

بنام انکه هستی نام از او یافت

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تحصیلات:

- فوق لیسانس تغذیه لندن (کینگز) لندن، انگلستان ۱۳۶۹
- دکترای تغذیه دانشگاه بروئل لندن، انگلستان ۱۳۷۱
- عنوان پایان نامه ی دکتری:

Vitamin E status and susceptibility to lipid peroxidation during late foetal and early neonatal life of the guinea pig. 1992.

- فوق دکترا - تغذیه و چاقی - دانشگاه UCLA امریکا ۱۳۷۹

علايق تحقيقاتي:

تغذيه و بيماري هاي قلب و عروق

تغذيه و سرطان ها

رژيم درماني كم خوني تغذيه اي

بررسي هاي تغذيه اي

ارزيابي وضعيت تغذيه جامعه

غني سازي مواد غذائي (نان با آهن و اسيد فوليك)

امنيت غذائي

Diet Therapy, Nutritional anemia, Nutrition Surveys, Assessment of Nutrition Status, Obesity, Food Security.

برگزیده ای از مقالات:

Sarrafadegan N, Azadbakht L, Mohammadifard N, Esmailzadeh A, **Safavi M**, Sajadi F, Alikhasi H, Maghroun M, Kelishadi R. Do lifestyle interventions affect dietary diversity score in the general population? Pub Health Nutr 2009 ;12:1924-30.

Mohammadifard N, Kelishadi R, **Safavi M**, Sarrafzadegan N, Sajadi F, Sadri GH,

Maghroon M, Alikhasi H, Heydari S, Sarmadi F. Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme. *Pub Health Nutr* 2009 ;12:1422-30.

Esmailzadeh A, Entezari M, Paknahad Z, **Safavi M**, Jalali. M, Bahreini N, Norian M, Azadbakht L. Identification of disease relations through dietary pattern approach: A review. *J Res Med Sci* 2008; 13: 337-348.

F. Kelly F, **Safavi M**, Cheesemant K. Tissue α -tocopherol status during late fetal and early neonatal life of the guinea-pig. *Br J Nutr* 1992; 67:457-62.

صفوي م, شيخ الاسلام ر, عبدالهه ز, صادقان ش, محمدیان س, نقوي م, صادق زاده ا. بررسي وضعيت آهن و برخي عوامل مرتبط با آن در زنان باردار ايراني در بهار سال ۱۳۸۰ / اپيدميولوژي ايران ۱۳۸۵ ؛ ۱:۱-۱۰ /

development of food based dietary guideline for iran : A preliminary report

Ann nutr metab. 1386

Safavi S.M.

Zinc status of Iranian preschool children

:Food and Nutrition Bulletin. 1386

S.M. SAFAVI R. SHIKHOESLAM M. Naghavi S. Sadeghian E. Sadeqzadeh F. Kolahtooz S. Mohammadian

A Study on Zinc status in Iranian pre school children in 2001

مجله دانشکده پزشکی اصفهان، ۱۳۸۵؛

S. M. Safavi. R. Sheikholeslam M. Naghavi F. Kolahtooz S. Mohammadian S. Sadeghian E. Sadeqzadeh

بررسی تأثیر رژیم گیاهخواری بر سیر آنرواسکلروز عروق کرونر

مجله پزشکی دانشگاه علوم پزشکی تبریز، ۱۳۸۳؛

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اثر غذاهای سرد و کلاس های آموزش تغذیه به والدین بی بضاعت

چهارمین کنگره تغذیه درمانی، ۱۳۸۲؛

سید مرتضی صفوی

غنی سازی آرد نان با آهن برای پیشگیری از کم خونی: مطالعه آزمایشی در شاهین شهر اصفهان

مجله پژوهش در علوم پزشکی، ۱۳۷۹؛

دکتر سید مرتضی صفوی احمد عزیززاده دکتر محمد رضا حسینی

آیا سرطان قابل پیشگیری است؟

مجله بهداشت جهان 1372.؛

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مجله بهداشت جهان 1372.؛

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سیگار

ارمغان سلامت مجله علمی، اجتماعی، ۱۳۷۲؛

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تاثیر آموزش بر اساس مدل اعتقاد بهداشتی بر عملکرد تغذیه ای زنان یائسه تحت پوشش مراکز بهداشتی درمانی شهر اصفهان

مجله ایرانی آموزش در علوم پزشکی، دوره ۱۰ شماره ۵ ویژه نامه توسعه آموزش ۱۳۸۹ صفحات ۱۲۶۳ تا ۱۲۷۲

An Investigation of the Effect of Vegetarian Diet on Atherosclerosis

Iranian Heart Journal.

