Jasminka Z Ilich

List of Publications by Year
in descending order

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121 papers	5,705 citations	81743 39 h-index	79541 73 g-index
122 all docs	122 docs citations	122 times ranked	5620 citing authors

#	Article	IF	Citations
1	Timing of peak bone mass in Caucasian females and its implication for the prevention of osteoporosis. Inference from a cross-sectional model.. Journal of Clinical Investigation, 1994, 93, 799-808.	3.9	690
2	Nutrition in Bone Health Revisited: A Story Beyond Calcium. Journal of the American College of Nutrition, 2000, 19, 715-737.	1.1	396
3	Leptin Is Inversely Related to Age at Menarche in Human Females*. Journal of Clinical Endocrinology and Metabolism, 1997, 82, 3239-3245.	1.8	286
4	Leptin Is Inversely Related to Age at Menarche in Human Females. Journal of Clinical Endocrinology and Metabolism, 1997, 82, 3239-3245.	1.8	240
5	Interrelationship among muscle, fat, and bone: Connecting the dots on cellular, hormonal, and whole body levels. Ageing Research Reviews, 2014, 15, 51-60.	5.0	205
6	The freshman weight gain phenomenon revisited. Nutrition Reviews, 2009, 67, 83-94.	2.6	200
7	Females Have a Greater Incidence of Stress Fractures Than Males in Both Military and Athletic Populations: A Systemic Review. Military Medicine, 2011, 176, 420-430.	0.4	198
8	Urinary calcium, sodium, and bone mass of young females. American Journal of Clinical Nutrition, 1995, 62, 417-425.	2.2	192
9	Calcium supplementation and bone mineral density in females from childhood to young adulthood: a randomized controlled trial1â€“3. American Journal of Clinical Nutrition, 2005, 81, 175-188.	2.2	178
10	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. Journal of Cachexia, Sarcopenia and Muscle, 2014, 5, 183-192.	2.9	168
11	Aging human body: changes in bone, muscle and body fat with consequent changes in nutrient intake. Journal of Endocrinology, 2017, 234, R37-R51.	1.2	166
12	Bone and nutrition in elderly women: protein, energy, and calcium as main determinants of bone mineral density. European Journal of Clinical Nutrition, 2003, 57, 554-565.	1.3	133
13	To Drink or Not to Drink: How Are Alcohol, Caffeine and Past Smoking Related to Bone Mineral Density in Elderly Women?. Journal of the American College of Nutrition, 2002, 21, 536-544.	1.1	98
14	Low-grade chronic inflammation perpetuated by modern diet as a promoter of obesity and osteoporosis. Arhiv Za Higijenu Rada I Toksikologiju, 2014, 65, 139-148.	0.4	96
15	Relation of Nutrition, Body Composition and Physical Activity to Skeletal Development: A Cross-Sectional Study in Preadolescent Females. Journal of the American College of Nutrition, 1998, 17, 136-147.	1.1	93
16	Association of Physical Performance Measures With Bone Mineral Density in Postmenopausal Women. Archives of Physical Medicine and Rehabilitation, 2005, 86, 1102-1107.	0.5	88
17	Osteosarcopenic Obesity Syndrome: What Is It and How Can It Be Identified and Diagnosed?. Current Gerontology and Geriatrics Research, 2016, 2016, 1-7.	1.6	84
18	Calcium Requirements for Growth: Are Current Recommendations Adequate?. Nutrition Reviews, 1993, 51, 171-180.	2.6	79

