

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	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
2	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
3	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
4	A systematic review of adaptations and effectiveness of scaled-up nutrition interventions. <i>Nutrition Reviews</i> , 2022, 80, 962-979.	5.8	13
5	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
6	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
7	Economic evaluation of a multi-strategy intervention that improves school-based physical activity policy implementation. <i>Implementation Science</i> , 2022, 17, .	6.9	4
8	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
9	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
10	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
11	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
12	A cluster randomised controlled trial of a secondary school intervention to reduce intake of sugar-sweetened beverages: Mid-intervention impact of switch environmental strategies. <i>Health Promotion Journal of Australia</i> , 2021, , .	1.2	5
13	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
14	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. <i>Health Promotion Journal of Australia</i> , 2021, , .	1.2	0
15	An exploratory analysis to identify behavior change techniques of implementation interventions associated with the implementation of healthy canteen policies. <i>Translational Behavioral Medicine</i> , 2021, 11, 1606-1616.	2.4	0
16	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
17	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
18	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

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19	Long-term Effectiveness of a Multistrategy Behavioral Intervention to Increase the Nutritional Quality of Primary School Studentsâ€™ 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
20	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
21	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
22	Effectiveness of a Multistrategy Behavioral Intervention to Increase the Nutritional Quality of Primary School Studentsâ€™ Web-Based Canteen Lunch Orders (Click & Crunch): Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e26054.	4.3	8
23	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
24	Designing and undertaking randomised implementation trials: guide for researchers. <i>BMJ, The</i> , 2021, 372, m3721.	6.0	99
25	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
26	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
27	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
28	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
29	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
30	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
31	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
32	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
33	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
34	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
35	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
36	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

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37	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
38	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
39	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
40	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
41	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
42	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
43	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
44	Implementation of Effective Services in Community Settings. , 2020, , 173-198.		0
45	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
46	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
47	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 'SWAP IT'. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 54.	4.6	34
48	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
49	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
50	Two-year follow-up of a randomised controlled trial to assess the sustainability of a school-based nutrition policy. <i>Health Promotion Journal of Australia</i> , 2019, 30, 26-33.	1.2	6
51	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
52	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
53	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
54	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

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55	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. BMC Public Health, 2019, 19, 1510.	2.9	9
56	Optimisation: defining and exploring a concept to enhance the impact of public health initiatives. Health Research Policy and Systems, 2019, 17, 108.	2.8	22
57	A pilot randomized controlled trial examining the impact of a sleep intervention targeting home routines on young children's (3-6 years) physical activity. Pediatric Obesity, 2019, 14, e12481.	2.8	16
58	Identifying opportunities to develop the science of implementation for community-based non-communicable disease prevention: A review of implementation trials. Preventive Medicine, 2019, 118, 279-285.	3.4	26
59	Barriers to implementation of a healthy canteen policy: A survey using the theoretical domains framework. Health Promotion Journal of Australia, 2019, 30, 9-14.	1.2	59
60	Australian primary school students' attitudes to changing from traditional school uniforms to sports uniforms and association with student characteristics. Australian and New Zealand Journal of Public Health, 2019, 43, 94-95.	1.8	10
61	Improving the public health impact of eHealth and mHealth interventions. Australian and New Zealand Journal of Public Health, 2018, 42, 118-119.	1.8	57
62	Interventions for increasing fruit and vegetable consumption in children aged five years and under. The Cochrane Library, 2018, 1, CD008552.	2.8	28
63	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. BMC Public Health, 2018, 18, 378.	2.9	25
64	Barriers and facilitators to the implementation of physical activity policies in schools: A systematic review. Preventive Medicine, 2018, 107, 45-53.	3.4	134
65	Assessing the potential impact of a front-of-pack nutritional rating system on food availability in school canteens: A randomised controlled trial. Appetite, 2018, 121, 309-315.	3.7	7
66	Availability of food and beverage items on school canteen menus and association with items purchased by children of primary-school age. Public Health Nutrition, 2018, 21, 2907-2914.	2.2	28
67	Interventions for increasing fruit and vegetable consumption in children aged five years and under. The Cochrane Library, 2018, 5, CD008552.	2.8	39
68	A cluster randomised controlled trial of a sugar-sweetened beverage intervention in secondary schools: Pilot study protocol. Nutrition and Health, 2018, 24, 217-229.	1.5	8
69	Mechanisms of implementing public health interventions: a pooled causal mediation analysis of randomised trials. Implementation Science, 2018, 13, 42.	6.9	14
70	Scale up of a multi-strategic intervention to increase implementation of a school healthy canteen policy: findings of an intervention trial. BMC Public Health, 2018, 18, 860.	2.9	36
71	Physical Activity, Sedentary Behavior, and Diet-Related eHealth and mHealth Research: Bibliometric Analysis. Journal of Medical Internet Research, 2018, 20, e122.	4.3	131
72	Methodological considerations and impact of school-based interventions on objectively measured physical activity in adolescents: a systematic review and meta-analysis. Obesity Reviews, 2017, 18, 476-490.	6.5	103

