



English Title

Author's Full Name^{1*}, Author's Full Name², Author's Full Name³, etc.....

¹Author's Full Affiliation

²Author's Full Affiliation

³Author's Full Affiliation

**Correspondent : author@gmail.com*

ABSTRACT *[maximum 275 words]*

The global rise of non-communicable diseases underscores the importance of understanding lifestyle factors, particularly in vulnerable populations. While previous research has explored the link between diet and health outcomes, a significant gap remains in understanding how specific local dietary patterns influence metabolic health markers among rural adolescents *[write the importance of this research]*. This study aimed to bridge this gap by investigating the correlation between traditional dietary habits and key metabolic indicators—such as blood glucose and lipid profiles—in adolescents residing in Bengkulu, Indonesia *[explain the gap]*. Using a mixed-methods approach, including a 24-hour dietary recall and physical examinations, we analyzed data from 150 participants aged 13-18 *[explain the methods]*. Our key findings revealed a strong association between the consumption of traditional fermented foods and a more favorable lipid profile, whereas a high intake of processed snacks was linked to elevated blood glucose levels. These results highlight the protective role of specific local food practices and suggest a need for targeted public health interventions that promote traditional diets while discouraging modern, unhealthy eating behaviors *[mention the key findings]*. The implications of this research are crucial for developing culturally sensitive nutritional guidelines and school-based health programs to navigate the metabolic continuum effectively across the lifespan *[conclude the implications]*.

Keywords: metabolic health, dietary patterns, adolescents, public health *[Minimum 4 words – Maximum 6 words]*

Presented at The 5th
Bengkulu International
Conference on Health
(B-ICON),
Bengkulu-Indonesia,
October 28-29th, 2025

Published: December,
2025
Copyright © 2025 by
authors.

e-ISSN : 2986-027X

INTRODUCTION *[maximum 1500 words]*

The Introduction section should provide a comprehensive overview, covering the study's background, problem statement, objectives, and benefits. It is essential to describe the current situation and establish the significance of the research by contextualizing the problem on a global, regional, national, and local scale. Discuss existing programs, interventions, policies, and the findings of previous studies to demonstrate the current state of knowledge. Finally, articulate the clear rationale for conducting this research and present the specific research questions or hypotheses that your study aims to address.

METHODS *[maximum 2000 words]*

Methods Subsection 1

Methods Subsection 2

This part should contain sufficient detail to reproduce reported data. It can be divided into subsections if several methods are described. Methods already published should be indicated by a reference, only relevant modifications should be described. This section should be written concisely in detail by maintaining continuity of the texts. The methods section should begin by outlining the research design you used. For observational studies, describe the population and sample; for qualitative research, detail the informants and observation sites; and for experimental research, specify the participants or samples. Be sure to explain the sample size calculation and the sampling technique employed.

Next, define and explain the dependent and independent variables you studied, including their definitions and the tools used to measure them. This section must provide a clear and detailed description of the tools and materials used, allowing other researchers to replicate and verify the validity of your work. Remember to cite all methods used , and for studies involving human or animal subjects, include the certificate number, approval date, and the issuing institution for the ethical research approval.

RESULTS AND DISCUSSION *[maximum 3200 words excluding graph and tables]*

The Results and Discussion section should present your findings accurately and concisely, using tables and figures to effectively summarize key data. Your tables should be formatted horizontally without vertical lines (Table 1). All mathematical equations must be clearly written. If a specific symbol isn't available on the computer, you can handwrite it in pencil. Ensure all decimal numbers are separated by a dot (.).

Table 1. Captions for Tables are placed above. *[Table title]*

Table Rows <i>[Table content]</i>	Cell one	Cell two
Second Row	1	2
Third Row	2	3
Fourth Row	4	5

All tables, illustrations, and photos must be referenced sequentially within the text. For illustrations (figures, graphics, etc.), use a detailed legend or caption that explains their purpose without relying on the main text. Avoid adding the caption directly on the image itself; instead, place it below the figure. If you use any non-standard abbreviations, they must be explained in a footnote.



Figure 1. Captions are placed under the pictures. *[Figure Caption]*

The discussion should interpret the significance of your results without simply repeating them. Explain how your findings address the problem, compare them to previous studies to highlight similarities and differences, and suggest potential areas for future research. Finally, this section must also acknowledge the strengths and limitations of your study.

CONCLUSION [maximum 150 words]

Each manuscript should contain a conclusion section which may contain the major outcome of the work, highlighting its importance, limitation, relevance, application and recommendation. Do not use any subheading, citation, references to other part of the manuscript, or point list within the conclusion.

ACKNOWLEDGEMENTS

All acknowledgments (if any) should be included in a separate section before the references and may include list of peoples who contributed to the work in the manuscript but not listed in the author list. If your research was supported by a Research Grant, you may include details here. This section is optional.

