

DAFTAR PUSTAKA

- Abdul-Ghani, M. A., Matsuda, M., Jani, R., Jenkinson, C. P., Coletta, D. K., Kaku, K., DeFronzo, R. A., & Abdul-Ghani, M. (2008). The relationship between fasting hyperglycemia and insulin secretion in subjects with normal or impaired glucose tolerance. *Am J Physiol Endocrinol Metab*, 295, 401–406. <https://doi.org/10.1152/ajpendo.00674.2007>. -To
- ADA. (2012). Standards of medical care in diabetes - 2012. *Diabetes Care*, 35(SUPPL. 1). <https://doi.org/10.2337/dc12-s011>
- ADA. (2017). Standards of medical care in diabetes-2017. *Diabetic Retinopathy*, 40(January), 1–36. https://doi.org/10.1142/9789814304443_0001
- Afaya, R. A., Bam, V., Azongo, T. B., & Afaya, A. (2020). Knowledge of chronic complications of diabetes among persons living with type 2 diabetes mellitus in northern Ghana. *PLoS ONE*, 15(10 October), 1–14. <https://doi.org/10.1371/journal.pone.0241424>
- Agustania. (2014). *Pengembangan Video Pembelajaran Pada Mata Pelajaran Promosi Dinamis Di Smk Negeri 1 Pengasih*. Universitas Negeri Yogyakarta.
- Almatsier, S. (2010). *Penuntun diet* (PT. Gramedia Pustaka Utama, Ed.). EGC.
- Anderson, E., Koss, M., Luque, A. L. C., Garcia, D., Lopez, E., & Ernst, K. (2021). WhatsApp-based focus groups among mexican-origin women in zika risk area: Feasibility, acceptability, and data quality. *JMIR Formative Research*, 5(10), 1–12. <https://doi.org/10.2196/20970>
- Arikunto, Suharsimi. 2012. (2012). Dasar-Dasar Evaluasi Pendidikan. Jakarta: Bumi Aksara. In *Universitas* (Bumi Aksar, Vol. 137).
- Arjuna, T., Soenen, S., Hasnawati, R. A., Lange, K., Chapman, I., & Luscombe-Marsh, N. D. (2017). A cross-sectional study of nutrient intake and health status among older adults in Yogyakarta Indonesia. *Nutrients*, 9(11). <https://doi.org/10.3390/nu9111240>
- Arora, S. K., & McFarlane, S. I. (2005). The case for low carbohydrate diets in diabetes management. *Nutrition and Metabolism*, 2, 1–9. <https://doi.org/10.1186/1743-7075-2-16>
- Bangun, A. V., Jatnika, G., & Herlina. (2020). Hubungan antara Dukungan Keluarga dengan Kepatuhan Diet pada Penderita Diabetes Mellitus Tipe 2. *Jurnal Ilmu Keperawatan Medikal Bedah*, 3(1), 1–76.
- Barnes, A. S. (2012). Obesity and sedentary lifestyles risk for cardiovascular disease in women. *Texas Heart Institute Journal*, 39(2), 224–227.
- Barnes, D. E. (2011). Program Olahraga Diabetes. *Yogyakarta: Citra Aji Parama*.
- Bilous, R., & Donnelly, R. (2014). Buku pegangan diabetes. *Jakarta: Bumi Medika*.

