

Jamy D Ard

List of Publications by Citations

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127
papers

10,374
citations

38
h-index

101
g-index

151
ext. papers

11,985
ext. citations

5.2
avg, IF

5.96
L-index

#	Paper	IF	Citations
127	2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. <i>Circulation</i> , 2014 , 129, S102-38	16.7	1586
126	2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. <i>Journal of the American College of Cardiology</i> , 2014 , 63, 2985-3023	15.1	1296
125	2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. <i>Journal of the American College of Cardiology</i> , 2014 , 63, 2960-84	15.1	860
124	Reprint: 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk. <i>Circulation</i> , 2013 , e2	16.7	829
123	Comparison of strategies for sustaining weight loss: the weight loss maintenance randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , 2008 , 299, 1139-48	27.4	551
122	Effects of comprehensive lifestyle modification on diet, weight, physical fitness, and blood pressure control: 18-month results of a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 144, 485-95	8	415
121	Effects of diet and sodium intake on blood pressure: subgroup analysis of the DASH-sodium trial. <i>Annals of Internal Medicine</i> , 2001 , 135, 1019-28	8	380
120	Prevalence of obesity in the United States. <i>Obesity Reviews</i> , 2005 , 6, 5-7	10.6	304
119	Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. <i>Circulation</i> , 2017 , 135, e96-e121	16.7	290
118	Weight loss during the intensive intervention phase of the weight-loss maintenance trial. <i>American Journal of Preventive Medicine</i> , 2008 , 35, 118-26	6.1	253
117	Reducing consumption of sugar-sweetened beverages is associated with reduced blood pressure: a prospective study among United States adults. <i>Circulation</i> , 2010 , 121, 2398-406	16.7	180
116	Effect of lifestyle modifications on blood pressure by race, sex, hypertension status, and age. <i>Journal of Human Hypertension</i> , 2005 , 19, 21-31	2.6	180
115	Reductions in dietary energy density are associated with weight loss in overweight and obese participants in the PREMIER trial. <i>American Journal of Clinical Nutrition</i> , 2007 , 85, 1212-21	7	168
114	Reduction in consumption of sugar-sweetened beverages is associated with weight loss: the PREMIER trial. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1299-306	7	155
113	Executive summary: Guidelines (2013) for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and the Obesity Society published by the Obesity Society and American College of Cardiology/American Heart Association Task Force on Practice Guidelines. Based on systematic	8	151
112	DASH (Dietary Approaches to Stop Hypertension) diet is effective treatment for stage 1 isolated systolic hypertension. <i>Hypertension</i> , 2001 , 38, 155-8	8.5	121
111	Twenty-first century behavioral medicine: a context for empowering clinicians and patients with diabetes: a consensus report. <i>Diabetes Care</i> , 2013 , 36, 463-70	14.6	109

110	Effects of PREMIER lifestyle modifications on participants with and without the metabolic syndrome. <i>Hypertension</i> , 2007 , 50, 609-16	8.5	92
109	The effect of the PREMIER interventions on insulin sensitivity. <i>Diabetes Care</i> , 2004 , 27, 340-7	14.6	80
108	Changes in Cardiometabolic Risk Among Obese Older Adults After a 12-Month Exercise and Diet Intervention. <i>Current Developments in Nutrition</i> , 2020 , 4, 1612-1612	0.4	78
107	Relative Fat Mass (RFM) as an Estimate of Total Adiposity in Older Adults. <i>Current Developments in Nutrition</i> , 2021 , 5, 51-51	0.4	78
106	Dietary Patterns and All-Cause Mortality: A NESR Systematic Review. <i>Current Developments in Nutrition</i> , 2021 , 5, 403-403	0.4	78
105	Changes in the Visceral Adiposity Index (VAI) Among Obese Older Adults After a 12-Month Exercise and Diet Intervention. <i>Current Developments in Nutrition</i> , 2021 , 5, 1247-1247	0.4	78
104	Dietary Patterns and Bone Health: A NESR Systematic Review. <i>Current Developments in Nutrition</i> , 2021 , 5, 392-392	0.4	78
103	Angiotensinogen genotype and blood pressure response in the Dietary Approaches to Stop Hypertension (DASH) study. <i>Journal of Hypertension</i> , 2001 , 19, 1949-56	1.9	71
102	Weight maintenance 2 years after participation in a weight loss program promoting low-energy density foods. <i>Obesity</i> , 2006 , 14, 1795-801	8	65
101	Options for basing Dietary Reference Intakes (DRIs) on chronic disease endpoints: report from a joint US-/Canadian-sponsored working group. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 249S-285S	7	59
100	Predictors of long-term weight loss in adults with modest initial weight loss, by sex and race. <i>Obesity</i> , 2012 , 20, 1820-8	8	58
99	Associations of dietary fat with albuminuria and kidney dysfunction. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 897-904	7	56
98	The effects of dietary patterns on quality of life: a substudy of the Dietary Approaches to Stop Hypertension trial. <i>Journal of the American Dietetic Association</i> , 1999 , 99, S84-9		52
97	Developing an intervention to address physical activity barriers for African-American women in the deep south (USA). <i>Womens Health</i> , 2013 , 9, 301-12	3	51
96	Research Needs to Improve Hypertension Treatment and Control in African Americans. <i>Hypertension</i> , 2016 , 68, 1066-1072	8.5	49
95	Dietary interventions and quality of life: a systematic review of the literature. <i>Journal of Nutrition Education and Behavior</i> , 2014 , 46, 90-101	2	46
94	Design considerations and rationale of a multi-center trial to sustain weight loss: the Weight Loss Maintenance Trial. <i>Clinical Trials</i> , 2008 , 5, 546-56	2.2	42
93	Use of the Nominal Group Technique (NGT) to understand the perceptions of the healthiness of foods associated with African Americans. <i>Evaluation and Program Planning</i> , 2010 , 33, 343-8	1.7	41

