Reviewer’s report

Title: Identifying perceived barriers and enablers of healthy eating in college students in Hawai‘i: a qualitative study using focus groups

Version: 0 Date: 31 Aug 2018

Reviewer: Reviewer 2

Reviewer's report:

PEER REVIEWER COMMENTS: To view the full report from the academic peer reviewer, please see the attached file.

REVIEWER COMMENTS FROM REPORT: This is a well-written qualitative study. In my opinion, it does have merit, and I deem it suitable for publication after certain issues are addressed.

REQUESTED REVISIONS:
Abstract: I suggest shortening the Conclusion part. I suggest starting from "Factors such as..." until the end.

Key words: I suggest omitting "young adults"

Introduction: This section is clear and well written. I suggest formulating cited specific "other college factors" in text (line 90).

Methods, participants: The method used for recruitment of study participants has its drawbacks because it is likely that students who are concerned about their nutrition apply as volunteers in the focus group, whereas a number of students can be omitted (and usually they should be the target for proposed intervention). You have mentioned this in the first sentence of your limitations paragraph, but this is not vocal enough as it is a major bias. Please address this issue in study limitations as your results have limited generalizability due to method of participant recruitment.

Methods, question guide: Please elaborate more on the specific questions that were being asked. It is not clear from the current description.

Methods, codebook development: Please name the specific factors grouped under all four levels of influence.

Methods, data analysis: Please formulate what were additional codes in the process.

Results, barrier, lack of knowledge: Does the term "people" in the citation refer to students or food providers or someone else? Please clarify in the text.
Results, barrier, costs: Please add an explanation of what musubi is, for international readership.

Discussion: I suggest adding a paragraph on changes in food choices and habits across generations: almost half of your participants were Asian (Asians used to be well known for their healthy body mass index range, and many of them in rural areas still are within that range nowadays); first generations of Asian immigrants in Hawai‘i did not have different body mass index than that of their cousins back home. However, second- and third-generation descendants had considerable changes in their diet, leading to obesity and overall poor health. Please comment on that.

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

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

No

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.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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Please complete a declaration of competing interests, considering the following questions:

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