

Susumu S Sawada

List of Publications by Year in descending order

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Version: 2024-02-01

88
papers

2,875
citations

361296
20
h-index

175177
52
g-index

91
all docs

91
docs citations

91
times ranked

3974
citing authors

#	ARTICLE	IF	CITATIONS
1	Importance of Assessing Cardiorespiratory Fitness in Clinical Practice: A Case for Fitness as a Clinical Vital Sign: A Scientific Statement From the American Heart Association. <i>Circulation</i> , 2016, 134, e653-e699.	1.6	1,423
2	Calf circumference as a surrogate marker of muscle mass for diagnosing sarcopenia in Japanese men and women. <i>Geriatrics and Gerontology International</i> , 2015, 15, 969-976.	0.7	267
3	Cardiorespiratory Fitness and the Incidence of Type 2 Diabetes: Prospective study of Japanese men. <i>Diabetes Care</i> , 2003, 26, 2918-2922.	4.3	149
4	Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies. <i>British Journal of Sports Medicine</i> , 2022, 56, 755-763.	3.1	67
5	FIVE YEAR PROSPECTIVE STUDY ON BLOOD PRESSURE AND MAXIMAL OXYGEN UPTAKE. <i>Clinical and Experimental Pharmacology and Physiology</i> , 1993, 20, 483-487.	0.9	65
6	Long-Term Trends in Cardiorespiratory Fitness and the Incidence of Type 2 Diabetes. <i>Diabetes Care</i> , 2010, 33, 1353-1357.	4.3	65
7	Cardiorespiratory Fitness and Cancer Mortality in Japanese Men: A Prospective Study. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 1546-1550.	0.2	63
8	Associations between Cardiorespiratory Fitness and Health-Related Quality of Life. <i>Health and Quality of Life Outcomes</i> , 2009, 7, 47.	1.0	62
9	Associations of sedentary behavior and physical activity with psychological distress: a cross-sectional study from Singapore. <i>BMC Public Health</i> , 2013, 13, 885.	1.2	56
10	Relation Between Insulin Sensitivity and Metabolic Abnormalities in Japanese Men With BMI of 23–25 kg/m ² . <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016, 101, 3676-3684.	1.8	54
11	Daily step count and all-cause mortality in a sample of Japanese elderly people: a cohort study. <i>BMC Public Health</i> , 2018, 18, 540.	1.2	49
12	Cutoffs for calf circumference as a screening tool for low muscle mass: WASEDA'S Health Study. <i>Geriatrics and Gerontology International</i> , 2020, 20, 943-950.	0.7	44
13	Physical Fitness Tests and Type 2 Diabetes Among Japanese: A Longitudinal Study From the Niigata Wellness Study. <i>Journal of Epidemiology</i> , 2019, 29, 139-146.	1.1	37
14	Cardiorespiratory fitness, body mass index, and cancer mortality: a cohort study of Japanese men. <i>BMC Public Health</i> , 2014, 14, 1012.	1.2	31
15	Cardiorespiratory Fitness Suppresses Age-Related Arterial Stiffening in Healthy Adults: A 2-Year Longitudinal Observational Study. <i>Journal of Clinical Hypertension</i> , 2016, 18, 292-298.	1.0	31
16	Body Mass Index and Kidney Stones: A Cohort Study of Japanese Men. <i>Journal of Epidemiology</i> , 2016, 26, 131-136.	1.1	30
17	Mediating Effect of Perceived Stress on the Association between Physical Activity and Sleep Quality among Chinese College Students. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 289.	1.2	28
18	Dose-response relationship between sports activity and musculoskeletal pain in adolescents. <i>Pain</i> , 2016, 157, 1339-1345.	2.0	27

