlein H. Traditional and Indigenous Fruits and Vegetables for Food System Transformation.(Commentary). *Current Developments in Nutrition* 2021;

Doustmohammadian A, **Omidvar N**, Keshavarz-Mohammadi N, Eini-Zinab H, Amini M, Abdollahi M, Esfandiari S, Amirhamidi Z. Food and Nutrition Literacy (FNLIT) is Associated to Healthy Eating Behaviors in Children. *Nutrition and Food Science Research* 2021; 8(3): 37-47.

Babashahi M, **Omidvar N**, Joulaei H, Zargaraan A, Zayeri F, Veisi I E, Doustmohammadian A, Kelishadi R. Scrutinize of healthy school canteen policy in Iran's primary schools: a mixed method study. *BMC Public Health* (2021) 21:1566. Doi:10.1186/s12889-021-11587-x.

Al-Jawaldeh A, Edalati S, **Omidvar N**. COVID-19 Pandemic and Needs to Invest in Improving Public Media Food and Nutrition Literacy (Commentary). *Nutrition and Food Science Research* 2021; 8(4): 1-3.

Al-Jawaldeh A, Taktouk am, Doggui R, Abdollahi Z, Achakzai B, Aguenoum H, Al-Halaika M, Almamary S, Barham R, Coulibaly-Zerbo F, El Ammari L, Elati J, Aleem Nishtar N, Omidvar N, Shams MQ, Qureshi AB, Nasreddine L. Are Countries of the Eastern Mediterranean Region on Track towards Meeting the World Health Assembly Target for Anemia? A Review of Evidence. *Int. J. Environ. Res. Public Health* 2021, 18, 2449. Doi:10.3390/ijerph18052449.

Ghods D, **Omidvar N**, Nikooyeh B, Roustae R, Shakibazadeh E, Al-Jawaldeh A. Effectiveness of Community Nutrition-Specific Interventions on Improving Malnutrition of Children under 5 Years of Age in the Eastern Mediterranean Region: A Systematic Review and Meta-Analysis. *Int. J. Environ. Res. Public Health* 2021, 18, 7844. doi:10.3390/ijerph18157844.

BabashahiM, Omidvar N, Yazdizadeh B, Heidari-Beni M, Joulaei H, Narmcheshm S, Zargaraan A, Kelishadi R.  
Systematic review and meta-analysis of the most common processed/ultra-processed foods consumed by Iranian children. *EMHJ* 2021; 27 (9):918-930.

Soleymani Nejad M Keshavarz-Mohammad1 N, Ramezankhani A, Zayeri F, **Omidvar N**, Liguori J. The Complex Role of Cognitive and Behavioral Factors in Salt Intake Levels of Women. *J life Style Med* 2021; 11 (2): 82-89.

**Omidvar N**, Babashahi M, Abdollahi, Z, Al-Jawaldeh, A. Enabling Food Environment in Kindergartens and Schools in Iran for Promoting Healthy Diet: Is It on the Right Track? *Int. J. Environ. Res. Public Health* 2021, 18, 4114. <https://doi.org/10.3390/ijerph18084114>.

Gordali M, Bazhan M, Ghaffari M, **Omidvar N**, Rashidkhani B. The effect of TTM-based nutrition education on decisional balance, self-efficacy and processes of change for fat intake. *Health Education* 2021. DOI [10.1108/HE-10-2020-0095](https://doi.org/10.1108/HE-10-2020-0095).

Mazandarani MR, **Omidvar N**, Eini-Zeinab H, Doustmohammadian A, Ashoori M, Abdar-Esfahni B, Hosseini-Mousavi O. Associations between Diet Quality, Weight Status and Academic Performance in Senior High-School Students in Tehran. *Nutrition and Food Science Research* 2021; 8(2): 27-33.

Khakpour M, Khorshahi A, Pakravan Charvadeh MR, **Omidvar N**, Engler-Stringer R, Koc M, Garcia J, White J, Henry C, Nematy M, Vatanparast H. The Association between Afghan Refugees' Food Insecurity and Socio-economic Factors in Iran: A Case Study of Khorasan Razavi Province.

Border Crossing 2021; 11 (1): 51-66.

Ashoori M, **Omidvar N**, Eini-Zinab H, Shakibazadeh E, Doustmohamadian A, Abdar-Esfahani B, Mazandarani M. Food and nutrition literacy status and its correlates in Iranian senior high-school students. BMC Nutrition (2021) 7:19. Doi:10.1186/s40795-021-00426-2.

Niknam M, **Omidvar N**, Amiri P, Eini-Zinab H, Kalantari N. Community readiness for childhood obesity prevention programs: findings from an urban population in Iran. Health Promotion International 2020, <https://doi.org/10.1093/heapro/daaa101>.

Seyyedini b, Rezazadeh A, **Omidvar N**, Zayeri F, NouriSaeedlou S. Association of Major Dietary Patterns and Overweight/Obesity in Female Adolescents Living in North West of Iran. Int J Pediatr, Nov. 2020; 8 (11): 12487-12501.

