

Dr. Romaina Iqbal

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Career Statement

An Associate professor in the department of Community Health Sciences & Section Head for Non-Communicable Diseases (NCD) and Mental Health. Currently, involved in extensive research related to risk factors of NCDs in particular diet, physical activity, tobacco, and body composition. Extensive experience in grant proposal writing, analysis, reports, manuscript writing, and Project Management in community-based setting. I have also led several international collaborative research projects in Pakistan.

Education

Post-Doctoral Research Fellowship, McMaster University, Canada (May 05 – Dec 06)

- Supervisor: Dr. Salim Yusuf, DPhil, FRCPC, FRSC, Director Population Health Research Institute, Michael De Groote School of Medicine, McMaster University, Canada
- Studies involved in INTERHEART, PURE, SHARE-Molecule

Doctor of Philosophy, Human Nutrition, McGill University, Canada (2000-2005)

- Thesis Title: Elucidation of lifestyle predictors of gestational diabetes in Pakistani women.
- Supervisor: Dr. Katherine Gray-Donald Ph.D. Associate Professor, School of Dietetics and Human Nutrition, McGill University, Canada

Master of Public Health, Baqai Medical University, Pakistan (1997-1998)

- Thesis Title: Assessment of Vitamin A status of Children in Gadap Area
- Supervisor: Dr. Inayat H. Thaver, Ph.D. Dean, Faculty of Health Sciences, Baqai Medical University, Pakistan

Master of Science, Home Economics (Food & Nutrition) Karachi University, Pakistan (1993-95)

- Thesis Title: Development of a Weaning Formula with Better Nutritional Values using Amylase Rich Flour and its Impact on the Nutritional Status of Low Socio-Economic Group, Malnourished Children (**4 Months - 3 Years**).
- Thesis Supervisor: Ms. Shabana Pervaiz, Professor, Karachi University, Pakistan

Post-Graduate Diploma in Public Health Nutrition (Distance Learning Based) India (2016-2017)

- Public Health Foundation, India

Awards and Distinctions

1. Ranked amongst top ten most prolific scientists in Health in Pakistan Score by Pakistan Council of Science and Technology **(2017)**
2. Significant Contribution to Research from CHS Department Appreciation Award by the Dean Medical College AKU, **(Summer 2017)**
3. NIH-Travel award for attending the 7th International Conference on Diet and Activity Methods, held in Washington DC from **(2009)**
4. Travel grant from AKU to attend 5th International Diabetes in Pregnancy Conference in Sorrento, Italy, **(2009)**
5. Population Health Research Institute, McMaster University, post-doctoral research fellowship worth 82,000 CAD for 2 years. **(2005-2006)**
6. Canadian Commonwealth Scholarship for a doctoral degree in Canada award worth 100,000 CAD for 4 years. **(2000-2004)**
7. First Position in Master of Public Health Program, Baqai Medical University, Pakistan **(1998)**
8. Merit Award Certificate for outstanding academic performance in High School Certificate (HSC) Exam, Awarded by Rotary Club of Karachi East, Pakistan **(1991)**
9. Bronze Medal for the Third Position in High School Certificate (HSC) Exam 1990 Awarded by High School Certification Board, Karachi **(1992)**
10. Two-year Merit Scholarship from the Higher School Certificate Board, Karachi **(1990-1992)**

Employment Experience

1. **Associate Professor**, Departments of Community Health Sciences and Medicine, Aga Khan University, Karachi, Pakistan, Job responsibilities include teaching, research and clinical practice **(2014 to Present)**
Section Head: Non-Communicable Diseases (2019 to Present)
Program Director, MSc. Epidemiology and Biostatistics at AKU **(2012-2016)**
2. **Assistant Professor**, Departments of Community Health Sciences and Medicine, Aga Khan University, Karachi, Pakistan **(2007-2014)**
3. **Lecturer**, Faculty of Health Sciences, Baqai Medical University **(1995-1999)**
4. **Lecturer**, Nutrition Epidemiology Course, Faculty of Women Education, Allama Iqbal Open University, Pakistan **(1997-1999)**
5. **Lecturer**, Hospital Dietetics Course, Faculty of Women Education, Allama Iqbal Open University, Pakistan **(1995-1997)**

Research Interests

1. **Methodological work in nutrition**
 - a. Questionnaire development for assessment of diet and physical activity of individuals residing in low-income countries i.e. India and Pakistan including development of local dietary data collection applications.
 - b. Nutrient, food, and dietary data analysis.
 - c. Food Environment: Assessing the food environment in poor neighborhoods in Pakistan including the supply as well as the demand side and associated health outcomes.

2. Cardiovascular diseases

- a. PURE: A large (the only NCD cohort in Pakistan), community-based cohort study in Pakistan with multiple endpoints such as MI, Stroke, Heart failure, and Cancer carried out in urban and rural areas of Sindh.
- b. INTERSTROKE: Case-Control Study on Risk of Stroke.
- c. CARRS – Cardio-Metabolic Risk Reduction in South Asia – community based cohort study with several precision medicine end points.

3. Diabetes

- i. Diabetes Prevention Projects: Lifestyle intervention for prevention of Type 2 Diabetes Mellitus in adult Pakistani population
- ii. Gestational Diabetes Mellitus:
 1. A hospital-based Cohort study on mothers with a history of GDM
 2. Diet and physical activity intervention work in women with a history of GDM

4. Tobacco Control:

- a. ASTRA: Pattern of smokeless tobacco use in children and cessation trial in adult population
- b. CLASS III: Reducing exposure to second-hand smoke in children and adults.

Funding Experience

1. WHO-EMRO. Private Sector engagement and contribution to address noncommunicable diseases at Primary Health Care. **Role PI**. Total Value 30,000 USD (2020-2021). This work involved desk review, and interviews in with key stakeholders working in the govt. as well as the private sector in the EMRO region.
2. Bloomberg Initiative, USA, Tobacco Free Karachi (pilot). as **co-PI**. Total value 50,000 USD (2020-2021). This study will be conducted in restaurants in Karachi study to assess the compliance with sale of Velo in Pakistan.
3. MRC UK. CLASS III Trial- Children learning about second hand smoke. **Role PI**. Total Grant value was 122,33,86 GBP in which AKU was granted 356,000 GBP (2020-2023). School based Tobacco control project. To be executed in 34 schools in Karachi.
4. MRC UK. Mobile consulting as an option for communities with minimal healthcare access in low-resource settings. **Role PI**. Total grant value 221,806 GBP in which AKU was granted GBP 30,000 (2019-2020). Community based project, conducted in Gadap District of Karachi. It involved a smart survey at the household level, focus group discussions with the community members, and interviews with other stakeholders.
5. AKU University Research Council Development of an e-application for dietary data collection by community health workers – Pilot Study. Total Grant Value USD 12000. **Role: PI** (2018-2020) Community based project, involving household level data collection, conducted in District Malir and Gadap, Karachi.
6. NIHR UK, Addressing Smokeless Tobacco Research and Advocacy Group (ASTRA) **Role: Work Package 1 Lead and co-PI for work at AKU**. ASTRA Total Grant approved was (GBP 2000,000), and 209,000 granted to AKU) (2018-2021). Community based project, that involved school based, seller interview and center based activities. conducted in Gadap and District East, Karachi.

