Reviewer’s report

Title: Increasing physical activity in postpartum multiethnic women in Hawaii: Results of a Pilot Study

Version: 3 Date: 16 December 2008

Reviewer: Holly Kennedy

Reviewer’s report:

Thank you for your careful attention to the reviewers’ comments.

It appears this pilot study does show promise and should be disseminated. I have provided several editorial comments that I believe would strengthen the manuscript.

BACKGROUND

The background should provide a bit more depth on the WIC study so the comparisons to your study can be drawn more thoroughly in the discussion section. I would end the background section with a much stronger statement on the purpose of this current pilot study. You could pull the statement at the top of page 5 to finish the background section.

Page 4 – please spell out the name of MVLPA before referring to it by the initials in the manuscript.

METHODS

Where did the visits with the women take place – in their homes, in a research setting?

RESULTS

This section could be more in-depth. One strategy would be to match the findings with the factors identified in Table 1 (which was an excellent addition to the manuscript).

DISCUSSION

This is rather minimal as is the conclusion. It would be improved to see a more in-depth discussion of what is new as a result of this pilot study. How is it different and/or better than the WIC program. You suggest that this intervention is by telephone and email – but in actuality women had face-to-face contact as a result of the study. That adds considerably to assessing the practicality of the intervention for broad scale use and should be addressed.

Limitations – I would add that the sample was also primarily married, in addition to the other narrow demographic profile of the sample. How did this sample differ
from the WIC study? How will you address this in future studies?

**Level of interest:** An article of insufficient interest to warrant publication in a scientific/medical journal

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare I have no competing interests.