



FARZANA SALEH

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PERSONAL INFORMATION

Place of birth: Dhaka, Bangladesh

Nationality: Bangladeshi by birth

PROFESSIONAL EXPERIENCES IN ACADEMIA

- **July 2013 to till date:** Associate Professor, Dept of Community Nutrition (Bangladesh University of Health Sciences), Dhaka, Bangladesh; www.buhs.ac.bd
- **January 2017 to till date:** Adjunct Faculty at University of South Asia, Dhaka, Bangladesh. Conduct **General & Applied Dietetics Course** under Master of Nutrition & Food Science (MNFS) Program; <http://www.southasia-uni.org/>
- **September 2016 to January 2017:** Adjunct Faculty at Northern University Bangladesh, Dhaka, Bangladesh. Conduct following two courses under Master of Public Health (MPH) Program; www.nub.ac.bd/
 1. **Maternal & Child Nutrition and**
 2. **Public Health Nutrition Courses**
- **September 2016 to January 2017:** Adjunct Faculty at American International University-Bangladesh (AIUB), Dhaka, Bangladesh. Conduct **Maternal & Child Nutrition Course** under MPH program; <http://www.aiub.edu/>
- **May to August 2016:** Adjunct Faculty at University of South Asia, Dhaka, Bangladesh. Conduct **General & Applied Dietetics Course** under Master of Nutrition & Food Science (MNFS) Program; <http://www.southasia-uni.org/>
- **May to August, 2016:** Adjunct Faculty at Northern University Bangladesh, Dhaka, Bangladesh. Conduct **Biostatistics II Course** under MPH Program; www.nub.ac.bd/
- **January to April, 2016:** Adjunct Faculty at American International University-Bangladesh (AIUB), Dhaka, Bangladesh. Conduct **Maternal & Child Nutrition Course** under MPH program; <http://www.aiub.edu/>
- **September 2008 to June 2013:** Assistant Professor, Dept of Community Nutrition (Bangladesh Institute of Health Sciences), Dhaka, Bangladesh; <http://www.bihs.edu.bd/>
- **July 2005 to August 2008:** Senior Research Fellow, Biomedical Research Group, BIRDEM (Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders), Dhaka, Bangladesh; www.birdem-bd.org/
- **August 2000 to June 2005:** Research Fellow, Biomedical Research Group, BIRDEM, Dhaka, Bangladesh; www.birdem-bd.org/

SUMMARY OF QUALIFICATIONS IN ACADEMIA

- Conduct lecture & examination for Post Grad and Undergrad Students & Research Fellows and share my experience & expertise
- Invention, designing and writing protocol of ideas for new topics for research on Nutrition and its relation to public health
- Supervise Undergrad and Post Grad students/research fellows in data collection & analysis and performing their thesis and dissertation
- Design Post Grad course under Faculty of Public Health and develop curriculum at Bangladesh Institute of Health Sciences (BIHS) under University of Dhaka and BSMMU
- Develop Undergrad and Post Grad curriculum and course materials for Community Nutrition course under Faculty of Public Health at Bangladesh University of Health Sciences (BUHS)

PROFESSIONAL EXPERIENCES IN RESEARCH & PROGRAM/PROJECT

- Worked as a **Short Term National Consultant** (NO-C level) at **UNICEF**, Dhaka. **Title of the Assignment:** 'Development of competency based nutrition training approach and materials for health service providers in Bangladesh' from March–May 2015
- Worked as '**Mentor**' in the project entitled '**Determinants of exposure to second hand smoke at home among children in rural Bangladesh**' from March 2015- January 2016 and funded by **Bangladesh Center for Communication Programs (BCCP)**
- Worked as '**Deputy Project Leader**' in the project entitled 'Improving Diabetes Management in Bangladesh through Diabetes Educators' from October 2007- October 2011 and funded by **World Diabetes Foundation (WDF)**. Done following responsibilities in this project :
 - ✓ Conduct in-house training program/ workshop with National & International Resources persons in noncommunicable disease field
 - ✓ Prepare annual and periodic report of the project
- Worked as '**Team Member**' in the bidding process and selected by the **Plan International, Bangladesh** office for evaluation of their Integrated Food Nutrition Project, May-June, 2010

