

Title Should Be Written in Capitalize Each Word Style

(The title should not exceed 15 words)

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Abstract

JENH requires a single-paragraph abstract without citations. The abstract follows the IMRAD structure, summarizing the Introduction, Methods, Results, and Discussion. Introduction: Explain the rationale for the study, highlight the research gap, and state the study's objective. Methods: Briefly describe the research methodology, including study design, sample selection, and data analysis. Results: Summarize the key findings of the study. Discussion: Present the main conclusions and implications of the findings. The abstract should not exceed 250 words.

Keywords: *Maximum six words separated by commas.*

1. Introduction

In this section, the authors should provide a comprehensive state-of-the-art review, ensuring sufficient coverage of relevant studies with a minimum of references from the last 10 years.

Additionally, a gap analysis should be presented to justify the necessity of this research and highlight what makes this study unique compared to previous works.

At the end of the introduction, the authors must clearly state the research objective or hypothesis.

2. Method

Provide a detailed description of the research methodology used in the study. Clearly identify the research design, methods, tools, and procedures with sufficient detail to enable other researchers to replicate the study. Specify the statistical tests applied in the analysis comprehensively. Additionally, include ethical considerations, such as approvals for clinical trials or studies that have received clearance from relevant ethical committees.

3. Results

Present your findings clearly and systematically. Use appropriate tables or illustrations to enhance clarity. Ensure that statistical test calculations are accurately presented and easy to interpret. Tables and figures should be incorporated within the results section rather than provided as separate attachments.

Table 1. Characteristics of Respondents

Variable	Cases	%	Control	%
Age				
15-24 Years	5	4,6	14	13,0
25-34 Years	2	1,9	17	15,7
35-44 Years	4	3,7	18	16,7
45-54 Years	7	6,5	13	12,0
55-64 Years	18	16,7	10	9,3
Gender				
Male	21	19,4	30	47,2
Female	15	13,9	42	38,9
Last Education				
Elementary	19	17,6	13	12,0
Junior High School	11	10,2	17	15,7
High School	5	4,6	34	31,5
College	1	0,9	8	7,4

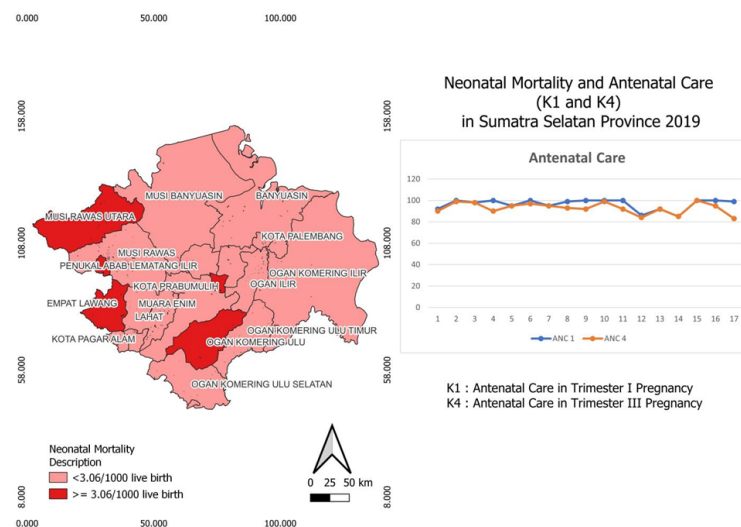


Figure 1. Neonatal Mortality and Antenatal Care (K1 and K4)

4. Discussion

The discussion should be clearly structured and adhere to scientific standards, addressing the what, how, why, and what next aspects. Avoid repeating data already presented in the results section. This section should provide a well-reasoned and precise analysis of the research

findings, integrating them with relevant theories and previous studies. It is essential to highlight the novelty and significance of the study, emphasizing its key contributions. Furthermore, discuss the implications of the findings, acknowledge limitations, and establish connections with other relevant research to provide a broader perspective.

Interpretation of Key Findings

The findings of this study offer valuable insights into [briefly state the main result]. These results emphasize [explain the significance of the findings] and suggest potential implications for [mention the relevant field or application]. The observed trends/patterns indicate that [provide an interpretation of the key findings], which aligns with the study's objectives.

Comparison with Previous Studies

When compared to previous research, this study confirms, expands upon, or contrasts with the findings of [cite relevant studies]. For instance, [describe how the results align with or differ from earlier studies]. Possible reasons for these similarities or discrepancies may include differences in study design, sample characteristics, or methodological approaches. This comparison strengthens the understanding of [key concept] and provides a broader perspective on [research topic].

