



ISSN NO. 2320-5407

ISSN(O): 2320-5407 | ISSN(P): 3107-4928

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

Manuscript No.: IJAR-56713

Title: Nutritional Lifestyle Interventions for Non-Communicable Disease Prevention in Universal Health Coverage Systems: A Narrative Review

- 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 Name: Dr S. K. Nath

Detailed Reviewer's Report

Strengths of the Study

- The manuscript addresses a highly relevant and global health issue integrating nutritional interventions into UHC systems, especially in LMICs.
- The review synthesizes current evidence on Food Is Medicine programs, dietary counseling, culinary medicine, and digital health tools, providing a comprehensive overview.
- The proposed “NutriUHC Framework” offers a practical, multidimensional approach adaptable to diverse health system contexts.
- The inclusion of a case study on Thailand’s UHC model enhances the applied relevance of the discussion.
- The study follows established narrative review guidelines (SANRA), ensuring structured and systematic synthesis.

Weaknesses of the Study

- The literature search strategy’s timeframe (published between 2015 and 2026) and search terms are partly incomplete or inconsistent in the manuscript, which could impair reproducibility.
- The review is primarily based on literature from high-income countries; the evidence from LMIC settings is limited, which may affect the applicability of conclusions.
- There is no explicit mention of an ethical approval or consent process, though the review synthesizes publicly available literature.
- The paper lacks critical appraisal of study quality or risk of bias in the included evidence.
- The presentation of the proposed framework would benefit from a visual figure or table summarizing the domains.
- Some typographical and grammatical errors are present, and the flow of some sections could be improved for clarity.

Reviewer Comments

1. **Title and Abstract Clarity:** The title clearly reflects the core theme of the manuscript. The abstract succinctly summarizes key points but could improve clarity by explicitly stating the research questions and highlighting main findings more distinctly.

REVIEWER'S REPORT

2. **Introduction and Objectives:** The introduction is comprehensive, providing necessary background and establishing the importance of integrating nutritional interventions into UHC. The study objectives are implied but should be explicitly stated at the end of the introduction for clarity.
3. **Methodology and Statistical Analysis:** The narrative review methodology follows SANRA guidelines; however, the search strategy description lacks specificity regarding the exact database search dates and search strings. The absence of a formal risk of bias assessment is acknowledged but could be discussed more critically. As typical for narrative reviews, no statistical analysis is involved, but clarity on inclusion/exclusion criteria and quality appraisal would improve transparency.
4. **Results and Discussion:** The results section effectively categorizes evidence into interventions and systems. The discussion thoughtfully considers adaptation challenges in LMIC contexts. Including more quantitative data or summarizing evidence strengths and limitations would enhance interpretability.
5. **Conclusion and Implications:** The conclusion emphasizes the potential benefits and the need for tailored implementation. Further elaboration on policy implications and steps for future research would strengthen the practical utility.
6. **Ethical Considerations:** Since the study is a literature review, formal ethical approval is generally not required; this should be explicitly mentioned.
7. **Language and Typographical Errors:** The manuscript is generally well written, but minor grammatical issues and typographical errors are present (e.g., inconsistent formatting, minor punctuation issues). A thorough language editing is recommended.
8. **Tables, Figures, Formatting, and References:** The proposed framework would benefit from a visual diagram. Overall formatting is consistent, but adherence to journal-specific style guidelines is necessary. References are comprehensive and relevant.