

# Nahla C Hwalla

## List of Publications by Year in descending order

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Version: 2024-02-01

125  
papers

4,867  
citations

101535

36  
h-index

106340

65  
g-index

125  
all docs

125  
docs citations

125  
times ranked

6329  
citing authors

#	ARTICLE	IF	CITATIONS
1	Energy balance and obesity: what are the main drivers?. <i>Cancer Causes and Control</i> , 2017, 28, 247-258.	1.8	455
2	The state of hypertension care in 44 low-income and middle-income countries: a cross-sectional study of nationally representative individual-level data from 1.1 million adults. <i>Lancet, The</i> , 2019, 394, 652-662.	13.7	319
3	Non-communicable diseases in the Arab world. <i>Lancet, The</i> , 2014, 383, 356-367.	13.7	293
4	Nutrition Transition and Cardiovascular Disease Risk Factors in Middle East and North Africa Countries: Reviewing the Evidence. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 193-203.	1.9	211
5	Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. <i>Obesity</i> , 2003, 11, 1353-1361.	4.0	163
6	Trends in overweight and obesity in Lebanon: evidence from two national cross-sectional surveys (1997 and 2009). <i>BMC Public Health</i> , 2012, 12, 798.	2.9	139
7	A Western dietary pattern is associated with overweight and obesity in a national sample of Lebanese adolescents (13-19 years): a cross-sectional study. <i>British Journal of Nutrition</i> , 2015, 114, 1909-1919.	2.3	117
8	Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. <i>Public Health Nutrition</i> , 2011, 14, 1570-1578.	2.2	108
9	Food consumption patterns in an adult urban population in Beirut, Lebanon. <i>Public Health Nutrition</i> , 2006, 9, 194-203.	2.2	107
10	The impact of dietary habits and metabolic risk factors on cardiovascular and diabetes mortality in countries of the Middle East and North Africa in 2010: a comparative risk assessment analysis. <i>BMJ Open</i> , 2015, 5, e006385-e006385.	1.9	105
11	The Prevalence of Micronutrient Deficiencies and Inadequacies in the Middle East and Approaches to Interventions. <i>Nutrients</i> , 2017, 9, 229.	4.1	103
12	Variations in Postprandial Ghrelin Status following Ingestion of High-Carbohydrate, High-Fat, and High-Protein Meals in Males. <i>Annals of Nutrition and Metabolism</i> , 2006, 50, 260-269.	1.9	102
13	Impact of Nonoptimal Intakes of Saturated, Polyunsaturated, and Trans Fat on Global Burdens of Coronary Heart Disease. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	102
14	Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. <i>European Journal of Nutrition</i> , 2013, 52, 97-105.	3.9	95
15	Dietary, Lifestyle and Socio-Economic Correlates of Overweight, Obesity and Central Adiposity in Lebanese Children and Adolescents. <i>Nutrients</i> , 2014, 6, 1038-1062.	4.1	95
16	Dietary exposure to essential and toxic trace elements from a Total diet study in an adult Lebanese urban population. <i>Food and Chemical Toxicology</i> , 2010, 48, 1262-1269.	3.6	88
17	Plasma Copper, Zinc, and Selenium Levels and Correlates with Metabolic Syndrome Components of Lebanese Adults. <i>Biological Trace Element Research</i> , 2008, 123, 58-65.	3.5	85
18	Validity and reliability of a food frequency questionnaire to estimate dietary intake among Lebanese children. <i>Nutrition Journal</i> , 2015, 15, 4.	3.4	70

