Author’s response to reviews

Title: Eating Patterns of Turkish Adolescents Compared With Recommendations

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1. How was select the school? For instances; socio-economic level or private/government school or population of school. Istanbul is a big metropolitan city (> 10 million population) etc. Do the participants present whole Istanbul adolescents or Turkey’s?

This public school is sister school of Yeditepe University and students have poor socioeconomic status. As it was mentioned in the limitations of the study this school does not represent the whole Istanbul adolescents. School properties is added to method section (public + poor socioeconomic status).

2. It is necessary the reference of Body Mass Index percentiles. National or International (WHO).

National BMI percentiles were used. The below reference is added.

3. Data collection of the study should be more open.

Following section is added to methods to describe data collection.

Of these 625 (78.6%) filled in the QEP under supervision of study team. All surveys were administered at the same hour, in the first week of school year. School administration decided the most suitable timing and study team made the necessary preparations accordingly.

4. How was measured of weight and height? Detailed explanation is also necessary about this.

Following explanation is added to methods section.

In Turkey all students wear standard suits at school. Weight has been measured with pants on in boys and skirts on in girls and also shirts on for both gender. Shoes and other wears has been taken off. Digital equipment has been used to measure weight. Height has been measured without shoes with a standard stadiometer set on the wall.

5. There is need some information about HEPS. Please give some reference studies in which used HEPS.
HEPS score was a measure established by authors to summarize the data. But according to other referee’s reports and comments above we excluded this scale from the manuscript and try to present results of each item separately whenever it is applicable.

6. How did you decide 7 items among 21 items to evaluate HEPS?

HEPS is excluded, so no need of any concern relating item selection.

7. There is no need to evaluate physical activity situation in this study.

We agree that physical activity is not the main focus of the study. The results were given as additional data and with its respect to eating behaviors. These data could be excluded if necessary.

8. In my opinion; this study does not evaluate according to food pyramid. If it was used food pyramid, it should be presented recommended food pyramid (11-15 age group) and also defined consumed serving portions by participants.

We agree that our study do not evaluate adherence of adolescents to food guide pyramid in terms of daily consumption of serving portions. Since we could not use tools like food frequency questionnaires, we do not have exact data on daily consumption of food groups by portion basis. Instead we just evaluated participants’ knowledge about correct consumption order of the food groups mentioned in food guide pyramid and we also asked them whether they consume according to that order or not. Although number of servings may change according to age, order of food groups from the most recommended consumption to the least do not vary accordingly.


Our approach has some limitations like recall bias which was mentioned in the discussion section. As a final word, we can say that participants were questioned of their knowledge and behavior for recommended consumption order of the main food groups in the food guide pyramid.