

# Nahla C Hwalla

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2723095/publications.pdf>

Version: 2024-02-01

125  
papers

4,867  
citations

116194

36  
h-index

120465

65  
g-index

125  
all docs

125  
docs citations

125  
times ranked

6764  
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	1.2	7
2	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.	1.2	10
3	Infant and Young Child Feeding Practices in Lebanon: A Cross-sectional National Study. <i>Public Health Nutrition</i> , 2022, , 1-46.	1.1	3
4	The First United Arab Emirates National Representative Birth Cohort Study: Study Protocol. <i>Frontiers in Pediatrics</i> , 2022, 10, 857034.	0.9	1
5	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, nza080.	0.1	9
6	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.	1.2	8
7	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, .	1.5	6
8	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.	0.9	6
9	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.	1.7	5
10	Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. <i>British Journal of Nutrition</i> , 2021, 125, 346-356.	1.2	17
11	Prevalence and Correlates of Hypertension Unawareness among Lebanese Adults: The Need to Target Those "Left Behind". <i>International Journal of Hypertension</i> , 2021, 2021, 1-9.	0.5	2
12	Dietary Management of Type 2 Diabetes in the MENA Region: A Review of the Evidence. <i>Nutrients</i> , 2021, 13, 1060.	1.7	19
13	Promoting Sustainable and Healthy Diets to Mitigate Food Insecurity Amidst Economic and Health Crises in Lebanon. <i>Frontiers in Nutrition</i> , 2021, 8, 697225.	1.6	10
14	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.	1.2	14
15	Dietary Management of Obesity: A Review of the Evidence. <i>Diagnostics</i> , 2021, 11, 24.	1.3	19
16	Sustainable, Healthy and Affordable Diets for Children in Lebanon: A Call for Action in Dire Times. <i>Sustainability</i> , 2021, 13, 13245.	1.6	3
17	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.	1.8	17
18	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.	1.1	11

#	ARTICLE	IF	CITATIONS
19	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.	1.7	11
20	Sex disparities in dietary intake across the lifespan: the case of Lebanon. <i>Nutrition Journal</i> , 2020, 19, 24.	1.5	21
21	Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. <i>Sustainability</i> , 2020, 12, 4519.	1.6	10
22	Anemia, nutritional status, and breastfeeding practices among mother-child pairs in vulnerable areas of Greater Beirut, Lebanon. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
23	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.	1.2	16
24	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.	3.9	14
25	Title is missing!. , 2020, 17, e1003268.		0
26	Title is missing!. , 2020, 17, e1003268.		0
27	Title is missing!. , 2020, 17, e1003268.		0
28	Title is missing!. , 2020, 17, e1003268.		0
29	Title is missing!. , 2020, 17, e1003268.		0
30	Title is missing!. , 2020, 17, e1003268.		0
31	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.	1.1	26
32	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.	6.3	319
33	Differences in Dietary Intakes among Lebanese Adults over a Decade: Results from Two National Surveys 1997â€“2008/2009. <i>Nutrients</i> , 2019, 11, 1738.	1.7	25
34	Nutrition in the Prevention of Breast Cancer: A Middle Eastern Perspective. <i>Frontiers in Public Health</i> , 2019, 7, 316.	1.3	18
35	Mediterranean Diet and its Environmental Footprints amid Nutrition Transition: The Case of Lebanon. <i>Sustainability</i> , 2019, 11, 6690.	1.6	16
36	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.	0.8	8