SUMMARY OF QUALIFICATIONS IN RESEARCH & PROGRAM

- Conduct research on nutritional practices in terms of assessing feeding/dietary pattern and anthropometric measurement among vulnerable groups and identified gaps, developed and implemented appropriate plans for improve practices
 - infant young children
 - pregnant women & lactating mother
 - non-adhere groups such as diabetes, CVD and renal patients
- Perform research on the food based intervention of selected disorders (i.e. phytoestrogens as an alternate of hormone replacement therapy)
- Conduct clinical and anthropometrical examination of the subjects selected for the particular research projects
- Organize research in formulating strategies to modify lifestyle in terms of knowledge, attitude and practice (KAP) through behavioral changes intervention and improve quality of life (QoL) in diabetes individuals
- International exposure through working in collaborative projects with renowned international personalities in the field of nutrition and diabetes
- Successfully coordinated and organized team in performing goal oriented research with live study subject and presenting findings/results in various modes

- Develop behavioral change & communication (BCC) strategies and activities for infant young child nutrition (IYCN); pregnant & lactating mother and deprived people, like, garment workers
- Spread out BCC strategies, activities and tools in the field of diabetes, endocrinology and metabolic disorder in all Affiliated Associations (AAs) of Diabetic Association of Bangladesh
- Trained in the development and implementation of BCC program monitoring strategies and did monitoring & evaluation in Plan International Bangladesh and World Diabetes Foundation (WDF) program

ADDITIONAL PROFESSIONAL EXPERIENCES

- Worked as '**Core Team Member**' in the development of course & curriculum for Public Health course with the collaboration of **University of Oslo** from 2007-2013
- Facilitates teaching and training on nutrition, organized by different **Institutions/ Organizations**:
 - ✓ Served as examiner of BSc and MSc Nutrition and Food Science, DU (April 2016- to till date)
 - ✓ Served as examiner of MSc Nutrition and Food Science, DU (January-June 2013)
 - ✓ Guest Tutor of the Diabetes Educator Project, organized by Diabetic Association of Bangladesh and WDF (2009-2010)
- Report writing, presenting data in various mode in different seminars/ conference both in national and international
- Worked as an '**Honorary Nutrition Officer**' in the Nutrition Department (Outpatient department & Indoor hospital), Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders (BIRDEM), Dhaka, Bangladesh from July 1999 to July 2000
- Attended Nine-day training workshop on '**Food and Nutrition Security in Bangladesh**' organized in collaboration with Enhancement of Research Capacity in Developing Countries (ENRECA), Denmark and Bangladesh Rice Research Institute, from 18th February to 27th February 2001
- Attended Three days training workshop on '**The Health Economics of Decisions making and Financing of Health Care**' organized by Diabetic Association of Bangladesh, from 27th November to 29th November 2000
- Worked as an '**Assistant Editor**' of diabetes related magazine of '**Kanti**', from 2001-2005.
- **Assistant Organizing Secretary** in Diabetes & Endocrine, ANRAP Conference and Regional Public Health Seminar, Dhaka, Bangladesh

EDUCATIONAL BACKGROUND

- **Doctor of Philosophy (PhD) (Awarded in 2017)**; Year of Registration: 2010-2011; Faculty of Post-Graduate Medicine & Research under University of Dhaka, Bangladesh. *Topic of my Research: Bioavailability and Health Effects of Isoflavones from Bangladeshi Soybean and Lentils in Postmenopausal Women*
- **MPhil in Nutrition & Food Sciences**, 2005, passed (58%), Institute of Nutrition & Food Sciences, University of Dhaka, Bangladesh. *Topic of my Research: Dietary management of menopause: role of phytoestrogens*
- **Master of Science in Food and Nutrition**, 1995 (Exam held in 1998), First Class (61%, Thirteen in merit), The Home Economics College, under the University of Dhaka, Bangladesh. *Topic of my Research: Prevalence of anemia among adolescent college girls*
- **Bachelor of Science with honors in Food and Nutrition**, 1994 (Exam held in 1996), Second Class (56%), The Home Economics College, under the University of Dhaka, Bangladesh.

