Author's response to reviews

Title: Body Composition, Water turnover and Physical activity among women in Narok County, Kenya

Authors:

Susan Keino (s.keino@maastrichtuniversity.nl)
Bart van den Borne (b.vdborne@maastrichtuniversity.nl)
Guy Plasqui (g.plasqui@maastrichtuniversity.nl)

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Author's response to reviews: see over
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Dear Editor,

Re: Submission of Revised Manuscript

I am writing to submit our revised manuscript entitled ‘Body composition, water turnover and physical activity among women in Narok County, Kenya’ for consideration in the BMC Public Health.

Thank you for the comments by reviewers which have helped us to substantially improve on our paper. Below you find a point-by-point account of our answers to the comments of the reviewers:

RESPONSES TO THE REVIEWER 1 COMMENTS: Robert J Brychta

Minor essential revision:

1. Page 4 Paragraph 1- water turnover has been included in the sentence.
2. Page 7 paragraph 1- we used a 60 minute consecutive zero count non-wear definition.
3. Page 7 last paragraph: Tables 1, 2 and 3 - there was no significant difference in the means of the groups (rural and urban) as indicated in line 3, 6 (page 8) and 11 (page 8).
4. Page 8 paragraph 1- All these variables (Fat mass index (FMI), fat free mass index (FFMI) and physical activity are positively correlated with water turnover.
5. Table 4 was completely reorganized and the new table is presented on page 20. And the number of participants (n=22) included.
6. Page 8 last paragraph- We have removed the words ‘on top of’ and used the words ‘explained additional variation of ’.
7. Page 8 and 9, we have added the information on the additional variation in water loss when FMI (table 5) and FFMI (table 6) alone were included in the equation and together with physical activity using n=22.
8. Comment 8 has been answered together with 7.

RESPONSES TO THE REVIEWER 2 COMMENTS: Macief Buchowski

Minor essential revision:

We purposively sampled 30 women. This number was limited due to available research funds, with the number of deuterium bottles as the most serious limitation, and because we used inclusion criteria where women had to have a child under five of age and were not pregnant. These last limitations resulted in an urban to rural ratio of 2:1 participants.
Discretionary revision:

1. Comments 1-5 the reference have been included in the text.
2. Comment 6 - was not understood by the authors.
3. Comment 7 - the wear time has been deleted on this page as it was a repetition.
4. Comment 8 - we have deleted the sentence.. ‘and to the best of our knowledge .....’ from the text.
5. Comments 9 and 10 – the references have been included in the text.
6. Comment 11 – this sentence has been deleted from the text.
7. Comment 12 page 11 – the comparison with the Dutch study was because we followed a similar protocol.
8. Comment 13 – the sentence has been reworded to read ‘Overweight existed among women in the study area and although our sample size was small to give us an estimated prevalence, the trends of increasing overweight cases in African is worrying and previous studies have shown that overweight impedes physical activity and movement (28)’.
9. Comments 14, 15 and 16 – the references have been included in the text.
10. Comment 17 – the sentence has been reworded to read ‘Our recommendation for future research is the need for more research on physical activity, water requirement and regulation as well as coping mechanism among women in sub-Saharan Africa with a larger study population to offer representative data’.
11. Comment 18 – the sentence now reads ‘our study was limited by the small sample size.......’

Miscellaneous edits:

The sentence was corrected as suggested by reviewer and the SECA manufacturer (SECA, USA) has been included in the text.

Thank you again for accepting this manuscript for review and we look forward to a positive response.

Kind regards,

Susan Keino
Moi University
School of Public Health