Reviewer's report

Title: Recruitment results among families contacted for an obesity prevention intervention: the OPT for Health Study

Version: 2  Date: 15 July 2014

Reviewer: Heather Kitzman-Ulrich

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Major Compulsory Revisions:
1) The authors should include more recent reviews on family-based weight management, such as Sung-Chan, 2013, Obesity Reviews. The currently cited reviews are slightly outdated.

2) The authors need to conduct a more comprehensive review of the literature related to weight management programs in the primary care setting. Many include parents. For example, see DeBar et al., 2012, Pediatrics, Whitlock et al., 2010, Pediatrics. Additionally, many community-based and school-based weight management programs partner with clinics for referrals and intervention delivery (see Flodmark et al., 1993).

3) The authors describe the OPT intervention as innovative, however, the components described on page 7 have been used previously in a wide range of weight management programs, such as the Diabetes Prevention Program, and are considered best-practice approaches. Additionally, the inclusion of Motivational Interviewing and correspondence approaches (e.g., phone and mail), have also been used extensively in weight management, physical activity and dietary approaches (for example, see the work of Bess Marcus). The authors should more clearly define how this program is innovative. Perhaps, focusing on the brief nature of face-to-face programming might be an innovation.

4) The intervention currently described seems to be more of a parent-focused approach than family-based. Many family-based programs include several face-to-face sessions (see Sung-Chan 2013 for detailed descriptions of family-based weight management programs). The OPT intervention includes only one family-based session, and the other components target the parent only (phone and mail). See work by Israel and colleagues on parent-focused family approaches to youth obesity.

5) The large number of families unable to be reached (50%) could use more description. Since this is over half of the sample, were these families significantly different than families able to be reached on demographic or other key variables? Was this due to a lack of current contact information?

6) The authors do not describe physician recruitment or referral in the methods section, but make note of it in the discussion section. Did physicians actively recruit or refer families to the study? It seems this would be useful for families unable to be reached by telephone or mail.
7) The discussion section needs to be revised to include more up-to-date references and inferences related to weight management for youth. The authors cite that the majority of programs are school-based, however, a large percentage of programming is done through community-based organizations, academic centers, and clinics.

**Level of interest:** An article of importance 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 declare that I have no competing interests.