

Ranil Jayawardena

List of Publications by Year in descending order

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Version: 2024-02-01

112
papers

6,805
citations

109264

35
h-index

74108

75
g-index

113
all docs

113
docs citations

113
times ranked

6795
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 1 | Global, regional, and national burden of stroke and its risk factors, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. <i>Lancet Neurology</i> , The, 2021, 20, 795-820. | 4.9 | 2,308 |
| 2 | Prevalence and trends of metabolic syndrome among adults in the asia-pacific region: a systematic review. <i>BMC Public Health</i> , 2017, 17, 101. | 1.2 | 449 |
| 3 | Enhancing immunity in viral infections, with special emphasis on COVID-19: A review. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 367-382. | 1.8 | 356 |
| 4 | Effects of zinc supplementation on diabetes mellitus: a systematic review and meta-analysis. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 13. | 1.2 | 256 |
| 5 | Prevalence and trends of the diabetes epidemic in South Asia: a systematic review and meta-analysis. <i>BMC Public Health</i> , 2012, 12, 380. | 1.2 | 204 |
| 6 | Epidemiology and determinants of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , the, 2018, 6, 966-978. | 5.5 | 171 |
| 7 | Diabetes in developing countries. <i>Journal of Diabetes</i> , 2019, 11, 522-539. | 0.8 | 143 |
| 8 | Efficacy and safety of true™ cinnamon (<i>Cinnamomum zeylanicum</i>) as a pharmaceutical agent in diabetes: a systematic review and meta-analysis. <i>Diabetic Medicine</i> , 2012, 29, 1480-1492. | 1.2 | 142 |
| 9 | Effects of Zinc supplementation on serum lipids: a systematic review and meta-analysis. <i>Nutrition and Metabolism</i> , 2015, 12, 26. | 1.3 | 137 |
| 10 | High dietary diversity is associated with obesity in Sri Lankan adults: an evaluation of three dietary scores. <i>BMC Public Health</i> , 2013, 13, 314. | 1.2 | 112 |
| 11 | Physical activity patterns among South-Asian adults: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 116. | 2.0 | 110 |
| 12 | The influence of family history of Hypertension on disease prevalence and associated metabolic risk factors among Sri Lankan adults. <i>BMC Public Health</i> , 2015, 15, 576. | 1.2 | 104 |
| 13 | The impact of COVID-19 lockdown on snacking habits, fast-food and alcohol consumption: A systematic review of the evidence. <i>Clinical Nutrition</i> , 2022, 41, 3038-3045. | 2.3 | 102 |
| 14 | Prevalence of overweight and obesity in Sri Lankan adults. <i>Obesity Reviews</i> , 2010, 11, 751-756. | 3.1 | 99 |
| 15 | The prevalence, patterns and predictors of diabetic peripheral neuropathy in a developing country. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 21. | 1.2 | 93 |
| 16 | Diabetes in South Asians. <i>Diabetic Medicine</i> , 2014, 31, 1153-1162. | 1.2 | 89 |
| 17 | Metabolic syndrome among Sri Lankan adults: prevalence, patterns and correlates. <i>Diabetology and Metabolic Syndrome</i> , 2012, 4, 24. | 1.2 | 84 |
| 18 | Tracking development assistance for health and for COVID-19: a review of development assistance, government, out-of-pocket, and other private spending on health for 204 countries and territories, 1990–2050. <i>Lancet</i> , The, 2021, 398, 1317-1343. | 6.3 | 79 |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 19 | Obesity in South Asia: Phenotype, Morbidities, and Mitigation. <i>Current Obesity Reports</i> , 2019, 8, 43-52. | 3.5 | 78 |
| 20 | Food consumption of Sri Lankan adults: an appraisal of serving characteristics. <i>Public Health Nutrition</i> , 2013, 16, 653-658. | 1.1 | 70 |
| 21 | Balanced diet is a major casualty in COVID-19. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1085-1086. | 1.8 | 65 |
| 22 | Waist to height ratio: A better anthropometric marker of diabetes and cardio-metabolic risks in South Asian adults. <i>Diabetes Research and Clinical Practice</i> , 2013, 99, 292-299. | 1.1 | 63 |
| 23 | Prevalence, Trends and Associated Socio-Economic Factors of Obesity in South Asia. <i>Obesity Facts</i> , 2013, 6, 405-414. | 1.6 | 62 |
| 24 | Global, regional, and national consumption of animal-source foods between 1990 and 2018: findings from the Global Dietary Database. <i>Lancet Planetary Health</i> , The, 2022, 6, e243-e256. | 5.1 | 59 |
| 25 | Zinc supplementation in prediabetes: <scp>A</scp> randomized double-blind placebo-controlled clinical trial. <i>Journal of Diabetes</i> , 2018, 10, 386-397. | 0.8 | 57 |
| 26 | Prevalence and trends of the diabetes epidemic in urban and rural India: A pooled systematic review and meta-analysis of 1.7 million adults. <i>Annals of Epidemiology</i> , 2021, 58, 128-148. | 0.9 | 57 |
| 27 | Global, regional, and national sex-specific burden and control of the HIV epidemic, 1990–2019, for 204 countries and territories: the Global Burden of Diseases Study 2019. <i>Lancet HIV</i> , the, 2021, 8, e633-e651. | 2.1 | 56 |
| 28 | Physical activity patterns and correlates among adults from a developing country: the Sri Lanka Diabetes and Cardiovascular Study. <i>Public Health Nutrition</i> , 2013, 16, 1684-1692. | 1.1 | 51 |
| 29 | Energy and nutrient intakes among Sri Lankan adults. <i>International Archive of Medicine</i> , 2014, 7, 34. | 1.2 | 50 |
| 30 | Exploring the therapeutic benefits of Pranayama (yogic breathing): A systematic review. <i>International Journal of Yoga</i> , 2020, 13, 99. | 0.4 | 45 |
| 31 | Development of a food frequency questionnaire for Sri Lankan adults. <i>Nutrition Journal</i> , 2012, 11, 63. | 1.5 | 44 |
| 32 | The prevalence, predictors and associations of hypertension in Sri Lanka: a cross-sectional population based national survey. <i>Clinical and Experimental Hypertension</i> , 2014, 36, 484-491. | 0.5 | 44 |
| 33 | Determinants of the citation rate of medical research publications from a developing country. <i>SpringerPlus</i> , 2014, 3, 140. | 1.2 | 44 |
| 34 | Public health and health systems: implications for the prevention and management of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , the, 2018, 6, 992-1002. | 5.5 | 43 |
| 35 | Knowledge and perceptions about diet and physical activity among Sri Lankan adults with diabetes mellitus: a qualitative study. <i>BMC Public Health</i> , 2015, 15, 1160. | 1.2 | 38 |
| 36 | <i>Cinnamomum zeylanicum</i> (Ceylon cinnamon) as a potential pharmaceutical agent for type-2 diabetes mellitus: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 446. | 0.7 | 35 |

