Reviewer's report

Title: Weight Regulation: A review of the evidence supporting a paradigm shift

Version: 3 Date: 25 November 2010

Reviewer: Dawn Clifford

Reviewer's report:

1. Does it address an important or timely issue?
   Yes. The authors should be commended on addressing this very important and timely issue. This review is greatly needed in the literature.

2. Is it well reasoned?
   Yes. The authors back up their claims with many, many peer-reviewed research articles. There were only a few statements that lacked sufficient referencing (see below). Their arguments are substantiated.

3. Is it relatively balanced, or does it make plain where the author’s opinions might not represent the field as a whole?
   Yes. While the article definitely reflects the opinions for the authors, their claims are well substantiated. The authors do bring up both sides of the research. The authors point out the lack of scientific evidence demonstrating causation between obesity and diseases, but they also present the research that supports associations may exist. For example, the authors state, “while it is well established that obesity is associated with increased risk for many diseases, causation is less well-established.” They also state, “hypertension provides another example of a condition highly associated with weight; research suggests that it is two to three times more common among obese people than lean people.”

4. Is the standard of writing acceptable?
   Yes. The article is well written and clear.

Discretionary Revisions (which are recommendations for improvement but which the author can choose to ignore)

- On page 2, where the author lists groups in support of HAES, the authors could also include the Society for Nutrition Education Weight Realities Division.

- The following sentence is extremely long, wordy and a bit confusing: On page 3, the sentence starts with “Analysis for the National Health and Nutrition Examination Surveys I, II,…”

- On page 4, third paragraph, the authors note that the prevalence of hypertension dropped by half between 1960 and 2000. It is this reviewer’s opinion that this drop is likely due to the advancement of medication to control hypertension and therefore does not relate to the argument surrounding weight.
The information about weight loss and dose response in the last paragraph on page 4 is interesting and relevant, but seems out of place. It doesn’t relate to the subtitle of “Weight loss will prolong life.”

On page 5, paragraph 4, first sentence the word indicates is overused. (The sentence before also begins with research indicates. Maybe the word suggests could be used here.

The first part of the following sentence needs a reference: “Also, there is emerging evidence that persistent organic pollutants (POPs), which bioaccumulate in adipose tissue and are released during its breakdown, can increase risk of various chronic diseases including type 2 diabetes, cardiovascular disease and rheumatoid arthritis.”

Page 6, second paragraph, insert the term long term. “One reason the hypothesis is untested is because no methods have proven to reduce weight [long term] for a significant number of people.”

The following sentence at the bottom of page 7 needs a reference: “Behavior change theory suggests that self-acceptance is a cornerstone of self-care, meaning that people with strong self-esteem are more likely to adopt positive health behaviors.”

Title suggestion: Weight Regulation: A review of the evidence supporting a paradigm shift to Health at Every Size (maybe put Health at Every Size in italics)

Level of interest: An exceptional article

Quality of written English: Acceptable

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

Declaration of competing interests:

I declare that I have no competing interests.