

# Katie M Heinrich

## List of Publications by Year in descending order

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Version: 2024-02-01

111  
papers

1,979  
citations

331670

21  
h-index

276875

41  
g-index

115  
all docs

115  
docs citations

115  
times ranked

2180  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Physical Activity Resource Assessment (PARA) instrument: evaluating features, amenities and incivilities of physical activity resources in urban neighborhoods. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2005, 2, 13.	4.6	214
2	High-Intensity Functional Training (HIFT): Definition and Research Implications for Improved Fitness. <i>Sports</i> , 2018, 6, 76.	1.7	189
3	High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study. <i>BMC Public Health</i> , 2014, 14, 789.	2.9	178
4	Mission Essential Fitness: Comparison of Functional Circuit Training to Traditional Army Physical Training for Active Duty Military. <i>Military Medicine</i> , 2012, 177, 1125-1130.	0.8	92
5	Obesity, Physical Activity, and Sedentary Behavior of Youth With Learning Disabilities and ADHD. <i>Journal of Learning Disabilities</i> , 2015, 48, 563-576.	2.2	80
6	How Does the Built Environment Relate to Body Mass Index and Obesity Prevalence among Public Housing Residents?. <i>American Journal of Health Promotion</i> , 2008, 22, 187-194.	1.7	78
7	Physical Activity-Related Policy and Environmental Strategies to Prevent Obesity in Rural Communities: A Systematic Review of the Literature, 2002-2013. <i>Preventing Chronic Disease</i> , 2016, 13, E03.	3.4	73
8	Associations between the built environment and physical activity in public housing residents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2007, 4, 56.	4.6	69
9	High-intensity functional training improves functional movement and body composition among cancer survivors: a pilot study. <i>European Journal of Cancer Care</i> , 2015, 24, 812-817.	1.5	69
10	The Benefits of High-Intensity Functional Training Fitness Programs for Military Personnel. <i>Military Medicine</i> , 2016, 181, e1508-e1514.	0.8	58
11	A Picture of the Healthful Food Environment in Two Diverse Urban Cities. <i>Environmental Health Insights</i> , 2010, 4, EHI.S3594.	1.7	52
12	Obesity Classification in Military Personnel: A Comparison of Body Fat, Waist Circumference, and Body Mass Index Measurements. <i>Military Medicine</i> , 2008, 173, 67-73.	0.8	46
13	Is High-Intensity Functional Training (HIFT)/CrossFit Safe for Military Fitness Training?. <i>Military Medicine</i> , 2016, 181, 627-637.	0.8	44
14	Obesogenic Influences in Public Housing: A Mixed-Method Analysis. <i>American Journal of Health Promotion</i> , 2006, 20, 282-290.	1.7	38
15	Characteristics of Urban Sidewalks/Streets and Objectively Measured Physical Activity. <i>Journal of Urban Health</i> , 2008, 85, 178-190.	3.6	37
16	Are Changes in Physical Work Capacity Induced by High-Intensity Functional Training Related to Changes in Associated Physiologic Measures?. <i>Sports</i> , 2018, 6, 26.	1.7	37
17	Gender Differences in Stress and Coping Among Adults Living in Hawai'i. <i>Californian Journal of Health Promotion</i> , 2007, 5, 89-102.	0.3	35
18	Mapping Coaches' Views of Participation in CrossFit to the Integrated Theory of Health Behavior Change and Sense of Community. <i>Family and Community Health</i> , 2017, 40, 24-27.	1.1	26

