# Idoia Labayen Goi

## List of Publications by Citations



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| 179 papers | 4,240 citations | 34 h-index | 58 g-index |
| 195 ext. papers | 5,411 ext. citations | 4.5 avg, IF | 5.38 L-index |

| # | Paper | IF | Citations |
|---|---|---|---|
| 179 | Accelerometer Data Collection and Processing Criteria to Assess Physical Activity and Other Outcomes: A Systematic Review and Practical Considerations. *Sports Medicine*, **2017**, 47, 1821-1845 | 10.6 | 687 |
| 178 | Objectively measured physical activity and sedentary time in European adolescents: the HELENA study. *American Journal of Epidemiology*, **2011**, 174, 173-84 | 3.8 | 210 |
| 177 | Objectively measured physical activity and sedentary time during childhood, adolescence and young adulthood: a cohort study. *PLoS ONE*, **2013**, 8, e60871 | 3.7 | 179 |
| 176 | Systematic review and proposal of a field-based physical fitness-test battery in preschool children: the PREFIT battery. *Sports Medicine*, **2015**, 45, 533-55 | 10.6 | 109 |
| 175 | Effects of dietary supplementation with epigallocatechin-3-gallate on weight loss, energy homeostasis, cardiometabolic risk factors and liver function in obese women: randomised, double-blind, placebo-controlled clinical trial. *British Journal of Nutrition*, **2014**, 111, 1263-71 | 3.6 | 107 |
| 174 | Attenuation of the effect of the FTO rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the HELENA study. *JAMA Pediatrics*, **2010**, 164, 328-33 | | 85 |
| 173 | Changes in lifestyle behaviours during the COVID-19 confinement in Spanish children: A longitudinal analysis from the MUGI project. *Pediatric Obesity*, **2021**, 16, e12731 | 4.6 | 75 |
| 172 | Relationship between lactose digestion, gastrointestinal transit time and symptoms in lactose malabsorbers after dairy consumption. *Alimentary Pharmacology and Therapeutics*, **2001**, 15, 543-9 | 6.1 | 68 |
| 171 | Early programming of body composition and fat distribution in adolescents. *Journal of Nutrition*, **2006**, 136, 147-52 | 4.1 | 67 |
| 170 | Activating brown adipose tissue through exercise (ACTIBATE) in young adults: Rationale, design and methodology. *Contemporary Clinical Trials*, **2015**, 45, 416-425 | 2.3 | 65 |
| 169 | Nutrient oxidation and metabolic rate as affected by meals containing different proportions of carbohydrate and fat, in healthy young women. *European Journal of Nutrition*, **1999**, 38, 158-66 | 5.2 | 65 |
| 168 | Basal and postprandial substrate oxidation rates in obese women receiving two test meals with different protein content. *Clinical Nutrition*, **2004**, 23, 571-8 | 5.9 | 64 |
| 167 | Cardiorespiratory fitness and ideal cardiovascular health in European adolescents. *Heart*, **2015**, 101, 766-73 | 5.1 | 61 |
| 166 | An exercise-based randomized controlled trial on brain, cognition, physical health and mental health in overweight/obese children (ActiveBrains project): Rationale, design and methods. *Contemporary Clinical Trials*, **2016**, 47, 315-24 | 2.3 | 59 |
| 165 | Breakfast consumption and CVD risk factors in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2013**, 16, 1296-305 | 3.3 | 58 |
| 164 | Improvements in fitness reduce the risk of becoming overweight across puberty. *Medicine and Science in Sports and Exercise*, **2011**, 43, 1891-7 | 1.2 | 57 |
| 163 | From conception to infancy - early risk factors for childhood obesity. *Nature Reviews Endocrinology*, **2019**, 15, 456-478 | 15.2 | 54 |

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| 162 | Sleep duration and activity levels in Estonian and Swedish children and adolescents. *European Journal of Applied Physiology*, **2011**, 111, 2615-23 | 3.4 | 47 |