Masoud Pourmoghaddas Hamid Reza Montazeri Sayyed Morteza Safav

i

Memberships:

- Member of British Nutrition Foundation Since 1989.
- Member and Head of Isfahan Branch of Iranian Nutrition Society (ATA) Since 1991.
- Member of Free Radical Society since 1990.
- Member of Biochemical Society since 1991.
- Member of National Nutrition Committee, Ministry of Health, Tehran, Iran, Since 1985 .
- Member of National Planning Committee for Nutritional Researches, Ministry of Health, Tehran, Iran, since 1985.
- Member of National Board of Nutrition Specialists, Ministry of Health, Tehran, Iran, Since 1985 .
- Member of National Committee for Children Growth Monitoring, Ministry of Health, Tehran, Iran, Since 1985 .
- Academic Member of Infection and Tropical Research Center, Isfahan Medical Science University, Isfahan, Iran, Since 1988.
- Member of the National Scientific and planning Committee of Nutrition, Ministry of Health, Iran, 1996 ? 1998 .
- Member of National academic board of nutrition, Ministry of Health, Tehran Iran since 1996.

سوابق کار:

- عضو هیئت علمی دانشگاه علوم پزشکی اصفهان ۱۳۷۱ تا کنون
- معاون اجرایی و مدیر کل کتابخانه های کانون پرورش فکری کودکان و نوجوانان کشور ۱۳۵۸ تا ۱۳۶۱
- مدیر و عضو و رئیس هیئت مدیره شرکت های تحت پوشش سازمان صنایع ملی ایران - ۱۳۶۱ تا ۱۳۶۴
- مشاور اقتصادی استاندار اصفهان ۱۳۶۴ تا ۱۳۶۶
- عضو هیئت رئیسه اتاق بازرگانی اصفهان ۱۳۶۴ تا ۱۳۶۵
- مدیر عامل موسسه ی خیریه همدانیان اصفهان ۱۳۶۴
- قائم مقام دانشکده ی پزشکی اصفهان ۱۳۷۱ تا ۱۳۷۴
- معاون اداری مالی دانشکده پزشکی اصفهان ۱۳۷۱ تا ۱۳۷۵
- قائم مقام معاونت پژوهشی دانشگاه علوم پزشکی اصفهان ۱۳۷۵
- قائم مقام معاونت اداری و مالی دانشگاه علوم پزشکی اصفهان ۱۳۷۵
- رئیس مرکز تحقیقات تغذیه دانشگاه علوم پزشکی اصفهان ۱۳۷۶ تا ۱۳۸۰
- رئیس دانشکده بهداشت دانشگاه علوم پزشکی اصفهان ۱۳۷۵ تا ۱۳۸۰
- مدیر کل تغذیه وزارت بهداشت -۱۳۸۴ تا ۱۳۸۶
- مشاور معاونت سلامت وزارت بهداشت - ۱۳۸۶ تا ۱۳۸۸
- مدیر عامل شهرک سلامت اصفهان ۱۳۹۰ تا کنون

