



Editorial

EJCN at the start of the 21st century

Those of you familiar with EJCN will have noted a number of changes over the past year, with Professor John Garrow retiring as Editor, and both Professor Arne Astrup and Professor David Southgate stepping down as Review Editor and Book Review Editor, respectively. Following on from this, there has been a restructuring of the editorial team on the journal, with myself taking on the role of Editor-in-Chief, the appointment of four Associate Editors to assist in increasing the quality and speed of the peer review process, and a new Review Editor. It is with great pleasure that I welcome such esteemed scientists as Dr Lauren Lissner (Gothenburg, Sweden), Professor Mike Lean (Glasgow, Scotland), Dr Sue Roberts (Boston, USA) and Professor Mark Wahlqvist (Melbourne, Australia) to the team as the Associate Editors, as well as Professor Stewart Truswell (Sydney, Australia) to the position of Review Editor.

Likewise, there have also been changes at the editorial office in Bilthoven with Ms Michelle Kuijpers leaving in May and being replaced by Ms Carmen Halfhide.

I would also like to take this opportunity to reflect on the nineties. *EJCN* has steadily seen an increase in the flow of manuscripts, projected to be over 300 this year, and in its impact factor. As can be seen from Figure 1, the impact factor rose from just under 1.0 in the early nineties to just under 1.7 in 1999.

It is interesting to see which papers, published over the last decade, have been cited most often. I recently looked at the number of citations for papers published in *EJCN* as indicated by the Web of Science citation database of the Institute for Scientific Information[®]. Table 1 shows the five most frequently cited papers published between 1990–1999 as accumulated until August 2000.

Three out of five papers were written by authors from the former Dunn Clinical Nutrition Centre in Cambridge, UK. The landmark paper at the top of the list by Goldberg *et al* continues to be highly cited even today (about 20 citations this year to date). Time since publication is of

course a major determinant of the total number of citations per paper and does not show the impact of more recently published papers. Table 2 shows therefore the top five papers published in the second half of the last decade.

The review by Lissner and Heitmann on obesity and fat intake is clearly in the lead here. The nature of nutrition research is shifting from fundamentals in energy metabolism and body composition to new developments in food technology and its implications for health.

Over the last two years the papers that are cited most often are related to effects of functional foods on biochemical or clinical parameters. Examples of well cited work in this area comes from the Unilever Research Laboratory on sterol-enriched margarines and spreads on lipids (Weststrate and Meijer, 1998; Hendriks *et al*, 1999) and fermented milk

Table 1 Most frequently cited papers published in the *European Journal of Clinical Nutrition* in the period 1990–1999

1. Goldberg GR, Black AE, Jebb SA, Cole TJ, Murgatroyd PR, Coward WA, Prentice AM. Critical-evaluation of energy-intake data using fundamental principles of energy physiology. 1. Derivation of cut-off limits to identify under-recording. *Eur J Clin Nutr* 1991; **45**: 69–581. Citations: 212.
2. Rolland-Cachera MF, Cole TJ, Sempe M, Tichet J, Rossignol C, Charraud A. Body mass index variations—centile from birth to 97 years. *Eur J Clin Nutr* 1991; **45**: 13–21. Citations: 199.
3. Englyst HN, Kingman SM, Cummings JH. Classification and measurement of nutritionally important starch fractions. *Eur J Clin Nutr* 1992; **46**(Suppl 2): S33–S50. Citations: 158.
4. Black AE, Goldberg GR, Jebb SA, Livingstone MBE, Cole TJ, Prentice AM. Critical-evaluation of energy-intake data using fundamental principles of energy physiology. 2. Evaluating the results of published surveys. *Eur J Clin Nutr* 1991; **45**: 583–599. Citations: 148.
5. Lissner L, Heitmann BL. Dietary fat and obesity—evidence from epidemiology. *Eur J Clin Nutr* 1995; **49**: 79–90. Citations: 137.

Table 2 Most frequently cited papers published in the *European Journal of Clinical Nutrition* in the period 1995–1999

1. Lissner L, Heitmann BL. Dietary fat and obesity—evidence from epidemiology. *Eur J Clin Nutr* 1995; **49**: 79–90. Citations: 137.
2. Serafini M, Ghiselli A, Ferro-Luzzi A. *In vivo* antioxidant effect of green and black tea in man. *Eur J Clin Nutr* 1996; **50**: 28–32. Citations: 71.
3. Black AE, Coward WA, Cole TJ, Prentice AM. Human energy expenditure in affluent societies: an analysis of 574 doubly-labelled water measurements. *Eur J Clin Nutr* 1996; **50**: 72–92. Citations: 59.
4. Weststrate JA, Meijer GW. Plant sterol-enriched margarines and reduction of plasma total- and LDL-cholesterol concentrations in normocholesterolaemic and mildly hypercholesterolaemic subjects. *Eur J Clin Nutr* 1998; **52**: 334–343. Citations: 44.
5. Garrow JS, Summerbell CD. Meta-analysis effect of exercise, with or without dieting, on the body composition of overweight subjects. *Eur J Clin Nutr* 1995; **49**: 1–10. Citations: 42.

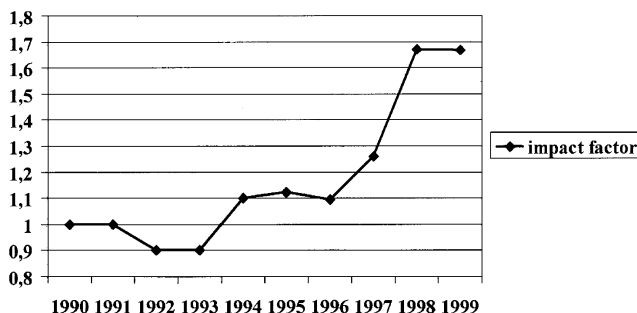


Figure 1 Impact factor for the *European Journal of Clinical Nutrition* from 1990 to 1999 (according to yearly *Journal Citations Report*[®] of the Institute of Scientific Information[®]).

on the immune system (Spanhaak *et al*, 1998). Work on catechines in tea and chocolate is another new 'hot' area (Richelle *et al*, 1999, van het Hof *et al*, 1998) that most probably will be followed by applications in novel foods. Interest in traditional food and beverages, however has not disappeared. The effects of antioxidants in tea is a good example. In another well cited recent study it was shown that whisky is just as good as wine when it comes to improvement in antioxidant capacity of plasma (Duthie *et al*, 1998). It will perhaps come as no surprise that the paper on chocolate came from Switzerland, the one on fermented milk from the Netherlands. The paper touting the virtues of whisky was of course from Scotland.

These figures show that papers published in *EJCN* have the potential to be highly and rapidly cited. Together with other attractive features of the journal, such as relatively rapid publication, 25 free reprints and no processing fees, it continues to provide an attractive opportunity for authors to publish their work.

JC Seidell
Editor-in-chief

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