| 161 | Role of Physical Activity and Fitness in the Characterization and Prognosis of the Metabolically Healthy Obesity Phenotype: A Systematic Review and Meta-analysis. *Progress in Cardiovascular Diseases*, **2018**, 61, 190-205 | 8.5 | 46 |
| 160 | Intergenerational cardiovascular disease risk factors involve both maternal and paternal BMI. *Diabetes Care*, **2010**, 33, 894-900 | 14.6 | 44 |
| 159 | Small birth weight and later body composition and fat distribution in adolescents: the Avena study. *Obesity*, **2008**, 16, 1680-6 | 8 | 44 |
| 158 | Impact of COVID-19 Confinement on Physical Activity and Sedentary Behaviour in Spanish University Students: Role of Gender. *International Journal of Environmental Research and Public Health*, **2021**, 18, | 4.6 | 43 |
| 157 | Early life programming of abdominal adiposity in adolescents: The HELENA Study. *Diabetes Care*, **2009**, 32, 2120-2 | 14.6 | 41 |
| 156 | Dietary animal and plant protein intakes and their associations with obesity and cardio-metabolic indicators in European adolescents: the HELENA cross-sectional study. *Nutrition Journal*, **2015**, 14, 10 | 4.3 | 40 |
| 155 | Prevalence of Metabolically Healthy but Overweight/Obese Phenotype and Its Association With Sedentary Time, Physical Activity, and Fitness. *Journal of Adolescent Health*, **2017**, 61, 107-114 | 5.8 | 38 |
| 154 | Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. *Journal of Pediatrics*, **2009**, 154, 61-66.e1 | 3.6 | 38 |
| 153 | Dietary fiber intake and its association with indicators of adiposity and serum biomarkers in European adolescents: the HELENA study. *European Journal of Nutrition*, **2015**, 54, 771-82 | 5.2 | 37 |
| 152 | Bicycling to school is associated with improvements in physical fitness over a 6-year follow-up period in Swedish children. *Preventive Medicine*, **2012**, 55, 108-12 | 4.3 | 37 |
| 151 | Breakfast habits among European adolescents and their association with sociodemographic factors: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Public Health Nutrition*, **2012**, 15, 1879-89 | 3.3 | 36 |
| 150 | Association between the FTO rs9939609 polymorphism and leptin in European adolescents: a possible link with energy balance control. The HELENA study. *International Journal of Obesity*, **2011**, 35, 66-71 | 5.5 | 35 |
| 149 | FADS1 genetic variability interacts with dietary □-linolenic acid intake to affect serum non-HDL-cholesterol concentrations in European adolescents. *Journal of Nutrition*, **2011**, 141, 1247-53 | 4.1 | 35 |
| 148 | Physical fitness reference standards for preschool children: The PREFIT project. *Journal of Science and Medicine in Sport*, **2019**, 22, 430-437 | 4.4 | 35 |
| 147 | Reliability of resting metabolic rate measurements in young adults: Impact of methods for data analysis. *Clinical Nutrition*, **2018**, 37, 1618-1624 | 5.9 | 34 |
| 146 | Early life origins of low-grade inflammation and atherosclerosis risk in children and adolescents. *Journal of Pediatrics*, **2009**, 155, 673-7 | 3.6 | 32 |
| 145 | Cardiometabolic risk through an integrative classification combining physical activity and sedentary behavior in European adolescents: HELENA study. *Journal of Sport and Health Science*, **2019**, 8, 55-62 | 8.2 | 32 |

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| 144 | Combined influence of healthy diet and active lifestyle on cardiovascular disease risk factors in adolescents. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 553-62 | 4.6 | 30 |
| 143 | Cardiorespiratory fitness, muscular strength, and obesity in adolescence and later chronic disability due to cardiovascular disease: a cohort study of 1 million men. *European Heart Journal*, **2020**, 41, 1503-1510 | 9.5 | 30 |
