Avan Aihie Sayer

List of Publications by Year
in descending order

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276 papers	30,415 citations	12303 69 h-index	5364 164 g-index
283 all docs	283 docs citations	283 times ranked	32922 citing authors

#	Article	IF	Citations
1	Sarcopenia: revised European consensus on definition and diagnosis. Age and Ageing, 2019, 48, 16-31.	0.7	6,824
2	New genetic loci implicated in fasting glucose homeostasis and their impact on type 2 diabetes risk. Nature Genetics, 2010, 42, 105-116.	9.4	1,982
3	A review of the measurement of grip strength in clinical and epidemiological studies: towards a standardised approach. Age and Ageing, 2011, 40, 423-429.	0.7	1,917
4	Sarcopenia. Lancet, The, 2019, 393, 2636-2646.	6.3	1,709
5	Grip Strength across the Life Course: Normative Data from Twelve British Studies. PLoS ONE, 2014, 9, e113637.	1.1	734
6	Genetic variation in GIPR influences the glucose and insulin responses to an oral glucose challenge. Nature Genetics, 2010, 42, 142-148.	9.4	591
7	Grip strength, body composition, and mortality. International Journal of Epidemiology, 2007, 36, 228-235.	0.9	583
8	Is grip strength a useful single marker of frailty?. Age and Ageing, 2003, 32, 650-656.	0.7	467
9	Gender and telomere length: Systematic review and meta-analysis. Experimental Gerontology, 2014, 51, 15-27.	1.2	394
10	Genome-wide association and large-scale follow up identifies 16 new loci influencing lung function. Nature Genetics, 2011, 43, 1082-1090.	9.4	367
11	Genome-Wide Association Identifies Nine Common Variants Associated With Fasting Proinsulin Levels and Provides New Insights Into the Pathophysiology of Type 2 Diabetes. Diabetes, 2011, 60, 2624-2634.	0.3	335
12	Type 2 Diabetes, Muscle Strength, and Impaired Physical Function: The tip of the iceberg?. Diabetes Care, 2005, 28, 2541-2542.	4.3	319
13	The developmental origins of sarcopenia. Journal of Nutrition, Health and Aging, 2008, 12, 427-432.	1.5	311
14	Quality of Life in Sarcopenia and Frailty. Calcified Tissue International, 2013, 93, 101-120.	1.5	310
15	Prevalence of sarcopenia in community-dwelling older people in the UK using the European Working Group on Sarcopenia in Older People (EWGSOP) definition: findings from the Hertfordshire Cohort Study (HCS). Age and Ageing, 2013, 42, 378-384.	0.7	305
16	Prevalence and risk factors for falls in older men and women: The English Longitudinal Study of Ageing. Age and Ageing, 2016, 45, 789-794.	0.7	274
17	Is grip strength associated with health-related quality of life? Findings from the Hertfordshire Cohort Study. Age and Ageing, 2006, 35, 409-415.	0.7	271
18	Prevalence of frailty and disability: findings from the English Longitudinal Study of Ageing. Age and Ageing, 2015, 44, 162-165.	0.7	261

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19	Frailty and sarcopenia: definitions and outcome parameters. Osteoporosis International, 2012, 23, 1839-1848.	1.3	258
20	Diet and Its Relationship with Grip Strength in Communityâ€Dwelling Older Men and Women: The Hertfordshire Cohort Study. Journal of the American Geriatrics Society, 2008, 56, 84-90.	1.3	246
21	Global variation in grip strength: a systematic review and meta-analysis of normative data. Age and Ageing, 2016, 45, 209-216.	0.7	244
22	Detailed Physiologic Characterization Reveals Diverse Mechanisms for Novel Genetic Loci Regulating Glucose and Insulin Metabolism in Humans. Diabetes, 2010, 59, 1266-1275.	0.3	237
23	Prevention and optimal management of sarcopenia: a review of combined exercise and nutrition interventions to improve muscle outcomes in older people. Clinical Interventions in Aging, 2015, 10, 859.	1.3	237
24	New horizons in multimorbidity in older adults. Age and Ageing, 2017, 46, 882-888.	0.7	231
25	New horizons in the pathogenesis, diagnosis and management of sarcopenia. Age and Ageing, 2013, 42, 145-150.	0.7	230
26	Tools in the Assessment of Sarcopenia. Calcified Tissue International, 2013, 93, 201-210.	1.5	197