7. NIHR UK, Role **PI** for Pakistan. Access to Health Care in LMIC Urban Slums. Role PI. Total grant was approved GBP 686,768 and GBP 247,000 was granted to AKU (2017-2021). It involved GIS mapping, household level survey, observation of health care providers and pharmacies. Community engagement and dissemination of results in a deprived urban setting.
8. Higher Education Commission Pakistan, **Role Co-PI**. School Health Education Program for Pakistan (SHEPP); impact on lifestyle and Cardio-metabolic risk factors” Worth PKR 953,193 (2017-2018)
School-based study that involved working with schoolteachers for a healthy diet and physical activity of school going children in Karachi.
9. MRC UK, Wellcome Trust, and UK Aid, **Role: PI**. Pakistan prevention program for GDM (PPP_GDM): A feasibility study”. Total grant approved was 135,458 GBP and 107,000 GBP was granted to AKU (2015-2017)
In this study we identified potential participants who came to two hospitals in Karachi and then recruited them from their homes and conducted the intervention at the their homes.
10. SSHRC Canada, Role: **PI**. The impact of socio-economic and cultural factors on household food insecurity of refugees: a comparative study of Afghan refugees at the last country of residence after migration and in Canada (SSHRC) (2015-2016).
This food insecurity study was conducted in difficult to access, Afghan community neighbourhoods in Karachi. It was a household level survey.
11. Population Health Research Institute, McMaster University’s grant. **Role: National investigator/ PI**. Prospective Urban Rural Epidemiological Study (PURE) Follow-up” Worth \$100,000 (2014-2021) (extension Grant). This is an ongoing, community based cohort study going on since last 12 years in Karachi. The sites are in Gadap District, Malir and West Karachi.
12. Population Health Research Institute, McMaster University’s grant, Role: **PI**. INTERSTROKE. worth \$17,000 for Pakistan (2012-2014). This was a hospital based, case-control study.
13. Population Health Research Institute, McMaster University’s grant, Role: **PI**. Prospective Urban Rural Epidemiological Study (PURE) Follow-up. Worth \$26,132 (2012-2013)
14. Aga Khan University’s Research Council grant. Role: **Co PI**. “Efficacy of Vitamin D Supplementation and Physical Activity in Improving Musculoskeletal Health in Individuals with Chronic Kidney Disease (CKD)”. Worth \$ 22,857 (2012-2014). This was a hospital-based study conducted at the Aga Khan University.
15. Population Health Research Institute, McMaster University’s grant. Role; **PI**. Prospective Urban Rural Epidemiological Study (PURE) Follow-up” Worth \$40,000 (2011-2012).
16. International Diabetes Federation grant through Bridges. Role: **Co-I**, Pakistani Diabetes Prevention Project. Worth USD 250,000 (2011-2014). This was a community-based study conducted in District East and West of Karachi.
17. Aga Khan University’s Research Council’s grant, role: co-investigator, “Assessment of functional capacity in community-dwelling elders of Karachi”. Worth USD 12000 (2011-2012)
18. Aga Khan University’s Research Council’s grant, role: co-investigator, “Association of lifestyle risk factors with low bone mineral density in postmenopausal women attending hospitals in Karachi. A multi center, case-control study”. Worth USD 30,000 (2010-2011)
19. Pakistan Science Foundation’s grant, role: co-principal investigator. To assess the effect of dietary calcium intake and vitamin D status on bone turnover markers in Pakistani adults. Worth USD30,000 (2010-11).

20. Population Health Research Institute, McMaster University's seed grant, role: national investigator (lead person) from Pakistan for "Prospective Urban Rural Epidemiological Study (PURE)" Worth \$60,000 for Pakistan (2008-2010)
21. Aga Khan University's Research Council's grant, role: principal investigator, "Type 2 Diabetes mellitus in South Asian women with gestational diabetes mellitus. " Worth \$33,586 (2007-2008). This was a hospital based study. Conducted at the Aga Khan University Hospital in Karachi with a follow-up of participants at home.
22. Aga Khan University's Research Council's grant, role: international collaborator "Lifestyle predictors of gestational diabetes mellitus in Pakistani women". Worth \$ 50,000 US. (2003-2004). This was a hospital based study. Conducted in three hospitals of Karachi.
23. Micronutrient Initiative, Canada funding for conducting a short course on "Vitamin A supplementation program training for health managers", role: course director worth \$ 50,000 US. Educational Grant (2007). This funding also had a community-based survey arm conducted across all the provinces of Pakistan.

Teaching Interests

1. Public Health Nutrition/Community nutrition
2. Nutrition Epidemiology
3. Basic Nutrition
4. Nutrition through the life cycle
5. Protocol writing and critical thinking.
6. Journal Club/Seminars in Epidemiology and Biostatistics
7. Noncommunicable disease epidemiology

Teaching Experience

Graduate Level Courses

1. **Nutrition Epidemiology**, As a course director, I developed the course, offered by the Department of Community Health Sciences, Aga Khan University, Pakistan
This course is taught to the Masters in Epidemiology and Bio-statistics students at the Aga Khan University. This course covers methodological issues related to the assessment of nutrition status of various population groups (2007 to date)
2. **Non-Communicable Disease Epidemiology**, as course director, I developed the course. I teach and grade all student submissions and lead all course-related activities.
This course is offered to Masters in Epidemiology and Biostatistics students and covers non-communicable diseases that are of Public Health significance for the region in general and Pakistan in particular (2012 to date)
3. **Applied Epidemiology**, as course director I developed this three credit hours course and taught it at the School of Public Health, Jinnah Sindh Medical College (2017)
4. **Critical Appraisal and Protocol Development**, as course director I teach, grade assignments, and lead all course-related activities.
This course is offered to Masters in Epidemiology and Biostatistics students. This is an intense course which enables the students to develop their thesis work proposals (2011- 2016, 2021)
5. **Journal clubs (in various terms)**, I have directed this course in various terms. These courses are more like

