

**Title in English (Title Written with Capitalize Each Word, Times New Roman, 14 pt, Center, Bold, Max 20 Words)
Space 1 (If the Title Is More Than One Line)**

Abstract written in English (Max 250 words, written with sentence case, justify, italic, times new roman, 10 pt)

Background: Contains the background of the research/library review/case report.

Method: Contains the method used, time, and place of research.

Results: Contains the main results.

Conclusion: The conclusion of the article is written in a clear and concise manner.

Keywords: Elderly, Lifestyle, Nutrition, Physical Activity, Quality of Life (10 pt, keywords up to 5 words arranged alphabetically, prefixed with capital letters and separated by commas (,)).

Correspondence*: Name, affiliation,
Correspondence author address, active email address
(Phone number)

Received:
Accepted:
Published:

INTRODUCTION (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

Times new roman, and 11 pt. The left, right, top, and bottom margins are 2,5 cm. The beginning of the paragraph is indented by 1.00 cm (format on tab).

The introduction contains background, goals, and urgency. In addition, the specifics of the research are also explained. Citation from a reference or bibliography is made with a vancouver superscript mark (.¹), with 1 indicating the number in which the citation appears in the article. Foreign language terms and mathematical symbols are written in italics.

METHOD (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

This section contains the research design, research method, research population, inclusion and exclusion criteria, working/data collection, data processing, and other matters deemed necessary.

This section is also written in space 1, sentence case, justify, regular letters, times new roman, and 11 pt.