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19	Promoting healthy eating and physical activity among school children: findings from Health-E-PALS, the first pilot intervention from Lebanon. <i>BMC Public Health</i> , 2014, 14, 940.	2.9	69
20	Nutrition security is an integral component of food security. <i>Frontiers in Life Science: Frontiers of Interdisciplinary Research in the Life Sciences</i> , 2016, 9, 167-172.	1.1	63
21	Postprandial acylated ghrelin status following fat and protein manipulation of meals in healthy young women. <i>Clinical Science</i> , 2005, 109, 405-411.	4.3	59
22	Variation of Postprandial PYY<sub>3-36</sub> Response following Ingestion of Differing Macronutrient Meals in Obese Females. <i>Annals of Nutrition and Metabolism</i> , 2008, 52, 188-195.	1.9	56
23	Physical activity in adults with and without diabetes: from the "high-risk" approach to the "population-based" approach of prevention. <i>BMC Public Health</i> , 2013, 13, 1002.	2.9	55
24	Nutritional status and dietary intakes of children amid the nutrition transition: the case of the Eastern Mediterranean Region. <i>Nutrition Research</i> , 2018, 57, 12-27.	2.9	54
25	Association of <i>Helicobacter pylori</i> Infection with Insulin Resistance and Metabolic Syndrome Among Lebanese Adults. <i>Helicobacter</i> , 2012, 17, 444-451.	3.5	52
26	Dietary exposure to lead, cadmium, mercury and radionuclides of an adult urban population in Lebanon: A total diet study approach. <i>Food Additives and Contaminants</i> , 2006, 23, 579-590.	2.0	51
27	Household food insecurity is associated with a higher burden of obesity and risk of dietary inadequacies among mothers in Beirut, Lebanon. <i>BMC Public Health</i> , 2017, 17, 567.	2.9	51
28	Prevalence and correlates of metabolic syndrome in an adult Lebanese population. <i>CVD Prevention and Control</i> , 2008, 3, 83.	0.7	49
29	Diet, physical activity and socio-economic disparities of obesity in Lebanese adults: findings from a national study. <i>BMC Public Health</i> , 2015, 15, 279.	2.9	49
30	Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. <i>Nutrition and Metabolism</i> , 2012, 9, 111.	3.0	48
31	Prevalence, correlates and management of type 2 diabetes mellitus in Lebanon: Findings from a national population-based study. <i>Diabetes Research and Clinical Practice</i> , 2014, 105, 408-415.	2.8	48
32	Folate deficiency is associated with nutritional anaemia in Lebanese women of childbearing age. <i>Public Health Nutrition</i> , 2006, 9, 921-927.	2.2	45
33	Postprandial metabolic and hormonal responses of obese dyslipidemic subjects with metabolic syndrome to test meals, rich in carbohydrate, fat or protein. <i>Atherosclerosis</i> , 2010, 210, 307-313.	0.8	42
34	Obesity is associated with insulin resistance and components of the metabolic syndrome in Lebanese adolescents. <i>Annals of Human Biology</i> , 2012, 39, 122-128.	1.0	40
35	Development and Validation of an Arab Family Food Security Scale. <i>Journal of Nutrition</i> , 2014, 144, 751-757.	2.9	40
36	A novel Mediterranean diet index from Lebanon: comparison with Europe. <i>European Journal of Nutrition</i> , 2015, 54, 1229-1243.	3.9	39

