

# Avan Aihie Sayer

## 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.

272 papers	20,119 citations	63 h-index	138 g-index
283 ext. papers	25,267 ext. citations	4.7 avg, IF	6.96 L-index

#	Paper	IF	Citations
272	Resistance exercise as a treatment for sarcopenia: prescription and delivery.. <i>Age and Ageing</i> , <b>2022</b> , 51,	3	3
271	The assessment of sarcopenia and the frailty phenotype in the outpatient care of older people: implementation and typical values obtained from the Newcastle SarcScreen project.. <i>European Geriatric Medicine</i> , <b>2022</b> , 1	3	0
270	Performance of the SarQoL quality of life tool in a UK population of older people with probable sarcopenia and implications for use in clinical trials: findings from the SarcNet registry.. <i>BMC Geriatrics</i> , <b>2022</b> , 22, 368	4.1	0
269	Innovative plAnt Protein fibre and Physical activity solutions to address poor appEtite and prevent undernUTriTion in oldEr adults IAPPETITE. <i>Nutrition Bulletin</i> , <b>2021</b> , 46, 486-496	3.5	0
268	Epigenome-wide association study of sarcopenia: findings from the Hertfordshire Sarcopenia Study (HSS). <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2021</b> ,	10.3	2
267	The role of novel motor unit magnetic resonance imaging to investigate motor unit activity in ageing skeletal muscle. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2021</b> , 12, 17-29	10.3	4
266	Delirium and delirium severity predict the trajectory of the Hierarchical Assessment of Balance and Mobility (HABAM) in hospitalised older people: findings from the DECIDE Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2021</b> ,	6.4	1
265	31 Physical Activity, Muscle Strength and Quantity: Preliminary Findings From the Mass_Lifecourse Cohort. <i>Age and Ageing</i> , <b>2021</b> , 50, i7-i11	3	
264	A Lifecourse Approach to Sarcopenia <b>2021</b> , 77-93		
263	Recruitment strategies for sarcopenia trials: lessons from the LACE randomized controlled trial. <i>JCSM Rapid Communications</i> , <b>2021</b> , 4, 93-102	2.6	3
262	Developing a UK sarcopenia registry: recruitment and baseline characteristics of the SarcNet pilot. <i>Age and Ageing</i> , <b>2021</b> , 50, 1762-1769	3	6
261	Micronutrients and sarcopenia: current perspectives. <i>Proceedings of the Nutrition Society</i> , <b>2021</b> , 80, 311-318	3.18	2
260	Ageing contributes to phenotype transition in a mouse model of periodic paralysis.. <i>JCSM Rapid Communications</i> , <b>2021</b> , 4, 245-259	2.6	0
259	Altered H19/miR-675 expression in skeletal muscle is associated with low muscle mass in community-dwelling older adults. <i>JCSM Rapid Communications</i> , <b>2021</b> , 4, 207-221	2.6	
258	Implementing grip strength assessment in hip fracture patients: a feasibility project. <i>Journal of Frailty, Sarcopenia and Falls</i> , <b>2021</b> , 6, 66-78	1.6	0
257	Paving the translational ageing research pathway-training the next generation of researchers. <i>Age and Ageing</i> , <b>2021</b> , 50, 362-365	3	0
256	Poor sleep quality and physical performance in older adults. <i>Sleep Health</i> , <b>2021</b> , 7, 205-211	4	1