27	An overview of appetite decline in older people. Nursing Older People, 2015, 27, 29-35.	0.1	194
28	Life Course Trajectories of Systolic Blood Pressure Using Longitudinal Data from Eight UK Cohorts. PLoS Medicine, 2011, 8, e1000440.	3.9	190
29	Grip strength and the metabolic syndrome: findings from the Hertfordshire Cohort Study. QJM - Monthly Journal of the Association of Physicians, 2007, 100, 707-713.	0.2	176
30	Grip strength and mortality: a biomarker of ageing?. Lancet, The, 2015, 386, 226-227.	6.3	176
31	Birth weight, weight at 1 y of age, and body composition in older men: findings from the Hertfordshire Cohort Study. American Journal of Clinical Nutrition, 2004, 80, 199-203.	2.2	174
32	Prevalence and correlates of frailty among community-dwelling older men and women: findings from the Hertfordshire Cohort Study. Age and Ageing, 2010, 39, 197-203.	0.7	173
33	Nutrition and Sarcopenia: A Review of the Evidence and Implications for Preventive Strategies. Journal of Aging Research, 2012, 2012, 1-6.	0.4	173
34	The ageâ€related increase in lowâ€grade systemic inflammation (Inflammaging) is not driven by cytomegalovirus infection. Aging Cell, 2012, 11, 912-915.	3.0	165
35	Does Sarcopenia Originate in Early Life? Findings From the Hertfordshire Cohort Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2004, 59, M930-M934.	1.7	164
36	Immune-endocrine biomarkers as predictors of frailty and mortality: a 10-year longitudinal study in community-dwelling older people. Age, 2013, 35, 963-971.	3.0	162

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37	Epidemiology of sarcopenia and insight into possible therapeutic targets. Nature Reviews Rheumatology, 2017, 13, 340-347.	3.5	159
38	Mitochondrial oxidative capacity and NAD+ biosynthesis are reduced in human sarcopenia across ethnicities. Nature Communications, 2019, 10, 5808.	5.8	159
39	Birth Weight, Childhood Size, and Muscle Strength in Adult Life: Evidence from a Birth Cohort Study. American Journal of Epidemiology, 2002, 156, 627-633.	1.6	153
40	Age and Gender Differences in Physical Capability Levels from Mid-Life Onwards: The Harmonisation and Meta-Analysis of Data from Eight UK Cohort Studies. PLoS ONE, 2011, 6, e27899.	1.1	148
41	Are rates of ageing determined in utero?. Age and Ageing, 1998, 27, 579-583.	0.7	145
42	Inflammatory markers and incident frailty in men and women: the English Longitudinal Study of Ageing. Age, 2013, 35, 2493-2501.	3.0	140
43	Dietary Patterns, Skeletal Muscle Health, and Sarcopenia in Older Adults. Nutrients, 2019, 11, 745.	1.7	135
44	Muscle size, strength, and physical performance and their associations with bone structure in the Hertfordshire Cohort Study. Journal of Bone and Mineral Research, 2013, 28, 2295-2304.	3.1	134
45	Body Mass Index, Muscle Strength and Physical Performance in Older Adults from Eight Cohort Studies: The HALCyon Programme. PLoS ONE, 2013, 8, e56483.	1.1	129
46	Developmental Origins of Midlife Grip Strength: Findings From a Birth Cohort Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2006, 61, 702-706.	1.7	128
47	Prenatal Exposure to a Maternal Low Protein Diet Shortens Life Span in Rats. Gerontology, 2001, 47, 9-14.	1.4	124
48	Birth weight and muscle strength: A systematic review and meta-analysis. Journal of Nutrition, Health and Aging, 2012, 16, 609-615.	1.5	122
49	Childhood Socioeconomic Position and Objectively Measured Physical Capability Levels in Adulthood: A Systematic Review and Meta-Analysis. PLoS ONE, 2011, 6, e15564.	1.1	121
50	Assessment and Treatment of the Anorexia of Aging: A Systematic Review. Nutrients, 2019, 11, 144.	1.7	121
51	Falls, Sarcopenia, and Growth in Early Life: Findings from the Hertfordshire Cohort Study. American Journal of Epidemiology, 2006, 164, 665-671.	1.6	118
52	Influence of Poor Oral Health on Physical Frailty: A Populationâ€Based Cohort Study of Older British Men. Journal of the American Geriatrics Society, 2018, 66, 473-479.	1.3	118
53	Prevalence and incidence of sarcopenia in the very old: findings from the Newcastle 85+ Study. Journal of Cachexia, Sarcopenia and Muscle, 2017, 8, 229-237.	2.9	111
