

# Jamy D Ard

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Dietary Influences on Blood Pressure <b>2022</b> , 139-147		
126	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> , <b>2022</b> , 54, 1160-1166	1.5	1
125	At the Heart of the Matter: Obesity and Its Interplay with Preventive Cardiology. <i>Contemporary Cardiology</i> , <b>2022</b> , 123-145	0.1	
124	A Proposed Framework for Identifying Nutrients and Food Components of Public Health Relevance in the Dietary Guidelines for Americans. <i>Journal of Nutrition</i> , <b>2021</b> , 151, 1197-1204	4.1	6
123	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> , <b>2021</b> , 12, 1051-1057 <sup>10</sup>		0
122	Weight Loss and Maintenance Related to the Mechanism of Action of Glucagon-Like Peptide-1 Receptor Agonists. <i>Advances in Therapy</i> , <b>2021</b> , 38, 2821-2839	4.1	10
121	Relative Fat Mass (RFM) as an Estimate of Total Adiposity in Older Adults. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 51-51	0.4	78
120	Dietary Patterns and All-Cause Mortality: A NESR Systematic Review. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 403-403	0.4	78
119	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> , <b>2021</b> , 5, 1247-1247	0.4	78
118	Dietary Patterns and Bone Health: A NESR Systematic Review. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 392-392	0.4	78
117	Similar weight loss and maintenance in African American and White women in the Improving Weight Loss (ImWeL) trial. <i>Ethnicity and Health</i> , <b>2021</b> , 26, 251-263	2.2	4
116	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> , <b>2021</b> , 1	3.5	0
115	COVID-19, Obesity, and Structural Racism: Understanding the Past and Identifying Solutions for the Future. <i>Cell Metabolism</i> , <b>2021</b> , 33, 234-241	24.6	14
114	Evaluation of Dietary Patterns and All-Cause Mortality: A Systematic Review. <i>JAMA Network Open</i> , <b>2021</b> , 4, e2122277	10.4	10
113	Weight-Loss Strategies for Prevention and Treatment of Hypertension: A Scientific Statement From the American Heart Association. <i>Hypertension</i> , <b>2021</b> , 78, e38-e50	8.5	6
112	Risedronate use to attenuate bone loss following sleeve gastrectomy: Results from a pilot randomized controlled trial. <i>Clinical Obesity</i> , <b>2021</b> , 11, e12487	3.6	2
111	Weight Loss, Lifestyle, and Dietary Factors in Cardiovascular Disease in African Americans and Hispanics. <i>Contemporary Cardiology</i> , <b>2021</b> , 167-182	0.1	

110	Risedronate to Prevent Bone Loss After Sleeve Gastrectomy: Study Design and Feasibility Report of a Pilot Randomized Controlled Trial. <i>JBMR Plus</i> , <b>2020</b> , 4, e10407	3.9	3
109	Changes in Cardiometabolic Risk Among Obese Older Adults After a 12-Month Exercise and Diet Intervention. <i>Current Developments in Nutrition</i> , <b>2020</b> , 4, 1612-1612	0.4	78
108	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> , <b>2020</b> , 6, 605-614	2.6	0
107	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> , <b>2020</b> , 3, e2014631	10.4	3
106	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> , <b>2019</b> , 23, 949-957	5.2	12
105	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> , <b>2019</b> , 15, 1039-1043	3	5
104	Safety and Effectiveness of Longer-Term Phentermine Use: Clinical Outcomes from an Electronic Health Record Cohort. <i>Obesity</i> , <b>2019</b> , 27, 591-602	8	24
103	Dietary Quality Assessed by the HEI-2010 and Biomarkers of Cardiometabolic Disease: An Exploratory Analysis. <i>Journal of the American College of Nutrition</i> , <b>2019</b> , 38, 640-647	3.5	4
102	Response to "Knowledge Gaps in Long-Term Phentermine Use". <i>Obesity</i> , <b>2019</b> , 27, 1220	8	
101	Association of Obesity Phenotypes with Electrocardiographic Markers of Poor Outcomes in the General Population. <i>Obesity</i> , <b>2019</b> , 27, 2076-2083	8	2
100	Effectiveness of a Total Meal Replacement Program (OPTIFAST Program) on Weight Loss: Results from the OPTIWIN Study. <i>Obesity</i> , <b>2019</b> , 27, 22-29	8	25
99	Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. <i>Circulation</i> , <b>2017</b> , 135, e96-e121	16.7	290
98	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> , <b>2017</b> , 282, 102-113	10.8	21
97	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> , <b>2017</b> , 105, 249S-285S	7	59
96	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> , <b>2017</b> , 14, 107	8.4	10
95	Skin in the game: Does paying for obesity treatment out of pocket lead to better outcomes compared to insurance coverage?. <i>Obesity</i> , <b>2017</b> , 25, 993-996	8	6
94	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> , <b>2017</b> , 73, 73-80	6.4	22
93	Nutrition Interventions for Obesity. <i>Medical Clinics of North America</i> , <b>2016</b> , 100, 1341-1356	7	7

