

List of Publications by Citations

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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.

114 papers	1,273 citations	21 h-index	29 g-index
143 ext. papers	1,726 ext. citations	3.4 avg, IF	4.45 L-index

#	Paper	IF	Citations
114	INADEQUATE HYDRATION STATUS AND OVERWEIGHT AMONG OLDER ADULTS: DATA FROM NUTRITION UP 65. <i>Innovation in Aging</i> , 2017 , 1, 695-696	0.1	78
113	Food patterns according to sociodemographics, physical activity, sleeping and obesity in Portuguese children. <i>International Journal of Environmental Research and Public Health</i> , 2010 , 7, 1121-38	4.6	64
112	Smoking, alcohol, and dietary choices: evidence from the Portuguese National Health Survey. <i>BMC Public Health</i> , 2007 , 7, 138	4.1	52
111	Educational and economic determinants of food intake in Portuguese adults: a cross-sectional survey. <i>BMC Public Health</i> , 2004 , 4, 58	4.1	49
110	Obesity increases the prevalence and the incidence of asthma and worsens asthma severity. <i>Clinical Nutrition</i> , 2017 , 36, 1068-1074	5.9	42
109	Educational, economic and dietary determinants of obesity in Portuguese adults: a cross-sectional study. <i>Eating Behaviors</i> , 2006 , 7, 220-8	3	40
108	Dietary patterns and asthma prevalence, incidence and control. <i>Clinical and Experimental Allergy</i> , 2015 , 45, 1673-80	4.1	37
107	Physical activity patterns in Mozambique: urban/rural differences during epidemiological transition. <i>Preventive Medicine</i> , 2012 , 55, 444-9	4.3	30
106	Handgrip strength values of Portuguese older adults: a population based study. <i>BMC Geriatrics</i> , 2017 , 17, 191	4.1	29
105	Exposure to indoor endocrine-disrupting chemicals and childhood asthma and obesity. <i>Allergy: European Journal of Allergy and Clinical Immunology</i> , 2019 , 74, 1277-1291	9.3	28
104	Street food research worldwide: a scoping review. <i>Journal of Human Nutrition and Dietetics</i> , 2019 , 32, 152-174	3.1	27
103	Low fruit and vegetable consumption in Mozambique: results from a WHO STEPwise approach to chronic disease risk factor surveillance. <i>British Journal of Nutrition</i> , 2012 , 107, 428-35	3.6	26
102	Hypertension in Mozambique: trends between 2005 and 2015. <i>Journal of Hypertension</i> , 2018 , 36, 779-784	4.9	25
101	Association between tobacco consumption and alcohol, vegetable and fruit intake across urban and rural areas in Mozambique. <i>Journal of Epidemiology and Community Health</i> , 2011 , 65, 445-53	5.1	25
100	Nutritional Strategies Facing an Older Demographic: The Nutrition UP 65 Study Protocol. <i>JMIR Research Protocols</i> , 2016 , 5, e184	2	25
99	Indoor fungal diversity in primary schools may differently influence allergic sensitization and asthma in children. <i>Pediatric Allergy and Immunology</i> , 2017 , 28, 332-339	4.2	24
98	Dietary interventions in fibromyalgia: a systematic review. <i>Annals of Medicine</i> , 2019 , 51, 2-14	1.5	23

