Angel Gutierrez Sainz

List of Publications by Citations

112 papers	4,663 citations	39 h-index	64 g-index
115 ext. papers	5,440 ext. citations	3.7 avg, IF	4.73 L-index

#	Paper	IF	Citations
112	Field-based fitness assessment in young people: the ALPHA health-related fitness test battery for children and adolescents. *British Journal of Sports Medicine*, **2011**, 45, 518-24	10.3	330
111	Objectively measured physical activity and sedentary time in European adolescents: the HELENA study. *American Journal of Epidemiology*, **2011**, 174, 173-84	3.8	210
110	Assessing, understanding and modifying nutritional status, eating habits and physical activity in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2008**, 11, 288-99	3.3	190
109	Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents: the HELENA study. *Pediatric Diabetes*, **2011**, 12, 704-12	3.6	159
108	Hand size influences optimal grip span in women but not in men. *Journal of Hand Surgery*, **2002**, 27, 897-901	2.1	154
107	Vitamin D status among adolescents in Europe: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 107, 755-64	3.6	152
106	Harmonization of anthropometric measurements for a multicenter nutrition survey in Spanish adolescents. *Nutrition*, **2003**, 19, 481-6	4.8	147
105	Food intake of European adolescents in the light of different food-based dietary guidelines: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2012**, 15, 386-98	3.3	117
104	Sedentary patterns and media availability in European adolescents: The HELENA study. *Preventive Medicine*, **2010**, 51, 50-5	4.3	112
103	Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents. *Obesity*, **2007**, 15, 1589-99	8	111
102	Hand span influences optimal grip span in male and female teenagers. *Journal of Hand Surgery*, **2006**, 31, 1367-72	2.6	111
101	Beverage consumption among European adolescents in the HELENA study. *European Journal of Clinical Nutrition*, **2012**, 66, 244-52	5.2	103
100	Bajo nivel de forma f□sica en los adolescentes espa□oles. Importancia para la salud cardiovascular futura (Estudio AVENA). *Revista Espanola De Cardiologia*, **2005**, 58, 898-909	1.5	92
99	Health-related fitness assessment in childhood and adolescence: a European approach based on the AVENA, EYHS and HELENA studies. *Zeitschrift Fur Gesundheitswissenschaften*, **2006**, 14, 269-277	1.4	89
98	Nutrition and lifestyle in european adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Advances in Nutrition*, **2014**, 5, 615S-623S	10	86
97	Attenuation of the effect of the FTO rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the HELENA study. *JAMA Pediatrics*, **2010**, 164, 328-33		85
96	Hand span influences optimal grip span in boys and girls aged 6 to 12 years. *Journal of Hand Surgery* , **2008**, 33, 378-84	2.6	80

95	Levels of physical activity that predict optimal bone mass in adolescents: the HELENA study. *American Journal of Preventive Medicine*, **2011**, 40, 599-607	6.1	79
94	Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents: influence of weight status. *Nutrition, Metabolism and Cardiovascular Diseases*, **2006**, 16, 285-93	4.5	72
93	Association of objectively assessed physical activity with total and central body fat in Spanish adolescents; the HELENA Study. *International Journal of Obesity*, **2009**, 33, 1126-35	5.5	63
92	Inflammatory proteins and muscle strength in adolescents: the Avena study. *JAMA Pediatrics*, **2008**, 162, 462-8		62
91	Oral creatine supplementation and skeletal muscle metabolism in physical exercise. *Sports Medicine* , **2002**, 32, 903-44	10.6	61
90	Climbing time to exhaustion is a determinant of climbing performance in high-level sport climbers. *European Journal of Applied Physiology*, **2009**, 107, 517-25	3.4	60
89	Excessive sedentary time and low cardiorespiratory fitness in European adolescents: the HELENA study. *Archives of Disease in Childhood*, **2011**, 96, 240-6	2.2	54
88	Objectively-measured and self-reported physical activity and fitness in relation to inflammatory markers in European adolescents: the HELENA Study. *Atherosclerosis*, **2012**, 221, 260-7	3.1	53
87	Association between self-reported sleep duration and dietary quality in European adolescents. *British Journal of Nutrition*, **2013**, 110, 949-59	3.6	50
86	Exercise training as S-Klotho protein stimulator in sedentary healthy adults: Rationale, design, and methodology. *Contemporary Clinical Trials Communications*, **2018**, 11, 10-19	1.8	50
85	Artificial neural network-based equation for estimating VO2max from the 20 m shuttle run test in adolescents. *Artificial Intelligence in Medicine*, **2008**, 44, 233-45	7.4	48
84	Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. *Sleep Medicine*, **2014**, 15, 1251-8	4.6	46
83	Evaluation of iron status in European adolescents through biochemical iron indicators: the HELENA Study. *European Journal of Clinical Nutrition*, **2011**, 65, 340-9	5.2	45
82	Food consumption and screen-based sedentary behaviors in European adolescents: the HELENA study. *JAMA Pediatrics*, **2012**, 166, 1010-20		44
81	Bone mass and bone metabolism markers during adolescence: The HELENA Study. *Hormone Research in Paediatrics*, **2010**, 74, 339-50	3.3	43
80	Self-reported physical activity in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Public Health Nutrition*, **2011**, 14, 246-54	3.3	43
79	Physical Activity Is Associated with Attention Capacity in Adolescents. *Journal of Pediatrics*, **2016**, 168, 126-131.e2	3.6	42
78	Nutritional knowledge in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Public Health Nutrition*, **2011**, 14, 2083-91	3.3	42