Seminars in Epidemiology and Biostatistics and the expectation from students taking these courses varies with the term in which the course is being offered. I have taught this course to students in terms 2, 3 and 5. **(2007-2011)**

6. **Public Health Nutrition**, as director of the course, I developed the course, offered by the faculty of Health Sciences, Baqai Medical University, Pakistan.
A graduate-level course taught to the Master of Public Health students. This course covered important nutrition issues of relevance in Pakistan **(1996-1998)**
7. **Hospital Dietetics & Nutritional Epidemiology**, as a lecturer I taught these courses., offered by the Faculty of Women Education, Allama Iqbal Open University, Islamabad, Pakistan. Courses offered to health professionals through a distance education program in Pakistan. Although these were distance education program courses, a face-to-face session was being held on a bi-weekly basis. These courses also involved conducting one-week duration workshop at the end of the course.
(1995-1999)
8. **Human Nutrition Research Methods**, School of Dietetics and Human Nutrition, McGill University, Canada. I was a teaching assistant for this course **(2004)**
9. **Nutrition in Developing Countries**, School of Dietetics and Human Nutrition, McGill University, Canada. I was a teaching assistant for this course **(2004)**

Undergraduate Courses

1. **Nutrition**, Aga Khan University, Pakistan, taught with varying perspectives in several undergraduate courses **(2007- To date)**
2. **Community Medicine**, Baqai Medical University, Pakistan **(1995-99)**
Responsibilities included teaching community nutrition component of the course to professional years 1, 2 and 4.
3. **Clinical Nutrition I**, School of Dietetics and Human Nutrition, McGill University, Canada. I was a teaching assistant for this course **(2003)**

Short Courses Conducted

1. **Designed/Directed courses:**
 - a. CPE workshops on **Developing NCD prevention and management Action Program for Pakistan**. Two, three day workshops held in Karachi and Islamabad (2019-2020).
 - b. CPE 5 days short course on **Designing research in the are of Vitamin D Deficiency in Pakistan** in collaboration with Department of Pathology and laboratory Sciences (Aysha Habib Khan and team), (2019).
 - c. Directed: CME **Manuscript Writing Workshop** – 4 days’ workshop (2017 and 2018), 5 days’ workshop (2019), 8 half days, e-version (2021)
 - d. PGME workshop **“Adult Clinical Nutrition Care workshop focusing on inpatient nutrition care”** - Two workshops each year **(2012-2016)**
 - e. 17th National Health Sciences Research Symposium workshop on **“Lifestyle Management of Obesity”** Director **(February 2014)**
 - f. 17th National Health Sciences Research Symposium workshop on **“Designing Clinical Trials in the area of Non-Communicable Diseases”** Director **(February 2014)**
 - g. **Nutrition Epidemiology (5-day course)** funded by National Institute of Health, **(2014)**

- h. CME workshop on “**Management of obesity through lifestyle factors**” conducted through the department of DCPE, Aga Khan University (3 credit hours). Course director (**May 2010 and December 2012**)
- i. CME workshop on “**Management of obesity through lifestyle factors II**” conducted through the department of DCPE, Aga Khan University (3 credit hours). Course director (**September 2010**)
- j. CPE workshop on “**Vitamin A supplementation program training for health managers**”, conducted at the Department of Community Health Sciences, The Aga Khan University in collaboration with Micronutrient Initiative Canada. Three-day program. I was the course director (2007). **Secured Educational Grant from MNI, Canada (2007 and 2008)**

2. **Facilitated courses:**

1. **Bolstering Research in Nutritional Epidemiology** at Khyber Medical University (2019)
2. CPE course on **Manuscript Writing (November 2017)**
3. CPE course on **Epidemiology, Biostatistics and Surveillance course**, conducted at the Department of Community Health Sciences (**2010- 2012**)
4. CPE short course on **Primary Health Care in Developing countries**, conducted at the Department of Community Health Sciences (**2008 and 2009**)
5. CPE course on “**Maternal and Child Health Nutrition**”, conducted at the Department of Community Health Sciences, The Aga Khan University in collaboration with UNICEF. This was a short course designed for health professionals in South Asia. One month course (**2002 and 2003**)

3. **CME Sessions conducted:**

1. Smokeless Tobacco and Betel Nut Use – A serious public Health Issue of Pakistan- CME Session (2019)
2. Weight Management by Family Physicians in Pakistan – Session conducted by the College of Family Medicine Pakistan (2015).
3. Why Me- A bridge for lifelong Learning- CME Session conducted at AKU (2015)
4. Sodium and Potassium intake in Blood Pressure Mortality and Cardiovascular Events -CME Session conducted at AKU (2015)
5. Nutrition in Clinical Conditions – Symposium at the Aga Khan University (2015)
6. Lifestyle Management of Obesity – workshop conducted by the Aga Khan University (2014)

Short Courses Attended:

1. Principles and Practice of Clinical Research – Research Proposal Writing Workshop, conducted by Harvard T.H. Chan School of Public Health (2018)
2. Epidemiological Research Methods in Cardiology, conducted by the Aga Khan University, Pakistan (November 2017)
3. Drawing Causal Inference in Obesity Research offered by University of Alabama at Birmingham, USA (July 24th to 28th 2017)
4. Enhancing capacities for better integration of nutrition within food security and livelihoods interventions in protracted crises settings. Organized by Pakistan Food Security Working Group co-led by WFP and FAO (2017)
5. Basic and Advance Carbohydrate Counting- Workshop conducted at AKU (2017)
6. Blended Learning offered by Blended and digital learning network at AKU (2014- 2015)
7. Introductory Short Course in Health Professions Education Conducted by Department of Educational Development, Aga Khan University (2014)

8. Systematic Reviews using Cochrane Database Conducted by Department of Pediatrics and Child Health, Aga Khan University (2014)
9. Nutrition, Health, and Lifestyle: Issues and Insight Conducted by Vanderbilt University via Coursera. (2014)
10. Writers without Borders – Introductory course in writing about Public Health at the Aga Khan University (2008)
11. MCQ Development workshop conducted at Baqai Medical University (1998)
12. Educational Planning and Evaluation workshop, conducted at Baqai Medical University (1995)

OTHER SKILLS AND QUALIFICATIONS

1. Languages: Fluent in English and Urdu and can understand Sindhi and Punjabi
2. Computer-related Skills: SAS, STATA, SPSS, Unix operating system, Microsoft Office programs, Reference Manager, Endnote

