

# Nicole K Nathan

## List of Publications by Year in descending order

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Version: 2024-02-01

113  
papers

3,645  
citations

147801

31  
h-index

168389

53  
g-index

123  
all docs

123  
docs citations

123  
times ranked

3968  
citing authors

#	ARTICLE	IF	CITATIONS
1	Past, Present, and Future of eHealth and mHealth Research to Improve Physical Activity and Dietary Behaviors. <i>Journal of Nutrition Education and Behavior</i> , 2016, 48, 219-228.e1.	0.7	340
2	Associations between characteristics of the home food environment and fruit and vegetable intake in preschool children: A cross-sectional study. <i>BMC Public Health</i> , 2011, 11, 938.	2.9	156
3	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in elementary school physical education lessons. <i>Preventive Medicine</i> , 2016, 86, 34-54.	3.4	153
4	Barriers and facilitators to the implementation of physical activity policies in schools: A systematic review. <i>Preventive Medicine</i> , 2018, 107, 45-53.	3.4	134
5	Physical Activity, Sedentary Behavior, and Diet-Related eHealth and mHealth Research: Bibliometric Analysis. <i>Journal of Medical Internet Research</i> , 2018, 20, e122.	4.3	131
6	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in secondary school physical education lessons. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 52.	4.6	127
7	Effectiveness of a multicomponent intervention to enhance implementation of a healthy canteen policy in Australian primary schools: a randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 106.	4.6	105
8	Methodological considerations and impact of school-based interventions on objectively measured physical activity in adolescents: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2017, 18, 476-490.	6.5	103
9	Designing and undertaking randomised implementation trials: guide for researchers. <i>BMJ</i> , The, 2021, 372, m3721.	6.0	99
10	Strategies for enhancing the implementation of school-based policies or practices targeting risk factors for chronic disease. <i>The Cochrane Library</i> , 2017, 2017, CD011677.	2.8	89
11	Nudge strategies to improve healthcare providers' implementation of evidence-based guidelines, policies and practices: a systematic review of trials included within Cochrane systematic reviews. <i>Implementation Science</i> , 2020, 15, 50.	6.9	76
12	Multi-strategic intervention to enhance implementation of healthy canteen policy: a randomised controlled trial. <i>Implementation Science</i> , 2017, 12, 6.	6.9	73
13	The Physical Activity 4 Everyone Cluster Randomized Trial. <i>American Journal of Preventive Medicine</i> , 2016, 51, 195-205.	3.0	72
14	Barriers and facilitators influencing the sustainment of health behaviour interventions in schools and childcare services: a systematic review. <i>Implementation Science</i> , 2021, 16, 62.	6.9	72
15	"Physical Activity 4 Everyone" school-based intervention to prevent decline in adolescent physical activity levels: 12-month (mid-intervention) report on a cluster randomised trial. <i>British Journal of Sports Medicine</i> , 2016, 50, 488-495.	6.7	61
16	What Is Dissemination and Implementation Science?: An Introduction and Opportunities to Advance Behavioral Medicine and Public Health Globally. <i>International Journal of Behavioral Medicine</i> , 2020, 27, 3-20.	1.7	61
17	Barriers to implementation of a healthy canteen policy: A survey using the theoretical domains framework. <i>Health Promotion Journal of Australia</i> , 2019, 30, 9-14.	1.2	59
18	Improving the public health impact of eHealth and mHealth interventions. <i>Australian and New Zealand Journal of Public Health</i> , 2018, 42, 118-119.	1.8	57