92	Effects of Individual Components of Multiple Behavior Changes: The PREMIER Trial. <i>American Journal of Health Behavior</i> , 2007 , 31, 545-560	1.9	40
91	Associations of neighborhood area level deprivation with the metabolic syndrome and inflammation among middle- and older- age adults. <i>BMC Public Health</i> , 2014 , 14, 1319	4.1	39
90	Race and region are associated with nutrient intakes among black and white men in the United States. <i>Journal of Nutrition</i> , 2011 , 141, 296-303	4.1	39
89	Calorie restriction in overweight older adults: Do benefits exceed potential risks?. <i>Experimental Gerontology</i> , 2016 , 86, 4-13	4.5	35
88	Hypertension Improvement Project (HIP): study protocol and implementation challenges. <i>Trials</i> , 2009 , 10, 13	2.8	35
87	One-year follow-up study of blood pressure and dietary patterns in dietary approaches to stop hypertension (DASH)-sodium participants. <i>American Journal of Hypertension</i> , 2004 , 17, 1156-62	2.3	35
86	Comprehensive lifestyle modification and blood pressure control: a review of the PREMIER trial. <i>Journal of Clinical Hypertension</i> , 2004 , 6, 383-90	2.3	35
85	Self-efficacy as a predictor of weight change and behavior change in the PREMIER trial. <i>Journal of Nutrition Education and Behavior</i> , 2013 , 45, 314-21	2	34
84	Psychosocial predictors of weight regain in the weight loss maintenance trial. <i>Journal of Behavioral Medicine</i> , 2014 , 37, 1155-68	3.6	33
83	The impact of cost on the availability of fruits and vegetables in the homes of schoolchildren in Birmingham, Alabama. <i>American Journal of Public Health</i> , 2007 , 97, 367-72	5.1	31
82	Race and region have independent and synergistic effects on dietary intakes in black and white women. <i>Nutrition Journal</i> , 2012 , 11, 25	4.3	30
81	Physical activity may facilitate diabetes prevention in adolescents. <i>Diabetes Care</i> , 2009 , 32, 9-13	14.6	30
80	Behavioral transitions and weight change patterns within the PREMIER trial. <i>Obesity</i> , 2011 , 19, 1609-15	8	29
79	Overall and minority-focused recruitment strategies in the PREMIER multicenter trial of lifestyle interventions for blood pressure control. <i>Contemporary Clinical Trials</i> , 2010 , 31, 49-54	2.3	29
78	Dietary fried fish intake increases risk of CVD: the REasons for Geographic And Racial Differences in Stroke (REGARDS) study. <i>Public Health Nutrition</i> , 2016 , 19, 3327-3336	3.3	27
77	Body image as a mediator of the relationship between body mass index and weight-related quality of life in black women. <i>Journal of Womens Health</i> , 2011 , 20, 1573-8	3	27
76	Acceptability of sodium-reduced research diets, including the Dietary Approaches To Stop Hypertension diet, among adults with prehypertension and stage 1 hypertension. <i>Journal of the American Dietetic Association</i> , 2007 , 107, 1530-8		27
75	Patient and physician characteristics associated with the provision of weight loss counseling in primary care. <i>Obesity Research and Clinical Practice</i> , 2014 , 8, e123-30	5.4	25

