Reviewer’s report

Title: Process evaluation of a community-based adolescent obesity prevention project in Tonga.

Version: 1 Date: 10 November 2010

Reviewer: Sohyun Park

Reviewer’s report:

Because the burden of adolescent obesity is large, prevention is essential. This study will add important value to the adolescent obesity literature. However, I have suggestions that might help to improve this paper.

Major Compulsory Revisions:

1. Overall, this paper is too long and not concise, so it needs to be shortened dramatically (especially result section).

2. Discussion is a repeat of results. Discussion should cite other studies and compare them with this study. Please rewrite discussion section.

Comments below are Discretionary Revisions:

Page 4 -

• It would be useful to know the prevalence adolescent obesity in Tonga. Please provide this information and compare to other populations.


• Switch order of “OPIC (Obesity Prevention in Communities)”. It reads as “Obesity Prevention in Communities (OPIC)”.

• Spell out “PA”. It reads as “physical activity”.

• Change “poor diet” to “less healthful diet”.

• Change “low level of physical activities” to “physical inactivities”.

• Add “modifiable” before “risk factors”. It reads as “two major modifiable risk factors for obesity”.

Page 5 –

• Add “adolescent” before obesity. It reads as “to combat adolescent obesity”.

• Under Methods, remove “(NCD)” after “the Tonga Non Communicable Diseases”.

Page 6 –

• What do you mean by “government schools”? Do you mean “public schools”? 

• You mention that the comparison group consisted of 6 schools of similar size. Please clarify the meaning of “similar size”. Do you mean by similar number of
student enrollment?
• Change “was informed by a number of frameworks” to “were based on a number of frameworks”
• If “ANGELO” was not used in other place, remove “ANGELO”. It reads as “Analysis Grid for Elements Linked to Obesity”.

Page 7 –
• Change “nutrition and physical activity behavior” to “dietary intake and physical activity.”
• It is not clear what “in-depth interviews” are. Please clarify it.
• Add “at year 3” after “follow-up”. It reads as “at baseline and follow-up at year 3”.
• Change “co-ordinator” to “coordinator” throughout the paper.
• Under staff, a project coordinator is different from research assistants. Was there another position “coordinator RA”? It is not consistent.
• Change “activities” to intervention programs”. It reads as “support the implementation of intervention program.”
• It is not clear what “senior forms” mean. Please clarify it.
• It is not clear what “reach” means at the bottom of page 7. Please clarify it.

Page 8 -
• Please spell out “CO-OPS”.
• Under Results, remove “another around” before “championing key people”.
• Change “around capacity building” to “on capacity building”.
• Define NGO when it was use for the first time. It reads as “non-governmental organizations (NGOs).
• Remove “of the other”. It reads as “each strategic objective”.

Page 9 –
• Under Resources, how did you get extra funding despite the staff inexperience in preparing funding proposals?
• If acronym is not used more than one time, do not give acronym. Remove “(FAO)” and “(SPC)”.
• NGO was already defined. Remove “non-governmental organizations”.

Page 10 –
• Tonga needed to create its own strategies to fit its own situation. What were the developed strategies?
• Remove “(MAFFF)”.

Page 11 –
• What “a chat room” online based?

Page 14 –
• Remove “(IECs)”.  
• What type of breakfast was promoted under “healthy breakfast”? Do Tonga adolescents eat breakfast every morning? What is the prevalence of adolescents reported eating breakfast every morning? 

Tables – These tables provide too much detailed information. Please consider to delete all tables.

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Acceptable

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

**Declaration of competing interests:**

I declare that I have no competing interests.