Academic Excellence and Leadership Roles:

1. Chair Organizing and Scientific Committee- 2nd PNDS International Conference on Breaking the silos between the world of undernutrition and NCDs (11-13th March 2023) at Movenpick Hotel Karachi in collaboration with the Govt. of Pakistan, UK-NS, ASN, IAAND and IUNS.
2. Chair Scientific Committee – 1st PNDS International Conferences on Non-Communicable Diseases (1-3rd Nov (2019) at Avari Hotel, Lahore in collaboration with UK Nutrition Society (NS).
3. Section Head of Non-Communicable Diseases and Mental Health, Department of Community Health Sciences, Aga Khan University, Pakistan (2019 to date)
4. Certificate of Appreciation, Program Director MSc Epidemiology and Biostatistics – Aga Khan University in recognition of services towards external peer review (2016)
5. Member Organizing Committee, Heart and Lungs: From Prevention to Regeneration Conference (November 4-5th, 2017)
6. Member Organizing Committee, NCD Conference (2015)

Community Involvement

1. Vice President, Pakistan Nutrition and Dietetics Society (2022-2024)
2. Member **Scale Up Nutrition Academia and Research** Group (SUNAR) (2017-)
3. Founding Member **Pakistan Nutrition Foundation (2017)**
4. Organizing Committee Member **International Diabetes and Endocrine Congress (2016)** hosted by Baqai Medical University, Pakistan
5. Member **American Society of Nutrition** (2016-)
6. Associate Editor **Journal of Diabetology**
7. Lifetime Member of **National Association of Diabetes Educators in Pakistan** (2015-)
8. Weekly talk show- **Health Pakistan**, RAAH TV (2016)
9. Member **Medical College Committee for Educational Programs-** Dean's Committee (2012-16)
10. Lifetime Member **Pakistan Nutrition and Dietetic Society** (PNDS) (2007-) and Co-opted Member Executive council (2020-)

Supervision of research work

Ph. D Dissertations (co-supervisor/committee member/ main supervisor):

1. Dr. Farhana Shahid, Ph.D. from University of New South Wales, Australia.
Thesis Title: Developing and analyzing the feasibility of a lifestyle intervention program for the prevention of type 2 DM in women with a history of Gestational Diabetes Mellitus **(2009-2012)**
2. Dr. Mohsin Yakub, Ph.D. from AKU Title: Nutritional, environmental, and genetic causes of hyperhomocysteinemia in a Pakistani population **(2010-2011)**
3. Dr. Aysha Almas. Ph.D. Karolinska University, Sweden.
Title: Association of treated versus untreated depression and cardiovascular diseases in a Swedish cohort **(2012-2018)**
4. Humera Nasir, Ph.D. AKU Title: Pharmacological basis for the medicinal use of almonds in dyslipidemia and endothelial dysfunction **(2012 to 2015)**
5. Dr. Uzma Shamsi. Ph.D. from the University of Adelaide, Australia. Title: A multicenter case-control study of circulating 25-hydroxyvitamin D and breast cancer risk: influence of lifestyle factors and tumor characteristics among Pakistani women **(2014 to 2019)**
6. Dr. Sana Sheikh Ph.D. Candidate at AKU, Title: Food Insecurity in an adolescent population of Sindh, Pakistan **(2018-)**
7. Ms. Sara Estech Qurel Ph.D. candidate at Warwick University Title: Food insecurity in children residing in urban squatter settlements in Pakistan **(2018-)**

M.Sc. Dissertations:

1. **Masters in Epidemiology and Biostatistics (main supervisor)**
 - i. Dr. Quratulain Humayun. Development and Validation of a sunlight exposure assessment tool **(2008-2010)**
 - ii. Dr. Imran Nisar. Refinement and validation of a physical activity measurement questionnaire for use in Pakistan **(2009-2011)**
Thesis work funded by Population Health Research Institute, McMaster University.
 - iii. Ms. Gulshan Bano. Use of cell phones for conveying healthy diet messages for management of type 2 DM **(2010 to 2012)**
 - iv. Dr. Anna Zulfiqar. The association between passive smoking and dental caries in children between 3-14 years of age residing in different areas of Karachi **(2012-2013)**
 - v. Mr. Abid Hussain. Prevalence of anemia and its associated individual, household and community level factors in children aged 1-5 years in peri-urban sites of Karachi **(2012-2014)**
 - vi. Sobiya Sawani. Body composition analysis of End-stage renal disease patients and their quality of life **(2013-2016)**
 - vii. Samreen Jamal. Development and validation of a non-invasive risk score for identification of women at risk of developing GDM **(2014-2016)**
 - viii. Umber Sohail Khan. Development and validation of a 24 hour Dietary data collection phone application in Pakistan. **(2017-2020)**

- ix. Sabahat Naz. Feasibility and effectiveness of an e-weight management program for residents of a urban squatter settlement (2019-2020)
- x. Misbah Baig. Nutrition status of out of school children residing in Karachi, Pakistan (2020-)

2. Master's in clinical research:

Dr. Om Parkash. Quality of life in liver cirrhosis patients (2007-2010)

Thesis work funded by Pakistan Medical Research Council

3. Masters of Science in Health Policy and Management

- i. Amna Jahangeer : Food Insecurity and Benazir Income Support Program (BISP) in Sindh (2013) committee member
- ii. Ali Humayun. Community-Based Strategies to reduce childhood stunting: A Systematic Review (2017)
- iii. Shafaq Alvi. Factors Associated with Quality of care for women with GDM attending tertiary care hospitals in Karachi (2019)
- iv. Shahroze Ali. Factors associated with Smokeless Tobacco intake (SLT) in Health System's readiness to address SLT epidemic (2019). (Committee Member)
- v. Hajra Khawaja. Factors associated with Smoke Less Tobacco intake in out of school children in Karachi (2019-20)
- vi. Dr. Ihtesham. Effectiveness of a school-based childhood obesity reduction program in poor neighborhoods of Karachi (2020-)

Manuscripts Published. Research Gate Index: 42 (97th percentile)