77	Recommended levels and intensities of physical activity to avoid low-cardiorespiratory fitness in European adolescents: The HELENA study. *American Journal of Human Biology*, **2010**, 22, 750-6	2.7	42
76	Seasonal variation in physical activity and sedentary time in different European regions. The HELENA study. *Journal of Sports Sciences*, **2013**, 31, 1831-40	3.6	41
75	Reliability and intermethod agreement for body fat assessment among two field and two laboratory methods in adolescents. *Obesity*, **2012**, 20, 221-8	8	41
74	Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. *Journal of Pediatrics*, **2009**, 154, 61-66.e1	3.6	38
73	Anti-aging therapy through fitness enhancement. *Clinical Interventions in Aging*, **2006**, 1, 213-20	4	37
72	Interrater reliability and time measurement validity of speed-agility field tests in adolescents. *Journal of Strength and Conditioning Research*, **2011**, 25, 2059-63	3.2	35
71	Clustering of multiple lifestyle behaviors and health-related fitness in European adolescents. *Journal of Nutrition Education and Behavior*, **2013**, 45, 549-57	2	34
70	Influence of parental socio-economic status on diet quality of European adolescents: results from the HELENA study. *British Journal of Nutrition*, **2014**, 111, 1303-12	3.6	34
69	Cardiorespiratory fitness and dietary intake in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 107, 1850-9	3.6	34
68	Cardiorespiratory fitness in males, and upper limbs muscular strength in females, are positively related with 25-hydroxyvitamin D plasma concentrations in European adolescents: the HELENA study. *QJM - Monthly Journal of the Association of Physicians*, **2013**, 106, 809-21	2.7	30
67	Truncal and abdominal fat as determinants of high triglycerides and low HDL-cholesterol in adolescents. *Obesity*, **2009**, 17, 1086-91	8	30
66	Pilot evaluation of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Food-O-Meter, a computer-tailored nutrition advice for adolescents: a study in six European cities. *Public Health Nutrition*, **2011**, 14, 1292-302	3.3	30
65	Vitamin D status and physical activity interact to improve bone mass in adolescents. The HELENA Study. *Osteoporosis International*, **2012**, 23, 2227-37	5.3	27
64	Cardiovascular fitness is negatively associated with homocysteine levels in female adolescents. *JAMA Pediatrics*, **2007**, 161, 166-71		27
63	Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2014**, 17, 2226-36	3.3	26
62	European adolescentsSlevel of perceived stress is inversely related to their diet quality: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 108, 371-80	3.6	26
61	Three days fast in sportsmen decreases physical work capacity but not strength or perception-reaction time. *International Journal of Sport Nutrition and Exercise Metabolism*, **2001**, 11, 420-9	4.4	26
60	Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. *European Journal of Clinical Nutrition*, **2015**, 69, 247-55	5.2	25

