Reviewer's report

Title: The Prevalence of Obesity in Older Adults in Iran: A Systematic Review and Meta-Analysis

Version: 1 Date: 25 Aug 2019

Reviewer: Ian Cameron

Reviewer's report:

The authors have appropriately responded to the reviewers' comments and the paper is improved. However, there are a number of additional issues to address.

1. The change in terminology to "older adults" is correct but it is redundant to state "older adult people".

2. The English language expression is improved but there could be further changes. The title and abstract with further editing is shown below.

3. To define adults as "older" if their age is greater than 50 years is not as is usually suggested (see https://www.who.int/healthinfo/survey/ageingdefnolder/en/). If the authors wish to persist with this definition justification for this should be provided.

4. Overall the systematic review and meta-analytic methods are reasonable but there are a number of issues to address. Firstly justification for restricting the searches to studies from 2000 should be given. Secondly excluding articles based on an arbitrary quality score is not recommended. This must be addressed. There might be a justification for exclusion for some studies but that should be clearly justified. In addition, a list of excluded studies should be provided as a Supplementary Appendix.

Suggested text for title and abstract

The Prevalence of Obesity in Older Adults in Iran: A Systematic Review and

Meta-Analysis

Running title: Prevalence of Obesity in Older Adults

Background: one of the most important age-dependent physiologic alterations in the body composition of older adult people is obesity and overweight, increasing the risk of cardiovascular disease and mortality rate.
Objective: The aim of the present study is to determine the prevalence of obesity in older adults in Iran.

Methods: The present study was conducted using meta-analysis and systematic review method, from March 2000 to October 2018. Subject-related literature was obtained via searches in ScienceDirect, Medline (PubMed), SID, Magiran, Scopus, and Google Scholar databases. Heterogeneity of studies was assessed using the I² index, and data were analyzed using Comprehensive-Meta analysis software.

Results: In the assessment of 18 studies and 29943 persons aged over 50 years, the prevalence of obesity in older adults of Iran was 21.4% (95%CI: 26.6-16.9%) based on the meta-analysis. The highest obesity prevalence was obtained in older adults of Babol (Amir Shahr) which was 44.2% (95%CI: 41.1-47.2%) in 2007, while the minimum obesity prevalence was obtained in older adults of Razavi Khorasan which was 11.3% (95%CI: 10-12.8%) in 2007. Further, as the sample size and the study year increased, the obesity prevalence diminished in in older Iranian adults (p&lt;0.05).

Conclusion: This study shows that the prevalence of obesity in the older adults of Iran is high. Accordingly, health planners and politicians should consider effective and applicable policies to reduce obesity in older adults.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:
Needs some language corrections before being published

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