

# Mara Z Vitolins

## List of Publications by Year in descending order

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94  
papers

3,500  
citations

172457

29  
h-index

144013

57  
g-index

96  
all docs

96  
docs citations

96  
times ranked

5319  
citing authors

#	ARTICLE	IF	CITATIONS
1	Low-Fat Dietary Pattern and Risk of Invasive Breast Cancer. JAMA - Journal of the American Medical Association, 2006, 295, 629.	7.4	696
2	Four-Year Weight Losses in the Look AHEAD Study: Factors Associated With Long-Term Success. Obesity, 2011, 19, 1987-1998.	3.0	356
3	One-Year Results of a Community-Based Translation of the Diabetes Prevention Program. Diabetes Care, 2011, 34, 1451-1457.	8.6	193
4	Gut Microbiome Composition in Non-human Primates Consuming a Western or Mediterranean Diet. Frontiers in Nutrition, 2018, 5, 28.	3.7	125
5	The Healthy Living Partnerships to Prevent Diabetes Study. American Journal of Preventive Medicine, 2013, 44, S324-S332.	3.0	104
6	Low-Fat Dietary Pattern and Breast Cancer Mortality in the Women's Health Initiative Randomized Controlled Trial. Journal of Clinical Oncology, 2017, 35, 2919-2926.	1.6	104
7	Duration of Adulthood Overweight, Obesity, and Cancer Risk in the Women's Health Initiative: A Longitudinal Study from the United States. PLoS Medicine, 2016, 13, e1002081.	8.4	99
8	Association between dietary inflammatory potential and breast cancer incidence and death: results from the Women's Health Initiative. British Journal of Cancer, 2016, 114, 1277-1285.	6.4	83
9	Action for Health in Diabetes (Look AHEAD) Trial: Baseline Evaluation of Selected Nutrients and Food Group Intake. Journal of the American Dietetic Association, 2009, 109, 1367-1375.	1.1	74
10	Mediterranean versus Western Diet Effects on Caloric Intake, Obesity, Metabolism, and Hepatosteatosis in Nonhuman Primates. Obesity, 2019, 27, 777-784.	3.0	65
11	Obesity Educational Interventions in U.S. Medical Schools: A Systematic Review and Identified Gaps. Teaching and Learning in Medicine, 2012, 24, 267-272.	2.1	62
12	Obesity and Late-Age Survival Without Major Disease or Disability in Older Women. JAMA Internal Medicine, 2014, 174, 98.	5.1	60
13	Body mass index, physical activity, and mortality in women diagnosed with ovarian cancer: Results from the Women's Health Initiative. Gynecologic Oncology, 2014, 133, 4-10.	1.4	59
14	Older Adults in the Rural South Are Not Meeting Healthful Eating Guidelines. Journal of the American Dietetic Association, 2007, 107, 265-272.e3.	1.1	52
15	Healthy Living Partnerships to Prevent Diabetes (HELP PD): Design and methods. Contemporary Clinical Trials, 2010, 31, 71-81.	1.8	51
16	A Randomized, Double-Blind, Placebo-Controlled Study of Oral Coenzyme Q10 to Relieve Self-Reported Treatment-Related Fatigue in Newly Diagnosed Patients with Breast Cancer. The Journal of Supportive Oncology, 2012, 11, 31-42.	2.3	50
17	Cost of a Group Translation of the Diabetes Prevention Program. American Journal of Preventive Medicine, 2013, 44, S381-S389.	3.0	49
18	Insulin resistance and breast cancer incidence and mortality in postmenopausal women in the Women's Health Initiative. Cancer, 2020, 126, 3638-3647.	4.1	48

