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)

A1 name*, B2 name, (written in upright letters, times new roman, 12 pt, maximum 6 authors, the distance between author's name and affiliation space 1)

Affiliation (Department - Faculty – University - City) (written in italic, times new roman, font 12,)

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:

©2026 **Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat**
Open access under CC BY NC–SA license. Published by Bachelor of Public Health Program,
Faculty of Health Science, Universitas Pembangunan Nasional "Veteran" Jakarta

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

This section divided into participants and design study, measurements and procedure, statistical analysis and ethical clearance. Author can modify this section as needed.

Participants and Study Design

This section contains the research design, research method, research population, inclusion and exclusion criteria, and other matters deemed necessary.

Measurements and Procedure

This section contains the research method, working/data collection, and other matters deemed necessary.

Statistical Analysis

This section contains data processing and other matters deemed necessary.

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.



Figure 1. The title of the picture is written times new roman, 11 pt, bold.

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

Table 1. The title of the table is written times new roman, 11 pt, bold)

Variable	XXXX	XXX
A		
B		

*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.

ETHICS APPROVAL (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

Authors are required to provide an ethical approval statement and consent. If ethical approval is not applicable, it should be indicated as "Not required".

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

Acknowledgements should be placed at the end of the article before the References section and should list individuals, specific colleagues, institutions or agencies that provided support during the research.

COMPETING INTEREST (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

Any competing interests, including financial, commercial, or other associations, must be disclosed. In the absence of such interests, the following statement should be included: *"All authors declare that there are no conflicts of interest."*

FUNDING UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

All funding sources must be clearly disclosed, including grant numbers where applicable. Authors should ensure that all required funding information is provided, as modifications are not permitted after publication. Funding sources should be listed in a standardized format to meet funder compliance requirements. For funding originating from institutional block grants or internal resources, authors should state the name of the supporting institution or organization. If the study was conducted without external funding, authors should state: "This study received no external funding.

UNDERLYING DATA (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

This section declared source of derived data that support the article

DECLARATION OF ARTIFICIAL INTELLIGENCE USE (UPPERCASE, JUSTIFY, BOLD, TIMES NEW ROMAN, 11 pt)

If authors used the AI during the article process, please add one or more statements below and add compulsory statements. **(ADJUST AND EDIT AS APPROPRIATE)**

Example: *"This article conclude the use of artificial intelligence (AI) tools in the following capacities"*

1. **Data analysis and modeling**: Including machine learning algorithms or specific techniques that were used to analyze the data set and predict outcomes.
2. **Data preprocessing:** The use of AI in the cleaning or transformation of data before the data were analyzed.
3. **Visualization:** The use of AI to visualize the data (graphic, chart, visual summaries) and generating paragraphs.
4. **Manuscript writing support:** The use of AI to support the writing elements (language refinement, content summarization, technical writing, generate scientific content, etc)
5. **Simulation and forecasting:** The use of AI to predict the modelling outcome and simulations

to validate research hypotheses

If there is nothing to disclose, please kindly add:
"We confirm that there is no artificial intelligence (AI) used at any stage of the study, including data collection, analysis, visualization, etc. All work in this study was conducted manually by the authors without the assistance of AI-based tools or systems."

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.