

ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

ESPS manuscript NO: 24537

Title: Daily physical activity and type 2 diabetes: A review

Reviewer's code: 02446525

Reviewer's country: India

Science editor: Xue-Mei Gong

Date sent for review: 2016-01-27 13:51

Date reviewed: 2016-01-31 15:05

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C: Good		<input type="checkbox"/> Duplicate publication	
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Plagiarism	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade E: Poor	<input type="checkbox"/> Grade D: Rejected	<input type="checkbox"/> No	<input type="checkbox"/> Minor revision
		BPG Search:	<input type="checkbox"/> Major revision
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input type="checkbox"/> No	

COMMENTS TO AUTHORS

language correction required.

ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

ESPS manuscript NO: 24537

Title: Daily physical activity and type 2 diabetes: A review

Reviewer's code: 00506239

Reviewer's country: Italy

Science editor: Xue-Mei Gong

Date sent for review: 2016-01-27 13:51

Date reviewed: 2016-02-11 01:18

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input checked="" type="checkbox"/> Grade C: Good	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Duplicate publication	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input checked="" type="checkbox"/> Plagiarism	<input checked="" type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		[Y] No	<input type="checkbox"/> Major revision
		BPG Search:	
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

COMMENTS TO AUTHORS

The incidence of obesity and diabetes type 2 has increased considerably in recent years, hence it is necessary an appropriate intervention on lifestyles and nutrition. The manuscript is well written and more detailed. I consider very interesting paragraph about NEAT.

ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

ESPS manuscript NO: 24537

Title: Daily physical activity and type 2 diabetes: A review

Reviewer's code: 02446566

Reviewer's country: Japan

Science editor: Xue-Mei Gong

Date sent for review: 2016-01-27 13:51

Date reviewed: 2016-02-13 04:32

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	Google Search:	<input checked="" type="checkbox"/> Accept
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C: Good		<input type="checkbox"/> Duplicate publication	
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Plagiarism	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade E: Poor		<input checked="" type="checkbox"/> No	<input type="checkbox"/> Minor revision
	<input type="checkbox"/> Grade D: Rejected	BPG Search:	<input type="checkbox"/> Major revision
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

COMMENTS TO AUTHORS

This manuscript reviews an importance of daily physical activity, especially moderate and light intensity. This is interesting because many patients find it difficult to take time for specialized exercise. I would like to suggest two questions about Whitehall study and Nakanojo study. 1) Long sitting time may not affect mortality if combined with walking time to go office according to Whitehall study. Pulsford RM, Stamatakis E, Britton AR, Brunner EJ, Hillsdon M. Associations of sitting behaviours with all-cause mortality over a 16-year follow-up: the Whitehall II study. *Int J Epidemiol*. 2015 Dec;44(6):1909-16. doi: 10.1093/ije/dyv191. 2) Not just walking but combination with > 3 METS walking may be necessary to prevent metabolic syndrome as reported by Park et al. Park S1, Park H, Togo F, Watanabe E, Yasunaga A, Yoshiuchi K, Shephard RJ, Aoyagi Y. Year-long physical activity and metabolic syndrome in older Japanese adults: cross-sectional data from the Nakanojo Study. *J Gerontol A Biol Sci Med Sci*. 2008 Oct;63(10):1119-23. In page 13 line 7 you mentioned, "NEAT increased by 25% seven days after a single bout of high-intensity walking exercise [55]". This means a combination with a brisk walking is important to increase NEAT. How long at least we must walk vigorously to prevent obesity, metabolic syndrome and diabetes?