

DENIZ AZARMANESH, PhD, RDN

The University of Alabama

Department of Human Nutrition, Hospitality & Sport Management

dazarmanesh@ua.edu | ☎ 205-348-2329 | LinkedIn: <https://www.linkedin.com/in/deniz-azarmanesh/>

EDUCATION

Dietetic Internship Illinois State University	2020 – 2021
PhD in Public Health (Major in Nutrition, Minor in Epidemiology) University of Massachusetts Amherst	2020
MS in Nutrition Sciences University of Massachusetts Amherst	2014
BS in Nutrition Sciences Tabriz University of Medical Sciences, Iran	2011

PROFESSIONAL WORK EXPERIENCE

Assistant Professor , University of Alabama Department of Human Nutrition, Hospitality and Sport Management	Aug 2021-Present
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CURRENT RESEARCH

Research Interests:

Assess the effects of the inflammatory potential of diet on women's health during various stages of life, including premenstrual syndrome, pregnancy, and post menopause

1. Primary Study: Inflammatory potential of diet and pregnancy outcomes in Alabama.

- Aim 1.** Conduct construct validation of the Dietary Inflammatory Index (DII) and Dietary Inflammatory Score (DIS) during pregnancy.
- Aim 2.** Evaluate the longitudinal correlation of DII and DIS with incidence preterm birth and low birthweight.
- Aim 3.** Assess the mediation role of inflammatory biomarkers in the association of DII and DIS with preterm birth and low birthweight.

2. Secondary Analysis: The Kuopio Ischaemic Heart Disease Study.

- Aim 1.** Compare the efficacy of DII vs. DIS in assessing the inflammatory potential of diet, by comparing their correlation with inflammatory biomarkers.
- Aim 2.** Assess the longitudinal associations of DII and DIS with incidence clinical depression in a sub-population of postmenopausal women.
- Aim 3.** Examine the mediation role of CRP in the associations of DII and DIS with clinical depression among postmenopausal women.

PUBLICATIONS

(In preparation) **Azarmanesh D**, Man K, Zheng P, Aguiar E, Wilkerson A, Cooper O. The association of the Lifestyle Inflammatory Score (LIS) with depression: the National Health and Nutrition Examination Survey (NHANES) 2005-2010, 2015-2018, 2021-2023.

(In preparation) **Azarmanesh D**, Virtanen J, Ruusunen A. The Dietary Inflammatory Index (DII) is positively correlated with depression among a cohort of Finnish men: the Kuopio Ischaemic Heart Disease study (KIHD).

(Submitted to the *Journal of Academy of Nutrition and Dietetics*) **Azarmanesh D**, Zagarins S, James A, Man K, Bertone-Johnson ER. Association of the Dietary Inflammatory Index (DII) with premenstrual syndrome (PMS) prevalence and symptom severity among young college-aged women.

(Submitted to the *Journal of Nutritional Sciences*) **Azarmanesh D**, Kwiatkowski C, Crowe-White K. Associations of Dietary Inflammatory Index, c-reactive protein and depression among pregnant women: the National Health and Nutrition Examination Survey 2007-2010, 2015-2018.

(Submitted to the *Journal of Human Nutrition and Dietetics*) Zagarins SE, **Azarmanesh D**, Bertone-Johnson ER. The association between plant-based diets and bone mass in healthy young adult women.

Azarmanesh D, Pearlman J, Carbone ET, DiNatale JC, Bertone-Johnson ER. Construct validation of the Dietary Inflammatory Index (DII) among young college-aged women. *Nutrients*, 15(21), 4553.

DiNatale JC, **Azarmanesh D**, Hébert JR, Wirth MD, Pearlman J, Crowe-White KM. Relationship between non-energy adjusted and energy-adjusted Dietary Inflammatory Index and the Healthy Eating Index-2015: an analysis of the National Health and Nutrition Examination Survey (NHANES) 2015-2018. *Ann Med*. Accepted July 10, 2023.

Ellis A, Bui C, Ferguson C, **Azarmanesh D**, Park H. Associations between self-reported symptoms of SARS-CoV-2 and dietary supplement use over the previous year among young adults during the first pandemic wave. *Journal of Nutritional Science*. 2023; 12, e4.

Azarmanesh D, Bertone-Johnson ER, Pearlman J, Liu Z, Carbone ET. Association of the Dietary Inflammatory Index with Depressive Symptoms among Pre- and Post-Menopausal Women: Findings from the National Health and Nutrition Examination Survey (NHANES) 2005–2010. *Nutrients*. 2022; 14(9):1980.

