

# Angela Polito

## 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.

80 papers	2,741 citations	33 h-index	49 g-index
83 ext. papers	3,307 ext. citations	4.5 avg, IF	4.43 L-index

#	Paper	IF	Citations
80	Reliability of health-related physical fitness tests in European adolescents. The HELENA Study. <i>International Journal of Obesity</i> , <b>2008</b> , 32 Suppl 5, S49-57	5.5	218
79	A systematic literature review of reviews on techniques for physical activity measurement in adults: a DEDIPAC study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2018</b> , 15, 15	8.4	145
78	Socio-economic determinants of physical activity across the life course: A "DEterminants of Diet and Physical Activity" (DEDIPAC) umbrella literature review. <i>PLoS ONE</i> , <b>2018</b> , 13, e0190737	3.7	117
77	Sedentary patterns and media availability in European adolescents: The HELENA study. <i>Preventive Medicine</i> , <b>2010</b> , 51, 50-5	4.3	112
76	Nutrition and lifestyle in european adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 615S-623S	10	86
75	Comparison of the IPAQ-A and actigraph in relation to VO2max among European adolescents: the HELENA study. <i>Journal of Science and Medicine in Sport</i> , <b>2011</b> , 14, 317-24	4.4	79
74	Zinc intake and status in middle-aged and older European subjects: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S37-41	5.2	78
73	Basal metabolic rate in anorexia nervosa: relation to body composition and leptin concentrations. <i>American Journal of Clinical Nutrition</i> , <b>2000</b> , 71, 1495-502	7	73
72	Variations in accelerometry measured physical activity and sedentary time across Europe - harmonized analyses of 47,497 children and adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2020</b> , 17, 38	8.4	71
71	Behavioral determinants of physical activity across the life course: a "DEterminants of Diet and Physical Activity" (DEDIPAC) umbrella systematic literature review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2017</b> , 14, 58	8.4	69
70	Cardiorespiratory fitness and ideal cardiovascular health in European adolescents. <i>Heart</i> , <b>2015</b> , 101, 766-73	5.3	61
69	Distinctive modulation of inflammatory and metabolic parameters in relation to zinc nutritional status in adult overweight/obese subjects. <i>Journal of Nutritional Biochemistry</i> , <b>2010</b> , 21, 432-7	6.3	61
68	A life course examination of the physical environmental determinants of physical activity behaviour: A "Determinants of Diet and Physical Activity" (DEDIPAC) umbrella systematic literature review. <i>PLoS ONE</i> , <b>2017</b> , 12, e0182083	3.7	58
67	Psychological determinants of physical activity across the life course: A "DEterminants of Diet and Physical Activity" (DEDIPAC) umbrella systematic literature review. <i>PLoS ONE</i> , <b>2017</b> , 12, e0182709	3.7	57
66	Mediterranean Diet Effect: an Italian picture. <i>Nutrition Journal</i> , <b>2011</b> , 10, 125	4.3	54
65	Zinc status and taste acuity in older Europeans: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S31-6	5.2	51
64	Body composition changes in patients with anorexia nervosa after complete weight recovery. <i>European Journal of Clinical Nutrition</i> , <b>2002</b> , 56, 15-20	5.2	51

63	Body composition changes in anorexia nervosa. <i>European Journal of Clinical Nutrition</i> , <b>1998</b> , 52, 655-62	5.2	50
62	A Consensus Proposal for Nutritional Indicators to Assess the Sustainability of a Healthy Diet: The Mediterranean Diet as a Case Study. <i>Frontiers in Nutrition</i> , <b>2016</b> , 3, 37	6.2	45
61	Homocysteine: Its Possible Emerging Role in At-Risk Population Groups. <i>International Journal of Molecular Sciences</i> , <b>2020</b> , 21,	6.3	43
60	Vitamin D status and measures of cognitive function in healthy older European adults. <i>European Journal of Clinical Nutrition</i> , <b>2010</b> , 64, 1172-8	5.2	43
59	Socio-cultural determinants of physical activity across the life course: a Determinants of Diet and Physical Activity (DEDIPAC) umbrella systematic literature review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2017</b> , 14, 173	8.4	41
58	Seasonal variation in physical activity and sedentary time in different European regions. The HELENA study. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 1831-40	3.6	41
57	Reliability and intermethod agreement for body fat assessment among two field and two laboratory methods in adolescents. <i>Obesity</i> , <b>2012</b> , 20, 221-8	8	41
56	Effects of zinc supplementation on cognitive function in healthy middle-aged and older adults: the ZENITH study. <i>British Journal of Nutrition</i> , <b>2006</b> , 96, 752-60	3.6	41
55	Dietary animal and plant protein intakes and their associations with obesity and cardio-metabolic indicators in European adolescents: the HELENA cross-sectional study. <i>Nutrition Journal</i> , <b>2015</b> , 14, 10	4.3	40
54	Lignan Content in Cereals, Buckwheat and Derived Foods. <i>Foods</i> , <b>2013</b> , 2, 53-63	4.9	40
53	Using concept mapping in the development of the EU-PAD framework (EUropean-Physical Activity Determinants across the life course): a DEDIPAC-study. <i>BMC Public Health</i> , <b>2016</b> , 16, 1145	4.1	37
52	Taste acuity in response to zinc supplementation in older Europeans. <i>British Journal of Nutrition</i> , <b>2008</b> , 99, 129-36	3.6	36
51	Clustering of multiple lifestyle behaviors and health-related fitness in European adolescents. <i>Journal of Nutrition Education and Behavior</i> , <b>2013</b> , 45, 549-57	2	34
50	Influence of parental socio-economic status on diet quality of European adolescents: results from the HELENA study. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1303-12	3.6	34
49	Sleep time and cardiovascular risk factors in adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Sleep Medicine</i> , <b>2014</b> , 15, 104-10	4.6	34
48	The relationship between the zinc nutritive status and biochemical markers of bone turnover in older European adults: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S73-8	5.2	34
47	Estimation of intake and status of vitamin A, vitamin E and folate in older European adults: the ZENITH. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S42-7	5.2	33
46	Effects of Olive Oil on TNF- $\alpha$ and IL-6 in Humans: Implication in Obesity and Frailty. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , <b>2018</b> , 18, 63-74	2.2	32