#	ARTICLE	IF	CITATIONS
37	Anthropometric Cutoffs for Increased Cardiometabolic Risk Among Lebanese Adults: A Cross-Sectional Study. <i>Metabolic Syndrome and Related Disorders</i> , 2019, 17, 486-493.	0.5	4
38	Impacts of shifting to healthier food consumption patterns on environmental sustainability in MENA countries. <i>Sustainability Science</i> , 2019, 14, 1131-1146.	2.5	15
39	Prevalence and correlates of food insecurity among Lebanese households with children aged 4-18 years: findings from a national cross-sectional study. <i>Public Health Nutrition</i> , 2019, 22, 202-211.	1.1	37
40	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.	1.8	27
41	The Use of Multivitamin/Multimineral Supplements: A Modified Delphi Consensus Panel Report. <i>Clinical Therapeutics</i> , 2018, 40, 640-657.	1.1	31
42	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.	0.8	6
43	Children's Experiences of Food Insecurity in Lebanon: A Qualitative Study. <i>Journal of Hunger and Environmental Nutrition</i> , 2018, 13, 28-39.	1.1	13
44	Food acceptability affects ghrelin and insulin levels in healthy male subjects. A pilot study. <i>Nutrition Research</i> , 2018, 49, 48-55.	1.3	3
45	Environmental footprints of food consumption and dietary patterns among Lebanese adults: a cross-sectional study. <i>Nutrition Journal</i> , 2018, 17, 85.	1.5	31
46	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.	1.2	22
47	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.	1.3	54
48	Energy balance and obesity: what are the main drivers?. <i>Cancer Causes and Control</i> , 2017, 28, 247-258.	0.8	455
49	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.	1.3	39
50	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.	1.3	13
51	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.	1.2	51
52	The Prevalence of Micronutrient Deficiencies and Inadequacies in the Middle East and Approaches to Interventions. <i>Nutrients</i> , 2017, 9, 229.	1.7	103
53	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.	1.7	27
54	Strengthening the evidence base for nutrition and cancer in low and middle income countries. <i>Journal of Global Health</i> , 2016, 6, 020306.	1.2	1

#	ARTICLE	IF	CITATIONS
55	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.	0.8	28
56	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.	1.8	19
57	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.	1.7	24
58	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.	1.7	17
59	Editorial: Public Health Nutrition in the Middle East. <i>Frontiers in Public Health</i> , 2016, 4, 33.	1.3	13
60	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
61	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.	1.1	27
62	Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. <i>BMC Pregnancy and Childbirth</i> , 2016, 16, 98.	0.9	20
63	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, .	1.6	102
64	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.	1.2	117
65	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.	1.1	33
66	Validity and reliability of a food frequency questionnaire to estimate dietary intake among Lebanese children. <i>Nutrition Journal</i> , 2015, 15, 4.	1.5	70
67	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.	1.7	15
68	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.	0.8	105
69	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.	1.2	49
70	VALIDITY AND RELIABILITY OF A FOOD FREQUENCY QUESTIONNAIRE AMONG LEBANESE CHILDREN FOR THE ASSESSMENT OF ENERGY AND NUTRIENT INTAKE. <i>Journal of Epidemiology and Community Health</i> , 2015, 69, A3.2-A3.	2.0	0
71	A novel Mediterranean diet index from Lebanon: comparison with Europe. <i>European Journal of Nutrition</i> , 2015, 54, 1229-1243.	1.8	39
72	Malnutrition and Early Feeding Practices among 2 Year-Old Children in Lebanon. <i>FASEB Journal</i> , 2015, 29, 901.18.	0.2	0

