

Julia H Goedecke

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.

121
papers

3,191
citations

28
h-index

53
g-index

144
ext. papers

3,755
ext. citations

4.8
avg, IF

5.02
L-index

#	Paper	IF	Citations
121	Dual-energy X-ray performs as well as clinical computed tomography for the measurement of visceral fat. <i>Obesity</i> , 2012 , 20, 1109-14	8	220
120	Prediction of energy expenditure from heart rate monitoring during submaximal exercise. <i>Journal of Sports Sciences</i> , 2005 , 23, 289-97	3.6	179
119	Fat adaptation followed by carbohydrate loading compromises high-intensity sprint performance. <i>Journal of Applied Physiology</i> , 2006 , 100, 194-202	3.7	121
118	Weight changes, sodium levels, and performance in the South African Ironman Triathlon. <i>Clinical Journal of Sport Medicine</i> , 2002 , 12, 391-9	3.2	120
117	BMI, fat and muscle differences in urban women of five ethnicities from two countries. <i>International Journal of Obesity</i> , 2007 , 31, 1232-9	5.5	118
116	The human visceral fat depot has a unique inflammatory profile. <i>Obesity</i> , 2010 , 18, 879-83	8	113
115	Metabolic adaptations to a high-fat diet in endurance cyclists. <i>Metabolism: Clinical and Experimental</i> , 1999 , 48, 1509-17	12.7	110
114	Determinants of the variability in respiratory exchange ratio at rest and during exercise in trained athletes. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2000 , 279, E1325-34	6	104
113	Weight changes, medical complications, and performance during an Ironman triathlon. <i>British Journal of Sports Medicine</i> , 2004 , 38, 718-24	10.3	102
112	Socio-cultural, environmental and behavioural determinants of obesity in black South African women. <i>Cardiovascular Journal of Africa</i> , 2013 , 24, 369-75	0.7	82
111	Differential effects of abdominal adipose tissue distribution on insulin sensitivity in black and white South African women. <i>Obesity</i> , 2009 , 17, 1506-12	8	80
110	Development and validation of instruments measuring body image and body weight dissatisfaction in South African mothers and their daughters. <i>Public Health Nutrition</i> , 2005 , 8, 509-19	3.3	79
109	Determinants of insulin-resistant phenotypes in normal-weight and obese Black African women. <i>Obesity</i> , 2008 , 16, 1602-9	8	70
108	Insulin response in relation to insulin sensitivity: an appropriate beta-cell response in black South African women. <i>Diabetes Care</i> , 2009 , 32, 860-5	14.6	69
107	Conjugated linoleic acid versus high-oleic acid sunflower oil: effects on energy metabolism, glucose tolerance, blood lipids, appetite and body composition in regularly exercising individuals. <i>British Journal of Nutrition</i> , 2007 , 97, 1001-11	3.6	65
106	Glucocorticoid metabolism within superficial subcutaneous rather than visceral adipose tissue is associated with features of the metabolic syndrome in South African women. <i>Clinical Endocrinology</i> , 2006 , 65, 81-7	3.4	58
105	Estimating the burden of disease attributable to excess body weight in South Africa in 2000. <i>South African Medical Journal</i> , 2007 , 97, 683-90	1.5	57

