

# Margaret Ashwell

## List of Publications by Year in descending order

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Version: 2024-02-01

45  
papers

5,745  
citations

236612

25  
h-index

264894

42  
g-index

46  
all docs

46  
docs citations

46  
times ranked

7516  
citing authors

#	ARTICLE	IF	CITATIONS
1	Waist-to-height ratio is a better screening tool than waist circumference and BMI for adult cardiometabolic risk factors: systematic review and meta-analysis. <i>Obesity Reviews</i> , 2012, 13, 275-286.	3.1	1,322
2	A systematic review of waist-to-height ratio as a screening tool for the prediction of cardiovascular disease and diabetes: 0.5 could be a suitable global boundary value. <i>Nutrition Research Reviews</i> , 2010, 23, 247-269.	2.1	949
3	Six reasons why the waist-to-height ratio is a rapid and effective global indicator for health risks of obesity and how its use could simplify the international public health message on obesity. <i>International Journal of Food Sciences and Nutrition</i> , 2005, 56, 303-307.	1.3	722
4	Waist-to-height ratio as an indicator of "early health risk": simpler and more predictive than using a "matrix" based on BMI and waist circumference. <i>BMJ Open</i> , 2016, 6, e010159.	0.8	324
5	Brown adipose tissue in the parametrial fat pad of the mouse. <i>FEBS Letters</i> , 1984, 167, 10-14.	1.3	323
6	A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms. <i>Nutrition Research Reviews</i> , 2017, 30, 272-283.	2.1	216
7	Ratio of waist circumference to height is strong predictor of intra-abdominal fat. <i>BMJ: British Medical Journal</i> , 1996, 313, 559-560.	2.4	200
8	Ratio of waist circumference to height may be better indicator of need for weight management. <i>BMJ: British Medical Journal</i> , 1996, 312, 377-377.	2.4	188
9	Waist to Height Ratio Is a Simple and Effective Obesity Screening Tool for Cardiovascular Risk Factors: Analysis of Data from the British National Diet and Nutrition Survey of Adults Aged 19&ndash;64 Years. <i>Obesity Facts</i> , 2009, 2, 97-103.	1.6	182
10	A proposal for a primary screening tool: "Keep your waist circumference to less than half your height". <i>BMC Medicine</i> , 2014, 12, 207.	2.3	139
11	Current micronutrient recommendations in Europe: towards understanding their differences and similarities. <i>European Journal of Nutrition</i> , 2008, 47, 17-40.	1.8	138
12	UK Food Standards Agency Workshop Consensus Report: the choice of method for measuring 25-hydroxyvitamin D to estimate vitamin D status for the UK National Diet and Nutrition Survey. <i>British Journal of Nutrition</i> , 2010, 104, 612-619.	1.2	115
13	Waist-to-Height Ratio Is More Predictive of Years of Life Lost than Body Mass Index. <i>PLoS ONE</i> , 2014, 9, e103483.	1.1	111
14	UK Food Standards Agency Workshop Report: an investigation of the relative contributions of diet and sunlight to vitamin D status. <i>British Journal of Nutrition</i> , 2010, 104, 603-611.	1.2	99
15	Does Regular Breakfast Cereal Consumption Help Children and Adolescents Stay Slimmer? A Systematic Review and Meta-Analysis. <i>Obesity Facts</i> , 2013, 6, 70-85.	1.6	83
16	How we will produce the evidence-based EURRECA toolkit to support nutrition and food policy. <i>European Journal of Nutrition</i> , 2008, 47, 2-16.	1.8	55
17	Obesity risk: importance of the waist-to-height ratio. <i>Nursing Standard (Royal College of Nursing)</i> Tj ETQq1 1 0.784314 rgBT /Overloc 0.1 54	0.1	54
18	Charts Based on Body Mass Index and Waist-to-Height Ratio to Assess the Health Risks of Obesity: A Review. <i>The Open Obesity Journal</i> , 2011, 3, 78-84.	0.1	54