DECLARATION OF INTEREST STATEMENT

State if there is any competing interest of any sort. If there is no financial interest, use the following format: The authors declare that they have no conflict of interests.

Citations

The citation should follow the **APA Referencing Style**, enclosed within parentheses (**author surname, year**) if not a natural part of the surrounding sentence; the year should be enclosed within parentheses if the names form a natural part of the surrounding sentence. Citations of works by two authors should have 'and' (not an ampersand) between the names. When a cited work has three or more authors in the text, the form (main author *et al.* year) is used (Don't forget to italicize *et al.*). In-text lists of references should be listed in chronological order (e.g. author1, 2002, author2, 2004, author3, 2008). Publications by the same author(s) in the same year should be identified with a, b, c (e.g. 2008a, 2008b) closed up to the year.

REFERENCES

Use **APA Referencing Style** in-text citations and a Reference List at the end of your document. References must be arranged in alphabetical order. References must be valid, with 80% from publications within the last 10 years. Only sources cited in the text should appear in the reference list. Author names must be written consistently. Abbreviations of journal names must be written in full. References must have more than **20 references**.

Reference Examples

[For an article in a printed journal]

APA format structure:

Author, A. (Publication Year). Article title. Journal Title, Volume (Issue), pp-pp.

APA format example:

Nevin, A. (1990). The changing of teacher education special education. Teacher Education and Special Education: The Journal of the Teacher Education Division of the Council for Exceptional Children, 13(4), 147-148.

[For an article in an online journal]

APA format structure:

Author, A. (Publication Year). Article title. Periodical Title, Volume(Issue), pp-pp. doi:XX.XXXXX or Retrieved from URL

APA format example:

Jameson, J. (2013). E-Leadership in higher education: The fifth "age" of educational technology research. *British Journal of Educational Technology*, 44(6), 889-915. doi: 10.1111/bjet.12103

[Book]**APA format structure:**

Author, A. (Year of Publication). Title of work. Publisher City, State: Publisher.

APA format example:

Finney, J. (1970). Time and again. New York, NY: Simon and Schuster.

[Magazine - Print]**APA format structure:**

Author, A. (Year, month of Publication). Article title. Magazine Title, Volume(Issue), pp.-pp.

APA format example:

Tumulty, K. (2006, April). Should they stay or should they go? *Time*, 167(15), 3-40.

[Magazine - Online]**APA format structure:**

Author, A.A.. (Year, Month of Publication). Article title. Magazine Title, Volume(Issue), Retrieved from <http://xxxx>

APA format example:

Tumulty, K. (2006, April). Should they stay or should they go? *Time*, 167(15) Retrieved from <http://content.time.com/time/magazine/article/0,9171,1179361,00.html>

[Newspaper article in print]**APA format structure:**

Author, A. (Year, Month Date of Publication). Article title. Newspaper Title, pp. xx-xx.

APA format example:

Rosenberg, G. (1997, March 31). Electronic discovery proves an effective legal weapon. *The New York Times*, 1-2

[Newspaper article online]**APA format structure:**

Author, A. (Year, Month Date of Publication). Article title. Newspaper Title, Retrieved from newspaper homepage URL

APA format example:

Rosenberg, G. (1997, March 31). Electronic discovery proves an effective legal weapon. *The New York Times*, Retrieved from <http://www.nytimes.com>

[Citing a general website article with an author]**APA format structure:**

Author, A. (Year, Month Date of Publication). Article title. Retrieved from URL

APA format example:

Simmons, B. (2015, January 9). The tale of two Flaccos. Retrieved from <http://grantland.com/the-triangle/the-tale-of-two-flaccos/>

[Citing a general website article without an author]**APA format structure:**

Article title. (Year, Month Date of Publication). Retrieved from URL

APA format example:

Teen posed as doctor at West Palm Beach hospital: police. (2015, January 16). Retrieved from <http://www.nbcmiami.com/news/local/Teen-Posed-as-Doctor-at-West-Palm-Beach-Hospital-Police-288810831.html>

[Citing a film/Citing a movie]

APA format structure:

Producer, A. (Producer), & Director, A. (Director). (Release Year). Title of motion picture [Motion Picture].
Country of Origin: Studio.

APA format example:

Bender, L. (Producer), & Tarantino, Q. (Director). (1994). Pulp fiction [Motion Picture]. United States: Miramax.

[Citing a film from YouTube]

APA format structure:

Author, A. [screenname]. (Year, Month Date of Publication). Title of video [Video file]. Retrieved from URL

APA format example:

Smith, Rick. (2013, September 20). Favre to Moss!. [Video file]. Retrieved from
https://www.youtube.com/watch?v=gOP_L6hBjn8