#	ARTICLE	IF	CITATIONS
19	Intensive Weight Loss Intervention and Cancer Risk in Adults with Type 2 Diabetes: Analysis of the Look AHEAD Randomized Clinical Trial. <i>Obesity</i> , 2020, 28, 1678-1686.	3.0	47
20	Cancer Incidence and Mortality during the Intervention and Postintervention Periods of the Women's Health Initiative Dietary Modification Trial. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2014, 23, 2924-2935.	2.5	45
21	Accuracy of self-reported weight in the Women's Health Initiative. <i>Public Health Nutrition</i> , 2019, 22, 1019-1028.	2.2	45
22	Weight Fluctuation and Cancer Risk in Postmenopausal Women: The Women's Health Initiative. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2017, 26, 779-786.	2.5	42
23	Diabetes, metformin and incidence of and death from invasive cancer in postmenopausal women: Results from the women's health initiative. <i>International Journal of Cancer</i> , 2016, 138, 1915-1927.	5.1	39
24	Randomized Trial to Assess the Impact of Venlafaxine and Soy Protein on Hot Flashes and Quality of Life in Men With Prostate Cancer. <i>Journal of Clinical Oncology</i> , 2013, 31, 4092-4098.	1.6	38
25	Relationships Between Caffeine Intake and Risk for Probable Dementia or Global Cognitive Impairment: The Women's Health Initiative Memory Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2016, 71, 1596-1602.	3.6	37
26	Patterns of change over time and history of the inflammatory potential of diet and risk of breast cancer among postmenopausal women. <i>Breast Cancer Research and Treatment</i> , 2016, 159, 139-149.	2.5	35
27	From the Table to the Tumor: The Role of Mediterranean and Western Dietary Patterns in Shifting Microbial-Mediated Signaling to Impact Breast Cancer Risk. <i>Nutrients</i> , 2019, 11, 2565.	4.1	35
28	Healthy Living Partnerships to Prevent Diabetes: Recruitment and baseline characteristics. <i>Contemporary Clinical Trials</i> , 2011, 32, 40-49.	1.8	32
29	Food Fortification and Supplement Use—Are There Health Implications?. <i>Critical Reviews in Food Science and Nutrition</i> , 2016, 56, 2149-2159.	10.3	32
30	Enhancing the Infrastructure of the Atherosclerosis Risk in Communities (ARIC) Study for Cancer Epidemiology Research: ARIC Cancer. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2018, 27, 295-305.	2.5	32
31	Body shape, adiposity index, and mortality in postmenopausal women: Findings from the Women's Health Initiative. <i>Obesity</i> , 2016, 24, 1061-1069.	3.0	31
32	Quality of Diets Consumed by Older Rural Adults. <i>Journal of Rural Health</i> , 2002, 18, 49-56.	2.9	30
33	Gender, blood pressure, and cardiovascular and renal outcomes in adults with hypertension from the Systolic Blood Pressure Intervention Trial. <i>Journal of Hypertension</i> , 2018, 36, 904-915.	0.5	30
34	Mediterranean diet, stress resilience, and aging in nonhuman primates. <i>Neurobiology of Stress</i> , 2020, 13, 100254.	4.0	29
35	Serum lipids and risk of obesity-related cancers in postmenopausal women. <i>Cancer Causes and Control</i> , 2018, 29, 13-24.	1.8	27
36	Aspirin and Non-Aspirin NSAID Use and Prostate Cancer Incidence, Mortality, and Case Fatality in the Atherosclerosis Risk in Communities Study. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2019, 28, 563-569.	2.5	26