| 142 | Role of baseline leptin and ghrelin levels on body weight and fat mass changes after an energy-restricted diet intervention in obese women: effects on energy metabolism. *Journal of Clinical Endocrinology and Metabolism*, **2011**, 96, E996-1000 | 5.6 | 29 |
| 141 | Circulating miRNAs as Biomarkers of Obesity and Obesity-Associated Comorbidities in Children and Adolescents: A Systematic Review. *Nutrients*, **2019**, 11, | 6.7 | 28 |
| 140 | Fragmentation of daily rhythms associates with obesity and cardiorespiratory fitness in adolescents: The HELENA study. *Clinical Nutrition*, **2017**, 36, 1558-1566 | 5.9 | 27 |
| 139 | Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2014**, 17, 2226-36 | 3.3 | 26 |
| 138 | Physical activity, fitness, and serum leptin concentrations in adolescents. *Journal of Pediatrics*, **2012** , 160, 598-603.e2 | 3.6 | 25 |
| 137 | Physical activity attenuates the effect of low birth weight on insulin resistance in adolescents: findings from two observational studies. *Diabetes*, **2011**, 60, 2295-9 | 0.9 | 25 |
| 136 | Liver enzymes and clustering cardiometabolic risk factors in European adolescents: the HELENA study. *Pediatric Obesity*, **2015**, 10, 361-70 | 4.6 | 24 |
| 135 | Health inequalities in urban adolescents: role of physical activity, diet, and genetics. *Pediatrics*, **2014**, 133, e884-95 | 7.4 | 24 |
| 134 | A weight loss diet intervention has a similar beneficial effect on both metabolically abnormal obese and metabolically healthy but obese premenopausal women. *Annals of Nutrition and Metabolism*, **2013**, 62, 223-30 | 4.5 | 24 |
| 133 | Characterisation with stable isotopes of the presence of a lag phase in the gastric emptying of liquids. *European Journal of Nutrition*, **2000**, 39, 224-8 | 5.2 | 24 |
| 132 | Evidence-Based Exercise Recommendations to Reduce Hepatic Fat Content in Youth- a Systematic Review and Meta-Analysis. *Progress in Cardiovascular Diseases*, **2018**, 61, 222-231 | 8.5 | 23 |
| 131 | Preliminary findings on the role of PLIN1 polymorphisms on body composition and energy metabolism response to energy restriction in obese women. *British Journal of Nutrition*, **2011**, 106, 486-90 | 3.6 | 23 |
| 130 | Effects of protein vs. carbohydrate-rich diets on fuel utilisation in obese women during weight loss. *Forum of Nutrition*, **2003**, 56, 168-70 | | 23 |
| 129 | The effect of a multidisciplinary intervention program on hepatic adiposity in overweight-obese children: protocol of the EFIGRO study. *Contemporary Clinical Trials*, **2015**, 45, 346-355 | 2.3 | 22 |
| 128 | Time-course changes in macronutrient metabolism induced by a nutritionally balanced low-calorie diet in obese women. *International Journal of Food Sciences and Nutrition*, **2004**, 55, 27-35 | 3.7 | 22 |
| 127 | Validity of resting energy expenditure predictive equations before and after an energy-restricted diet intervention in obese women. *PLoS ONE*, **2011**, 6, e23759 | 3.7 | 22 |

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| 126 | Does Cardiorespiratory Fitness Attenuate the Adverse Effects of Severe/Morbid Obesity on Cardiometabolic Risk and Insulin Resistance in Children? A Pooled Analysis. *Diabetes Care*, **2017**, 40, 1580-1587 | 14.6 | 21 |
| 125 | Exclusive breastfeeding duration and cardiorespiratory fitness in children and adolescents. *American Journal of Clinical Nutrition*, **2012**, 95, 498-505 | 7 | 21 |
| 124 | Birth weight and blood lipid levels in Spanish adolescents: influence of selected APOE, APOC3 and PPARgamma2 gene polymorphisms. The AVENA Study. *BMC Medical Genetics*, **2008**, 9, 98 | 2.1 | 21 |
| 123 | Sleep duration and cognitive performance in adolescence. The AVENA study. *Acta Paediatrica, International Journal of Paediatrics*, **2010**, 99, 454-6 | 3.1 | 20 |
