

## DAFTAR PUSTAKA

- Abriha, A., Yesuf, M. E., & Wassie, M. M. (2014). Prevalence and associated factors of anemia among pregnant women of Mekelle town: a cross sectional study. *BMC research notes*, 7(1), 1-6.
- Abt, N. B., Tarabanis, C., Miller, A. L., Puram, S. V., & Varvares, M. A. (2019). Preoperative anemia displays a dose-dependent effect on complications in head and neck oncologic surgery. *Head & neck*, 41(9), 3033-3040.
- AKG. (2019). Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia. Peraturan Kementerian Kesehatan Republik Indonesia Nomor 28 Tahun 2019
- Agustina, R., Nadiya, K., Andini, E. A., Setianingsih, A. A., Sadariskar, A. A., Prafiantini, E., & Raut, M. K. (2020). Associations Of Meal Patterning, Dietary Quality And Diversity With Anemia And Overweight-Obesity Among Indonesian School-Going Adolescent Girls In West Java. *PloS one*, 15(4), e0231519.
- Akib, A., & Sumarmi, S. (2017). Kebiasaan Makan Remaja Putri yang Berhubungan dengan Anemia: Kajian Positive Deviance. *Amerta Nutrition*, 1(2), 105-116.
- Aramico, B., & Siketang, N. W. (2017). Hubungan Asupan Gizi, Aktivitas Fisik, Menstruasi Dan Anemia Dengan Status Gizi Pada Siswi Madrasah Aliyah Negeri (MAN) Simpang Kiri Kota Subulussalam. *SEL Jurnal Penelitian Kesehatan*, 4(1), 21-30.

- Al Faiqoh, R. B., Suyatno, S., & Kartini, A. (2018). Hubungan Ketahanan Pangan Keluarga Dan Tingkat Kecukupan Zat Gizi Dengan Kejadian Stunting Pada Anak Usia 24-59 Bulan Di Daerah Pesisir (Studi Di Wilayah Kerja Puskesmas Bandarharjo Kota Semarang). *Jurnal Kesehatan Masyarakat (Undip)*, 6(5), 413-421.
- Alifah, H. N., Anita, D. C., & Suprayitno, E. (2017). Hubungan Status Gizi Dengan Kadar Hemoglobin Pada Santriwati Di Pondok Pesantren Al Munawwir Krapyak Bantul Yogyakarta. SKRIPSI
- Almatsier, S. (2011). Prinsip Dasar Ilmu Gizi. PT Gramedia Pustaka Utama. Jakarta.
- Andadari, D.P.P.S. & Mahmudiono, T., (2017). Keragaman Pangan dan Tingkat Kecukupan Energi serta Protein Pada Balita. *Amerta Nutrition*, 1(3), pp.172-179.
- Astuti, R. Y., & Ertiana, D. (2018). *Anemia dalam Kehamilan*. Jember : Pustaka Abadi.
- Astuti, T., Surmita & Sirajuddin. (2018). Survey Konsumsi Pangan. Jakarta : Kementerian Kesehatan RI.
- Balitbangkes RI. (2013). Laporan Hasil Riset Kesehatan Dasar Tahun 2013. Jakarta : Balitbangkes, 2013.
- Balitbangkes RI. (2018) Laporan Hasil Riset Kesehatan Dasar Tahun 2018. Jakarta: Balitbangkes, 2018.
- Berner, L. A., & Miller, D. D. (1985). Effects Of Dietary Proteins On Iron Bioavailability—a review. *Food Chemistry*, 18(1), 47-69.

BKKBN. (2011). Kajian Profil penduduk Remaja (10-24 tahun) : Ada apa dengan remaja. Policy Brief Puslitbang kependudukan-BKKBN 2011;1

Bianchi, V. E. (2016). Role of Nutrition on Anemia in Elderly. *Clinical nutrition ESPEN*, 11, e1-e11.

Birru, S. M., Tariku, A., & Belew, A. K. (2018). Improved Dietary Diversity of School Adolescent Girls in the Context of Urban Northwest Ethiopia: 2017. *Italian Journal of Pediatrics*, 44(1), 1-6.

Bohrer, B. M. (2017). Nutrient Density And Nutritional Value Of Meat Products And Non-Meat Foods High In Protein. *Trends in Food Science & Technology*, 65, 103-112.

Cahyaning, R. C. D., Supriyadi, S., & Kurniawan, A. (2019). Hubungan pola konsumsi, aktivitas fisik dan jumlah uang saku dengan status gizi pada siswa smp negeri di Kota Malang tahun 2019. *Sport Science and Health*, 1(1), 22-27.

