Reviewer’s report

Title: Influences on Eating and Physical Activity Behaviors: A Qualitative Study of Adolescents in a Periurban Area in Lima, Peru

Version: 2 Date: 26 October 2015

Reviewer: Carol H Pullen

Reviewer’s report:

Major Compulsory Revisions

This manuscript is entitled “Influences on Eating and Physical Activity Behaviors: …….”. The objective of the study is to “gain insight into socio-cultural influences on eating and physical activity behaviors in adolescence by conducting in-depth interviews with adolescents in periurban Lima, Peru”. However, the focus of the manuscript is on eating behaviors. There is only minimal reference to physical activity (PA) in this entire document.

1. There is little mention of physical activity in the background. In the second paragraph (lines 123-124), there is a statement about the susceptibility of adolescents to influences on diet and activity.

2. On line 144, it says a number of studies have been published on eating and PA, but no data is given on PA from any of the cited studies.

3. One method used to collect qualitative data was “free list of foods and pile sorts”. Four participants were asked to name all foods consumed in the area. Food items from this list were selected to be on the cards used for pile sort. It appears no data was collected on physical activity.

4. Semi-structured interviews were used to collect additional data. An interview guide was developed to collect information on eating and PA according to the four levels of the model. The examples given only mentioned PA under the social environmental level as activities with peers/family.

5. Table 1 only lists one quote about physical activity.

6. Under results, PA was mentioned with social environmental levels (lines 364-366) and with safety concerns on lines 393-397.

7. The entire discussion is focused on eating except for lines 443-447 where peer influences on PA are discussed.

8. The authors do acknowledge that lack of discussion on safety issues on PA were a limitation.

9. No mention of PA in the conclusion.

Recommendation:

This is a well written, interesting manuscript which focuses almost exclusively on eating behaviors in the background, methods, results, and conclusion. I would suggest that the document be revised to include more data and discussion on
PA. If there is not more data to be added, I would suggest the manuscript be rewritten with a somewhat different focus with the main emphasis on “eating” and acknowledging the lack of data collected on PA (and why?) as a major limitation given the overall purpose.

• Minor Essential Revisions

1. The figure needs more explanation. For English speaking audiences, this figure needs to use labels in English rather than Spanish. 2. Include the interview guide.

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

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests' below.