| 122 | High fat diets are associated with higher abdominal adiposity regardless of physical activity in adolescents; the HELENA study. *Clinical Nutrition*, **2014**, 33, 859-66 | 5.9 | 19 |
| 121 | Associations between the adherence to the Mediterranean diet and cardiorespiratory fitness with total and central obesity in preschool children: the PREFIT project. *European Journal of Nutrition*, **2018**, 57, 2975-2983 | 5.2 | 19 |
| 120 | Physical activity, sedentary time, and liver enzymes in adolescents: the HELENA study. *Pediatric Research*, **2014**, 75, 798-802 | 3.2 | 18 |
| 119 | More physically active and leaner adolescents have higher energy intake. *Journal of Pediatrics*, **2014** , 164, 159-166.e2 | 3.6 | 18 |
| 118 | Fitness and fatness in relation with attention capacity in European adolescents: The HELENA study. *Journal of Science and Medicine in Sport*, **2017**, 20, 373-379 | 4.4 | 18 |
| 117 | Role of Badrenergic receptor polymorphisms on body weight and body composition response to energy restriction in obese women: preliminary results. *Obesity*, **2011**, 19, 212-5 | 8 | 18 |
| 116 | Prevalence of ideal cardiovascular health in European adolescents: The HELENA study. *International Journal of Cardiology*, **2017**, 240, 428-432 | 3.2 | 17 |
| 115 | Muscle strength field-based tests to identify European adolescents at risk of metabolic syndrome: The HELENA study. *Journal of Science and Medicine in Sport*, **2019**, 22, 929-934 | 4.4 | 17 |
| 114 | Preliminary findings on the influence of FTO rs9939609 and MC4R rs17782313 polymorphisms on resting energy expenditure, leptin and thyrotropin levels in obese non-morbid premenopausal women. *Journal of Physiology and Biochemistry*, **2014**, 70, 255-62 | 5 | 17 |
| 113 | Role of socio-cultural factors on changes in fitness and adiposity in youth: a 6-year follow-up study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2013**, 23, 883-90 | 4.5 | 17 |
| 112 | Stability of the factorial structure of metabolic syndrome from childhood to adolescence: a 6-year follow-up study. *Cardiovascular Diabetology*, **2011**, 10, 81 | 8.7 | 17 |
| 111 | Breast-feeding modulates the influence of the peroxisome proliferator-activated receptor-gamma (PPARG2) Pro12Ala polymorphism on adiposity in adolescents: The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) cross-sectional study. *Diabetes Care*, **2010**, 33, 190-6 | 14.6 | 17 |
| 110 | Individual and combined effects of ApoE and MTHFR 677C/T polymorphisms on cognitive performance in Spanish adolescents: the AVENA study. *Journal of Pediatrics*, **2010**, 156, 978-984.e1 | 3.6 | 17 |
| 109 | In vivo assessment of the mitochondrial response to caloric restriction in obese women by the 2-keto[1-C]isocaproate breath test. *Metabolism: Clinical and Experimental*, **2003**, 52, 463-7 | 12.7 | 17 |

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| 108 | Effects of Exercise in Addition to a Family-Based Lifestyle Intervention Program on Hepatic Fat in Children With Overweight. *Diabetes Care*, **2020**, 43, 306-313 | 14.6 | 17 |
| 107 | Fitness, physical activity and academic achievement in overweight/obese children. *Journal of Sports Sciences*, **2020**, 38, 731-740 | 3.6 | 16 |
| 106 | Congruent validity and inter-day reliability of two breath by breath metabolic carts to measure resting metabolic rate in young adults. *Nutrition, Metabolism and Cardiovascular Diseases*, **2018**, 28, 929-936 | 4.5 | 16 |
| 105 | The effect of ponderal index at birth on the relationships between common LEP and LEPR polymorphisms and adiposity in adolescents. *Obesity*, **2011**, 19, 2038-45 | 8 | 16 |
