

Morteza Abdollahi

Born 26/05/1963 in Tehran, Iran. Married.

Foreign Languages: English, German.

Computer Knowledge: EpiInfo, SPSS, STATA, MS ACCESS, MS EXCEL.

Education:

- Board of Community Medicine, Medicine Faculty, Tehran University of Medical Sciences, August 1998.
- Master of Public Health, Faculty of Public Health, Tehran University of Medical Sciences.
- M.D. from Medicine Faculty, Tehran University of Medical Sciences, 1991.

**Courses and
Workshops:**

- Workshop on Risk Communication. World Health Organization Food Safety. Islamic Republic of Iran Ministry of Health & Medical Education 4-6Dec- 2005, Tehran, Islamic Republic of Iran.
- Graduate Level Training in Nutrition, M.Sc. Community Nutrition and Ph.D Food and Nutrition Policy STAKEHOLDERS' MEETING Shahid Beheshti University of Medical Sciences. 3rd July to 4th July 2005, Shahid Beheshti University of Medical Sciences Tehran, Iran.
- The First National Technical Consultation Workshop on Iron Malnutrition and Food / Flour Fortification in Iran Ministry of Health and Medical Education Deputy for Health Nutrition Department. World Health Organization Representative Office, I.R. Iran. July 5-6 2005 Tehran, Iran.
- The special course on UN System and their activities in Iran. Ministry of foreign affairs, Niavaran, Tehran. Dec 2004.
- The National Training Workshop on Improving Health Communication Strategies in the Control and prevention of Micronutrient Malnutrition National Nutrition and Food Technology Research Institute (NNFTRI) Shahid Beheshti University of Medical Sciences. World Health Organization 19-23 September 2004 NNFTRI, I.R. Iran
- IARC International Course on Epidemiological Research in Nutrition and Cancer World Health Organization, International Agency for Research on Cancer. 8-13 December 2003 Lyon, France
- International Course on Cancer Epidemiology, Principles and Methods 1-World Health Organization, International Agency for Research on Cancer. Izmir Cancer Registry 15-26 April 2002 Izmir, Turkey
- "MENA Regional Nutrition Strategy Training Workshop". UNICEF, Tehran 26 Feb – 2 March 2000.
- "Child Info workshop, UNICEF, Iran". UNICEF, Tehran 30 -31 July 2002.

- "International Course on Cancer Epidemiology". IARC, Izmir, Turkey 15-26 Apr 2002.
- "Medical Research and Epidemiology Traineeship". Clinical Epidemiology Department, Leiden Medical University Center, Leiden, Netherlands, Sep –Nov 2000 (3 months).
- "EPCOT Epidemiology Course on Methods in Clinical Research in Hemostasis and Thrombosis". Leiden Medical University Center & European Commission. Schiermonnikog, Netherlands 16 – 22 March 1997.
- "Eleventh Training Workshop on Breastfeeding and Mother-Newborn Rooming In". Tehran University of Medical Sciences, Tehran 30 May – 3 June 1998.
- "Training Workshop on STATA and SPSS Softwares". Tehran University of Medical Sciences, Tehran 19-23 Sep 1998.

Experiences:

- Research Deputy, National Nutrition and Food Technology Research Institute, 2008-2010, 2014-2016, 2019 till 2021.
- Head, Social determinants of health research center, Tehran, 2016 till now.
- Director, Nutrition Research Department, National Nutrition and Food Technology Research Institute, Tehran, Iran, 1996 until 2003.
- Member of Research Council, National Nutrition and Food Technology Research Institute.
- Methodology consultant of Trauma Research Center, 1996 until now.
- Methodology and Statistics consultant of Research Center for Gastroenterology and Liver Diseases, 2001 -2004.
- Executive Editor, Journal of Tehran Medicine Faculty, 1997-2000.

Research**Projects:**

- Principal Investigator: Assessment of nutrition education needs of children.
- Principal Investigator: Effect of zinc supplementing among under 2 children.
- Principal Investigator: Iran national survey of children health, nutrition, anthropometry and development.
- Co-investigator, National Food Consumption Survey.
- Co-investigator, National Integrated Micronutrient Survey.
- Co-investigator, Iranian Food Composition Table.
- Principal Investigator: Study of Blood Pressure Distribution of 6-13 y Old Healthy Schoolchildren in Tehran.
- Principal Investigator: Structure and Content Analysis of Nutrition Related Materials Printed in 8 Iranian Newspapers.