1. D Mohan, A Mente, M Dehghan, Mohan D, Mente A, Dehghan M, Rangarajan S, O'Donnell M, Hu W, Dagenais G, Wielgosz A, Lear S, Wei L, Diaz R, Avezum A, Lopez-Jaramillo P, Lanan F, Swaminathan S, Kaur M, Vijayakumar K, Mohan V, Gupta R, Szuba A, **Iqbal R**, Yusuf R, Mohammadifard N, Khatib R, Yusoff K, Gulec S, Rosengren A, Yusufali A, Wentzel-Viljoen E, Chifamba J, Dans A, Alhabib KF, Yeates K, Teo K, Gerstein HC, Yusuf S; PURE, ONTARGET, TRANSCEND, and ORIGIN investigators., Associations of Fish Consumption With Risk of Cardiovascular Disease and Mortality Among Individuals With or Without Vascular Disease From 58 Countries. *JAMA Intern Med*, 2021. 181(5): p. 631-649.
2. Murphy A, Palafox B, Walli-Attaei M, Powell-Jackson T, Rangarajan S, Alhabib KF, Avezum AJ, Calik KBT, Chifamba J, Choudhury T, Dagenais G, Dans AL, Gupta R, **Iqbal R**, Kaur M, Kelishadi R, Khatib R, Kruger IM, Kutty VR, Lear SA, Li W, Lopez-Jaramillo P, Mohan V, Mony PK, Orlandini A, Rosengren A, Rosnah I, Seron P, Teo K, Tse LA, Tsolekile L, Wang Y, Wielgosz A, Yan R, Yeates KE, Yusoff K, Zatonska K, Hanson K, Yusuf S, McKee M. The household economic burden of non-communicable diseases in 18 countries. *BMJ Glob Health*. 2020 Feb 11;5(2):e002040. doi: 10.1136/bmjgh-2019-002040. PMID: 32133191; PMCID: PMC7042605.
3. Naureen G, Johansson H, **Iqbal R**, Jafri L, Khan AH, Umer M, Liu E, Vandenput L, Lorentzon M, Harvey NC, McCloskey EV, Kanis JA. A surrogate FRAX model for Pakistan. *Arch Osteoporos*. 2021 Feb 17;16(1):34. doi: 10.1007/s11657-021-00894-w. PMID: 33595723; PMCID: PMC7889560.
4. Rajan S, McKee M, Rangarajan S, Bangdiwala S, Rosengren A, Gupta R, Kutty VR, Wielgosz A, Lear S, AlHabib KF, Co HU, Lopez-Jaramillo P, Avezum A, Seron P, Oguz A, Kruger IM, Diaz R, Nafiza MN, Chifamba J, Yeates K, Kelishadi R, Sharief WM, Szuba A, Khatib R, Rahman O, **Iqbal R**, Bo H,

Yibing Z, Wei L, Yusuf S; Prospective Urban Rural Epidemiology (PURE) Study Investigators. Association of Symptoms of Depression With Cardiovascular Disease and Mortality in Low-, Middle-, and High-Income Countries. *JAMA Psychiatry*. 2020 Oct 1;77(10):1052-1063. doi: 10.1001/jamapsychiatry.2020.1351. PMID: 32520341; PMCID: PMC7287938.

5. Rosenbaum S, Morell R, Abdel-Baki A, Ahmadpanah M, Anilkumar TV, Baie L, Bauman A, Bender S, Boyan Han J, Brand S, Bratland-Sanda S, Bueno-Antequera J, Camaz Deslandes A, Carneiro L, Carraro A, Castañeda CP, Castro Monteiro F, Chapman J, Chau JY, Chen LJ, Chvatalova B, Chwastiak L, Corretti G, Dillon M, Douglas C, Egger ST, Gaughran F, Gerber M, Gobbi E, Gould K, Hatzinger M, Holsboer-Trachsler E, Hoodbhoy Z, Imboden C, Indu PS, **Iqbal R**, Jesus-Moraleida FR, Kondo S, Ku PW, Lederman O, Lee EHM, Malchow B, Matthews E, Mazur P, Meneghelli A, Mian A, Morseth B, Munguia-Izquierdo D, Nyboe L, O'Donoghue B, Perram A, Richards J, Romain AJ, Romaniuk M, Sadeghi Bahmani D, Sarno M, Schuch F, Schweinfurth N, Stubbs B, Uwakwe R, Van Damme T, Van Der Stouwe E, Vancampfort D, Vetter S, Waterreus A, Ward PB. Assessing physical activity in people with mental illness: 23-country reliability and validity of the simple physical activity questionnaire (SIMPAQ). *BMC Psychiatry*. 2020 Mar 6;20(1):108. doi: 10.1186/s12888-020-2473-0. PMID: 32143714; PMCID: PMC7060599.
6. Sawani S, Siddiqui AR, Azam SI, Humayun K, Ahmed A, Habib A, Naz S, Tufail M, **Iqbal R**. Lifestyle changes and glycemic control in type 1 diabetes mellitus: a trial protocol with factorial design approach. *Trials*. 2020 Apr 20;21(1):346. doi: 10.1186/s13063-020-4205-7. PMID: 32312302; PMCID: PMC7171752.
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Chapters and Monographs:

1. Book Title: Healthy Eating as a Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases: Chapter 2, Healthy Eating as A Lifestyle For Hypertension, Tahir S, Habib S, **Iqbal R.** 2016
CRC Press

Manuscripts in progress

1. Assessment of dietary compliance among patients with type II diabetes mellitus receiving text message (SMS) reminders; A Randomized Control Trial (submitted)
2. Estimation of energy expenditure related to offering Salath (Muslim Prayer) (draft ready)
3. Risk factors and time to development of type II diabetes mellitus in South Asians (in progress)
4. Findings of PPP-GDM trial in Pakistan (draft ready)