| 104 | The effect of early menarche on later body composition and fat distribution in female adolescents: role of birth weight. *Annals of Nutrition and Metabolism*, **2009**, 54, 313-20 | 4.5 | 16 |
| 103 | Diet quality and attention capacity in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *British Journal of Nutrition*, **2017**, 117, 1587-1595 | 3.6 | 15 |
| 102 | Longer breastfeeding is associated with increased lower body explosive strength during adolescence. *Journal of Nutrition*, **2010**, 140, 1989-95 | 4.1 | 15 |
| 101 | Dietary fat intake modifies the influence of the FTO rs9939609 polymorphism on adiposity in adolescents: The HELENA cross-sectional study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2016**, 26, 937-43 | 4.5 | 14 |
| 100 | Effects of Leucine-Enriched Whey Protein Supplementation on Physical Function in Post-Hospitalized Older Adults Participating in 12-Weeks of Resistance Training Program: A Randomized Controlled Trial. *Nutrients*, **2019**, 11, | 6.7 | 13 |
| 99 | Congruent Validity of Resting Energy Expenditure Predictive Equations in Young Adults. *Nutrients*, **2019**, 11, | 6.7 | 13 |
| 98 | Impact of cow's milk intake on exercise performance and recovery of muscle function: a systematic review. *Journal of the International Society of Sports Nutrition*, **2019**, 16, 22 | 4.5 | 13 |
| 97 | Early life risk factors and their cumulative effects as predictors of overweight in Spanish children. *International Journal of Public Health*, **2018**, 63, 501-512 | 4 | 13 |
| 96 | Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the HELENA study. *Atherosclerosis*, **2011**, 217, 286-91 | 3.1 | 13 |
| 95 | Effect of the Ala12 allele in the PPARgamma-2 gene on the relationship between birth weight and body composition in adolescents: the AVENA study. *Pediatric Research*, **2007**, 62, 615-9 | 3.2 | 13 |
| 94 | Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. *European Journal of Nutrition*, **2019**, 58, 2051-2065 | 5.2 | 12 |
| 93 | Association of circulating visfatin concentrations with insulin resistance and low-grade inflammation after dietary energy restriction in Spanish obese non-diabetic women: role of body composition changes. *Nutrition, Metabolism and Cardiovascular Diseases*, **2012**, 22, 208-14 | 4.5 | 12 |
| 92 | Sexual dimorphism in the early life programming of serum leptin levels in European adolescents: the HELENA study. *Journal of Clinical Endocrinology and Metabolism*, **2011**, 96, E1330-4 | 5.6 | 12 |
| 91 | The relative age effect on physical fitness in preschool children. *Journal of Sports Sciences*, **2020**, 38, 1506-1515 | 3.6 | 12 |

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| 90 | Energy expenditure differences across lying, sitting, and standing positions in young healthy adults. *PLoS ONE*, **2019**, 14, e0217029 | 3.7 | 11 |
| 89 | Correlates of ideal cardiovascular health in European adolescents: The HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2018**, 28, 187-194 | 4.5 | 11 |
| 88 | Association of common variants of UCP2 gene with low-grade inflammation in Swedish children and adolescents; the European Youth Heart Study. *Pediatric Research*, **2009**, 66, 350-4 | 3.2 | 11 |
| 87 | Body size at birth modifies the effect of fat mass and obesity associated (FTO) rs9939609 polymorphism on adiposity in adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *British Journal of Nutrition*, **2012**, 107, 1498-504 | 3.6 | 11 |
| 86 | Physical activity attenuates the negative effect of low birth weight on leptin levels in European adolescents; the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2013**, 23, 344-9 | 4.5 | 10 |
| 85 | Birth weight and subsequent adiposity gain in Swedish children and adolescents: a 6-year follow-up study. *Obesity*, **2012**, 20, 376-81 | 8 | 10 |