**Work
Experience:**

- Associate professor , Department of Clinical Nutrition College of Nutrition and Food Sciences, Isfahan University of Medical Sciences and Health Services ,Isfahan, Iran , since 1991 (Subjects of Teaching : Nutrition for Medical Students, Nutrition planning, Principles of Nutrition, Management, Diet Therapy , Nutrition and Diet Therapy, Nutrition for Special Groups)
- Director, College of Health and Nutrition, Isfahan Medical Science University, Isfahan, Iran, 1993-1999 .
- Head, Nutrition Department and Nutrition Research Center, Isfahan University of Medical Science, Isfahan, Iran, 1993-1999.
- Diet Therapist, Isfahan Family Clinic and Noor and Ali-Asghar Hospital and private Clinic 1992-2013
- Secretary of the Third Iranian Congress of Nutrition, Iran,Isfahan, 1994. And 12th Iranian Congress of Nutrition and The 1st International Congress of Nutrition, Iran Isfahan 2013
- Deputy Head for Administrative and Financial Affairs, Medical College, , Isfahan, University of Medical Science,Isfahan, Iran, 1991-1993.
- Deputy Director, Institute for the Intellectual Development of Children and young adults, Tehran, Iran, 1978-1981 .
- Lecturer, Zahra College, Isfahan, Iran, 1982-1983.
- Lecturer, Rajaei College, Isfahan, Iran, 1983-1984.
- Principal Investigator, A pilot project of wheat fortification with Iron in a defined population, A WHO & Unicef Joint project , Isfahan , Iran (1997).
- Principal Investigator , An investigation of the effect of vegetarian diet on atherosclerosis , First Eastern Mediteranean Congress on preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular disease, Iran, 1997 .
- Deputy Chancellor for Research , Isfahan University of Medical Science, Iran, 1993-1994.
- Member , National team for formulating the Nutritional Strategy, Islamic Republic of Iran, Tehran, Iran, June-July 1987.
- Principal Investigator , Family food and nutrition security (Symbol of planning and action) Isfahan, Iran, 1997.
- Professional Expert Nutrition Consultant, East Los Angeles College, Los Angeles Community College District, Los Angeles, California, USA, 2001.
- Director General of Nutrition Improvement Office, Ministry of

Health and Medical Education 2005-2008

- Workshops:**
- Research Methodology, Isfahan University of Medical Science, Isfahan, Iran.
 - International Research Methodology in Cardiovascular Diseases, Isfahan Cardiovascular Research Center, Isfahan, Iran.
 - Teaching Methodology, Isfahan University of Medical Science, Iran.
 - Epidemiology in Nutritional Researches, Ministry of Health and Medical Services, Tehran, Iran.
 - Advanced Teaching Methodology, Isfahan University Medical Science, Isfahan, Iran.
 - Evaluation of Educational Programmes, Joint UNDP project Isfahan University Medical Science, Iran, 1999.

 - Planning management, evaluation and medical education development, Isfahan University of Medical Science, Isfahan, Iran, 1993.
 - Community Medical Education, Isfahan University of Medical Science, Isfahan, Iran, 1995.
 - Advanced problem based learning, Isfahan University of Medical Science, Isfahan, Iran, 1997.

 - Obesity Management in Primary Care, UCLA School of Medicine, UCLA, Los Angeles, California, 2001.
- Publications:**
- The acute effect of protein and amino acid solutions on metabolic rate in humans. MSc Thesis, Department of Food and Human Nutritional Sciences, King's College Library, University of London, London, U.K, 1988.
 - An Investigation of the Effect of a vegetarian diet on atherosclerosis, First Eastern Mediterranean Congress on preventive cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases, Medical Journal of The Islamic Republic of Iran, vol. 11, Number 1(S), 1997.
 - Nutrition situation in Iran compared to the world, Proceedings of The Third Iranian Congress of Nutrition, 1994.
 - Proceedings of The Third Iranian Congress of Nutrition, Nutrition Research Center of Isfahan, 1996.
 - Planning and Managing Community Nutrition work. WHO -Unicef publications, Tehran, Iran, 1996.