- Black, J., & Hawks, J. (2014). Keperawatan Medikal Bedah: Manajemen Klinis untuk Hasil yang Diharapkan. *Dialihbahasakan Oleh Nampira R. Jakarta: Salemba Emban Patria.*
- BPJS. (2014). Panduan praktis Prolanis (Program pengelolaan penyakit kronis). *BPJS Kesehatan.*
- BPJS Kesehatan. (2015). Panduan Praktis Edukasi Kesehatan. *Panduan Praktis Edukasi Kesehatan*, 1–22.
- BPS. (2022). *Badan Pusat Statistik Provinsi Daerah Istimewa Yogyakarta.* <https://yogyakarta.bps.go.id/indicator/6/272/1/upah-minimum-kabupaten-upah-minimum-provinsi-di-di-yogyakarta.html>
- Bukhsh, A., Nawaz, M. S., Ahmed, H. S., & Khan, T. M. (2018). A randomized controlled study to evaluate the effect of pharmacist-led educational intervention on glycemic control, self-care activities and disease knowledge among type 2 diabetes patients: A consort compliant study protocol. *Medicine (United States)*, 97(12). <https://doi.org/10.1097/MD.00000000000009847>
- Bustan, M. N. (2015). *Manajemen pengendalian penyakit tidak menular.*
- Chérrez-Ojeda, I., Vanegas, E., Calero, E., Plaza, K., Cano, J. A., Calderon, J. C., Valdano, J., Gutierrez, J. O., & Guevara, J. (2018). What Kind of Information and Communication Technologies Do Patients with Type 2 Diabetes Mellitus Prefer? An Ecuadorian Cross-Sectional Study. *International Journal of Telemedicine and Applications*, 2018. <https://doi.org/10.1155/2018/3427389>
- Cheung, Y. T. D., Chan, C. H. H., Ho, K. S., Fok, W. Y. P., Conway, M., Wong, C. K. H., Li, W. H. C., Wang, M. P., & Lam, T. H. (2020). Effectiveness of WhatsApp online group discussion for smoking relapse prevention: protocol for a pragmatic randomized controlled trial. *Addiction*, 115(9), 1777–1785. <https://doi.org/10.1111/add.15027>
- Chrvala, C. A., Sherr, D., Lipman, R. D., & Et, A. (2016). Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control. *Patient Education and Counseling*, 99(6), 926–943. <https://doi.org/10.1016/j.pec.2015.11.003>
- Dahlan, M. S. (2010). Besar sampel dan cara pengambilan sampel dalam penelitian kedokteran dan kesehatan. *Jakarta: Salemba Medika*, 5, 1–2.
- Darusman. (2009). Perbedaan perilaku pasien diabetes melitus pria dan wanita dalam mematuhi pelaksanaan diet. *Berita Kedokteran Masyarakat*, 25(1), 31–33.
- Daryanto. (2011). *Model Pembelajaran*. PT Sarana.
- Decroli, E. (2019). *Diabetes Melitus Tipe 2* (B. I. P. D. F. K. U. Andalas, Ed.).
- Depkes, R. I. (2008). *Petunjuk Teknis Pengukuran Faktor Risiko Diabetes Mellitus*. Jakarta: Ditjen PP & PL.
- Djonor, S. K., Ako-Nnubeng, I. T., Owusu, E. A., Akuffo, K. O., Nortey, P., Agyei-Manu, E., & Danso-Appiah, A. (2021). Determinants of blood glucose control

