Reviewer's report

Title: Evaluation of cardio-metabolic risk factors and the effect of a primary prevention life style modification intervention on the development of overt cardio-metabolic disease in a young urban Population in Sri Lanka (DIABRISK - SL)- protocol for a randomized controlled trial

Version: 2  Date: 5 July 2011

Reviewer: S M Marshall

Reviewer's report:

This is a generally clear description of a trial protocol examining the effect of intensive versus standard lifestyle advice in a young SriLankan population at high risk of diabetes. I have no major criticisms/suggestions, but the following need attention:

1. randomistaion - please add a little more detail. Sequential or block?


3. Children - how will the lifestyle advice be given to the children - to them directly, to the parents only or to parent and child? If to the young person, how will the advice be adapted? Are there any precautions to ensure that children continue to grow at a normal rate?

4. Page 8 last line / page 9 first lines. This is confusing. One sentence says all subjects (presumably all in the intensive group only?) have 3 monthly telephone contact and then the next sentence says the number of 1 to 1 sessions per year is 4, with 2 of these face to face. Please express more clearly.

5 Page 10 - new onset OGT/IFG - I think IFG is 6.1 - 6.9 or 5.6-6.9 mmol/l not to 7.0 mmol/l

6. There are numerous typos / missing words / extra words throughout the text - please proof read carefully.

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

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

Declaration of competing interests:
I have collaborated with the 3 last authors of this paper previously in research related to diabetic nephropathy.

I have had no involvement in this study and did not know about it until receiving this m/s for review.