104	Ethnic differences in serum lipoproteins and their determinants in South African women. <i>Metabolism: Clinical and Experimental</i> , 2010 , 59, 1341-50	12.7	53
103	Depot- and ethnic-specific differences in the relationship between adipose tissue inflammation and insulin sensitivity. <i>Clinical Endocrinology</i> , 2011 , 74, 51-9	3.4	49
102	The effect of exercise on obesity, body fat distribution and risk for type 2 diabetes. <i>Medicine and Sport Science</i> , 2014 , 60, 82-93		46
101	The relationship between dietary fatty acids and inflammatory genes on the obese phenotype and serum lipids. <i>Nutrients</i> , 2013 , 5, 1672-705	6.7	46
100	Waist circumference, BMI, and visceral adipose tissue in white women and women of African descent. <i>Obesity</i> , 2011 , 19, 671-4	8	45
99	Cell death-inducing DFF45-like effector C is reduced by caloric restriction and regulates adipocyte lipid metabolism. <i>Metabolism: Clinical and Experimental</i> , 2008 , 57, 1307-13	12.7	44
98	High-fat diet versus habitual diet prior to carbohydrate loading: effects of exercise metabolism and cycling performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001 , 11, 209-25	4.4	42
97	The association of interleukin-18 genotype and serum levels with metabolic risk factors for cardiovascular disease. <i>European Journal of Endocrinology</i> , 2007 , 157, 633-40	6.5	40
96	Intra-familial and ethnic effects on attitudinal and perceptual body image: a cohort of South African mother-daughter dyads. <i>BMC Public Health</i> , 2011 , 11, 433	4.1	37
95	Association between ethnicity and obesity with high-density lipoprotein (HDL) function and subclass distribution. <i>Lipids in Health and Disease</i> , 2016 , 15, 92	4.4	32
94	Tumor necrosis factor-alpha gene -308 G/A polymorphism modulates the relationship between dietary fat intake, serum lipids, and obesity risk in black South African women. <i>Journal of Nutrition</i> , 2010 , 140, 901-7	4.1	30
93	Site-specific differences in bone mineral density in black and white premenopausal South African women. <i>Osteoporosis International</i> , 2012 , 23, 533-42	5.3	28
92	Perceptions relating to body size, weight loss and weight-loss interventions in black South African women: a qualitative study. <i>Public Health Nutrition</i> , 2016 , 19, 548-56	3.3	28
91	Type 2 diabetes mellitus in African women. <i>Diabetes Research and Clinical Practice</i> , 2017 , 123, 87-96	7.4	27
90	Ethnic differences in the association between lipid metabolism genes and lipid levels in black and white South African women. <i>Atherosclerosis</i> , 2015 , 240, 311-7	3.1	27
89	Insulin resistance is the best predictor of the metabolic syndrome in subjects with a first-degree relative with type 2 diabetes. <i>Obesity</i> , 2010 , 18, 1781-7	8	27
88	Reduced gluteal expression of adipogenic and lipogenic genes in Black South African women is associated with obesity-related insulin resistance. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011 , 96, E2029-33	5.6	27
87	Ethnic differences in hepatic and systemic insulin sensitivity and their associated determinants in obese black and white South African women. <i>Diabetologia</i> , 2015 , 58, 2647-52	10.3	26