- Lack of Nutrition is a destruction factor and the cause of development restriction, proceedings of seminar in poverty. first edition, pp: 459-470 , April 17-19, 1996.
- Report of seminar on problems concerning bread production in Isfahan, Iran, 1995.
- Vitamin E status and susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig, 6th World Congress on Clinical Nutrition ? Anti-Oxidants and disease ? Banff, Alberta , Canada, July 23-26 , 1997.
- Tissue Alpha-Tocopherol status during late fetal and early neonatal life of the guinea pig , British Journal of Nutrition , 67 , pp 457-462, 1992.
- Susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig, British Journal of Nutrition , 1992 .
- How can avoid cancer? Journal of Medicine and Community, No.12 , Year 2 , Iran , 1983 .
- Vegetarian Diets, Journal of World Health, Iran 1984 .
- Assessment of fat and Sodium Chloride content of different kinds of cheeses among Isfahan urban population by chemical analysis method, Journal of Standard. No. 38 , Iran, 1984.
- Tissue Vitamin E Status during late fetal and early neonatal life of the guinea pig, oxidative damage & repair, The 5th Biennial Meeting of the International Society for Free Radical Research, Pasadena, California, U.S.A, November 14-20, 1990.
- Effect of vegetarian diet on atherosclerosis plaque formation after one year, 16th International Congress of Nutrition , Montreal , Canada, July 27- August 1, 1997.
- A pilot study of flour fortification with Iron Sulphate in a defined population in Isfahan, Iran, Research in Medical Sciences, Scientific Journal of Isfahan University of Medical Sciences and Services, Vol. 5 No. 4 Winter 2001.
- Oxidative damage and repair, the 5th Biennial Meeting of the International Society for Free Radical Research, Pasadena, California , U.S.A., 1990.
- Tissue status of RRR- Alpha - tocopherol in the perinatal period, free radicals in nutrition, satellite Congress SFRR, Sardinia, Italy , 22-25 June 1992.
- Nutrition Evaluation in Elderly people of Sadeghieh Elderly Center, Isfahan , The first International Conference on Aging, Tehran, Iran, October 19-21 , 1999.

- Study of Flour fortification with Iron in a defined population in Isfahan, Iran, The 8th European Nutrition Conference, Lillehammer, Norway, Scandinavian Journal of Nutrition, Supplement 341 P. 705, 8-25P, June 17-19, 1999.
- The role of packaging in storage of dairy products, food safety seminar, Isfahan, Iran, 1998.
- Study of Immunoglobulin in mother's milk with term and preterm deliveries, 4th International Congress of tropical paediatrics, Kuala Lumpur, Malaysia, 7-11 July 1996.
- World food day an opportunity to tackle hunger and malnutrition, Agriculture Ministry, Tehran, Iran, September 1996.
- How we can Tackle Iron deficiency anemia (IDA) by the means of fortification: 8th Asian Congress of Nutrition, Seoul, Korea, Aug 29-Sep 2, 1999.
- Vitamin E and its effects on diseases, First National Meeting of nutrition students, Tabriz, Iran, May 20-23, 1996.
- Proceedings of the Third Iranian Congress of Nutrition (Nutrition, Community Health and development), Isfahan University of Medical Science, Iran, 1996.
- Nutrition Evaluation In orphan children at Shahid Fayyazbakhsh Center, Isfahan, Iran, 1986.
- Evaluation and Formulation of a vegetable source appetite reducing drug and its effect on weight reduction, Fourth Iranian Congress of Nutrition, Tehran, Iran, 1986.
- Evaluation of food consumption among Isfahan urban population, The Third Iranian Congress of Nutrition, Isfahan, Iran, 1984.
- Evaluation of BMI and its relation to diseases among patients refer to Khorshid Clinic, Third Iranian Congress of Nutrition, Isfahan, Iran, 1984.
- Effect of olive and olive leaves on inflammation and blood pressure, The third Iranian Congress of Nutrition, Isfahan Iran, 1984.
- Food safety is a pathway to standardize Nutrients, 9th National Congress of Food industries in Iran (Food and Standard), Tehran, Iran, December, 1996.
- Effect of organic acids on reduction of fermentation time and phytate in bread, proceedings of The Third Iranian Congress of Nutrition, Isfahan, Iran, 1994.
- Nutrition education training effects to low-income head start parents on menu planning and weight control, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, 16-21 February 2003.

