

Susumu S Sawada

List of Publications by Year in Descending Order

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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.

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	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 ,	10.3	6
73	Changes in Physical Fitness during COVID-19 Pandemic Lockdown among Adolescents: A Longitudinal Study.. <i>Healthcare (Switzerland)</i> , 2022 , 10,	3.4	2
72	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	4.1	
71	Combined association of cardiorespiratory fitness and muscle mass with prevalence of diabetes mellitus: WASEDA'S Health Study. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2022 , 11, 189-195	0.5	
70	Physical Fitness and Dyslipidemia Among Japanese: A Cohort Study From the Niigata Wellness Study. <i>Journal of Epidemiology</i> , 2021 , 31, 287-296	3.4	3
69	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, 5566880	6.7	1
68	The association of fitness and fatness with intermediate hyperglycemia incidence in women: A cohort study. <i>Preventive Medicine</i> , 2021 , 148, 106552	4.3	1
67	Body flexibility and incident hypertension: The Niigata wellness study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 702-709	4.6	2
66	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	2.4	2
65	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,	4.6	6
64	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,	4.6	2
63	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	1	0
62	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	2.5	2
61	The Independent And Joint Associations Of Fitness And Fatness With Incident Prediabetes In Women: A Cohort Study. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 420-420	1.2	
60	Association Of Knee Extensor Strength With Prevalence Of Type 2 Diabetes Among Japanese: A Cross-sectional Study. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 157-158	1.2	
59	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. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 744-744	1.2	
58	A Prospective Cohort Study Of Physical Fitness And Incident Hearing Loss: The Niigata Wellness Study. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 421-421	1.2	

57	Visceral fat and cardiorespiratory fitness with prevalence of pre-diabetes/diabetes mellitus among middle-aged and elderly Japanese people: WASEDA'S Health Study. <i>PLoS ONE</i> , 2020 , 15, e0241018	3.7	3
56	Cut-offs 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	2.9	18
55	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	2.9	2
54	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	3.4	27
53	Muscle Strength and Bone Strength Assessed with Osteo-sono Assessment Index Among Recreationally Athletic Japanese Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 218-218	1.2	
52	A Prospective Cohort Study of Physical Fitness and Incident Glaucoma: The Niigata Wellness Study. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 222-222	1.2	
51	Parasympathetic Nervous Regulation and Prevalence of Lifestyle-related Diseases In Japanese: Waseda's Health Study. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 216-216	1.2	
50	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	1.2	
49	Frequency of achieving a 'fit' cardiorespiratory fitness level and hypertension: a cohort study. <i>Journal of Hypertension</i> , 2019 , 37, 820-826	1.9	4
48	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	3.9	3
47	The Association of Fit-Fat Index with Incident Diabetes in Japanese Men: A Prospective Cohort Study. <i>Scientific Reports</i> , 2018 , 8, 569	4.9	3
46	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	4.1	8
45	Objectively Measured Physical Activity and Low Back Pain in Japanese Men. <i>Journal of Physical Activity and Health</i> , 2018 , 15, 417-422	2.5	0
44	Tracking of cardiorespiratory fitness in Japanese men. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2018 , 7, 25-33	0.5	0
43	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	4.1	34
42	Relationship between Cardiorespiratory Fitness and Non-High-Density Lipoprotein Cholesterol: A Cohort Study. <i>Journal of Atherosclerosis and Thrombosis</i> , 2018 , 25, 1196-1205	4	9
41	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	3.4	12
40	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	1.2	

