

Ramesh Allipour Birgani

## Curriculum Vitae

**Full Name:**Ramesh Allipour Birgani

**Address: Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran,**

**Contact Address :** School of Nutritional Sciences & Dietetics, Tehran University of Medical Sciences , No: 44, Hojjat-dost Alley, Naderi St., Keshavarz Blvd, Tehran, Iran.

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### Languages:

**Farsi:** Native

**English:** Speaking: Good, Reading: Good, Writing: Good

**French:** Speaking: Medium, Reading: Medium, Writing: Medium

**ARABIC:** Speaking: Poor, Reading: good, writing: Medium

**Computer Skills:**SPSS,STATA;REVMAN,(iThink-learning)

**Education:**.BSc.Nutrition, M.S.P.H.,Nutrition AUG.2002

Tehran University of Medical Sciences

Advisor:Professor Fereidoun Siassi

**Thesis Title:**The Effect of Diet Therapy on LDL Oxidation In Type 2 Diabetic Patients.

B.S., Nutrition Science

Jun. 1995

## **Books:**

- 1-Manual Of Chronic Renal Failure Diet Therapy 1998
- 2-Healthy Nutrition & Food Safety 2009

## **Publication**

### **(English Publication)**

1-Neyestani T.R., **AllipourBirgani R.**, Siassi F, Rajayi M, Djalali M, Mohhamadi . Glycemic Optimization May Reduce Lipid Peroxidation Independent of Weight And Blood Lipid Changes In Type 2 Diabetes Mellitus. *Diab.Nutr, Metab.* 17:275-279, (2004).

**2-R.Allipour-Birgani.** Diet Therapy In Diabetic Patients .Behvarz (Iranian National Journal of Health Care System). 4(winter):22-23, 2004. **(Persian Publication)**

**3-R.AllipourBirgani, T.R.Neyestani, F.Siassi, M.Rajayi, M.Djalali, B.Golestan.** The Role of Diet on LDL Oxidation In Patients With Type 2. *Oloom-e-Pirapezeshki*, 2(3) Fall, 383-389, 2004. **(Persian Publication)**

4-Bagherniya M, Keshavarz SA, Maracy MR, Djazayeri SA, **Allipour-Birgani R**, Daryabeygi-Khotbesara R, et al. Assessment of the Relationship between Self-efficacy and Meal Frequency in Overweight and Obese Female Students of Middle Schools of Shahinshahr, Iran. *J Health Syst Res* 2015; 11(4): 781-6.

5-Bagherniya M, Keshavarz SA, Djazayeri SA, Maracy MR, **Allipour-Birgani R**, Daryabeygi-Khotbesara R, et al. Assessment of the Relationship between Social Support and Nutritional Behaviors in Overweight and Obese Female Students in Middle Schools of Shahinshahr, Iran. *J Health Syst Res* 2016; 12(4): 414-9.

6-Mohammad B, Seyed Ali K, Firoozeh M, Manoj S, Mohammad Reza M, Seyed Abolghasem D, Reza Daryabeygi K and **Ramesh A B.** Using Social Cognitive Theory in Predicting Meal Frequency in Overweight and Obese Iranian Adolescents. *Bull. Env. Pharmacol. Life Sci.*, Vol 3 [12] November 2014:197-203.

7-Bagherniya, Mohammad.Sharma, Manoj.Mostafavi Darani, Firoozeh.Maracy, Mohammad Reza.Safarian, Mohammad.**Allipour Birgani, Ramesh.** Bitarafan, Vida.Keshavarz, Seyed Ali.School-Based Nutrition Education Intervention Using Social Cognitive Theory for Overweight and Obese Iranian Adolescent Girls: A

Cluster Randomized Controlled Trial. Int Q Community Health Educ 2018;0(0): 1–9.