EDUCATIONAL EXCELLENCE

- The Bangladesh Academy of Sciences Ph.D Fellowship (BAS-Ph.D Fellowship) (August 2015- February 2016)
- National Science and Technology Fellowship, Peoples Republic of Bangladesh, for the year 2002 (30th April to 30th November)
- National Science and Technology Fellowship, Peoples Republic of Bangladesh, for the year 2001 (30th April to 30th October).

ADDITIONAL QUALIFICATIONS

- Work as a Reviewer in the Journal of Diabetes Research; Hindawi Publishing Corporation
- Work as a Reviewer in the Journal of International Library of Diabetes & Metabolism (ILDM)
- Work as a Reviewer in the Journal of SAGE Open Medicine
- Work as a Reviewer in the Journal of Health, Population and Nutrition (JHPN)
- Work as a Reviewer in the North American Journal of Medical Sciences
- Work as a Reviewer in the Journal named 'International Journal of Diabetes in Developing Countries'
- Work as a Reviewer in the Journal of Food and Nutrition Sciences, Science PG
- Work as a Reviewer in the Journal of Hospital Administration (JHA)

PUBLICATIONS

PUBLISHED ARTICLES

1. *Bhuiyan R F, Saleh F, Hossain AI, Jahan K, Ali L. Effects of soy-milk on blood lipids and total homocysteine level in postmenopausal women of Bangladesh. International Journal of Nutrition ISSN NO: 2379-7835. 2017. 2 (3): 14-26. DOI: 10.14302/issn.2379-7835.ijn-16-1411; Global Impact Factor: 0.543*
2. *Saleh F, Afnan F, Ara F, Mumu SJ, AK Azad Khan. Diabetes Education, Knowledge Improvement, Attitudes and Self-Care Activities among patients with type 2 Diabetes in Bangladesh. Accepted at Jundishapur J Health Sci. 2017. 9 (1): e36058; doi: 10.17795/jjhs-36058*
3. *Saleh F, Ara F, and Afnan F. Assessment of Gap between Knowledge and Practices among Type 2 Diabetes Mellitus Patients at a Tertiary-Care Hospital in Bangladesh. Advances in Public Health Vol 2016 (2016), Article ID 4928981, 7 pages; http://dx.doi.org/10.1155/2016/4928981*
4. *Sultana S, Saleh F, Ali L. Childhood obesity in primary school children of middle and upper-middle income group in the capital city of Bangladesh. Food and Nutrition Sciences 2015. 6(13): 1185-1192; http://dx.doi.org/10.4236/fns.2015.613124; Impact Factor: 1.202*
5. *Saleh F, Ara F, Mumu SJ, Hafez MA. Assessment of health-related quality of life of Bangladeshi patients with type 2 diabetes using the EQ-5D: a cross-sectional study. BMC Research Notes 2015. 8:497; DOI 10.1186/s13104-015-1453-9*
6. *Hossain S, Ahmed KR, Saleh F, Ali L. Ramadan and type 2 diabetes in Bangladesh. Advances in Natural Science 2015. 8 (2): 24-27; DOI: 10.3968/6621; Impact Factor: 0.876*
7. *Parajuli J, Saleh F, Thapa N, Ali L. Factors associated with nonadherence to diet and physical activity among Nepalese type 2 diabetes patients; a cross sectional study. BMC Research Notes 2014. 7:758; DOI: 10.1186/1756-0500-7-758*
8. *Mumu SJ, Saleh F, Ara F, Haque MR, Ali L. Awareness Regarding Risk Factors of Type 2 Diabetes among Individuals Attending a Tertiary-care Hospital in Bangladesh: A Cross-sectional Study. BMC Research Notes 2014. 7: 599.*

