Susumu S Sawada

List of Publications by Citations

74 papers	1,840 citations	18 h-index	42 g-index
91 ext. papers	2,427 ext. citations	2.7 avg, IF	4.06 L-index

#	Paper	IF	Citations
74	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. *Circulation*, **2016**, 134, e653-e699	16.7	825
73	Calf circumference as a surrogate marker of muscle mass for diagnosing sarcopenia in Japanese men and women. *Geriatrics and Gerontology International*, **2015**, 15, 969-76	2.9	166
72	Cardiorespiratory fitness and the incidence of type 2 diabetes: prospective study of Japanese men. *Diabetes Care*, **2003**, 26, 2918-22	14.6	120
71	Long-term trends in cardiorespiratory fitness and the incidence of type 2 diabetes. *Diabetes Care*, **2010**, 33, 1353-7	14.6	55
70	Associations between cardiorespiratory fitness and health-related quality of life. *Health and Quality of Life Outcomes*, **2009**, 7, 47	3	53
69	Five year prospective study on blood pressure and maximal oxygen uptake. *Clinical and Experimental Pharmacology and Physiology*, **1993**, 20, 483-7	3	50
68	Associations of sedentary behavior and physical activity with psychological distress: a cross-sectional study from Singapore. *BMC Public Health*, **2013**, 13, 885	4.1	49
67	Cardiorespiratory fitness and cancer mortality in Japanese men: a prospective study. *Medicine and Science in Sports and Exercise*, **2003**, 35, 1546-50	1.2	49
66	Relation Between Insulin Sensitivity and Metabolic Abnormalities in Japanese Men With BMI of 23-25 kg/m. *Journal of Clinical Endocrinology and Metabolism*, **2016**, 101, 3676-3684	5.6	48
65	Daily step count and all-cause mortality in a sample of Japanese elderly people: a cohort study. *BMC Public Health*, **2018**, 18, 540	4.1	34
64	Physical Fitness Tests and Type 2 Diabetes Among Japanese: A Longitudinal Study From the Niigata Wellness Study. *Journal of Epidemiology*, **2019**, 29, 139-146	3.4	27
63	Cardiorespiratory fitness, body mass index, and cancer mortality: a cohort study of Japanese men. *BMC Public Health*, **2014**, 14, 1012	4.1	23
62	Body Mass Index and Kidney Stones: A Cohort Study of Japanese Men. *Journal of Epidemiology*, **2016**, 26, 131-6	3.4	22
61	Dose-response relationship between sports activity and musculoskeletal pain in adolescents. *Pain*, **2016**, 157, 1339-1345	8	19
60	Muscular and performance fitness and the incidence of type 2 diabetes: prospective study of Japanese men. *Journal of Physical Activity and Health*, **2010**, 7, 627-32	2.5	19
59	Cardiorespiratory Fitness Suppresses Age-Related Arterial Stiffening in Healthy Adults: A 2-Year Longitudinal Observational Study. *Journal of Clinical Hypertension*, **2016**, 18, 292-8	2.3	19
58	Cut-offs for calf circumference as a screening tool for low muscle mass: WASEDA'S Health Study. *Geriatrics and Gerontology International*, **2020**, 20, 943-950	2.9	18