Rezazadeh A, **Omidvar N**, Tucker KL. Food frequency questionnaires developed and validated in Iran: a systematic review. Epidemiology and health 2020; 42:1-10.

Haghighian-Roudsari A, Vedadhir A, Amiri P, Kalantari N, **Omidvar N**, Eini-Zinab H. Developing and Validating Food Choice Determinants Questionnaire: An Instrument for Exploring Food Choice Determinants in Iran. Int J Prev Med 2020; 11:141.

Ashoori M, **Omidvar N**, Eini-Zinab H, Shakibazadeh E, Doustmohamadian A. Development and Validation of Food and Nutrition Literacy Assessment Tool for Iranian High-school Graduates and Youth. Int J Prev Med 2020; DOI:10.4103/ijpvm.IJPVM\_466\_19.

Amini M, Esmailzadeh A, **Omidvar N**, Abtahi M, Dadkhah Piraghaj M, Nikooyeh B, Neyestani TR. Development of a dish-based food frequency questionnaire for Iranian population. Med J Islam Repub Iran. 2020(30 Sep);34.129doi:10.34171/mjiri.34.129.

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Brewis A, Workman C, Wutich A, Jepson W, Young S, et al. Household water insecurity is strongly associated with food insecurity: Evidence from 27 sites in low-and middle-income countries. American Journal of Human Biology, e23309

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Ghodsi, D, Rashidian, A., **Omidvar, N**, Eini-Zinab, H., Raghfar, H, Ebrahimi, M. Process evaluation of a national, community-based, food supplementary programme for improving the nutritional status of children in Iran. *Public Health Nutrition* October 2018; 21(15):2811-2818.

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doi: 10.1093/heapro/day050.

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Esfandiari S, **Omidvar N**, Eini-Zinab H, Doustmohammadian A, Amirhamidi Z. The association between food insecurity, Academic performance and weight status in Iran primary schoolchildren: A cross-sectional study. *J Nutrition Education and Behavior* 2017;:-1-9.

Narmcheshm S, **Omidvar N**, Kalantari N, et al. Relationship between thyroid stimulating hormone and metabolic syndrome in overweight/obese children. *Caspian J Pediatr* Sep 2017; 3(2): 224-

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Doustmohammadian A, **Omidvar N**, Keshavarz-Mohammadi N, Abdollahi M, Amini M, Eini-Zinab H. Developing and validating a scale to measure Food and Nutrition Literacy (FNLIT) in elementary school children in Iran. *PLoS ONE* 2017; 12(6): e0179196.

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Yazdi- Feyzabadi V, Keshavarz Mohammadi N, **Omidvar N**, Karimi-Shahanjarini A, Nedjat S, Rashidian A. Factors Associated With Unhealthy Snacks Consumption Among Adolescents in Iran's Schools. *Int J Health Policy Manag* 2017, 6(x), 1–10.

Sadegholvad S, Yeatman H, **Omidvar N**, Parrish AM, Worsley A. Best strategies to improve school-leavers' knowledge of nutrition and food systems: Views from experts in Iran. *Int J Prev Med* 2016;7:119.

A. Rezazadeh, **N. Omidvar**, H. Eini-Zinab. The Association between Food Security Status and Depression in Two Iranian Ethnic Groups Living in Northwest of Iran. *International Journal of Biological, Biomolecular, Agricultural, Food and Biotechnological Engineering* 2017; 11, 9:602-605.

Ghodsi, D, **Omidvar N**, Rashidian A, Raghfar H, Eini-Zinab H, Ebrahimi M. Key Informants' Perceptions on the Implementation of a National Program for Improving Nutritional Status of Children in Iran. *Food & Nut Bulletin* 2017;1-14.

Ghodsi 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.

AH Roudsari, A Vedadhir, N Kalantari, P Amiri, **N Omidvar**, H Eini-Zinab. 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* 2016; 15 (1):

A Rezazadeh, **N Omidvar**, H Eini-Zinab, M Ghazi-Tabatabaie, 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* 2016, 19 (18): 3337-3348.

A Rezazadeh, **N Omidvar**, H Eini-Zinab, M Ghazi-Tabatabaie, et al. Food insecurity, socio-economic factors and weight status in two Iranian ethnic groups. *Ethnicity & health* 2016; 21 (3), 233-250.

A Rezazadeh, **N Omidvar**, H Eini-Zinab, M Ghazi-Tabatabaie, et al. 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* 2016

Salarkia N, **Omidvar N**, Zaeri F, Neyestani TR. Mother's Self-Efficacy Mediates the Relationship between Household Food Insecurity and Maternal Infant Feeding Styles. *Maternal and Child Health Journal*, March 2016, 20( 3):602-612.