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19	Improving the translation of health promotion interventions using effectivenessâ€“implementation hybrid designs in program evaluations. <i>Health Promotion Journal of Australia</i> , 2016, 27, 204-207.	1.2	56
20	How effective are physical activity interventions when they are scaled-up: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 16.	4.6	54
21	Cost effectiveness of a multi-component school-based physical activity intervention targeting adolescents: the â€“Physical Activity 4 Everyoneâ€™ cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 94.	4.6	48
22	Factors that influence the implementation of dietary guidelines regarding food provision in centre based childcare services: A systematic review. <i>Preventive Medicine</i> , 2017, 105, 197-205.	3.4	47
23	The effectiveness of lunchbox interventions on improving the foods and beverages packed and consumed by children at centre-based care or school: a systematic review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 38.	4.6	46
24	Vegetable and fruit breaks in Australian primary schools: prevalence, attitudes, barriers and implementation strategies. <i>Health Education Research</i> , 2011, 26, 722-731.	1.9	44
25	Effectiveness of a multi-strategy intervention in increasing the implementation of vegetable and fruit breaks by Australian primary schools: a non-randomized controlled trial. <i>BMC Public Health</i> , 2012, 12, 651.	2.9	44
26	Assessment of the School Nutrition Environment. <i>American Journal of Preventive Medicine</i> , 2015, 49, 215-222.	3.0	43
27	Effects of a â€“school-basedâ€™ physical activity intervention on adiposity in adolescents from economically disadvantaged communities: secondary outcomes of the â€“Physical Activity 4 Everyoneâ€™ RCT. <i>International Journal of Obesity</i> , 2016, 40, 1486-1493.	3.4	43
28	CAFÃ‰: a multicomponent audit and feedback intervention to improve implementation of healthy food policy in primary school canteens: a randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 126.	4.6	39
29	Interventions for increasing fruit and vegetable consumption in children aged five years and under. <i>The Cochrane Library</i> , 2018, 5, CD008552.	2.8	39
30	Factors associated with early childhood education and care service implementation of healthy eating and physical activity policies and practices in Australia: a cross-sectional study. <i>Translational Behavioral Medicine</i> , 2015, 5, 327-334.	2.4	37
31	Improvement in primary school adherence to the NSW Healthy School Canteen Strategy in 2007 and 2010. <i>Health Promotion Journal of Australia</i> , 2015, 26, 89-92.	1.2	36
32	Scale up of a multi-strategic intervention to increase implementation of a school healthy canteen policy: findings of an intervention trial. <i>BMC Public Health</i> , 2018, 18, 860.	2.9	36
33	Implementation of a School Physical Activity Policy Improves Student Physical Activity Levels: Outcomes of a Cluster-Randomized Controlled Trial. <i>Journal of Physical Activity and Health</i> , 2020, 17, 1009-1018.	2.0	35
34	A randomized controlled trial to assess the potential efficacy, feasibility and acceptability of an m-health intervention targeting parents of school aged children to improve the nutritional quality of foods packed in the lunchbox â€“SWAP ITâ€™. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 54.	4.6	34
35	Non-wear or sleep? Evaluation of five non-wear detection algorithms for raw accelerometer data. <i>Journal of Sports Sciences</i> , 2020, 38, 399-404.	2.0	33
36	A randomised controlled trial of an intervention to increase the implementation of a healthy canteen policy in Australian primary schools: study protocol. <i>Implementation Science</i> , 2014, 9, 147.	6.9	31

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37	Validity of a self-report survey tool measuring the nutrition and physical activity environment of primary schools. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 75.	4.6	30
38	A cluster randomised trial of a school-based intervention to prevent decline in adolescent physical activity levels: study protocol for the "Physical Activity 4 Everyone"™ trial. <i>BMC Public Health</i> , 2013, 13, 57.	2.9	30
39	Interventions for increasing fruit and vegetable consumption in children aged five years and under. <i>The Cochrane Library</i> , 2017, 9, CD008552.	2.8	30
40	Validity of a measure to assess healthy eating and physical activity policies and practices in Australian childcare services. <i>BMC Public Health</i> , 2014, 14, 572.	2.9	28
41	An RCT to Facilitate Implementation of School Practices Known to Increase Physical Activity. <i>American Journal of Preventive Medicine</i> , 2017, 53, 818-828.	3.0	28
42	Interventions for increasing fruit and vegetable consumption in children aged five years and under. <i>The Cochrane Library</i> , 2018, 1, CD008552.	2.8	28
43	Availability of food and beverage items on school canteen menus and association with items purchased by children of primary-school age. <i>Public Health Nutrition</i> , 2018, 21, 2907-2914.	2.2	28
44	Identifying opportunities to develop the science of implementation for community-based non-communicable disease prevention: A review of implementation trials. <i>Preventive Medicine</i> , 2019, 118, 279-285.	3.4	26
45	Childcare Service Centers™ Preferences and Intentions to Use a Web-Based Program to Implement Healthy Eating and Physical Activity Policies and Practices: A Cross-Sectional Study. <i>Journal of Medical Internet Research</i> , 2015, 17, e108.	4.3	26
46	Validity of four measures in assessing school canteen menu compliance with state-based healthy canteen policy. <i>Health Promotion Journal of Australia</i> , 2016, 27, 215-221.	1.2	25
47	Economic analysis of three interventions of different intensity in improving school implementation of a government healthy canteen policy in Australia: costs, incremental and relative cost effectiveness. <i>BMC Public Health</i> , 2018, 18, 378.	2.9	25
48	A cluster randomised controlled trial of an intervention to increase the implementation of school physical activity policies and guidelines: study protocol for the physically active children in education (PACE) study. <i>BMC Public Health</i> , 2019, 19, 170.	2.9	24
49	Multi-strategy intervention increases school implementation and maintenance of a mandatory physical activity policy: outcomes of a cluster randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2022, 56, 385-393.	6.7	24
50	Optimisation: defining and exploring a concept to enhance the impact of public health initiatives. <i>Health Research Policy and Systems</i> , 2019, 17, 108.	2.8	22
51	A cluster randomised trial of an intervention to increase the implementation of physical activity practices in secondary schools: study protocol for scaling up the Physical Activity 4 Everyone (PA4E1) program. <i>BMC Public Health</i> , 2019, 19, 883.	2.9	21
52	Scale-up of the Physical Activity 4 Everyone (PA4E1) intervention in secondary schools: 12-month implementation outcomes from a cluster randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 100.	4.6	21
53	A Multicomponent mHealth-Based Intervention (SWAP IT) to Decrease the Consumption of Discretionary Foods Packed in School Lunchboxes: Type I Effectiveness™ Implementation Hybrid Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e25256.	4.3	19
54	What happens once a program has been implemented? A call for research investigating strategies to enhance public health program sustainability. <i>Australian and New Zealand Journal of Public Health</i> , 2019, 43, 3-4.	1.8	18