54	Developmental Origins of Midlife Physical Performance: Evidence from a British Birth Cohort. American Journal of Epidemiology, 2006, 164, 110-121.	1.6	108

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55	Is grip strength a good marker of physical performance among community-dwelling older people?. Journal of Nutrition, Health and Aging, 2012, 16, 769-774.	1.5	106
56	The Epidemiology of Sarcopenia. Journal of Clinical Densitometry, 2015, 18, 461-466.	0.5	99
57	Fetal programming of body composition and musculoskeletal development. Early Human Development, 2005, 81, 735-744.	0.8	98
58	ACTN3 genotype, athletic status, and life course physical capability: metaâ€analysis of the published literature and findings from nine studies. Human Mutation, 2011, 32, 1008-1018.	1.1	97
59	Relationship of vitamin D status to adult lung function and COPD. Thorax, 2011, 66, 692-698.	2.7	95
60	Neighbourhood environment and positive mental health in older people: The Hertfordshire Cohort Study. Health and Place, 2011, 17, 867-874.	1.5	94
61	Research with older people in a world with COVID-19: identification of current and future priorities, challenges and opportunities. Age and Ageing, 2020, 49, 901-906.	0.7	94
62	Growth in utero and cognitive function in adult life: follow up study of people born between 1920 and 1943. BMJ: British Medical Journal, 1996, 312, 1393-1396.	2.4	91
63	Retinal vascular network architecture in low-birth-weight men. Journal of Hypertension, 1997, 15, 1449-1454.	0.3	83
64	A feasibility study of implementing grip strength measurement into routine hospital practice (GRImP): study protocol. Pilot and Feasibility Studies, 2016, 2, 27.	0.5	83
65	What influences diet quality in older people? A qualitative study among community-dwelling older adults from the Hertfordshire Cohort Study, UK. Public Health Nutrition, 2017, 20, 2685-2693.	1.1	83
66	Growth in early life predicts bone strength in late adulthood: The Hertfordshire Cohort Study. Bone, 2007, 41, 400-405.	1.4	82
67	Physical activity levels across adult life and grip strength in early old age: updating findings from a British birth cohort. Age and Ageing, 2013, 42, 794-798.	0.7	81
68	Nutrition and Frailty: Opportunities for Prevention and Treatment. Nutrients, 2021, 13, 2349.	1.7	79
69	Sarcopenia, longâ€term conditions, and multimorbidity: findings from UK Biobank participants. Journal of Cachexia, Sarcopenia and Muscle, 2020, 11, 62-68.	2.9	76
70	Markers of inflammatory status are associated with hearing threshold in older people: findings from the Hertfordshire ageing study. Age and Ageing, 2012, 41, 92-97.	0.7	73
71	Cross-sectional associations between different measures of obesity and muscle strength in men and women in a British cohort study. Journal of Nutrition, Health and Aging, 2015, 19, 3-11.	1.5	73
72	Comprehensive geriatric assessment in primary care: a systematic review. Aging Clinical and Experimental Research, 2020, 32, 197-205.	1.4	69

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73	Periâ€implantation and late gestation maternal undernutrition differentially affect fetal sheep skeletal muscle development. Journal of Physiology, 2008, 586, 2371-2379.	1.3	68
74	Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. Clinical Nutrition, 2018, 37, 2260-2270.	2.3	67
75	miRâ€424â€5p reduces ribosomal RNA and protein synthesis in muscle wasting. Journal of Cachexia, Sarcopenia and Muscle, 2018, 9, 400-416.	2.9	67
76	New horizons in appetite and the anorexia of ageing. Age and Ageing, 2020, 49, 526-534.	0.7	67
77	Resistance exercise as a treatment for sarcopenia: prescription and delivery. Age and Ageing, 2022, 51, .	0.7	67
78	Urinary CTX-II and glucosyl-galactosyl-pyridinoline are associated with the presence and severity of radiographic knee osteoarthritis in men. Annals of the Rheumatic Diseases, 2005, 65, 871-877.	0.5	66