- Co-investigator and executive director: Establishment of the Iranian Optimal Food Basket (Iranian Thrifty Food Plan).
- Co-investigator: Fortification of Spaghetti Products with Iron, B1 and B2.
- Principal Investigator: Iranian Teachers cohort study.

Publications:

1. Miller V, Reedy J, Cudhea F, Zhang J, Shi P, Erndt-Marino J, Coates J, Micha R, Webb P, Mozaffarian D; Global Dietary Database. Global, regional, and national consumption of animal-source foods between 1990 and 2018: findings from the Global Dietary Database. *Lancet Planet Health*. 2022 Mar;6(3):e243-e256.
2. Ebrahimi S, Leech RM, McNaughton SA, Abdollahi M, Houshiarrad A, Livingstone KM. Associations between diet quality and obesity in a nationally representative sample of Iranian households: A cross-sectional study. *Obes Sci Pract*. 2021 Aug 6;8(1):12-20.
3. Gholami A, Ghanbari A, Rezaei S, Baradaran HR, Khatibzadeh S, Parsaeian M, Hariri M, Zamaninour N, Sheidaei A, Abdollahi M, Mirmiran P, Ghayour-Mobarhan M, Ostovar A, Mohammadifard N, Khosravi A, Namayandeh SM, Farzadfar F. National and sub-national trends of salt intake in Iranians from 2000 to 2016: a systematic analysis. *Arch Public Health*. 2022 Apr 13;80(1):120.
4. Safiri, S., Kolahi, AA., Noori, M. et al. Burden of anemia and its underlying causes in 204 countries and territories, 1990–2019: results from the Global Burden of Disease Study 2019. *J Hematol Oncol* 14, 185 (2021).
5. Esmaili M, Abdollahi M, Abdollahi Z, Salehi F, Ajami M, Houshiarrad A. Effects of Trans Fatty Acid Decreasing Policy on Its Consumption by Households in Six Provinces of Iran. *Iranian J Nutr Sci Food Technol*. 2021; 16 (2) :13-23.
6. Jalili, V., Mokhtari, Z., Rastgoo, S., Abdollahi, M. et al. The association between FTO rs9939609 polymorphism and serum lipid profile in adult women. *Diabetol Metab Syndr* 13, 138 (2021).
7. Morteza Abdollahi, Mohsen Abbasi-Kangevari, Ali-Asghar Kolahi, Ahmad-Reza Farsar. Comparison of Health-Related-Quality-of-Life among Children

with Epilepsy and a Healthy Control Group in Tehran. *Journal of Pediatric Neurology*, 2019(3),1900059, pp. 166-172.

8. Entezarmahdi R, Houshiarrad A, Gheibi S, Hamisi A, Babayi F, Ajami M, Esmaeili M, Roudsari AH, Khakzad L, Mojarrad H, Abdollahi M. Dietary and Socio-Economic Predictors of Obesity Among 2-5-Year Old in Northwest Iran. *Int J Prev Med*. 2021 Sep 21;12:116. doi: 10.4103/ijpvm.IJPVM_695_20.
9. Ebrahimi S, McNaughton SA, Leech RM, Abdollahi M, Houshiarrad A, Livingstone KM. A comparison of diet quality indices in a nationally representative cross-sectional study of Iranian households. *Nutr J*. 2020 Dec 5;19(1):132.
10. Doustmohammadian, A., Omidvar, N., Keshavarz-Mohammadi, N., Eini-Zinab, H., Amini, M., Abdollahi, M., Amirhamidi, Z., Haidari, H. Low food and nutrition literacy (FNLIT): A barrier to dietary diversity and nutrient adequacy in school age children (2020) *BMC Research Notes*, 13 (1), art. no. 286, .
11. Abdollahi, M., Ajami, M., Abdollahi, Z., Kalantari, N., Houshiarrad, A., Fozouni, F., Fallahrokni, A., Mazandarani, F.S.
 - a. Zinc supplementation is an effective and feasible strategy to prevent growth retardation in 6 to 24 month children: A pragmatic double blind, randomized trial (2019) *Heliyon*, 5 (11).
12. Doustmohammadian, A., Keshavarz Mohammadi, N., Omidvar, N., Amini, M., Abdollahi, M., Eini-Zinab, H., Amirhamidi, Z., Esfandiari, S., Nutbeam, D. Food and nutrition literacy (FNLIT) and its predictors in primary schoolchildren in Iran. (2019) *Health Promotion International*, 34 (5), pp. 1002-1013.
13. Salehi, F., Kalantari, N., Asadilari, M., Abdollahi, M., Ajami, M.