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|----|--|-----|-----------|
| 37 | The benefits of yoga practice compared to physical exercise in the management of type 2 Diabetes Mellitus: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 795-805. | 1.8 | 35 |
| 38 | Evaluation of pharmacodynamic properties and safety of <i>Cinnamomum zeylanicum</i> (Ceylon cinnamon) in healthy adults: a phase I clinical trial. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 550. | 3.7 | 34 |
| 39 | Interventions for treatment and/or prevention of alcohol hangover: Systematic review. <i>Human Psychopharmacology</i> , 2017, 32, e2600. | 0.7 | 31 |
| 40 | Nutrition Transition and Obesity Among Teenagers and Young Adults in South Asia. <i>Current Diabetes Reviews</i> , 2017, 13, 444-451. | 0.6 | 30 |
| 41 | Obesity: A potential risk factor for infection and mortality in the current COVID-19 epidemic. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 2199-2203. | 1.8 | 29 |
| 42 | Prevalence of retinopathy among adults with self-reported diabetes mellitus: the Sri Lanka diabetes and Cardiovascular Study. <i>BMC Ophthalmology</i> , 2014, 14, 100. | 0.6 | 28 |
| 43 | Impact of the vitamin D deficiency on COVID-19 infection and mortality in Asian countries. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 757-764. | 1.8 | 27 |
| 44 | Effect of coconut oil on cardio-metabolic risk: A systematic review and meta-analysis of interventional studies. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 2007-2020. | 1.8 | 25 |
| 45 | Derivation of anthropometric cut-off levels to define CVD risk in Sri Lankan adults. <i>British Journal of Nutrition</i> , 2011, 105, 1084-1090. | 1.2 | 24 |
| 46 | Translational research for Diabetes Self-Management in Sri Lanka: A randomized controlled trial. <i>Primary Care Diabetes</i> , 2015, 9, 338-345. | 0.9 | 24 |
| 47 | Validity of a food frequency questionnaire to assess nutritional intake among Sri Lankan adults. <i>SpringerPlus</i> , 2016, 5, 162. | 1.2 | 24 |
| 48 | Abdominal obesity and metabolic syndrome in South Asians: prevention and management. <i>Expert Review of Endocrinology and Metabolism</i> , 2021, 16, 339-349. | 1.2 | 22 |
| 49 | Novel anthropometric parameters to define obesity and obesity-related disease in adults: a systematic review. <i>Nutrition Reviews</i> , 2020, 78, 498-513. | 2.6 | 21 |
| 50 | Shift work and the risk for metabolic syndrome among healthcare workers: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, . | 3.1 | 21 |
| 51 | Early life predictors of preschool overweight and obesity: a case-control study in Sri Lanka. <i>BMC Public Health</i> , 2013, 13, 994. | 1.2 | 20 |
| 52 | Body weight perception and weight loss practices among Sri Lankan adults. <i>Obesity Research and Clinical Practice</i> , 2014, 8, e192-e200. | 0.8 | 20 |
| 53 | The Obesity Epidemic in Sri Lanka Revisited. <i>Asia-Pacific Journal of Public Health</i> , 2015, 27, NP1298-NP1299. | 0.4 | 20 |
| 54 | Prevalence of hospital malnutrition among cardiac patients: results from six nutrition screening tools. <i>SpringerPlus</i> , 2014, 3, 412. | 1.2 | 17 |