79	Lean Mass, Muscle Strength and Gene Expression in Community Dwelling Older Men: Findings from the Hertfordshire Sarcopenia Study (HSS). Calcified Tissue International, 2014, 95, 308-316.	1.5	66
80	Polymorphism of the IGF2 gene, birth weight and grip strength in adult men. Age and Ageing, 2002, 31, 468-470.	0.7	65
81	Sarcopenia and frailty: new challenges for clinical practice. Clinical Medicine, 2016, 16, 455-458.	0.8	63
82	Current patterns of diet in community-dwelling older men and women: results from the Hertfordshire Cohort Study. Age and Ageing, 2009, 38, 594-599.	0.7	60
83	Dysregulation of the hypothalamic pituitary adrenal (HPA) axis and physical performance at older ages: An individual participant meta-analysis. Psychoneuroendocrinology, 2013, 38, 40-49.	1.3	60
84	Nutrition and Muscle Strength, As the Key Component of Sarcopenia: An Overview of Current Evidence. Nutrients, 2019, 11, 2942.	1.7	59
85	The dynamic relationship between cognitive function and walking speed: the English Longitudinal Study of Ageing. Age, 2014, 36, 9682.	3.0	58
86	Self-Reported Walking Speed: A Useful Marker of Physical Performance Among Community-Dwelling Older People?. Journal of the American Medical Directors Association, 2015, 16, 323-328.	1.2	58
87	Grip strength and its determinants among older people in different healthcare settings. Age and Ageing, 2014, 43, 241-246.	0.7	57
88	Sarcopenia. BMJ: British Medical Journal, 2010, 341, c4097-c4097.	2.4	57
89	Prevalence and functionality of paucimorphic and privateMC4Rmutations in a large, unselected European British population, scanned by meltMADGE. Human Mutation, 2007, 28, 294-302.	1.1	55
90	Does diet influence physical performance in community-dwelling older people? Findings from the Hertfordshire Cohort Study. Age and Ageing, 2011, 40, 181-186.	0.7	55

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91	Developmental Influences, Muscle Morphology, and Sarcopenia in Community-Dwelling Older Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2012, 67A, 82-87.	1.7	55
92	Increased expression of H19/miRâ€675 is associated with a low fatâ€free mass index in patients with COPD. Journal of Cachexia, Sarcopenia and Muscle, 2016, 7, 330-344.	2.9	55
93	The Developmental Origins of Sarcopenia: Using Peripheral Quantitative Computed Tomography to Assess Muscle Size in Older People. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2008, 63, 835-840.	1.7	54
94	How clinical practitioners assess frailty in their daily practice: an international survey. Aging Clinical and Experimental Research, 2017, 29, 905-912.	1.4	54
95	Contribution of common non-synonymous variants in PCSK1 to body mass index variation and risk of obesity: a systematic review and meta-analysis with evidence from up to 331 175 individuals. Human Molecular Genetics, 2015, 24, 3582-3594.	1.4	53
96	Effect of Dietary Patterns on Muscle Strength and Physical Performance in the Very Old: Findings from the Newcastle 85+ Study. PLoS ONE, 2016, 11, e0149699.	1.1	53
97	Is grip strength associated with length of stay in hospitalised older patients admitted for rehabilitation? Findings from the Southampton grip strength study. Age and Ageing, 2012, 41, 641-646.	0.7	52
98	Inflammation, Telomere Length, and Grip Strength: A 10-year Longitudinal Study. Calcified Tissue International, 2014, 95, 54-63.	1.5	52
99	Sarcopenia and frailty: new challenges for clinical practice. Clinical Medicine, 2015, 15, s88-s91.	0.8	52
100	Nutrition in the Very Old. Nutrients, 2018, 10, 269.	1.7	52
101	Use of the electronic Frailty Index to identify vulnerable patients: a pilot study in primary care. British Journal of General Practice, 2017, 67, e751-e756.	0.7	50
102	Grip strength and cardiovascular drug use in older people: findings from the Hertfordshire Cohort Study. Age and Ageing, 2010, 39, 185-191.	0.7	49
103	Maternal Antenatal Vitamin D Status and Offspring Muscle Development: Findings From the Southampton Women's Survey. Journal of Clinical Endocrinology and Metabolism, 2014, 99, 330-337.	1.8	49
