Reviewer’s report

Title: Prevalence of obesity and overweight and its associated factors among registered pensioners in Ghana; a cross sectional studies

Version: 0 Date: 11 Apr 2017

Reviewer: Ofori-Asenso R

Reviewer's report:

Review Comments

The study by Nuertey et al shares some interesting perspective on overweight and obesity among older people in a developing country context. As older people may find it more challenging to lose weight and obesity may exacerbate age-related decline in physical function, this paper is important. However, I believe the paper needs to be revised in some aspect to improve its readability. Please see comments below;

1. Abstract: The use of "several problems" is a bit vague. Pls consider revising and making emphasis on health problems.

2. Background: Some references in the background information are not appropriate and need to be changed. Pls see below;

I. The Britwum et al study (ref#2) that has been referenced to the statement "In Ghana, the population of elderly aged 60 years and above is about 7% and is expected to reach 12% by 2050" is not appropriate. Consider changing to a more authoritative source such as the World Population prospects 2015 revision (https://esa.un.org/unpd/wpp/)

II. Line 17-18 that reads "There are several problems of the elderly with very few elderly living a disease free life" needs to be revised. Pls be more specific to help the reader that you are talking about health challenges.

III. Reference #6 that has been referenced to the sentence line #24 "the elderly has many medical problems" is not appropriate and needs to be changed. As indicated above it will also be essential to make some mention of some of the medical conditions being referred to here. Obesity is often linked to other chronic diseases so examples will help readers.

IV. It's unclear what the authors mean by "Overweight and obesity accounts for a significant proportion of the non-communicable diseases like hypertension, diabetes mellitus and many others"… The authors should try and cite more authoritative sources. The recent analysis by the NCD risk factor collaboration
may be cited to support the statement regarding increasing trends in global obesity.

V. The authors make reference to a systematic review published in 2008 by Abubakari et al. This systematic review although useful is less relevant for the Ghanaian context as nearly 50% of the study participants were Nigerians.

VI. I am also unsure why the authors chose to reference the single survey by Biritwum (2005) which is over 10 years old. A more comprehensive systematic review and meta-analysis has recently been published https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5148846/. Based on 43 studies, the authors estimated the national prevalence of overweight and obesity as, 25.4% and 17.1%, respectively. Please revise the stated obesity and overweight prevalence for Ghana and reference this study.

VII. The last paragraph of the background section need to be reworded to make the objectives of the study clearer.

3. In the results section, please provide what the response rate was. The discussion section needs to be strengthened in terms of highlighting what the implications of this study are. The study also notes major variations in obesity/overweight across regions and ethnic groups. The authors need to comment on these and explain what may have been likely causes. The authors need to discuss if there are existing programs within the Ghana health service that seek to address the growing challenge of overweight and obesity among Ghanaians. If there are non-existent the authors need to suggest what should be done and how this could be integrated into existing programs.

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

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