86	The atypical presentation of the metabolic syndrome components in black African women: the relationship with insulin resistance and the influence of regional adipose tissue distribution. <i>Metabolism: Clinical and Experimental</i> , 2009 , 58, 149-57	12.7	26
85	Nutritional strategies for promoting fat utilization and delaying the onset of fatigue during prolonged exercise. <i>Journal of Sports Sciences</i> , 1997 , 15, 315-24	3.6	26
84	Metabolic setpoint control mechanisms in different physiological systems at rest and during exercise. <i>Journal of Theoretical Biology</i> , 2005 , 236, 60-72	2.3	26
83	Effects of medium-chain triacylglycerol ingested with carbohydrate on metabolism and exercise performance. <i>International Journal of Sport Nutrition</i> , 1999 , 9, 35-47		26
82	Effect of different antiretroviral drug regimens on body fat distribution of HIV-infected South African women. <i>AIDS Research and Human Retroviruses</i> , 2013 , 29, 557-63	1.6	25
81	The role of adipose tissue in insulin resistance in women of African ancestry. <i>Journal of Obesity</i> , 2013 , 2013, 952916	3.7	25
80	The effects of medium-chain triacylglycerol and carbohydrate ingestion on ultra-endurance exercise performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005 , 15, 15-27	4.4	25
79	Dual-energy X-ray absorptiometry and anthropometric estimates of visceral fat in Black and White South African Women. <i>Obesity</i> , 2010 , 18, 619-24	8	24
78	Nutritional practices of male cyclists before and during an ultraendurance event. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 551-66	4.4	24
77	Effects of a lipase inhibitor (Orlistat) on cholecystokinin and appetite in response to a high-fat meal. <i>International Journal of Obesity</i> , 2003 , 27, 1479-85	5.5	24
76	Meeting physical activity guidelines is associated with reduced risk for cardiovascular disease in black South African women; a 5.5-year follow-up study. <i>BMC Public Health</i> , 2014 , 14, 498	4.1	21
75	Adiposity Mediates the Association between the Dietary Inflammatory Index and Markers of Type 2 Diabetes Risk in Middle-Aged Black South African Women. <i>Nutrients</i> , 2019 , 11,	6.7	20
74	Associations between body fat distribution, insulin resistance and dyslipidaemia in black and white South African women. <i>Cardiovascular Journal of Africa</i> , 2016 , 27, 177-183	0.7	20
73	DHEA supplementation in ovariectomized rats reduces impaired glucose-stimulated insulin secretion induced by a high-fat diet. <i>FEBS Open Bio</i> , 2014 , 4, 141-6	2.7	18
72	Fasting substrate oxidation in relation to habitual dietary fat intake and insulin resistance in non-diabetic women: a case for metabolic flexibility?. <i>Nutrition and Metabolism</i> , 2013 , 10, 8	4.6	17
71	The -308 G/A polymorphism of the tumour necrosis factor- β gene modifies the association between saturated fat intake and serum total cholesterol levels in white South African women. <i>Genes and Nutrition</i> , 2011 , 6, 353-9	4.3	15
70	Sex differences in insulin sensitivity and insulin response with increasing age in black South African men and women. <i>Diabetes Research and Clinical Practice</i> , 2016 , 122, 207-214	7.4	15
69	Cardiorespiratory Fitness and Light-Intensity Physical Activity Are Independently Associated with Reduced Cardiovascular Disease Risk in Urban Black South African Women: A Cross-Sectional Study. <i>Metabolic Syndrome and Related Disorders</i> , 2016 , 14, 23-32	2.6	14

