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: 9 August 2008

Reviewer: Holly Kennedy

Reviewer's report:

Major Compulsory Revisions

Provide an operational definition of sedentary.

Please describe more fully the SCT/YYM intervention that was based on focus group information from 79 mothers. More information about the intervention is essential and a table/figure would help in illustrating it. In particular, it would be helpful to understand its theoretical foundations in SCT/TTM. Specific questions about the intervention include:

- How long was the first and last visit?
- Where were they conducted?
- How the intervention was developed (i.e. any other input than the focus groups?)
- Was there any pilot testing prior to this study?
- How was the decision to follow for 2 months derived; why not longer?

Describe how was the person conducting the intervention trained? Was there a script? Did one or more persons conduct the intervention?

Describe how pedometers were used in the study. The authors’ mention that women used a pedometer in the results, but there is no mention of this in the description of the intervention or in data collection.

Discretionary Revisions

Were there any differences based on infant age?

There are no reports of changes in weight/BMI yet these were collected at the 2 month follow up?

I think their program of research could be more fully described and where this is situated. In particular the title refers to the "Footsteps Project" but there is no overall description of this.

Level of interest: An article of importance in its field
Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests.