Faina Linkov

Editor-in-Chief

Central Asian Journal of Global Health

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Dear Dr. Linkov,

On behalf of our team, I am pleased to submit an original research article entitled “Community Readiness for Increasing Older Adult Physical Activity Levels in Kazakhstan” by Aniyar Izguttinov, Assel Ainabekova, Miruna Petrescu-Prahova and Suzanne J. Wood for consideration for publication in the *Central Asian Journal of Global Health*.

In this manuscript, we report on the findings of our research that aimed to systematically assess the readiness of the community in Nur-Sultan (formerly Astana), Kazakhstan, to act on the issue of physical inactivity among older adults. In order to achieve this purpose, we conducted qualitative interviews with key informants in the community and applied a validated community readiness tool. Our results suggest that the local community is at early stages of readiness to act on the issue of older adult physical inactivity, and we identified a number of barriers that prevented seniors from leading active lifestyles. These results have the potential to inform local and international health promotion scholars and policy-makers. Methodologically, our research findings highlight the importance of conducting in-depth analysis of key informant responses in addition to calculating readiness scores, when using the community readiness tools such as the one developed by the researchers at the Tri-Ethnic Center for Prevention Research at Colorado State University.

We believe that this manuscript is appropriate for publication in the *Central Asian Journal of Global Health* because it fits the scope of the journal and provides insight into potential challenges and opportunities for physical activity promotion in a developing country. To our knowledge, this is the first ever attempt to conduct a systematic community readiness analysis in Kazakhstan and Central Asia. Therefore, the concepts and methods of the study could be used by local researchers to conduct readiness assessments for other health and social problems in the communities of the region. Moreover, we hope the results of the study will facilitate the adoption of evidence-based public health programs by the governments in Central Asia.

This manuscript has not been published and is not under consideration for publication elsewhere. We have no conflicts of interest to disclose.

Thank you for your consideration!

Sincerely,



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