Cano-Ibáñez, N., Gea, A., Martínez-González, M. A., Salas-Salvadó, J., Corella, D., Zomeño, M. D., ... & Bueno-Cavanillas, A. (2019). Dietary diversity and nutritional adequacy among an older Spanish population with metabolic syndrome in the PREDIMED-plus study: A cross-sectional analysis. *Nutrients*, 11(5), 958.

Carolyn, B. T., & Novelia, S. (2021). Penyuluhan dan Pemeriksaan Kadar Hemoglobin Sebagai Upaya Deteksi Dini Anemia Pada Ibu Hamil. *Journal of Community Engagement in Health*, 4(1), 245-248.

- Chaparro, C. M., & Suchdev, P. S. (2019). Anemia Epidemiology, Pathophysiology, and Etiology in Low-And Middle-Income Countries. *Annals of the new York Academy of Sciences*, 1450(1), 15.
- Christian, P., & Smith, E. R. (2018). Adolescent Undernutrition: Global Burden, Physiology, and Nutritional Risks. *Annals of Nutrition and Metabolism*, 72(4), 316-328.
- Chen, Q., Pei, C. and Zhao, Q., 2018. Eating More But Not Better at School? Impacts of Boarding on Students' Dietary Structure and Nutritional Status in Rural Northwestern China. *Sustainability*, 10(8), p.2753.
- Delil, R., Tamiru, D., & Zinab, B. (2018). Dietary Diversity and its Association with Anemia Among Pregnant Women Attending Public Health Facilities in South Ethiopia. *Ethiopian journal of health sciences*, 28(5).
- Departemen Kesehatan RI. 2003. Gizi dalam Angka. 2003. Jakarta: Direktorat Gizi Masyarakat Jakarta
- Departemen Kesehatan RI. 2006. Pedoman Penanggulangan Anemia Gizi di Indonesia. Jakarta: Direktorat Bina Gizi Masyarakat
- Diniyyah, S. R., & Nindya, T. S. (2017). Asupan Energi, Protein dan Lemak dengan Kejadian Gizi Kurang pada Balita Usia 24-59 Bulan di Desa Suci, Gresik. *Amerta Nutrition*, 1(4), 341-350.
- Dinkes DIY. (2018). [Detail Artikel | Dinas Kesehatan Daerah Istimewa Yogyakarta \(iogjaprovo.go.id\)](#)
- Dwinanda, R. F. (2017). Hubungan Gratitude dengan Citra Tubuh pada Remaja. *Jurnal Psikologi*, 9(1).

- Endalifer, M.L., Andargie, G., Mohammed, B. dan Endalifer, B.L., (2021). Factors associated with dietary diversity among adolescents in Woldia, Northeast Ethiopia. *BMC nutrition*, 7(1), pp.1-8.
- Ernawati, A. (2017). Masalah Gizi pada Ibu Hamil. *Jurnal Litbang: Media Informasi Penelitian, Pengembangan dan IPTEK*, 13(1), 60-69.
- Faridi, A., Trisutrisno, I., Irawan, A. M. A., Lusiana, S. A., Alfiah, E., Rahmawati, L. A., & Sinaga, T. R. (2022). *Survei Konsumsi Gizi*. Yayasan Kita Menulis.
- Fentie, K., Wakayo, T., & Gizaw, G. (2020). Prevalence of Anemia and Associated Factors Among Secondary School Adolescent Girls in Jimma Town, Oromia Regional State, Southwest Ethiopia. *Anemia*, 2020.
- Food and Agriculture Organization. (2011). Guidelines for Measuring Household and Individual Dietary Diversity.
- Foote, J.A., Murphy, S.P., Wilkens, L.R., Basiotis, P.P. and Carlson, A., (2004). Dietary variety increases the probability of nutrient adequacy among adults. *The Journal of nutrition*, 134(7), pp.1779-1785.
- Gascón, P., Arranz, R., Bargay, J., & Ramos, F. (2018). Fatigue-and Health-Related Quality-of-Life in Anemic Patients with Lymphoma or Multiple Myeloma. *Supportive Care in Cancer*, 26(4), 1253-1264.
- Gebreyesus, S.H., Endris, B.S., Beyene, G.T., Farah, A.M., Elias, F. and Bekele, H.N., (2019). Anaemia among adolescent girls in three districts in Ethiopia. *BMC public health*, 19(1), pp.1-11.
- Gibson, R. S., (2005). *Principles of Nutritional Assessment*. Oxford university press, USA.

