Author's response to reviews

Title: Adolescent Nutritional Awareness and Use of Food Labels: Results from the National Nutrition Health and Examination Survey 2005-6

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Author's response to reviews: see over
Dear Editors,
Thanks for reviewing our paper. We have made the suggested revisions and have revised the paper as recommended by the reviewer.

Reviewer #2

The authors now also discuss that they did not find any significant association between the various nutrition awareness and label reading variables and give some possible explanations for that. There is, however, one very important potential explanation missing, which is that there is no direct association between a very distal determinant (reading labels would result in knowledge) and overweight or BMI. There is no theory that would suggest that a variable such as knowledge alone would result in behaviour change, let alone in change in overweight/BMI. It is important to also include this as a potential explanation for finding no direct association.

Thank you for raising this important point. We have now added a couple of sentences in the discussion section (pages 13-14) that explain the possibility that our negative finding may suggest that knowledge alone or use of labels may be an insufficient intervention by itself to impact adolescents’ risk of obesity and overweight.

Sincerely,

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