Reviewer's report

Title: Overweight and Obesity Prevalence among Public Servants in Nadowli district, Ghana, and associated risk factors: a cross-sectional study

Version: 0 Date: 27 Apr 2016

Reviewer: Dayna Lee-Baggley

Reviewer's report:

The study provides the results of a cross sectional study of 271 public servants in Ghana regarding socio-demographics, physical activity, dietary habits, and risk factors for overweight and obesity. The study provides a snapshot into the risk factors and prevalence of overweight and obesity in public servants in Ghana.

Major concerns:

Although the study provided useful data on the risk factors and prevalence of overweight and obesity in public servants in Ghana, I found myself questioning the relevance and importance of the research. Perhaps the authors could make a better "sell" regarding the need to know this information in developing countries. The data was cross-sectional and did little more than provide epidemiological data using a rather small sample size (271). The authors review past research of obesity in Ghana and do not clarifying the weaknesses of these previous reports (e.g., lines 73-77). Therefore I question whether it was "compelling" research. That said, if the authors could provide a stronger argument for the lack of data and why it is especially important to know these results in Ghana then I can support the publication of this paper. For example, starting on line 93, the authors discuss that the relationship between SES and obesity may be different in developing countries. However, this question is not fully discussed or explored in their own data. Using their data to comment on or highlight some of the issues of developing countries as they encounter the burdens of chronic disease (e.g., reviewed in lines 96-97) would make the paper more compelling. The use of public servants also was not well justified. Could the authors better describe how this sample illustrates some of the issues of obesity in chronic disease (e.g., more sedentary work)?

Minor concerns:

The authors use the term "eating habits" but it appears to be more about the timing of eating. I might suggest a term like "eating patterns" to better reflect the fact that the authors are not describing dietary choices but rather timing in this section.
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

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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