Presentations in Scientific meetings

1. **Iqbal R.** Meat intake and total mortality. Oral Presentation at the PURE Global Investigator's meeting. Singapore, June 18th, 2019.
2. **Iqbal R.** Preventing Type II DM in women with GDM- Findings of a pilot study. Oral Presentation at Health Services Academy, December, Islamabad.
3. **Iqbal R.** US Academy of Sciences and Malaysian Academy of Sciences Joint Meeting. Made an oral presentation on "Prevention of NCDs – A neglected Research Area in LMICs. Kuala Lumpur Feb 5th -9th 2018.
4. **Iqbal R.** SUNAR Conference and Annual Planning Meeting. Made an oral presentation based on group work on Integrated research priorities in the area of Nutrition for Pakistan. Islamabad, Jan 30-31st 2018.
5. **Iqbal R.** PURE Results Baseline Physical Activity Results. Oral Presentation at the PURE Global Investigators Meeting, Rome Italy 10th May 2016.
6. Hoodbhoy Z, Qureshi R., **Iqbal R.** Level of physical activity and its perceived barriers and facilitators in pregnant women in Hyderabad. Presented at Department of Medicine, Research Conference, AKU, 2016.
7. Irfan S, **Iqbal R.** Assessment of dietary intake of pregnant women attending a Secondary care Hospital. 2016.
8. **Iqbal R.** Dietary Patterns and Dietary factors. Role of Nutrition in the prevention of CVD. Presented at 23rd Cardio Conference 25-27th December 2014.
9. **Iqbal R.** Sodium Intake and cardiovascular morbidity and mortality. Presented at Pakistan and Nutrition Dietetics Society meeting 27th December 2014.
10. Bano G., **Iqbal R.**, Azam I., Khoja S., Akhtar J., 2013. Assessment of Dietary Compliance among Patients with Type 2 Diabetes Mellitus Receiving Text Message (SMS) Reminders: A Randomized Control Trial. 2nd American Society for Nutrition Middle East Congress. February 20 -22 Dubai, UAE.
11. Bano G., **Iqbal R.**, Azam I., Khoja S., Akhtar J., 2013. Assessment of Dietary Compliance among Patients with Type 2 Diabetes Mellitus Receiving Text Message (SMS) Reminders: A Randomized Control Trial. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
12. Humayun Q., Azam I., Siddiqui R., Khan AH., Ansari NB, **Iqbal R.**, 2013. Development and Validation of Sunlight Exposure Measurement Questionnaire (SEM-Q) for use in the adult population residing in Pakistan. Department of Community Health Sciences Research Day. February 22nd.Aga Khan University, Karachi.

13. Khan AH., Naureen G., Dar FJ., **Iqbal R.**, 2013. Determination of bone health status with vitamin d deficiency (VDD) in community-dwelling females in Karachi, Pakistan. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi
14. **Iqbal R.**, Naureen G., Khan AH., 2013. High prevalence of osteopenia and osteoporosis in an apparently healthy, adult Pakistani population residing in a rural community. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi
15. **Iqbal R.**, Dar FJ., Bilgiram M., Bano G., Khan AH., 2013. Validation of a Food Frequency Questionnaire for Assessing Macronutrient and Calcium Intake in Adult Population Residing in Karachi. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi
16. Bano G., Janjua NZ., Jabbar A., Qureshi R., Babar N., Haroon A., **Iqbal R.**, 2013. The best method for establishing contact with potential study participants identified from Medical Records at AKUH. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
17. Zulfiqar A., **Iqbal R.**, Azam I., Khan AH., Azmina H., 2013. Association of dental caries with passive smoking in 5-14 years old children of Radho Jhokio and Aga Khani communities of Karachi, Pakistan. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
18. Nisar MI., Azam SI., Shahid M., Fatmi Z., **Iqbal R.**, 2013. Validation of Short and Long International Physical Activity Questionnaires among Urban, Adult Pakistani Population. Department of Community Health Sciences Research Day. February 22. Department of Community Health Sciences, Aga Khan University, Karachi.
19. Janjua NZ., **Iqbal R.**, Mahmood B., 2013. Association of socio-economic position with under and over-nutrition in Pakistan. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
20. Sherazi N., **Iqbal R.**, Khan AH., 2013. Relationship of Fibroblast Growth Factor 23 Levels with Dietary Phosphate Intake and Fractional Excretion of Phosphate (FEPO4) in Healthy Volunteers. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
21. Yusuf S., Islam S., Chow CK., Rangarajan S., Dagenais G., Diaz R., Gupta R., Kelishadi R., **Iqbal R.**, Avezum A., Kruger A., Kutty R., Lanan F., Lisheng L., Wei L., Lopez-Jaramillo P., Oguz A., Rahman O., Swidan H., Yousuf K., Zatonski W., Rosengren A., Teo KK. 2013. Use of secondary prevention drugs for cardiovascular disease in the community in high-income, middle-income, and low-income countries (the PURE Study): a prospective epidemiological survey. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
22. **Iqbal R.**, Anand S., Ounpuu S., Islam S., Zhang X., Rangarajan S., Chifamba J., Al-Hinai A., Keltai M., Yusuf S., 2013. Dietary patterns and the risk of acute myocardial infarction in 52 countries: results of the INTERHEART study. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
23. Jafri L., **Iqbal R.**, Haroon A., Khan AH., Illuminating the dark side - vitamin d status in ten different localities of Karachi, Pakistan. Department of Community Health Sciences Research Day. February 22nd. Aga Khan University, Karachi.
24. Held C., **Iqbal R.**, Lear SA., Rosengren A., Islam S., Mathew J., Yusuf S., 2013. Physical activity levels, ownership of goods promoting sedentary behavior and risk of myocardial infarction: results of the INTERHEART study. Department of Community Health Sciences Research Day. February 22. Department of Community Health Sciences, Aga Khan University, Karachi.
25. **Iqbal R.**, Naureen G., Khan AH., 2012. High prevalence of osteopenia and osteoporosis in an apparently health adult Pakistani population residing in a rural community. 7th Health Sciences Research Assembly, Aga Khan University, 20th – 21st December, 2012.

