

## Farzaneh Barak

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### Education

- Ph.D. Human Nutrition** **2016-Present**  
McGill University, McGill Institute for Global Food Security (IGFS), Montreal, QC
- GPA: 3.92/4
  - Supervisors: Dr. Hugo Melgar-Quiñone & Prof. Claudia Mitchell
- M.Sc. Nutrition and Dietetics** **2009-2012**  
Isfahan University of Medical Sciences and Health and Treatment Services, Iran
- B.Sc. Nutrition and Dietetics** **2004-2008**  
Isfahan University of Medical Sciences and Health and Treatment Services, Iran

### Research Experience

- Doctorate Research Project** **2016-Present**  
McGill University, Margaret A. Gilliam Institute for Global Food Security, Montreal, QC  
International Development Research Center (IDRC), Ottawa, QC  
Makerere University, Kampala, Uganda
- Project title: Harnessing dietary nutrients of under-utilized fish and fish processing by-products to reduce micronutrient deficiencies among vulnerable groups in Uganda - NutriFish
- Research thesis: Gendered household decision-making dynamics within fish farming interventions in rural Uganda: Using participatory video**
- Conduct systematic reviews on the role of understanding household decision-making processes in the success of fish farming and aquaculture to improve household food security and child nutrition
  - Developing intersectional gender analysis of household decision-making in fish farming and aquaculture
  - Design household surveys and qualitative data collection tools such as interview questions, community and policy dialogues
  - Apply participatory approaches for data collection such as participatory video (PV) and participatory rural appraisal (PRA)
  - Develop research grant applications
  - Interface with large databases such as Gallup world poll data and Demographic household survey (DHS) to investigate the determinants of food insecurity in Uganda

- Research Assistant** **2016-2018**  
CARE Canada in partnership with Margaret A. Gilliam Institute for Global Food Security, Montreal, QC
- Projects: Growing Nutrition for Mothers and Children in Ethiopia (GROW) and Southern African Nutrition Initiative (SANI) in Malawi, Mozambique, and Zambia**

## Farzaneh Barak- Curriculum Vitae

- Review relevant literature, legislation and other resources, and develop research concept and tools (quantitative and qualitative)
- Map and review food and nutrition security priorities, policies and objectives
- Review the National Nutrition Policy and Strategic Plan and assess their implications on the GROW and SANI project
- Work closely with an international team of researchers to develop research proposal and tools

### Master's Thesis Project

2010-2012

Isfahan University of Medical Sciences, Department of Community Nutrition, Iran

#### Research thesis: Adherence to the DASH diet and its relation to insulin resistance and biomarkers of endothelial function among female nurses

- Review relevant literature, legislation and other resources, and develop research concept and tools
- Utilize appropriate research methodology including assessment of dietary intakes using a dish-based, semi-quantitative FFQ (DFQ), assessment of daily physical activity through the short form of the International Physical Activity Questionnaire, and other variables such as socio-economic status, anthropometric measurements, etc.
- Analyze data using Excel, SPSS, and Nutritionist IV software
- Provide direction, instructions and guidance to a team of undergraduate research assistants to collect data and report research findings

### Research Assistant

Jan-Dec 2011

Isfahan University of Medical Sciences, Department of Community Nutrition, Iran

#### Project: Investigating the effect of insulin resistance on the response to a weight loss diet among 200 overweight and obese women

- Review the literature
- Assist with participant recruitment and informed consent activities
- Assist with the collection, management, and analysis of quantitative data
- Assist with database creation & maintenance
- Assist with preparation of written materials: research ethics board applications, consent forms, manuscripts, research reports, poster, and presentation submissions

## Teaching experience

### Graduate Teaching Assistant

Jan-Apr 2019

McGill University, School of Human Nutrition, Montreal, QC

#### Course name: NUTR337 – Nutrition Through Life

- Evaluate and comment on two midterm and final exams
- Hold office hours to advise students

### Undergraduate Student Mentoring

Sep 2017-Apr 2018

McGill University, School of Human Nutrition, Montreal, QC

#### Course name: NUTR 430 Directed Studies: Dietetics and Nutrition 1

- Facilitate the learning of student in conducting literature reviews including running research, finding articles, and refining the articles base on inclusion and exclusion criteria
- Provide guidance on preliminary skills of data analysis and scientific writing of research findings
- Assess the student's initial strengths and weaknesses, and evaluate the student's academic achievements

## Farzaneh Barak- Curriculum Vitae

### Graduate Teaching Assistant

McGill University, School of Human Nutrition, Montreal, QC

**Course name: NUTR450 – Research Methods in Human Nutrition**

- Evaluate and comment on assignments and final exam
- Hold office hours to advise students
- Conduct conference and lecture sections

Sep-Dec 2017

## Work experience

### Community Nutritionist

Qazvin Public Health Center dependent to Qazvin University of Medical Sciences, Iran

- Assist in campaigning and counselling activities on appropriate Breast Feeding and Complementary Feeding
- Design and implement nutrition education and social behavior change programs for different stakeholders based on the professional need assessment
- Design and implement health staff nutrition service capacity building activities
- Support the capacity building activities for livelihood and food security programming
- Provide nutrition policy direction and guidance to key Stakeholders

2012-2014

### Therapeutic and Clinical Dietitian

Special Clinic Faculty of Medicine dependent to Isfahan University of Medical Sciences, Iran

- Determine nutritional needs of patients and planning normal or therapeutic menus
- Consult with health care personnel to determine nutritional needs and diet restrictions of patients in accordance with their preference, personalized health, and financial capabilities
- Evaluate how patients respond to their diets

2009-2012

### Food Processing Quality Control Technician

Shokran Chocolate Co. (Chocolate production), Iran

- Analyze and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product (HACCP)
- Check labelling accuracy