59	Physical activity, fitness, and serum leptin concentrations in adolescents. *Journal of Pediatrics*, **2012**, 160, 598-603.e2	3.6	25
58	Body fat measurement in elite sport climbers: comparison of skinfold thickness equations with dual energy X-ray absorptiometry. *Journal of Sports Sciences*, **2009**, 27, 469-77	3.6	25
57	Health inequalities in urban adolescents: role of physical activity, diet, and genetics. *Pediatrics*, **2014**, 133, e884-95	7.4	24
56	Reliability and validity of a healthy diet determinants questionnaire for adolescents. *Public Health Nutrition*, **2009**, 12, 1830-8	3.3	23
55	Antioxidant defence and inflammatory response in professional road cyclists during a 4-day competition. *Journal of Sports Sciences*, **2010**, 28, 1047-56	3.6	22
54	A Mediterranean diet is not enough for health: Physical fitness is an important additional contributor to health for the adults of tomorrow. *World Review of Nutrition and Dietetics*, **2007**, 97, 114-138	0.2	22
53	Accuracy and Validity of Resting Energy Expenditure Predictive Equations in Middle-Aged Adults. *Nutrients*, **2018**, 10,	6.7	22
52	Changes in Physical Fitness After 12 Weeks of Structured Concurrent Exercise Training, High Intensity Interval Training, or Whole-Body Electromyostimulation Training in Sedentary Middle-Aged Adults: A Randomized Controlled Trial. *Frontiers in Physiology*, **2019**, 10, 451	4.6	21
51	Eating behaviour, insulin resistance and cluster of metabolic risk factors in European adolescents. The HELENA study. *Appetite*, **2012**, 59, 140-7	4.5	21
50	Dietary fatty acid intake, its food sources and determinants in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *British Journal of Nutrition*, **2012**, 108, 2261-73	3.6	21
49	Fitness and fatness are independently associated with markers of insulin resistance in European adolescents; the HELENA study. *Pediatric Obesity*, **2011**, 6, 253-60		20
48	Physical activity, sedentary time, and liver enzymes in adolescents: the HELENA study. *Pediatric Research*, **2014**, 75, 798-802	3.2	18
47	More physically active and leaner adolescents have higher energy intake. *Journal of Pediatrics*, **2014**, 164, 159-166.e2	3.6	18
46	Combined influence of lifestyle risk factors on body fat in Spanish adolescents--the Avena study. *Obesity Facts*, **2011**, 4, 105-11	5.1	18
45	Antioxidant vitamin status (A, E, C, and beta-carotene) in European adolescents - the HELENA Study. *International Journal for Vitamin and Nutrition Research*, **2011**, 81, 245-55	1.7	18
44	Whole-Body Electromyostimulation Improves Performance-Related Parameters in Runners. *Frontiers in Physiology*, **2018**, 9, 1576	4.6	18
43	Muscle strength field-based tests to identify European adolescents at risk of metabolic syndrome: The HELENA study. *Journal of Science and Medicine in Sport*, **2019**, 22, 929-934	4.4	17
42	Can differences in physical activity by socio-economic status in European adolescents be explained by differences in psychosocial correlates? A mediation analysis within the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Public Health Nutrition*, **2012**, 15, 2100-9	3.3	17

41	European adolescentsSlevel of perceived stress and its relationship with body adiposity--the HELENA Study. *European Journal of Public Health*, **2012**, 22, 519-24	2.1	17
40	Lunch at school, at home or elsewhere. Where do adolescents usually get it and what do they eat? Results of the HELENA Study. *Appetite*, **2013**, 71, 332-9	4.5	16
39	Cardiovascular fitness in adolescents: the influence of sexual maturation status-the AVENA and EYHS studies. *American Journal of Human Biology*, **2007**, 19, 801-8	2.7	15
38	Functional Exercise Training and Undulating Periodization Enhances the Effect of Whole-Body Electromyostimulation Training on Running Performance. *Frontiers in Physiology*, **2018**, 9, 720	4.6	14
37	Low Level of Physical Fitness in Spanish Adolescents. Relevance for Future Cardiovascular Health (AVENA Study). *Revista Espanola De Cardiologia (English Ed)*, **2005**, 58, 898-909	0.7	14
36	Body Composition and S-Klotho Plasma Levels in Middle-Aged Adults: A Cross-Sectional Study. *Rejuvenation Research*, **2019**, 22, 478-483	2.6	13
35	Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescentsThe HELENA study. *European Journal of Pediatrics*, **2015**, 174, 999-1014	4.1	13
34	Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the HELENA study. *Atherosclerosis*, **2011**, 217, 286-91	3.1	13
33	Reference values for serum lipids and lipoproteins in Spanish adolescents: the AVENA study. *International Journal of Public Health*, **2006**, 51, 99-109		13
32	Anthropometric determinants of a clustering of lipid-related metabolic risk factors in overweight and non-overweight adolescents--influence of cardiorespiratory fitness. The Avena study. *Annals of Nutrition and Metabolism*, **2006**, 50, 519-27	4.5	13
31	Effects of different exercise training programs on body composition: A randomized control trial. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 968-979	4.6	12
30	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. *European Journal of Nutrition*, **2019**, 58, 2051-2065	5.2	12
29	Skipping breakfast is associated with adiposity markers especially when sleep time is adequate in adolescents. *Scientific Reports*, **2019**, 9, 6380	4.9	11
28	USEFULNESS OF Β-HYDROXY-Β-METHYLBUTYRATE (HMB) SUPPLEMENTATION IN DIFFERENT SPORTS: AN UPDATE AND PRACTICAL IMPLICATIONS. *Nutricion Hospitalaria*, **2015**, 32, 20-33	1	11
27	Mechanisms of stress, energy homeostasis and insulin resistance in European adolescents--the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 1082-9	4.5	10
26	Physical activity attenuates the negative effect of low birth weight on leptin levels in European adolescents; the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2013**, 23, 344-9	4.5	10
25	AdolescentS physical activity levels and relativesSphysical activity engagement and encouragement: the HELENA study. *European Journal of Public Health*, **2011**, 21, 705-12	2.1	10
24	The importance of cardiorespiratory fitness for healthy metabolic traits in children and adolescents: the AVENA Study. *Zeitschrift Fur Gesundheitswissenschaften*, **2006**, 14, 178-180	1.4	10

