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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 after major revision

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

Reviewer's ID: JPR-198

Detailed Reviewer's Report

This narrative review addresses an important gap: how "Food Is Medicine" interventions—developed largely in the US—can be adapted for universal health coverage (UHC) systems in low- and middle-income countries (LMICs). The writing is clear, the Thailand case study is detailed and useful, and the proposed NutriUHC Framework offers a practical contribution.

However, the manuscript was submitted with unfinished sections containing author placeholders, severely corrupted reference numbering, and a missing figure. These issues must be corrected before publication.

Major Comments

1. Unfilled Author Placeholders

The manuscript contains incomplete sections with bracketed instructions to the authors:

- **Lines 92-94:** [AUTHOR INPUT: specify exact date range of search, e.g., "February 15 and March 10, 2026"] — the actual search dates must be inserted.
- **Lines 262-267:** A lengthy bracketed note requesting personal clinical experience, including blanks such as [X] minutes — this material must either be completed or removed entirely.

Action: Remove all bracketed placeholders. Either complete the personal practice section or delete it entirely.

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2. Superscript for in-text citations should be replaced with proper numbering in square braces. Completely re-format all in-text citations to correct sequential numbering. Ensure each citation corresponds correctly to the reference list.
3. The abstract states the search covered literature "between 2015 and 2026," but the methods section leaves the exact search dates blank (lines 92-94). For a narrative review claiming to follow SANRA guidelines, precise search dates must be stated.
4. The authors correctly note that most FIM evidence comes from the US. However, the discussion of effectiveness draws heavily on US-based evidence and extrapolates to LMIC settings without clearly stating how large the evidence gap actually is. For each intervention type (MTMs, produce prescriptions, dietary counseling), the manuscript would benefit from briefly stating how many LMIC studies exist.

Action: Add a brief statement acknowledging that LMIC-specific evidence is sparse, and that most effectiveness data are derived from high-income country settings.

5. The five-domain NutriUHC Framework is a sensible synthesis, but each domain draws on concepts already present in the literature (task-shifting, cultural adaptation, mHealth, benefit package design). The authors should clarify that the framework's contribution is the synthesis and application to the UHC-nutrition interface specifically, rather than presenting the domains themselves as novel.

Action: Modify language in the framework section to reflect that the contribution is synthesis and contextual adaptation, not invention of new concepts.

Minor Comments

6. Reference 5 (line 375) is incomplete - Provide full citation details (volume, issue, pages, or DOI).
7. Reference 22 is incorrect - This is the correct reference for the cited title.
AlNamlah, L.; Konswa, A.A.; Alakeel, R.; Taieb, H. The impact of advanced technology and social media platforms on lifestyle medicine: a narrative review. *Discov. Public Heal.* 2026, 23, <https://doi.org/10.1186/s12982-026-01479-z>.
8. The NutriUHC Framework is referenced as "Figure 1" in the text (line 294), but no figure is provided in the manuscript.