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|----|--|-----|-----------|
| 55 | Physical inactivity among physiotherapy undergraduates: exploring the knowledge-practice gap. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2016, 8, 39. | 0.7 | 17 |
| 56 | Nutrition and diabetes in South Asia. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1267-1273. | 1.3 | 17 |
| 57 | Increased physical inactivity and weight gain during the COVID-19 pandemic in Sri Lanka: An online cross-sectional survey. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 102185. | 1.8 | 17 |
| 58 | Impact of vitamin D deficiency on COVID-19. <i>Clinical Nutrition ESPEN</i> , 2021, 44, 372-378. | 0.5 | 17 |
| 59 | Evaluation of physical activity among adults with diabetes mellitus from Sri Lanka. <i>International Archive of Medicine</i> , 2014, 7, 15. | 1.2 | 16 |
| 60 | The influence of family history of diabetes on disease prevalence and associated metabolic risk factors among Sri Lankan adults. <i>Diabetic Medicine</i> , 2015, 32, 314-323. | 1.2 | 16 |
| 61 | Fruit and vegetable consumption among South Asians: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1791-1800. | 1.8 | 15 |
| 62 | Health effects of coconut oil: Summary of evidence from systematic reviews and meta-analysis of interventional studies. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 549-555. | 1.8 | 15 |
| 63 | Zinc supplementation in pre-diabetes: study protocol for a randomized controlled trial. <i>Trials</i> , 2013, 14, 52. | 0.7 | 12 |
| 64 | Comparison dietary assessment methods in Sri Lankan adults: use of 24-hour dietary recall and 7-day weighed intake. <i>BMC Nutrition</i> , 2016, 2, . | 0.6 | 12 |
| 65 | Development of a food atlas for Sri Lankan adults. <i>BMC Nutrition</i> , 2017, 3, 43. | 0.6 | 11 |
| 66 | Sri Lanka in global medical research: a scientific analysis of the Sri Lankan research output during 2000-2009. <i>BMC Research Notes</i> , 2012, 5, 121. | 0.6 | 9 |
| 67 | Diet quality of adolescents in rural Sri Lanka based on the Diet Quality Indexâ€“International: findings from the â€“Integrating Nutrition Promotion and Rural Developmentâ€™ project. <i>Public Health Nutrition</i> , 2019, 22, 1735-1744. | 1.1 | 9 |
| 68 | Availability and composition of weightâ€“loss supplements in Sri Lanka. <i>Nutrition and Dietetics</i> , 2020, 77, 247-252. | 0.9 | 8 |
| 69 | Effects of â€œplate modelâ€ as a part of dietary intervention for rehabilitation following myocardial infarction: a randomized controlled trial. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 179-188. | 0.7 | 7 |
| 70 | The effect of zinc supplementation on glucose homeostasis: a randomised double-blind placebo-controlled trial. <i>Acta Diabetologica</i> , 2022, 59, 965-975. | 1.2 | 7 |
| 71 | The Impact of Lockdowns on Caffeine Consumption: A Systematic Review of the Evidence. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5255. | 1.2 | 7 |
| 72 | Fruit and vegetable consumption during the COVID-19 lockdown in Sri Lanka: an online survey. <i>Nutrire</i> , 2022, 47, . | 0.3 | 7 |