57	A Fit-Fat Index for Predicting Incident Diabetes in Apparently Healthy Men: A Prospective Cohort Study. *PLoS ONE*, **2016**, 11, e0157703	3.7	16
56	Obesity and low back pain: a retrospective cohort study of Japanese males. *Journal of Physical Therapy Science*, **2017**, 29, 978-983	1	13
55	Long-term Impact of Cardiorespiratory Fitness on Type 2 Diabetes Incidence: A Cohort Study of Japanese Men. *Journal of Epidemiology*, **2018**, 28, 266-273	3.4	12
54	Reference values for cardiorespiratory fitness and incidence of type 2 diabetes. *Journal of Epidemiology*, **2014**, 24, 25-30	3.4	11
53	Relationship between Cardiorespiratory Fitness and Non-High-Density Lipoprotein Cholesterol: A Cohort Study. *Journal of Atherosclerosis and Thrombosis*, **2018**, 25, 1196-1205	4	9
52	Association between objectively measured physical activity and body mass index with low back pain: a large-scale cross-sectional study of Japanese men. *BMC Public Health*, **2018**, 18, 341	4.1	8
51	Consistently High Level of Cardiorespiratory Fitness and Incidence of Type 2 Diabetes. *Medicine and Science in Sports and Exercise*, **2017**, 49, 2048-2055	1.2	7
50	Combined association of cardiorespiratory fitness and family history of hypertension on the incidence of hypertension: a long-term cohort study of Japanese males. *Hypertension Research*, **2018**, 41, 1063-1069	4.7	7
49	Physical fitness for health. *The Journal of Physical Fitness and Sports Medicine*, **2014**, 3, 377-384	0.5	6
48	Mediating Effect of Perceived Stress on the Association between Physical Activity and Sleep Quality among Chinese College Students. *International Journal of Environmental Research and Public Health*, **2021**, 18,	4.6	6
47	Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies.. *British Journal of Sports Medicine*, **2022**,	10.3	6
46	Weight change after 20 years of age and the incidence of dyslipidemia: a cohort study of Japanese male workers. *Journal of Public Health*, **2016**, 38, e77-83	3.5	5
45	Influence of Watching Professional Baseball on Japanese Elders' Affect and Subjective Happiness. *Gerontology and Geriatric Medicine*, **2017**, 3, 2333721417721401	2.3	5
44	Dynapenic Obesity and Prevalence of Type 2 Diabetes in Middle-Aged Japanese Men. *Journal of Epidemiology*, **2015**, 25, 656-62	3.4	5
43	Frequency of achieving a 'fit' cardiorespiratory fitness level and hypertension: a cohort study. *Journal of Hypertension*, **2019**, 37, 820-826	1.9	4
42	Importance of Achieving a "Fit" Cardiorespiratory Fitness Level for Several Years on the Incidence of Type 2 Diabetes Mellitus: A Japanese Cohort Study. *Journal of Epidemiology*, **2018**, 28, 230-236	3.4	4
41	Combined association of fitness and central adiposity with health-related quality of life in healthy Men: a cross-sectional study. *Health and Quality of Life Outcomes*, **2015**, 13, 188	3	3
40	The Association of Fit-Fat Index with Incident Diabetes in Japanese Men: A Prospective Cohort Study. *Scientific Reports*, **2018**, 8, 569	4.9	3

39	Tracking of Pedometer-Determined Physical Activity in Healthy Elderly Japanese People. *Journal of Physical Activity and Health*, **2015**, 12, 1421-9	2.5	3
38	Visceral fat and cardiorespiratory fitness with prevalence of pre-diabetes/diabetes mellitus among middle-aged and elderly Japanese people: WASEDA'S Health Study. *PLoS ONE*, **2020**, 15, e0241018	3.7	3
37	Physical Fitness and Dyslipidemia Among Japanese: A Cohort Study From the Niigata Wellness Study. *Journal of Epidemiology*, **2021**, 31, 287-296	3.4	3
36	Combined aerobic and resistance training, and incidence of diabetes: A retrospective cohort study in Japanese older women. *Journal of Diabetes Investigation*, **2019**, 10, 997-1003	3.9	3
35	Effect of watching professional baseball at a stadium on health-related outcomes among Japanese older adults: A randomized controlled trial. *Geriatrics and Gerontology International*, **2019**, 19, 717-722	2.9	2
34	Is Less Sedentary Behavior, More Physical Activity, or Higher Fitness Associated with Sleep Quality? A Cross-Sectional Study in Singapore. *International Journal of Environmental Research and Public Health*, **2020**, 17,	4.6	2
33	Effects of Combined Aerobic and Resistance Training. *Medicine and Science in Sports and Exercise*, **2017**, 49, 34	1.2	2
32	Greater Progression of Age-Related Aortic Stiffening in Adults with Poor Trunk Flexibility: A 5-Year Longitudinal Study. *Frontiers in Physiology*, **2017**, 8, 454	4.6	2
31	Susceptibility to upper respiratory tract infection and touching of the eyes or nose: a cross-sectional study of Japanese workers. *Journal of Occupational Health*, **2013**, 55, 66-73	2.3	2
30	A Prospective Cohort Study of Muscular and Performance Fitness and Incident Glaucoma: The Niigata Wellness Study. *Journal of Physical Activity and Health*, **2020**, 17, 1171-1178	2.5	2
29	Body flexibility and incident hypertension: The Niigata wellness study. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 702-709	4.6	2
28	A Prospective Cohort Study of Muscular and Performance Fitness and Risk of Hearing Loss: The Niigata Wellness Study. *American Journal of Medicine*, **2021**, 134, 235-242.e4	2.4	2
27	Changes in Physical Fitness during COVID-19 Pandemic Lockdown among Adolescents: A Longitudinal Study.. *Healthcare (Switzerland)*, **2022**, 10,	3.4	2
26	Determinants of Resting Oxidative Stress in Middle-Aged and Elderly Men and Women: WASEDA'S Health Study. *Oxidative Medicine and Cellular Longevity*, **2021**, 2021, 5566880	6.7	1
25	The association of fitness and fatness with intermediate hyperglycemia incidence in women: A cohort study. *Preventive Medicine*, **2021**, 148, 106552	4.3	1
24	Simple-measured leg muscle strength and the prevalence of diabetes among Japanese males: a cross-sectional analysis of data from the Kameda health study. *Journal of Physical Therapy Science*, **2020**, 32, 1-6	1	0
23	Objectively Measured Physical Activity and Low Back Pain in Japanese Men. *Journal of Physical Activity and Health*, **2018**, 15, 417-422	2.5	0
22	Tracking of cardiorespiratory fitness in Japanese men. *The Journal of Physical Fitness and Sports Medicine*, **2018**, 7, 25-33	0.5	0