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55	CAF <sup>2</sup> : a multicomponent audit and feedback intervention to improve implementation of healthy food policy in primary school canteens: protocol of a randomised controlled trial. <i>BMJ Open</i> , 2015, 5, e006969.	1.9	17
56	Physical education in secondary schools located in low-income communities: Physical activity levels, lesson context and teacher interaction. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 135-141.	1.3	17
57	Improving implementation of school-based healthy eating and physical activity policies, practices, and programs: a systematic review. <i>Translational Behavioral Medicine</i> , 2021, 11, 1365-1410.	2.4	17
58	A pilot randomized controlled trial examining the impact of a sleep intervention targeting home routines on young children's (3-6 years) physical activity. <i>Pediatric Obesity</i> , 2019, 14, e12481.	2.8	16
59	A cross-sectional study to determine the energy density and nutritional quality of primary-school children's lunchboxes. <i>Public Health Nutrition</i> , 2020, 23, 1108-1116.	2.2	16
60	A longitudinal study assessing childcare services' adoption of obesity prevention policies and practices. <i>Journal of Paediatrics and Child Health</i> , 2016, 52, 765-770.	0.8	15
61	The impact of school uniforms on primary school student's physical activity at school: outcomes of a cluster randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 17.	4.6	15
62	Mechanisms of implementing public health interventions: a pooled causal mediation analysis of randomised trials. <i>Implementation Science</i> , 2018, 13, 42.	6.9	14
63	Effectiveness of Technology-Enabled Knowledge Translation Strategies in Improving the Use of Research in Public Health: Systematic Review. <i>Journal of Medical Internet Research</i> , 2020, 22, e17274.	4.3	14
64	Computer-tailored interventions to facilitate health behavioural change. <i>British Journal of Sports Medicine</i> , 2015, 49, 1478-1479.	6.7	13
65	A systematic review of adaptations and effectiveness of scaled-up nutrition interventions. <i>Nutrition Reviews</i> , 2022, 80, 962-979.	5.8	13
66	Feasibility and efficacy of the Great Leaders Active StudentS (GLASS) program on children's physical activity and object control skill competency: A non-randomised trial. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 1081-1086.	1.3	12
67	Online canteens: awareness, use, barriers to use, and the acceptability of potential online strategies to improve public health nutrition in primary schools. <i>Health Promotion Journal of Australia</i> , 2017, 28, 67-71.	1.2	12
68	Feasibility and principal acceptability of school-based mobile communication applications to disseminate healthy lunchbox messages to parents. <i>Health Promotion Journal of Australia</i> , 2019, 30, 108-113.	1.2	12
69	Cluster randomised controlled trial of an m-health intervention in centre-based childcare services to reduce the packing of discretionary foods in children's lunchboxes: study protocol for the 'SWAP IT Childcare' trial. <i>BMJ Open</i> , 2019, 9, e026829.	1.9	12
70	A pilot randomised controlled trial of a web-based implementation intervention to increase child intake of fruit and vegetables within childcare centres. <i>Pilot and Feasibility Studies</i> , 2020, 6, 163.	1.2	12
71	Adaptation of public health initiatives: expert views on current guidance and opportunities to advance their application and benefit. <i>Health Education Research</i> , 2020, 35, 243-257.	1.9	12
72	Adoption of obesity prevention policies and practices by Australian primary schools: 2006 to 2013. <i>Health Education Research</i> , 2015, 30, 262-271.	1.9	11