#	ARTICLE	IF	CITATIONS
19	Stevia, Nature's Zero-Calorie Sustainable Sweetener. <i>Nutrition Today</i> , 2015, 50, 129-134.	0.6	51
20	Expert consensus on low-calorie sweeteners: facts, research gaps and suggested actions. <i>Nutrition Research Reviews</i> , 2020, 33, 145-154.	2.1	47
21	Measurement by radioimmunoassay of the mitochondrial uncoupling protein from brown adipose tissue of obese (ob/ob) mice and Zucker (fa/fa) rats at different ages. <i>FEBS Letters</i> , 1985, 179, 233-237.	1.3	45
22	EURRECA – A Network of Excellence to align European micronutrient recommendations. <i>Food Chemistry</i> , 2009, 113, 748-753.	4.2	30
23	UK Food Standards Agency Optimal Nutrition Status Workshop: environmental factors that affect bone health throughout life. <i>British Journal of Nutrition</i> , 2003, 89, 835-840.	1.2	28
24	What can the food and drink industry do to help achieve the 5% free sugars goal?. <i>Perspectives in Public Health</i> , 2017, 137, 237-247.	0.8	26
25	Urgency of reassessment of role of obesity indices for metabolic risks. <i>Metabolism: Clinical and Experimental</i> , 2010, 59, 834-840.	1.5	25
26	A simple cut-off for waist-to-height ratio ( $\geq 5$ ) can act as an indicator for cardiometabolic risk: recent data from adults in the Health Survey for England. <i>British Journal of Nutrition</i> , 2020, 123, 681-690.	1.2	24
27	Dietary patterns among British adults: compatibility with dietary guidelines for salt/sodium, fat, saturated fat and sugars. <i>Public Health Nutrition</i> , 2011, 14, 1323-1336.	1.1	21
28	Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable diseases: a position paper from the Academy of Nutrition Sciences. <i>British Journal of Nutrition</i> , 2021, 126, 1076-1090.	1.2	21
29	Nutrition and bone health projects funded by the UK Food Standards Agency: have they helped to inform public health policy?. <i>British Journal of Nutrition</i> , 2008, 99, 198-205.	1.2	20
30	Documentation of Functional and Clinical Effects of Infant Nutrition: Setting the Scene for COMMENT. <i>Annals of Nutrition and Metabolism</i> , 2012, 60, 222-232.	1.0	20
31	Plea for simplicity: use of waist-to-height ratio as a primary screening tool to assess cardiometabolic risk. <i>Clinical Obesity</i> , 2012, 2, 3-5.	1.1	19
32	National Diet and Nutrition Surveys: the British experience. <i>Public Health Nutrition</i> , 2006, 9, 523-530.	1.1	14
33	Shape. <i>Nutrition Today</i> , 2011, 46, 85-89.	0.6	10
34	Low-calorie sweeteners in the human diet: scientific evidence, recommendations, challenges and future needs. A symposium report from the FENS 2019 conference. <i>Journal of Nutritional Science</i> , 2021, 10, e7.	0.7	8
35	An examination of the relationship between breakfast, weight and shape. <i>British Journal of Nursing</i> , 2010, 19, 1155-1159.	0.3	7
36	Potential for waist-to-height ratio to detect overfat adolescents from a Pacific Island, even those within the normal BMI range. <i>Obesity Research and Clinical Practice</i> , 2018, 12, 351-357.	0.8	7

#	ARTICLE	IF	CITATIONS
37	Authorised Health Claims May Not Help Consumers to Choose a Healthy Diet. <i>Annals of Nutrition and Metabolism</i> , 2014, 64, 1-5.	1.0	4
38	How does breakfast help manage bodyweight?. <i>Nutrition Bulletin</i> , 2012, 37, 395-397.	0.8	3
39	Elsie Widdowson. <i>Nutrition Today</i> , 2016, 51, 86-92.	0.6	2
40	Comments on the article 'Optimum waist circumference-height indices for evaluating adult adiposity: An analytic review': Consideration of relationship to cardiovascular risk factors and to the public health message. <i>Obesity Reviews</i> , 2020, 21, e13074.	3.1	2
41	Workshop on funding opportunities within the Food Standards Agency. <i>Proceedings of the Nutrition Society</i> , 2004, 63, 549-552.	0.4	1
42	Weight management in the digital age. <i>Nutrition Bulletin</i> , 2014, 39, 390-394.	0.8	0
43	Highlights from Elsie Widdowson's Personal Diary of Her Meetings With Early US Nutrition Pioneers in 1936. <i>Nutrition Today</i> , 2016, 51, 93-101.	0.6	0
44	What is the EARNEST Dissemination and Exploitation Consensus Panel (DECP)?. <i>Advances in Experimental Medicine and Biology</i> , 2009, 646, 189-194.	0.8	0
45	How long is A Piece of String? Less than Half your Height. Five Steps from Science to Screening: A Mini Review. <i>Advances in Obesity Weight Management &amp; Control</i> , 2017, 7, .	0.4	0