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37	Role of inflammation in the association between the western dietary pattern and metabolic syndrome among Lebanese adults. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 997-1004.	2.8	39
38	Prevalence and correlates of food insecurity among Lebanese households with children aged 4â€“18 years: findings from a national cross-sectional study. <i>Public Health Nutrition</i> , 2019, 22, 202-211.	2.2	37
39	Adolescent obesity in Syria: prevalence and associated factors. <i>Child: Care, Health and Development</i> , 2010, 36, 404-413.	1.7	35
40	Validity and reliability of the Arabic version of the Household Food Insecurity Access Scale in rural Lebanon. <i>Public Health Nutrition</i> , 2015, 18, 251-258.	2.2	33
41	Variations in Nutritional Status of Elderly Men and Women according to Place of Residence. <i>Gerontology</i> , 2003, 49, 215-224.	2.8	31
42	The Use of Multivitamin/Multimineral Supplements: A Modified Delphi Consensus Panel Report. <i>Clinical Therapeutics</i> , 2018, 40, 640-657.	2.5	31
43	Environmental footprints of food consumption and dietary patterns among Lebanese adults: a cross-sectional study. <i>Nutrition Journal</i> , 2018, 17, 85.	3.4	31
44	Trends in Nutritional Intakes and Nutrition-Related Cardiovascular Disease Risk Factors in Lebanon : The Need for Immediate Action. <i>Journal Medical Libanais</i> , 2014, 62, 83-91.	0.0	31
45	Breastfeeding Knowledge, Attitude, Perceived Behavior, and Intention among Female Undergraduate University Students in the Middle East: The Case of Lebanon and Syria. <i>Food and Nutrition Bulletin</i> , 2014, 35, 179-190.	1.4	30
46	Cigarette smoking in a Middle Eastern country and its association with hospitalisation use: a nationwide cross-sectional study. <i>BMJ Open</i> , 2016, 6, e009881.	1.9	28
47	A Lebanese dietary pattern promotes better diet quality among older adults: findings from a national cross-sectional study. <i>BMC Geriatrics</i> , 2016, 16, 85.	2.7	27
48	Prevalence and Correlates of Preschool Overweight and Obesity Amidst the Nutrition Transition: Findings from a National Cross-Sectional Study in Lebanon. <i>Nutrients</i> , 2017, 9, 266.	4.1	27
49	A traditional dietary pattern is associated with lower odds of overweight and obesity among preschool children in Lebanon: a cross-sectional study. <i>European Journal of Nutrition</i> , 2019, 58, 91-102.	3.9	27
50	Identification of dietary patterns associated with elevated blood pressure among Lebanese men: A comparison of principal component analysis with reduced rank regression and partial least square methods. <i>PLoS ONE</i> , 2019, 14, e0220942.	2.5	26
51	Differences in Dietary Intakes among Lebanese Adults over a Decade: Results from Two National Surveys 1997â€“2008/2009. <i>Nutrients</i> , 2019, 11, 1738.	4.1	25
52	Metabolically Healthy Overweight and Obesity Is Associated with Higher Adherence to a Traditional Dietary Pattern: A Cross-Sectional Study among Adults in Lebanon. <i>Nutrients</i> , 2016, 8, 432.	4.1	24
53	Complementary feeding in the MENA region: Practices and challenges. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 793-798.	2.6	23
54	Adherence to the Qatar dietary guidelines: a cross-sectional study of the gaps, determinants and association with cardiometabolic risk amongst adults. <i>BMC Public Health</i> , 2018, 18, 503.	2.9	22