9. **Saleh F, Mumu SJ, Ara F, Hafez MA, Ali L.** Non-adherence to self-care practices & medication and health related quality of life among patients with type 2 diabetes: a cross-sectional study. **BMC Public Health** 2014, 14:431; DOI: [10.1186/1471-2458-14-431](https://doi.org/10.1186/1471-2458-14-431); **Impact Factor:** 2.264
10. **Saleh F, Ara F, Hoque A, Alam S.** Complementary feeding practices among mothers in selected slums of Dhaka city: A descriptive study. **JHPN** 2014, 32:89-96; **Impact Factor:**1.630
11. **Sultana S, Hoque A, Saleh F.** Infant and young child-feeding practices and their nutritional status in a National Nutrition Programme area in Bangladesh: A cross-sectional study. **J Hum Nutr Food Sci** 2014, 2:1028.
12. **Mumu SJ, Saleh F, Ara F, Afnan F, Ali L.** Non-adherence to lifestyle modification among Bangladeshi type 2 diabetic patients. **IJPH** 2014, 58:40-44
13. **Shrestha S, Thapa P, Saleh F, Thapa N, Stray-Pedersen B, Khanom K.** Knowledge of diabetes mellitus among pregnant women in three districts of Nepal. **J Nepal Health Res Counc** 2013,11(25):259-63
14. **Khatun T, Alamin A, Saleh F, Hossain M, Hoque A, Ali L.** Anemia among Garment Factory Workers in Bangladesh. **Middle-East Journal of Scientific Research (MEJSR)** 2013, 16: 502-507
15. **Saleh F, Mumu SJ, Ara F, Begum HA, Ali L.** Knowledge and self-care practices regarding diabetes among newly diagnosed type 2 diabetics in Bangladesh: A cross-sectional study. **BMC Public Health** 2012, 12:1112; DOI: 10.1186/1471-2458-12-1112; **Impact Factor:** 2.264
16. **Saleh F, Mumu SJ, Ara F, Ali L, Hossain S, Ahmed KR.** Knowledge, attitude and practice (KAP) of type 2 diabetic patients regarding obesity: study in a tertiary care hospital in Bangladesh. **JPH in Africa** 2012, 3:29-32.
17. **Saleh F, Afnan F, Ara F, Yasmin S, Nahar K, Khatun F, Ali L.** Phytoestrogen intake and cardiovascular risk markers in Bangladeshi postmenopausal women. **Mymensingh Medical Journal (MMJ)** 2011, 20: 219-225.
18. **Saleh F, Chowdhury HS, Mumu SJ, Akhter A, Afnan F, Ali L.** Knowledge, attitude and practice of hypercholesterolemic type 2 diabetic subjects on dyslipidemia. **Ibrahim Med. Coll. J** 2011, 5: 37-41.
19. **Amin MR, Sharmin H, Ahmed L, Saleh F, Ali L.** Ferritin and soluble transferrin receptors in type 2 diabetic and non-diabetic post-menopausal women in Dhaka, Bangladesh. **Malays J Nutr** 2010, 16: 369 - 377.
20. **Kabir Y, Shahjalal HM, Saleh F, Obaid W.** Dietary pattern, nutritional status, anaemia and anaemia-related knowledge in urban adolescent college girls of Bangladesh. **J Pak Med Assoc** 2010, 60 (8): 633-638. **Impact Factor:** 0.409
21. **Amin MR, Ahmed L, Saleh F, Mumu SJ, Afnan F, Ali L.** Nutritional status of type-2 diabetic and non-diabetic menopausal women in Bangladesh. **South Asian Journal of Population and Health** 2010, 3: 65-73.
22. **Mumu SJ, Saleh F, Afnan F, Akhter A, Ahmed KR.** Pattern of dietary intake among newly diagnosed type 2 diabetic subjects with hypercholesterolemia. **Pak J Nutri** 2009, 8: 721-724.
23. **Khatun T, Majbah AKM, Saleh F, Hoque A.** Feeding practices of newborn babies in first week of life: A hospital based study. **JOPSOM** 2009; 2: 27-31
24. **Afnan F, Saleh F, Mumu SJ, Akhter A, Ahmed KR, Akter S, Pervin T.** Effect of non pharmacological intervention on dietary practice, energy expenditure and biochemical parameters of hypercholesterolemic type 2 diabetic subjects. **Ibrahim Med. Coll. J** 2009, 3: 75-77.
25. **Saleh F, Helal R, Biswas KB, Sultana S, Jebunnessa F, Nahar N, Akhter S, Jahan K.** Phytoestrogen intake in Bangladeshi type 2 diabetic postmenopausal women. Rao N. A, editor. Women's Health & Asian Traditional Medicine. **Proceedings of the WHAT Medicine II Conference**; 2006 July 28-30; Kuala Lumpur, Malaysia. Malaysia: Tropical Botanic Sdn Bhd of the Holista Biotech Group of Companies; 2006: p 257-264.
26. **Saleh F, Ahmed KR, Rashid IB, Akter F, Hannan JMA, Ali L, Rahman M, Mannan S, Thilsted S.** Evaluation of the levels of knowledge, attitude and practices of Bangladeshi type 2 diabetic subjects. **Diab Endo J** 2005; 33: 24.

