

NHRC Abstract Format Example

Ministry of Health and Wellness
NATIONAL HEALTH RESEARCH CONFERENCE
17th ANNUAL CONFERENCE 2026
ABSTRACT
Anthropometric factors and Cardiovascular Health

Taylor, V¹, Holden, K¹, Devine, M², Brown, R³

1 University of the West Indies, Mona, Jamaica

2 University of Florida, Gainesville, FL, USA

3 University of Technology, Papine, Jamaica

Objectives: Clinical cardiovascular health metrics of Jamaicans requires further study. This study sought to determine the relationship and association between anthropometric values and cardiovascular health metrics.....

Methods: A longitudinal cohort analysis of N=100 Jamaican men (n = 50) and women (n =50), aged 35-55 years who were enrolled at the cardiovascular clinic.....

Results: The majority (90.9%) of participants had a BMI of ... Univariate analysis found that BMI was associated with.....

Conclusion: Anthropometric measurements were positively associated with.....

Keywords: BMI, cardiovascular health, mid-life

The abstract word count is 220 words without title or authors or keywords.

Correspondence concerning this abstract should be addressed to Via Taylor, Department of Basic Medical Sciences, University of the West Indies, Mona, Kingston, Jamaica W.I. Telephone (876) 555-5555; Email: via.taylor@mymona.uwi.edu

NB: Affiliation font size 10 (italics), body of abstract font size 12 with single line spacing.

Abstract Content Checklist

<p>✓ The abstract should cover all elements shown in the NHRC Abstract Format.</p>
<p>✓ The abstract should fit within the themes of <i>(i) Disaster Resilience, Response and Wellness, (ii) Non-communicable diseases (NCDs) Risk Factors, (iii) Occupational Health and Safety in the Workplace, (iv) Infectious Diseases and (v) Environmental Health and Food Safety; and or of a high quality research topic /findings.</i></p>
<p>✓ The research should be of scientific merit.</p>
<p>✓ The research should be of relevance to the Jamaica and or global health sectors, and should ideally be able to inform health policy and practice.</p>
<p>✓ Abstracts should be no more than 250 words.</p>
<p>✓ <i>The abstract should ONLY include Title, Aims/Objectives, Methods, Results and Conclusions and Keywords.</i></p> <p>✓ <i>Each section clearly delineated as shown in the example above.</i></p> <p>✓ <u>No Background</u> is necessary for the abstract.</p> <p>✓ <i>Researchers should place emphasis on the <u>Methods and Results</u> sections.</i></p>
<p>✓ The abstract should be coherent and grammatically sound.</p>
<p>✓ The Title of the paper should reflect the content of the abstract.</p>
<p>✓ The Objectives or Aims should be clearly stated to emphasize the problem under investigation or the research question to be answered.</p>
<p>✓ The Methods should include a brief descriptions of the study design, participants/sample, sample size and should be appropriate for the stated objectives. This section should also describe statistical methods used.</p>
<p>✓ The Results should be in line with stated objectives and include the outcomes of the appropriate statistical tests.</p>
<p>✓ The Conclusion should be drawn from the results presented, and indicate the implications/applications of the findings or results.</p>
<p>✓ <i>Keywords</i> are optional but highly recommended. Keywords should be three to five words, phrases, or acronyms relevant to your research.</p>
<p>✓ Any abstract found to be in contravention of the listed instructions will not be considered for the adjudication process for the Conference.</p>