

Blanca Roman Vias

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.

38

papers

1,896

citations

23

h-index

41

g-index

41

ext. papers

2,317

ext. citations

3.8

avg, IF

4.49

L-index

#	Paper	IF	Citations
38	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019 , 67, 1-55	16.7	77
37	Physical fitness in Catalan children in relation to parental tobacco use and other associated factors. <i>Apunts Medicine De LyEsport</i> , 2019 , 54, 119-129	0.6	3
36	Psychological mechanisms in a digital intervention to improve physical activity: A multicentre randomized controlled trial. <i>British Journal of Health Psychology</i> , 2018 , 23, 296-310	8.3	5
35	Mediterranean Diet to Promote Healthy Aging. <i>Current Geriatrics Reports</i> , 2018 , 7, 115-124	1.3	2
34	Osteoarthritis and the Mediterranean Diet: A Systematic Review. <i>Nutrients</i> , 2018 , 10,	6.7	31
33	Assessment of Food Supplements Containing Botanicals in Epidemiological Research 2018 , 61-115		
32	Report Card Grades on the Physical Activity of Children and Youth Comparing 30 Very High Human Development Index Countries. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S298-S314	2.5	43
31	Results From Spain's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S411-S412	2.5	22
30	Global Matrix 3.0 Physical Activity Report Card Grades for Children and Youth: Results and Analysis From 49 Countries. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S251-S273	2.5	329
29	Who benefits from a dietary online intervention? Evidence from Italy, Spain and Greece. <i>Public Health Nutrition</i> , 2017 , 20, 938-947	3.3	9
28	¿Por qué es importante desarrollar la competencia motriz en la infancia y la adolescencia? Base para un estilo de vida saludable. <i>Apunts Medicine De LyEsport</i> , 2017 , 52, 103-112	0.6	5
27	Cumulative Effect of Obesogenic Behaviours on Adiposity in Spanish Children and Adolescents. <i>Obesity Facts</i> , 2017 , 10, 584-596	5.1	6
26	The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2016 , 48, 42-53.e1	2	85
25	Results From Spain's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016 , 13, S279-S283	2.5	20
24	Proportion of children meeting recommendations for 24-hour movement guidelines and associations with adiposity in a 12-country study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016 , 13, 123	8.4	144
23	Combined Effects of Diet and Exercise or Diet Alone to Improve Physical Function in Community-Dwelling Older Adults: A Systematic Review of the Literature. <i>Current Nutrition Reports</i> , 2015 , 4, 164-175	6	2
22	Nutritional Adequacy of the Mediterranean Diet 2015 , 13-21		1

21	Diet and Healthy Patterns in the Elderly. <i>Current Nutrition Reports</i> , 2014 , 3, 69-87	6	4
20	Health-enhancing physical activity and associated factors in a Spanish population. <i>Journal of Science and Medicine in Sport</i> , 2014 , 17, 188-94	4.4	14
19	The Mediterranean diet and nutritional adequacy: a review. <i>Nutrients</i> , 2014 , 6, 231-48	6.7	173
18	Socio-economic determinants of micronutrient intake and status in Europe: a systematic review. <i>Public Health Nutrition</i> , 2014 , 17, 1031-45	3.3	70
17	Effectiveness of a supervised physical activity programme on physical activity adherence in patients with cardiovascular risk factors. <i>Apunts Medicine De L'Esport</i> , 2014 , 49, 37-44	0.6	3
16	A systematic review on micronutrient intake adequacy in adult minority populations residing in Europe: the need for action. <i>Journal of Immigrant and Minority Health</i> , 2014 , 16, 941-50	2.2	1
15	Micronutrient intake and status in Central and Eastern Europe compared with other European countries, results from the EURRECA network. <i>Public Health Nutrition</i> , 2013 , 16, 824-40	3.3	34
14	Projected prevalence of inadequate nutrient intakes in Europe. <i>Annals of Nutrition and Metabolism</i> , 2011 , 59, 84-95	4.5	201
13	Plant food supplement (PFS) market structure in EC Member States, methods and techniques for the assessment of individual PFS intake. <i>Food and Function</i> , 2011 , 2, 731-9	6.1	30
12	The effect of iron on cognitive development and function in infants, children and adolescents: a systematic review. <i>Annals of Nutrition and Metabolism</i> , 2011 , 59, 154-65	4.5	37
11	International Physical Activity Questionnaire: Reliability and validity in a Spanish population. <i>European Journal of Sport Science</i> , 2010 , 10, 297-304	3.9	104
10	Is the food frequency questionnaire suitable to assess micronutrient intake adequacy for infants, children and adolescents?. <i>Maternal and Child Nutrition</i> , 2010 , 6 Suppl 2, 112-21	3.4	24
9	How is the adequacy of micronutrient intake assessed across Europe? A systematic literature review. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S29-36	3.6	33
8	Overview of methods used to evaluate the adequacy of nutrient intakes for individuals and populations. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S6-11	3.6	34
7	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S21-8	3.6	93
6	Validity of dietary patterns to assess nutrient intake adequacy. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S12-20	3.6	47
5	Effects of dietary assessment methods on assessing risk of nutrient intake adequacy at the population level: from theory to practice. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S64-72	3.6	26
4	Trends in physical activity status in Catalonia, Spain (1992-2003). <i>Public Health Nutrition</i> , 2007 , 10, 1389-95	3.5	30

3	Trends in blood lipids and fat soluble vitamins in Catalonia, Spain (1992-2003). <i>Public Health Nutrition</i> , 2007 , 10, 1379-88	3.3	10
2	Knowledge, opinions and behaviours related to food and nutrition in Catalonia, Spain (1992-2003). <i>Public Health Nutrition</i> , 2007 , 10, 1396-405	3.3	6
1	Dairy products and health: a review of the epidemiological evidence. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 1, S94-9	3.6	49