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19	Long-chain polyunsaturated fatty acids may mutually benefit both obesity and osteoporosis. Nutrition Research, 2013, 33, 521-533.	1.3	78
20	Lipid Profile and Bone Paradox: Higher Serum Lipids Are Associated with Higher Bone Mineral Density in Postmenopausal Women. Journal of Women's Health, 2006, 15, 261-270.	1.5	76
21	Osteosarcopenic obesity is associated with reduced handgrip strength, walking abilities, and balance in postmenopausal women. Osteoporosis International, 2015, 26, 2587-2595.	1.3	75
22	Osteosarcopenic Obesity: Current Knowledge, Revised Identification Criteria and Treatment Principles. Nutrients, 2019, 11, 747.	1.7	74
23	Association between Dietary Conjugated Linoleic Acid and Bone Mineral Density in Postmenopausal Women. Journal of the American College of Nutrition, 2005, 24, 177-181.	1.1	67
24	Relationship of Physical Performance with Body Composition and Bone Mineral Density in Individuals over 60 Years of Age: A Systematic Review. Journal of Aging Research, 2011, 2011, 1-14.	0.4	61
25	Calcitriol and Bone Mass Accumulation in Females During Puberty. Calcified Tissue International, 1997, 61, 104-109.	1.5	60
26	Hip geometry and its role in fracture: What do we know so far?. Current Osteoporosis Reports, 2003, 1, 25-31.	1.5	56
27	Measuring body composition in overweight individuals by dual energy x-ray absorptiometry. BMC Medical Imaging, 2005, 5, 1.	1.4	55
28	Gain in Body Fat Is Inversely Related to the Nocturnal Rise in Serum Leptin Level in Young Females. Journal of Clinical Endocrinology and Metabolism, 1997, 82, 1368-1372.	1.8	55
29	Osteosarcopenic obesity in women: impact, prevalence, and management challenges. International Journal of Women's Health, 2017, Volume 9, 33-42.	1.1	52
30	Magnesium balance in adolescent females consuming a low- or high-calcium diet. American Journal of Clinical Nutrition, 1996, 63, 950-953.	2.2	51
31	Zinc balance in adolescent females consuming a low- or high-calcium diet. American Journal of Clinical Nutrition, 1997, 65, 1460-1464.	2.2	51
32	Femurs from rats fed diets deficient in copper or iron have decreased mechanical strength and altered mineral composition. Journal of Trace Elements in Experimental Medicine, 1997, 10, 197-203.	0.8	51
33	Interventions for Improving Nutrition and Physical Activity Behaviors in Adult African American Populations: A Systematic Review, January 2000 Through December 2011. Preventing Chronic Disease, 2013, 10, E99.	1.7	51
34	Self-efficacy improves weight loss in overweight/obese postmenopausal women during a 6-month weight loss intervention. Nutrition Research, 2011, 31, 822-828.	1.3	47
35	The effects of a 6-month resistance training and dried plum consumption intervention on strength, body composition, blood markers of bone turnover, and inflammation in breast cancer survivors. Applied Physiology, Nutrition and Metabolism, 2014, 39, 730-739.	0.9	47
36	Weight Loss Favorably Modifies Anthropometrics and Reverses the Metabolic Syndrome in Premenopausal Women. Journal of the American College of Nutrition, 2005, 24, 486-493.	1.1	46

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37	New insight into fat, muscle and bone relationship in women: determining the threshold at which body fat assumes negative relationship with bone mineral density. International Journal of Preventive Medicine, 2014, 5, 1452-63.	0.2	45
38	Dietary and Training Predictors of Stress Fractures in Female Runners. International Journal of Sport Nutrition and Exercise Metabolism, 2012, 22, 374-382.	1.0	43
39	Skeletal age as a determinant of bone mass in preadolescent females. Skeletal Radiology, 1996, 25, 431-439.	1.2	40
40	Implications of dietary Î±-linolenic acid in bone health. Nutrition, 2011, 27, 1101-1107.	1.1	40
41	Micronutrient Intake in the Etiology, Prevention and Treatment of Osteosarcopenic Obesity. Current Aging Science, 2016, 9, 260-278.	0.4	36
42	Effects of Resistance Training and Walking on Cardiovascular Disease Risk in African-American Women. Medicine and Science in Sports and Exercise, 2012, 44, 525-533.	0.2	33
43	Folic acid and vitamin B12 supplementation lowers plasma homocysteine but has no effect on serum bone turnover markers in elderly women: a randomized, double-blind, placebo-controlled trial. Nutrition Research, 2013, 33, 211-219.	1.3	33
44	Comparison of calcium, magnesium, sodium, potassium, zinc, and creatinine concentration in 24-h and spot urine samples in women. Clinical Chemistry and Laboratory Medicine, 2009, 47, 216-21.	1.4	32
45	The Microbiome and Osteosarcopenic Obesity in Older Individuals in Long-Term Care Facilities. Current Osteoporosis Reports, 2015, 13, 358-362.	1.5	32
46	Physical Performance in Relation to Body Composition and Bone Mineral Density in Healthy, Overweight, and Obese Postmenopausal Women. Journal of Geriatric Physical Therapy, 2014, 37, 7-16.	0.6	30
47	Chronic Stress Contributes to Osteosarcopenic Adiposity via Inflammation and Immune Modulation: The Case for More Precise Nutritional Investigation. Nutrients, 2020, 12, 989.	1.7	28
48	Role of Calcium and Low-Fat Dairy Foods in Weight-Loss Outcomes Revisited: Results from the Randomized Trial of Effects on Bone and Body Composition in Overweight/Obese Postmenopausal Women. Nutrients, 2019, 11, 1157.	1.7	27
49	Dual Hip Bone Mineral Density in Postmenopausal Women: Geometry and Effect of Physical Activity. Calcified Tissue International, 2003, 73, 217-224.	1.5	25
50	Habitual and Low-Impact Activities are Associated with Better Bone Outcomes and Lower Body Fat in Older Women. Calcified Tissue International, 2008, 83, 260-271.	1.5	23
51	Synergism of Î±â€Linolenic Acid, Conjugated Linoleic Acid and Calcium in Decreasing Adipocyte and Increasing Osteoblast Cell Growth. Lipids, 2013, 48, 787-802.	0.7	23
52	Utilizing Dietary Micronutrient Ratios in Nutritional Research May be More Informative than Focusing on Single Nutrients. Nutrients, 2018, 10, 107.	1.7	23
53	Higher habitual sodium intake is not detrimental for bones in older women with adequate calcium intake. European Journal of Applied Physiology, 2010, 109, 745-755.	1.2	22
54	Macronutrient Intake and Distribution in the Etiology, Prevention and Treatment of Osteosarcopenic Obesity. Current Aging Science, 2017, 10, 83-105.	0.4	22

