

# Review of: "Consumption of Beverage among Secondary and Intermediate Students in Riyadh Schools, Saudi Arabia: A Cross-Sectional Study"

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Potential competing interests: No potential competing interests to declare.

Title: Review of "Beverage Consumption Patterns in School Children in Riyadh, Saudi Arabia: A Cross-Sectional Study"

The research article titled "Beverage Consumption Patterns in School Children in Riyadh, Saudi Arabia: A Cross-Sectional Study" presents valuable insights into the beverage consumption habits of adolescents in Riyadh, Saudi Arabia. The study is well-structured, with a clear research objective and a comprehensive methodology. The findings shed light on the crucial issue of hydration in a region characterized by hot and humid weather, making this research particularly relevant.

The strengths of this study include the large sample size, the use of an online self-administered questionnaire, and the detailed analysis of beverage consumption patterns by age and gender. The incorporation of parents to assist in evaluating their children's beverage consumption is a prudent approach, given the potential for self-reporting bias in young participants.

The study's key findings reveal that, while water remains the primary source of hydration across all age groups, the overall beverage consumption falls below the World Health Organization's recommendations. This highlights the importance of addressing hydration concerns among adolescents, particularly in regions with extreme climate conditions.

Moreover, the identification of coca drinks as the second most consumed beverage after water is a noteworthy observation. Understanding the preferences and consumption patterns of adolescents can inform targeted interventions to promote healthier beverage choices.

The discussion section effectively contextualizes the study's findings within the broader literature on hydration and provides relevant comparisons with international research. The mention of the potential impact of climate change on hydration needs adds depth to the discussion.

Minor Corrections and Suggestions:

1. In the abstract, the abbreviation "mL/day" is used to denote milliliters per day. It would be helpful to include this clarification within the text to ensure reader comprehension.

The term "Coca drinks" might benefit from clarification. It likely refers to carbonated soft drinks, but explicitly stating this would eliminate any ambiguity.

2. Consider providing a brief statement on the implications of the study's findings for public health and policy. How can this research inform initiatives to improve adolescent hydration in Riyadh, Saudi Arabia?
3. The manuscript mentions the potential limitations of self-reported data and selection bias. To enhance the transparency of the research, it would be beneficial to discuss strategies employed to minimize these biases.
4. The study could benefit from a more comprehensive discussion of the limitations and potential areas for future research. For instance, exploring the factors influencing beverage choices among adolescents in the region could be a valuable addition.

Overall, this research article contributes valuable data to the field of adolescent hydration and beverage consumption patterns, particularly in the context of Riyadh, Saudi Arabia. With minor corrections and the inclusion of suggested additions, I recommend this article for acceptance.

Best Regards

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