Reviewer's report

Title: Lessons learned about primary healthy weight maintenance and weight loss attainment. Results from a qualitative study.

Version: 3 Date: 29 April 2015

Reviewer: Kristina Lindvall

Reviewer's report:

Dear Editor

Thank you for the opportunity to review the revised version of the manuscript entitled “Lessons learned about primary weight maintenance and weight loss attainment. Results from a qualitative study”

This is a manuscript of interest for its field. It has also been very interesting to follow the progress of the manuscript.

The authors have made a thorough revision of the manuscript according to my comments. In addition they have also provided good and informative answers to my comments in the attached cover letter.

I have one minor essential revision and four discretionary revisions that I would suggest the authors to address. I trust the authors to do these corrections without any further correspondence with me.

Minor essential revision: I would like to ask the authors to revisit the manuscript one more time to correct a few “formatting” items. These are only minor items such as for example that in the Results section and under the sub-theme “Being prepared” there seem to be a . (full stop) missing after the word “essential”. Furthermore, under the sub-theme “Regular exercise” the word group is written with a capital g in the last sentence before the final quotation. There are also a few other minor items similar to the ones described. I would also like to suggest the authors to make the title of reference nr 21 bold to be in accordance with the other references.

Discretionary revision 1: In the middle of the second section of the Background the authors state that: “Considering the current statistic that 24% of adults between the ages of 18 to 64 are obese and 37% are overweight, 39% therefore fall into the normal weight range (BMI # 24.9). A rise in weight ranges was noted amongst those over 65 years of age with 49% women and 59% men overweight and 24% women and 25% men were obese”.

If there is a reference to these sentences please add this.

Discretionary revision 2: In the previous version of the manuscript the authors had a final sentence under the heading “Authors’ contributions” stating that “All authors read and approved the final manuscript. This sentence is now missing. If
the authors wish to they could add this sentence again.

Discretionary revision 3: The “Acknowledgements” section seem to be missing. If this was a purposive choice, please omit this comment.

Discretionary revision 4: In the cover letter the authors reply that they have done the following according to my comment.

My comment: “Discretionary revisions: Theories that may also be beneficial to refer to if the authors deem that to be useful are the socio ecological theory (Ref: National Cancer Institute: Theory at a glance. 2nd Ed. 2005. Or Ref: McLeroy KR, Bibeau D, Steckler A, Glanz K: An ecological perspective on health promotion programs. Health Educ Q1988, 15:351-377) or the social determinants of health (Dahlgren and Whitehead). These theories address the aspect that it is the individual in combination with different layers/levels of society that will affect the weight development. Authors response: The author has felt it useful and referred to the socio-ecological theory of McEIlroy et al.”

When reviewing the manuscript I am not able to find this in the text or in the reference list. I am wondering if the authors would like to add this.

I would like to thank the Editor once again for the invitation to review this manuscript. Please do not hesitate to contact me should there be any questions regarding my review!

With kind regards

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