Azarmanesh D, Bertone-Johnson ER, Pearlman J, Liu Z, Carbone ET. The Dietary Inflammatory Index is inversely associated with depression, which is minimally mediated by C-reactive protein. *Nutrition Research*. 2022; 97, 11-21.

Azarmanesh D. The association of the inflammatory potential of diet with inflammation and depression among U.S. adults: NHANES 2005-2010 (2020). *Doctoral Dissertations*. 1991. https://scholarworks.umass.edu/dissertations_2/1991

Rouzitlab T, Pourghassem Gargari B, Izadi A, Amirsasan R, **Azarmanesh D**, Asghari Jafarabadi M. The prevalence of disordered eating attitude and its relation to exercise participation in a sample of physical education students (2019). *Prog Nutr*, 21, 281-7.

Azarmanesh D. The role of sleep timing on diet quality and physical activity among college-aged women participating in the University of Massachusetts Vitamin D Status Study (2014). *Masters Theses*. 69. Available at: http://scholarworks.umass.edu/masters_theses_2/69

POSTER PRESENTATIONS

Azarmanesh D, Kwiatkowski C, Crowe-White K. Associations of Dietary Inflammatory Index, c-reactive protein and depression among pregnant women: National Health and Nutrition Examination Survey (2007-2010, 2015-2018). American Society for Nutrition Conference, Chicago, IL (June 2024).

Azarmanesh D, James A, Zagarins S, Bertone-Johnson ER. Association between the Dietary Inflammatory Index and premenstrual syndrome among college-aged women in the UMass Vitamin D Study. American Society for Nutrition Conference, Boston, MA (July 2023).

DiNatale JC, **Azarmanesh D**, Hebert JR, Wirth MD, Pearlman J, Crowe-White KM. The relationship between non-energy adjusted and energy-adjusted Dietary Inflammatory Index and the Healthy Eating Index-2015: Analysis of the National Health and Nutrition Examination Survey (NHANES) 2015-2018. American Society for Nutrition Conference, Boston, MA (July 2023).

Ellis A, Park H, Ferguson C, **Azarmanesh D**. Habitual diet quality was not associated with self-reported symptoms of young adults with SARS-Cov-2 infection during the first pandemic wave. American Society for Nutrition Conference [Virtual] (June 2022).

DiNatale JC, Knol LL, Crowe-White KM, **Azarmanesh D**. Diet quality assessed by the Dietary Inflammatory Index and the Healthy Eating Index: an analysis of the National Health and Nutrition Examination Survey (2015-2018). American Society for Nutrition Conference [Virtual] (June 2022).

Azarmanesh D, Bertone-Johnson ER, Pearlman J, Liu Z, Carbone ET. Does inflammation mediate the association between Dietary Inflammatory Index (DII) and depression? National Health and Nutrition Examination Survey (NHANES) 2005-2010. American Society for Nutrition Conference [Virtual] (June 2020).

Azarmanesh D, Amaro-Rivera K, Fritz D, Leonard CR, Troy LM. Associations Between Acute Stress and Added Sugar Intake among Participants in the UMass Healthy Campus Study (UMHCS). American Society for Nutrition Conference, Boston, MA (June 2018).

Amaro-Rivera K, **Azarmanesh D**, Leonard CR, Fritz D, Troy LM. Associations between an Objective Measure of Stress, Hair Cortisol Concentration, and Anthropometric Measures and Macronutrient Intakes among First-Year College Students. American Society for Nutrition Conference, Boston, MA (June 2018).

Azarmanesh D, Troy LM. Yogurt Intake is Associated with Higher Weight Status among Female Adolescents. Experimental Biology Conference, Chicago, IL (March 2017).

Azarmanesh D, Ronnenberg AG, Bertone-Johnson ER, Troy LM. Early Bedtime and Late Wake Time is Associated with Lower Diet Quality among Young Women. Experimental Biology Conference, Boston, MA (March 2015).