97	The impact of an intervention taught by trained teachers on childhood overweight. <i>International Journal of Environmental Research and Public Health</i> , 2012 , 9, 1355-67	4.6	23
96	Pilot study of the effects of n-3 polyunsaturated fatty acids on exhaled nitric oxide in patients with stable asthma. <i>Journal of Investigational Allergology and Clinical Immunology</i> , 2007 , 17, 309-13	2.3	23
95	Sugar-sweetened beverage intake and overweight in children from a Mediterranean country. <i>Public Health Nutrition</i> , 2011 , 14, 127-32	3.3	22
94	The association between 25(OH)D levels, frailty status and obesity indices in older adults. <i>PLoS ONE</i> , 2018 , 13, e0198650	3.7	22
93	Alcohol consumption in Mozambique: regular consumption, weekly pattern and binge drinking. <i>Drug and Alcohol Dependence</i> , 2011 , 115, 87-93	4.9	21
92	Sodium and potassium urinary excretion and dietary intake: a cross-sectional analysis in adolescents. <i>Food and Nutrition Research</i> , 2016 , 60, 29442	3.1	19
91	Weakness: The most frequent criterion among pre-frail and frail older Portuguese. <i>Archives of Gerontology and Geriatrics</i> , 2018 , 74, 162-168	4	19
90	Impact of fluid restriction and ad libitum water intake or an 8% carbohydrate-electrolyte beverage on skill performance of elite adolescent basketball players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011 , 21, 214-21	4.4	18
89	School environment associates with lung function and autonomic nervous system activity in children: a cross-sectional study. <i>Scientific Reports</i> , 2019 , 9, 15156	4.9	16
88	Nutritional status and gait speed in a nationwide population-based sample of older adults. <i>Scientific Reports</i> , 2018 , 8, 4227	4.9	16
87	Associations between fruit and vegetable variety and low-grade inflammation in Portuguese adolescents from LabMed Physical Activity Study. <i>European Journal of Nutrition</i> , 2018 , 57, 2055-2068	5.2	16
86	Impact of an intervention through teachers to prevent consumption of low nutrition, energy-dense foods and beverages: a randomized trial. <i>Preventive Medicine</i> , 2013 , 57, 20-5	4.3	16
85	The impact of an intervention taught by trained teachers on childhood fruit and vegetable intake: a randomized trial. <i>Journal of Obesity</i> , 2012 , 2012, 342138	3.7	16
84	A Web-Based Gamification Program to Improve Nutrition Literacy in Families of 3- to 5-Year-Old Children: The Nutriscience Project. <i>Journal of Nutrition Education and Behavior</i> , 2019 , 51, 326-334	2	16
83	Association of Anthropometric and Nutrition Status Indicators with Hand Grip Strength and Gait Speed in Older Adults. <i>Journal of Parenteral and Enteral Nutrition</i> , 2019 , 43, 347-356	4.2	14
82	Vitamin D status and associated factors among Portuguese older adults: results from the Nutrition UP 65 cross-sectional study. <i>BMJ Open</i> , 2017 , 7, e016123	3	13
81	Street Food Environment in Maputo (STOOD Map): a Cross-Sectional Study in Mozambique. <i>JMIR Research Protocols</i> , 2015 , 4, e98	2	12
80	Potassium urinary excretion and dietary intake: a cross-sectional analysis in 8-10 year-old children. <i>BMC Pediatrics</i> , 2015 , 15, 60	2.6	11

79	Tobacco consumption in Mozambique: use of distinct types of tobacco across urban and rural settings. <i>Nicotine and Tobacco Research</i> , 2013 , 15, 199-205	4.9	11
78	Worldwide burden of gastric cancer in 2012 that could have been prevented by increasing fruit and vegetable intake and predictions for 2025. <i>British Journal of Nutrition</i> , 2016 , 115, 851-9	3.6	11
77	Urinary Sodium and Potassium Excretion and Dietary Sources of Sodium in Maputo, Mozambique. <i>Nutrients</i> , 2017 , 9,	6.7	10
76	Adherence to the Mediterranean diet in children: Is it associated with economic cost?. <i>Porto Biomedical Journal</i> , 2017 , 2, 115-119	1.1	9
75	Factors associated with sarcopenia and undernutrition in older adults. <i>Nutrition and Dietetics</i> , 2019 , 76, 604-612	2.5	9
74	Urinary hydration biomarkers and dietary intake in children. <i>Nutricion Hospitalaria</i> , 2016 , 33, 314	1	9
73	Association between serum 25-hydroxyvitamin D concentrations and ultraviolet index in Portuguese older adults: a cross-sectional study. <i>BMC Geriatrics</i> , 2017 , 17, 256	4.1	8
72	Fruit, vegetable consumption and blood pressure in healthy adolescents: A longitudinal analysis from the LabMed study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 1075-1080	4.5	8
71	Vitamin D status and functional parameters: A cross-sectional study in an older population. <i>PLoS ONE</i> , 2018 , 13, e0201840	3.7	8
70	Setting definitions of childhood asthma in epidemiologic studies. <i>Pediatric Allergy and Immunology</i> , 2019 , 30, 708-715	4.2	8
69	Salt reduction in vegetable soup does not affect saltiness intensity and liking in the elderly and children. <i>Food and Nutrition Research</i> , 2014 , 58,	3.1	8
68	Spirometry-adjusted fraction of exhaled nitric oxide increases accuracy for assessment of asthma control in children. <i>Pediatric Allergy and Immunology</i> , 2017 , 28, 754-762	4.2	8
67	Validation analysis of a geriatric dehydration screening tool in community-dwelling and institutionalized elderly people. <i>International Journal of Environmental Research and Public Health</i> , 2015 , 12, 2700-17	4.6	8
66	Physical training improves quality of life both in asthmatic children and their caregivers. <i>Annals of Allergy, Asthma and Immunology</i> , 2013 , 111, 427-8	3.2	8
65	The role of economic and educational factors in asthma: evidence from the Portuguese health survey. <i>Public Health</i> , 2008 , 122, 434-9	4	8
64	Impact of a school-based intervention to promote fruit intake: a cluster randomized controlled trial. <i>Public Health</i> , 2016 , 136, 94-100	4	8
63	Sodium content of bread from bakeries and traditional markets in Maputo, Mozambique. <i>Public Health Nutrition</i> , 2015 , 18, 610-4	3.3	7
62	Street food in Dushanbe, Tajikistan: availability and nutritional value. <i>British Journal of Nutrition</i> , 2019 , 122, 1052-1061	3.6	7