Hempel, E. V., & Bollard, E. R. (2016). The Evidence-Based Evaluation of Iron Deficiency Anemia. *Medical Clinics*, 100(5), 1065-1075.

Haidar, J., Nekatibeb, H., & Urga, K. (1999). Iron deficiency anaemia in pregnant and lactating mothers in rural Ethiopia. *East African medical journal*, 76(11), 618-622.

Hendrayana, A., Mutaqin, A. and Syamsuri, S., (2019). The Phenomenon of Boarding School and Its Mathematics Learning. *Al-Jabar: Jurnal Pendidikan Matematika*, 10(1), pp.159-175.

Isabirye, N., Bukenya, J. N., Nakafeero, M., Ssekamatte, T., Guwatudde, D., & Fawzi, W. (2020). Dietary Diversity and Associated Factors Among Adolescents in Eastern Uganda: a cross-sectional study. *BMC public health*, 20(1), 1-8.

Islam, M.R., Rahman, S.M., Tarafder, C., Rahman, M., Rahman, A. and Ekström, E.C., (2020). Exploring Rural Adolescents' Dietary Diversity and Its Socioeconomic Correlates: A Cross-Sectional Study from Matlab, Bangladesh. *Nutrients*, 12(8), p.2230.

Jin, Y., Talegawkar, S. A., Sedlander, E., DiPietro, L., Parida, M., Ganjoo, R., ... & Rimal, R. (2021). Dietary Diversity and Its Associations with Anemia among Women of Reproductive Age in Rural Odisha, India. *Ecology of Food and Nutrition*, 1-15.

Kabir, A., Miah, S., & Islam, A. (2018). Factors Influencing Eating Behavior and Dietary Intake Among Resident Students In A Public University In Bangladesh: A Qualitative Study. *PloS one*, 13(6), e0198801.

Kennedy, G. L., Pedro, M. R., Seghieri, C., Nantel, G., & Brouwer, I. (2007). Dietary Diversity Score is a Useful Indicator of Micronutrient Intake in Non-Breast-Feeding Filipino Children. *The Journal of nutrition*, 137(2), 472-477.

Khan, H. M. S., Sohail, M., Ali, A., Akhtar, N., Khan, H., & Rasool, F. (2014). Symptoms-Based Evaluation of Iron Deficiency Anemia in Students of Bahawalpur Correlated with their Eating Habits. *Tropical Journal of Pharmaceutical Research*, 13(5), 769-772.

Khan, S., Sohail, M., & Khan, A. (2014). Symptoms Based Evaluation of Iron Deficiency Anemia in University Students in Correlation with their Food Habits. *American International Journal of Contemporary Scientific Research*, 1(1), 55-63.

Knüppel, S., Norman, K., & Boeing, H. (2019). Is a Single 24-Hour Dietary Recall per Person Sufficient to Estimate the Population Distribution of Usual Dietary Intake?. *The Journal of nutrition*, 149(9), 1491-1492.

Kurniawan, Y. A. I., Muslimatun, S., Achadi, E. L., & Sastroamidjojo, S. (2006). Anaemia and iron deficiency anaemia among young adolescent girls from peri urban coastal area of Indonesia. *Asia Pacific journal of clinical nutrition*, 15(3).

Kusudaryati, D. P. D., & Prananingrum, R. (2018). Hubungan asupan protein dan status gizi dengan kadar hemoglobin pada remaja putri anemia. *Profesi (Profesional Islam): Media Publikasi Penelitian*, 16(1), 47-52.

Kusuma, M.R.H. and Krianto, T., (2018). Pengaruh Citra Tubuh, Perilaku Makan, dan Aktivitas Fisik Terhadap Indeks Massa Tubuh (IMT) pada Remaja: Studi Kasus pada SMA Negeri 12 DKI Jakarta. *Perilaku dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 1(1), pp.23-31.

Leal, L. P., & Osório, M. M. (2006). Diagnostic Accuracy Comparison Between Clinical Signs and Hemoglobin Color Scale as Screening Methods in the Diagnosis of Anemia in Children. *Revista Brasileira de Saúde Materno Infantil*, 6, 183-189

Lin, L., Wei, Y., Zhu, W., Wang, C., Su, R., Feng, H. and Yang, H., (2018). Prevalence, risk factors and associated adverse pregnancy outcomes of anaemia in Chinese pregnant women: a multicentre retrospective study. *BMC pregnancy and childbirth*, 18(1), pp.1-8.

Mahan, L. K., & Raymond, J. L. (2016). *Krause's food & the nutrition care process-e-book*. Elsevier Health Sciences.