- a. Comparison of energy and micronutrient intake and their adequacy between different socio economic zones of Metropolitan Tehran (2019) *Progress in Nutrition*, 21, pp. 73-79.
14. Alimoradi, M., Abdollahi, M., Vazirijavid, R., McKian, S.S., Daneshvar, S., Ajami, M. Evaluation of metaphors (life and self) of obese and overweight individuals in comparison with normal weight's. (2019) *Progress in Nutrition*, 21, pp. 251-260.
15. Abdollahi, M., McKian, S.S., Jamhidi, S., Esmailinezhad, Z., Mohammadipoor, N., Hashemi, B., Mazloomi, S.M. Fat and sugar rich dietary pattern is associated with negative metaphorical statement in metabolically healthy overweight and obese men and women. (2019) *Progress in Nutrition*, 21, pp. 113-120.
16. Jalali, Mostafa, S., Abdollahi, M., Hosseini, A., Bozorg, D.K., Ajami, Azadeh, M., Moiniafshar, K. The positive effects of Mediterranean-neutropenic diet on nutritional status of acute myeloid leukemia patients under chemotherapy (2018) *Frontiers in Biology*, 13 (6), pp. 475-480.
17. Haghifar, S., Jamshidi Naeini, Y., Akbari, M.E., Abdollahi, M., Shadnoush, M., Ajami, M., Davoodi, S.H. Relationship between diet diversity score and breast cancer risk (2018) *Tehran University Medical Journal*, 76 (8), pp. 550-557.
18. Kolahi, A.-A., Abbasi-Kangevari, M., Abdollahi, M., Ehdaevand, F., Arshi, S. Pattern of prenatal care utilization in Tehran: A population based longitudinal study (2018) *Women and Birth*, 31 (3), pp. e147-e151.
19. Ajami, M., Abdollahi, M., Salehi, F., Oldewage-Theron, W., Jamshidi-Naeini, Y. The association between household socioeconomic status, breastfeeding, and infants' anthropometric indices (2018). *International Journal of Preventive Medicine*, 9 (1), art. no. 89, .

20. Beheshti, N., Davoodi, H., Kamal, Z., Abdollahi, M., Ajami, M. Effects of dietary conjugated linoleic acid on oxidation markers and antioxidant defenses in rats with colorectal cancer
21. (2017) *Koomesh*, 19 (1), pp. 233-240.
22. Milani, H.S., Abdollahi, M., Torbati, S., Asbaghi, T., Azargashb, E. Risk factors for hydatidiform mole: Is Husband's job a major risk factor? (2017) *Asian Pacific Journal of Cancer Prevention*, 18 (10), pp. 2657-2662.
23. 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. (2017) *PLoS ONE*, 12 (6), art. no. e0179196, .
24. Hatami, M., Akbari, M.E., Abdollahi, M., Ajami, M., Jamshidinaeini, Y., Davoodi, S.H. The relationship between intake of macronutrients and vitamins involved in one carbon metabolism with breast cancer risk. (2017) *Tehran University Medical Journal*, 75 (1), pp. 56-64.
25. Ameri, F., Akbari, M.E., Abdollahi, M., Ajami, M., Jamshidinaeini, Y., Davoodi, S.H. Body composition and anthropometric indices in pre- and postmenopausal women with breast cancer (2017) *Koomesh*, 19 (2), pp. 341-352.
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27. Jamshidinaeini, Y., Akbari, M.E., Abdollahi, M., Ajami, M., Davoodi, S.H. Vitamin D Status and Risk of Breast Cancer in Iranian Women: A Case–Control Study (2016) *Journal of the American College of Nutrition*, 35 (7), pp. 639-646.