8-Bagherniya, Mohammad, Mostafavi Darani, Firoozeh, Keshavarz, Seyed Ali, Movahhed, Sara, **Allipour-Birgani, Ramesh**, Sharma, Manoj, Safarian, Mohammad, Taghipour, Ali. The Impact of Adolescent Friendships on Unhealthy Eating Behaviors of Overweight and Obese Adolescents: A Qualitative Study. Int J Pediatr, Vol.6, N.10, Serial No.58, Oct. 2018 .

9-Bagherniya M, Mostafavi Darani F, Sharma M, Maracy MR, **Allipour Birgani R**, Ranjbar G, Taghipour A, Safarian M, Keshavarz SA. Assessment of the Efficacy of Physical Activity Level and Lifestyle Behavior Interventions Applying Social Cognitive Theory for Overweight and Obese Girl Adolescents. J Res Health Sci. 2018; 18(2): e00409.

10-Mohammad Bagherniya, Firoozeh Mostafavi Darani<sup>1</sup>, Manoj Sharma, **Ramesh Allipour-Birgani**, Ali Taghipour, Mohammad Safarian. Qualitative Study to Determine Stressors Influencing Dietary and Physical Activity Behaviors of Overweight and Obese Adolescents in Iran. International Journal of Preventive Medicine 2018 .

## **Professional Membership**

Member of The Iranian Nutrition Association 1998-2012

The Founder and Manager of Isfahan Nutrition Association. 2008-2012.

## **Research Interests**

- 1-How environmental and economic aspects affect food consumption and food security
- 2-Climate Change and Food Insecurity
- 3- Designing and Implementing Nutrition interventions in vulnerable households and allocation nutritional subsidies program in primary health care system
- 4-International Food & Nutrition Policy Programs
- 5-Public Health and nutrition

## **Work shop/Conference Attending:**

Medical Journalism Work shop - yazd 2010  
Nutrition & Diet Therapy in Liver Disease Work shop – Isfahan 2009  
Health System Research Work shop- Isfahan- 1997  
Nutrition & Diabetes Diet Therapy Work shop - Isfahan 2004  
Nutrition & Ageing work shop- Isfahan 2004  
Nutrition consultation work shop - Isfahan 2003  
Education ,control &prevention of diabetes work shop -Isfahan - 2003  
Pregnancy & diabetes work shop- 2003 -Isfahan  
Growth Assessment & Nutrition in Children Work shop -Isfahan-2003  
Breast Feeding Work shop - Isfahan - 2003  
Development of Community Nutrition & nutrients Isfahan-2003  
Health System Research work shop –Isfahan -2004  
Research Education in Medical Sciences –Isfahan -2005  
Health & nutrition behavior workshop –Isfahan 2006  
Study & Designing a Behavioral Methods–Isfahan -2004  
Diet Therapy in Kidney Disease –Isfahan -2004  
Diet Therapy in Gastrointestinal Disease –Isfahan 2007  
Diet Therapy in Hypertension –Isfahan 2007  
Diet Therapy in Parental Nutrition –Isfahan 2007  
Diet Therapy in Tube Feeding –Isfahan 2007  
Growth Assessment in Children- Isfahan 2007  
Food Safety- Isfahan 2007  
Conference of kidney Treatment - lecture ( Title in Dialysis Patients Hydration Therapy ) –Isfahan NOV 2010  
Seminar of Physical Activities & Nutrition in Ageing (Lecture ) –Isfahan NOV 2011  
Diet Therapy in Menopause Period ( Staff of Health Care System )- Shahin Shahr Health Network .SEP 2011  
Nutrition& Diet Therapy in Children (1-5 years) –(stuff of health system ) - Shahin Shahr Health Network- DEC. 2011  
Nutrition in Ageing - Health Network -DEC 2011  
Nutrition & prevention of Iron Deficiency Anemia &Calcium Deficiency & Osteoporoses–(stuff of health care system ) -Shahin Shahr Health Network- NOV 2010

Seminar of Healthy Diet in Woman Health –(stuff of health care system ) - Shahin Shahr Health Network. may 2011

Conferences-Healthy Diet – Prevention of Iron Deficiency Anemia& Nutrition in Children ( under 2 years )Oct 2010- Nov 2010

7<sup>th</sup> International Congress of Quality Managers .july 17 -20<sup>Tehran-2006</sup>

11<sup>th</sup>.- Iranian Congress on Nutrition.Nov 1-4-2010-shiraz14

9<sup>th</sup> Iranian Congress On Nutrition.Sep 4-7-2006.