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55	Primary prevention of osteoporosis: Pediatric approach to disease of the elderly. Women's Health Issues, 1996, 6, 194-203.	0.9	20
56	Eating Behaviors of Older African Americans: An Application of the Theory of Planned Behavior. Gerontologist, The, 2014, 54, 211-220.	2.3	20
57	Validation of the Use of the Hand for Estimating Bone Mineral Density in Other Skeletal Sites by DXA in Healthy and Osteoarthritic Women. Journal of Clinical Densitometry, 2002, 5, 273-282.	0.5	18
58	Validation of body adiposity index as a measure of obesity in overweight and obese postmenopausal white women and its comparison with body mass index. Menopause, 2012, 19, 1277-1279.	0.8	18
59	Evidence for the Association between Abdominal Fat and Cardiovascular Risk Factors in Overweight and Obese African American Women. Journal of the American College of Nutrition, 2012, 31, 126-132.	1.1	18
60	A comparison of single photon and dual X-ray absorptiometry of the forearm in children and adults. Bone, 1994, 15, 187-191.	1.4	17
61	Cognitive function in relation with bone mass and nutrition: cross-sectional association in postmenopausal women. BMC Women's Health, 2004, 4, 2.	0.8	17
62	Nutrition and lifestyle in relation to bone health and body weight in Croatian postmenopausal women. International Journal of Food Sciences and Nutrition, 2009, 60, 319-332.	1.3	17
63	Reducing cardiovascular disease risk in mid-life and older African Americans: A church-based longitudinal intervention project at baseline. Contemporary Clinical Trials, 2014, 38, 69-81.	0.8	17
64	Change in Bone Mass After Colles' Fracture. Journal of Clinical Densitometry, 2000, 3, 383-389.	0.5	16
65	Selenium Intakes, Absorption, Retention, and Status in Adolescent Girls. Journal of the American Dietetic Association, 2002, 102, 1082-1087.	1.3	16
66	Weight and Body-Composition Change during the College Freshman Year in Male General-Population Students and Army Reserve Officer Training Corps (ROTC) Cadets. International Journal of Sport Nutrition and Exercise Metabolism, 2012, 22, 412-421.	1.0	16
67	Female Distance Runners Training In Southeastern United States Have Adequate Vitamin D Status. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 397-403.	1.0	16
68	Primary Prevention of Osteoporosis. Physical Medicine and Rehabilitation Clinics of North America, 1995, 6, 595-627.	0.7	14
69	Aerobic Exercise and Whole-Body Vibration in Offsetting Bone Loss in Older Adults. Journal of Aging Research, 2011, 2011, 1-9.	0.4	14
70	Utilizing Dietary Nutrient Ratios in Nutritional Research: Expanding the Concept of Nutrient Ratios to Macronutrients. Nutrients, 2019, 11, 282.	1.7	13
71	Sodium and calcium intakes and bone mass in rats revisited. Nutrition, 2005, 21, 609-614.	1.1	12
72	Life dissatisfaction and eating behaviors among older African Americans: The protective role of social support. Journal of Nutrition, Health and Aging, 2012, 16, 749-753.	1.5	12