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19	Muscular and Performance Fitness and the Incidence of Type 2 Diabetes: Prospective Study of Japanese Men. <i>Journal of Physical Activity and Health</i> , 2010, 7, 627-632.	1.0	24
20	Obesity and low back pain: a retrospective cohort study of Japanese males. <i>Journal of Physical Therapy Science</i> , 2017, 29, 978-983.	0.2	24
21	A Fit-Fat Index for Predicting Incident Diabetes in Apparently Healthy Men: A Prospective Cohort Study. <i>PLoS ONE</i> , 2016, 11, e0157703.	1.1	24
22	Changes in Physical Fitness during COVID-19 Pandemic Lockdown among Adolescents: A Longitudinal Study. <i>Healthcare (Switzerland)</i> , 2022, 10, 351.	1.0	20
23	Reference Values for Cardiorespiratory Fitness and Incidence of Type 2 Diabetes. <i>Journal of Epidemiology</i> , 2014, 24, 25-30.	1.1	15
24	Relationship between Cardiorespiratory Fitness and Non-High-Density Lipoprotein Cholesterol: A Cohort Study. <i>Journal of Atherosclerosis and Thrombosis</i> , 2018, 25, 1196-1205.	0.9	15
25	Long-term Impact of Cardiorespiratory Fitness on Type 2 Diabetes Incidence: A Cohort Study of Japanese Men. <i>Journal of Epidemiology</i> , 2018, 28, 266-273.	1.1	14
26	Association between objectively measured physical activity and body mass index with low back pain: a large-scale cross-sectional study of Japanese men. <i>BMC Public Health</i> , 2018, 18, 341.	1.2	13
27	Physical Fitness and Dyslipidemia Among Japanese: A Cohort Study From the Niigata Wellness Study. <i>Journal of Epidemiology</i> , 2021, 31, 287-296.	1.1	12
28	Consistently High Level of Cardiorespiratory Fitness and Incidence of Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 2048-2055.	0.2	11
29	Combined association of cardiorespiratory fitness and family history of hypertension on the incidence of hypertension: a long-term cohort study of Japanese males. <i>Hypertension Research</i> , 2018, 41, 1063-1069.	1.5	11
30	A Prospective Cohort Study of Muscular and Performance Fitness and Risk of Hearing Loss: The Niigata Wellness Study. <i>American Journal of Medicine</i> , 2021, 134, 235-242.e4.	0.6	10
31	Weight change after 20 years of age and the incidence of dyslipidemia: a cohort study of Japanese male workers. <i>Journal of Public Health</i> , 2016, 38, e77-e83.	1.0	9
32	Body flexibility and incident hypertension: The Niigata wellness study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 702-709.	1.3	9
33	Greater Progression of Age-Related Aortic Stiffening in Adults with Poor Trunk Flexibility: A 5-Year Longitudinal Study. <i>Frontiers in Physiology</i> , 2017, 8, 454.	1.3	8
34	Visceral fat and cardiorespiratory fitness with prevalence of pre-diabetes/diabetes mellitus among middle-aged and elderly Japanese people: WASEDA™ Health Study. <i>PLoS ONE</i> , 2020, 15, e0241018.	1.1	8
35	Leisure-time physical activity and incidence of objectively assessed hearing loss: The Niigata Wellness Study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 435-445.	1.3	8
36	Physical fitness for health. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2014, 3, 377-384.	0.2	7