## **Professional History**

**Nutritionist & Researcher** ( as University Student) Research on Diabetic Nutrition at Endocrine Research Center of Isfahan university of medical sciences. May- 1992-Dec 1995

**Nutritionist researcher & Dietitian** –Staff at Endocrine Research Center of Isfahan university of medical sciences .Dec 1995- Nov-1997

**Community Nutritionist** at Natanz Health Network Responsibilities (Community Nutrition Educator at Public Health Care & Field)Research & Designing Nutrition Interventions in Schools ,Woman & children - Dec-2002-Jan 2006

**Nutritionist & Dietitian** –Khatamol Anbia – Hospital of Natanz Health Network - Oct-2002- Oct-2004

**Manager** of Diabetes Center of Natanz Health Network –Oct-2003- Oct – 2004

**Dietitian** – at Diabetes Clinic – Natanz Health Network - Nov-2004- Nov-2005

**Secretary** of Research Committee - Natanz Health Network .Oct-2002- Sep-2005

**Manager** of Staff Education - Natanz Health Network Apr-2004-Oct-2005

**Secretary** of IDD Committee in Natanz Province –Oct-2003

**Secretary** of medical (Special & General) Recommendation Councils  
- Food & Drug Vice Chancellor of Isfahan University of Medical  
Sciences Sep-2006- Jun -2007

**Member** of Medical (Special & General) Recommendation Councils  
- Food & Drug Vice chancellor of Isfahan University of Medical  
Sciences Feb-2007-Apr-2010

**Interviewer** for nutritionist employment of of Isfahan University of  
Medical Sciences -jun-2007

**Manager** of Health system research Committee- Food & Drug Vice  
Chancellor of Isfahan University of Medical Sciences -Apr-2006-Nov-  
2008

**Member** of Health System Research Committee Food & Drug Vice  
Chancellor of Isfahan University of Medical Sciences -Nov-2008-  
Nov -2009

**Member** of health system research of Research Vice Chancellor  
of Isfahan University of Medical Sciences -Oct-2006-Oct-2008

**Member** of Council – Community Oriented of Medical Sciences of  
Isfahan university -Oct-2006-Oct- 2007

**Nutritionist** -Food & Drug Vice Chancellor (Responsibilities-Quality  
Control of Food & Nutrition in Hospitals of Isfahan City ) Jun- 2006-  
Apr-2007

**Manager** of Research & Education Office - Vice Chancellor for  
Food & Drug of Isfahan university of Medical Sciences -Apr-2006-Nov-  
2008

**Member** of Education Community of Isfahan University Medical  
Sciences .Nov-2007-Nov-2008

20-Nutrition & Dietitian - Diabetes Center of Shahin Shahr & Meime  
Health Network . Oct-2010-Oct-2011

**Nutritionist** - Shahin Shahr Public Health Network .Oct-2011-now

**Secretary** of Research Committee . Shahin Shahr Public Health  
Network . Jun- 2012-present

**Member** of nutrition education in adults Shahin Shahr Public Health  
Network -2012-present

**Collaboration** - the Third International Exhibition of Food Company  
Exhibition- Shahin Shahr Health Network. Jan 2011