| 84 | Association of exclusive breastfeeding duration and fibrinogen levels in childhood and adolescence: the European Youth Heart Study. *JAMA Pediatrics*, **2012**, 166, 56-61 | | 10 |
| 83 | Dietary determinants of hepatic fat content and insulin resistance in overweight/obese children: a cross-sectional analysis of the Prevention of Diabetes in Kids (PREDIKID) study. *British Journal of Nutrition*, **2019**, 121, 1158-1165 | 3.6 | 9 |
| 82 | Hepatic fat content and bone mineral density in children with overweight/obesity. *Pediatric Research*, **2018**, 84, 684-688 | 3.2 | 9 |
| 81 | Influence of Physical Activity on Bone Mineral Content and Density in Overweight and Obese Children with Low Adherence to the Mediterranean Dietary Pattern. *Nutrients*, **2018**, 10, | 6.7 | 9 |
| 80 | Adherence to the Mediterranean diet in metabolically healthy and unhealthy overweight and obese European adolescents: the HELENA study. *European Journal of Nutrition*, **2019**, 58, 2615-2623 | 5.2 | 9 |
| 79 | Effects on adolescentsQlipid profile of a fitness-enhancing intervention in the school setting; the EDUFIT study. *Nutricion Hospitalaria*, **2013**, 28, 119-26 | 1 | 9 |
| 78 | Brown adipose tissue volume and 18F-fluorodeoxyglucose uptake are not associated with energy intake in young human adults. *American Journal of Clinical Nutrition*, **2020**, 111, 329-339 | 7 | 9 |
| 77 | Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. *BMJ Open*, **2020**, 10, e036210 | 3 | 9 |
| 76 | Prevention of diabetes in overweight/obese children through a family based intervention program including supervised exercise (PREDIKID project): study protocol for a randomized controlled trial. *Trials*, **2017**, 18, 372 | 2.8 | 8 |
| 75 | A Single Question of Parent-Reported Physical Activity Levels Estimates Objectively Measured Physical Fitness and Body Composition in Preschool Children: The PREFIT Project. *Frontiers in Psychology*, **2019**, 10, 1585 | 3.4 | 8 |
| 74 | Insulin sensitivity at childhood predicts changes in total and central adiposity over a 6-year period. *International Journal of Obesity*, **2011**, 35, 1284-8 | 5.5 | 8 |
| 73 | Higher socioeconomic status is related to healthier levels of fatness and fitness already at 3 to 5 years of age: The PREFIT project. *Journal of Sports Sciences*, **2019**, 37, 1327-1337 | 3.6 | 8 |

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| 72 | Associations between macronutrient intake and serum lipid profile depend on body fat in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *British Journal of Nutrition*, **2014**, 112, 2049-59 | 3.6 | 7 |
| 71 | Estimation of non-shivering thermogenesis and cold-induced nutrient oxidation rates: Impact of method for data selection and analysis. *Clinical Nutrition*, **2019**, 38, 2168-2174 | 5.9 | 7 |
| 70 | Independent and combined influence of the FTO rs9939609 and MC4Rrs17782313 polymorphisms on hypocaloric diet induced changes in body mass and composition and energy metabolism in non-morbid obese premenopausal women. *Nutricion Hospitalaria*, **2015**, 31, 2025-32 | 1 | 7 |
| 69 | Ideal cardiovascular health and liver enzyme levels in European adolescents; the HELENA study. *Journal of Physiology and Biochemistry*, **2017**, 73, 225-234 | 5 | 6 |
| 68 | Breastfeeding attenuates the effect of low birthweight on abdominal adiposity in adolescents: the HELENA study. *Maternal and Child Nutrition*, **2015**, 11, 1036-40 | 3.4 | 6 |
| 67 | Associations of physical activity and fitness with hepatic steatosis, liver enzymes, and insulin resistance in children with overweight/obesity. *Pediatric Diabetes*, **2020**, 21, 565-574 | 3.6 | 6 |