104	Body Mass Index From Age 15 Years Onwards and Muscle Mass, Strength, and Quality in Early Old Age: Findings From the MRC National Survey of Health and Development. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2014, 69, 1253-1259.	1.7	49
105	Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. Nutrients, 2017, 9, 379.	1.7	49
106	Assessment of Physical Activity of Hospitalised Older Adults: A Systematic Review. Journal of Nutrition, Health and Aging, 2018, 22, 377-386.	1.5	49
107	Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. Clinical Nutrition, 2020, 39, 166-173.	2.3	49
108	Influences on diet quality in older age: the importance of social factors. Age and Ageing, 2017, 46, 277-283.	0.7	48

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109	A systematic review of the use of volunteers to improve mealtime care of adult patients or residents in institutional settings. Journal of Clinical Nursing, 2011, 20, 1810-1823.	1.4	47
110	Subcellular origin of mitochondrial DNA deletions in human skeletal muscle. Annals of Neurology, 2018, 84, 289-301.	2.8	47
111	Clustering of Lifestyle Risk Factors and Poor Physical Function in Older Adults: The Hertfordshire Cohort Study. Journal of the American Geriatrics Society, 2013, 61, 1684-1691.	1.3	45
112	Mortality in the Hertfordshire Ageing Study: association with level and loss of hand grip strength in later life. Age and Ageing, 2017, 46, 407-412.	0.7	45
113	Does Cognitive Impairment Affect Rehabilitation Outcome?. Journal of the American Geriatrics Society, 2011, 59, 2108-2111.	1.3	44
114	Specific associations of insulin resistance with impaired health-related quality of life in the Hertfordshire Cohort Study. Quality of Life Research, 2007, 16, 429-436.	1.5	42
115	The feasibility of assessing frailty and sarcopenia in hospitalised older people: a comparison of commonly used tools. BMC Geriatrics, 2019, 19, 42.	1.1	42
116	Social Inequalities in Grip Strength, Physical Function, and Falls Among Community Dwelling Older Men and Women. Journal of Aging and Health, 2009, 21, 913-939.	0.9	41
117	Measuring appetite with the simplified nutritional appetite questionnaire identifies hospitalised older people at risk of worse health outcomes. Journal of Nutrition, Health and Aging, 2016, 20, 3-7.	1.5	41
118	Grip strength among community-dwelling older people predicts hospital admission during the following decade. Age and Ageing, 2015, 44, 954-959.	0.7	40
119	Hertfordshire sarcopenia study: design and methods. BMC Geriatrics, 2010, 10, 43.	1.1	39
120	Framingham cardiovascular disease risk scores and incident frailty: the English longitudinal study of ageing. Age, 2014, 36, 9692.	3.0	38
121	Associations Between Objectively Measured Physical Activity, Body Composition and Sarcopenia: Findings from the Hertfordshire Sarcopenia Study (HSS). Calcified Tissue International, 2018, 103, 237-245.	1.5	38
122	Exercise as a treatment for sarcopenia: an umbrella review of systematic review evidence. Physiotherapy, 2020, 107, 189-201.	0.2	38
123	Grip Strength Decline and Its Determinants in the Very Old: Longitudinal Findings from the Newcastle 85+ Study. PLoS ONE, 2016, 11, e0163183.	1.1	38
124	Proprioception: where are we now? A commentary on clinical assessment, changes across the life course, functional implications and future interventions. Age and Ageing, 2014, 43, 313-318.	0.7	37
125	The Association of Grip Strength With Severity and Duration of Parkinsonâ€™s. Neurorehabilitation and Neural Repair, 2015, 29, 889-896.	1.4	37
126	Effect of smoking on physical and cognitive capability in later life: a multicohort study using observational and genetic approaches. BMJ Open, 2015, 5, e008393.	0.8	35

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127	The identification of probable sarcopenia in early old age based on the SARC-F tool and clinical suspicion: findings from the 1946 British birth cohort. European Geriatric Medicine, 2020, 11, 433-441.	1.2	35
