Reviewer's report

Title: Evaluation of cardio-metabolic risk factors and the effect of a primary prevention lifestyle 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: 12 July 2011

Reviewer: vijay viswanathan

Reviewer's report:

Major compulsory revisions:
Methods: (i) age group: 5–40 years — wide range age group has been selected.
(ii) Cutoff values for 2 risk factors (BMI, WC) have been given only for age groups 10–17 years and 18–40 years, whereas the study age group is 5–40 years.
(iii) It is not clear whether biochemical investigations will be performed both at baseline and at follow up visits?
(iv) Provided methods for glucose, lipid profile, hsCRP, creatinine, MAU, insulin.
Study subjects are recruited based on the presence of 4 risk factors (BMI, WC, FHDM, Physical inactivity), details on H/o DM, CVD, HTN are collected, but it is not clear whether the above investigations are done at the baseline, comparison is not possible without baseline details.
Moreover, subjects might have dysglycaemia, elevated BP or cardiovascular risk factors during recruitment itself. The development of diabetes or CVD is related to the baseline risk.
There are several grammatical errors throughout the text.

Minor essential revisions:
Methods: 1st line, sentence is not clear “Parallel group clinical at a single………..”

n = 23,298 (M: F?)

Background: 2nd paragraph, 2nd sentence is not clear. “suggested that 10.8 subjects with IGT ………….. 6.4 subjects with lifestyle intervention to prevent once (one) case of T2DM.
Total number of subjects: 4500 mentioned in abstract, but 4600 mentioned in the text.

Intervention and goals:
1st paragraph, last line “the Indian Diabetes Prevention Programme (IDDP) (5)”.
It is 'IDPP' and the reference should be (6). IDPP reference has been quoted wrongly throughout the text.
The manuscript may be accepted after major revision.

**Level of interest:** An article whose findings are important to those with closely related research interests

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

**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

No, I declare that I have no competing interests.