



### REVIEWER'S REPORT

**Manuscript No.:** IJAR-56560

**Title:** Lifestyle Determinants and Health Outcomes Associated with Childhood Obesity: A Systematic Review of Current Evidence.

**Recommendation:**

- Accept as it is .....
- Accept after minor revision.....
- Accept after major revision .....
- Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity		✓		
Significance		✓		

### Reviewer's Comment for Publication.

The manuscript examines a significant public health concern: the rising prevalence of childhood obesity and the lifestyle factors that contribute to it. This topic is highly relevant and timely, considering that childhood obesity has become a widespread global issue with serious long-term health consequences. The study attempts to review existing literature on behavioral determinants such as sleep duration, sedentary activities, dietary habits, and levels of physical activity among children. By bringing together evidence from previous research, the manuscript aims to highlight the relationship between lifestyle patterns and obesity risk in childhood.

In terms of organization, the manuscript follows a generally coherent structure. The sections progress logically from the background and objectives to the methods, results, discussion, and conclusions. The inclusion of visual representations summarizing lifestyle determinants and obesity risk contributes to making the information easier for readers to interpret. These graphical elements help simplify complex relationships and enhance the overall readability of the paper.

Despite these strengths, several areas require further improvement. Although the study is described as a systematic review, the methodological section lacks the level of detail typically expected for such studies. For instance, the manuscript does not clearly outline the search strategy, databases consulted, keywords applied, or the time period covered in the literature search. Moreover, information about the number of studies initially retrieved, the screening and selection procedures, and the final number of studies included in the review is missing. The absence of a PRISMA flow diagram further reduces transparency regarding the study selection process.

Another limitation lies in the presentation of the results. The current results section mainly discusses general patterns and trends rather than presenting a structured synthesis of findings from specific studies. In several instances, the data appear simplified or illustrative rather than directly derived from the reviewed literature. The section would benefit from a clearer summary of the included studies, including details such as study design, sample size, population characteristics, and key findings related to obesity and lifestyle behaviors.

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The discussion section could also be strengthened. At present, the discussion largely reiterates descriptive observations instead of critically interpreting the findings. Expanding this section to compare the results with previous systematic reviews and broader research in the field would provide greater analytical depth. In addition, the manuscript should acknowledge potential limitations of the review process and evaluate the overall strength of the available evidence.

Minor improvements in language and formatting would further enhance the clarity and professionalism of the manuscript. Some statements would benefit from more precise referencing, and incorporating more recent literature on childhood obesity could strengthen the academic relevance of the paper.

Overall, the manuscript addresses an important and widely discussed issue in public health. With revisions aimed at improving methodological transparency, providing a clearer synthesis of the reviewed studies, and expanding the analytical depth of the discussion, the paper could make a useful contribution to the literature on childhood obesity prevention.