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73	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
74	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
75	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
76	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
77	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
78	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
79	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
80	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
81	Multi-strategic intervention to enhance implementation of healthy canteen policy: a randomised controlled trial. <i>Implementation Science</i> , 2017, 12, 6.	6.9	73
82	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
83	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
84	Cost effectiveness of a multi-component school-based physical activity intervention targeting adolescents: the "Physical Activity 4 Everyone" cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 94.	4.6	48
85	"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
86	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
87	Improving the translation of health promotion interventions using effectiveness implementation hybrid designs in program evaluations. <i>Health Promotion Journal of Australia</i> , 2016, 27, 204-207.	1.2	56
88	Effects of a school-based physical activity intervention on adiposity in adolescents from economically disadvantaged communities: secondary outcomes of the "Physical Activity 4 Everyone" RCT. <i>International Journal of Obesity</i> , 2016, 40, 1486-1493.	3.4	43
89	CAF ² : 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
90	The Physical Activity 4 Everyone Cluster Randomized Trial. <i>American Journal of Preventive Medicine</i> , 2016, 51, 195-205.	3.0	72

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91	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
92	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
93	Educational interventions are effective in treating childhood obesity: (PEDro synthesis). <i>British Journal of Sports Medicine</i> , 2016, 50, 130-131.	6.7	6
94	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
95	Benefits of policy support of a healthy eating initiative in schools. <i>Australian and New Zealand Journal of Public Health</i> , 2015, 39, 94-95.	1.8	1
96	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
97	CAFÉ: 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
98	Computer-tailored interventions to facilitate health behavioural change. <i>British Journal of Sports Medicine</i> , 2015, 49, 1478-1479.	6.7	13
99	Assessment of the School Nutrition Environment. <i>American Journal of Preventive Medicine</i> , 2015, 49, 215-222.	3.0	43
100	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
101	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
102	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
103	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
104	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
105	Physical activity promotion in primary care has a sustained influence on activity levels of sedentary adults: Table 1. <i>British Journal of Sports Medicine</i> , 2014, 48, 1069-1070.	6.7	1
106	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
107	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
108	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

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109	Effectiveness of a multi-strategy intervention in increasing the implementation of vegetable and fruit breaks by Australian primary schools: a non-randomized controlled trial. BMC Public Health, 2012, 12, 651.	2.9	44
110	Associations between characteristics of the home food environment and fruit and vegetable intake in preschool children: A cross-sectional study. BMC Public Health, 2011, 11, 938.	2.9	156
111	Vegetable and fruit breaks in Australian primary schools: prevalence, attitudes, barriers and implementation strategies. Health Education Research, 2011, 26, 722-731.	1.9	44
112	Strategies for enhancing the implementation of school-based policies or practices targeting risk factors for chronic disease. The Cochrane Library, 0, , .	2.8	8
113	Addressing fidelity within complex health behaviour change interventions: A protocol of a scoping review of intervention fidelity frameworks and models.. HRB Open Research, 0, 1, 25.	0.6	6