#	ARTICLE	IF	CITATIONS
73	International Breast Cancer and Nutrition: A Model for Research, Training and Policy in Diet, Epigenetics, and Chronic Disease Prevention. <i>Advances in Nutrition</i> , 2014, 5, 566-567.	2.9	1
74	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.	1.2	69
75	Development and Validation of an Arab Family Food Security Scale. <i>Journal of Nutrition</i> , 2014, 144, 751-757.	1.3	40
76	Non-communicable diseases in the Arab world. <i>Lancet, The</i> , 2014, 383, 356-367.	6.3	293
77	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.	1.1	48
78	Dietary, Lifestyle and Socio-Economic Correlates of Overweight, Obesity and Central Adiposity in Lebanese Children and Adolescents. <i>Nutrients</i> , 2014, 6, 1038-1062.	1.7	95
79	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.	0.5	30
80	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
81	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
82	Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. <i>European Journal of Nutrition</i> , 2013, 52, 97-105.	1.8	95
83	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.	1.2	55
84	Factors associated with consulting a dietitian for diabetes management: a cross-sectional study. <i>BMC Health Services Research</i> , 2013, 13, 504.	0.9	12
85	Discrepancies between two lipid-lowering guidelines for CVD prevention in seemingly healthy individuals-case study Lebanon. <i>Cardiovascular Diagnosis and Therapy</i> , 2013, 3, 129-36.	0.7	2
86	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.	0.4	40
87	Association of <i>Helicobacter</i> Infection with Insulin Resistance and Metabolic Syndrome Among Lebanese Adults. <i>Helicobacter</i> , 2012, 17, 444-451.	1.6	52
88	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.	1.2	139
89	Complementary feeding in the MENA region: Practices and challenges. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 793-798.	1.1	23
90	Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. <i>Nutrition and Metabolism</i> , 2012, 9, 111.	1.3	48

#	ARTICLE	IF	CITATIONS
91	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.	2.3	15
92	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.	1.1	108
93	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.	1.8	21
94	Adolescent obesity in Syria: prevalence and associated factors. <i>Child: Care, Health and Development</i> , 2010, 36, 404-413.	0.8	35
95	Letter to the Editor. <i>Obesity Reviews</i> , 2010, 11, 229-229.	3.1	1
96	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.	1.0	211
97	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.	1.0	13
98	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.	1.0	21
99	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.	1.8	88
100	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.	0.4	42
101	The effect of phosphorus manipulation on in vivo glycogenesis and lipogenesis of rats fed a high fructose diet.. <i>FASEB Journal</i> , 2009, 23, 722.18.	0.2	0
102	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.	1.9	85
103	Prevalence and correlates of metabolic syndrome in an adult Lebanese population. <i>CVD Prevention and Control</i> , 2008, 3, 83.	0.7	49
104	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.	1.0	56
105	Activity concentrations and mean annual effective dose from gamma-emitting radionuclides in the Lebanese diet. <i>Radiation Protection Dosimetry</i> , 2008, 131, 545-550.	0.4	15
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.	0.8	3
107	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.	1.0	5
108	Meal Pattern of Male Rats Maintained on Histidine, Leucine, or Tyrosine Supplemented Diet. <i>Obesity</i> , 2007, 15, 616-623.	1.5	19

#	ARTICLE	IF	CITATIONS
109	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.	1.0	102
110	Folate deficiency is associated with nutritional anaemia in Lebanese women of childbearing age. <i>Public Health Nutrition</i> , 2006, 9, 921-927.	1.1	45
111	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.	1.1	8
112	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.	1.1	8
113	Food consumption patterns in an adult urban population in Beirut, Lebanon. <i>Public Health Nutrition</i> , 2006, 9, 194-203.	1.1	107
114	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
115	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.	0.6	9
116	Postprandial acylated ghrelin status following fat and protein manipulation of meals in healthy young women. <i>Clinical Science</i> , 2005, 109, 405-411.	1.8	59
117	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.	1.1	20
118	Adolescent Obesity and Physical Activity. , 2005, 94, 42-50.		16
119	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.	1.3	7
120	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.	0.8	16
121	Glycemic and insulinemic responses to hot vs cooled potato in males with varied insulin sensitivity. <i>Nutrition Research</i> , 2004, 24, 993-1004.	1.3	12
122	Dietetic practice: the past, present and future. <i>Eastern Mediterranean Health Journal</i> , 2004, 10, 716-30.	0.3	13
123	Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiological Study. <i>Obesity</i> , 2003, 11, 1353-1361.	4.0	163
124	Modification of glucocorticoid effects on body weight gain, plasma lipids by changes in diet composition. <i>Nutrition Research</i> , 2003, 23, 1105-1115.	1.3	6
125	Variations in Nutritional Status of Elderly Men and Women according to Place of Residence. <i>Gerontology</i> , 2003, 49, 215-224.	1.4	31