45	Physical activity, sedentary time, TV viewing, physical fitness and cardiovascular disease risk in adolescents: The HELENA study. <i>International Journal of Cardiology</i> , <b>2018</b> , 254, 303-309	3.2	32
44	Physical activity, fitness, and serum leptin concentrations in adolescents. <i>Journal of Pediatrics</i> , <b>2012</b> , 160, 598-603.e2	3.6	25
43	Health and lifestyle characteristics of older European adults: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S13-21	5.2	25
42	Health inequalities in urban adolescents: role of physical activity, diet, and genetics. <i>Pediatrics</i> , <b>2014</b> , 133, e884-95	7.4	24
41	Screening and recruitment procedure of late-middle aged and older subjects: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S8-12	5.2	24
40	Effects of consumption of whole grain foods rich in lignans in healthy postmenopausal women with moderate serum cholesterol: a pilot study. <i>International Journal of Food Sciences and Nutrition</i> , <b>2014</b> , 65, 637-45	3.7	23
39	Association of objectively measured physical activity with body components in European adolescents. <i>BMC Public Health</i> , <b>2013</b> , 13, 667	4.1	23
38	Independent and combined effects of physical activity and sedentary behavior on blood pressure in adolescents: gender differences in two cross-sectional studies. <i>PLoS ONE</i> , <b>2013</b> , 8, e62006	3.7	23
37	Age- and sex-dependent effects of long-term zinc supplementation on essential trace element status and lipid metabolism in European subjects: the Zenith Study. <i>British Journal of Nutrition</i> , <b>2007</b> , 97, 569-78	3.6	23
36	Sedentary behaviour and clustered metabolic risk in adolescents: the HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2013</b> , 23, 1017-24	4.5	22
35	Biological determinants of physical activity across the life course: a "Determinants of Diet and Physical Activity" (DEDIPAC) umbrella systematic literature review. <i>Sports Medicine - Open</i> , <b>2019</b> , 5, 2	6.1	20
34	The Potential Health Benefits of Polyphenol-Rich Extracts from Cichorium intybus L. Studied on Caco-2 Cells Model. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2016</b> , 2016, 1594616	6.7	20
33	Effect of zinc supplementation on vitamin status of middle-aged and older European adults: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2008</b> , 62, 1215-23	5.2	19
32	More physically active and leaner adolescents have higher energy intake. <i>Journal of Pediatrics</i> , <b>2014</b> , 164, 159-166.e2	3.6	18
31	Antioxidant vitamin status (A, E, C, and beta-carotene) in European adolescents - the HELENA Study. <i>International Journal for Vitamin and Nutrition Research</i> , <b>2011</b> , 81, 245-55	1.7	18
30	Muscle strength field-based tests to identify European adolescents at risk of metabolic syndrome: The HELENA study. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 929-934	4.4	17
29	Policy determinants of physical activity across the life course: a DEDIPAC umbrella systematic literature review. <i>European Journal of Public Health</i> , <b>2018</b> , 28, 105-118	2.1	17
28	Functional determinants of dietary intake in community-dwelling older adults: a DEDIPAC (DEterminants of Diet and Physical Activity) systematic literature review. <i>Public Health Nutrition</i> , <b>2018</b> , 21, 1886-1903	3.3	17

