Reviewer's report

Title: Association of self-reported physical activity patterns and socio-demographic factors among normal-weight and overweight Japanese men

Version: 1 Date: 5 December 2011

Reviewer: Maria Paula P Santos

Reviewer's report:

The paper aims to study possible associations between socio-demographic factors and physical activity among Japanese men. Despite the importance of the topic, the manuscript could benefit with some improvements.

Major compulsory revisions

Authors should make a better case for the study. In fact, it is unclear whether findings from any country could be generalizable, and data from the cited Brazilian study is not representative of Brazilian population. From the ecological perspective, every place could offer an excellent research opportunity, so what is the real contribution of the present study, since explores only few (important of course!) factors within the ecological approach.

Another issue of concern is about the results that show that overweight men were significantly less likely to achieve 150 minutes of MVPA than normal-weight men and spent less time in MVPA per week. This is not a new finding and my question goes to the reasons why authors did not explored the information about sedentary time, since the IPAQ provide it?

Some of the socio-demographic factors does not appear to be related to PA on overweight or obese subjects. Do the authors could mention why not consider psychosocial or environmental correlates on the study design? Previous available studies have already pointed out the importance of include different levels of correlates when investigating PA behaviors.

It is very clear that authors recognized some limitations in the present study, but it would be also important to improve the recognition of the study strengths. The last sentence on the discussion is indistinct, such kind of implications in developing effective PA promotion strategies need to be better elucidated.

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