68	Interleukin-6 gene polymorphisms, dietary fat intake, obesity and serum lipid concentrations in black and white South African women. <i>Nutrients</i> , 2014 , 6, 2436-65	6.7	14
67	An Exercise Intervention to Unravel the Mechanisms Underlying Insulin Resistance in a Cohort of Black South African Women: Protocol for a Randomized Controlled Trial and Baseline Characteristics of Participants. <i>JMIR Research Protocols</i> , 2018 , 7, e75	2	14
66	Exercise intervention alters HDL subclass distribution and function in obese women. <i>Lipids in Health and Disease</i> , 2018 , 17, 232	4.4	14
65	Ethnic-specific cut-points for sarcopenia: evidence from black South African women. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 843-9	5.2	13
64	The tumor necrosis factor- β gene -238G>A polymorphism, dietary fat intake, obesity risk and serum lipid concentrations in black and white South African women. <i>European Journal of Clinical Nutrition</i> , 2012 , 66, 1295-302	5.2	13
63	The Role of Body Fat and Fat Distribution in Hypertension Risk in Urban Black South African Women. <i>PLoS ONE</i> , 2016 , 11, e0154894	3.7	13
62	Alterations in the metabolism of phospholipids, bile acids and branched-chain amino acids predicts development of type 2 diabetes in black South African women: a prospective cohort study. <i>Metabolism: Clinical and Experimental</i> , 2019 , 95, 57-64	12.7	12
61	Diagnostic ability of obesity measures to identify metabolic risk factors in South African women. <i>Metabolic Syndrome and Related Disorders</i> , 2011 , 9, 353-60	2.6	12
60	The role of dietary macronutrients in optimizing endurance performance. <i>Current Sports Medicine Reports</i> , 2003 , 2, 194-201	1.9	12
59	The TG/HDL-C ratio does not predict insulin resistance in overweight women of African descent: a study of South African, African American and West African women. <i>Ethnicity and Disease</i> , 2011 , 21, 490-4 ^{1.8}	1.8	12
58	Impact of differences in glucose tolerance on the prevalence of a negative insulinogenic index. <i>Journal of Diabetes and Its Complications</i> , 2013 , 27, 158-61	3.2	11
57	Longitudinal Changes in Body Fat and Its Distribution in Relation to Cardiometabolic Risk in Black South African Women. <i>Metabolic Syndrome and Related Disorders</i> , 2015 , 13, 381-8	2.6	11
56	Conjugated linoleic acid isomers, t10c12 and c9t11, are differentially incorporated into adipose tissue and skeletal muscle in humans. <i>Lipids</i> , 2009 , 44, 983-8	1.6	11
55	Exercise training results in depot-specific adaptations to adipose tissue mitochondrial function. <i>Scientific Reports</i> , 2020 , 10, 3785	4.9	10
54	Hypoxia and extra-cellular matrix gene expression in adipose tissue associates with reduced insulin sensitivity in black South African women. <i>Endocrine</i> , 2017 , 55, 144-152	4	10
53	The effect of carbohydrate ingestion on performance during a simulated soccer match. <i>Nutrients</i> , 2013 , 5, 5193-204	6.7	10
52	Total daily energy expenditure in black and white, lean and obese South African women. <i>European Journal of Clinical Nutrition</i> , 2009 , 63, 667-73	5.2	10
51	Physiological and subjective measures of workload when shovelling with a conventional and two-handed (Revered) shovel. <i>Ergonomics</i> , 1997 , 40, 1212-9	2.9	10

50	Insulin resistance is associated with lower acetylcholine-induced microvascular reactivity in nondiabetic women. <i>Metabolic Syndrome and Related Disorders</i> , 2014 , 12, 178-84	2.6	9
49	Changes in systemic and subcutaneous adipose tissue inflammation and oxidative stress in response to exercise training in obese black African women. <i>Journal of Physiology</i> , 2020 , 598, 503-515	3.9	9
48	Protection from Cardiovascular Disease Due to Increased High-Density Lipoprotein Cholesterol in African Black Populations: Myth or Reality?. <i>Ethnicity and Disease</i> , 2016 , 26, 553-560	1.8	9
47	HDL Subclass Distribution Shifts with Increasing Central Adiposity. <i>Journal of Obesity</i> , 2019 , 2019, 2107138	3.8	8
46	Fat redistribution and accumulation of visceral adipose tissue predicts type 2 diabetes risk in middle-aged black South African women: a 13-year longitudinal study. <i>Nutrition and Diabetes</i> , 2019 , 9, 12	4.7	8
45	Pathogenesis of type 2 diabetes risk in black Africans: a South African perspective. <i>Journal of Internal Medicine</i> , 2020 , 288, 284-294	10.8	8
44	Glucocorticoid receptor gene expression in adipose tissue and associated metabolic risk in black and white South African women. <i>International Journal of Obesity</i> , 2015 , 39, 303-11	5.5	7
43	Distinct abdominal and gluteal adipose tissue transcriptome signatures are altered by exercise training in African women with obesity. <i>Scientific Reports</i> , 2020 , 10, 10240	4.9	7
42	Obesity-related metabolite profiles of black women spanning the epidemiologic transition. <i>Metabolomics</i> , 2016 , 12, 1	4.7	7
41	Lean and obese dietary phenotypes: differences in energy and substrate metabolism and appetite. <i>British Journal of Nutrition</i> , 2015 , 114, 1724-33	3.6	7
40	Insulin sensitivity measured by the minimal model: no associations with fasting respiratory exchange ratio in trained athletes. <i>Metabolism: Clinical and Experimental</i> , 2001 , 50, 1286-93	12.7	7
39	Determinants of change in body weight and body fat distribution over 5.5 years in a sample of free-living black South African women. <i>Cardiovascular Journal of Africa</i> , 2016 , 27, 367-374	0.7	7
38	Higher baseline fat oxidation promotes gynoid fat mobilization in response to a 12-week exercise intervention in sedentary, obese black South African women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 327-335	3	7
37	Associations between long self-reported sleep, obesity and insulin resistance in a cohort of premenopausal Black and White South African women. <i>Sleep Health</i> , 2018 , 4, 558-564	4	7
36	Interleukin-18 levels are associated with low-density lipoproteins size. <i>European Journal of Clinical Investigation</i> , 2010 , 40, 54-5	4.6	6
35	Effects of elevated plasma adrenaline levels on substrate metabolism, effort perception and muscle activation during low-to-moderate intensity exercise. <i>Pflugers Archiv European Journal of Physiology</i> , 2006 , 451, 727-37	4.6	5
34	Exercise Training Alters Red Blood Cell Fatty Acid Desaturase Indices and Adipose Tissue Fatty Acid Profile in African Women with Obesity. <i>Obesity</i> , 2020 , 28, 1456-1466	8	4
33	Comparison of body fatness measurements by near-infrared reactance and dual-energy X-ray absorptiometry in normal-weight and obese black and white women. <i>British Journal of Nutrition</i> , 2010 , 103, 1065-9	3.6	4