61	Alcohol consumption in Mozambique: Results from a national survey including primary and surrogate respondents. <i>Annals of Human Biology</i> , 2012 , 39, 534-7	1.7	7
60	Swimming pool exposure is associated with autonomic changes and increased airway reactivity to a beta-2 agonist in school aged children: A cross-sectional survey. <i>PLoS ONE</i> , 2018 , 13, e0193848	3.7	7
59	Health Promotion Intervention to Improve Diet Quality in Children. <i>Health Promotion Practice</i> , 2017 , 18, 253-262	1.8	6
58	Knowledge and behaviors regarding salt intake in Mozambique. <i>European Journal of Clinical Nutrition</i> , 2018 , 72, 1690-1699	5.2	6
57	The Sodium and Potassium Content of the Most Commonly Available Street Foods in Tajikistan and Kyrgyzstan in the Context of the FEEDCities Project. <i>Nutrients</i> , 2018 , 10,	6.7	6
56	Sarcopenia and Undernutrition Among Portuguese Older Adults: Results From Nutrition UP 65 Study. <i>Food and Nutrition Bulletin</i> , 2018 , 39, 487-492	1.8	6
55	A Cross-Sectional Study on the Association between 24-h Urine Osmolality and Weight Status in Older Adults. <i>Nutrients</i> , 2017 , 9,	6.7	6
54	Sodium and potassium urinary excretion and their ratio in the elderly: results from the Nutrition UP 65 study. <i>Food and Nutrition Research</i> , 2018 , 62,	3.1	6
53	Commercial foods for infants under the age of 36 months: an assessment of the availability and nutrient profile of ultra-processed foods. <i>Public Health Nutrition</i> , 2021 , 24, 3179-3186	3.3	6
52	Industrialized foods in early infancy: a growing need of nutritional research. <i>Porto Biomedical Journal</i> , 2019 , 4, e47	1.1	6
51	Street food in Maputo, Mozambique: Availability and nutritional value of homemade foods. <i>Nutrition and Health</i> , 2019 , 25, 37-46	2.1	6
50	Sex-related dietary changes of Portuguese university students after migration to London, UK. <i>Nutrition and Dietetics</i> , 2015 , 72, 340-346	2.5	5
49	Length of migration and eating habits of Portuguese university students living in London, United Kingdom. <i>Ecology of Food and Nutrition</i> , 2014 , 53, 419-35	1.9	5
48	Cardiovascular risk in Mozambique: who should be treated for hypertension?. <i>Journal of Hypertension</i> , 2013 , 31, 2348-55	1.9	5
47	Macronutrient composition of street food in Central Asia: Bishkek, Kyrgyzstan. <i>Food Science and Nutrition</i> , 2020 , 8, 5309-5320	3.2	5
46	Adherence to a Mediterranean Dietary Pattern status and associated factors among Portuguese older adults: Results from the Nutrition UP 65 cross-sectional study. <i>Nutrition</i> , 2019 , 65, 91-96	4.8	4
45	Sarcopenia, physical frailty, undernutrition and obesity cooccurrence among Portuguese community-dwelling older adults: results from Nutrition UP 65 cross-sectional study. <i>BMJ Open</i> , 2020 , 10, e033661	3	4
44	Adherence to a Mediterranean Dietary Pattern and Functional Parameters: A Cross-Sectional Study in an Older Population. <i>Journal of Nutrition, Health and Aging</i> , 2020 , 24, 138-146	5.2	4