255	Prediction of Postoperative Outcomes Following Hip Fracture Surgery: Independent Validation and Recalibration of the Nottingham Hip Fracture Score. <i>Journal of the American Medical Directors Association</i> , <b>2021</b> , 22, 663-669.e2	5.9	8
254	Effect of Angiotensin System Inhibitors on Physical Performance in Older People - A Systematic Review and Meta-Analysis. <i>Journal of the American Medical Directors Association</i> , <b>2021</b> , 22, 1215-1221.e2	5.9	6
253	Long-term conditions, multimorbidity, lifestyle factors and change in grip strength over 9 years of follow-up: Findings from 44,315 UK biobank participants. <i>Age and Ageing</i> , <b>2021</b> , 50, 2222-2229	3	2
252	Nutrition and Frailty: Opportunities for Prevention and Treatment. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	7
251	Prevalence and factors associated with poor performance in the 5-chair stand test: findings from the Cognitive Function and Ageing Study II and proposed Newcastle protocol for use in the assessment of sarcopenia. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2021</b> , 12, 308-318	10.3	6
250	Milk for Skeletal Muscle Health and Sarcopenia in Older Adults: A Narrative Review. <i>Clinical Interventions in Aging</i> , <b>2020</b> , 15, 695-714	4	8
249	The feasibility of muscle mitochondrial respiratory chain phenotyping across the cognitive spectrum in Parkinson's disease. <i>Experimental Gerontology</i> , <b>2020</b> , 138, 110997	4.5	0
248	Research with older people in a world with COVID-19: identification of current and future priorities, challenges and opportunities. <i>Age and Ageing</i> , <b>2020</b> , 49, 901-906	3	46
247	New horizons in appetite and the anorexia of ageing. <i>Age and Ageing</i> , <b>2020</b> , 49, 526-534	3	26
246	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. <i>European Geriatric Medicine</i> , <b>2020</b> , 11, 433-441	3	24
245	Developing a composite outcome measure for frailty prevention trials - rationale, derivation and sample size comparison with other candidate measures. <i>BMC Geriatrics</i> , <b>2020</b> , 20, 113	4.1	1
244	Physical activity in hospitalised older people: the feasibility and acceptability of a volunteer-led mobility intervention in the SoMoVe study. <i>Age and Ageing</i> , <b>2020</b> , 49, 283-291	3	5
243	Content of exercise programmes targeting older people with sarcopenia or frailty - findings from a UK survey. <i>Journal of Frailty, Sarcopenia and Falls</i> , <b>2020</b> , 5, 17-23	1.6	6
242	Sarcopenia, long-term conditions, and multimorbidity: findings from UK Biobank participants. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2020</b> , 11, 62-68	10.3	37
241	Feasibility and acceptability of a milk and resistance exercise intervention to improve muscle function in community-dwelling older adults (MilkMAN): Pilot study. <i>PLoS ONE</i> , <b>2020</b> , 15, e0235952	3.7	1
240	Immunosenescence profiles are not associated with muscle strength, physical performance and sarcopenia risk in very old adults: The Newcastle 85+ Study. <i>Mechanisms of Ageing and Development</i> , <b>2020</b> , 190, 111321	5.6	2
239	Myoprotective Whole Foods, Muscle Health and Sarcopenia: A Systematic Review of Observational and Intervention Studies in Older Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	11
238	Poor Appetite Is Associated with Six Month Mortality in Hospitalised Older Men and Women. <i>Journal of Nutrition, Health and Aging</i> , <b>2020</b> , 24, 1107-1110	5.2	5

237	Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 166-173	5.9	36
236	Comprehensive geriatric assessment in primary care: a systematic review. <i>Aging Clinical and Experimental Research</i> , <b>2020</b> , 32, 197-205	4.8	31
235	Exercise as a treatment for sarcopenia: an umbrella review of systematic review evidence. <i>Physiotherapy</i> , <b>2020</b> , 107, 189-201	3	18
234	Growing research in geriatric medicine. <i>Age and Ageing</i> , <b>2019</b> , 48, 316-319	3	5
233	The recent secular trend in grip strength among older adults: findings from the English Longitudinal Study of Ageing. <i>European Geriatric Medicine</i> , <b>2019</b> , 10, 395-401	3	7
232	Sarcopenia. <i>Lancet, The</i> , <b>2019</b> , 393, 2636-2646	40	626
231	Priorities for research in multiple conditions in later life (multi-morbidity): findings from a James Lind Alliance Priority Setting Partnership. <i>Age and Ageing</i> , <b>2019</b> , 48, 401-406	3	11
230	99USE OF RECOMMENDED ASSESSMENTS OF PHYSICAL FRAILITY AND SARCOPENIA IN HOSPITALISED OLDER PEOPLE: IS IT FEASIBLE?. <i>Age and Ageing</i> , <b>2019</b> , 48, i27-i30	3	
229	Dietary Patterns, Skeletal Muscle Health, and Sarcopenia in Older Adults. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	68
228	The feasibility of assessing frailty and sarcopenia in hospitalised older people: a comparison of commonly used tools. <i>BMC Geriatrics</i> , <b>2019</b> , 19, 42	4.1	24
227	Factors associated with change in self-reported physical activity in the very old: The Newcastle 85+ study. <i>PLoS ONE</i> , <b>2019</b> , 14, e0218881	3.7	4
226	Current practice in the diagnosis and management of sarcopenia and frailty - results from a UK-wide survey. <i>Journal of Frailty, Sarcopenia and Falls</i> , <b>2019</b> , 4, 71-77	1.6	12
225	Quadriceps miR-542-3p and -5p are elevated in COPD and reduce function by inhibiting ribosomal and protein synthesis. <i>Journal of Applied Physiology</i> , <b>2019</b> , 126, 1514-1524	3.7	4
224	92ANOREXIA IN OLDER PEOPLE AND ITS TREATMENT: A SYSTEMATIC REVIEW. <i>Age and Ageing</i> , <b>2019</b> , 48, i26-i26	3	
223	94INCREASED PHYSICAL ACTIVITY LEVELS AMONG HOSPITALISED OLDER PEOPLE: THE ROLE OF TRAINED VOLUNTEERS. <i>Age and Ageing</i> , <b>2019</b> , 48, i27-i30	3	1
222	Mitochondrial oxidative capacity and NAD biosynthesis are reduced in human sarcopenia across ethnicities. <i>Nature Communications</i> , <b>2019</b> , 10, 5808	17.4	72
221	Milk and resistance exercise intervention to improve muscle function in community-dwelling older adults at risk of sarcopenia (MILKMAN): protocol for a pilot study. <i>BMJ Open</i> , <b>2019</b> , 9, e031048	3	6
220	Nutrition and Muscle Strength, As the Key Component of Sarcopenia: An Overview of Current Evidence. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	24