| 66 | Skin temperature response to a liquid meal intake is different in men than in women. *Clinical Nutrition*, **2019**, 38, 1339-1347 | 5.9 | 6 |
| 65 | Dietary lipid intake only partially influences variance in serum phospholipid fatty acid composition in adolescents: impact of other dietary factors. *Lipids*, **2014**, 49, 881-93 | 1.6 | 6 |
| 64 | Lower plasma NAMPT/visfatin levels are associated with impaired hepatic mitochondrial function in non-diabetic obese women: a potential link between obesity and non-alcoholic fatty liver disease. *Nutrition, Metabolism and Cardiovascular Diseases*, **2012**, 22, e1-2 | 4.5 | 6 |
| 63 | Mediterranean Diet, Screen-Time-Based Sedentary Behavior and Their Interaction Effect on Adiposity in European Adolescents: The HELENA Study. *Nutrients*, **2021**, 13, | 6.7 | 6 |
| 62 | Screen Time and ParentsŒducation Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. *Journal of Clinical Medicine*, **2021**, 10, | 5.1 | 6 |
| 61 | Cardiorespiratory fitness, waist circumference and liver enzyme levels in European adolescents: The HELENA cross-sectional study. *Journal of Science and Medicine in Sport*, **2017**, 20, 932-936 | 4.4 | 5 |
| 60 | Association between UCP1, UCP2, and UCP3 gene polymorphisms with markers of adiposity in European adolescents: The HELENA study. *Pediatric Obesity*, **2019**, 14, e12504 | 4.6 | 5 |
| 59 | Associations of dietary energy density with body composition and cardiometabolic risk in children with overweight and obesity: role of energy density calculations, under-reporting energy intake and physical activity. *British Journal of Nutrition*, **2019**, 121, 1057-1068 | 3.6 | 5 |
| 58 | Multicomponent Physical Exercise in Older Adults after Hospitalization: A Randomized Controlled Trial Comparing Short- vs. Long-Term Group-Based Interventions. *International Journal of Environmental Research and Public Health*, **2020**, 17, | 4.6 | 5 |
| 57 | Differences in Brain Volume between Metabolically Healthy and Unhealthy Overweight and Obese Children: The Role of Fitness. *Journal of Clinical Medicine*, **2020**, 9, | 5.1 | 5 |
| 56 | Social vulnerabilities as determinants of overweight in 2-, 4- and 6-year-old Spanish children. *European Journal of Public Health*, **2018**, 28, 289-295 | 2.1 | 5 |
| 55 | Association of Breakfast Quality and Energy Density with Cardiometabolic Risk Factors in Overweight/Obese Children: Role of Physical Activity. *Nutrients*, **2018**, 10, | 6.7 | 5 |

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| 54 | High fitness is associated with a healthier programming of body composition at adolescence. *American Journal of Human Biology*, **2008**, 20, 732-4 | 2.7 | 5 |
| 53 | Associations of early life and sociodemographic factors with menarcheal age in European adolescents. *European Journal of Pediatrics*, **2015**, 174, 271-8 | 4.1 | 4 |
| 52 | Prevalence of responders for hepatic fat, adiposity and liver enzyme levels in response to a lifestyle intervention in children with overweight/obesity: EFIGRO randomized controlled trial. *Pediatric Diabetes*, **2020**, 21, 215-223 | 3.6 | 4 |
| 51 | Prevalence of severe/morbid obesity and other weight status and anthropometric reference standards in Spanish preschool children: The PREFIT project. *Pediatric Research*, **2020**, 87, 501-510 | 3.2 | 4 |
| 50 | Letter to the Editor: Metabolically Healthy (and Fit?) Obesity. *Journal of Clinical Endocrinology and Metabolism*, **2017**, 102, 1084-1085 | 5.6 | 3 |
| 49 | The Effect of a Family-Based Lifestyle Education Program on Dietary Habits, Hepatic Fat and Adiposity Markers in 8-12-Year-Old Children with Overweight/Obesity. *Nutrients*, **2020**, 12, | 6.7 | 3 |
| 48 | Physical activity modifies the associations between genetic variants and blood pressure in European adolescents. *Journal of Pediatrics*, **2014**, 165, 1046-9.e1-2 | 3.6 | 3 |