92	Research Needs to Improve Hypertension Treatment and Control in African Americans. <i>Hypertension</i> , <b>2016</b> , 68, 1066-1072	8.5	49
91	Impact on weight and physical function of intensive medical weight loss in older adults with stage II and III obesity. <i>Obesity</i> , <b>2016</b> , 24, 1861-6	8	9
90	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> , <b>2016</b> , 18, 430-5	6.7	15
89	Disparities in Treatment Uptake and Outcomes of Patients with Obesity in the USA. <i>Current Obesity Reports</i> , <b>2016</b> , 5, 282-90	8.4	22
88	Lifestyle Therapy in the Management of Cardiometabolic Risk: Diabetes Prevention, Hypertension, and Dyslipidemia <b>2016</b> , 245-267		1
87	Dietary fried fish intake increases risk of CVD: the REasons for Geographic And Racial Differences in Stroke (REGARDS) study. <i>Public Health Nutrition</i> , <b>2016</b> , 19, 3327-3336	3.3	27
86	Longitudinal association of measures of adiposity with serum antioxidant concentrations in postmenopausal women. <i>European Journal of Clinical Nutrition</i> , <b>2016</b> , 70, 47-53	5.2	17
85	Calorie restriction in overweight older adults: Do benefits exceed potential risks?. <i>Experimental Gerontology</i> , <b>2016</b> , 86, 4-13	4.5	35
84	Lifestyle Therapy as Medicine for the Treatment of Obesity <b>2016</b> , 199-220		
83	Dietary contributors to glycemic load in the REasons for Geographic and Racial Differences in Stroke study. <i>Nutrition</i> , <b>2015</b> , 31, 708-15	4.8	7
82	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> , <b>2015</b> , 2015, 203164	3.7	21
81	Obesity in the US: what is the best role for primary care?. <i>BMJ, The</i> , <b>2015</b> , 350, g7846	5.9	22
80	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> , <b>2014</b> , 63, 2985-3023	15.1	1296
79	Longitudinal association of anthropometric measures of adiposity with cardiometabolic risk factors in postmenopausal women. <i>Annals of Epidemiology</i> , <b>2014</b> , 24, 896-902	6.4	9
78	Psychosocial predictors of weight regain in the weight loss maintenance trial. <i>Journal of Behavioral Medicine</i> , <b>2014</b> , 37, 1155-68	3.6	33
77	Patient and physician characteristics associated with the provision of weight loss counseling in primary care. <i>Obesity Research and Clinical Practice</i> , <b>2014</b> , 8, e123-30	5.4	25
76	Dietary interventions and quality of life: a systematic review of the literature. <i>Journal of Nutrition Education and Behavior</i> , <b>2014</b> , 46, 90-101	2	46
75	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> , <b>2014</b> , 63, 2960-84	15.1	860

74	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> , <b>2014</b> , 33, 376-400	2.1	9
73	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 a systematic	8	151
72	Associations of neighborhood area level deprivation with the metabolic syndrome and inflammation among middle- and older- age adults. <i>BMC Public Health</i> , <b>2014</b> , 14, 1319	4.1	39
71	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> , <b>2014</b> , 129, S102-38	16.7	1586
70	Impact of 5-year weight change on blood pressure: results from the Weight Loss Maintenance trial. <i>Journal of Clinical Hypertension</i> , <b>2013</b> , 15, 458-64	2.3	18
69	Vitamin D and calcium-sensing receptor polymorphisms differentially associate with resting energy expenditure in peripubertal children. <i>Journal of Bone and Mineral Metabolism</i> , <b>2013</b> , 31, 695-702	2.9	1
68	Self-efficacy as a predictor of weight change and behavior change in the PREMIER trial. <i>Journal of Nutrition Education and Behavior</i> , <b>2013</b> , 45, 314-21	2	34
67	Reprint: 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk. <i>Circulation</i> , <b>2013</b> , e2	16.7	829
66	Developing an intervention to address physical activity barriers for African-American women in the deep south (USA). <i>Women's Health</i> , <b>2013</b> , 9, 301-12	3	51
65	Component analysis and initial validity of the exercise fear avoidance scale. <i>American Journal of Health Behavior</i> , <b>2013</b> , 37, 87-95	1.9	1
64	Twenty-first century behavioral medicine: a context for empowering clinicians and patients with diabetes: a consensus report. <i>Diabetes Care</i> , <b>2013</b> , 36, 463-70	14.6	109
63	Cultural perceptions of weight in African American and Caucasian women. <i>American Journal of Health Behavior</i> , <b>2013</b> , 37, 3-13	1.9	9
62	Caregiver perceptions of the food marketing environment of African-American 3-11-year-olds: a qualitative study. <i>Public Health Nutrition</i> , <b>2013</b> , 16, 2231-9	3.3	10
61	Impact of participant and interventionist race concordance on weight loss outcomes. <i>Obesity</i> , <b>2013</b> , 21, 712-7	8	10
60	Sex, weight status, and chronic kidney disease among African Americans: the Jackson Heart Study. <i>Journal of Investigative Medicine</i> , <b>2013</b> , 61, 701-7	2.9	8
59	Impact of Participant and Interventionist Race Concordance on Weight Loss Outcomes. <i>Obesity</i> , <b>2013</b> , 21, 712-7	8	7
58	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> , <b>2012</b> , 14, R141	8.3	19
57	Race and region have independent and synergistic effects on dietary intakes in black and white women. <i>Nutrition Journal</i> , <b>2012</b> , 11, 25	4.3	30