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37	Race and Ethnicity, Obesity, Metabolic Health, and Risk of Cardiovascular Disease in Postmenopausal Women. <i>Journal of the American Heart Association</i> , 2015, 4, .	3.7	25
38	Dietary long-chain fatty acids and carbohydrate biomarker evaluation in a controlled feeding study in participants from the Women's Health Initiative cohort. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1272-1282.	4.7	25
39	Food Insecurity Is Associated with an Increased Prevalence of Comorbid Medical Conditions in Obese Adults: NHANES 2007-2014. <i>Journal of General Internal Medicine</i> , 2019, 34, 1486-1493.	2.6	25
40	Process Evaluation of a Community Garden at an Urban Outpatient Clinic. <i>Journal of Community Health</i> , 2017, 42, 639-648.	3.8	23
41	Risk Profiles for Weight Gain among Postmenopausal Women: A Classification and Regression Tree Analysis Approach. <i>PLoS ONE</i> , 2015, 10, e0121430.	2.5	22
42	Soybean Isoflavones as an Alternative to Traditional Hormone Replacement Therapy: Are We There Yet?. <i>Journal of Nutrition</i> , 2000, 130, 664S-665S.	2.9	21
43	Association Between Anthropometric Measures and Long-Term Survival in Frail Older Women: Observations from the Women's Health Initiative Study. <i>Journal of the American Geriatrics Society</i> , 2016, 64, 277-284.	2.6	21
44	Red blood cell folate and plasma folate are not associated with risk of incident colorectal cancer in the Women's Health Initiative observational study. <i>International Journal of Cancer</i> , 2015, 137, 930-939.	5.1	20
45	Weight Loss Experiences of African American, Hispanic, and Non-Hispanic White Men and Women with Type 2 Diabetes: The Look AHEAD Trial. <i>Obesity</i> , 2019, 27, 1275-1284.	3.0	20
46	Metabolomic profiles associated with all-cause mortality in the Women's Health Initiative. <i>International Journal of Epidemiology</i> , 2020, 49, 289-300.	1.9	20
47	BMI Influences Prognosis Following Surgery and Adjuvant Chemotherapy for Lymph Node Positive Breast Cancer. <i>Breast Journal</i> , 2008, 14, 357-365.	1.0	18
48	Discovery and fine-mapping of height loci via high-density imputation of GWASs in individuals of African ancestry. <i>American Journal of Human Genetics</i> , 2021, 108, 564-582.	6.2	18
49	Effects of a community-based weight loss intervention on adipose tissue circulating factors. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2014, 8, 205-211.	3.6	17
50	Effects of weight regain following intentional weight loss on glucoregulatory function in overweight and obese adults with pre-diabetes. <i>Obesity Research and Clinical Practice</i> , 2015, 9, 266-273.	1.8	17
51	Association between selenium intake and breast cancer risk: results from the Women's Health Initiative. <i>Breast Cancer Research and Treatment</i> , 2020, 183, 217-226.	2.5	16
52	Skeletal Muscle Mitochondrial Respiration Is Elevated in Female Cynomolgus Macaques Fed a Western Compared with a Mediterranean Diet. <i>Journal of Nutrition</i> , 2019, 149, 1493-1502.	2.9	15
53	Diet, psychosocial stress, and Alzheimer's disease-related neuroanatomy in female nonhuman primates. <i>Alzheimer's and Dementia</i> , 2021, 17, 733-744.	0.8	15
54	Physical Functioning among Women 80 Years of Age and Older With and Without a Cancer History. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2016, 71, S23-S30.	3.6	14