| 47 | Determinants of birth size in Northeast Spain. *Journal of Maternal-Fetal and Neonatal Medicine*, **2014**, 27, 677-82 | 2 | 3 |
| 46 | Hip and wrist accelerometers showed consistent associations with fitness and fatness in children aged 8-12 years. *Acta Paediatrica, International Journal of Paediatrics*, **2020**, 109, 995-1003 | 3.1 | 3 |
| 45 | The effect of an online exercise programme on bone health in paediatric cancer survivors (iBoneFIT): study protocol of a multi-centre randomized controlled trial. *BMC Public Health*, **2020**, 20, 1520 | 4.1 | 3 |
| 44 | Modelling hospital readmissions under frailty conditions for healthy aging. *Expert Systems*, **2020**, 37, e12437 | 2.1 | 3 |
| 43 | Inflammatory markers and bone mass in children with overweight/obesity: the role of muscular fitness. *Pediatric Research*, **2020**, 87, 42-47 | 3.2 | 3 |
| 42 | Development of a Genetic Risk Score to predict the risk of overweight and obesity in European adolescents from the HELENA study. *Scientific Reports*, **2021**, 11, 3067 | 4.9 | 3 |
| 41 | Do dietary patterns determine levels of vitamin B, folate, and vitamin B intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *Nutrition*, **2018**, 50, 8-17 | 4.8 | 3 |
| 40 | Lifestyle patterns and endocrine, metabolic, and immunological biomarkers in European adolescents: The HELENA study. *Pediatric Diabetes*, **2019**, 20, 23-31 | 3.6 | 3 |
| 39 | Early life factors, gray matter brain volume and academic performance in overweight/obese children: The ActiveBrains project. *NeuroImage*, **2019**, 202, 116130 | 7.9 | 2 |
| 38 | Association between CNTF Polymorphisms and Adiposity Markers in European Adolescents. *Journal of Pediatrics*, **2020**, 219, 23-30.e1 | 3.6 | 2 |
| 37 | Cardiorespiratory fitness modifies the association between the UCP3-55C>T (rs1800849) polymorphism and plasma homocysteine in Swedish youth. *Atherosclerosis*, **2010**, 210, 183-7 | 3.1 | 2 |

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| 36 | The effect of birth weight on low-energy diet-induced changes in body composition and substrate-energy metabolism in obese women. *Journal of the American College of Nutrition*, **2011**, 30, 134-40 | 3.5 | 2 |
| 35 | Trends in the prevalence of morbid obesity in Australian children and adolescents from 1985 to 2008: what do we know about?. *International Journal of Obesity*, **2011**, 35, 1331; author reply 1332-3 | 5.5 | 2 |
| 34 | Total and endogenous lipid oxidation in obese women during a 10 weeks weight loss program based on a moderately high protein energy-restricted diet. *Nutrition Research*, **2004**, 24, 7-18 | 4 | 2 |
| 33 | Differences in areal bone mineral density between metabolically healthy and unhealthy overweight/obese children: the role of physical activity and cardiorespiratory fitness. *Pediatric Research*, **2020**, 87, 1219-1225 | 3.2 | 2 |
| 32 | Eating Behavior, Physical Activity and Exercise Training: A Randomized Controlled Trial in Young Healthy Adults. *Nutrients*, **2020**, 12, | 6.7 | 2 |
| 31 | Determinants of participation in a post-hospitalization physical exercise program for older adults. *BMC Geriatrics*, **2020**, 20, 408 | 4.1 | 2 |
| 30 | Single nucleotide polymorphisms of ADIPOQ gene associated with cardiovascular disease risk factors in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *Journal of Hypertension*, **2020**, 38, 1971-1979 | 1.9 | 2 |
| 29 | Interaction Effect of the Mediterranean Diet and an Obesity Genetic Risk Score on Adiposity and Metabolic Syndrome in Adolescents: The HELENA Study. *Nutrients*, **2020**, 12, | 6.7 | 2 |
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