**Organizer & lecturer** – Healthy Diet Conference & Food Company

Exhibition - Shahin Shahr Health Network Jan 13-18 -2011

**Organizer & lecturer** – seminar of world day diabetes. - Shahin Shahr Health Network. Oct 2011

**Collaboration** First Scientific Conference of World Food . Oct- 2008

**Collaboration** - first Exhibition of Food Companies World Health

Week -Apr 2008

### **Contributed / Conference Presentation**

**R. Allipour** , M. AminiM. Norian. G.h. jalili. Influence of Garlic Powdgr Tablet (Allium Sativum) on Serum Cholesterol , High Density Lipoprotein and Fasting Blood Sugar Levels in NIDDM Patients. 16<sup>th</sup> International Congress of Nutrition. Canada. July 27- Agust 1-1997 (poster)

**R.Allipour.** F. Siassi. Tr. Neyestani , M. Rajai , jalili A. Effect of Diet Therapy on LDL Oxidation in Type – 2- Diabetes. 9<sup>th</sup> World Congress on Clinical Nutrition. 24-26 june 2002 – London (poster)

M.mahdanian , **R,Allipour** , M. Akbari, Gh. Akbari Study of Nutritional pattern & Nutrient Intake on Ageing of Abbyane Village (Natanz Province). National Congress of Gerontology and Geriatrics 11-12 jan .2005 (poster)

**R. Allipour**, M. Shanesaz, M.Entezari. Z. Paknahad, M. soleimani . Presentation of National Pattern According to Research :Effect of Healthy Nutrition & Food Safety Education on knowledge , Attitude , Practice of Organization Official. The First National Congress on Development of Health System Research. 8-10 july . 2009.(lecture)

**R.Allipour.**,N.Rashidi.,E.Madani.,M.Khodami.An Investigation on Nutritional Pattern of Breast Feeding Children In Urban &Rural Area of Natanz Province .8<sup>th</sup> Iranian Congress on Nutrition 6-9 sep.2004(|poster).

**R.Allipour.**,A.Kavossian.,R.Abdoli.,H.Karbasi.,L.Amirani.,A.Latifi.Study on Dietary Pattern of Natanz . .8<sup>th</sup> Iranian Congress on Nutrition 6-9 sep.2004.(|poster)

**R.Allipour.,M.Amini.,M.Norian.,GH.Jalali.G.Satari.**The Effect of Garlic Tablet on Fasting Blood Sugar Cholesterol .Triglyceride & HDL In Type 2 Diabetic Patients.5<sup>th</sup> International Congress of Endocrine Disorders. Sep 5-9.1999.(|poster)

**R.Allipour.,T.Neyestani.F.Siassi.,M.Jalali.,B.Golestan.**  
The Effect of Diet Therapy on LDL Oxidation In Type 2 Diabetic Patients. The First Congress of Noncommunicable Disease. Oct 28-31-2002 . (lecture)

**R.Allipour.,M.Amini.**Evaluation of Practical Diet Therapy Type 2 Diabetic Patients.8<sup>th</sup> Congress of Internal Medicine Phycisican.May 22-25.1997. (lecture)

**R.Allipour.**Nutrition Assessment and Other Effective Factors on Children (0-36 month) on Urban &Rural Area of Natanz Province .5<sup>th</sup> Iranian Congress on Nutrition.Sep 13-17.1999. (|poster)

**R.Allipour.,M.Amini.**Evaluation of Practical Diet Therapy Type 2 Diabetic Patients. 5<sup>th</sup> Iranian Congress on Nutrition.Sep 13-17.1999. (|poster)

**R.Allipour.,M.Amini.,M.Norian.,GH.Jalali.G.Satari.**The Effect of Garlic Tablet on Fasting Blood Sugar Cholesterol .Triglyceride & HDL In Type 2 Diabetic Patients. The First Eastern Mediterranean Congress on Preventive Cardiology & 10<sup>th</sup> Congress on Cardiovascular Disorder.May 1-4.1997. (lecture)

**R.Allipour.,B.Forghani.,N.Kassaian.,GH.Jalali.**BMI Assessment of Obese &Overweight Diabetic Patients Whit Different Sex & Age At Endocrine Research Center of Isfahan.7<sup>th</sup> Iranian Colleague of Internal Medicine .May .14-17.1996. (|poster)

