Reviewer's report

Title: A gender perspective on factors that influence outdoor recreational physical activity among the elderly

Version: 1 Date: 20 January 2010

Reviewer: Sai Yi Pan

Reviewer's report:

This study assessed factors influencing outdoor recreational physical activity among the elderly by gender. This study can be greatly improved by more detail description of the methods (especially measurement and assessment of physical activity and other variables), more appropriate and well presentation of results, and more adequately supported discussion.

Major Compulsory Revisions:

1. Please specify the survey year and sample size in the abstract.
2. Page 5, 2nd paragraph: “This study includes a random age-stratified sample of persons aged 60, 66, 72, 78, and 81 years selected from the population registry. The entire population aged 84, 87, 90, 93 and 96 years were invited to participate.” This description is no clear: Does it mean that only persons aged 60, 66,…, 84, 87,… were selected, or people were selected by age-stratification of 6-year age group and 3-year age group?
3. Gymnastics can be performed both indoor and outdoor. It is more likely to be performed indoor. The questionnaire did not specify outdoor gymnastics.
4. The authors need to describe in more detail on how physical activity was assessed. What scale of PA was assessed by the questionnaire? How did the authors combine light and more intense PA? How did the authors differentiate between persons who did only light PA and persons who did only more intense PA even though they did with the same frequency?
5. The authors should give a table displaying the amount of PA by various factors such as sex and age group.
6. Page 7 and 8: It is clearer to use a table to show the results on “Differences between groups and factors with significant influence on the probability of performing outdoor recreational PA among men and women”.
7. Table III and related text description in the result section should be in the method section.
8. How the authors reach the conclusion of a positive association of being able to bathe or shower independently and having access to areas for country walks with physical activity performance? Table IV suggested that these two variables were inversely associated with physical activity, not positively (ORs <1).
9. Page 10, discussion, 1st and 2nd paragraph: There is no data showing in the
table or text that women were as physically active as men. In fact, there is no presentation of data on the distribution of amount of physical activity by any variable.

10. The response rate for this study is 43.2% (999/2312). The authors should discuss the implication of this low response rate.

**Level of interest:** An article of importance in its field

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** Yes, and I have assessed the statistics in my report.

**Declaration of competing interests:**

I have no competing interests.