43	Frailty status is related to general and abdominal obesity in older adults. <i>Nutrition Research</i> , 2021 , 85, 21-30	4	4
42	A cross-sectional study of the impact of school neighbourhood on children obesity and body composition. <i>European Journal of Pediatrics</i> , 2021 , 180, 535-545	4.1	4
41	Prevalence of overweight and obesity in Mozambique in 2005 and 2015. <i>Public Health Nutrition</i> , 2019 , 22, 3118-3126	3.3	3
40	Dietary Acid Load: A Novel Nutritional Target in Overweight/Obese Children with Asthma?. <i>Nutrients</i> , 2019 , 11,	6.7	3
39	Powdered chicken stock may be an important source of dietary sodium intake in Maputo, Mozambique. <i>Journal of Public Health</i> , 2018 , 40, 659-660	3.5	3
38	Association between energy density and diet cost in children. <i>Porto Biomedical Journal</i> , 2016 , 1, 106-111	1.1	3
37	Body Mass Index Categories and Attained Height in Portuguese Adults. <i>Obesity Facts</i> , 2018 , 11, 287-293	5.1	3
36	Impact of different reference period definitions in the quantification of alcohol consumption: results from a nationwide STEPS survey in Mozambique. <i>Alcohol and Alcoholism</i> , 2012 , 47, 328-33	3.5	3
35	Obesity and asthma in the Portuguese National Health Survey. <i>Allergy: European Journal of Allergy and Clinical Immunology</i> , 2006 , 61, 1488-9	9.3	3
34	Urinary hydration biomarkers and water sources in free-living elderly. <i>Nutricion Hospitalaria</i> , 2016 , 33, 311	1	3
33	Street food in Eastern Europe: a perspective from an urban environment in Moldova. <i>British Journal of Nutrition</i> , 2020 , 124, 1093-1101	3.6	3
32	Higher diversity of vegetable consumption is associated with less airway inflammation and prevalence of asthma in school-aged children. <i>Pediatric Allergy and Immunology</i> , 2021 , 32, 925-936	4.2	3
31	Effects of Exercise on the Skin Epithelial Barrier of Young Elite Athletes-Swimming Comparatively to Non-Water Sports Training Session. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
30	Sodium and Potassium Content of Meals Served in University Canteens. <i>Portuguese Journal of Public Health</i> , 2018 , 35, 172-178	1.5	3
29	Sodium content of bread from bakeries in Maputo, Mozambique: trends between 2012 and 2018. <i>Public Health Nutrition</i> , 2020 , 23, 1098-1102	3.3	2
28	Association between sodium excretion and hydration status by Free Water Reserve: a cross-sectional analysis in adolescents. <i>BMC Nutrition</i> , 2015 , 1,	2.5	2
27	Model-based patterns of cardiovascular risk factors in Mozambique. <i>Annals of Human Biology</i> , 2015 , 42, 159-66	1.7	2
26	Nutritional Content of Street Food and Takeaway Food Purchased in Urban Bosnia and Herzegovina. <i>Foods</i> , 2021 , 10,	4.9	2