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19	Validity, Reliability, and Application of the Session-RPE Method for Quantifying Training Loads during High Intensity Functional Training. <i>Sports</i> , 2018, 6, 84.	1.7	25
20	A selective review of prenatal exercise guidelines since the 1950s until present: Written for women, health care professionals, and female athletes. <i>Women and Birth</i> , 2015, 28, e93-e98.	2.0	24
21	Multiple Fitness Improvements Found after 6-Months of High Intensity Functional Training. <i>Sports</i> , 2019, 7, 203.	1.7	23
22	Avoiding a Knowledge Gap in a Multiethnic Statewide Social Marketing Campaign: Is Cultural Tailoring Sufficient?. <i>Journal of Health Communication</i> , 2011, 16, 314-327.	2.4	22
23	Effects of Eight Weeks of High Intensity Functional Training on Glucose Control and Body Composition among Overweight and Obese Adults. <i>Sports</i> , 2019, 7, 51.	1.7	22
24	Neighborhood Environment Perceptions and the Likelihood of Smoking and Alcohol Use. <i>International Journal of Environmental Research and Public Health</i> , 2015, 12, 784-799.	2.6	21
25	Municipal Officials' Participation in Built Environment Policy Development in the United States. <i>American Journal of Health Promotion</i> , 2015, 30, 42-49.	1.7	17
26	Roles and Strategies of State Organizations Related to School-Based Physical Education and Physical Activity Policies. <i>Journal of Public Health Management and Practice</i> , 2013, 19, S34-S40.	1.4	16
27	Examining a novel firefighter exercise training program on simulated fire ground test performance, cardiorespiratory endurance, and strength: a pilot investigation. <i>Journal of Occupational Medicine and Toxicology</i> , 2019, 14, 12.	2.2	16
28	National Study of Changes in Community Access to School Physical Activity Facilities: The School Health Policies and Programs Study. <i>Journal of Physical Activity and Health</i> , 2010, 7, S20-S30.	2.0	15
29	Exploring the Relationship Between Physical Activity Knowledge, Health Outcomes Expectancies, and Behavior. <i>Journal of Physical Activity and Health</i> , 2011, 8, 404-409.	2.0	15
30	Priority of Activity-Friendly Community Issues Among Key Decision Makers in Hawaii. <i>Journal of Physical Activity and Health</i> , 2009, 6, 386-390.	2.0	14
31	The association between television viewing time and percent body fat in adults varies as a function of physical activity and sex. <i>BMC Public Health</i> , 2019, 19, 736.	2.9	14
32	Differences in Body Composition across Police Occupations and Moderation Effects of Leisure Time Physical Activity. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6825.	2.6	14
33	A Comprehensive Multi-Level Approach for Passing Safe Routes to School and Complete Streets Policies in Hawaii. <i>Journal of Physical Activity and Health</i> , 2011, 8, S135-S140.	2.0	13
34	Obesogenic and Youth Oriented Restaurant Marketing in Public Housing Neighborhoods. <i>American Journal of Health Behavior</i> , 2014, 38, 218-224.	1.4	13
35	High Intensity Functional Training (HIFT) and competitions: How motives differ by length of participation. <i>PLoS ONE</i> , 2019, 14, e0213812.	2.5	13
36	Acute Caffeine Supplementation Does Not Improve Performance in Trained CrossFit® Athletes. <i>Sports</i> , 2020, 8, 54.	1.7	13

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37	Comparison of Physiological Responses and Training Load between Different CrossFit® Workouts with Equalized Volume in Men and Women. <i>Life</i> , 2021, 11, 586.	2.4	12
38	Physical access in urban public housing facilities. <i>Disability and Health Journal</i> , 2008, 1, 25-29.	2.8	11
39	Kansas Legislators Prioritize Obesity but Overlook Nutrition and Physical Activity Issues. <i>Journal of Public Health Management and Practice</i> , 2013, 19, 139-145.	1.4	11
40	What walking means to moms: Insights from a national sample to frame walking in compelling ways to low-income urban mothers. <i>Journal of Transport and Health</i> , 2017, 5, 5-15.	2.2	11
41	Store and Restaurant Advertising and Health of Public Housing Residents. <i>American Journal of Health Behavior</i> , 2012, 36, 66-74.	1.4	10
42	Built Environment Factors Influencing Walking to School Behaviors: A Comparison between a Small and Large US City. <i>Frontiers in Public Health</i> , 2016, 4, 77.	2.7	10
43	Despite Low Obesity Rates, Body Mass Index Under-Estimated Obesity among Russian Police Officers When Compared to Body Fat Percentage. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1937.	2.6	10
44	Exploring the social side of CrossFit: a qualitative study. <i>Mental Health and Social Inclusion</i> , 2021, 25, 63-75.	0.6	10
45	Perceptions of Important Characteristics of Physical Activity Facilities: Implications for Engagement in Walking, Moderate and Vigorous Physical Activity. <i>Frontiers in Public Health</i> , 2017, 5, 319.	2.7	9
46	Injury Correlates Among a National Sample of Women in the US Fire Service. <i>Journal of Occupational and Environmental Medicine</i> , 2020, 62, 634-640.	1.7	9
47	High-Intensity Functional Training Shows Promise for Improving Physical Functioning and Activity in Community-Dwelling Older Adults: A Pilot Study. <i>Journal of Geriatric Physical Therapy</i> , 2021, 44, 9-17.	1.1	9
48	High-Intensity Functional Training Guided by Individualized Heart Rate Variability Results in Similar Health and Fitness Improvements as Predetermined Training with Less Effort. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 102.	2.4	9
49	Can CrossFit aid in addiction recovery? An exploratory media analysis of popular press. <i>Mental Health and Social Inclusion</i> , 2020, 24, 97-104.	0.6	8
50	Is age just a number? Differences in exercise participatory motives across adult cohorts and the relationships with exercise behaviour. <i>International Journal of Sport and Exercise Psychology</i> , 2021, 19, 61-73.	2.1	8
51	Driven to Support: Individual- and County-Level Factors Associated With Public Support for Active Transportation Policies. <i>American Journal of Health Promotion</i> , 2018, 32, 657-666.	1.7	7
52	An Investigation Into How Motivational Factors Differed Among Individuals Engaging in CrossFit Training. <i>SAGE Open</i> , 2018, 8, 215824401880313.	1.7	7
53	Heart rate variability mediates motivation and fatigue throughout a high-intensity exercise program. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 193-202.	1.9	7
54	Affective responses during high-intensity functional training compared to high-intensity interval training and moderate continuous training. <i>Sport, Exercise, and Performance Psychology</i> , 2020, 9, 115-127.	0.8	7