FUNDING

Funded Proposals:

University of Alabama Office of Research and Economic Development (ORED): Facilitating Uni-PI Science and Engineering (FUSE) Program (Internal Funding)

Azarmanesh, D. (PI). “Construct validation of the Dietary Inflammatory Index (DII) and the Dietary Inflammatory Score (DIS) among pregnant women: Foundations for a longitudinal study”. Submitted October 1, 2024. (Total proposed: \$19,834)

Outstanding Applications:

Academy of Nutrition and Dietetics (AND) Foundation

Azarmanesh, D. (PI), Crowe-White, K. (Co-PI). “Construct validation of the Dietary Inflammatory Index (DII) and the

Dietary Inflammatory Score (DIS) among pregnant women: Foundations for a longitudinal study”. Submitted November 17, 2024. (Total proposed: \$10,000)

Sigma Xi Grants in Aid of Research (GIAR)

Kwiatkowski C, **Azarmanesh, D.** (PI), “Construct validation of the Dietary Inflammatory Index (DII) and the Dietary Inflammatory Score (DIS) among pregnant women”. Submitted October 1, 2024. (Total proposed: \$892.39)

Recent Proposals, Not Funded:

The Gerber Foundation

Azarmanesh, D. (PI), Man, K. (Co-PI), and Crowe-White, K. (Co-PI). “The longitudinal role of the inflammatory potential of diet on incidence low birthweight and preterm birth”. Submitted May 15, 2024. (Total proposed: \$341,463)

Academy of Nutrition and Dietetics (AND) Foundation

Azarmanesh, D. (PI), Man, K. (Co-PI), and Crowe-White, K. (Co-PI). “Investigating the associations of the Dietary Inflammatory Index (DII) and the Dietary Inflammatory Score (DIS) with Depression and Inflammation, and the mediating roles of Allostatic Load and Visceral Adiposity Index”. Submitted November 7, 2023. (Total proposed: \$10,000)

University of Alabama Office of Research and Economic Development (ORED): Small Grants Program (SGP) (Internal Funding)

Azarmanesh, D. (PI), Man, K. (Co-PI). “The prospective association of the Dietary Inflammatory Score (DIS) and depression”. Submitted October 1, 2023. (Total proposed: \$5,999)

Previously Funded Proposals:

UMass Dining Services – Internal Funding (2015-2019)

Research Assistant and Project Manager roles: wrote the literature review and study proposal, co-wrote IRB protocols and statistical methods, co-designed questionnaires, conducted the data management and data analysis (\$400,000)

UMass Dining Services – Internal Grant (2017)

Attended NDSR training workshop at University of Minnesota and received certification (\$2,000)

TEACHING EXPERIENCE AND COURSE DEVELOPMENT

Department of Human Nutrition, Hospitality and Sport Management, University of Alabama

Assistant Professor, 2021 – present

- NHM 101 Intro to Human Nutrition (Face to Face and Online)
- NHM 201 Nutrition in the Lifecycle (Face to Face and Online)
- NHM 530 Advanced Nutrition Counseling (Online)
- NHM 556 Child and Adolescent Nutrition (Online)
- NHM 625 Nutritional Epidemiology (Online)

Course Development for Online Delivery, 2024-2025:

- NHM 625 Nutritional Epidemiology (Online)

Guest Lecture, 2021:

- NHM 648 Secondary Analysis of Survey Data
Lecture Title “Coding the Dietary Inflammatory Index (DII) in Stata and SAS”

Department of Nutrition, University of Massachusetts Amherst

Graduate Teaching Assistant, 2013 – 2020:

- NUTR 130 Nutrition for a Healthy Lifestyle (Face to Face and Online)
- NUTR 210 Scientific Food Principles and Meal Planning (Face to Face)
- NUTR 585 Practical Skills in Nutrition Counseling (Face to Face)

Graduate Research Assistant, Workshop Instructor, 2016:

Intensive 2-day workshop and training session on 24-hour dietary recall for Nepali/Bhutanese college student

STUDENT MENTORSHIP

Dissertation Committee Member

Rebekah D. Preston. Dissertation Title: *“Perceived stress, coping behaviors, and diet quality among adults with Inflammatory Bowel Disease (IBD).”* Committee Member (2024 – present).