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|----|--|-----|-----------|
| 73 | Diabetes mellitus in South Asia: Scientific evaluation of the research output (2008-2014). <i>Diabetes</i> , 2013, 5, 34-42. | 0.8 | 6 |
| 74 | Body weight perception among Sri Lankan cardiac patients. <i>BMC Obesity</i> , 2016, 3, 32. | 3.1 | 6 |
| 75 | Effects of the "plate model" as part of dietary intervention on modification of selected cardiometabolic risk factors in post-myocardial infarction patients: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 314. | 0.7 | 6 |
| 76 | The range of non-traditional anthropometric parameters to define obesity and obesity-related disease in children: a systematic review. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 373-384. | 1.3 | 6 |
| 77 | Impact of portion-control plates (PCP) on weight reduction: A systematic review and meta-analysis of intervention studies. <i>Obesity Research and Clinical Practice</i> , 2021, 15, 106-113. | 0.8 | 6 |
| 78 | Shift work and body composition: a systematic review and meta-analysis. <i>Minerva Endocrinology</i> , 2021, 52, 1-11. | 0.6 | 6 |
| 79 | Effects of a lifestyle intervention programme after 1 year of follow-up among South Asians at high risk of type 2 diabetes: a cluster randomised controlled trial. <i>BMJ Global Health</i> , 2021, 6, e006479. | 2.0 | 6 |
| 80 | The Distance between the Lower Edge of the Xiphisternum and the Center of the Umbilicus as an Indicator of Abdominal Obesity and Cardiovascular Disease Risk. <i>Obesity Facts</i> , 2010, 3, 6-6. | 1.6 | 5 |
| 81 | Predicting clinical outcome of cardiac patients by six malnutrition screening tools. <i>BMC Nutrition</i> , 2016, 2, 1-11. | 0.6 | 5 |
| 82 | Integrating the development agenda with noncommunicable disease prevention in developing countries: a quasi-experimental study on inter-sectoral action and its impact on self-reported salt consumption—the INPARD study. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 120-128. | 0.7 | 5 |
| 83 | Zinc in Preventing the Progression of pre-Diabetes (ZIPPeD Study) " study protocol for a randomised placebo-controlled trial in Australia. <i>Trials</i> , 2019, 20, 219. | 0.7 | 5 |
| 84 | Response to the letter of L. Santacroce regarding article "Enhancing immunity in viral infections, with special emphasis on COVID-19: A review" (Jayawardena et al.). <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 839. | 1.8 | 5 |
| 85 | Body composition derived Body Mass Index and Waist Circumference cut-offs for Sri Lankan adults. <i>Obesity Medicine</i> , 2020, 18, 100214. | 0.5 | 5 |
| 86 | Methods to develop figure rating scales (FRS): A systematic review. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 687-693. | 1.8 | 5 |
| 87 | Usage of nutritional supplements to improve immunity during the COVID-19 pandemic: An online survey. <i>Clinical Nutrition Open Science</i> , 2022, 43, 6-19. | 0.5 | 5 |
| 88 | Effects of zinc supplementation on obesity: study protocol for a randomized controlled clinical trial. <i>Trials</i> , 2016, 17, 534. | 0.7 | 4 |
| 89 | Translation and Validation of the Sinhalese Version of the Brief Medication Questionnaire in Patients with Diabetes Mellitus. <i>Journal of Diabetes Research</i> , 2018, 2018, 1-7. | 1.0 | 4 |
| 90 | Effects of Lysulin, a supplement on pre-diabetes: study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 171. | 0.7 | 4 |