56	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> , <b>2012</b> , 7, 309-322	2.3	10
55	Predictors of long-term weight loss in adults with modest initial weight loss, by sex and race. <i>Obesity</i> , <b>2012</b> , 20, 1820-8	8	58
54	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> , <b>2012</b> , 33	1	
53	Racial Differences in Sex Hormones with Weight Loss and Weight Loss Maintenance in Overweight and Obese Postmenopausal Women. <i>FASEB Journal</i> , <b>2012</b> , 26, 1b400	0.9	
52	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> , <b>2011</b> , 20, 1573-8	3	27
51	Behavioral transitions and weight change patterns within the PREMIER trial. <i>Obesity</i> , <b>2011</b> , 19, 1609-15	8	29
50	Fear of physical response to exercise among overweight and obese adults. <i>Qualitative Research in Sport, Exercise and Health</i> , <b>2011</b> , 3, 174-192	7	12
49	Race and region are associated with nutrient intakes among black and white men in the United States. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 296-303	4.1	39
48	Associations of dietary fat with albuminuria and kidney dysfunction. <i>American Journal of Clinical Nutrition</i> , <b>2010</b> , 92, 897-904	7	56
47	Overall and minority-focused recruitment strategies in the PREMIER multicenter trial of lifestyle interventions for blood pressure control. <i>Contemporary Clinical Trials</i> , <b>2010</b> , 31, 49-54	2.3	29
46	Reducing consumption of sugar-sweetened beverages is associated with reduced blood pressure: a prospective study among United States adults. <i>Circulation</i> , <b>2010</b> , 121, 2398-406	16.7	180
45	A study of a culturally enhanced EatRight dietary intervention in a predominately African American workplace. <i>Journal of Public Health Management and Practice</i> , <b>2010</b> , 16, E1-8	1.9	14
44	Family functioning and weight loss in a sample of african americans and whites. <i>Annals of Behavioral Medicine</i> , <b>2010</b> , 40, 294-301	4.5	18
43	Body Image and Quality of Life in a Group of African American Women. <i>Social Indicators Research</i> , <b>2010</b> , 99, 531-540	2.7	16
42	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> , <b>2010</b> , 33, 343-8	1.7	41
41	Fruit and vegetable pricing by demographic factors in the Birmingham, Alabama, metropolitan area, 2004-2005. <i>Preventing Chronic Disease</i> , <b>2010</b> , 7, A78	3.7	5
40	Physical activity may facilitate diabetes prevention in adolescents. <i>Diabetes Care</i> , <b>2009</b> , 32, 9-13	14.6	30
39	Reduction in consumption of sugar-sweetened beverages is associated with weight loss: the PREMIER trial. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 89, 1299-306	7	155