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55	Postprandial ghrelin and PYY responses of male subjects on low carbohydrate meals to varied balancing proportions of proteins and fats. <i>European Journal of Nutrition</i> , 2010, 49, 493-500.	3.9	21
56	Metabolic Syndrome and Insulin Resistance in Obese Prepubertal Children in Lebanon: A Primary Health Concern. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 135-142.	1.9	21
57	Sex disparities in dietary intake across the lifespan: the case of Lebanon. <i>Nutrition Journal</i> , 2020, 19, 24.	3.4	21
58	Effect of diet supplementation with glutamine, dihydroxyacetone, and leucine on food intake, weight gain, and postprandial glycogen metabolism of rats. <i>Nutrition</i> , 2005, 21, 224-229.	2.4	20
59	Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. <i>BMC Pregnancy and Childbirth</i> , 2016, 16, 98.	2.4	20
60	Meal Pattern of Male Rats Maintained on Histidine, Leucine, or Tyrosine-Supplemented Diet. <i>Obesity</i> , 2007, 15, 616-623.	3.0	19
61	A "High Risk" Lifestyle Pattern Is Associated with Metabolic Syndrome among Qatari Women of Reproductive Age: A Cross-Sectional National Study. <i>International Journal of Molecular Sciences</i> , 2016, 17, 698.	4.1	19
62	Dietary Management of Type 2 Diabetes in the MENA Region: A Review of the Evidence. <i>Nutrients</i> , 2021, 13, 1060.	4.1	19
63	Dietary Management of Obesity: A Review of the Evidence. <i>Diagnostics</i> , 2021, 11, 24.	2.6	19
64	Nutrition in the Prevention of Breast Cancer: A Middle Eastern Perspective. <i>Frontiers in Public Health</i> , 2019, 7, 316.	2.7	18
65	Water and Beverage Consumption among Children Aged 4-13 Years in Lebanon: Findings from a National Cross-Sectional Study. <i>Nutrients</i> , 2016, 8, 554.	4.1	17
66	Food insecurity is associated with lower adherence to the Mediterranean dietary pattern among Lebanese adolescents: a cross-sectional national study. <i>European Journal of Nutrition</i> , 2020, 59, 3281-3292.	3.9	17
67	Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. <i>British Journal of Nutrition</i> , 2021, 125, 346-356.	2.3	17
68	IRON DEFICIENCY IS AN IMPORTANT CONTRIBUTOR TO ANEMIA AMONG REPRODUCTIVE AGE WOMEN IN LEBANON. <i>Ecology of Food and Nutrition</i> , 2004, 43, 77-92.	1.6	16
69	Adolescent Obesity and Physical Activity. , 2005, 94, 42-50.		16
70	Mediterranean Diet and its Environmental Footprints amid Nutrition Transition: The Case of Lebanon. <i>Sustainability</i> , 2019, 11, 6690.	3.2	16
71	Impact of a one-year school-based teacher-implemented nutrition and physical activity intervention: main findings and future recommendations. <i>BMC Public Health</i> , 2020, 20, 256.	2.9	16
72	Activity concentrations and mean annual effective dose from gamma-emitting radionuclides in the Lebanese diet. <i>Radiation Protection Dosimetry</i> , 2008, 131, 545-550.	0.8	15

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73	Validity of predictive equations developed to estimate body fat from anthropometry and bioelectrical impedance analysis in 8-10 year-old children. <i>Clinical Nutrition</i> , 2012, 31, 364-371.	5.0	15
74	Lifestyle Patterns Are Associated with Elevated Blood Pressure among Qatari Women of Reproductive Age: A Cross-Sectional National Study. <i>Nutrients</i> , 2015, 7, 7593-7615.	4.1	15
75	Impacts of shifting to healthier food consumption patterns on environmental sustainability in MENA countries. <i>Sustainability Science</i> , 2019, 14, 1131-1146.	4.9	15
76	Anemia and Nutritional Status of Syrian Refugee Mothers and Their Children under Five Years in Greater Beirut, Lebanon. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6894.	2.6	14
77	Association between country preparedness indicators and quality clinical care for cardiovascular disease risk factors in 44 lower- and middle-income countries: A multicountry analysis of survey data. <i>PLoS Medicine</i> , 2020, 17, e1003268.	8.4	14
78	Metabolic and Appetite Hormone Responses of Hyperinsulinemic Normoglycemic Males to Meals with Varied Macronutrient Compositions. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 59-67.	1.9	13
79	Editorial: Public Health Nutrition in the Middle East. <i>Frontiers in Public Health</i> , 2016, 4, 33.	2.7	13
80	Gaps and opportunities for nutrition research in relation to non-communicable diseases in Arab countries: Call for an informed research agenda. <i>Nutrition Research</i> , 2017, 47, 1-12.	2.9	13
81	Children's Experiences of Food Insecurity in Lebanon: A Qualitative Study. <i>Journal of Hunger and Environmental Nutrition</i> , 2018, 13, 28-39.	1.9	13
82	Dietetic practice: the past, present and future. <i>Eastern Mediterranean Health Journal</i> , 2004, 10, 716-30.	0.8	13
83	Glycemic and insulinemic responses to hot vs cooled potato in males with varied insulin sensitivity. <i>Nutrition Research</i> , 2004, 24, 993-1004.	2.9	12
84	Factors associated with consulting a dietitian for diabetes management: a cross-sectional study. <i>BMC Health Services Research</i> , 2013, 13, 504.	2.2	12
85	Food insecurity is associated with compromised dietary intake and quality among Lebanese mothers: findings from a national cross-sectional study. <i>Public Health Nutrition</i> , 2020, 23, 2687-2699.	2.2	11
86	Impact of a Three-Year Obesity Prevention Study on Healthy Behaviors and BMI among Lebanese Schoolchildren: Findings from Ajyal Salima Program. <i>Nutrients</i> , 2020, 12, 2687.	4.1	11
87	Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. <i>Sustainability</i> , 2020, 12, 4519.	3.2	10
88	Promoting Sustainable and Healthy Diets to Mitigate Food Insecurity Amidst Economic and Health Crises in Lebanon. <i>Frontiers in Nutrition</i> , 2021, 8, 697225.	3.7	10
89	Dietary Patterns in Cardiovascular Diseases Prevention and Management : Review of the Evidence and Recommendations for Primary Care Physicians in Lebanon. <i>Journal Medical Libanais</i> , 2014, 62, 92-99.	0.0	10
90	Nutritional status and adequacy of feeding Practices in Infants and Toddlers 0-23.9 months living in the United Arab Emirates (UAE): findings from the feeding Infants and Toddlers Study (FITS) 2020. <i>BMC Public Health</i> , 2022, 22, 319.	2.9	10