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37	Influence of Watching Professional Baseball on Japanese Elders's Affect and Subjective Happiness. <i>Gerontology and Geriatric Medicine</i> , 2017, 3, 233372141772140.	0.8	7
38	The Association of Fit-Fat Index with Incident Diabetes in Japanese Men: A Prospective Cohort Study. <i>Scientific Reports</i> , 2018, 8, 569.	1.6	7
39	Importance of Achieving a "Fit" Cardiorespiratory Fitness Level for Several Years on the Incidence of Type 2 Diabetes Mellitus: A Japanese Cohort Study. <i>Journal of Epidemiology</i> , 2018, 28, 230-236.	1.1	7
40	Frequency of achieving a "fit" cardiorespiratory fitness level and hypertension. <i>Journal of Hypertension</i> , 2019, 37, 820-826.	0.3	7
41	Is Less Sedentary Behavior, More Physical Activity, or Higher Fitness Associated with Sleep Quality? A Cross-Sectional Study in Singapore. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1337.	1.2	7
42	Dynapenic Obesity and Prevalence of Type 2 Diabetes in Middle-Aged Japanese Men. <i>Journal of Epidemiology</i> , 2015, 25, 656-662.	1.1	6
43	Tracking of Pedometer-Determined Physical Activity in Healthy Elderly Japanese People. <i>Journal of Physical Activity and Health</i> , 2015, 12, 1421-1429.	1.0	5
44	Combined aerobic and resistance training, and incidence of diabetes: A retrospective cohort study in Japanese older women. <i>Journal of Diabetes Investigation</i> , 2019, 10, 997-1003.	1.1	5
45	Determinants of Resting Oxidative Stress in Middle-Aged and Elderly Men and Women: WASEDA's Health Study. <i>Oxidative Medicine and Cellular Longevity</i> , 2021, 2021, 1-11.	1.9	5
46	Susceptibility to Upper Respiratory Tract Infection and Touching of the Eyes or Nose: A Cross-sectional Study of Japanese Workers. <i>Journal of Occupational Health</i> , 2013, 55, 66-73.	1.0	4
47	Combined association of fitness and central adiposity with health-related quality of life in healthy Men: a cross-sectional study. <i>Health and Quality of Life Outcomes</i> , 2015, 13, 188.	1.0	4
48	Effect of watching professional baseball at a stadium on health-related outcomes among Japanese older adults: A randomized controlled trial. <i>Geriatrics and Gerontology International</i> , 2019, 19, 717-722.	0.7	3
49	A Prospective Cohort Study of Muscular and Performance Fitness and Incident Glaucoma: The Niigata Wellness Study. <i>Journal of Physical Activity and Health</i> , 2020, 17, 1171-1178.	1.0	3
50	Effects of Combined Aerobic and Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 34.	0.2	2
51	Objectively Measured Physical Activity and Low Back Pain in Japanese Men. <i>Journal of Physical Activity and Health</i> , 2018, 15, 417-422.	1.0	2
52	Simple-measured leg muscle strength and the prevalence of diabetes among Japanese males: a cross-sectional analysis of data from the Kameda health study. <i>Journal of Physical Therapy Science</i> , 2020, 32, 1-6.	0.2	2
53	Accuracy of Non-Exercise Estimated Cardiorespiratory Fitness in Japanese Adults. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 12288.	1.2	2
54	Tracking of cardiorespiratory fitness in Japanese men. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2018, 7, 25-33.	0.2	1

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55	The association of fitness and fatness with intermediate hyperglycemia incidence in women: A cohort study. <i>Preventive Medicine</i> , 2021, 148, 106552.	1.6	1
56	The combination of cardiorespiratory fitness and muscular fitness, and prevalence of diabetes mellitus in middle-aged and older men: WASEDA's Health Study. <i>BMC Public Health</i> , 2022, 22, 626.	1.2	1
57	Physical Activity And Life-style Related Diseases: Cross-sectional Study In Japanese Workers. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 37.	0.2	0
58	Long-term Trends In Cardiorespiratory Fitness And The Incidence Of Hypertension. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 785-786.	0.2	0
59	Age Group Difference In The Relationship Between Pedometer-determined Steps/day And Physical Fitness Among Japanese Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 653.	0.2	0
60	Frequency of Combined Aerobic and Resistance Training and Incidence of Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 223.	0.2	0
61	Pedometer-determined Physical Activity And All-cause Mortality In Japanese Elderly Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 555.	0.2	0
62	Change In Knee Extensor Strength And All-cause Mortality In Japanese Elderly Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 787.	0.2	0
63	Predictive Indicators of Early Fitness Club Membership Termination in Japan. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 221-222.	0.2	0
64	Fatness and Low Back Pain. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 791-792.	0.2	0
65	Effect Of Cardiorespiratory Fitness On Blood Glucose Trajectory With Aging. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 846.	0.2	0
66	Muscle Strength And Prevalence Of Diabetes, A Cross-sectional Study Among Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 502-503.	0.2	0
67	Combined Association of Cardiorespiratory Fitness and Family History of Hypertension on the Incidence of Hypertension. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 78-79.	0.2	0
68	Cardiorespiratory Fitness and Prevalence of Lifestyle-related Diseases In Japanese Men And Women: WASEDA'S Health Study. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 218-219.	0.2	0
69	Muscular and Performance Fitness and Incidence of Type 2 Diabetes in Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S85.	0.2	0
70	Cardiorespiratory Fitness And Incidence Of Hyperlipidemia. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S383.	0.2	0
71	Associations between Cardiorespiratory Fitness Level and Health-Related Quality of Life: A Cross-Sectional Study of United States Navy Male Service Members.. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S34-S35.	0.2	0
72	Muscular and Performance Fitness and All-Cause Mortality: Prospective Study of Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S35.	0.2	0