21	Change In Knee Extensor Strength And All-cause Mortality In Japanese Elderly Individuals. *Medicine and Science in Sports and Exercise*, **2017**, 49, 787	1.2
20	Predictive Indicators of Early Fitness Club Membership Termination in Japan. *Medicine and Science in Sports and Exercise*, **2017**, 49, 221-222	1.2
19	Fatness and Low Back Pain. *Medicine and Science in Sports and Exercise*, **2017**, 49, 791-792	1.2
18	Effect Of Cardiorespiratory Fitness On Blood Glucose Trajectory With Aging. *Medicine and Science in Sports and Exercise*, **2017**, 49, 846	1.2
17	Muscular and Performance Fitness and Incidence of Type 2 Diabetes in Japanese Men. *Medicine and Science in Sports and Exercise*, **2004**, 36, S85	1.2
16	Cardiorespiratory Fitness And Incidence Of Hyperlipidemia. *Medicine and Science in Sports and Exercise*, **2005**, 37, S383	1.2
15	Muscular and Performance Fitness and All-Cause Mortality: Prospective Study of Japanese Men. *Medicine and Science in Sports and Exercise*, **2008**, 40, S35	1.2
14	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	1.2
13	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	1.2
12	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	1.2
11	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	1.2
10	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	1.2
9	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	1.2
8	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	1.2
7	Tokyo Gas Health Promotion Program **2011**, 261-271	
6	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	0.1
5	Cardiorespiratory Fitness and Prevalence of Lifestyle-related Diseases In Japanese Men And Women: WASEDA'S Health Study. *Medicine and Science in Sports and Exercise*, **2019**, 51, 218-219	1.2
4	Muscle Strength And Prevalence Of Diabetes, A Cross-sectional Study Among Japanese Men. *Medicine and Science in Sports and Exercise*, **2018**, 50, 502-503	1.2

3	Combined Association of Cardiorespiratory Fitness and Family History of Hypertension on the Incidence of Hypertension. *Medicine and Science in Sports and Exercise*, **2018**, 50, 78-79	1.2
2	The combination of cardiorespiratory fitness and muscular fitness, and prevalence of diabetes mellitus in middle-aged and older men: WASEDA'S Health Study.. *BMC Public Health*, **2022**, 22, 626	4.1
1	Combined association of cardiorespiratory fitness and muscle mass with prevalence of diabetes mellitus: WASEDA S Health Study. *The Journal of Physical Fitness and Sports Medicine*, **2022**, 11, 189-195	0.5