219	Assessment and Treatment of the Anorexia of Aging: A Systematic Review. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	88
218	Sarcopenia: revised European consensus on definition and diagnosis. <i>Age and Ageing</i> , <b>2019</b> , 48, 16-31	3	3263
217	Muscle Mass, Muscle Morphology and Bone Health Among Community-Dwelling Older Men: Findings from the Hertfordshire Sarcopenia Study (HSS). <i>Calcified Tissue International</i> , <b>2018</b> , 103, 35-43	3.9	7
216	Influence of Poor Oral Health on Physical Frailty: A Population-Based Cohort Study of Older British Men. <i>Journal of the American Geriatrics Society</i> , <b>2018</b> , 66, 473-479	5.6	65
215	Associations Between Objectively Measured Physical Activity, Body Composition and Sarcopenia: Findings from the Hertfordshire Sarcopenia Study (HSS). <i>Calcified Tissue International</i> , <b>2018</b> , 103, 237-243	3.9	21
214	Physical activity among hospitalised older people: insights from upper and lower limb accelerometry. <i>Aging Clinical and Experimental Research</i> , <b>2018</b> , 30, 1363-1369	4.8	17
213	Assessment of Physical Activity of Hospitalised Older Adults: A Systematic Review. <i>Journal of Nutrition, Health and Aging</i> , <b>2018</b> , 22, 377-386	5.2	30
212	Physical capability predicts mortality in late mid-life as well as in old age: Findings from a large British cohort study. <i>Archives of Gerontology and Geriatrics</i> , <b>2018</b> , 74, 77-82	4	15
211	Adult Lifetime Diet Quality and Physical Performance in Older Age: Findings From a British Birth Cohort. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2018</b> , 73, 1532-1537	6.4	16
210	Nutrition in the Very Old. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	42
209	Subcellular origin of mitochondrial DNA deletions in human skeletal muscle. <i>Annals of Neurology</i> , <b>2018</b> , 84, 289-301	9.4	24
208	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. <i>BMC Geriatrics</i> , <b>2018</b> , 18, 79	4.1	17
207	Can measures of physical performance in mid-life improve the clinical prediction of disability in early old age? Findings from a British birth cohort study. <i>Experimental Gerontology</i> , <b>2018</b> , 110, 118-124	4.5	9
206	Implementing the Creating Learning Environments for Compassionate Care (CLECC) programme in acute hospital settings: a pilot RCT and feasibility study. <i>Health Services and Delivery Research</i> , <b>2018</b> , 6, 1-166	1.5	13
205	Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 2260-2270	5.9	49
204	miR-424-5p reduces ribosomal RNA and protein synthesis in muscle wasting. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2018</b> , 9, 400-416	10.3	45
203	Multimorbidity Predicts Quality of Life but not Motor Severity in Early Parkinson's Disease. <i>Journal of Parkinson's Disease</i> , <b>2018</b> , 8, 511-515	5.3	4
202	Mitochondrial respiratory chain function and content are preserved in the skeletal muscle of active very old men and women. <i>Experimental Gerontology</i> , <b>2018</b> , 113, 80-85	4.5	10