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73	Another Impairment in Older Age: What Does Osteosarcopenic Obesity Syndrome Mean for Middle-Aged and Older Women?. Journal of the American Medical Directors Association, 2017, 18, 648-650.	1.2	12
74	Assessment of Body Composition and Dietary Intake in Nursing-Home Residents: Could Lessons Learned from the COVID-19 Pandemic Be Used to Prevent Future Casualties in Older Individuals?. Nutrients, 2021, 13, 1510.	1.7	12
75	Influence of age, sex and diet on bone mass and fracture rate. Osteoporosis International, 1993, 3, 20-22.	1.3	11
76	Vitamin D Status and Framingham Risk Score in Overweight Postmenopausal Women. Journal of Women's Health, 2011, 20, 1341-1348.	1.5	10
77	Linking Life Dissatisfaction to Health Behaviors of Older African Americans Through Psychological Competency and Vulnerability. Research on Aging, 2013, 35, 591-611.	0.9	10
78	Examining change in social support and fruit and vegetable consumption in African American adults. Journal of Nutrition, Health and Aging, 2014, 18, 10-14.	1.5	10
79	The Effect of Fasting on Rat Portal Venous and Aortic Blood Glucose, Lactate, Alanine, and Glutamine. Pediatric Research, 1988, 23, 241-244.	1.1	9
80	Osteosarcopenic adiposity syndrome update and the role of associated minerals and vitamins. Proceedings of the Nutrition Society, 2021, 80, 344-355.	0.4	9
81	The Oxidation of 3-Hydroxybutyrate in Developing Rat Jejunum. Journal of Pediatric Gastroenterology and Nutrition, 1991, 13, 347-353.	0.9	8
82	Vitamin D status, hypertension and body mass index in an urban black community in Mangaung, South Africa. African Journal of Primary Health Care and Family Medicine, 2016, 8, e1-e5.	0.3	8
83	Body composition and bone mineral density in breast cancer survivors and non-cancer controls: A 12- to 15-month follow-up. European Journal of Cancer Care, 2018, 27, e12824.	0.7	8
84	Health for Hearts United Longitudinal Trial: Improving Dietary Behaviors in Older African Americans. American Journal of Preventive Medicine, 2020, 58, 361-369.	1.6	8
85	Nutritional and Behavioral Approaches to Body Composition and Low-Grade Chronic Inflammation Management for Older Adults in the Ordinary and COVID-19 Times. Nutrients, 2020, 12, 3898.	1.7	8
86	Epidemiology of Fractures During Growth and Aging. Physical Medicine and Rehabilitation Clinics of North America, 1995, 6, 415-439.	0.7	7
87	Lactose Maldigestion Revisited: Diagnosis, Prevalence in Ethnic Minorities, and Dietary Recommendations to Overcome It. American Journal of Lifestyle Medicine, 2009, 3, 212-218.	0.8	7
88	The Effects of Resistance Training on Physical Function and Quality of Life in Breast Cancer Survivors. Healthcare (Switzerland), 2015, 3, 695-709.	1.0	7
89	Lower life satisfaction, active coping and cardiovascular disease risk factors in older African Americans: outcomes of a longitudinal church-based intervention. Journal of Behavioral Medicine, 2018, 41, 344-356.	1.1	7
90	Dietary influence on calcitropic hormones and adiposity in Caucasian and African American postmenopausal women assessed by structural equation modeling (SEM). Journal of Nutrition, Health and Aging, 2016, 20, 602-610.	1.5	6

