**Review Annals of nutrition**

The authors have written a narrative review of the causes and health-related consequences of obesity. The authors mention that potential implications of this review could be related to increase awareness around obesity and possibly develop a public health approach for the prevention of weight gain. In general the paper is well written and the authors should be applauded for attempting to summarize the large amount of literature available on obesity and health.

A weakness of the paper is the choice not to perform some type of systematic search of the literature, as well as a general brief analysis of each study without discussing or providing a critical appraisal of the many relevant details pertaining to most of the studies included. Indeed this approach leaves out many relevant studies and results in an unintentionally biased approach to the literature.

I would recommend the utilization of a more systematic approach (including using a search flowchart and quality assessment of the study included in the review). This of course would require that the authors narrow down their search and define a working hypothesis underlying their review but would give strengthen the impact of their work. For instance, could they focus on specific biological mechanisms instead of reviewing all kind of health-related issues associated with obesity. Also the conclusions could be improved in terms of expressing more clearly what the implications of their work are as well as relevant findings of their work.

Hypothesis: very vague, poor rationale of their work or how they approached the literature search. No critical appraisal of the literature.

Methodology: the authors do not report how they searched the literature

Writing: manuscript should be proofread, punctuation and grammar should be checked. 1 sentence is in Spanish (page 5).

References: the authors should provide more references (most statements do not have references!).