23	Association between Sleep Quality and Body Composition in Sedentary Middle-Aged Adults. *Medicina (Lithuania)*, **2018**, 54,	3.1	10
22	Amino acids intake and physical fitness among adolescents. *Amino Acids*, **2017**, 49, 1041-1052	3.5	9
21	Alcohol consumption and S-Klotho plasma levels in sedentary healthy middle-aged adults: A cross sectional study. *Drug and Alcohol Dependence*, **2019**, 194, 107-111	4.9	9
20	Adherence to the Mediterranean diet, dietary factors, and S-Klotho plasma levels in sedentary middle-aged adults. *Experimental Gerontology*, **2019**, 119, 25-32	4.5	8
19	Association of physical activity and fitness with S-Klotho plasma levels in middle-aged sedentary adults: The FIT-AGEING study. *Maturitas*, **2019**, 123, 25-31	5	8
18	Nutritional and pubertal status influences accuracy of self-reported weight and height in adolescents: the HELENA Study. *Annals of Nutrition and Metabolism*, **2013**, 62, 189-200	4.5	8
17	Study of the association of DHEAS, testosterone and cortisol with S-Klotho plasma levels in healthy sedentary middle-aged adults. *Experimental Gerontology*, **2019**, 121, 55-61	4.5	7
16	Role of Exercise on S-Klotho Protein Regulation: A Systematic Review. *Current Aging Science*, **2018**, 11, 100-107	2.2	7
15	Fitness Assessment as an Anti-Aging Marker: A Narrative Review. *Journal of Gerontology & Geriatric Research*, **2017**, 06,	0	7
14	Associations between REV-ERB sleep duration and body mass index in European adolescents. *Sleep Medicine*, **2018**, 46, 56-60	4.6	7
13	Foods contributing to vitamin B, folate, and vitamin B intakes and biomarkers status in European adolescents: The HELENA study. *European Journal of Nutrition*, **2017**, 56, 1767-1782	5.2	5
12	Could superimposed electromyostimulation be an effective training to improve aerobic and anaerobic capacity? Methodological considerations for its development. *European Journal of Applied Physiology*, **2017**, 117, 1513-1515	3.4	5
11	Active relatives and health-related physical fitness in European adolescents: the HELENA Study. *Journal of Sports Sciences*, **2012**, 30, 1329-35	3.6	5
10	Impacto de dos modalidades de entrenamiento con electroestimulaci global de cuerpo completo sobre la composici corporal en corredores recreacionales durante periodos de desentrenamiento deportivo. [Impact of two whole-body electromyostimulation training modalities on body composition in recreational runners during endurance training cessation]. *RICYDE Revista*	1.5	5
9	Heart Rate Is a Better Predictor of Cardiorespiratory Fitness Than Heart Rate Variability in Overweight/Obese Children: The ActiveBrains Project. *Frontiers in Physiology*, **2019**, 10, 510	4.6	3
8	Relationship between 1,25-Dihydroxyvitamin D and Body Composition in Middle-Aged Sedentary Adults: The FIT-AGEING Study. *Nutrients*, **2019**, 11,	6.7	3
7	Do dietary patterns determine levels of vitamin B, folate, and vitamin B intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *Nutrition*, **2018**, 50, 8-17	4.8	3
6	Physical Activity, Fitness and Fatness in Children and Adolescents **2011**, 347-366		2

5	1,25-Dihydroxyvitamin D and S-Klotho Plasma Levels: The Relationship Between Two Renal Antiaging Biomarkers Mediated by Bone Mineral Density in Middle-Aged Sedentary Adults. *Rejuvenation Research*, **2021**, 24, 227-233	2.6	0
4	Are Physical Activity and Sedentary Screen Time Levels Associated With Food Consumption in European Adolescents? The HELENA Study. **2022**, 1-12		0
3	1,25-dihydroxyvitamin D and cardiometabolic risk in healthy sedentary adults: The FIT-AGEING study. *International Journal of Cardiology*, **2021**, 344, 192-198	3.2	
2	Effect of Exercise Training on 1,25(OH)D Levels: The FIT-AGEING Randomized Controlled Trial. *Sports Health*, **2021**, 19417381211050033	4.7	
1	Relationship of sedentary time, physical activity and fitness with 1,25-dihydroxyvitamin D in middle-aged sedentary adults: The FIT-AGEING study. *Experimental Gerontology*, **2021**, 152, 111458	4.5	