Reviewer's report

Title: Participation levels of physical activity programs for community-dwelling older adults: a systematic review

Version: 2 Date: 12 August 2014

Reviewer: Jonine Jancey

Reviewer's report:

Thank you for the review. I have a few things that need clarification. In particular, the discussion is very difficult to understand and requires a thorough review. I also think it is very important to clearly explain in the flow chart why articles were excluded.

Major

1. I am not sure of the aim of this study as it changes in document e.g. Aim in abstract does not match that on page 3 para 2

Methods

2. How were the key words established?
3. How were the data bases established?
4. Definition of community dwelling?

Risk of bias

5. I am unsure of the meaning of this statement ‘Since the main focus of studies….affected our results.’ This statement needs to be reviewed and explained

Statistical analysis

6. Once again this statement is unclear ‘Also, the sustained participation level of PA programs reporting at least one significant effect for PA outcome was calculated’

7. Why are you looking specifically at females as this does not relate to the aim of the study?

8. Figure 1 lacks detail – Require explanation for the reason for the exclusion of papers.

Results

9. Para 1 –There needs to be more explanation relating to the presented data as otherwise it is meaningless What are the ‘Multi-faceted activities - needs to be explained. What does ‘seven programs had different content’ mean?
10. Para two – what were the PA outcomes?
11. What do initial participation levels mean?
12. There are some very obvious study omissions and therefore I wonder how many other studies were not included. A couple of suggested studies


13. Table 1 - lack of detail around the content of the some of the interventions e.g. ‘community based exercise program’; ‘combined training.’ Once again to inform the reader and make it useful then the manuscripts needs to present more relevant information.

Discussion
14. The discussion needs a thorough review as it is very difficult to understand. What does initial participation mean?
The correlations needs to be explained
a) Duration of program – what length of program?
b) Group size – what size big, small??
c) What age?
d) What proportion of females - less or more?
15. Para two seems to be repeating para one.
16. Discussion around initial participation (page 7 line 176 -179) needs to be supported by references
Not sure why the RE AIM framework is suddenly introduced.
18. Conclusion – the conclusion does not inform the aim

Minor
Number less than 10 are written in text

Level of interest: An article of limited interest

Quality of written English: Not suitable for publication unless extensively edited
**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

I have no competing interests