Reviewer’s report

Title: Is waist-to-height ratio the best predictive indicator of hypertension incidence? A cohort study

Version: 0 Date: 04 Sep 2017

Reviewer: Rigas Kalaitzidis

Reviewer's report:

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Thank you for asking me to review this article entitled «Is waist-to-height ratio the best predictive indicator of hypertension incidence? A cohort Study”

This is an interesting study who compare the waist-to-height ratio (WHtR) in relation to the body mass index (BMI) and waist circumference (WC) in predicting hypertension (HTN) after 13 years of follow up.

The authors tried to verify the best anthropometric indicator for the association between obesity and HTN in 471 individuals who did not have HTN from a small city in Brazil. The study is an observational prospective cohort study with 67.7% of the studied subjects' female. In this study the ROC curves were analyzed to identify the best cut-off points and to evaluate and compare the predictive capacity of the anthropometric indicators for the HTN outcome.

The authors found that all anthropometric indices were associated with the risk of developing HTN among women. Furthermore, the study show that BMI, WC and WHtR had a similar likelihood of classifying the presence or absence of HTN in women.

The associations were not significant for men.

It is a clearly written paper scientifically accurate. This study adds to our knowledge the information that we can use obesity (BMI) and central obesity (WC and WHtR) to evaluate the
risk of developing hypertension. Indeed, the use of anthropometric indices is an effective, simple, inexpensive and non-invasive method for the primary prevention of HTN

In details

In the section of the results second line : …. mean follow-up period was 13.2 months. ..was 13.2 years.

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

Yes

Does the work include the necessary controls?
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No

Are the conclusions drawn adequately supported by the data shown?
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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

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