Reviewer’s report

Title: "Can You Keep it Real?" Practical, and Culturally Tailored Lifestyle Recommendations by Mexican American Women Diagnosed with Type 2 Diabetes: A Qualitative Study

Version: 0 Date: 16 Jan 2017

Reviewer: Linda Baumann

Reviewer's report:

The purpose of this manuscript is to begin a dialogue with Mexican American women who have had type 2 diabetes for at least ten years. Twelve out of 16 eligible women who participated in a larger study were interviewed. The ten-year duration of diabetes was used because it was interpreted to mean these women had more experience or expertise in managing and living with type 2 diabetes.

I have some difficulty with the 'charged' terminology used, describing diabetes as a 'threat' instead of a risk, and 'afflicted with this disease' rather than having 'diagnosed diabetes', as well as using duration of diabetes as a proxy for self-management expertise.

Although the paper is generally well-written and addresses an important topic, diabetes self-management in a Mexican American population of women, there is a lack of acknowledgement of the extensive educational materials and research studies that have been done to enhance self-management in culturally diverse populations by developing materials that are culturally tailored to ethnic and regional diets, preferences and food availability. This paper is not the 'beginning of dialogue' with Mexican American women with diabetes and self-care. Major organizations such as the American Diabetes Association, the American Hearth Association, and many state and city health departments have educational materials tailored to literacy, ethnic/racial identity, and socioeconomic status. The purpose of the larger study referenced here is more interesting and less explored a topic. This paper presents more data on one of six themes that emerged during interviews from the larger study, Self-Management Strategies.

Although 12 women were selected as 'experts' there is no data provided to know how well they were at self-management, based on measures such as A1C, BMI, or presence of complications.

P5, I challenge the generalization being made that professionals provide a biomedical approach to diabetes management and really don't encourage patients to self-manage. Much research has been published in the past 10 years to show how diabetes self-management, especially in type 2 diabetes, is being encouraged. The role of professionals is to provide self-management support. See the website Peers for Progress to access the extensive body of studies conducted worldwide to address diabetes self-management in a wide variety of cultural contexts.
This narrative can serve to better inform providers that adaptation of educational approaches to diabetes self-care needs to address the cultural context in practical and concrete ways to be most effective, and representatives from that culture can guide the design of materials and approaches to enhancing self-care support. Some statement might be useful as to how this evidence will be applied to diabetes self-care support for this population. A statement might also be warranted as to how much one can generalize to other populations from this sample of 12 Mexican-American women with diabetes who reside in an impoverished region of South Texas.

**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?**
If not, please specify which controls are required in your comments to the authors.

Unable to assess

**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:

Acceptable

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