201	Mortality in the Hertfordshire Ageing Study: association with level and loss of hand grip strength in later life. <i>Age and Ageing</i> , <b>2017</b> , 46, 407-412	3	32
200	The Impact of Trained Volunteer Mealtime Assistants on the Dietary Intake of Older Female In-Patients: The Southampton Mealtime Assistance Study. <i>Journal of Nutrition, Health and Aging</i> , <b>2017</b> , 21, 320-328	5.2	9
199	Development of a Short Questionnaire to Assess Diet Quality among Older Community-Dwelling Adults. <i>Journal of Nutrition, Health and Aging</i> , <b>2017</b> , 21, 247-253	5.2	12
198	Selecting Potential Pharmacological Interventions in Sarcopenia. <i>Drugs and Aging</i> , <b>2017</b> , 34, 233-240	4.7	12
197	Epidemiology of sarcopenia and insight into possible therapeutic targets. <i>Nature Reviews Rheumatology</i> , <b>2017</b> , 13, 340-347	8.1	90
196	Prevalence and incidence of sarcopenia in the very old: findings from the Newcastle 85+ Study. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2017</b> , 8, 229-237	10.3	71
195	Grip strength and inflammatory biomarker profiles in very old adults. <i>Age and Ageing</i> , <b>2017</b> , 46, 976-982	3	19
194	Frailty, prefrailty and employment outcomes in Health and Employment After Fifty (HEAF) Study. <i>Occupational and Environmental Medicine</i> , <b>2017</b> , 74, 476-482	2.1	16
193	The Impact of Trained Volunteer Mealtime Assistants on Dietary Intake and Satisfaction with Mealtime Care in Adult Hospital Inpatients: A Systematic Review. <i>Journal of Nutrition, Health and Aging</i> , <b>2017</b> , 21, 1038-1049	5.2	13
192	Use of the electronic Frailty Index to identify vulnerable patients: a pilot study in primary care. <i>British Journal of General Practice</i> , <b>2017</b> , 67, e751-e756	1.6	31
191	New horizons in multimorbidity in older adults. <i>Age and Ageing</i> , <b>2017</b> , 46, 882-888	3	127
190	Learning from older peoples Reasons for participating in demanding, intensive epidemiological studies: a qualitative study. <i>BMC Medical Research Methodology</i> , <b>2017</b> , 17, 167	4.7	7
189	Can routine clinical data identify older patients at risk of poor healthcare outcomes on admission to hospital?. <i>BMC Research Notes</i> , <b>2017</b> , 10, 384	2.3	3
188	Initial Level And Rate Of change In Grip strength Predict All-Cause Mortality In Very Old Adults. <i>Age and Ageing</i> , <b>2017</b> , 46, i31-i31	3	
187	Methodological challenges in a study on falls in an older population of Cape Town, South Africa. <i>African Health Sciences</i> , <b>2017</b> , 17, 912-922	1.1	2
186	Influences on diet quality in older age: the importance of social factors. <i>Age and Ageing</i> , <b>2017</b> , 46, 277-283	3	34
185	What influences diet quality in older people? A qualitative study among community-dwelling older adults from the Hertfordshire Cohort Study, UK. <i>Public Health Nutrition</i> , <b>2017</b> , 20, 2685-2693	3.3	50
184	GRIP STRENGTH AND INFLAMMATORY BIOMARKER PROFILES IN VERY OLD ADULTS. <i>Age and Ageing</i> , <b>2017</b> , 46, ii11-ii13	3	