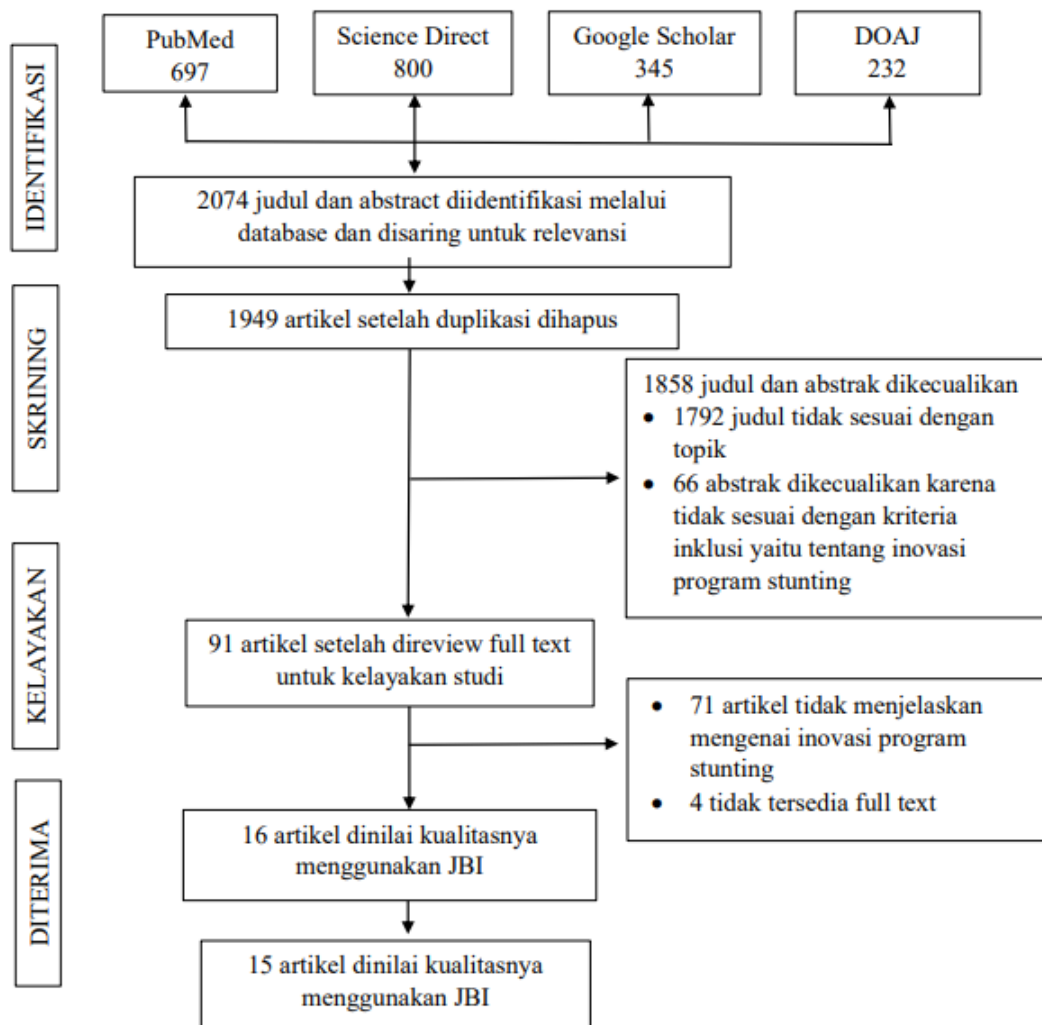


Figure 1. PRISMA Flowchart

*Note: Images and photos must be clear and have a proportional image or photo description. PRISMA flowchart must be included.

RESULT (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

A combination of narrative and tables or figures maximum 6. Not all tables and figures in the thesis must be included, choose the most important ones. Numbering tables and figures based on the order in which they appear in this article.

This section is also written in space 1, sentence case, justify, regular letters, times new roman, and 11 pt.

Table 1. Included Studies Characteristics

Author/ Year	Country/City	Title	Objective	Design Study and Method	Population	Subject of Study (Sample size)	Result
A, 2021	Indonesia/ Kabupaten Sleman	Implementasi program inovasi “payung penting” dan “gaya puspaku” di Puskesmas Pakem, Kabupaten Sleman	Menggambarkan pelaksanaan program “payung penting” dan “gaya puspaku” pada Puskesmas Pakem, Kabupaten Sleman	Penelitian kualitatif dengan pendekatan deskriptif	Kepala puskesmas, pengelola program, petugas pelaksana dan kader	Edukasi gizi kepada para ayah	Program "Payung Penting" dan "Gaya Puspaku" mendorong peningkatan cakupan ASI Eksklusif mencapai 30,77%, di tahun 2018 dan 66,67% di tahun 2019.
Ekananda dan Syakurah. 2022 ¹²	Indonesia/ Kota Lubuklinggau	Evaluasi proyek inovasi Pak Camat (Pantau Kilat Calon Mama Terpadu)	Menjelaskan bagaimana konsep inovatif PAK CAMAT (Pantau Kilat Calon Mama Terpadu) yang dipraktikkan di Kota Lubuklinggau	Penelitian kualitatif dengan pendekatan deskriptif	Manajemen proyek PAK CAMAT	Edukasi gizi dan kesehatan reproduksi serta pemeriksaan kesehatan bagi para calon pengantin	Masyarakat, terutama calon pengantin dan calon ibu, mendapatkan manfaat berupa peningkatan pengetahuan tentang persiapan kehamilan dari adanya program inovasi PAK CAMAT (Pantau Kilat Calon Mama Terpadu) di Puskesmas Simbang Periuk Kota Lubuklinggau.

*Note: The type of the table is an open table, written in times new roman, 10 pt. If there's any decimals, used two numbers after comma (example: 20.00%, 19.67%, etc)

DISCUSSION (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

This section contains a discussion of research results for certain sub-topics, statistically significant/not, phenomena found, similarities/differences with other existing research results, possible causes for conditions in research results based on existing theories and other studies.

This section is also written in space 1, sentence case, justify, regular letters, times new roman, and 11 pt.

Title Contents (Titlecase, Justify, Bold, Times New Roman, 11 pt)

The titles and subtitles that appear in this chapter are written as in the **example below**.

DISCUSSION

Nutritional Status with Quality of Life

Content.

(Single space)

Physical Activity with Quality of Life

Content.

CONCLUSION (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

Conclusions are briefly explained and cover the aspects studied, make suggestions if any.

REFERENCES (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

Use of quotations and bibliography using vancouver superscript Style and reference management is a must using the Mendeley application. Primary sources (scientific journals) of at least 10 and maximum use of information sources published in the last 10 years from the current time. Please write a reference for each figure / photo / table without exception.