Reviewer's report

Title: Effect of an individually tailored one-year energy balance programme on abdominal fat and body weight in recent retirees: a cluster randomised controlled trial

Version: 3 Date: 23 November 2009

Reviewer: Andres Digenio

Reviewer's report:

The authors now report on physical activity and dietary data and this is a major improvement to the manuscript.

I would like the authors to address some additional comments:

1- The physical activity questionnaire that has been used was developed for use in an older population (65 and older) that the one enrolled into the study. I would like the authors to comment on this.

2- The methods section and figure 2 now mention that the intervention is of 12 months duration. If the purpose of the second year was simply to establish sustainability, please explain how were the participants refrained from using the modules after the first year.

3- As per my previous review the assessment of program utilization needs to be further clarified. I've only found mention of a self reported questionnaire regarding utilization of module 1 in the text.

4- As per my previous review I don't think the results at 24 months have been adequately addressed in the Discussion section.

5- As per my previous review the authors need to discuss what they are planning to do with the intervention program in the future. I suggest they expand their comment that the results can be used to improve the intervention modules.

6- As per my previous review the authors need to acknowledge as a limitation the small number of female participants in their study.

Statistical review: No, the manuscript does not need to be seen by a statistician.