39	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	1.2	
38	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	3.4	4
37	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	4.7	7
36	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	1.2	7
35	Obesity and low back pain: a retrospective cohort study of Japanese males. <i>Journal of Physical Therapy Science</i> , 2017 , 29, 978-983	1	13
34	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	1.2	
33	Effects of Combined Aerobic and Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 34	1.2	2
32	Influence of Watching Professional Baseball on Japanese Elders' Affect and Subjective Happiness. <i>Gerontology and Geriatric Medicine</i> , 2017 , 3, 2333721417721401	2.3	5
31	Predictive Indicators of Early Fitness Club Membership Termination in Japan. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 221-222	1.2	
30	Fatness and Low Back Pain. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 791-792	1.2	
29	Effect Of Cardiorespiratory Fitness On Blood Glucose Trajectory With Aging. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 846	1.2	
28	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	4.6	2
27	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, e77-83	3.5	5
26	Body Mass Index and Kidney Stones: A Cohort Study of Japanese Men. <i>Journal of Epidemiology</i> , 2016 , 26, 131-6	3.4	22
25	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	16.7	825
24	Relation Between Insulin Sensitivity and Metabolic Abnormalities in Japanese Men With BMI of 23-25 kg/m. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016 , 101, 3676-3684	5.6	48
23	Dose-response relationship between sports activity and musculoskeletal pain in adolescents. <i>Pain</i> , 2016 , 157, 1339-1345	8	19
22	A Fit-Fat Index for Predicting Incident Diabetes in Apparently Healthy Men: A Prospective Cohort Study. <i>PLoS ONE</i> , 2016 , 11, e0157703	3.7	16

21	Cardiorespiratory Fitness Suppresses Age-Related Arterial Stiffening in Healthy Adults: A 2-Year Longitudinal Observational Study. <i>Journal of Clinical Hypertension</i> , 2016 , 18, 292-8	2.3	19
20	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	3	3
19	Dynapenic Obesity and Prevalence of Type 2 Diabetes in Middle-Aged Japanese Men. <i>Journal of Epidemiology</i> , 2015 , 25, 656-62	3.4	5
18	Tracking of Pedometer-Determined Physical Activity in Healthy Elderly Japanese People. <i>Journal of Physical Activity and Health</i> , 2015 , 12, 1421-9	2.5	3
17	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, 969-76	2.9	166
16	Reference values for cardiorespiratory fitness and incidence of type 2 diabetes. <i>Journal of Epidemiology</i> , 2014 , 24, 25-30	3.4	11
15	Physical fitness for health. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2014 , 3, 377-384	0.5	6
14	Cardiorespiratory fitness, body mass index, and cancer mortality: a cohort study of Japanese men. <i>BMC Public Health</i> , 2014 , 14, 1012	4.1	23
13	Associations of sedentary behavior and physical activity with psychological distress: a cross-sectional study from Singapore. <i>BMC Public Health</i> , 2013 , 13, 885	4.1	49
12	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	2.3	2
11	Influence of Cardiorespiratory Fitness and Drinking Habits on Total Cancer Mortality: A Cohort Study of Japanese Man. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2013 , 62, 375-381	0.1	
10	Tokyo Gas Health Promotion Program 2011 , 261-271		
9	Long-term trends in cardiorespiratory fitness and the incidence of type 2 diabetes. <i>Diabetes Care</i> , 2010 , 33, 1353-7	14.6	55
8	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, 627-32	2.5	19
7	Associations between cardiorespiratory fitness and health-related quality of life. <i>Health and Quality of Life Outcomes</i> , 2009 , 7, 47	3	53
6	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	1.2	
5	Cardiorespiratory Fitness And Incidence Of Hyperlipidemia. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, S383	1.2	
4	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	1.2	

3	Cardiorespiratory fitness and the incidence of type 2 diabetes: prospective study of Japanese men. <i>Diabetes Care</i> , 2003 , 26, 2918-22	14.6	120
2	Cardiorespiratory fitness and cancer mortality in Japanese men: a prospective study. <i>Medicine and Science in Sports and Exercise</i> , 2003 , 35, 1546-50	1.2	49
1	Five year prospective study on blood pressure and maximal oxygen uptake. <i>Clinical and Experimental Pharmacology and Physiology</i> , 1993 , 20, 483-7	3	50