Reviewer’s report

Title: Nutrition promotion approaches preferred by socioeconomically disadvantaged Australian adolescents: a qualitative study

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Reviewer: Andrea Goldschmidt

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This manuscript qualitatively examined potential strategies and preferred dissemination methods of nutrition promotion initiatives among socioeconomically disadvantaged adolescents in Australia. The study addresses an important question given that socioeconomically disadvantaged youth are at elevated risk for poor eating habits and thus may especially benefit from targeted nutrition promotion interventions. Strengths of the study include the theoretical basis for the qualitative data collection. The primary limitation is the insufficient detail regarding why strategies/formats of interventions targeting improved nutrition in socioeconomically disadvantaged youth would differ from those targeting other populations. I wonder if similar themes would have been identified in any sample of adolescents. Another limitation was the lack of qualitative data from the parents, who, at the very least, should be minimally involved in adolescents’ nutrition habits by nature of sharing the home environment, contributing to family meals, etc.

Major compulsory revisions:
1. Please address the two limitations noted above. Also, it appears from Table 2 that the sample was actually quite socioeconomically advantaged, judging by the parent education level. This must be reconciled in text.

Minor essential revisions:
Abstract
2. In the “conclusions” section, it is suggested to briefly comment on whether or not such strategies have been shown to helpful in adolescent nutrition interventions, if such data exist in the literature. It could be argued that factors that one perceives to be helpful in treatment do not actually relate to outcome.

Background
3. It might be worth briefly mentioning why it is especially important to promote nutrition in disadvantaged samples. Are socioeconomically disadvantaged adolescents more likely to develop nutrition-related medical conditions and/or less likely to receive treatment once these conditions occur?
4. On lines 57-60, I would be interested to know which intrapersonal, social, and environmental factors were targeted (just a few examples would suffice). It would also be helpful to briefly describe the outcome of any nutrition interventions that have specifically targeted disadvantaged youth.
Methods

5. Targeting adolescents for the qualitative study pre-supposes that parents won’t be involved in treatment. Was this intentional? Is there any benefit from querying parents?

6. Why were Catholic school targeted? Are Catholic schools in Australia tuition based?

7. On lines 131-132, does “saturation of content” simply reflect that adolescents were repeating themes that had been discussed previously?

8. Were interviews conducted in schools? How were parent data collected? Was there any specific reason for conducting interviews individually rather than in a group setting?

9. Was there any measure of parental income?

Results

10. It would be helpful to provide some data on how frequently particular strategies were touched on/discussed by adolescents. Which were the most popularly endorsed strategies?

Discussion

11. Overall, the discussion section is quite long and could be scaled back. It is suggested to select a few key findings and discuss those in terms of specific intervention strategies, rather than discussing each theme.

12. I appreciated the discussion of how the themes mapped onto themes identified as efficacious (or non-efficacious) in promoting nutrition in the literature.

13. It is mentioned that interviews were conducted on the phone, but I did not see this mentioned in the methods section.

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

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