**Blog Post**

**(Word Limit: 500-1000 words)**

**Description**:Academic-based, referenced public-health focused blog posts may be created and submitted by individuals, partners, and/or organizations. Blogs will be copy-edited and all submitted content will be subject to the approval of *BCPHR Journal* to ensure it remains aligned to our mission, vision and academic standards. Preferred length is 500-1000 words per blog post.

**Price**:

* Non-expedited, single blog post (including 1 image or table): $75.00
* Expedited, single blog post (including 1 image or table): $100.00
* Full blog (non-expedited, minimum of 2 blogs per month; maximum of 10 blogs per month): $1,200 year (pre-payment required)

NB: To request transfer of past blogs before uploading new content, please contact [communications@bcph.org](mailto:communications@bcph.org)

**Publication Timeframe**:

* Non-expedited: 4 weeks
* Expedited: 2 weeks

**Extra Features: - *Coming soon***

* Each blog post includes 1 image or table with payment cost; additional images are $25.00 each
* Dissemination of author-created social media post (3 copies of a promotional social media post regarding author’s blogs will be posted to Facebook, Instagram, and LinkedIn): $50.00
* Addition of Sound Cloud file: $50.00
* Embedded interview/video: $50.00 each

**Additional Terms and Conditions:**

* All blog posts should be submitted to Scholastica with notation of “Expedited or Non-expedited Blog” as part of the title line (i.e. If the blog post is entitled, “Lessons from COVID-19”, your Scholastica submission should be titled “Non-expedited Blog - Lessons from COVID-19”)
* Videos & Sound Cloud files will need to be sent to BCPHR to be uploaded and embedded from our YouTube account (size should generally be kept to less than 1 GB and embedded videos cannot exceed 30 minutes)

**Checklist**: Use this template to format your submission, ensuring that it includes:

* **Cover Letter** (to be submitted on Scholastica)
* **Blog Post Title**
* **Author(s) Photo**
* **Author(s) Name**
* **1 Post-Related Image**
* **Introduction**
* **Body/Discussion**
* **Conclusion**
* **References**
* **Acknowledgements** includes funding if work was financially supported (if applicable)
* **Disclosure Statement**: Please disclose competing interests/conflicts of interest. If the author(s) do not have anything to disclose, please paste the following statement, “The author(s) have no relevant financial disclosures or conflicts of interest”.
* **Individual Author Biographies(s)** (~100 words)
* **Author Contact Details** (i.e., Facebook, LinkedIn, Twitter)

**Formatting**:

Visit BCPHR’s online [Submission Preparation Guidelines](http://hphr.org/hphr-submission-preparation) (BCPHR.org/BCPHR-submission-preparation/) for additional details on formatting (font, point sizes); language, tables, images and other media, figures, photographs, and style.

**Cover Letter**: Your submission should include a brief cover letter that outlines:

* The submission type (i.e., blog post.)
* Word count (main-text only, excluding References, Figures, Tables, etc.)
* All named authors that have contributed to the submission, and whom grant BCPHR permission to if selected, publish their work
* Indicate the name, address, and email of the corresponding author
* 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 BCPHR)
* Attestation that the post 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 post to public health

**References**: All references must be prepared and submitted according to the [American Medical Association (AMA) Style Guide](https://owl.purdue.edu/owl/research_and_citation/ama_style/index.html).

Visit the AMA Manual of Style online: <https://www.amamanualofstyle.com/>; download [a guide here](https://hphr.org/wp-content/uploads/2021/09/AMACitationGuide.pdf) or here: [tinyurl.com/AMAGuide-BCPHRprep](http://tinyurl.com/AMAGuide-HPHRprep).

AMA uses **endnotes** **with superscript** **Arabic numerals** **outside periods and commas**, but inside colons and semicolons.

I like this paper.1

In the endnotes, the reference will appear as follows:

1. Compston A. Papers I liked. *The Lancet*. 2008;372(9648):1502-1517.

**Citation Examples**:

* Compston A, Coles A. Multiple sclerosis. The Lancet. 2008;372(9648):1502-1517.
* Silverstein A, Silverstein VB, Nunn LS. *Cancer*. Minneapolis, MN: Twenty-First Century Books; 2006.
* Drake AJ, Smith A, Betts PR, et al. Type 2 diabetes in obese white children. *Arch Dis Child*. 2002;86(3), 207-208. https://pubmed.ncbi.nlm.nih.gov/11861246. Accessed April 5, 2015.

***Figures & Tables:***

**Figure:**

Type figure legend and paste figure above the legend. Legends should not be part of the design, but kept as editable text in the document.

Additional notes about Figures:

* Figures are to be placed on separate pages with legends placed below each figure
* Figures should be at least 300 DPI, submitted as JPEG, PNG, EPS, or SVG files
* You may submit video or GIFs as well
* Figures ideally should be submitted with a transparent background
* Figures should be titled consecutively according to the order they appear in the text
* Titles are to appear above the figure, in bold, Times New Roman, 12 pt font
* Legends are to appear directly after the image, single-spaced, in Times New Roman, 12 pt font
* Titles and legends should **NOT** be part of the image, but inserted as text in the document, above and below the figure image, respectively
* Text within figures should be single-spaced, in Times New Roman, 10 pt font

**Table:**

Type table title and paste table below the title. If including table legend, paste below the table. Please **DO NOT** insert images of tables.

Additional notes about Tables:

* Tables are to be placed at the end of the submission
* Tables should be created using Word (please do not submit them as images)
* Tables are to be numbered consecutively according to the order of citation in the text
* Titles are to be set above the table in bold Times New Roman, 12 pt font
* Table text and data are to be set in Times New Roman, 10 pt font, single space
* Legends are to be included below in non-bold Times New Roman, 8 pt font, and single-spaced
* Please **DO NOT** submit tables as images

**Other Images/Media and Photographs:**

Images and other media that are not part of figures may be submitted as follows:

* Images should be inserted on separate pages
* Image files should be at least 300 DPI, submitted as JPEG, PNG, EPS, or SVG files
* You may submit high resolution video or GIFs as well. Do embed these in the document; but submit them separately.
* Images ideally should be submitted with a transparent background
* Images should be titled consecutively according to the order they appear in the text
* Titles are to appear above the figure, in bold, Times New Roman, 12 pt font
* Legends are to appear directly after the image, single-spaced, in Times New Roman, 12 pt font
* Titles and legends should NOT be part of the image, but inserted as text in the document, above and below the figure image, respectively
* Text within figures should be single-spaced, in Times New Roman, 10 pt font

Additional notes about Photographs:

* *BCPHR* requires written permission or a signed waiver forms for all images depicting individuals, except in the case of crowd scenes or when persons are not identifiable.
* If selected for publication, *BCPHR* will require copies of all permissions paperwork
* Photographs must be submitted as PNG or TIFF files of 300 DPI or higher.

**About the Author(s)**: Please include a third-person biography for each author, as follows:   
  
***Example***:   
**Dr. Bob Smith, MD**  
Dr. Bob Smith is a professor of Psychology at Harvard University. His research areas include xxxxx and xxxx. He received his formal training at Yale University.