Salarkia N, Neyestani TR. **Omidvar N**, Zaeri F. Household Food Insecurity, Mother's Feeding Practices, and the Early Childhood's Iron Status. *Int J Prev Med*. Sep 2015; 6: 86. doi: 10.4103/2008-7802.164414

**N Omidvar**, TR Neyestani; M Hajifaraji; MR Eshraghian; A Rezazadeh, S Armin, H Haidari, T Zowghi. Calcium Intake, Major Dietary Sources and Bone Health Indicators in Iranian Primary School Children. *Iranian J Pediatrics* 2015, Vol 2, No 1: 35-45.

E Zeyninejad, **N Omidvar**, T Neyestani, A Houshiarrad, MR Eshraghian, A Stormer. Development and Validation of a Food Frequency Questionnaire for Assessing Dietary Calcium in Children. *Nutrition and Food Sciences Research* 2015, Vol 25, No 1:e177.

R Sheikholeslam, H Ghassemi, O Galal, A Djazayeri, **N Omidvar**, I Nourmohammadi, M AG Tuazon. Graduate Level Training in Nutrition: An Integrated Model for Capacity Building- A National Report. *Iranian J Public Health* 2015, 44(3):388-395.

F Sadeghi-Ghotbabadi, E Shakibazadeh, **N Omidvar**, F Mortazavi, F Kolehdoz. Consensus development on the essential competencies for Iranian public health nutritionists. *Public Health Nutrition*, March 2015, 18 (4): 752-758.

M Ghazi-Tabatabaei, **N Omidvar**, J Alihosseini, A Vedadhir. The Socio-demographic Characteristics Associated with Food Insecurity among Vulnerable Households in a District of Tehran. *International Journal of Social Sciences (IJSS)* 2014, 4(1):39-49.

M Amini, N **Omidvar**, H Yeatman, S Shariat-Jafari, M Eslami-Amirabadi, M Zahedirad. Content Analysis of Food Advertising in Iranian Children's Television Programs. *International Journal of Preventive Medicine*, 2014, 5(10): 1336-41.

F. Mohammadi-Nasrabadi, N. **Omidvar**, M.R. Khoshfetrat , F. Kolahdooz. Household food insecurity in the Islamic Republic of Iran: a systematic review and meta-analysis. *Eastern Mediterranean Health Journal* 2014, 20(11): 698-706.

Javadi M, Kalantari N, Jalilolghadr S, **Omidvar N**, Rashidkhani B, Amiri P. Sleep habits and dietary intake among preschool children in Qazvin. *J Comprehensive Pediatrics* 2014; 4(1): e5134.

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N **Omidvar**, Mahmoud Ghazi-Tabatabaie, Rasoul Sadeghi, Fatemeh Mohammadi, Mohammad Jalal Abbasi-Shavazi . Food Insecurity and Its Sociodemographic Correlates among Afghan Immigrants in Iran. *J Health Popul Nutr Sep* 2013;31(3):356-366.

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Amin Salehi Abargouei, Naser Kalantari, **Nasrin Omidvar**, Bahram Rashidkhani, Anahita Houshiar Rad, Azizeh Afkham Ebrahimi<sup>5</sup>, Hossein Khosravi-Boroujeni, Ahmad Esmailzadeh. Refined carbohydrate intake in relation to non-verbal intelligence among Tehrani schoolchildren. *J Public Health Nutrition* 2011

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Kimiagar M, Djazayeri A, Omidvar N, Riazi R, Fatalian G, Gharavi A, Vitamin A status in I.R.Iran. **Sight and life** 1996,2 ; 9-11.

*In addition, I have more than 20 research papers in Farsi published in Iranian Scientific journals that can be presented if needed.*

## **BOOKS**

- |              |   |
|--------------|---|
| 1993-present | co-editor : “Food and Nutrition Abstracts of Iran”, published by the National Nutrition & Food Technology Research Institute, Tehran, Iran.   |
| 1994         | co-editor : Manual of diet therapy, Iranian Nutrition Society, published by the National Nutrition & Food Technology Research Institute, Tehran, Iran.  |
| 2002         | Harrison GG, Stormer A, <b>Omidvar N</b> . Famine. In: Encyclopedia of Public Health (Braslow L, editor), Macmillan Reference USA, New York.  |
| 2019         | <b>Omidvar N</b> , Abdollahi z, Ghodsi D, Doustmohammadian A, Sadeghi-Ghotbabadi F, Azemati B. Textbook of development and evaluation of community-based nutrition programs. National Nutrition and Food Technology Research Institute, Tehran, Iran. |
| 2020         | <b>N Omidvar</b> and M Babashahi. Chapter 3: Food environment and childhood overweight and obesity. In: Childhood Obesity, causes, prevention and management. Kelishadi R (editor). Nova Publishing.  |

## **Professional Activities**

Active member of Iranian Nutrition society

Active member of The IUNS Task Force on Traditional and Indigenous Food Systems and Nutrition

Associate editor of the Journal of Public Health Nutrition

Supervised 12 PhD thesis and have been in the thesis committee of 10 PhD thesis.

Supervised 22 MSc thesis and have been in the thesis committee of 18 MSc thesis.