Author’s response to reviews

Title: Relationship between breakfast consumption, BMI status and physical fitness of Ghanaian school-aged children

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Author’s response to reviews:

Reginald Adjetey Annan
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Kumasi-Ghana
17th April, 2019.

The Editor,
BMC Nutrition

Dear Sir,

Cover letter for the manuscript “Relationship between breakfast consumption, BMI status and physical fitness of Ghanaian school-aged children”.

I have gone through reviewer suggestions and have reviewed the manuscript based on inputs and suggestions made.

The first reviewer raised a concern about the appropriateness of using Japanese physical activity cut offs for Ghanaian children. Japanese cut offs were used because there is no physical activity cut offs developed for Ghanaian children. I agree that this is a limitation and have noted it in the manuscript. Apart from using the standards to classify the children, we have not compared the children in this study to Japanese children in terms of fitness, and we are not making any interpretations regarding whether Japanese or Ghanaian children are fitter. The Food and Agriculture Organization questionnaire was adapted to suit our chosen sample. This was to enable us assess knowledge nutrition and physical
activity knowledge and so sections of the questionnaire were taken and used. This was pretested among children of the same age group before the actual data collection.

The second reviewer noted that the percentage reported for overweight prevalence (16.9) differ in the text and in table 1. I crossed-checked, and the values reported are the same (16.9%). In page 7 table 1, the values reported in bracket are the percentages not the standard deviations (SD). Also, the forward jump and other physical activity values are not raw scores but rather have been converted to a scale of 1-10 using Japanese cut offs. This has accounted for the low values reported in table 2.

Point-by-point explanation for the comments raised by the reviewers have been provided in the attached document titled “Authors response to reviewers” Aside the explanations given above, all other corrections have been made in the manuscript.

Yours faithfully,
Reginald A. Annan
(corresponding author)