Author's response to reviews

Title: Population-level effects of the national diabetes prevention programme (FIN-D2D) on the body weight, the waist circumference, and the prevalence of obesity

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Author's response to reviews: see over
Dear Ms Rajabi,

Please find enclosed our revised article MS 3909015684573143 to be evaluated for publication in *BMC Public Health* as a Research Article. Thank you very much for all the valuable comments, which we have now addressed in the revised version of the manuscript.

Associate Editor:

- Study duration is now shown in the abstract
- Strategies are described now in the ‘Methods’, and a more detailed description is shown in previous articles on FIN-D2D (references)
- The discussion has been shortened and a separate subheading, Limitations of the study, has also been incorporated.

Editorial requests:

- The manuscript has now been corrected by a native English speaking colleague
- Abstract has now been partly reformulated

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**Reviewer Kari Hemminki:**

- Figure 1 has been corrected and should be clearer now.
- The following text was added to the ‘Limitations of the study’: Larger urban areas were not evenly distributed between the FIN-D2D and the control area, with the control area including for example the big cities of Helsinki and Turku.

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**Reviewer Athanasios Raptis:**

- All minor essential revisions have now been done
- Discretionary revisions:
  - We have collected some dietary data, but at the moment we do not know if these data can be utilized in further analyses regarding anthropometric results. Analysis of the dietary data is still pending and if essential differences are seen between the areas, the findings will most probably be published in a separate article.
  - This study is based on the data from two independent cross-sectional surveys. By chance, a small number of individuals have been selected in the sample in both surveys, but unfortunately the number of such individuals is too low to permit sensible statistical analyses.
Reviewer Magnolia Cardona-Morrell:

Major compulsory revisions:

- We tried to simplify the nomenclature of the areas as much as possible. In figure 1 there are marked with different colours for FIN-D2D (light grey) and control (dark grey) areas, which hopefully is helpful for the reader. In the same figure the colouring of the boxes in the timescale is similar. We also discarded some names of the cities (like Oulu and Kuopio), which could be incorporated in the names of larger areas.
  - This study is based on the data from two independent cross-sectional surveys. Therefore, it is not possible to perform comparisons between baseline and follow-up data at the individual level, as the number of individuals who participated by chance in both surveys is too low.
- Dividing the data into 5-year age groups would result in a reduced statistical power within each age group due to smaller group sizes from 124 to 469. Therefore, we would like to keep our analyses unchanged in this regard.

Minor essential revisions:

- In Figure 1 there is a box showing the respective colours for the FIN-D2D and the control group. The same colours apply to the map and the boxes in the time scale.
- Now the legend in tables 2 and 3 say ‘...in the beginning of the study...’
- Figure 2 is now presented in colours to make it easier for the readers.
- Page 15/ Conclusions: The suggested wording is now used. Also the participation rates are now said to be relatively low.
- A subheading ‘Limitations of the study’ has now been added.
- Page 15/ Conclusions: We have now added the following text: ‘However, since most of the findings were not significant, we can not be certain of the true extent of the change, and future surveys may give additional data on the direction of this trend in Finland.

Discretionary revisions:

- The abstract has now been refined in some parts.
- We have now discarded some names of the cities (like Oulu and Kuopio), which could be incorporated in the names of larger areas. The geographical nomenclature has been simplified.
We are sure that the manuscript has considerably improved and cleared up after this revision process. We do hope that it is now acceptable for publication in BMC Public Health. If further revisions are still required, we are ready to consider them with care.

Yours sincerely,

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