128	Prevalence and factors associated with poor performance in the 5â€chair stand test: findings from the Cognitive Function and Ageing Study II and proposed Newcastle protocol for use in the assessment of sarcopenia. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 308-318.	2.9	35
129	Telomere Length and Physical Performance at Older Ages: An Individual Participant Meta-Analysis. PLoS ONE, 2013, 8, e69526.	1.1	35
130	Lean mass and fat mass have differing associations with bone microarchitecture assessed by high resolution peripheral quantitative computed tomography in men and women from the Hertfordshire Cohort Study. Bone, 2015, 81, 145-151.	1.4	34
131	Initial level and rate of change in grip strength predict all-cause mortality in very old adults. Age and Ageing, 2017, 46, 970-976.	0.7	34
132	Cohort profile: The Hertfordshire Ageing Study (HAS). International Journal of Epidemiology, 2010, 39, 36-43.	0.9	33
133	The feasibility and acceptability of training volunteer mealtime assistants to help older acute hospital inpatients: the Southampton Mealtime Assistance Study. Journal of Clinical Nursing, 2014, 23, 3240-3249.	1.4	33
134	Dietary total antioxidant capacity is related to glucose tolerance in older people: The Hertfordshire Cohort Study. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 301-308.	1.1	33
135	Processed meat consumption and lung function: modification by antioxidants and smoking. European Respiratory Journal, 2014, 43, 972-982.	3.1	31
136	Physical activity among hospitalised older people: insights from upper and lower limb accelerometry. Aging Clinical and Experimental Research, 2018, 30, 1363-1369.	1.4	31
137	Adult Lifetime Diet Quality and Physical Performance in Older Age: Findings From a British Birth Cohort. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 1532-1537.	1.7	31
138	Implementation of grip strength measurement in medicine for older people wards as part of routine admission assessment: identifying facilitators and barriers using a theory-led intervention. BMC Geriatrics, 2018, 18, 79.	1.1	31
139	The structure of the Hospital Anxiety and Depression Scale in four cohorts of community-based, healthy older people: the HALCyon program. International Psychogeriatrics, 2010, 22, 559-571.	0.6	30
140	Late Life Metabolic Syndrome, Early Growth, and Common Polymorphism in the Growth Hormone and Placental Lactogen Gene Cluster. Journal of Clinical Endocrinology and Metabolism, 2004, 89, 5569-5576.	1.8	29
141	How to get started with a systematic review in epidemiology: an introductory guide for early career researchers. Archives of Public Health, 2013, 71, 21.	1.0	29
142	ACE inhibitors, statins and thiazides: no association with change in grip strength among community dwelling older men and women from the Hertfordshire Cohort Study. Age and Ageing, 2014, 43, 661-666.	0.7	29
143	In epidemiological studies: Findings from the hertfordshire sarcopenia study (HSS). Journal of Nutrition, Health and Aging, 2011, 15, 10-15.	1.5	28
144	Liver fat accumulation is associated with reduced hepatic insulin extraction and beta cell dysfunction in healthy older individuals. Diabetology and Metabolic Syndrome, 2014, 6, 43.	1.2	28

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145	Can trained volunteers make a difference at mealtimes for older people in hospital? A qualitative study of the views and experience of nurses, patients, relatives and volunteers in the Southampton Mealtime Assistance Study. International Journal of Older People Nursing, 2015, 10, 136-145.	0.6	28
146	Priorities for research in multiple conditions in later life (multi-morbidity): findings from a James Lind Alliance Priority Setting Partnership. Age and Ageing, 2019, 48, 401-406.	0.7	28
147	The use of volunteers to help older medical patients mobilise in hospital: a systematic review. Journal of Clinical Nursing, 2016, 25, 3102-3112.	1.4	26
148	Current practice in the diagnosis and management of sarcopenia and frailty â€“ results from a UK-wide survey. Journal of Frailty, Sarcopenia and Falls, 2019, 4, 71-77.	0.4	26