## **Teaching Experiences**

**lecture** Diabetes Endocrine Workshop –Isfahan University of Medical Sciences .1997(Subject: Nutrition in Diabetic Patients)

**lecture** Prevention & Control of Diabetes Disease workshop. Aran &Bidgol Health Network - Isfahan University of Medical Sciences.2004.  
(Subject: Nutrition & Diet Therapy In Diabetic Patients)



**Teaching Assistant** ,(1 Quarter at Hospitals of Isfahan University of Medical Sciences-Practical Education of Diet Therapy In Units of Liver-Pancreas & Gastrology-Diabetes-Endocrine-Kidney)2009

**Lecture**Diet Therapy In Reflux(Seminar of Medicines)-2006.

**Lecture** Nutrition & Tuberculosis. (Seminar of Medicines)-2006.

Food Safety Exhibition . Isfahan University of Medical Sciences.2007.

**Lecture** Prevention Of Iron Deficiency Anemia (Workshop of Health Care Staff).2004

**Lecture** Healthy Nutrition(Workshop Of Health Care &Preventive Disease in Women-).2004

**Lecture** Food Safety & Nutrition in Adolescents (Workshop Of Community Education).2006

**Lecture** Food Microbiology.(Workshop of Health Care Staff).2006

**Lecture** -Health System Research . (Workshop of Health Care Staff).2008

**Lecture** Health System Research . (Workshop of Medicine &Health Staff).2005

**Lecture** Food Safety(Environmental Health Staff Workshop).2006

**Lecture** Food Safety(Hospital Staff Workshop)2006

**Lecture** Nutrition Requirements of Children(5-years).(workshop 2002)

**Lecture** Growth &Nutrition in Children (Conference of Medicine &Health Staff).2004

**Lecture** Breast Feeding.(workshop -Health Staff) 2003

**Lecture** Nutrition In Pregnancy and Lactation(workshop of Health Care Staff).2002

**Lecture** Health of Ageing (2 - Conferences of Medicines)(Subject: - Nutrition In Ageing)2004

**Lecture** Health Care of Ageing. (Workshop of Health Care Staff).2004

**Teaching Assistant.**Public health nutrition and nutrition education theories. May 2018

### **Organizer &Lecturer**

The First **Seminar** of World Food Day (Isfahan University of Medical Sciences).2006

**Conference** of Food Safety and Community Health & The First Exhibition of Food Products Company . (Isfahan University of Medical Sciences).2007

**Conference** of World Food Day .2005

**Seminar** of Diabetes Day. 2011

**Seminar** of Healthy Nutrition In Adolescents & Food Products Exhibition.2011

Health care implementation (policy and evaluation). -Esfahan University of Medical Sciences.workshop. -Esfahan University of Medical Sciences.jan-fev-2014

Public health nutrition(non communicable disease-managing and diet therapy). -Esfahan University of Medical Sciences. April- May-2016

-Fellow ship -Public health management -Esfahan University of Medical Sciences. FEV-MARCH 2017

### **Research Activates(1996-2018)**

<b>No</b>	<b>Project Title</b>	<b>Role</b>	<b>Year</b>	<b>Source of Fund</b>
1	Investigation The Effect of Garlic on Serum Glucose & Lipids of Type 2 Diabetic Patients.	Leader	1997-1998	Vice Chancellery for Research Isfahan University of Medical Sciences(IUMS)
2	Study The Level of Zinc on The Student's Hair At Primary School In Dinan Village -Isfahan	Co-Worker	1996-1997	Vice Chancellery for Research Isfahan University of Medical Sciences(IUMS)
3	Evaluation of Practical Diet Therapy on Type 2 Diabetic Patients.	Leader	1997-1998	Vice Chancellery for Research Isfahan University Of Medical Sciences(IUMS)
4	Nutrition Assessment & Other Effective Factors on Children(0_36)month in Rural &Urban Area of Natanz Province.	Leader	1998-1999	Natanz Health Network of (IUMS)
5	Study on Dietary Pattern of Type 2 Diabetic Patients At Natanz Diabete Center	Leader	2003-2004	Natanz Health Network of (IUMS)