Undergraduate Student Research

- Olivia Cooper (2024 – present).
 - Co-author: The association of the Lifestyle Inflammatory Score (LIS) with depression: the National Health and Nutrition Examination Survey (NHANES) 2005-2010, 2015-2018, 2021-2023.
- Clara Kwiatkowski (2023 – present).
 - Co-author: Associations of Dietary Inflammatory Index, c-reactive protein and depression among pregnant women: National Health and Nutrition Examination Survey (2007-2010, 2015-2018).
 - Applicant for the Sigma Xi Grants in Aid of Research (GIAR) 2024.
 - Poster presentation at the American Society for Nutrition meeting 2024: Associations of Dietary Inflammatory Index, c-reactive protein and depression among pregnant women: National Health and Nutrition Examination Survey (2007-2010, 2015-2018).
- Adrianna (Shae) James (2022 – 2024).
 - Co-author: Association of the Dietary Inflammatory Index (DII) with premenstrual syndrome (PMS) prevalence and symptom severity among young college-aged women.
 - Poster presentation at the American Society for Nutrition meeting 2023: Association between the Dietary Inflammatory Index and premenstrual syndrome among college-aged women in the UMass Vitamin D Study.

PROFESSIONAL SERVICES

Student Advising (2021 - present)

Undergraduate students: 3

Master's students: 18 per semester

University Service (2021 – present)

MS/DPD Program Development Sub-committee, Member

Committee for Updating the Promotion and Tenure Process, Member

Undergraduate Studies Committee, Member

Coordinated Program Admissions, Member

Undergraduate and Graduate Curriculum Committees, Member

Journal Reviewer (2021 – present)

American Journal of Clinical Nutrition

Annals of Medicine

BMC Nutrition

BMC Psychology

BMC Public Health

Food Science and Nutrition

Frontiers in Nutrition

Journal of Nutrition

Lipids in Health and Disease

Scientific Reports

Springer Nature

SKILLS AND TECHNIQUES

Teaching Platforms: Blackboard, Moodle

Computer Programs: Microsoft Word, Excel, PowerPoint

Statistical Analysis Programs: Stata, SAS

Nutrient Analysis Programs: FoodPro, Certified in Nutrition Data System for Research (NDSR)

Languages: English (Fluent), Farsi (Native Speaker), Azeri Turkish (Mother Tongue), Arabic (Working Knowledge)

HONORS/AWARDS

UMass Nutrition Department Travel Grant 2020

To present at the American Society of Nutrition conference, Seattle, May 2020

Summer PhD Dissertation Fellowship 2019

School of Public Health and Health Sciences, University of Massachusetts Amherst

UMass Nutrition Department Travel Grant 2018

To present at the American Society of Nutrition conference, Boston, June 2018

Helen S. Mitchell Graduate Scholarship 2017

Department of Nutrition, University of Massachusetts Amherst

UMass Nutrition Department Travel Grant 2017

To present at the Experimental Biology conference, Chicago, March 2017

Virginia A. Beal Graduate Scholarship 2016

Department of Nutrition, University of Massachusetts Amherst

UMass Nutrition Department Travel Grant 2015

To present at the Experimental Biology conference, Boston, March 2015

MEDIA APPEARANCES

Alice Magazine. "Realities of the American Diet". (October 2021).

<https://www.yumpu.com/en/document/read/65913365/alice-vol-7-no1>

COMMUNITY OUTREACH

Go Red (American Heart Association Awareness Event) 2020

Sponsored by Springfield Alumnae Chapter of Delta Sigma Theta Sorority

Cooking demo and food samples were provided to community members as part of Heart Healthy activities

MEMBERSHIP IN PROFESSIONAL/OFFICIAL SOCIETIES

Member of the Academy of Nutrition and Dietetics 2020 - Present

Member of the American Society for Nutrition 2014 - Present

EXPERIENCES AS GRADUATE STUDENT

Project Assistant, University of Massachusetts Amherst 2019 - 2020

Assisting with the accreditation of the Dietetic Internship program at UMass Department of Nutrition

2019

Project Manager and Graduate Research Assistant

2015 - 2018

2015-2019

UMass Healthy Campus Study: A Prospective Observational Study

UMass Dining Services

- Led a project that assessed prospective effects of living at UMass on health and lifestyle of freshman students
- Participated in preparing and writing research proposals and IRB applications and design of research questionnaires
- Collected anthropometric and clinical measurements, and administered demographic and health questionnaires
- Analyzed and summarized data in tables, figures, and in written form for presentation at major conferences
- Mentored 4 undergraduate and 3 graduate students, who learned to perform anthropometric measurements, use of NDSR software and performing 24-hour dietary recalls, survey administration and scanning, and data entry

Assistant to UMass Dining Dietitian

2014 - 2015

UMass Dining Services

- Co-designed nutrition facts labels and designed new systems of assessing food healthfulness
- Used FoodPro software to analyze and improve recipes for UMass Dining