183	How clinical practitioners assess frailty in their daily practice: an international survey. <i>Aging Clinical and Experimental Research</i> , <b>2017</b> , 29, 905-912	4.8	34
182	Initial level and rate of change in grip strength predict all-cause mortality in very old adults. <i>Age and Ageing</i> , <b>2017</b> , 46, 970-976	3	20
181	Personality and Risk of Frailty: the English Longitudinal Study of Ageing. <i>Annals of Behavioral Medicine</i> , <b>2017</b> , 51, 128-136	4.5	17
180	41DIFFERENCES IN PHYSICAL PERFORMANCE ACROSS A MULTI-ETHNIC COHORT OF OLDER ADULTS: INSIGHTS FROM THE HEALTHY AGING RESEARCH INITIATIVE. <i>Age and Ageing</i> , <b>2017</b> , 46, ii11-ii13	3	1
179	Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	34
178	Sleep disturbance and the older worker: findings from the Health and Employment after Fifty study. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2017</b> , 43, 136-145	4.3	17
177	The use of volunteers to help older medical patients mobilise in hospital: a systematic review. <i>Journal of Clinical Nursing</i> , <b>2016</b> , 25, 3102-3112	3.2	20
176	Commentary: Value of the life course approach to the health care of older people. <i>International Journal of Epidemiology</i> , <b>2016</b> , 45, 1011-1013	7.8	6
175	Human Vastus Lateralis Skeletal Muscle Biopsy Using the Weil-Blakesley Conchotome. <i>Journal of Visualized Experiments</i> , <b>2016</b> , e53075	1.6	3
174	50 IDENTIFICATION AND QUANTIFICATION OF MORPHOLOGICAL CHANGES IN SKELETAL MUSCLE FIBRES OF COMMUNITY DWELLING OLDER MEN: FINDINGS FROM THE HERTFORDSHIRE SARCOPENIA STUDY (HSS). <i>Age and Ageing</i> , <b>2016</b> , 45, i15.3-i15	3	78
173	Identification of risk factors for hospital admission using multiple-failure survival models: a toolkit for researchers. <i>BMC Medical Research Methodology</i> , <b>2016</b> , 16, 46	4.7	13
172	Non-invasive Assessment of Lower Limb Geometry and Strength Using Hip Structural Analysis and Peripheral Quantitative Computed Tomography: A Population-Based Comparison. <i>Calcified Tissue International</i> , <b>2016</b> , 98, 158-64	3.9	5
171	Accumulation of risk factors associated with poor bone health in older adults. <i>Archives of Osteoporosis</i> , <b>2016</b> , 11, 3	2.9	7
170	Increased expression of H19/miR-675 is associated with a low fat-free mass index in patients with COPD. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2016</b> , 7, 330-44	10.3	41
169	Understanding poor health behaviours as predictors of different types of hospital admission in older people: findings from the Hertfordshire Cohort Study. <i>Journal of Epidemiology and Community Health</i> , <b>2016</b> , 70, 292-8	5.1	6
168	A study of common Mendelian disease carriers across ageing British cohorts: meta-analyses reveal heterozygosity for alpha 1-antitrypsin deficiency increases respiratory capacity and height. <i>Journal of Medical Genetics</i> , <b>2016</b> , 53, 280-8	5.8	6
167	Heavy manual work throughout the working lifetime and muscle strength among men at retirement age. <i>Occupational and Environmental Medicine</i> , <b>2016</b> , 73, 284-6	2.1	14
166	Exome-wide analysis of rare coding variation identifies novel associations with COPD and airflow limitation in MOCS3, IFIT3 and SERPINA12. <i>Thorax</i> , <b>2016</b> , 71, 501-9	7.3	18