6	The Effect of Diet Therapy on LDL Oxidation In Type 2 Diabetic Patients	Thesis	2000-2001	Nutrition Department - School of Health-Tehran University of Medical Sciences
7	An Investigation on Nutritional Pattern of Breast Feeding Children In Rural & Urban Area of Natanz Province.	Leader	2002-2004	Natanz Health Network of (IUMS)
8	Evaluation of Nutrition & Growth Child Committee Promotion at Natanz Health Network	Leader	2002-2003	Natanz Health Network of (IUMS)
10	Evaluation the Quality Promotion of Nutrition Program at at Natanz Health Network	Leader	2004-2005	Natanz Health Network of (IUMS)
11	The Study on Nutritional Knowledge ,Attitude & Practice of (11-14 years) Students of Natanz Province	Leader	2004	Natanz Health Network of (IUMS)
12	The Study on Nutritional Pattern & Nutrition Intake on Ageing at Abyanee Village In Natanz Province	Leader	2004-2005	Natanz Health Network of (IUMS)
13	Study The The Effect of Nutrition Education about Food Safety & Healthy Nutrition on Knowledge, Attitude & Practice of Isfahan Population.	Leader	2006-2008	Grant of Health Deputy (Food & Drug Organization)
14	Study on the Effect of Nutrition Education and Physical Activity intervention using Social Cognitive Theory for Overweight and Obese Student Girls of Middle School of Shahinshahr	Co-worker	2013-2014	Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences
15	Evaluation of the perception and experience of Iranian adolescents from obesity using a qualitative approach	Co-worker	2015-2017	Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences
16	Assessment of the association between meal patterns with obesity and metabolic profile in apparently healthy population attending to health centers of Tehran province in 2017-2018	Co-worker	2017-2018	Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences

17	The Assessment of interaction between age , serum vitamin D and the Cardiorespiratory ratio in adults 2017-2018	Co-worker	2017-2018	Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences
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### **University Student ,Thesis Counselor:**

1-Study on the Effect of Nutrition Education and Physical Activity intervention using Social Cognitive Theory for Overweight and Obese Student Girls of Middle School of Shahinshahr. Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences(MS student) 2013-2014.

2- Evaluation of the perception and experience of Iranian adolescents from obesity using a qualitative approach. Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences(PhD student). 2015-2017.

3- Assessment of the association between meal patterns with obesity and metabolic profile in apparently healthy population attending to health centers of Tehran province in 2017-2018 . Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (MS Student).2017-2018 Continue.

4- The Assessment of interaction between age , serum vitamin D and the Cardiorespiratory ratio in adults 2017-2018. Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences. (MS Student).2017-2018 Continue.

### **AWARDS:**

Study The Effect of Nutrition Education about Food Safety &Healthy Nutrition on Knowledge, Attitude &Practice of Isfahan Population. Grant of Health Deputy (Food & Drug Organization).2006-2008.(120,000,000 Rials)=10,000\$

## **References:**

### **1-Professor Ali KianiRad (PhD.)**

Assistant Professor (Agricultural Economics) & Director General  
Agricultural Planning, Economic and Rural Development Research Institute (APERDRI)  
Ministry of Agriculture Jihad. No.5, Roudsar St., South Shahid Azodi(Aban) Ave.,  
Karimkhan-e-Zand Blvd  
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Office Tel: +98-21-88892408-10  
Office Fax: +98-21-88896660  
E-mail: akianirad@gmail.com  
Official E-mail: a.kianirad@agri-peri.ac.ir

### **2-Professor Abolghassem Djazayeri ,Ph.D.**

School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran,Iran  
E-mail:jazaiers@tums.ac.ir      Tel: 021-88955698    Fax: 021-88955975

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