# Extended Abstract Title

The title should be concise, omitting terms that are implicit and, where possible, be a statement of the main result or conclusion presented in the manuscript. Abbreviations should be avoided within the title.

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# Introduction

Upon the approvals from the Committee, authors will be invited to submit their best practice brief paper. Best practice brief is an extended form of abstract submitted to SEAPAC2025 where the authors are allowed to explain their program in more details, but not over than 2000 words (excluding reference, table, and figures). Best practice brief should be typed in document processing formats (doc, docx), single spaced, justified, and normal margin (2.5 inch) in all sides.

The introduction should consist of 1) the background of the chosen program/ project/ intervention, 2) magnitude of the problem in the community and the gaps between the existing program/policy and community expectations, 3) why it was designed and why it was considered important.

**Program/project implementation**

Describe the program/project/intervention history, aims, key activities, structure organization (if applicable), roles of community members and local organization/government, duration of program/project, funding, monitoring and evaluation.

Sub-headings are recommended to be used.

### History

Briefly describe the history of the program/project/intervention. Who was the initiator? Who participated in the development? Describe the process of the development and the key milestone of the program/project/intervention.

### Aims

Describe the target and objectives of the program/project/intervention.

### Key activities

Describe the key activities of the program/project/intervention, the target audience of each activity, and the objectives of each activity. Please also describe the duration of the program/ project/ intervention.

### Structure organization

Describe the organization of the program/project/intervention, and the responsibility of each member. Please also describe the roles of community members and local organization/ government, and funding support.

### Monitoring and evaluation

Describe the methods to monitor and evaluate the progress of the program/project/ intervention and who is responsible in this task.

# Lesson learned

Describe the major achievements, challenges in implementation, community responses, and future programs recommendation.

Whenever possible, organize the lesson learned in several sections by using sub-headings.

### **Sub-heading**

A maximum of 2 tables and 2 figures are allowed to be displayed in best practice brief. Table should be placed immediately after the text corresponds to it. Abbreviation and notes should be placed as table foot notes. Please see example.

**Table 1. Participants in the Thailand’s Surveillance of Physical Activity (SPA) 2019 and 2020. (Data presented as %(*n*))**

|  |  |  |
| --- | --- | --- |
| Variable | SPA 2019  (*n* = 4460) | SPA 2020  (*n* = 4482) |
| **Gender** |  |  |
| Male | 50.0 (2230) | 53.4 (2395) |
| Female | 50.0 (2230) | 46.6 (2087) |
| **Age group (year)** |  |  |
| Young adults (18–39) | 43.6 (1946) | 68.8 (3082) |
| Middle-aged adults (40–64) | 56.4 (2514) | 31.2 (1400) |
| **Education level** |  |  |
| Lower and primary education | 35.1 (1567) | 8.4 (377) |
| Secondary education | 18.2 (809) | 12.5 (561) |
| Post-secondary education | 46.7 (2084) | 79.1 (3544) |
| **Occupation** |  |  |
| Student | 3.6 (162) | 6.2 (280) |
| Formal sector | 24.1 (1073) | 21.7 (970) |
| Informal sector | 19.3 (862) | 34.9 (1562) |
| Private enterprise | 20.9 (931) | 21.2 (950) |
| Agriculture | 15.9 (708) | 5.8 (262) |
| Unemployed | 16.2 (723) | 8.6 (387) |
| No answer | 0.0 (1) | 1.6 (71) |
| **Chronic disease(s)** |  |  |
| Yes | 24.6 (1095) | 24.1 (1081) |
| No | 75.4 (3365) | 75.9 (3401) |
| **Area of residence** |  |  |
| Urban | 53.8 (2398) | 66.2 (2966) |
| Rural | 46.2 (2062) | 33.8 (1516) |
| **COVID-19 risk zones (as of March, 2020)** | |  | |
| Red | － | 34.1 (1529) |
| Orange | － | 21.2 (951) |
| Green | － | 44.7 (2002) |
| **Exposed to the Fit from Home campaign** | |  | |
| Yes | － | 25.6 (1148) |
| No | － | 74.4 (3334) |
| **Type of restrictive measure in one’s location** |  |  |
| Lockdown | － | 46.6 (2088) |
| Relaxed curfew | － | 53.4 (2394) |
| **Having sufficient MVPA** | |  | |
| Yes | 74.6 (3329) | 54.7 (2452) |
| No | 25.4 (1131) | 45.3 (2030) |

Notes: Red zone: more than 10 confirmed positive cases. Orange zone: 1–10 confirmed positive cases. Green zone: no infection has been reported. Lockdown period: during maximum curfew enforcement (March 29–May 2). Relaxed curfew: after May 2. Sufficient MVPA: an accumulation of 75 min of vigorous intensity PA per week or a 150-min combination of vigorous- and moderate-intensity PA per week. Abbreviations: MVPA = Moderate-to-Vigorous Physical Activity; SPA = Surveillance on Physical Activity.

Figures should be placed immediately after text in TIFF or editable format. Figure title should be placed below and centered. Colored figures are recommended instead of pattern or gray-scale. See example:

**Figure 1: Prevalence of sufficient MVPA of Thai adults: 2012-2019**

# References

Whenever applicable, reference should follow APA7th style.

All in-text citations must have a corresponding entry in the reference list.

All sources in the reference list must have a corresponding in-text citation.

See example for in-text and reference list following APA style:

<https://guides.lib.monash.edu/ld.php?content_id=49402325>

<https://aut.ac.nz.libguides.com/ld.php?content_id=49292669>

This is the reference list example for a journal article:

Bull, F. C., Al-Ansari, S. S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., Carty, C., Chaput, J.-P., Chastin, S., & Chou, R. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *British journal of sports medicine*, *54*(24), 1451-1462. <https://bjsm.bmj.com/content/bjsports/54/24/1451.full.pdf>