- Effect of prenatal and child nutrition education on low-income Hispanic pregnant college students, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, 16-21 February 2003.
- Effect of Nutrition and fitness education for low-income women, seniors and students, Abstracts of International Symposium on Impact of Global Issues on Women and Children, Bangkok, Thailand, , 16-21 February 2003.
- Nutrition Education benefits in prenatal and child on low income Hispanic pregnant College students, Abstracts of IX Asian Congress of Nutrition, New Delhi, India, February 23-27, 2003.
- Nutrition education effects on weight management of low income Hispanic women, IV International nutrition and dietetics Congress, Antalya, Turkey, , 2-5 April 2003.
- Effect of nutrition education on low income women, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003
- Fitness and nutrition education benefits in low income Hispanic women, , IV International nutrition and dietetics Congress Antalya, Turkey, 2-5 April 2003.
- Nutrition education effects and the benefit of training workshops on heart healthy cooking to low income Hispanic women, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003.
- Effect of providing heatless cooking and nutrition classes in Spanish to low-income parents, , IV International nutrition and dietetics Congress, Antalya, Turkey, 2-5 April 2003.
- The effect of symbiotic supplementation on some cardio-metabolic risk factors in overweight and obese children: A randomized triple-masked controlled trial, Int. J. of Preventive Medicine 2013
- Association of serum ceruloplasmin level with obesity and some of the metabolic and inflammatory indexes in Isfahan, Iran, Journal of Obesity 2013
- Development of food based dietary guidelines for Iran: A preliminary Report. Annals of Nutrition and Metabolism 2007; 51 (suppl. 2): 32-35
- Do lifestyle interventions affect dietary diversity score in the general population? Public Health Nutrition 2009 1-7
- Identification of Diet-disease relations through dietary pattern approach: a review. JRMS/ November and December 2008; Vol 13, No 6.

- Comparison of Serum Vitamin C and Calcium between preeclamptic and normotensive pregnant women. Journal of Isfahan Medical School, Fall 2007; No. 9 (Supplement).
- A study of Zinc status in Iranian preschool children in 2001. Journal of Isfahan Medical School. English edition. Fall 2006 ISSN: 1027-7595
- Zinc status of Iranian preschool children . Food and Nutrition Bulletin, vol 28, No. 2 2007 The United Nations University.

Books:

- پژوهشی در وضعیت ریز مغذی های ایران ۱۳۸۰ دفتر بهبود تغذیه جامعه - معاونت سلامت وزارت بهداشت درمان و آموزش پزشکی. تابستان ۱۳۸۵
- چربی ها و روغن های خوراکی و نقش آنها در سلامت دفتر بهبود تغذیه جامعه - معاونت سلامت وزارت بهداشت درمان و آموزش پزشکی. ۱۳۸۵
- شیر و انواع آن - دفتر بهبود تغذیه جامعه - معاونت سلامت وزارت بهداشت درمان و آموزش پزشکی. بهار ۱۳۸۵
- رژیم غذایی شما چه رنگی است؟ هفت رنگ سلامتی . انتشارات دانشگاه علوم پزشکی اصفهان پائیز ۱۳۸۶
- مجموعه سخنرانی های سومین کنگره تغذیه ایران. انتشارات مرکز تحقیقات تغذیه اصفهان - تابستان ۱۳۷۵
- تغذیه و مراقبت های تشخیصی در انمی ها و اختلالات خونی - انتشارات خسروی ۱۳۸۷
- ارتباط تغذیه و ژن - انتشارات کمال دانش پائیز ۱۳۸۹
- چگونه با تغذیه صحیح کلسترول خون را کاهش دهیم؟ انتشارات مرکز تحقیقات تغذیه اصفهان - پائیز ۱۳۷۵
- تغذیه و ورزش در بیماری های قلبی و عروقی - انتشارات دانشگاه علوم پزشکی گلستان - بهار ۱۳۸۵
- تغذیه سالم - قلب سالم - بهبود تغذیه جامعه - معاونت سلامت وزارت بهداشت درمان و آموزش پزشکی. بهار ۱۳۸۵
- غنی سازی ارد با آهن و اسید فولیک در ایران- انتشارات اندیشه ماندگار - بهار ۱۳۸۶

- خصوصیات بیوشیمیائی و تغذیه ای درمانی قارچهای خوراکی - انتشارات دانشگاه ازاد اسلامی خوراسگان ۱۳۸۹

- اصول پایش در غنی سازی ارد - انتشارات اندیشه ماندگار -۱۳۸۶

-تغذیه درمانی در ایدز - نشر غلامی بهار ۱۳۸۷

- تغذیه زنان در دوران مختلف زندگی - انتشارات چهارباغ ۱۳۹۲

- تغذیه و مراقبت های تشخیصی در بیماری های کبدی - انتشارات خسروی ۱۳۸۷

- تقویت حافظه با بکار گیری تغذیه صحیح - موسسه انتشاراتی نقش نگین - ۱۳۹۰