32	Ethnic differences in regional adipose tissue oestrogen receptor gene expression. <i>Endocrine Connections</i> , 2019 , 8, 32-38	3.5	4
31	Effect of exercise training on insulin sensitivity, hyperinsulinemia and ectopic fat in black South African women: a randomized controlled trial. <i>European Journal of Endocrinology</i> , 2020 , 183, 51-61	6.5	4
30	Contribution of Adipose Tissue Oxidative Stress to Obesity-Associated Diabetes Risk and Ethnic Differences: Focus on Women of African Ancestry. <i>Antioxidants</i> , 2021 , 10,	7.1	4
29	Addressing the problem of obesity and associated cardiometabolic risk in black South African women - time for action!. <i>Global Health Action</i> , 2017 , 10, 1366165	3	3
28	Differences in the association between childhood trauma and BMI in black and white South African women. <i>African Journal of Psychiatry</i> , 2013 , 16, 201-5		3
27	Association between the 4 bp proinsulin gene insertion polymorphism (IVS-69) and body composition in black South African women. <i>Obesity</i> , 2009 , 17, 1298-300	8	3
26	Ethnic and Adipose Depot Specific Associations Between DNA Methylation and Metabolic Risk. <i>Frontiers in Genetics</i> , 2020 , 11, 967	4.5	3
25	DNA methylation of FKBP5 in South African women: associations with obesity and insulin resistance. <i>Clinical Epigenetics</i> , 2020 , 12, 141	7.7	3
24	Exercise training improves mitochondrial respiration and is associated with an altered intramuscular phospholipid signature in women with obesity. <i>Diabetologia</i> , 2021 , 64, 1642-1659	10.3	3
23	Protocol for systematic review and meta-analysis of sex hormones and diabetes risk in ageing men and women of African ancestry. <i>BMJ Open</i> , 2019 , 9, e024446	3	3
22	Comparison of single-slice CT and DXA-derived measures of central adiposity in South African women. <i>European Journal of Clinical Nutrition</i> , 2020 , 74, 1282-1289	5.2	2
21	The discriminatory power of visceral adipose tissue area vs anthropometric measures as a diagnostic marker for metabolic syndrome in South African women. <i>Diabetology and Metabolic Syndrome</i> , 2019 , 11, 93	5.6	2
20	Inflammation in Relation to Cardiovascular Disease Risk: Comparison of Black and White Women in the United States, United Kingdom, and South Africa. <i>Current Cardiovascular Risk Reports</i> , 2011 , 5, 223-229	6.9	2
19	Accuracy of reporting food energy intake: influence of ethnicity and body weight status in South African women. <i>South African Journal of Clinical Nutrition</i> , 2010 , 23, 84-89	1.1	2
18	Sarcopenic Obesity in Africa: A Call for Diagnostic Methods and Appropriate Interventions. <i>Frontiers in Nutrition</i> , 2021 , 8, 661170	6.2	2
17	Improved Sleep Quality and Depressive Symptoms With Exercise Training in Obese Women From a Low Socioeconomic Community: A Randomized Controlled Trial. <i>Journal of Physical Activity and Health</i> , 2021 , 18, 440-449	2.5	2
16	C679X loss-of-function variant is associated with lower fasting glucose in black South African adolescents: Birth to Twenty Plus Cohort. <i>Journal of Clinical and Translational Endocrinology</i> , 2019 , 16, 100186	2.4	1
15	Circulating and Adipose Tissue Fatty Acid Composition in Black South African Women with Obesity: A Cross-Sectional Study. <i>Nutrients</i> , 2020 , 12,	6.7	1