26. Khan AH., Naureen G., Dar FJ., **Iqbal R.**, 2012. Determination of bone health status with vitamin d deficiency (VDD) in community-dwelling females in Karachi, Pakistan. 7th Health Sciences Research Assembly, Aga Khan University, 20th – 21st December, 2012.
27. **R. Iqbal**, G. Naureen, AH. Khan. 2012. High prevalence of osteopenia and osteoporosis in an apparently health adult Pakistani population residing in a rural community. IOF Regionals - 3rd Asia-Pacific Osteoporosis Meeting Kuala Lumpur, Malaysia, December 13 - 16, 2012.
28. **Iqbal R.**, Naureen G., Khan, AH. 2012. High prevalence of osteopenia and osteoporosis in an apparently healthy adult Pakistani population residing in a rural community. Department of Pathology and Microbiology Research Day. 11th Oct. 2012
29. Imran N., Azam I., Shahid M., **Iqbal R.**, 2012. Valid and reliable measurement of a physical activity questionnaire in an urban community: Pakistan. World Health Forum. April 18th -20 Geneva.
30. **Iqbal R.**, Naureen G., Habib A. 2011. Housing structure and vitamin D deficiency in premenopausal females residing in Karachi, Pakistan. Health Sciences Research Assembly. December 14-15 Karachi.
31. Habib A., Naureen G., Ahmed F.N., Dar F., **Iqbal R.** 2011. Determination of bone health status in community-dwelling females in Karachi, Pakistan. Health Sciences Research Assembly. December 14-15 Karachi.
32. Ahmed A., Ahmed M., Akhtar J., Jabbar A., **Iqbal R.**, Zaidi S. 2011. A translation randomized trial of culturally specific lifestyle intervention for diabetes prevention in Pakistan. Health Sciences Research Assembly. December 14-15 Karachi.
33. Shahid M., Ejaz K., Naqvi H., **Iqbal R.**, Ahmed M., Samad A., Khan M.M. 2011. Profile of psychiatric patients presenting to a tertiary care emergency department of Karachi. Health Sciences Research Assembly. December 14-15 Karachi.
34. Jafri I., **Iqbal R.**, Haroon A., Habib A. 2011. Illuminating the dark side- Vitamin D status in ten different localities of Karachi, Pakistan. Health Sciences Research Assembly. December 14-15 Karachi.
35. Imran N., Azam I., Shahid M., Fatmi Z., **Iqbal R.** 2011. Validation of short and long International Physical Activity Questionnaires among urban, adult Pakistani population. Health Sciences Research Assembly. December 14-15 Karachi.
36. Imran N., Azam I., Shahid M., Fatmi Z., **Iqbal R.** 2011. Low levels of physical activity and high levels of obesity in urban, adult Pakistani population. Health Sciences Research Assembly. December 14-15 Karachi.
37. Imran N., Azam I., Shahid M., Fatmi Z., **Iqbal R.** 2011. Differential reporting of physical activity by gender compared to objectively measure physical activity in an urban, adult community. Health Sciences Research Assembly. December 14-15 Karachi.
38. Shahid F., Razee H., Jayasuriya R., **Iqbal R.**, Qureshi R., Jabbar A. 2011 Challenges to changing lifestyle for women with a history of gestational diabetes mellitus in Pakistan. World Diabetes Conference (WDC). December 4-8th Dubai.
39. Khan AH., Naureen G., **Iqbal R.** 2011. Determination of bone health status in community-dwelling females in Karachi, Pakistan. IOF Regional – 1st Middle East & Africa Osteoporosis Meeting. October 19-22. Dubai (IOF Young Investigator Award to NG)
40. **Iqbal R.**, Jafri L., Haroon A., Habib A. 2011 Isneighbourhood level information associated with serum vitamin D levels in individuals residing in Karachi, Pakistan? IOF Regional – 1st Middle East & Africa Osteoporosis Meeting. October 19-22 Dubai.
41. Janjua NZ., **Iqbal R.**, Mahmood B. 2011. Socioeconomic Position and Protein/Meat Consumption Pattern in Pakistan. 3rd North American Congress of Epidemiology, June 21-24, 2011. Montreal, Canada.
42. Khan AH., Dar F., **Iqbal R.** 2010. Assessing Bone Health in Adult Premenopausal Females in Karachi - A

- Preliminary Report from Pakistan. The ASBMR. October 15th -19th. Toronto.
43. Khan AH. and **Iqbal R.** 2010. Development and Validation of a Food Frequency Questionnaire for Assessing Macronutrient and Calcium Intake in Women Residing in Karachi, Pakistan. The ASBMR. October 15th -19th. Toronto.
 44. **Iqbal R.**, Leena Jafri, Khan AH. 2010. Neighborhood-level information is not associated with serum vitamin D levels in individuals residing in Karachi, Pakistan. The 10th International Conference on Urban Health. October 27-29th, New York.
 45. Humayun Q., Siddiqui R., Azam I., **Iqbal R.** 2010. Development and Validation of a sunlight exposure measurement questionnaire using ultraviolet Dosimeters. The 10th International Conference on Urban Health. October 27-29th, New York.
 46. Parkash O., Jafri W., **Iqbal R.**, Azam I. 2010 Frequency of poor Quality of Life (QOL) and factors of Health-Related Quality of Life (HRQOL) in patients with cirrhosis at tertiary care hospital Karachi. Asia Pacific Digestive Week. September 19-22nd, Kuala Lumpur.
 47. Yakub M., Iqbal P., **Iqbal R.** 2010. Association of dietary patterns with plasma homocysteine levels in an urban Pakistani population. American Heart Association 50th Cardiovascular Disease Epidemiology and Prevention Conference. March 2nd -4th, Chicago.
 48. **Iqbal R.**, Bano G., Qureshi R., Haroon A., Jabbar A., Janjua N. 2010 What method of contact is better for recruiting individuals in a type 2 diabetes mellitus research project in Pakistan? Pan Arab Diabetes Conference, Cairo.
 49. **Iqbal R.** and Janjua N. 2009 Development of Neighborhood Observations Checklist for Assessing Built Environment (NOCBE) in Karachi, Pakistan. The 7th International Conference on Diet and Activity Methods; June 5-7th 2009 Washington D.C.
 50. Janjua N. and **Iqbal R.** 2009. Themes identified for neighborhood characteristics and perception questionnaire (NCPQ) for assessing neighborhood environments in Karachi, Pakistan. [Paper No. 4371]. The 12th World Congress on Public Health. April 27 - May 1st. Istanbul
 51. **Iqbal R.** and Janjua N. Development of neighborhood observations checklist (NOC) for developing countries: Themes identified for a city of a developing country. [Paper No. 4380]. The 12th World Congress on Public Health. April 27 - May 1st. Istanbul
 52. **Iqbal R.**, Rafique G., Badruddin S.H., Qureshi R., Gray-Donald K. 2009. Physical inactivity and body fat percentage are independent predictors of gestational diabetes mellitus in South Asian women. 5th International Conference on Diabetes in Pregnancy; March 26-28th, Sorrento, Italy.
 53. **Iqbal R.** and Basheer S. 2009. Application of Factor Analysis in Gestational Diabetes Mellitus Study. 5th International Conference on Diabetes in Pregnancy; March 26-28th. Sorrento, Italy.
 54. Janjua NZ., **Iqbal R.** 2009. Defining a neighborhood in a developing country [Paper No. P09-09]. Journal of Urban Health 2009; 86(3): 465.
 55. Dar F., Khan AH., **Iqbal R.**, Siddiqui I, Ghani F. 2009. Assessment of bone turnover and its association with vitamin D blood levels in adult female residing in Karachi. Poster presentation in Focus 2. The Association of Clinical Biochemistry Annual National Meeting. Liverpool
 56. **Iqbal R.**, Anand S., Islam S., Zhang X., Rangarajan S., Yusuf S. 2008. Dietary patterns and the risk of acute myocardial infarction in 52 countries: Results of the interheart study. Research Assembly at Aga Khan University, Karachi.
 57. **Iqbal R.**, Held C., Anand S., Islam S., Yusuf S. 2008. Work and leisure time related physical activity and the risk of acute myocardial infarction: Results of the interheart study. Research Assembly at Aga Khan University, Karachi.
 58. Jafri L., Habib A., **Iqbal R.**, Ghani F., Siddiqui I. 2008. A correlation study of vitamin D levels between

