Author’s response to reviews

Title: Prevalence and Correlates of Leisure-Time Physical Activity among Nigerians

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Author’s response to reviews:

The Editor-in-Chief May 02, 2014
BMC Public Health,

Re: Prevalence and Correlates of Leisure-Time Physical Activity among Nigerians

We hereby present a revised version of our manuscript titled ‘Prevalence and Correlates of Leisure-Time Physical Activity among Nigerians’. Below are the comments and our responses to them. Thank you for reviewing our manuscript and considering it for publication.

Major Compulsory Revisions

Comment: I strongly suggest to shorten the text in the background about IPAQ and NHS and instead write that objective measures are considered to be more accurate than self-report but not feasible for large studies in low-income countries etc. The text about IPAQ can be shortened and moved to the discussion when comparing your instrument and results with others. The text about the NHS can be rewritten and moved to the method section. I.e when you describe the instrument also add about it’s validity and reliability.

Response: We already wrote that objective measures are considered more accurate. “Objective methods of measuring physical activity, such as accelerometry and heart rate monitoring are considered to be more accurate than self-report methods, but as the use of these methods are not feasible in large epidemiology studies involving thousands of participants, physical activity is usually measured by self-reports with questionnaires”. The background has been shortened; some text on IPAQ was moved to the discussion; some text on NHS was moved to the methods.

Comment: Last sentence in the background: Consider rephrasing as one study never is enough for evidence.

Response: This has been rephrased.

Comment: I still think the results that only 4% reaches the recommendation is more a matter of the instrument used than a real fact. I suggest the authors to be...
more humble about these findings.

Response: We stated the results of our study as required. Our conclusions are not focused on 4% of the study participants who reach the WHO recommendation “Conclusions: In this population, the proportion of people who engage in leisure time physical activity is low, this has major implications for the prevalence of NCDs in this population. More studies investigating factors associated with physical activity, prevalent and preferred types of physical activities, and intervention studies to increase it should be implemented. Results from such studies may help promote participation in physical activity and support policy choices that can effectively prevent NCDs in African populations.”

Also, we indicate the limitations of our study and the generalizability to urban Nigerian populations.