27	Resting energy expenditure and metabolic changes after lung volume reduction surgery for emphysema. <i>Annals of Thoracic Surgery</i> , <b>2006</b> , 82, 1205-11	2.7	17
26	Cognitive function in healthy older European adults: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S26-30	5.2	17
25	Predictors of taste acuity in healthy older Europeans. <i>Appetite</i> , <b>2012</b> , 58, 188-95	4.5	15
24	Antioxidant effect of zinc supplementation on both plasma and cellular red-ox status markers in a group of elderly Italian population. <i>Journal of Nutrition, Health and Aging</i> , <b>2014</b> , 18, 345-50	5.2	13
23	Positive and negative mood in the elderly: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S22-5	5.2	12
22	Basal metabolic rate and thyroid hormones of late-middle-aged and older human subjects: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S53-7	5.2	12
21	Immune response in relation to zinc status, sex and antioxidant defence in Italian elderly population: the ZENITH study. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59 Suppl 2, S68-72	5.2	12
20	Effect of Cooking on Lignans Content in Whole-Grain Pasta Made with Different Cereals and Other Seeds. <i>Cereal Chemistry</i> , <b>2013</b> , 90, 169-171	2.4	11
19	No antioxidant beneficial effect of zinc supplementation on oxidative stress markers and antioxidant defenses in middle-aged and elderly subjects: the Zenith study. <i>Journal of the American College of Nutrition</i> , <b>2008</b> , 27, 463-9	3.5	11
18	Adolescent's physical activity levels and relatives physical activity engagement and encouragement: the HELENA study. <i>European Journal of Public Health</i> , <b>2011</b> , 21, 705-12	2.1	10
17	Amino acids intake and physical fitness among adolescents. <i>Amino Acids</i> , <b>2017</b> , 49, 1041-1052	3.5	9
16	The health-nutrition dimension: a methodological approach to assess the nutritional sustainability of typical agro-food products and the Mediterranean diet. <i>Journal of the Science of Food and Agriculture</i> , <b>2018</b> , 98, 3684-3705	4.3	8
15	Mediation role of cardiorespiratory fitness on the association between fatness and cardiometabolic risk in European adolescents: The HELENA study. <i>Journal of Sport and Health Science</i> , <b>2021</b> , 10, 360-367	8.2	8
14	Leptin, vitamin D, and cardiorespiratory fitness as risk factors for insulin resistance in European adolescents: gender differences in the HELENA Study. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 530-7	3	7
13	Supplemented zinc does not alter mood in healthy older European adults--a randomised placebo-controlled trial: the Zenith study. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 882-8	3.3	7
12	Relationship between serum bilirubin and uric acid to oxidative stress markers in Italian and Czech populations. <i>Journal of Applied Biomedicine</i> , <b>2013</b> , 11, 209-221	0.6	6
11	Vitamin d status and indices of bone turnover in older European adults. <i>International Journal for Vitamin and Nutrition Research</i> , <b>2011</b> , 81, 277-85	1.7	6
10	Relationship between school rhythm and physical activity in adolescents: the HELENA study. <i>Journal of Sports Sciences</i> , <b>2017</b> , 35, 1666-1673	3.6	6

9	Bone resorption in anorexia nervosa and rehabilitated patients. <i>European Journal of Clinical Nutrition</i> , <b>2003</b> , 57, 260-5	5.2	5
8	S. Giovanni Varieties ( L.): Antioxidant Properties and Phytochemical Characteristics. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2019</b> , 2019, 6714103	6.7	3
7	Psychosocial and cultural determinants of dietary intake in community-dwelling older adults: A Determinants of Diet and Physical Activity systematic literature review. <i>Nutrition</i> , <b>2021</b> , 85, 111131	4.8	3
6	Genetic Polymorphisms and Zinc Status: Implications for Supplementation in Metabolic Diseases. <i>Current Pharmaceutical Design</i> , <b>2018</b> , 24, 4131-4143	3.3	2
5	Osteosarcopenia: A Narrative Review on Clinical Studies. <i>International Journal of Molecular Sciences</i> , <b>2022</b> , 23, 5591	6.3	2
4	The measurement of body composition by infrared interactance: An evaluation. <i>Nutrition Research</i> , <b>1994</b> , 14, 1165-1177	4	1
3	A Brief Review on Vitamin B Deficiency Looking at Some Case Study Reports in Adults. <i>International Journal of Molecular Sciences</i> , <b>2021</b> , 22,	6.3	1
2	Identification of Lifestyle Risk Factors in Adolescence Influencing Cardiovascular Health in Young Adults: The BELINDA Study. <i>Nutrients</i> , <b>2022</b> , 14, 2089	6.7	0
1	Reply to DJ Stensel. <i>American Journal of Clinical Nutrition</i> , <b>2001</b> , 73, 359-359	7	