2008-2009

## Volunteer experience

### Coordinator

McGill Institute for Global Food Security (IGFS), Montreal, QC

- Design and deliver workshops and other group support activities (e.g., seminars)
- Contribute to communication plans (e.g., newsletter, email campaigns, social media)
- Develop program materials (e.g., content, manuals, contact lists, calendar of upcoming events);
- Communicate with facilitators, speakers and/or participants;
- Advertise workshops and other activities

May-Sep 2017

### Nutritionist

Specialized hospital in obstetrics and gynecology dependent to Isfahan University, Iran

- Determine nutritional needs of patients and planning normal or therapeutic menus
- Consult with health care personnel to determine nutritional needs and diet restrictions of patients in accordance with their preference, personalized health, and financial capabilities
- Evaluate how patients respond to their diets

2010-2011

## Farzaneh Barak- Curriculum Vitae

### Computer Skills

- Good knowledge of **SPSS, EndNote, MAXQDA, R, and Nutritionist IV**
- Microsoft Office: Word, Excel, and PowerPoint

### Languages

English (Professional working proficiency), French (Limited working proficiency), and Persian (Native)

➤ **Certificate of Proficiency – English for Professional Communication, 2015-2016**

McGill University, Montreal, QC, Canada

### Awards

- **Fonds de recherche du Québec Société et culture (FRQSC)** (49,000.00 CAD), 2019-2021  
Doctoral award, 1<sup>st</sup> ranked proposal by the evaluation committee (Sociology/Demography committee)
- **McGill University, School of Human Nutrition** (14,400.00 CAD), 2018  
Graduate Excellence Award
- **McGill University, Faculty of Agricultural and Environmental Sciences** (4,000.00 CAD), 2018  
Graduate Mobility Award
- **Nevin Scrimshaw International Nutrition Foundation** (500.00 US), 2018  
Travel Fellowship Award
- **McGill University, Institute for Health and Social Policy** (4,000.00 CAD), 2017  
Graduate Award Program (GAP)
- **McGill University, Faculty of Agricultural and Environmental Sciences** (4,000.00 CAD), 2017  
Graduate Mobility Award
- **McGill University, School of Human Nutrition** (7,800.00 CAD), 2016  
Dietetics and Human Nutrition Award
- **Isfahan University of Medical Sciences, Iran** (20,000.00 CAD), 2010  
Graduate Research Award
- **Isfahan University of Medical Sciences, Iran** (5,000.00 CAD), 2007  
Undergraduate Research Innovation Award

### Publications

1. **Barak F**, Saint Ville A, Schwinghamer T, Sen A, Abdi T, Melgar-Quiñonez H. The state of food insecurity and its determinants among adolescents in sub-Saharan Africa. (Working Paper)
2. Rafie N, Golpour Hamedani S, **Barak F**, Safavi SM, Miraghajani M. Dietary patterns, food groups and telomere length: a systematic review of current studies. *Eur J Clin Nutr* 2016; 149.
3. Pourmasoumi M, Karimbeiki R, Vosoughi N, Feizi A, Ghiasvand R, **Barak F**, Miraghajani M. Healthy Eating Index/Alternative Healthy Eating Index and Breast Cancer Mortality and Survival: A Systematic Review and Meta-analysis. *Asia Pac J Oncol Nurs* 2016; 3:297-305.
4. **Barak F**, Falahi E, Hassanzadeh Keshteli A, Yazdannik A, Saneei P, Esmailzadeh A. Red meat intake, insulin resistance and markers of endothelial function among women. *Mol Nutr Food Res*, 2015; 59:315-22.
5. **Barak F**, Falahi E, Hassanzadeh Keshteli A, Yazdannik A, Esmailzadeh A. Adherence to the Dietary Approaches to Stop Hypertension (DASH) diet in relation to obesity among Iranian female nurses. *Public Health Nutr.* 2015; 18:705-12.

## Farzaneh Barak- Curriculum Vitae

6. Saneei P, Falahi E, **Barak F**, Ghasemifard N, Keshteli AH, Yazdannik A, Esmailzadeh A. Adherence to the DASH diet and prevalence of the metabolic syndrome among Iranian women. *Eur J Nutr.* 2015; 54:421-8.
7. Zaribaf F, Falahi E, **Barak F**, Heidari M, Keshteli AH, Yazdannik A, Esmailzadeh A. Fish consumption is inversely associated with the metabolic syndrome. *Eur J Clin Nutr.* 2014; 68:474-80.

### Presentations

1. **Barak F**, Schwinghamer T, Melgar-Quiñonez H. Experiences of food insecurity modeled by redundancy analysis: A cross-sectional study of Uganda, 2014-2017. Poster presentation at American Society for Nutrition Conference 2019, Baltimore, US, June 2019.
2. **Barak F**, Schwinghamer T, Melgar-Quiñonez H. Experiences of food insecurity and mental health: A cross-sectional study of Canada, 2017. Panel presentation at McGill Interprofessional Health Research Symposium, Montreal, Quebec, Canada, 2019.
3. **Barak F**, Ahmadigheidari D, Sinclair K, Cortbaoui P, Melgar-Quiñonez H. Women's Home-Gardening Decision-Making and Dietary Diversity: A case study of mothers with children (under 5 years old) in Zambia. Poster presentation at McGill Global Health Night, Montreal, Quebec, Canada, 2017.
4. **Barak F**, Falahi E, Hassanzadeh Keshteli A, Yazdannik A, Saneei P, Esmailzadeh A. Red meat intake, insulin resistance, and markers of endothelial function among women. Poster presentation at the 1st International and the 13<sup>th</sup> National Iranian Nutrition Congress, Tehran, Iran, 2014.