149	The developmental origins of sarcopenia: from epidemiological evidence to underlying mechanisms. Journal of Developmental Origins of Health and Disease, 2010, 1, 150-157.	0.7	25
150	Physical capability and subsequent positive mental wellbeing in older people: findings from five HALCyon cohorts. Age, 2014, 36, 445-456.	3.0	25
151	Frailty, prefrailty and employment outcomes in Health and Employment After Fifty (HEAF) Study. Occupational and Environmental Medicine, 2017, 74, 476-482.	1.3	25
152	Physical capability predicts mortality in late mid-life as well as in old age: Findings from a large British cohort study. Archives of Gerontology and Geriatrics, 2018, 74, 77-82.	1.4	25
153	Myoprotective Whole Foods, Muscle Health and Sarcopenia: A Systematic Review of Observational and Intervention Studies in Older Adults. Nutrients, 2020, 12, 2257.	1.7	25
154	Sleep disturbance and the older worker: findings from the Health and Employment after Fifty study. Scandinavian Journal of Work, Environment and Health, 2017, 43, 136-145.	1.7	25
155	How useful are the SF-36 sub-scales in older people? Mokken scaling of data from the HALCyon programme. Quality of Life Research, 2011, 20, 1005-1010.	1.5	24
156	Grip strength and inflammatory biomarker profiles in very old adults. Age and Ageing, 2017, 46, 976-982.	0.7	24
157	Personality and Risk of Frailty: the English Longitudinal Study of Ageing. Annals of Behavioral Medicine, 2017, 51, 128-136.	1.7	24
158	No Interactions Between Previously Associated 2-Hour Glucose Gene Variants and Physical Activity or BMI on 2-Hour Glucose Levels. Diabetes, 2012, 61, 1291-1296.	0.3	23
159	Grip strength in a cohort of older medical inpatients in Malaysia: A pilot study to describe the range, determinants and association with length of hospital stay. Archives of Gerontology and Geriatrics, 2013, 56, 155-159.	1.4	23
160	Type of milk feeding in infancy and health behaviours in adult life: findings from the Hertfordshire Cohort Study. British Journal of Nutrition, 2013, 109, 1114-1122.	1.2	23
161	Associations between APOE and low-density lipoprotein cholesterol genotypes and cognitive and physical capability: the HALCyon programme. Age, 2014, 36, 9673.	3.0	23
162	Sarcopenia the new geriatric giant: time to translate research findings into clinical practice. Age and Ageing, 2014, 43, 736-737.	0.7	23

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163	Health and Employment after Fifty (HEAF): a new prospective cohort study. BMC Public Health, 2015, 15, 1071.	1.2	23
164	Poor sleep quality and physical performance in older adults. Sleep Health, 2021, 7, 205-211.	1.3	23
165	Fetal and Infant Growth and Glucose Tolerance in the Hertfordshire Cohort Study: A Study of Men and Women Born Between 1931 and 1939. Diabetes, 2005, 54, S145-S150.	0.3	22
166	Understanding NHS hospital admissions in England: linkage of Hospital Episode Statistics to the Hertfordshire Cohort Study. Age and Ageing, 2014, 43, 653-660.	0.7	22
167	Exome-wide analysis of rare coding variation identifies novel associations with COPD and airflow limitation inMOCS3,IFIT3andSERPINA12. Thorax, 2016, 71, 501-509.	2.7	22
168	Patterns of interphalangeal hand joint involvement of osteoarthritis among men and women: A British cohort study. Arthritis and Rheumatism, 2003, 48, 3371-3376.	6.7	21
169	Readiness of elders to use assistive devices to maintain their independence in the home. Age and Ageing, 2007, 36, 465-467.	0.7	21
170	Social inequalities in osteoporosis and fracture among community-dwelling older men and women: findings from the Hertfordshire cohort study. Archives of Osteoporosis, 2012, 7, 37-48.	1.0	21
171	Skeletal muscle morphology in sarcopenia defined using the EWGSOP criteria: findings from the Hertfordshire Sarcopenia Study (HSS). BMC Geriatrics, 2015, 15, 171.	1.1	21
172	Development of a short questionnaire to assess diet quality among older community-dwelling adults. Journal of Nutrition, Health and Aging, 2017, 21, 247-253.	1.5	21
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