27. Sultana N, Faruque MO, Biswas KB, **Saleh F**, Chowdhury TA, Ali L. Thyroid hormone profile in young pregnant subjects with and without diabetes. *Diab Endo J* 2005; 33: 3.
28. Hafiz F, Fatema K, Rahman ASMA, **Saleh F**, Rashid IB, Ali L. Glycemic, insulinemic and NEFA response of a parboiled rice and bengal gram based fermented food in type 2 diabetic subjects. *Diab Endo J* 2002; 30: 43-47.

Submitted Article for Publication

1. Khan F, **Saleh F**, Pathan MF. Effectiveness of diabetes education by Professionals versus Peers on improving diabetes care: A quasi-experimental study. BMC Health Services Research. Submitted on March, 2017
2. **Saleh F**, Nahar N, Sultana Z, Mosihuzzaman M, Rashid M, Ali L. Identification and quantification of isoflavones in Bangladeshi soy-milk and masoor and mung dals. Journal of Traditional and Complementary Medicine. Submitted on December, 2016

BOOKS/CHAPTERS:

1. **Saleh F**. Bioavailability of Isoflavones in Bangladeshi Postmenopausal Women. Germany: Lap Lambert Academic publishing; 2017. ISBN: 978-3-330-03112-8.
2. **Saleh F** and Ara F. Infant and Young Child Feeding Practice in selected Dhaka slum areas. Germany: Lap Lambert Academic publishing; 2012. ISBN: 978-3-659-18118-4.
3. Khatun T, Majbah AKM, **Saleh F**. Feeding practices and neonatal period. Germany: Lap Lambert Academic publishing; 2012. ISBN 978-3-659-20652-8.
4. **Saleh F**, Ahmed T, Amin FM, Afsana F, Bhowmik B, Hossain SM, Afnan F, editors: Manual for Diabetes Educators. Dhaka, Bangladesh: 2010.

SUPERVISION/ CO-SUPERVISION OF POST-GRADUATE LEVEL THESIS / DISSERTATIONS **(COMPLETED / ONGOING)**

1. MPH in Community Nutrition from BIHS under BSMMU (01)- **Act as a Supervisor**
2. MPhil in Community Nutrition from BIHS under University of Dhaka (01) - **Act as a Supervisor**
3. MPH in Community Nutrition from BIHS under University of Dhaka (07)- **Act as a Co-Supervisor**
4. MPhil in Community Nutrition from BIHS under University of Dhaka (0/02))- **Act as a Co-Supervisor**
5. MPhil in Nutrition/Health Education & Health Promotion from INFS/BIHS under the University of Dhaka (02/01))- **Act as a Co- Supervisor**
6. MSc in Nutrition from Home Economics College / INFS under the University of Dhaka (09/01) - **Act as a Co- Supervisor**