Reviewer's report

Title: Increasing physical activity in postpartum multiethnic women in Hawaii: Results from a quasi-experimental study: the Footsteps Project

Version: 1 Date: 1 August 2008

Reviewer: Winifred W Eboh

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Major Compulsory Revisions

I feel that this is a very useful piece of research that can inform a broad spectrum of health professionals, however, I am concerned that the sample selected for this study may not be representative of the general population for the generalisations made from the findings.

Sample size too small for statistics undertaken; was a power calculation undertaken to ensure that any significant results obtained were indeed from the study findings and not by chance. Suggestion, descriptive statistics maybe more suitable to describe the findings and possibly, reporting this study as either a preliminary study or a pilot study.

Although inferences were made about ethnic minority women, very little information was provided to assess cultural norms and expectations which may impact directly on the level of activity these women engage in.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

'I declare that I have no competing interests'