Author's response to reviews

Title: Tea consumption is inversely related to 5-year blood pressure change among adults in Jiangsu, China: a cross-sectional study

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Author's response to reviews:

Editor-in-Chief
Nutrition Journal
Dear Editor,

A range of studies have claimed a possible link between tea consumption and blood pressure (BP) change. However, no longitudinal study on the association between regular tea consumption and BP change, and the interactions between tea consumption and other lifestyle factors have not been assessed.

Using data from 1109 Chinese men and women who participated in the Jiangsu Nutrition Study, we analysed the association between tea consumption and BP change. Tea consumption was quantitatively assessed in 2007. BP was measured twice in 2002 and 2007. Our results show that the consumption of green tea is inversely associated with 5-year BP change among Chinese adults, an effect abrogated by smoking.

The study was conducted according to the guidelines laid down in the Declaration of Helsinki and all procedures involving human subjects/patients were approved by Jiangsu Provincial Centre for Disease Control and Prevention. Informed consent was obtained from each participant.

On behalf of my co-authors, I submit the enclosed manuscript for consideration by the
Journal. The manuscript, including related data, figures and tables has not been published in this or a substantially similar form (in print or electronically, including on a web site), nor accepted for publication elsewhere, nor is it under consideration by another publication. All authors have read and approved the paper, declare no conflict of interest, believe that the paper represents honest work, and are able to verify the validity of the results reported.

I look forward to your critical appraisal and thank you for your consideration!

With Best Regards,

Yours truly,

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