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91	Vitamins A and E Status in an Urban Lebanese Population: A Case Study at Dar Al-Fatwa Area, Beirut. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 3-8.	1.5	9
92	Total Usual Nutrient Intakes and Nutritional Status of United Arab Emirates Children (<4 Years): Findings from the Feeding Infants and Toddlers Study (FITS) 2021. <i>Current Developments in Nutrition</i> , 2022, 6, nzac080.	0.3	9
93	Postprandial glycogen and lipid synthesis in prednisolone-treated rats maintained on high-protein diets with varied carbohydrate levels. <i>Nutrition</i> , 2006, 22, 288-294.	2.4	8
94	The effect of glutamine and dihydroxyacetone supplementation on food intake, weight gain, and postprandial glycogen synthesis in female Zucker rats. <i>Nutrition</i> , 2006, 22, 794-801.	2.4	8
95	Prevalence and associations of behavioural risk factors with blood lipids profile in Lebanese adults: findings from WHO STEPwise NCD cross-sectional survey. <i>BMJ Open</i> , 2019, 9, e026148.	1.9	8
96	Food and nutrient intake of school-aged children in Lebanon and their adherence to dietary guidelines and recommendations. <i>BMC Public Health</i> , 2022, 22, 922.	2.9	8
97	Postprandial glycemic and insulinemic responses to high-carbohydrate vs high-protein meals in obese normoglycemic subjects with varied insulin sensitivity. <i>Nutrition Research</i> , 2005, 25, 535-548.	2.9	7
98	Food insecurity, low dietary diversity and poor mental health among Syrian refugee mothers living in vulnerable areas of Greater Beirut, Lebanon. <i>British Journal of Nutrition</i> , 2022, 128, 1832-1847.	2.3	7
99	Modification of glucocorticoid effects on body weight gain, plasma lipids by changes in diet composition. <i>Nutrition Research</i> , 2003, 23, 1105-1115.	2.9	6
100	Adolescents' self-perceived and actual weight: Which plays a dominant role in weight loss behaviour in Lebanon?. <i>Child: Care, Health and Development</i> , 2018, 44, 124-130.	1.7	6
101	Food consumption patterns and nutrient intakes of infants and young children amidst the nutrition transition: the case of Lebanon. <i>Nutrition Journal</i> , 2022, 21, .	3.4	6
102	Data Resource Profile: The Global Health and Population Project on Access to Care for Cardiometabolic Diseases (HPACC). <i>International Journal of Epidemiology</i> , 2022, 51, e337-e349.	1.9	6
103	Acute Effect of Leptin and Ghrelin Injection on Postprandial Glycogen and Lipid Synthesis in Rats. <i>Annals of Nutrition and Metabolism</i> , 2007, 51, 14-21.	1.9	5
104	Food Sources of Fiber and Micronutrients of Concern in Infants and Children in the United Arab Emirates: Findings from the Feeding Infants and Toddlers Study (FITS) and the Kids Nutrition and Health Survey (KNHS) 2020. <i>Nutrients</i> , 2022, 14, 2819.	4.1	5
105	Anthropometric Cutoffs for Increased Cardiometabolic Risk Among Lebanese Adults: A Cross-Sectional Study. <i>Metabolic Syndrome and Related Disorders</i> , 2019, 17, 486-493.	1.3	4
106	Established and Suspected Biomarkers of Cardiovascular Disease (CVD) Risk in Pre-Menopausal Lebanese Women. <i>Ecology of Food and Nutrition</i> , 2008, 47, 298-311.	1.6	3
107	Food acceptability affects ghrelin and insulin levels in healthy male subjects. A pilot study. <i>Nutrition Research</i> , 2018, 49, 48-55.	2.9	3
108	Sustainable, Healthy and Affordable Diets for Children in Lebanon: A Call for Action in Dire Times. <i>Sustainability</i> , 2021, 13, 13245.	3.2	3