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55	Cross-sectional analysis of calcium intake for associations with vascular calcification and mortality in individuals with type 2 diabetes from the Diabetes Heart Study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1029-1035.	4.7	13
56	The 24-month metabolic benefits of the healthy living partnerships to prevent diabetes: A community-based translational study. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 215-220.	3.6	12
57	Vitamin D with calcium supplementation and risk of atrial fibrillation in postmenopausal women. <i>American Heart Journal</i> , 2019, 209, 68-78.	2.7	12
58	The healthy living partnerships to prevent diabetes and the diabetes prevention program: a comparison of year 1 and 2 intervention results. <i>Translational Behavioral Medicine</i> , 2017, 7, 371-378.	2.4	11
59	Dietary choline and betaine intakes and risk of total and lethal prostate cancer in the Atherosclerosis Risk in Communities (ARIC) Study. <i>Cancer Causes and Control</i> , 2019, 30, 343-354.	1.8	11
60	Adapting the Diabetes Prevention Program for low and middle-income countries: protocol for a cluster randomised trial to evaluate "Lifestyle Africa". <i>BMJ Open</i> , 2019, 9, e031400.	1.9	11
61	Adapting the Diabetes Prevention Program for low- and middle-income countries: preliminary implementation findings from lifestyle Africa. <i>Translational Behavioral Medicine</i> , 2020, 10, 46-54.	2.4	11
62	What Makes Nutrition Research So Difficult to Conduct and Interpret?. <i>Diabetes Spectrum</i> , 2020, 33, 113-117.	1.0	9
63	Evaluation of an adapted version of the Diabetes Prevention Program for low- and middle-income countries: A cluster randomized trial to evaluate "Lifestyle Africa" in South Africa. <i>PLoS Medicine</i> , 2022, 19, e1003964.	8.4	9
64	Favorable effects of low-fat and low-carbohydrate dietary patterns on serum leptin, but not adiponectin, among overweight and obese premenopausal women: a randomized trial. <i>SpringerPlus</i> , 2014, 3, 175.	1.2	8
65	Weight Loss Intervention in Survivors of ER/PR-negative Breast Cancer. <i>Clinical Medicine Insights Women's Health</i> , 2014, 7, CMWH.S13955.	0.6	8
66	Cancer Survivorship and Subclinical Myocardial Damage. <i>American Journal of Epidemiology</i> , 2019, 188, 2188-2195.	3.4	8
67	Effect of Incorporating 1 Avocado Per Day Versus Habitual Diet on Visceral Adiposity: A Randomized Trial. <i>Journal of the American Heart Association</i> , 2022, 11, .	3.7	8
68	Long-term Weight Loss Maintenance in the Continuation of a Randomized Diabetes Prevention Translational Study: The Healthy Living Partnerships to Prevent Diabetes (HELP PD) Continuation Trial. <i>Diabetes Care</i> , 2019, 42, 1653-1660.	8.6	7
69	NEW LifeStyle: A Downloadable Teaching and Learning Program for Nutrition, Exercise, and Weight Management. <i>MedEdPORTAL: the Journal of Teaching and Learning Resources</i> , 0, , .	1.2	7
70	Is Medication Adherence Predictive of Cardiovascular Outcomes and Blood Pressure Control? The Systolic Blood Pressure Intervention Trial (SPRINT). <i>American Journal of Hypertension</i> , 2021, , .	2.0	6
71	Electrocardiographic Repolarization-Related Variables as Predictors of Coronary Heart Disease Death in the Women's Health Initiative Study. <i>Journal of the American Heart Association</i> , 2014, 3, .	3.7	5
72	Associations of Number of Daily Eating Occasions with Type 2 Diabetes Risk in the Women's Health Initiative Dietary Modification Trial. <i>Current Developments in Nutrition</i> , 2020, 4, nzaa126.	0.3	5

