Reviewer’s report

Title: Age at menarche and its relationship to body mass index among adolescent girls in Kuwait

Version: 2 Date: 29 November 2012

Reviewer: Fernando Rodríguez-Artalejo

Reviewer's report:

This is an interesting manuscript which provides, for the first time, contemporary data on the age at menarche among a representative sample of the adolescent girls in Kuwait. Moreover it represents a useful addition to the conflicting evidence on the association between early menarcheal age and excess weight. The study methods are correct overall. Moreover the manuscript is concise and well written.

MINOR ESSENTIAL REVISIONS

1. In the abstract, please state that overweight and obesity were defined according to the CDC charts. Also, since authors report the 95% CI for the mean age at menarche, I suggest removing the SD for the mean age at menarche. I also suggest reporting the adjusted odds ratios (95% CI) for the association between early menarcheal age and overweight and obesity. Lastly, in the conclusion, authors should elaborate a bit on how the menarcheal age should be taken into account in strategies to combat obesity.

2. In Methods, page 6, please remove the following sentence: “and the willingness of the students to report accurate data on their menarche was obvious”. The authors do not support this statement on any data.

3. In Methods, more information should be given on the instruments used to assess physical activity and dietary intake. Do the authors used validated questions/ instruments?

4. Table 1 should include descriptive data on all confounders used in the analyses.

5. In figure 1, please explain the appropriate interpretation of the box-plot in a foot note.

6. In the last paragraph of the manuscript, authors should elaborate on how the menarcheal age should be taken into account in strategies to combat obesity.

Level of interest: An article of outstanding merit and interest in its field

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