- reference methods (RIA) and the test method (Chemiluminescence). Research Assembly at Aga Khan University, Karachi.
59. Dar F.J., Habib A., **Iqbal R.**, Siddiqui I., Ghani F. 2008. Assessment of bone turnover and its association with vitamin D blood levels in adult females, residing in Karachi. Research Assembly at Aga Khan University, Karachi.
60. Bilgrami S.M.H., **Iqbal R.**, Habib A., Bilgrami M., Urooj S., Jabbar A., Rohra D. 2008. Developing a food frequency questionnaire for assessing dietary calcium intake in an adult population. Research Assembly at Aga Khan University, Karachi.
61. Janjua NZ, **Iqbal R.** 2009. Socioeconomic position and distribution of under- and over-nutrition in Pakistan. Oral presentation at the International Urban Health Conference in Vancouver, October 29- 31, 2008. *Journal of Urban Health* 2009; 86(3): 262-263
62. Dar F., Khan AH., **Iqbal R.**, Siddiqui I, Ghani F. 2008. Assessment of bone turnover and its association with vitamin D blood levels in adult female residing in Karachi. Oral presentation at PAP Meeting at Abbotabad,
63. **Iqbal R.**, Bilgrami M., Khan AH., Urooj S., Jabbar A., Rohra D. 2008 Developing a food frequency questionnaire for assessing dietary calcium intake in an adult population. Research Assembly at Aga Khan University, Karachi.
64. **Iqbal R.**, Ajayan K., Bharathi A.V., Soman C.R., Islam S., Zhang M., Yusuf, Merchant T.A. 2007. Refinement frequency questionnaire to estimate nutrient intake in South Indians. Research Assembly at Aga Khan University, Karachi.
65. **Iqbal R.**, Rafique G., Badruddin S., Qureshi R., Gray-Donald K. 2007. Validating Mospa questionnaire for measuring physical activity in Pakistani women. **Research Assembly at Aga Khan University, Karachi.**
66. **Iqbal R.**, Held C., Islam S., Rangarajan S., Yusuf S. 2007. Work and Leisure Time Related Physical Activity and the Risk of Myocardial Infarction: Results of the INTERHEART Study. American Heart Association's Annual Conference; Nov. 4th-7th, Orlando.
67. Held C., Iqbal R., Islam S., Rangarajan S., Yusuf S. 2007. Household Car and Television Ownership are associated with an increased risk of Myocardial Infarction: Results from the INTERHEART Study. American Heart Association's Annual Conference; Nov. 4th-7th. Orlando.
68. **Iqbal R.**, Anand S., Ounpuu S., Islam S., Rangarajan S., Yusuf S. 2007. Dietary Patterns and Risk of Myocardial Infarction in 52 Countries: Results of the INTERHEART Study. 47th Annual Conference on Cardiovascular Disease Epidemiology and Prevention; Feb 28th - Mar 3rd, Orlando.
69. **Iqbal R.**, Ajayan K., Bharathi A.V., Soman C.R., Islam S., Zhang X., Yusuf S., Merchant A.T. 2007. Refinement and validation of a food frequency questionnaire to estimate nutrient intake in South Indians. 47th Annual Conference on Cardiovascular Disease Epidemiology and Prevention; Feb 28th - Mar 3rd, Orlando.
70. **Iqbal R.**, Anand S., Ounpuu S., Islam S., Rangarajan S., Yusuf S. 2006. Independent Protective Effects of Fruit and Vegetable Intake on Myocardial Infarction in 52 Countries: Results of the INTERHEART Study. The Canadian Cardiovascular Society's Meeting, 21-25th October. Vancouver.
71. **Iqbal R.**, Rafique G., Badruddin S., Jabbar A., Qureshi R., Khuwaja A.K., Gray-Donald K. 2005. A prospective study of lifestyle predictors of gestational diabetes mellitus in Pakistani women. Department of Medicine seminar, The Aga Khan University, Karachi.
72. Mumtaz S., **Iqbal R.**, and Baqai Z. 1999. Social obstetrics, reaching the grass root level for women health. Human Right strategies – A symposium on women in Pregnancy. Karachi.
73. **Iqbal R.** & Thaver I. 1998. How quickly can you assess Vitamin A deficiency in a population? International

Seminar on Public Health and Occupational Medicine, Hamdard University, December 17-19th, Karachi.

74. **Iqbal R.** and Thaver I. 1997. Non Invasive assessment of vitamin A deficiency: Suggestions for program managers and policymakers. The 8th National Pediatric Conference, February 26 – 28th, Larkana
75. **Iqbal R.** and Thaver I. 1996. Iodine deficiency disorders: Myth or reality? The XII International Pediatric Conference, March 22 - 24th, Islamabad
76. **Iqbal R.**, Baig L., Nasreen N. 1995 Experimental study for evaluating the effect of amylase-rich formula on improving the nutritional status of under three year age children. The 7th National Pediatric Conference, April 26 – 28th, Quetta
77. Baig L., Thaver I., Haq I., **Iqbal R.** 1994. Risk factors associated with Anemia results from a study done in a squatter settlement of Karachi. The XII Biennial Pediatric Conference, February 5 -7th, Lahore.

Guest Lecture:

1. **Iqbal R.** AKF Health and Nutrition Programme Review and Strategy Meeting, Made a 1-hour duration Plenary Presentation on Community Health Promotion and Disease Prevention in the context of NCDs. Dubai Jan 22-24th 2018.
2. **Iqbal R.** Nutrition Research in Pakistan, I hour duration lecture delivered at Habib University to their Social Sciences Bachelors Program students. Habib University. November 20th, 2017.
3. **Iqbal R.** Keynote Speaker at NFP-FANS conference on Public Health Nutrition in Pakistan” Title of Presentation: Physical Activity levels of residents of High, Middle and Low-income countries: Findings of PURE study. 28th October 2017.
4. **Iqbal R.** Pakistan Nutrition and Dietetics Society- Annual General Body Meeting. 30 minutes duration Oral Presentation: To eat or not to eat- how do I decide? Karachi, August 20th, 2017.