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73	The design and rationale of a multi-center randomized clinical trial comparing one avocado per day to usual diet: The Habitual Diet and Avocado Trial (HAT). <i>Contemporary Clinical Trials</i> , 2021, 110, 106565.	1.8	5
74	A Randomized Double-Blind Placebo-Controlled Trial of Fruit and Vegetable Concentrates on Intermediate Biomarkers in Head and Neck Cancer. <i>Integrative Cancer Therapies</i> , 2018, 17, 115-123.	2.0	4
75	Associations of social, physical, and financial factors with diet quality among older, community-dwelling women. <i>Menopause</i> , 2020, 27, 756-762.	2.0	3
76	Persistent vasomotor symptoms and breast cancer in the Women's Health Initiative (WHI).. <i>Journal of Clinical Oncology</i> , 2018, 36, e13567-e13567.	1.6	3
77	Comment on Kahn and Davidson. The Reality of Type 2 Diabetes Prevention. <i>Diabetes Care</i> 2014;37:943-949. <i>Diabetes Care</i> , 2014, 37, e185-e186.	8.6	2
78	Cardiovascular Outcomes in Relation to Antihypertensive Medication Use in Women with and Without Cancer: Results from the Women's Health Initiative. <i>Oncologist</i> , 2020, 25, 712-721.	3.7	2
79	Metabolic syndrome risk components and mortality after triple-negative breast cancer diagnosis in postmenopausal women in the Women's Health Initiative. <i>Cancer</i> , 2021, 127, 1658-1667.	4.1	2
80	[P2-555]: THE MIND DIET AND INCIDENT DEMENTIA: FINDINGS FROM THE WOMEN'S HEALTH INITIATIVE MEMORY STUDY. <i>Alzheimer's and Dementia</i> , 2017, 13, P858.	0.8	1
81	On the joint role of non-Hispanic Black race/ethnicity and weight status in predicting postmenopausal weight gain. <i>PLoS ONE</i> , 2021, 16, e0247821.	2.5	1
82	Diet-Driven Inflammation and Insulinemia and Risk of Interval Breast Cancer. <i>Nutrition and Cancer</i> , 2022, , 1-15.	2.0	1
83	Exogenous Estrogen as Mediator of Racial Differences in Bioactive Insulin-Like Growth Factor-I Levels Among Postmenopausal Women. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 495-502.	3.6	0
84	A Review of Nutrition and Physical Activity Interventions in Adults 65 and Older with Type 2 Diabetes. <i>Current Nutrition Reports</i> , 2015, 4, 156-163.	4.3	0
85	Self-reported adherence and biomarker levels of CoQ10 and alpha-tocopherol. <i>Patient Preference and Adherence</i> , 2018, Volume 12, 637-646.	1.8	0
86	Response to "Two Bad Diets for Monkeys". <i>Obesity</i> , 2019, 27, 1554-1554.	3.0	0
87	P4-632: BASELINE COMPOSITION OF MACRONUTRIENTS IS ASSOCIATED WITH RISK OF MILD COGNITIVE IMPAIRMENT OR DEMENTIA: RESULTS FROM THE WOMEN'S HEALTH INITIATIVE MEMORY STUDY (WHIMS). <i>Alzheimer's and Dementia</i> , 2019, 15, P1570.	0.8	0
88	Mediterranean versus western diet effects on cerebral cortical thickness and volume in cynomolgus macaques. <i>Alzheimer's and Dementia</i> , 2020, 16, e044554.	0.8	0
89	Comparing three validated methods of patient self-reported fatigue in a prospective randomized clinical trial.. <i>Journal of Clinical Oncology</i> , 2012, 30, 9108-9108.	1.6	0
90	Minority accrual on a prospective study targeting a diverse U.S. breast cancer population: An analysis of Wake Forest CCOP research base protocol 97609.. <i>Journal of Clinical Oncology</i> , 2013, 31, 6564-6564.	1.6	0

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91	Longitudinal changes in the dietary inflammatory index: an assessment of the inflammatory potential of diet over time in the Women's Health Initiative (1034.5). FASEB Journal, 2014, 28, 1034.5.	0.5	0
92	Feasibility of an Adapted Community-Based Lifestyle Intervention to Prevent Cancer in the Rural South: Healthy Living Partnerships to Prevent Cancer (HELP PC). Journal of Cancer Education, 2022, , 1.	1.3	0
93	Diet and Stress Impair Ovarian Function in Mid-life, Increasing Risk of Chronic Diseases of Aging in Primates. Innovation in Aging, 2021, 5, 678-678.	0.1	0
94	Internet-delivered management of pain among cancer treatment survivors (IMPACTS WF-1901).. Journal of Clinical Oncology, 2022, 40, TPS12151-TPS12151.	1.6	0