74	Elements of the metabolic syndrome: association with insulin sensitivity and effects of ethnicity. <i>Metabolic Syndrome and Related Disorders</i> , 2007 , 5, 77-86	2.6	25
73	Effectiveness of a Total Meal Replacement Program (OPTIFAST Program) on Weight Loss: Results from the OPTIWIN Study. <i>Obesity</i> , 2019 , 27, 22-29	8	25
72	Effects of individual components of multiple behavior changes: the PREMIER trial. <i>American Journal of Health Behavior</i> , 2007 , 31, 545-60	1.9	25
71	Safety and Effectiveness of Longer-Term Phentermine Use: Clinical Outcomes from an Electronic Health Record Cohort. <i>Obesity</i> , 2019 , 27, 591-602	8	24
70	Using formative research to develop a worksite health promotion program for African American women. <i>Women and Health</i> , 2008 , 48, 189-207	1.7	24
69	Cultural characteristics of African Americans: implications for the design of trials that target behavior and health promotion programs. <i>Ethnicity and Disease</i> , 2007 , 17, 548-54	1.8	24
68	Dietary restraint and disinhibition do not affect accuracy of 24-hour recall in a multiethnic population. <i>Journal of the American Dietetic Association</i> , 2006 , 106, 434-7		23
67	Informing cancer prevention strategies for African Americans: the relationship of African American acculturation to fruit, vegetable, and fat intake. <i>Journal of Behavioral Medicine</i> , 2005 , 28, 239-47	3.6	23
66	Disparities in Treatment Uptake and Outcomes of Patients with Obesity in the USA. <i>Current Obesity Reports</i> , 2016 , 5, 282-90	8.4	22
65	Obesity in the US: what is the best role for primary care?. <i>BMJ, The</i> , 2015 , 350, g7846	5.9	22
64	Effect of group racial composition on weight loss in African Americans. <i>Obesity</i> , 2008 , 16, 306-10	8	22
63	Effects of Calorie Restriction in Obese Older Adults: The CROSSROADS Randomized Controlled Trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2017 , 73, 73-80	6.4	22
62	Weight loss and improved metabolic outcomes amongst rural African American women in the Deep South: six-month outcomes from a community-based randomized trial. <i>Journal of Internal Medicine</i> , 2017 , 282, 102-113	10.8	21
61	A study of the relationship between food group recommendations and perceived stress: findings from black women in the Deep South. <i>Journal of Obesity</i> , 2015 , 2015, 203164	3.7	21
60	Sex hormone changes during weight loss and maintenance in overweight and obese postmenopausal African-American and non-African-American women. <i>Breast Cancer Research</i> , 2012 , 14, R141	8.3	19
59	Impact of 5-year weight change on blood pressure: results from the Weight Loss Maintenance trial. <i>Journal of Clinical Hypertension</i> , 2013 , 15, 458-64	2.3	18
58	Family functioning and weight loss in a sample of african americans and whites. <i>Annals of Behavioral Medicine</i> , 2010 , 40, 294-301	4.5	18
57	Racial influences associated with weight-related beliefs in African American and Caucasian women. <i>Ethnicity and Disease</i> , 2007 , 17, 1-5	1.8	18