165	Effect of Dietary Patterns on Muscle Strength and Physical Performance in the Very Old: Findings from the Newcastle 85+ Study. <i>PLoS ONE</i> , <b>2016</b> , 11, e0149699	3.7	42
164	Grip Strength Decline and Its Determinants in the Very Old: Longitudinal Findings from the Newcastle 85+ Study. <i>PLoS ONE</i> , <b>2016</b> , 11, e0163183	3.7	31
163	Measuring Appetite with the Simplified Nutritional Appetite Questionnaire Identifies Hospitalised Older People at Risk of Worse Health Outcomes. <i>Journal of Nutrition, Health and Aging</i> , <b>2016</b> , 20, 3-7	5.2	19
162	Job dissatisfaction and the older worker: baseline findings from the Health and Employment After Fifty study. <i>Occupational and Environmental Medicine</i> , <b>2016</b> , 73, 512-9	2.1	9
161	A feasibility study of implementing grip strength measurement into routine hospital practice (GRIMP): study protocol. <i>Pilot and Feasibility Studies</i> , <b>2016</b> , 2, 27	1.9	41
160	Global variation in grip strength: a systematic review and meta-analysis of normative data. <i>Age and Ageing</i> , <b>2016</b> , 45, 209-16	3	162
159	Sarcopenia and frailty: new challenges for clinical practice. <i>Clinical Medicine</i> , <b>2016</b> , 16, 455-458	1.9	29
158	Introduction to the Age and Ageing sarcopenia collection. <i>Age and Ageing</i> , <b>2016</b> , 45, 752-753	3	2
157	Prevalence and risk factors for falls in older men and women: The English Longitudinal Study of Ageing. <i>Age and Ageing</i> , <b>2016</b> , 45, 789-794	3	181
156	Cross-sectional associations between different measures of obesity and muscle strength in men and women in a British cohort study. <i>Journal of Nutrition, Health and Aging</i> , <b>2015</b> , 19, 3-11	5.2	48
155	Prevention and optimal management of sarcopenia: a review of combined exercise and nutrition interventions to improve muscle outcomes in older people. <i>Clinical Interventions in Aging</i> , <b>2015</b> , 10, 859-89	4.9	177
154	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. <i>Bone</i> , <b>2015</b> , 81, 145-151	4.7	31
153	Current Clinical Care of Older Adults With Sarcopenia. <i>Journal of Clinical Densitometry</i> , <b>2015</b> , 18, 493-8	3.5	7
152	The Epidemiology of Sarcopenia. <i>Journal of Clinical Densitometry</i> , <b>2015</b> , 18, 461-6	3.5	62
151	Self-reported walking speed: a useful marker of physical performance among community-dwelling older people?. <i>Journal of the American Medical Directors Association</i> , <b>2015</b> , 16, 323-8	5.9	30
150	Prevalence of frailty and disability: findings from the English Longitudinal Study of Ageing. <i>Age and Ageing</i> , <b>2015</b> , 44, 162-5	3	170
149	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. <i>Human Molecular Genetics</i> , <b>2015</b> , 24, 3582-94	5.6	34
148	Grip strength among community-dwelling older people predicts hospital admission during the following decade. <i>Age and Ageing</i> , <b>2015</b> , 44, 954-9	3	31



147	An overview of appetite decline in older people. <i>Nursing Older People</i> , <b>2015</b> , 27, 29-35	0.6	114
146	Sarcopenia and frailty: new challenges for clinical practice. <i>Clinical Medicine</i> , <b>2015</b> , 15 Suppl 6, s88-91	1.9	20
145	Skeletal muscle morphology in sarcopenia defined using the EWGSOP criteria: findings from the Hertfordshire Sarcopenia Study (HSS). <i>BMC Geriatrics</i> , <b>2015</b> , 15, 171	4.1	16
144	Health and Employment after Fifty (HEAF): a new prospective cohort study. <i>BMC Public Health</i> , <b>2015</b> , 15, 1071	4.1	15
143	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. <i>International Journal of Older People Nursing</i> , <b>2015</b> , 10, 136-45	2.3	21
142	Grip strength and mortality: a biomarker of ageing?. <i>Lancet, The</i> , <b>2015</b> , 386, 226-7	4.0	104
141	Television viewing, walking speed, and grip strength in a prospective cohort study. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 735-42	1.2	16
140	The Association of Grip Strength With Severity and Duration of Parkinson®: A Cross-Sectional Study. <i>Neurorehabilitation and Neural Repair</i> , <b>2015</b> , 29, 889-96	4.7	15
139	Effect of smoking on physical and cognitive capability in later life: a multicohort study using observational and genetic approaches. <i>BMJ Open</i> , <b>2015</b> , 5, e008393	3	23
138	Gender and telomere length: systematic review and meta-analysis. <i>Experimental Gerontology</i> , <b>2014</b> , 51, 15-27	4.5	285
137	Maternal antenatal vitamin D status and offspring muscle development: findings from the Southampton Women® Survey. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2014</b> , 99, 330-7	5.6	38
136	The feasibility and acceptability of training volunteer mealtime assistants to help older acute hospital inpatients: the Southampton Mealtime Assistance Study. <i>Journal of Clinical Nursing</i> , <b>2014</b> , 23, 3240-9	3.2	30
135	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. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2014</b> , 69, 1253-9	6.4	37
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