

# Margaret Ashwell

## List of Publications by Year in Descending Order

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**Version:** 2024-04-23

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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.

42  
papers

4,256  
citations

23  
h-index

46  
g-index

46  
ext. papers

4,990  
ext. citations

4.2  
avg, IF

5.91  
L-index

#	Paper	IF	Citations
42	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> , <b>2021</b> , 126, 1076-1090	3.6	4
41	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> , <b>2021</b> , 10, e7	2.7	1
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> , <b>2020</b> , 21, e13074	10.6	2
39	Expert consensus on low-calorie sweeteners: facts, research gaps and suggested actions. <i>Nutrition Research Reviews</i> , <b>2020</b> , 33, 145-154	7	21
38	A simple cut-off for waist-to-height ratio (0.5) can act as an indicator for cardiometabolic risk: recent data from adults in the Health Survey for England. <i>British Journal of Nutrition</i> , <b>2020</b> , 123, 681-690 <sup>3.6</sup>	3.6	10
37	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> , <b>2018</b> , 12, 351-357	5.4	6
36	What can the food and drink industry do to help achieve the 5% free sugars goal?. <i>Perspectives in Public Health</i> , <b>2017</b> , 137, 237-247	1.4	19
35	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> , <b>2017</b> , 30, 272-283	7	112
34	Elsie Widdowson. <i>Nutrition Today</i> , <b>2016</b> , 51, 86-92	1.6	1
33	Highlights from Elsie Widdowson's Personal Diary of Her Meetings With Early US Nutrition Pioneers in 1936. <i>Nutrition Today</i> , <b>2016</b> , 51, 93-101	1.6	
32	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> , <b>2016</b> , 6, e010159	3	205
31	Stevia, Nature's Zero-Calorie Sustainable Sweetener: A New Player in the Fight Against Obesity. <i>Nutrition Today</i> , <b>2015</b> , 50, 129-134	1.6	25
30	Waist-to-height ratio is more predictive of years of life lost than body mass index. <i>PLoS ONE</i> , <b>2014</b> , 9, e103483	3.7	81
29	A proposal for a primary screening tool: 'Keep your waist circumference to less than half your height'. <i>BMC Medicine</i> , <b>2014</b> , 12, 207	11.4	91
28	Weight management in the digital age. <i>Nutrition Bulletin</i> , <b>2014</b> , 39, 390-394	3.5	
27	Does regular breakfast cereal consumption help children and adolescents stay slimmer? A systematic review and meta-analysis. <i>Obesity Facts</i> , <b>2013</b> , 6, 70-85	5.1	66
26	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> , <b>2012</b> , 13, 275-86	10.6	955

25	How does breakfast help manage bodyweight?. <i>Nutrition Bulletin</i> , <b>2012</b> , 37, 395-397	3.5	3
24	Documentation of functional and clinical effects of infant nutrition: setting the scene for COMMENT. <i>Annals of Nutrition and Metabolism</i> , <b>2012</b> , 60, 222-32	4.5	12
23	Dietary patterns among British adults: compatibility with dietary guidelines for salt/sodium, fat, saturated fat and sugars. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 1323-36	3.3	17
22	Shape. <i>Nutrition Today</i> , <b>2011</b> , 46, 85-89	1.6	9
21	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> , <b>2011</b> , 3, 78-84		42
20	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> , <b>2010</b> , 23, 247-69	7	729
19	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> , <b>2010</b> , 104, 603-11	3.6	87
18	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> , <b>2010</b> , 104, 612-9	3.6	97
17	An examination of the relationship between breakfast, weight and shape. <i>British Journal of Nursing</i> , <b>2010</b> , 19, 1155-9	0.7	6
16	Urgency of reassessment of role of obesity indices for metabolic risks. <i>Metabolism: Clinical and Experimental</i> , <b>2010</b> , 59, 834-40	12.7	21
15	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 19-64 years. <i>Obesity Facts</i> , <b>2009</b> , 2, 97-103	5.1	127
14	Obesity risk: importance of the waist-to-height ratio. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , <b>2009</b> , 23, 49-54; quiz 55	1.1	38
13	EURRECA DA Network of Excellence to align European micronutrient recommendations. <i>Food Chemistry</i> , <b>2009</b> , 113, 748-753	8.5	25
12	What is the EARNEST Dissemination and Exploitation Consensus Panel (DECP)?. <i>Advances in Experimental Medicine and Biology</i> , <b>2009</b> , 646, 189-94	3.6	
11	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> , <b>2008</b> , 99, 198-205	3.6	17
10	How we will produce the evidence-based EURRECA toolkit to support nutrition and food policy. <i>European Journal of Nutrition</i> , <b>2008</b> , 47 Suppl 1, 2-16	5.2	48
9	Current micronutrient recommendations in Europe: towards understanding their differences and similarities. <i>European Journal of Nutrition</i> , <b>2008</b> , 47 Suppl 1, 17-40	5.2	124
8	National diet and nutrition surveys: the British experience. <i>Public Health Nutrition</i> , <b>2006</b> , 9, 523-30	3.3	11

7	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> , <b>2005</b> , 56, 303-7	3.7	544
6	Workshop on funding opportunities within the Food Standards Agency. <i>Proceedings of the Nutrition Society</i> , <b>2004</b> , 63, 549-52	2.9	1
5	UK Food Standards Agency Optimal Nutrition Status Workshop: environmental factors that affect bone health throughout life. <i>British Journal of Nutrition</i> , <b>2003</b> , 89, 835-40	3.6	27
4	Ratio of waist circumference to height may be better indicator of need for weight management. <i>BMJ: British Medical Journal</i> , <b>1996</b> , 312, 377		145
3	Ratio of waist circumference to height is strong predictor of intra-abdominal fat. <i>BMJ: British Medical Journal</i> , <b>1996</b> , 313, 559-60		161
2	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> , <b>1985</b> , 179, 233-7	3.8	40
1	Brown adipose tissue in the parametrial fat pad of the mouse. <i>FEBS Letters</i> , <b>1984</b> , 167, 10-4	3.8	286