**Reviewer’s report**

**Title:** A pragmatic lifestyle modification programme reduces the incidence of predictors of cardiometabolic disease and dysglycaemia in a young healthy urban South Asian population. A randomised controlled trial

**Version:** 0  **Date:** 02 May 2017

**Reviewer:** Peter Schwarz

**Reviewer's report:**

Thank you very much for having the chance to review the article. The article addresses an important topic - how intensive and less intensive lifestyle intervention can achieve a prevention of diabetes in practice. The authors have compared a control lifestyle intervention with an intensive lifestyle intervention in a large call in Sri Lanka. The results confer to a small conversion rate to diabetes in the intensive lifestyle intervention group. These results were expected based on the known scientific studies but the achievement is that the authors have achieved this in general practice. There are two minor comments

1. The authors should make an assumption or statement how the compliance has been to the lifestyle intervention. The results are good but the modulating effect to the success is the adherence or compliance to the lifestyle intervention. Do the authors have any information regarding participant adherence to the intervention?

2. The authors should make a reference to the recent work of diabetes prevention and implementation into general practice [1, 2].

Finally, I am very supportive for this paper and recommend publication of the paper after my minor comments are addressed.


**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.
Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.
Yes

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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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