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73	Influence of Cardiorespiratory Fitness and Drinking Habits on Total Cancer Mortality: A Cohort Study of Japanese Man. Japanese Journal of Physical Fitness and Sports Medicine, 2013, 62, 375-381.	0.0	0
74	Dynapenic Obesity and Prevalence of Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2014, 46, 786.	0.2	0
75	Trunk Flexibility and the Incidence of Type 2 Diabetes In Japanese. Medicine and Science in Sports and Exercise, 2014, 46, 785.	0.2	0
76	Muscle Mass and Strength and Prevalence of Lower Back Pain. Medicine and Science in Sports and Exercise, 2014, 46, 786.	0.2	0
77	Sedentary Behavior, Physical Activity and Kidney Stones. Medicine and Science in Sports and Exercise, 2016, 48, 226.	0.2	0
78	Long-Term Impact of Cardiorespiratory Fitness on Type 2 Diabetes Incidence in Japanese Men. Medicine and Science in Sports and Exercise, 2016, 48, 224.	0.2	0
79	Higher Cardiorespiratory Fitness during a Given Period and Lower Incidence of Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2016, 48, 223-224.	0.2	0
80	Cardiorespiratory Fitness and High Levels of non-HDL-cholesterol. Medicine and Science in Sports and Exercise, 2016, 48, 225.	0.2	0
81	Muscle Strength and Bone Strength Assessed with Osteo-sono Assessment Index Among Recreationally Athletic Japanese Women. Medicine and Science in Sports and Exercise, 2019, 51, 218-218.	0.2	0
82	A Prospective Cohort Study of Physical Fitness and Incident Glaucoma: The Niigata Wellness Study. Medicine and Science in Sports and Exercise, 2019, 51, 222-222.	0.2	0
83	Parasympathetic Nervous Regulation and Prevalence of Lifestyle-related Diseases In Japanese: Waseda's Health Study. Medicine and Science in Sports and Exercise, 2019, 51, 216-216.	0.2	0
84	The Independent And Joint Associations Of Fitness And Fatness With Incident Prediabetes In Women: A Cohort Study. Medicine and Science in Sports and Exercise, 2020, 52, 420-420.	0.2	0
85	Association Of Knee Extensor Strength With Prevalence Of Type 2 Diabetes Among Japanese: A Cross-sectional Study. Medicine and Science in Sports and Exercise, 2020, 52, 157-158.	0.2	0
86	Associations Of Physical Activity And Sedentary Behavior With The Onset Of Long-term Care Need In Community-dwelling Independent Japanese Older Adults: The Tsuru Study. Medicine and Science in Sports and Exercise, 2020, 52, 744-744.	0.2	0
87	A Prospective Cohort Study Of Physical Fitness And Incident Hearing Loss: The Niigata Wellness Study. Medicine and Science in Sports and Exercise, 2020, 52, 421-421.	0.2	0
88	Combined association of cardiorespiratory fitness and muscle mass with prevalence of diabetes mellitus: WASEDA's TMS Health Study. The Journal of Physical Fitness and Sports Medicine, 2022, 11, 189-195.	0.2	0