56	Longitudinal association of measures of adiposity with serum antioxidant concentrations in postmenopausal women. <i>European Journal of Clinical Nutrition</i> , 2016 , 70, 47-53	5.2	17
55	Body Image and Quality of Life in a Group of African American Women. <i>Social Indicators Research</i> , 2010 , 99, 531-540	2.7	16
54	Efficacy and safety of liraglutide 3.0 mg for weight management are similar across races: subgroup analysis across the SCALE and phase II randomized trials. <i>Diabetes, Obesity and Metabolism</i> , 2016 , 18, 430-5	6.7	15
53	Perception of others' body size influences weight loss and regain for European American but not African American women. <i>Health Psychology</i> , 2009 , 28, 414-8	5	15
52	Perceptions of African-American culture and implications for clinical trial design. <i>Ethnicity and Disease</i> , 2005 , 15, 292-9	1.8	15
51	Association between body image disparity and culturally specific factors that affect weight in Black and White women. <i>Ethnicity and Disease</i> , 2007 , 17, S2-34-9	1.8	15
50	A study of a culturally enhanced EatRight dietary intervention in a predominately African American workplace. <i>Journal of Public Health Management and Practice</i> , 2010 , 16, E1-8	1.9	14
49	COVID-19, Obesity, and Structural Racism: Understanding the Past and Identifying Solutions for the Future. <i>Cell Metabolism</i> , 2021 , 33, 234-241	24.6	14
48	A new model for developing and executing culturally appropriate behavior modification clinical trials for African Americans. <i>Ethnicity and Disease</i> , 2003 , 13, 279-85	1.8	14
47	Diet and blood pressure: applying the evidence to clinical practice. <i>American Heart Journal</i> , 2005 , 149, 804-12	4.9	13
46	Physical Function and Strength in Relation to Inflammation in Older Adults with Obesity and Increased Cardiometabolic Risk. <i>Journal of Nutrition, Health and Aging</i> , 2019 , 23, 949-957	5.2	12
45	Fear of physical response to exercise among overweight and obese adults. <i>Qualitative Research in Sport, Exercise and Health</i> , 2011 , 3, 174-192	7	12
44	Physical activity patterns during weight maintenance following a low-energy density dietary intervention. <i>Obesity</i> , 2007 , 15, 1226-32	8	12
43	Effects of a reimbursement incentive on enrollment in a weight control program. <i>Obesity</i> , 2007 , 15, 2733-8	3.8	12
42	Comparison of an alternative schedule of extended care contacts to a self-directed control: a randomized trial of weight loss maintenance. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 107	8.4	10
41	Examining the Association Between Body Mass Index and Weight Related Quality of Life in Black and White Women. <i>Applied Research in Quality of Life</i> , 2012 , 7, 309-322	2.3	10
40	Caregiver perceptions of the food marketing environment of African-American 3-11-year-olds: a qualitative study. <i>Public Health Nutrition</i> , 2013 , 16, 2231-9	3.3	10
39	Impact of participant and interventionist race concordance on weight loss outcomes. <i>Obesity</i> , 2013 , 21, 712-7	8	10

38	Weight Loss and Maintenance Related to the Mechanism of Action of Glucagon-Like Peptide-1 Receptor Agonists. <i>Advances in Therapy</i> , 2021 , 38, 2821-2839	4.1	10
37	Evaluation of Dietary Patterns and All-Cause Mortality: A Systematic Review. <i>JAMA Network Open</i> , 2021 , 4, e2122277	10.4	10
36	Impact on weight and physical function of intensive medical weight loss in older adults with stage II and III obesity. <i>Obesity</i> , 2016 , 24, 1861-6	8	9
35	Longitudinal association of anthropometric measures of adiposity with cardiometabolic risk factors in postmenopausal women. <i>Annals of Epidemiology</i> , 2014 , 24, 896-902	6.4	9
34	Calorie restriction in overweight seniors: response of older adults to a dieting study: the CROSSROADS randomized controlled clinical trial. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2014 , 33, 376-400	2.1	9
33	Cultural perceptions of weight in African American and Caucasian women. <i>American Journal of Health Behavior</i> , 2013 , 37, 3-13	1.9	9
32	Sex, weight status, and chronic kidney disease among African Americans: the Jackson Heart Study. <i>Journal of Investigative Medicine</i> , 2013 , 61, 701-7	2.9	8
31	Dietary contributors to glycemic load in the REasons for Geographic and Racial Differences in Stroke study. <i>Nutrition</i> , 2015 , 31, 708-15	4.8	7
30	Nutrition Interventions for Obesity. <i>Medical Clinics of North America</i> , 2016 , 100, 1341-1356	7	7
29	Impact of Participant and Interventionist Race Concordance on Weight Loss Outcomes. <i>Obesity</i> , 2013 , 21, 712-7	8	7
28	Skin in the game: Does paying for obesity treatment out of pocket lead to better outcomes compared to insurance coverage?. <i>Obesity</i> , 2017 , 25, 993-996	8	6
27	A Proposed Framework for Identifying Nutrients and Food Components of Public Health Relevance in the Dietary Guidelines for Americans. <i>Journal of Nutrition</i> , 2021 , 151, 1197-1204	4.1	6
26	Weight-Loss Strategies for Prevention and Treatment of Hypertension: A Scientific Statement From the American Heart Association. <i>Hypertension</i> , 2021 , 78, e38-e50	8.5	6
25	Use of phentermine-topiramate extended release in combination with sleeve gastrectomy in patients with BMI 50 kg/m or more. <i>Surgery for Obesity and Related Diseases</i> , 2019 , 15, 1039-1043	3	5
24	Fruit and vegetable pricing by demographic factors in the Birmingham, Alabama, metropolitan area, 2004-2005. <i>Preventing Chronic Disease</i> , 2010 , 7, A78	3.7	5
23	Dietary Quality Assessed by the HEI-2010 and Biomarkers of Cardiometabolic Disease: An Exploratory Analysis. <i>Journal of the American College of Nutrition</i> , 2019 , 38, 640-647	3.5	4
22	Similar weight loss and maintenance in African American and White women in the Improving Weight Loss (ImWeL) trial. <i>Ethnicity and Health</i> , 2021 , 26, 251-263	2.2	4
21	Health belief model perceptions, knowledge of heart disease, and its risk factors in educated African-American women: an exploration of the relationships of socioeconomic status and age. <i>Journal of National Black Nurses Association: JNBNA</i> , 2006 , 17, 13-23	0.4	4