25	Are hypohydrated older adults at increased risk of exhaustion?. <i>Journal of Human Nutrition and Dietetics</i> , 2020 , 33, 23-30	3.1	2
24	Parental practices, preferences, skills and attitudes on food consumption of pre-school children: Results from Nutriscience Project. <i>PLoS ONE</i> , 2021 , 16, e0251620	3.7	2
23	Exhaled breath condensate pH determinants in school-aged children: A population-based study. <i>Pediatric Allergy and Immunology</i> , 2021 , 32, 1474-1481	4.2	2
22	Degree of processing and nutritional value of children's food products. <i>Public Health Nutrition</i> , 2021 , 24, 5977-5984	3.3	2
21	Adiposity and attained height in adolescents: a longitudinal analysis from the LabMed Physical Activity Study. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2019 , 32, 1131-1137	1.6	1
20	Levels of Salt Reduction in Bread, Acceptability and Purchase Intention by Urban Mozambican Consumers.. <i>Foods</i> , 2022 , 11,	4.9	1
19	Effects of Indoor Endocrine-Disrupting Chemicals on Childhood Rhinitis. <i>Journal of Investigational Allergology and Clinical Immunology</i> , 2020 , 30, 195-197	2.3	1
18	Innovative equipment to monitor and control salt usage when cooking at home: iMC SALT research protocol for a randomised controlled trial. <i>BMJ Open</i> , 2020 , 10, e035898	3	1
17	Prediction equations for estimating body weight in older adults. <i>Journal of Human Nutrition and Dietetics</i> , 2021 , 34, 841-848	3.1	1
16	Dietary intake according to hydration status in 9-10 year-old soccer players. <i>Nutricion Hospitalaria</i> , 2016 , 33, 315	1	1
15	Sitting time and associated factors among Portuguese older adults: results from Nutrition UP 65. <i>European Journal of Ageing</i> , 2020 , 17, 321-330	3.6	1
14	Are older adults with excessive sodium intake at increased risk of hypohydration?. <i>Journal of Human Nutrition and Dietetics</i> , 2021 , 34, 834-840	3.1	1
13	Availability and Nutritional Composition of Street Food in Urban Central Asia: Findings From Almaty, Kazakhstan.. <i>International Journal of Public Health</i> , 2022 , 67, 1604558	4	1
12	Traveling with food allergy: What to expect from the airlines?. <i>Pediatric Allergy and Immunology</i> , 2017 , 28, 597-598	4.2	0
11	AlergiaPT: A Portuguese media campaign to inspire people with allergies to make a positive change in their life.. <i>Porto Biomedical Journal</i> , 2022 , 7, e169	1.1	0
10	Nutritional content of the street food purchased in Chişinău, Moldova: Opportunity for policy action. <i>International Journal of Gastronomy and Food Science</i> , 2022 , 27, 100456	2.8	0
9	A study protocol for a randomized controlled trial of an anti-inflammatory nutritional intervention in patients with fibromyalgia. <i>Trials</i> , 2021 , 22, 198	2.8	0
8	Billboard food advertising in Maputo, Mozambique: a sign of nutrition transition. <i>Journal of Public Health</i> , 2020 , 42, e105-e106	3.5	0

7	Handgrip Strength and Its Association With Hydration Status and Urinary Sodium-to-Potassium Ratio in Older Adults. <i>Journal of the American College of Nutrition</i> , 2020 , 39, 192-199	3.5	0
6	Bronchodilator responsiveness in healthy children: Insights from a cross-sectional study. <i>Pediatric Allergy and Immunology</i> , 2021 , 32, 371-373	4.2	
5	Hydration status using free water reserve in Portuguese adolescents. <i>Nutricion Hospitalaria</i> , 2015 , 32 Suppl 2, 10301	1	
4	Beverages intake and hydration status in adolescents. <i>Nutricion Hospitalaria</i> , 2015 , 32 Suppl 2, 10302	1	
3	Hydration status and water sources in free-living physically active elderly. <i>Nutricion Hospitalaria</i> , 2015 , 32 Suppl 2, 10303	1	
2	Hydration status and associated dietary factors in children. <i>Nutricion Hospitalaria</i> , 2015 , 32 Suppl 2, 10324		
1	Hydration status and water sources in 9-10 year soccer players. <i>Nutricion Hospitalaria</i> , 2015 , 32 Suppl 2, 10337	1	