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| 91 | Zinc supplementation in prediabetes mellitus. <i>Minerva Endocrinology</i> , 2022, 47, . | 0.6 | 4 |
| 92 | Is the proportion of per capita fat supply associated with the prevalence of overweight and obesity? an ecological analysis. <i>BMC Nutrition</i> , 2022, 8, 4. | 0.6 | 4 |
| 93 | The facts, figures, and reality of the diabetes epidemic in Sri Lanka: a systematic review. <i>International Journal of Diabetes in Developing Countries</i> , 2015, 35, 501-513. | 0.3 | 3 |
| 94 | A genetic approach to examine the relationship between vitamin B12 status and metabolic traits in a South Asian population. <i>International Journal of Diabetes in Developing Countries</i> , 2020, 40, 21-31. | 0.3 | 3 |
| 95 | Health insurance or subsidy has universal advantage for management of hospital malnutrition unrelated to GDP. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2017, 26, 247-254. | 0.3 | 3 |
| 96 | Gestational obesity: An unconventional endocrine disruptor for the fetus. <i>Biochemical Pharmacology</i> , 2022, 198, 114974. | 2.0 | 3 |
| 97 | Response to Akilen <i><i>etÂal</i></i> . Efficacy and safety of â€™trueâ€™ cinnamon (<i><i>Cinnamomum zeylanicum</i></i>) as a pharmaceutical agent in diabetes: a systematic review and metaâ€™analysis. <i>Diabetic Medicine</i> , 2013, 30, 506-507. | 1.2 | 2 |
| 98 | mHealth nutrition and lifestyle intervention (mHENAL) to reduce cardiovascular disease risk in a middle-aged, overweight and obese population in Sri Lanka: Study protocol for a randomized controlled trial. <i>Contemporary Clinical Trials Communications</i> , 2019, 16, 100453. | 0.5 | 2 |
| 99 | Improving clinical practice in primary care for the prevention and control of noncommunicable diseases: a multi-actor approach to two regional pilot projects in Kazakhstan. <i>Cardiovascular Diagnosis and Therapy</i> , 2019, 9, 129-139. | 0.7 | 2 |
| 100 | The inside story of fruits; exploring the truth behind conventional theories. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 102085. | 1.8 | 2 |
| 101 | Using the AUSDRISK score to screen for preâ€™diabetes and diabetes in GP practices: a caseâ€™finding approach. <i>Australian and New Zealand Journal of Public Health</i> , 2022, 46, 203-207. | 0.8 | 2 |
| 102 | The use of <i>Caralluma fimbriata</i> as an appetite suppressant and weight loss supplement: a systematic review and meta-analysis of clinical trials. <i>BMC Complementary Medicine and Therapies</i> , 2021, 21, 279. | 1.2 | 2 |
| 103 | Coconut oil consumption and bodyweight reduction: a systematic review and meta-analysis. <i>Minerva Endocrinology</i> , 2021, , . | 0.6 | 2 |
| 104 | Shiftwork and the Risk of Metabolic Syndrome Among Health Care Workers. <i>Journal of Occupational and Environmental Medicine</i> , 2022, 64, e397-e402. | 0.9 | 2 |
| 105 | The Association between the Parentsâ€™ Knowledge of Carbohydrate Counting and the Glycaemic Control of the Children with Type 1 Diabetes. <i>International Journal of Pediatrics (United Kingdom)</i> , 2018, 2018, 1-7. | 0.2 | 1 |
| 106 | Assessment of body composition in Sri Lankan adults: development and validation of bioelectrical impedance prediction equation. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1100-1103. | 1.3 | 1 |
| 107 | Effects of the Lysulinâ„¢ supplementation on pre-diabetes: A randomized double-blind, placebo-controlled clinical trial. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 1479-1486. | 1.8 | 1 |
| 108 | The First Sri Lankan Experience on Laparoscopic Bariatric Surgery. <i>Obesity Surgery</i> , 2021, 31, 5057-5058. | 1.1 | 1 |

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|-----|---|-----|-----------|
| 109 | The iHealth-T2D study, prevention of type 2 diabetes amongst South Asians with central obesity and prediabetes: study protocol for a randomised controlled trial. <i>Trials</i> , 2021, 22, 928. | 0.7 | 1 |
| 110 | Prediction of body fat in Sri Lankan adults: Development and validation of a skinfold thickness equation. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 147-150. | 1.8 | 0 |
| 111 | Body weight perception, knowledge, practices and associated factors regarding weight reduction: A cross sectional study of treatment seeking obese young adults in Sri Lanka. <i>Asian Journal of Medical Sciences</i> , 2021, 12, 60-65. | 0.0 | 0 |
| 112 | Weight Change During Hospitalization in a Tertiary Cardiological Center in Sri Lanka. <i>Current Research in Nutrition and Food Science</i> , 2013, 1, 177-180. | 0.3 | 0 |