**July 12, 2019**

The Journal of Community Empowerment for Health Editorial Team,

Enclosed please find our manuscript titled, “The association of six-minutes walking test (6MWT) with cardiovascular disease risk among older women with type 2 diabetes mellitus in a rural primary health care: a pilot observational study”, which we would like to submit for consideration for publication as an original research article in the *Journal of Community Empowerment for Health*. It is about applied exercise physiology research in the population of older women with type 2 diabetes mellitus in a rural primary health care. In the present study, we have investigated the feasibility of 6MWT as a test for estimating aerobic capacity and the predictive value of this test for cardiovascular disease risk among type 2 diabetes mellitus patients in a rural setting. Growing evidences have established that the 6MWT could provide a valuable prediction of CVD among stable coronary heart disease patients or chronic obstructive pulmonary diseases. However, the benefits of conducting this test among type 2 diabetes mellitus patients is less known. In this study, we found that the 6MWT could be used as a fitness test in a rural setting and provided a valuable prediction of CVD risk, particularly in type 2 diabetes mellitus patients without hypertension. This result is very interesting because it gives an evidence that further epidemiological studies could be conducted and a simple fitness test could potentially provide additional benefits in the management of type 2 diabetes mellitus patients in a rural primary health care setting.

This work has been approved by all of the contributing authors, has not been published previously and has not been submitted elsewhere for consideration of publication. We appreciate this opportunity to submit our manuscript and hope that your reviewers and editorial staff find our study relevant and of great interest to the readers of your journal.

Thank you for your kind attention. If you have any questions, please contact me at the address listed below.

Sincerely yours,

Rakhmat Ari Wibowo

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