20	Risedronate to Prevent Bone Loss After Sleeve Gastrectomy: Study Design and Feasibility Report of a Pilot Randomized Controlled Trial. <i>JBMR Plus</i> , 2020 , 4, e10407	3.9	3
19	Association of Sex or Race With the Effect of Weight Loss on Physical Function: A Secondary Analysis of 8 Randomized Clinical Trials. <i>JAMA Network Open</i> , 2020 , 3, e2014631	10.4	3
18	Association of Obesity Phenotypes with Electrocardiographic Markers of Poor Outcomes in the General Population. <i>Obesity</i> , 2019 , 27, 2076-2083	8	2
17	Risedronate use to attenuate bone loss following sleeve gastrectomy: Results from a pilot randomized controlled trial. <i>Clinical Obesity</i> , 2021 , 11, e12487	3.6	2
16	Lifestyle Therapy in the Management of Cardiometabolic Risk: Diabetes Prevention, Hypertension, and Dyslipidemia 2016 , 245-267		1
15	Vitamin D and calcium-sensing receptor polymorphisms differentially associate with resting energy expenditure in peripubertal children. <i>Journal of Bone and Mineral Metabolism</i> , 2013 , 31, 695-702	2.9	1
14	Component analysis and initial validity of the exercise fear avoidance scale. <i>American Journal of Health Behavior</i> , 2013 , 37, 87-95	1.9	1
13	Relative fat mass assessment estimates changes in adiposity among female older adults with obesity after a 12-month exercise and diet intervention.. <i>Annals of Medicine</i> , 2022 , 54, 1160-1166	1.5	1
12	Differences in treatment response to a total diet replacement intervention versus a food-based intervention: A secondary analysis of the OPTIWIN trial. <i>Obesity Science and Practice</i> , 2020 , 6, 605-614	2.6	0
11	Perspective: Impact of the National Academy of Sciences, Engineering, and Medicine Report on the Process for the 2020 Dietary Guidelines Advisory Committee. <i>Advances in Nutrition</i> , 2021 , 12, 1051-1057 ¹⁰		0
10	Factors Associated with Weight Loss Maintenance and Weight Regain Among African American and White Adults Initially Successful at Weight Loss. <i>Journal of Racial and Ethnic Health Disparities</i> , 2021 , 1	3.5	0
9	Response to "Knowledge Gaps in Long-Term Phentermine Use". <i>Obesity</i> , 2019 , 27, 1220	8	
8	Evaluating the feasibility and impact of interactive telephone technology and incentives when combined with a behavioral intervention for weight loss: a pilot study. <i>Nursing (Auckland, N Z)</i> , 2012 , 33	1	
7	Dietary Influences on Blood Pressure 2022 , 139-147		
6	Health Promotion and Disease Prevention 2006 , 3-27		
5	Effect of sugar-sweetened drink consumption on blood pressure in US adults: results from the PREMIER trial. <i>FASEB Journal</i> , 2008 , 22, 739-739	0.9	
4	Racial Differences in Sex Hormones with Weight Loss and Weight Loss Maintenance in Overweight and Obese Postmenopausal Women. <i>FASEB Journal</i> , 2012 , 26, 1b400	0.9	
3	Lifestyle Therapy as Medicine for the Treatment of Obesity 2016 , 199-220		

- 2 Weight Loss, Lifestyle, and Dietary Factors in Cardiovascular Disease in African Americans and Hispanics. *Contemporary Cardiology*, **2021**, 167-182 0.1
- 1 At the Heart of the Matter: Obesity and Its Interplay with Preventive Cardiology. *Contemporary Cardiology*, **2022**, 123-145 0.1