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91	Diabetic indicators are the strongest predictors for cardiovascular disease risk in African American adults. American Journal of Cardiovascular Disease, 2016, 6, 129-37.	0.5	6
92	Nutrition Through the Life Span: Needs and Health Concerns in Critical Periods. , 2010, , 625-641.		5
93	Trace Element and Mineral Nutrition in Adolescents. , 2000, , 153-182.		5
94	Dietary advanced glycation end-products exacerbate oxidative stress in patients with diabetic foot ulcers. Journal of Diabetes Research & Clinical Metabolism, 2014, 3, 2.	0.2	5
95	Cardiometabolic Indices after Weight Loss with Calcium or Dairy Foods: Secondary Analyses from a Randomized Trial with Overweight/Obese Postmenopausal Women. Nutrients, 2022, 14, 1082.	1.7	5
96	Reliable Quantification of the Potential for Equations Based on Spot Urine Samples to Estimate Population Salt Intake: Protocol for a Systematic Review and Meta-Analysis. JMIR Research Protocols, 2016, 5, e190.	0.5	4
97	Are New Generations of Female College-Student Populations Meeting Calcium Requirements: Comparison of American and Croatian Female Students. Nutrients, 2010, 2, 599-610.	1.7	3
98	Vitamin D and parathyroid hormone in relation to bone health in Croatian women. Archives of Osteoporosis, 2018, 13, 69.	1.0	3
99	Antioxidant intake in relation to serum C-reactive protein in mid-life and older African Americans. Ethnicity and Health, 2020, 25, 1132-1144.	1.5	3
100	Diurnal Salivary Cortisol in Relation to Body Composition and Heart Rate Variability in Young Adults. Frontiers in Endocrinology, 2022, 13, 831831.	1.5	3
101	Bone & Body Composition in Breast Cancer Survivors & Healthy Controls: A 15-18-Month Follow-up. Medicine and Science in Sports and Exercise, 2011, 43, 11.	0.2	2
102	Sex and Body Circumferences Associated with Serum Leptin in African American Adults. Journal of Women's Health, 2021, , .	1.5	2
103	Lower Life Satisfaction and Inflammation in African American Adults: Body Adiposity Mediation and Sex Moderation. Journal of Personalized Medicine, 2022, 12, 745.	1.1	2
104	A Student-Led Pilot Project to Improve Calcium Intake and a Healthy Lifestyle in African American Communities. Topics in Clinical Nutrition, 2012, 27, 54-66.	0.2	1
105	Health insurance status, psychological processes, and older African Americansâ€™ use of preventive care. Journal of Health Psychology, 2014, 19, 491-502.	1.3	1
106	Nutritional Care for Patients With Esophageal Cancer. Topics in Clinical Nutrition, 2019, 34, 2-13.	0.2	1
107	Dietary Vitamin A is Negatively Related to Bone Mineral Density in Postmennopausal Women. , 2004, , 93-108.		1
108	Skeletal Development in Young Females: Endogenous Versus Exogenous Factors. , 1998, , 26-41.		1

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109	Lifestyle characteristics influencing hypertension in middle-age to old people: comparison of two populations. Arterial Hypertension, 2020, 24, 173-180.	0.2	1
110	Letter to the editor. Journal of Nutrition, Health and Aging, 2016, 20, 231-2.	1.5	1
111	A lighter side of calcium: role of calcium and dairy foods in body weight. Arhiv Za Higijenu Rada I Toksikologiju, 2005, 56, 33-8.	0.4	1
112	Vitamin B12 Deficiency and Metformin Use. Vitamins & Minerals, 2016, 5, .	0.2	0
113	Modes of habitual physical activity influence weight loss in postmenopausal women during a 10â€week weight loss intervention. FASEB Journal, 2007, 21, A1071.	0.2	0
114	Ability of selfâ€efficacy tool to predict the success of weight loss in postmenopausal women during a 10â€week weight loss intervention. FASEB Journal, 2007, 21, A1071.	0.2	0
115	Walking as a complement to hypocaloric diet leads to greater weight loss in earlyâ€postmenopausal overweight women. FASEB Journal, 2008, 22, .	0.2	0
116	The synergistic effect of calcium (Ca), alphaâ€linolenic acid (ALA) and conjugatedâ€linoleic acid (CLA) on osteoblastogenesis and adipogenesis. FASEB Journal, 2010, 24, 939.11.	0.2	0
117	Dairyâ€derived bioactive compounds as modulators of stromal, adipocyteâ€like and osteoblastâ€like cell metabolism. FASEB Journal, 2012, 26, .	0.2	0
118	Dietary Antioxidants in Relation to Serum CRP in Midâ€Life and Older African Americans. FASEB Journal, 2015, 29, 588.9.	0.2	0
119	Music therapy as an avenue to promote healthy eating, exercise and bone health in children. Bone Abstracts, 0, , .	0.0	0
120	Physical Activity, Strength, Body Composition, Muscle Quality, And Functionality In Breast Cancer Survivors. Medicine and Science in Sports and Exercise, 2016, 48, 359-360.	0.2	0
121	Osteosarcopenic adiposity. , 2022, , 161-180.		0