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109	Infant and Young Child Feeding Practices in Lebanon: A Cross-sectional National Study. Public Health Nutrition, 2022, , 1-46.	2.2	3
110	Prevalence and Correlates of Hypertension Unawareness among Lebanese Adults: The Need to Target Those "Left Behind". International Journal of Hypertension, 2021, 2021, 1-9.	1.3	2
111	Discrepancies between two lipid-lowering guidelines for CVD prevention in seemingly healthy individuals-case study Lebanon. Cardiovascular Diagnosis and Therapy, 2013, 3, 129-36.	1.7	2
112	Letter to the Editor. Obesity Reviews, 2010, 11, 229-229.	6.5	1
113	International Breast Cancer and Nutrition: A Model for Research, Training and Policy in Diet, Epigenetics, and Chronic Disease Prevention. Advances in Nutrition, 2014, 5, 566-567.	6.4	1
114	Strengthening the evidence base for nutrition and cancer in low and middle income countries. Journal of Global Health, 2016, 6, 020306.	2.7	1
115	The First United Arab Emirates National Representative Birth Cohort Study: Study Protocol. Frontiers in Pediatrics, 2022, 10, 857034.	1.9	1
116	VALIDITY AND RELIABILITY OF A FOOD FREQUENCY QUESTIONNAIRE AMONG LEBANESE CHILDREN FOR THE ASSESSMENT OF ENERGY AND NUTRIENT INTAKE. Journal of Epidemiology and Community Health, 2015, 69, A3.2-A3.	3.7	0
117	Anemia, nutritional status, and breastfeeding practices among mother-child pairs in vulnerable areas of Greater Beirut, Lebanon. Proceedings of the Nutrition Society, 2020, 79, .	1.0	0
118	The effect of phosphorus manipulation on in vivo glycogenesis and lipogenesis of rats fed a high fructose diet.. FASEB Journal, 2009, 23, 722.18.	0.5	0
119	Malnutrition and Early Feeding Practices among 0-2 Year Old Children in Lebanon. FASEB Journal, 2015, 29, 901.18.	0.5	0
120	Title is missing!. , 2020, 17, e1003268.		0
121	Title is missing!. , 2020, 17, e1003268.		0
122	Title is missing!. , 2020, 17, e1003268.		0
123	Title is missing!. , 2020, 17, e1003268.		0
124	Title is missing!. , 2020, 17, e1003268.		0
125	Title is missing!. , 2020, 17, e1003268.		0