- a. Kamal, Z., Ajami, M., Beheshti, N., Abdollahi, M., Davoodi, S.H. Effects of dietary conjugated linoleic acid on serum visfatin level and tumor number and size in rat model of colorectal cancer,(2016) *Koomesh*, 18 (1), pp. 165-173.
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29. Abdollahi, M., Salehi, F., Kalantari, N., Asadilari, M., Khoshfetrat, M.R., Ajami, M. A comparison of food pattern, macro- and some micronutrients density of the diet across different socio-economic zones of Tehran. (2016) *Medical Journal of the Islamic Republic of Iran*, 30 (1), art. no. 340, .
30. Wang, Q., Afshin, A., Yakoob, M.Y., et al. Impact of nonoptimal intakes of saturated, polyunsaturated, and trans fat on global burdens of coronary heart disease (2016) *Journal of the American Heart Association*, 5.
31. Singh, G.M., Micha, R., Khatibzadeh, S., Shi, P., Lim, S. et al. Global, regional, and national consumption of sugar-sweetened beverages, fruit juices, and milk: A systematic assessment of beverage intake in 187 countries(2015) *PLoS ONE*, 10 (8).
32. Abdollahi, M., Abdollahi, Z., Sheikholeslam, R., Kalantari, N., Kavehi, Z., Neyestani, T.R. High Occurrence of Food Insecurity among Urban Afghan Refugees in Pakdasht, Iran 2008: A Cross-sectional Study. (2015) *Ecology of Food and Nutrition*, 54 (3), pp. 187-199.
33. Afshin, A., Micha, R., Khatibzadeh, S., Fahimi, S., Shi, P., Powles, J., Singh, G., Yakoob, M.Y., Abdollahi, M., Al-Hooti, S., Farzadfar, F., Houshiar-Rad, A., Hwalla, N., Koksai, E., Musaiger, A., Pekcan, G., Sibai,

A.M., Zaghoul, S., Danaei, G., Ezzati, M., Mozaffarian, D., 2010 Global Burden of Diseases, Injuries, and Risk Factors Study, NUTRItrition and ChrOnic Diseases Expert Group (NUTRICODE), Metabolic Risk Factors of ChrOnic Diseases Collaborating Group. The impact of dietary habits and metabolic risk factors on cardiovascular and diabetes mortality in countries of the Middle East and North Africa in 2010: A comparative risk assessment analysis (2015) *BMJ Open*, 5 (5).

34. Alimoradi M, Ajami M, Abdollahi M, Ahari GK. A Review of the Relationship between Obesity and Food Insecurity. *International Journal of Medical Reviews*. 2016 Jun 25;3(1):381-8.
35. Jamshidinaeini Y, Akbari ME, Abdollahi M, Ajami M, Davoodi SH. Vitamin D Status and Risk of Breast Cancer in Iranian Women: A Case–Control Study. *Journal of the American College of Nutrition*. 2016 Jun 20:1-8.
36. Abdollahi M, Salehi F, Kalantar N, Asadilari M, Khoshfetrat MR, Ajami M. A comparison of food pattern, macro-and some micronutrients density of the diet across different socio-economic zones of Tehran. *Medical Journal of The Islamic Republic of Iran (MJIRI)*. 2016 Jan 15;30(1):259-65.
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38. I Guelinckx, I Iglesia, J H Bottin, P De Miguel-Etayo, E M González-Gil, J Salas-Salvadó, S A Kavouras, J Gandy, H Martinez, S Bardosono, M Abdollahi, E Nasserri, A Jarosz, G Ma, E Carmuega, I Thiébaud, Luis A Moreno. Intake of water and beverages of children and adolescents in 13 countries *European Journal of Nutrition* 06/2015; 54(S2). DOI:10.1007/s00394-015-0955-5. 3.47 Impact Factor.
39. C Ferreira-Pêgo, I Guelinckx, L A Moreno, S A Kavouras, J Gandy, H Martinez, S Bardosono, M Abdollahi, E Nasserri, A Jarosz, N Babio, J Salas-Salvadó. Total fluid intake and its determinants: cross-sectional surveys among adults in 13 countries worldwide. *European*

Journal of Nutrition 06/2015; 54 Suppl 2. DOI:10.1007/s00394-015-0943-9, 3.47 Impact Factor.