14	Chronic Kidney Disease Modifies The Relationship Between Body Fat Distribution and Blood Pressure: A Cross-Sectional Analysis. <i>International Journal of Nephrology and Renovascular Disease</i> , 2020 , 13, 107-118	2.5	1
13	Near infrared reactance for the estimation of body fatness in regularly exercising individuals. <i>International Journal of Sports Medicine</i> , 2013 , 34, 612-5	3.6	1
12	Insulin Response in Relation to Insulin Sensitivity: An Appropriate β Cell Response in Black South African Women: Response to Joffe and Distiller. <i>Diabetes Care</i> , 2009 , 32, e124-e124	14.6	1
11	Fatty Acid Metabolism and Associations with Insulin Sensitivity Differs Between Black and White South African Women. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 , 106, e140-e151	5.6	1
10	Associations between body fat distribution and cardiometabolic risk factors in mixed-ancestry South African women and men. <i>Cardiovascular Journal of Africa</i> , 2019 , 30, 1-10	0.7	1
9	Understanding factors associated with sarcopenic obesity in older African women from a low-income setting: a cross-sectional analysis. <i>BMC Geriatrics</i> , 2021 , 21, 247	4.1	1
8	β cell function in black South African women: exploratory associations with insulin clearance, visceral and ectopic fat. <i>Endocrine Connections</i> , 2021 , 10, 550-560	3.5	1
7	Associations Between and Polymorphisms, and Cardiometabolic Risk Factors in Black South Africans. <i>Frontiers in Genetics</i> , 2021 , 12, 687335	4.5	1
6	Glucocorticoids associate with cardiometabolic risk factors in black South Africans. <i>Endocrine Connections</i> , 2021 , 10, 873-884	3.5	0
5	Obesity and type 2 diabetes: understanding the role of ethnicity. <i>Journal of Internal Medicine</i> , 2020 , 288, 269-270	10.8	
4	The association between high-sensitivity C-reactive protein and metabolic risk factors in black and white South African women: a cross-sectional study. <i>BMC Obesity</i> , 2018 , 5, 14	3.6	
3	1. Body composition measures as predictors of hypertension in urban black South African woman. <i>Journal of Endocrinology Metabolism and Diabetes of South Africa</i> , 2015 , 20, 24-36	0.5	
2	INGESTION OF MEDIUM-CHAIN TRIGLYCERIDES (MCT) WITH CARBOHYDRATE DURING STEADY-STATE EXERCISE: EFFECTS ON EXERCISE METABOLISM AND GASTRIC SYMPTOMS. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 3	1.2	
1	Utility of silhouette showcards to assess adiposity in three countries across the epidemiological transition. <i>PLOS Global Public Health</i> , 2022 , 2, e0000127		