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55	Network Analysis of the Social Environment Relative to Preference for and Tolerance of Exercise Intensity in CrossFit Gyms. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8370.	2.6	6
56	Operational stress of police officers: A cross-sectional study in three countries with centralized, hierarchical organization. <i>Policing (Oxford)</i> , 0, , .	1.4	6
57	Developing Core Capabilities for Local Health Departments to Engage in Land Use and Transportation Decision Making for Active Transportation. <i>Journal of Public Health Management and Practice</i> , 2019, 25, 464-471.	1.4	5
58	Critical tasks from the Global War on Terror: A combat-focused job task analysis. <i>Applied Ergonomics</i> , 2021, 95, 103465.	3.1	5
59	Hawai'i's Opportunity for Active Living Advancement (HO'ĀĒLA): addressing childhood obesity through safe routes to school. <i>Hawaii Medical Journal</i> , 2011, 70, 21-6.	0.4	5
60	Psychometric Properties of the Serbian Version of the Operational and Organizational Police Stress Questionnaires. <i>Sustainability</i> , 2021, 13, 13662.	3.2	5
61	Exercise in the Treatment of Addiction: A Systematic Literature Review. <i>Health Education and Behavior</i> , 2022, 49, 801-819.	2.5	5
62	The Census of Social Institutions (CSI): A Public Health Direct Observation Measure of Local Land Use. <i>Journal of Urban Health</i> , 2010, 87, 410-415.	3.6	4
63	A survey of policies and local ordinances supporting physical activity in Hawaii counties. <i>Preventing Chronic Disease</i> , 2008, 5, A19.	3.4	4
64	Accuracy of Body Mass Index and Obesity Status in Police Trainees. <i>European Journal of Investigation in Health, Psychology and Education</i> , 2022, 12, 42-49.	1.9	4
65	Lower-body muscular power and exercise tolerance predict susceptibility to enemy fire during a tactical combat movement simulation. <i>Ergonomics</i> , 2022, 65, 1245-1255.	2.1	4
66	Weight Management and Appearance Motivate Non-Competitive CrossFit Participants. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 696.	0.4	3
67	Crossfit & Heart Health. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 293.	0.4	3
68	Exploring social networks relative to various types of exercise self-efficacy within CrossFit participants. <i>International Journal of Sport and Exercise Psychology</i> , 2022, 20, 1691-1710.	2.1	3
69	Impact of social networks, mental health, and sobriety on exercise within a collegiate recovery community. <i>Health Behavior Research</i> , 2020, 3, .	0.1	3
70	Baseline Physical Activity Behaviors and Relationships with Fitness in the Army Training at High Intensity Study. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 27.	2.4	3
71	The Effects of Acute Caffeine Supplementation on Performance in Trained CrossFit Athletes. <i>Sports</i> , 2019, 7, 95.	1.7	2
72	A Population-Based Study of Coupling and Physical Activity by Sexual Orientation for Men. <i>Journal of Homosexuality</i> , 2020, 67, 1533-1541.	2.0	2