40. Isabelle Guelinckx, Pilar M De Miguel-Etayo, Esther M González-Gil, Jordi Salas-Salvadó, Stavros A Kavouras, Joan Gandy, Homero Martínez, Saptawati Bardosono, Morteza Abdollahi, Esmat Nasser, Agnieszka Jarosz, Guansheng Ma, Esteban Carmuega, Isabelle Thiébaud, Luis A Moreno. Total fluid intake of children and adolescents: cross-sectional surveys in 13 countries worldwide. *European Journal of Nutrition* 06/2015; 54 Suppl 2(S2):57-67. DOI:10.1007/s00394-015-0946-6, 3.47 Impact Factor.
41. Ashkan Afshin, Renata Micha, Shahab Khatibzadeh, Saman Fahimi, Peilin Shi, John Powles, Gitanjali Singh, Mohammad Yawar Yakoob, Morteza Abdollahi, Suad Al-Hooti, Anahita Houshiar-Rad, Nahla Hwalla, Eda Koksall, Abdulrahman Musaiger, Gulden Pekcan, Abla Mehio Sibai, Sahar Zaghoul, Goodarz Danaei, Majid Ezzati, Dariush Mozaffarian. The impact of dietary habits and metabolic risk factors on cardiovascular and diabetes mortality in countries of the Middle East and North Africa in 2010: A comparative risk assessment analysis. *BMJ Open* 05/2015; 5(5):e006385. DOI:10.1136/bmjopen-2014-006385, 2.27 Impact Factor.
42. Nahid Salarkia, Morteza Abdollahi, Maryam Amini, Tirang Reza Neyestani. An adapted Household Food Insecurity Access Scale is a valid tool as a proxy measure of food access for use in urban Iran. *Food Security*, April 2014, Volume 6, Issue 2, pp 275-282. (corresponding author)
43. Maryam Amini, Monireh Dadkhah-Piraghaj, Mitra Abtahi, Morteza Abdollahi, Anahita Houshiar-Rad, Masoud Kimiagar. Nutritional Assessment for Primary School Children in Tehran: An Evaluation of Dietary Pattern with Emphasis on Snacks and Meals Consumption. *International journal of preventive medicine* 05/2014; 5(5):611-6.
44. Nahid Salarki, Maryam Amini, Morteza Abdolla, Babak Eshрати, Tirang Reza Neyestani. Mothers' Views on Food Security and Complementary Feeding: A Qualitative Study in Urban Iran. *Nutrition and Food Sciences Research* Vol 1, No 2, Oct-Dec 2014, pages: 35-42.

45. Fatemeh Toorang, Anahita HoushiarRad, Morteza Abdollahi, Mina Esmaili, Soraya Ebrahimpour Koujan. Seasonality in Iranian Fruit and Vegetable Dietary Intake. *Thrita*: 11/2013; 2(2):58-63. DOI: 10.5812/.
46. Morteza Abdollahi, Zahra Abdollahi, Robabeh Sheikholeslam, Nasser Kalantari, Ziba Kavehi & Tirang R. Neyestani (2015): High Occurrence of Food Insecurity among Urban Afghan Refugees in Pakdasht, Iran 2008: A Cross-sectional Study, *Ecology of Food and Nutrition*, DOI:10.1080/03670244.2013.834819.
47. Nahid Salarkia, Morteza Abdollahi, Maryam Amini, Tirang Reza Neyestani. An adapted Household Food Insecurity Access Scale is a valid tool as a proxy measure of food access for use in urban Iran. *Public Health Nutr.* 2014 Apr 4:1-8.
48. Morteza Abdollahi, Zahra Abdollahi, Fereshteh Fozouni, Dolly Bondarianzadeh. Oral Zinc Supplementation Positively Affects Linear Growth, But not Weight, in Children 6-24 Months of Age. *Int J Prev Med* 2014;5: 280-6.
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54. Fatemeh Mohammadi, Nasrin Omidvar, Anahita Houshiar Rad, Mohammad-Reza Khoshfetrat, Morteza Abdollahi, Yadollah Mehrabi. Validity of an adapted Household Food Insecurity Access Scale in urban households in Iran. *Public health nutrition (impact factor: 2.75)*. 08/2011.
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56. Moussa Zargar, Seyed Mohammad Reza Kalantar Motamedi, Mojgan Karbakhsh, Seyed Mohammad Ghodsi, Vafa Rahimi-Movaghar, Farzad Panahi, Soheil Saadat, Ali Khaji, Seyed Mahdi Davachi, Sarah Ganji, Mahmoud Khodabandeh, Shahab Abdollahi Far, Morteza Abdollahi and Mohammad Reza Zarei. Trauma care system in Iran. *Chinese Journal of Traumatology* 2011; 14(3):131-136.
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- nutritional knowledge of primary-school children and mothers in Tehran. *East Mediterr Health J.* 2008 Jan-Feb;14 (1):82-9.
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