Maulida, N. R., Rachmalina, R., & Ermayani, E. (2014). Peningkatan Asupan Makan Beraneka Ragam Pada Anak Usia 6–23 Bulan Guna Mencapai Status Gizi Baik Dan Pencegahan Stunting Di Indonesia. *PROSIDING*, 121.

Mela, D. (Ed.). (2005). *Food, diet and obesity*. Elsevier.

Merita, Wulansari, A., Sari M., Kasyani & Fitriani, S. (2019). Diet Quality as an Indicator of Iron Deficiency Anemia: A Study of Adolescent Girls of Senior High School in Jambi City. *Pak. J. Nutr.*, 18 (6): 579-586, 2019



- Nithya, D. J., & Bhavani, R. V. (2018). Dietary diversity and its relationship with nutritional status among adolescents and adults in rural India. *Journal of biosocial science*, 50(3), 397-413.
- Ogelang, O.R., Sondakh, J.A. and Tinangon, A.J., 2016. *Boarding School Di Manado 'Architecture for Children'* (Doctoral dissertation, Sam Ratulangi University).
- Olumakaiye, M. F. (2013). Adolescent Girls with Low Dietary Diversity Score Are Predisposed to Iron Deficiency in Southwestern Nigeria. *ICAN: Infant, Child, & Adolescent Nutrition*, 5(2), 85-91.
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 25. (2014). Upaya Kesehatan Anak. Kementerian Kesehatan Republik Indonesia
- Permatasari, T., Briawan, D., & Madanijah, S. (2020). Hubungan Asupan Zat Besi dengan Status Anemia Remaja Putri di Kota Bogor. *Jurnal Preportif*, 95-100.
- Powers, J. M., & Buchanan, G. R. (2019). Disorders of Iron Metabolism: New Diagnostic and Treatment Approaches to Iron Deficiency. *Hematology/Oncology Clinics*, 33(3), 393-408.
- Purwaningtyas, M. L., & Prameswari, G. N. (2017). Faktor Kejadian Anemia pada Ibu Hamil. *HIGEIA (Journal of Public Health Research and Development)*, 1(3), 43-54.
- Rachman, H. P., & Ariani, M. (2016). Penganekaragaman Konsumsi Pangan di Indonesia: Permasalahan dan Implikasi untuk Kebijakan dan Program. *Analisis Kebijakan Pertanian*, 6(2), 140-154.

- Rachmayani, S. A., Kuswari, M., & Melani, V. 2018. Hubungan Asupan Zat Gizi dan Status Gizi Remaja Putri di SMK Ciawi Bogor. *Indonesian Journal of Human Nutrition*, 5(2), 125-130.
- Reski, I.A., 2017. Hubungan Keragaman Konsumsi Pangan Dengan Kejadian Anemia Pada Remaja Putri di SMA Negeri 12 Padang Tahun 2017.
- Rokhmah, F., Muniroh, L. and Nindya, T.S., 2016. Hubungan Tingkat kecukupan energi dan zat gizi makro dengan status gizi siswi SMA di Pondok pesantren Al-Izzah Kota batu. *Media Gizi Indonesia*, 11(1), pp.94-100.
- Rosyidah, Z. (2015). Hubungan antara Jumlah Uang Saku, Kebiasaan Sarapan, dan Pola Konsumsi Makanan Jajanan dengan Status Gizi Lebih Anak Sekolah Dasar (Studi di SDN Ploso I-172 Kecamatan Tambaksari Surabaya) (Doctoral dissertation, Universitas Airlangga).
- Sarwono, J., 2006. Metode Penelitian Kuantitatif dan Kualitatif. Yogyakarta : Graha Ilmu
- Savy, M., Martin-Prével, Y., Sawadogo, P., Kameli, Y. & Delpeuch, F., (2005). Use of Variety/Diversity Scores For Diet Quality Measurement: Relation with Nutritional Status of Women in a Rural Area in Burkina Faso. *European journal of clinical nutrition*, 59(5), pp.703-716.
- Sholicha, C.A. and Muniroh, L., 2019. Hubungan Asupan Zat Besi, Protein, Vitamin C dan Pola Menstruasi dengan Kadar Hemoglobin Pada Remaja Putri Di SMAN 1 Manyar Gresik. *Media Gizi Indonesia*, 14, pp.147-153.