Limitations and Cautions

Despite its contributions, this study has certain limitations. First, [mention any methodological constraints, such as sample size, data sources, or potential biases]. Second, [highlight any challenges in data collection or analysis that may have influenced the results]. These limitations should be carefully considered when interpreting the findings, and caution is needed when generalizing the results to broader populations or different settings.

Recommendations for Future Research

Future studies should address these limitations by [suggest possible improvements, such as expanding the sample size, adopting different methodologies, or including additional variables]. Further research is also needed to explore [mention any gaps identified in this study] and validate these findings in different contexts. Additionally, interdisciplinary approaches that

integrate [suggest relevant fields] may provide a more comprehensive understanding of [research topic].

5. Conclusion

This section should directly address the research objectives and ensure that conclusions are fully supported by the data. Avoid drawing conclusions that lack empirical evidence. If recommendations are provided, they should be integrated into a single paragraph alongside the conclusions. Recommendations should be based on the study's findings and aligned with the research outcomes.

Acknowledgement

The authors should acknowledge individuals or organizations that supported the research.

Funding

If funded, state: "This research was supported by [Funding Agency] (Grant No. X)."

If no funding was received, state: "The authors received no financial support for this study."

Conflict of Interest

If applicable, disclose financial interests, grants, or institutional affiliations.

If none, state: "The authors declare no conflicts of interest."

References

This journal follows the Vancouver citation style, where references are numbered sequentially throughout the text rather than listed alphabetically. Citation numbers should appear as superscripts without parentheses, placed immediately after the period in a sentence. A minimum of 25 references is required, with at least 80% sourced from research articles or scientific journals. References should primarily be from the last ten years. Authors are expected to maintain consistency in bibliography formatting. Authors must use Mendeley for reference management.

Examples:

1. Book (printed)

Johnson AB, Williams CD. Environmental Health and Risk Assessment. New York: Springer; 2015.

2. Book (online)

Smith RK. Climate Change and Public Health. 3rd ed. Cambridge: Cambridge University Press; 2020. Available from: <https://www.cambridge.org/core/books/climate-change-and-public-health/> [Accessed 10th August 2023].

3. Article (printed)

Lee M, Brown J. Air pollution exposure and respiratory diseases: A population-based study. *Environmental Research*. 2018;167:456–462.

4. Article (online)

Carter H, Nguyen P. The role of water sanitation in disease prevention. *Journal of Public Health*. 2021;45(2):301–310. Available from: <https://academic.oup.com/jpubhealth/article/45/2/301/> [Accessed 5th September 2023].

5. Conference Proceeding

Walker T. Waste management strategies in urban areas. In: Green M, Parker L, editors. *Proceedings of the International Conference on Environmental Sustainability*; 2019 May 10-12; Tokyo, Japan. London: Taylor & Francis; 2019. p. 98–104.

6. Report

World Health Organization. Air quality guidelines: Global update 2018. WHO Regional Office for Europe. Report number: 95, 2018.

7. Website

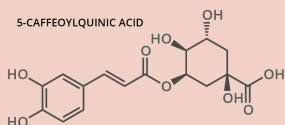
United Nations Environment Programme. Climate action for a sustainable future. Available from: <https://www.unep.org/resources/report/climate-action> [Accessed 12th November 2023].

Graphical Abstract (if required)

THE CHEMISTRY OF COFFEE

WHY IS COFFEE BITTER?

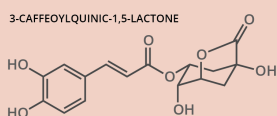
5-CAFFEYLQUINIC ACID



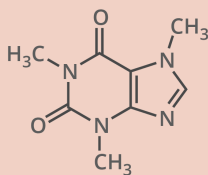
Chlorogenic acids account for up to 8% of the composition of unroasted coffee beans. More than 40 different varieties have been identified in green coffee beans, with 5-caffeoylquinic acid the most prevalent.

Chlorogenic acid content decreases when coffee beans are roasted, as they react to form quinolactones, phenylindanes & melanoidins. These contribute to flavour and bitterness.

3-CAFFEYLQUINIC-1,5-LACTONE



THE CAFFEINE CONTENT OF COFFEE



The caffeine content of coffee is variable but is approximately 100mg in a cup.

Caffeine works by blocking the action of a group of brain chemicals called adenosines, which work to naturally trigger tiredness.

The amount of caffeine in your bloodstream peaks 15 to 45 minutes after ingestion.

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If a graphical abstract is required, ensure it is clear, informative, and visually represents the study's main findings.