38	Hypertension Improvement Project (HIP): study protocol and implementation challenges. <i>Trials</i> , <b>2009</b> , 10, 13	2.8	35
37	Perception of others' body size influences weight loss and regain for European American but not African American women. <i>Health Psychology</i> , <b>2009</b> , 28, 414-8	5	15
36	Effect of group racial composition on weight loss in African Americans. <i>Obesity</i> , <b>2008</b> , 16, 306-10	8	22
35	Weight loss during the intensive intervention phase of the weight-loss maintenance trial. <i>American Journal of Preventive Medicine</i> , <b>2008</b> , 35, 118-26	6.1	253
34	Using formative research to develop a worksite health promotion program for African American women. <i>Women and Health</i> , <b>2008</b> , 48, 189-207	1.7	24
33	Comparison of strategies for sustaining weight loss: the weight loss maintenance randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2008</b> , 299, 1139-48	27.4	551
32	Design considerations and rationale of a multi-center trial to sustain weight loss: the Weight Loss Maintenance Trial. <i>Clinical Trials</i> , <b>2008</b> , 5, 546-56	2.2	42
31	Effect of sugar-sweetened drink consumption on blood pressure in US adults: results from the PREMIER trial. <i>FASEB Journal</i> , <b>2008</b> , 22, 739-739	0.9	
30	Physical activity patterns during weight maintenance following a low-energy density dietary intervention. <i>Obesity</i> , <b>2007</b> , 15, 1226-32	8	12
29	Effects of a reimbursement incentive on enrollment in a weight control program. <i>Obesity</i> , <b>2007</b> , 15, 2733-8	3.8	12
28	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> , <b>2007</b> , 107, 1530-8		27
27	Effects of PREMIER lifestyle modifications on participants with and without the metabolic syndrome. <i>Hypertension</i> , <b>2007</b> , 50, 609-16	8.5	92
26	Effects of Individual Components of Multiple Behavior Changes: The PREMIER Trial. <i>American Journal of Health Behavior</i> , <b>2007</b> , 31, 545-560	1.9	40
25	Elements of the metabolic syndrome: association with insulin sensitivity and effects of ethnicity. <i>Metabolic Syndrome and Related Disorders</i> , <b>2007</b> , 5, 77-86	2.6	25
24	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> , <b>2007</b> , 85, 1212-21	7	168
23	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> , <b>2007</b> , 97, 367-72	5.1	31
22	Racial influences associated with weight-related beliefs in African American and Caucasian women. <i>Ethnicity and Disease</i> , <b>2007</b> , 17, 1-5	1.8	18
21	Association between body image disparity and culturally specific factors that affect weight in Black and White women. <i>Ethnicity and Disease</i> , <b>2007</b> , 17, S2-34-9	1.8	15

20	Cultural characteristics of African Americans: implications for the design of trials that target behavior and health promotion programs. <i>Ethnicity and Disease</i> , <b>2007</b> , 17, 548-54	1.8	24
19	Effects of individual components of multiple behavior changes: the PREMIER trial. <i>American Journal of Health Behavior</i> , <b>2007</b> , 31, 545-60	1.9	25
18	Dietary restraint and disinhibition do not affect accuracy of 24-hour recall in a multiethnic population. <i>Journal of the American Dietetic Association</i> , <b>2006</b> , 106, 434-7		23
17	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> , <b>2006</b> , 144, 485-95	8	415
16	Weight maintenance 2 years after participation in a weight loss program promoting low-energy density foods. <i>Obesity</i> , <b>2006</b> , 14, 1795-801	8	65
15	Health Promotion and Disease Prevention <b>2006</b> , 3-27		
14	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> , <b>2006</b> , 17, 13-23	0.4	4
13	Diet and blood pressure: applying the evidence to clinical practice. <i>American Heart Journal</i> , <b>2005</b> , 149, 804-12	4.9	13
12	Prevalence of obesity in the United States. <i>Obesity Reviews</i> , <b>2005</b> , 6, 5-7	10.6	304
11	Effect of lifestyle modifications on blood pressure by race, sex, hypertension status, and age. <i>Journal of Human Hypertension</i> , <b>2005</b> , 19, 21-31	2.6	180
10	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> , <b>2005</b> , 28, 239-47	3.6	23
9	Perceptions of African-American culture and implications for clinical trial design. <i>Ethnicity and Disease</i> , <b>2005</b> , 15, 292-9	1.8	15
8	The effect of the PREMIER interventions on insulin sensitivity. <i>Diabetes Care</i> , <b>2004</b> , 27, 340-7	14.6	80
7	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> , <b>2004</b> , 17, 1156-62	2.3	35
6	Comprehensive lifestyle modification and blood pressure control: a review of the PREMIER trial. <i>Journal of Clinical Hypertension</i> , <b>2004</b> , 6, 383-90	2.3	35
5	A new model for developing and executing culturally appropriate behavior modification clinical trials for African Americans. <i>Ethnicity and Disease</i> , <b>2003</b> , 13, 279-85	1.8	14
4	Effects of diet and sodium intake on blood pressure: subgroup analysis of the DASH-sodium trial. <i>Annals of Internal Medicine</i> , <b>2001</b> , 135, 1019-28	8	380
3	DASH (Dietary Approaches to Stop Hypertension) diet is effective treatment for stage 1 isolated systolic hypertension. <i>Hypertension</i> , <b>2001</b> , 38, 155-8	8.5	121



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|---|--|-----|----|
| 2 | Angiotensinogen genotype and blood pressure response in the Dietary Approaches to Stop Hypertension (DASH) study. <i>Journal of Hypertension</i> , <b>2001</b> , 19, 1949-56                       | 1.9 | 71 |
| 1 | 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> , <b>1999</b> , 99, S84-9 |     | 52 |