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73	To Discern Differences of Cardiovascular Response Over Four Rounds of a High-Intensity Functional Training (Hift) Session.. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 64.	0.4	2
74	Food security issues for low-income Hawaii residents. <i>Asia-Pacific Journal of Public Health</i> , 2008, 20 Suppl, 64-9.	1.0	2
75	TRAINING LOAD THROUGH HEART RATE AND PERCEIVED EXERTION DURING CROSSFITÂ®. <i>Revista Brasileira De Medicina Do Esporte</i> , 2022, 28, 315-319.	0.2	2
76	Effects of Maximal and Submaximal Anaerobic and Aerobic Running on Subsequent Change-of-Direction Speed Performance among Police Students. <i>Biology</i> , 2022, 11, 767.	2.8	2
77	Age Differences For Relationships Between Perceived Health, Exercise Motivation And Self-efficacy Factors After HIFT. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 113-113.	0.4	1
78	Muscular Strength, Power, and Endurance Adaptations after Two Different University Fitness Classes. <i>Sports</i> , 2021, 9, 107.	1.7	1
79	The First Twenty Exercise Training Program and Fire Academy Recruitsâ€™ Fitness and Health. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1055.	0.4	1
80	Key Factors Influencing Adherence to High-Intensity Functional Training. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 434.	0.4	0
81	Effect Of Previous Organized Sport Experience On Improvements From, Adherence To, And Enjoyment Of Crossfit. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 731.	0.4	0
82	Is High-Intensity Functional Training Sufficient for Improving Cardiovascular Endurance in Cancer Survivors?. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 626.	0.4	0
83	Examining Childrenâ€™s Physical Activity, Lesson Context, and Leader Behavior during a Sports Conditioning Summer Camp. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1065.	0.4	0
84	Response: Is High-Intensity Functional Training (HIFT)/CrossFit Safe for Military Fitness Training?. <i>Military Medicine</i> , 2017, 182, 1476-1479.	0.8	0
85	Differences between US Army and Marines in self-reported combat-relevant physically demanding tasks. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, S155.	1.3	0
86	Characterizing Injuries and Participation in High Intensity Functional Training. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 423.	0.4	0
87	Predicting Energy expenditure in Males And Females During High-intensity Functional Training. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 459-460.	0.4	0
88	High IntensityFunctional Training Improves Multiple Domains of Fitness in Females and Males. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 651.	0.4	0
89	Training Modulation using Heart Rate Variability Improves Daily Training Cognitions for High Intensity Functional Training. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 475-475.	0.4	0
90	Increased Functional Capacity For Adaptive Athletes Through High Intensity Functional Training (HIFT). <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 126-126.	0.4	0

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91	Effects of Heart Rate Variability Modulation on High Intensity Functional Training Strength Outcomes. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 191-191.	0.4	0
92	Effects of Caffeine on High-Intensity Functional Training Performance. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 715-716.	0.4	0
93	Effects Of Caffeine On High-intensity Functional Training Performance In High- Vs. Low-caffeine Users. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 715-715.	0.4	0
94	Tap to Togetherness: A Program for Parents and Children Together. <i>Journal of Dance Education</i> , 0, , 1-7.	0.2	0
95	Aerobic Physical Activity Participation and Correlates of Participating in Muscle Strengthening Physical Activity: A Cross-Sectional Analysis. <i>Health Behavior Research</i> , 2021, 4, .	0.1	0
96	Fitness Changes Among Military Personnel Enrolled In A 6-month High Intensity Functional Training Exercise Trial. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 26-27.	0.4	0
97	What Difference Does Age Make? Perceived Confidence In High Intensity Functional Training Participants. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 484-484.	0.4	0
98	Covid-19 Lockdowns: How Fitness Facility Users And Non-users Adapted. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 225-225.	0.4	0
99	Cancer Survivors Report Positive Affect during High-Intensity Group Based Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 424.	0.4	0
100	Oxygen Uptake during Three Varying Duration High-Intensity Functional Training Sessions. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 635.	0.4	0
101	An Examination of Supplement Use in Volunteer Firefighters. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 727.	0.4	0
102	Effects of a Brief Lifestyle Intervention for Office Workers. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 846-847.	0.4	0
103	Differences In Exercise Behaviors By Diabetes Status: Implications For Diabetic Americans. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1073-1073.	0.4	0
104	Exercise Is Medicine For Mental Illness: Insights From Mental Health Professionals. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 604-605.	0.4	0
105	Heart Rate Variability Mediates Fatigue And Motivation Throughout A High-intensity Exercise Program.. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 111-111.	0.4	0
106	Effects of Caffeine on Exercise Duration, Critical Velocity, and Ratings of Perceived Exertion During Repeated-Sprint Exercise in Physically Active Men. <i>International Journal of Exercise Science</i> , 2021, 14, 435-445.	0.5	0
107	Evaluating the Clinical Utility of Daily Heart Rate Variability Assessment for Classifying Meaningful Change in Testosterone-to-Cortisol Ratio: A Preliminary Study. <i>International Journal of Exercise Science</i> , 2021, 14, 260-273.	0.5	0
108	Going Beyond the Science: Fostering Community within Health Behavior Interventions for Lasting Change. <i>Health Behavior Research</i> , 2020, 3, .	0.1	0

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109	Association of waist to height ratio with 2.4 kilometers running time among male police populations. <i>Work</i> , 2022, , 1-8.	1.1	0
110	I CrossFit; Do You? Cross-Sectional Peer Similarity of Physical Activity Behavior in a Group High Intensity Functional Training Setting. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4932.	2.6	0
111	Risk Factors for Locomotive Crew Members Depending on Their Place of Work. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 7415.	2.6	0