- Silalahi, V., Aritonang, E., & Ashar, T. (2016). Potensi Pendidikan Gizi Dalam Meningkatkan Asupan Gizi Pada Remaja Putri Yang Anemia Di Kota Medan. *KEMAS: Jurnal Kesehatan Masyarakat*, 11(2), 295-301.
- Sudrajat, A. S., & Sinaga, T. (2017). Analisis biaya makan terhadap ketersediaan makanan serta tingkat kecukupan gizi santri di Pondok Pesantren Darul Arqam Garut. *Gizi Indonesia*, 39(2), 115-124.
- Sufyan, D. L., Oy, S., & Mardiana, S. (2019). Hubungan antara Kecukupan Energi dan Protein dengan Prevalensi Anemia pada Wanita Usia Subur di Kecamatan Ciampea Bogor. *JURNAL ILMIAH KESEHATAN MASYARAKAT: Media Komunikasi Komunitas Kesehatan Masyarakat*, 11(3), 232-237.
- Sugiyono.(2015). Metode Penelitian Kombinasi (Mix Methods). Bandung: Alfabeta.
- Suryani, D., Hafiani, R., & Junita, R. (2017). Analisis Pola Makan dan Anemia Gizi Besi pada Remaja Putri Kota Bengkulu. *Jurnal Kesehatan Masyarakat Andalas*, 10(1), 11-18.
- Thamaria, Netty. 2017. Penilaian Status Gizi. Jakarta: Kementerian Kesehatan RI
- Toki, Y., Ikuta, K., Kawahara, Y., Niizeki, N., Kon, M., Enomoto, M., & Okumura, T. (2017). Reticulocyte Hemoglobin Equivalent as a Potential Marker For Diagnosis Of Iron Deficiency. *International journal of hematology*, 106(1), 116-125.
- Uvaliyeva, I., Alimbayeva, Z., Belginova, S., & Ismukhamedova, A. (2019). Design And Implementation Of The Diagnostic Of Algorithms Complex For Clinical

And Hematological Symptoms. In *Proceedings of the 5th International Conference on Engineering and MIS* (pp. 1-5).

Van de Vijver, E., Van Gils, A., Beckers, L., Van Driessche, Y., Moes, N. D., & van Rheenen, P. F. (2019). Fatigue in children and Adolescents with Inflammatory Bowel Disease. *World journal of gastroenterology*, 25(5), 632.

Van Zutphen, K. G., Kraemer, K., & Melse-Boonstra, A. (2021). Knowledge Gaps in Understanding the Etiology of Anemia in Indonesian Adolescents. *Food and Nutrition Bulletin*, 42(1\_suppl), S39-S58.

Verger, E.O., Le Port, A., Borderon, A., Bourbon, G., Moursi, M., Savy, M., Mariotti, F. & Martin-Prevel, Y., 2021. Dietary diversity indicators and their associations with dietary adequacy and health outcomes: A systematic scoping review. *Advances in Nutrition*, 12(5), pp.1659-1672.

Verstraeten, R., Van Royen, K., Ochoa-Avilés, A., Penafiel, D., Holdsworth, M., Donoso, S., & Kolsteren, P. (2014). A Conceptual Framework For Healthy Eating Behavior In Ecuadorian Adolescents: A Qualitative Study. *PloS one*, 9(1), e87183.

Visser, M., Van Zyl, T., Hanekom, S. M., Baumgartner, J., Van Der Hoeven, M., Taljaard-Krugell, C., & Faber, M. (2021). Associations of Dietary Diversity With Anaemia and Iron Status Among 5-To 12-Year-Old Schoolchildren in South Africa. *Public Health Nutrition*, 24(9), 2554-2562.

Waryana (2010). Gizi Reproduksi. Yogyakarta : Pustaka Rihana.

Wijayanti, A., Margawati, A., & Wijayanti, H. S. (2019). Hubungan Stres, Perilaku Makan, dan Asupan Zat Gizi dengan Status Gizi Pada Mahasiswa Tingkat Akhir. *Journal of Nutrition College*, 8(1), 1-8.

World Health Organization.(2014). Recognizing Adolescence [Internet]. Available from <[Adolescence: a period needing special attention - recognizing-adolescence \(who.int\)](#)> [Accessed 9 August 2021].

World Health Organization. (2011). *Haemoglobin Concentrations for the Diagnosis of Anaemia and Assessment of Severity* (No. WHO/NMH/NHD/MNM/11.1).  
World Health Organization.

Zhu, Z., Sudfeld, C.R., Cheng, Y., Qi, Q., Li, S., Elhoumed, M., Yang, W., Chang, S., Dibley, M.J., Zeng, L. and Fawzi, W.W., 2021. Anemia and associated factors among adolescent girls and boys at 10–14 years in rural western China. *BMC public health*, 21(1), pp.1-14.