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73	Increased use of knowledge translation strategies is associated with greater research impact on public health policy and practice: an analysis of trials of nutrition, physical activity, sexual health, tobacco, alcohol and substance use interventions. <i>Health Research Policy and Systems</i> , 2022, 20, 15.	2.8	11
74	Australian primary school student's attitudes to changing from traditional school uniforms to sports uniforms and association with student characteristics. <i>Australian and New Zealand Journal of Public Health</i> , 2019, 43, 94-95.	1.8	10
75	Cluster randomised controlled trial of an online intervention to improve healthy food purchases from primary school canteens: a study protocol of the "click & crunch" trial. <i>BMJ Open</i> , 2019, 9, e030538.	1.9	9
76	Protocol for an effectiveness-implementation hybrid trial to assess the effectiveness and cost-effectiveness of an m-health intervention to decrease the consumption of discretionary foods packed in school lunchboxes: the "SWAP IT" trial. <i>BMC Public Health</i> , 2019, 19, 1510.	2.9	9
77	A cross-sectional study of packed lunchbox foods and their consumption by children in early childhood education and care services. <i>Nutrition and Dietetics</i> , 2021, 78, 397-405.	1.8	9
78	Associations between in-school-hours physical activity and child health-related quality of life: A cross-sectional study in a sample of Australian primary school children. <i>Preventive Medicine Reports</i> , 2020, 20, 101179.	1.8	9
79	Strategies for enhancing the implementation of school-based policies or practices targeting risk factors for chronic disease. <i>The Cochrane Library</i> , 0, , .	2.8	8
80	A cluster randomised controlled trial of a sugar-sweetened beverage intervention in secondary schools: Pilot study protocol. <i>Nutrition and Health</i> , 2018, 24, 217-229.	1.5	8
81	The Efficacy of Workplace Interventions on Improving the Dietary, Physical Activity and Sleep Behaviours of School and Childcare Staff: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4998.	2.6	8
82	Evaluating the reach, effectiveness, adoption, implementation and maintenance of the Resistance Training for Teens program. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 122.	4.6	8
83	Effectiveness of a Multistrategy Behavioral Intervention to Increase the Nutritional Quality of Primary School Students' Web-Based Canteen Lunch Orders (Click & Crunch): Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e26054.	4.3	8
84	Cost and Cost Effectiveness of a Pilot m-Health Intervention Targeting Parents of School-Aged Children to Improve the Nutritional Quality of Foods Packed in the Lunchbox. <i>Nutrients</i> , 2021, 13, 4136.	4.1	8
85	Assessing the potential impact of a front-of-pack nutritional rating system on food availability in school canteens: A randomised controlled trial. <i>Appetite</i> , 2018, 121, 309-315.	3.7	7
86	Australian children are not meeting recommended physical activity levels at school: Analysis of objectively measured physical activity data from a cross sectional study. <i>Preventive Medicine Reports</i> , 2021, 23, 101418.	1.8	7
87	Australian Primary School Principals', Teachers', and Parents' Attitudes and Barriers to Changing School Uniform Policies From Traditional Uniforms to Sports Uniforms. <i>Journal of Physical Activity and Health</i> , 2020, 17, 1019-1024.	2.0	7
88	Scale-up of the Physical Activity 4 Everyone (PA4E1) intervention in secondary schools: 24-month implementation and cost outcomes from a cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 137.	4.6	7
89	Adaptation and Validation of the Program Sustainability Assessment Tool (PSAT) for Use in the Elementary School Setting. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11414.	2.6	7
90	Educational interventions are effective in treating childhood obesity: (PEDro synthesis). <i>British Journal of Sports Medicine</i> , 2016, 50, 130-131.	6.7	6

