

# Review of: "There is high prevalence of overnutrition among married and cohabiting women in Nigeria: Findings from the 2018 Nigeria Demographic and Health Survey"

Philip Maffetone

Potential competing interests: No potential competing interests to declare.

I would agree with the items noted by the other reviewers, although you might consider an even shorter title: The prevalence of overnutrition among married and cohabiting women in Nigeria.

The term 'overnutrition' may not be best in this paper. The World Health Organization defines overnutrition in relation to excess body fat that impairs health, which can be less accurately inferred from overweight and obesity. The term overfat is defined as excess body fat impairing health. Rather than re-write the paper to include measures of overfat (such as waist, especially waist-to-height ratio), this issue can be addressed in the paper's limitations. At the least please refer to the inaccuracy of using BMI in relation to body fat. In short, the prevalence of overfat equals those who are overweight, plus those who are obese, plus normal-weight non-obese individuals with excess body fat, which in this population could be 30%.

In addition to the non-communicable diseases you note, it might be important to mention that overnutrition can also increase the risk of physical impairment and injury, and infections.

(By considering all the reviews this paper could easily add a star to the ratings.)