**Commentary/Op-Ed
(Word Limit: Generally 500-3,000 words)**

**Description**:Commentaries/op-eds address public health issues written from an evidence-based perspective. Point-Counterpoints are solicited special editorials on specific public health issues from opposing vantage points and/or responses to previously published HPHR articles. Preferred length of these submissions is 500-3,000 words.

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* All named authors that have contributed to the submission, and whom grant HPHR permission to review and (if selected) publish their work.
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* Disclosure statement (i.e., indicating whether any of the authors have personal, commercial, or financial interests that are relevant to the research and opinions represented in the work submitted to HPHR).
* Attestation that the manuscript is not currently under consideration by another publication and/or has not previously been published elsewhere.
* A brief description of the background and relevance of the manuscript to public health.
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**Title**: Insert **title** here.

**Author List and Institutional Affiliations**: Insert the full **author list** here (note: author names should be listed in first name, last name format including relevant degrees). **Include each author’s institutional affiliation(s)** and the email of the corresponding author.

**Example**:

Dr. Bickle Catsmith, PhD, Harvard University

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***Examples***:

Bray, G. A., Nielsen, S. J., & Popkin, B. M. (2004). Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *The American Journal of Clinical Nutrition*, *79*(4), 537–543.

CDC. (2021, March 19). *Causes and Consequences of Childhood Obesity*. Centers for Disease Control and Prevention. https://www.cdc.gov/obesity/childhood/causes.html

Sadeh, A. (2011). The role and validity of actigraphy in sleep medicine: An update. *Sleep Medicine Reviews*, *15*(4), 259–267. https://doi.org/10.1016/j.smrv.2010.10.001

Sylvetsky, A. C., Jin, Y., Clark, E. J., Welsh, J. A., Rother, K. I., & Talegawkar, S. A. (2017). Consumption of Low-Calorie Sweeteners among Children and Adults in the United States. *Journal of the Academy of Nutrition and Dietetics*, *117*(3), 441-448.e2. https://doi.org/10.1016/j.jand.2016.11.004

**Acknowledgements**: Paste your acknowledgements here (including any funding that the work may have been financially supported by), if applicable.

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Dr. Bob Smith is a professor in the Psychology Department at Harvard University. His research areas include xxxxx and xxxx. He received his formal training at Yale University.