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91	Two-year follow-up of a randomised controlled trial to assess the sustainability of a school intervention to improve the implementation of a school-based nutrition policy. <i>Health Promotion Journal of Australia</i> , 2019, 30, 26-33.	1.2	6
92	Addressing fidelity within complex health behaviour change interventions: A protocol of a scoping review of intervention fidelity frameworks and models. <i>HRB Open Research</i> , 0, 1, 25.	0.6	6
93	Feasibility of a Web-Based Implementation Intervention to Improve Child Dietary Intake in Early Childhood Education and Care: Pilot Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e25902.	4.3	6
94	A randomised controlled trial of an implementation strategy delivered at scale to increase outdoor free play opportunities in early childhood education and care (ECEC) services: a study protocol for the get outside get active (GOGA) trial. <i>BMC Public Health</i> , 2022, 22, 610.	2.9	6
95	Factors associated with the implementation of a vegetable and fruit program in a population of Australian elementary schools. <i>Health Education Research</i> , 2017, 32, 197-205.	1.9	5
96	Improving the impact of public health service delivery and research: a decision tree to aid evidence-based public health practice and research. <i>Australian and New Zealand Journal of Public Health</i> , 2020, 44, 331-332.	1.8	5
97	A cluster randomised controlled trial of a secondary school intervention to reduce intake of sugar-sweetened beverages: Mid-intervention impact of switch/URsip environmental strategies. <i>Health Promotion Journal of Australia</i> , 2021, , .	1.2	5
98	The Association between Australian Childcare Centre Healthy Eating Practices and Children's Healthy Eating Behaviours: A Cross-Sectional Study within Lunchbox Centres. <i>Nutrients</i> , 2021, 13, 1139.	4.1	5
99	Efficacy of a school-based physical activity and nutrition intervention on child weight status: Findings from a cluster randomized controlled trial. <i>Preventive Medicine</i> , 2021, 153, 106822.	3.4	5
100	Prevalence of current school-level nutrition policies and practices of secondary schools in NSW, Australia. <i>Health Promotion Journal of Australia</i> , 2021, 32, 216-226.	1.2	5
101	A trial of a six-month sugar-sweetened beverage intervention in secondary schools from a socioeconomically disadvantaged region in Australia. <i>Australian and New Zealand Journal of Public Health</i> , 2021, 45, 599-607.	1.8	5
102	Long-term Effectiveness of a Multistrategy Behavioral Intervention to Increase the Nutritional Quality of Primary School Students' Online Lunch Orders: 18-Month Follow-up of the Click & Crunch Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e31734.	4.3	4
103	Economic evaluation of a multi-strategy intervention that improves school-based physical activity policy implementation. <i>Implementation Science</i> , 2022, 17, .	6.9	4
104	Enhancing the potential effects of text messages delivered via an m-health intervention to improve packing of healthy school lunchboxes. <i>Public Health Nutrition</i> , 2021, 24, 2867-2876.	2.2	3
105	Pre-service primary school teachers' experiences of physical education. <i>Australian and New Zealand Journal of Public Health</i> , 2013, 37, 294.	1.8	2
106	A Cluster Randomised Controlled Trial of an Intervention to Increase Physical Activity of Preschool-Aged Children Attending Early Childhood Education and Care: Study Protocol for the 'Everybody Energise' Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4275.	2.6	2
107	The impact of an implementation intervention that increased school's delivery of a mandatory physical activity policy on student outcomes: A cluster-randomised controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 321-326.	1.3	2
108	Identifying essential implementation strategies: a mixed methods process evaluation of a multi-strategy policy implementation intervention for schools. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022, 19, 44.	4.6	2

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109	Physical activity promotion in primary care has a sustained influence on activity levels of sedentary adults: Table 1. British Journal of Sports Medicine, 2014, 48, 1069-1070.	6.7	1
110	Benefits of policy support of a healthy eating initiative in schools. Australian and New Zealand Journal of Public Health, 2015, 39, 94-95.	1.8	1
111	Exploring the effect of a school-based cluster randomised controlled trial to increase the scheduling of physical activity for primary school students on teachers' physical activity. Health Promotion Journal of Australia, 2021, , .	1.2	0
112	An exploratory analysis to identify behavior change techniques of implementation interventions associated with the implementation of healthy canteen policies. Translational Behavioral Medicine, 2021, 11, 1606-1616.	2.4	0
113	Implementation of Effective Services in Community Settings. , 2020, , 173-198.		0