- among people with Type 2 diabetes in a regional hospital in Ghana. *PLoS ONE*, 16(12 December), 1–19. <https://doi.org/10.1371/journal.pone.0261455>
- Edi, I. G. M. S. (2015). Faktor-Faktor Yang Mempengaruhi Kepatuhan Pasien Pada Pengobatan. *Jurnal Ilmiah Medicamento*, 1(1), 1–8. <https://doi.org/10.36733/medicamento.v1i1.719>
- Emmanuel, O. (2005). Nutrition and Diabetes: Pathophysiology and Management. *CRC Press*, 130(5), 239–239. <https://doi.org/10.1177/1757913910379198>
- Erener, S. (2020). Diabetes, infection risk and COVID-19. *Molecular Metabolism*, 39(June), 101044. <https://doi.org/10.1016/j.molmet.2020.101044>
- Fatimah, R. N. (2015). Diabetes melitus tipe 2. *J Majority*, 4(5), 93–101.
- Fidiani, A. (2020). Pengaruh Pemberian Edukasi Interprofesional Terhadap Pengendalian Kadar Gula Darah Pada Pasien Diabetes Melitus Type 2 Anggota Prolanis Di Puskesmas Wirobrajan Kota Yogyakarta. In *Tesis. Universitas Gadjah Mada*. <http://repository.unan.edu.ni/2986/1/5624.pdf>
- Figueira, A. L. G., Boas, L. C. G. V., Coelho, A. C. M., Freitas, M. C. F. de, & Pace, A. E. (2017). Educational interventions for knowledge on the disease, treatment adherence and control of diabetes mellitus. *Revista Latino-Americana de Enfermagem*, 25(0). <https://doi.org/10.1590/1518-8345.1648.2863>
- Giansanti, D. (2020). WhatsApp in mHealth: an overview on the potentialities and the opportunities in medical imaging. *MHealth*, 6(3), 19–19. <https://doi.org/10.21037/mhealth.2019.11.01>
- Gibney, M. J., Margatts, B. M., Kearney, J. M., & Arab, L. (2008). *Gizi Kesehatan Masyarakat* (Egc).
- Grabia, M., Markiewicz-żukowska, R., Puścion-Jakubik, A., Bielecka, J., Nowakowski, P., Gromkowska-Kępa, K., Mielcarek, K., & Socha, K. (2020). The nutritional and health effects of the COVID-19 pandemic on patients with diabetes mellitus. *Nutrients*, 12(10), 1–15. <https://doi.org/10.3390/nu12103013>
- Gropper, S. S., Smith, J. L., & Groff, J. L. (2009). Advanced nutrition and human metabolism 5th edit. *Wadsworth Cengage Belmont: Learning*, Pp470-488.
- Haque, D. F. (2013). Hubungan Antara Pelayanan Kesehatan Dan Faktor Lainnya Dengan Kepatuhan Diet Pada Anggota PERSADIA Penyandang DM Tipe 2 Di Depok. *Universitas Indonesia*.
- Harjatmo, T. P., Par'i, H. M., & Wiyono, S. (2017). Bahan Ajar Gizi: Penilaian Status Gizi. *Jakarta: Badan PPSDM Kementerian Kesehatan RI*.
- Hasbullah, F. Y., Yen, F. K., Ismail, A., Mitri, J., & Yusof, B. N. M. (2021). A comparison of nutritional status, knowledge and type 2 diabetes risk among malaysian young adults with and without family history of diabetes. *Malaysian Journal of Medical Sciences*, 28(1), 75–86. <https://doi.org/10.21315/mjms2021.28.1.10>

- Hestiana, D. W. (2017). Faktor-Faktor Yang Berhubungan Dengan Kepatuhan Dalam Pengelolaan Diet Pada Pasien Rawat Jalan Diabetes Mellitus Tipe 2 Di Kota Semarang. *Journal of L Health Education*, 42(3), 73–79. <https://doi.org/10.1515/labmed-2018-0016>
- Hosseini, F., Jayedi, A., Khan, T. A., & Shab-Bidar, S. (2022). Dietary carbohydrate and the risk of type 2 diabetes: an updated systematic review and dose–response meta-analysis of prospective cohort studies. *Scientific Reports*, 12(1), 1–9. <https://doi.org/10.1038/s41598-022-06212-9>
- Hu, Y., Bhupathiraju, S. N., Koning, L. de, & Hu, F. B. (2015). Duration of obesity and overweight and risk of type 2 diabetes among US women. *HHS Public Access*, 22(10), 2267–2273. <https://doi.org/10.1002/oby.20851>.Duration
- Huriyati, E., Kandarina, B. J. I., Faza, F., & Al, E. (2019). *Peranan Gizi dalam Upaya Pencegahan Penyakit Tidak Menular*. UGM PRESS.
- Hussain, A., Bhowmik, B., & Cristina, N. (2020). Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID- 19 . The COVID-19 resource centre is hosted on Elsevier Connect , the company ’ s public news and information. *Diabetes Research and Clinical Practice*, January.
- IDF. (2017). Eighth Edition 2017. In *IDF Diabetes Atlas, 8th edition*. <https://www.idf.org/aboutdiabetes/type-2-diabetes.html>
- IDF. (2019). IDF Diabetes Atlas 9th. In *IDF Diabetes Atlas, 9th edition*. https://diabetesatlas.org/idfawp/resource-files/2019/07/IDF_diabetes_atlas_ninth_edition_en.pdf
- Indriyani, D. (2013). Aplikasi Konsep dan Teori Keperawatan Maternitas Postpartum dengan Kematian Janin. *Jogjakarta: Ar-Ruzz Media*.
- Ishihara, R., Babazono, A., Liu, N., & Yamao, R. (2021). Impact of income and eating speed on new-onset diabetes among men: A retrospective cohort study. *BMJ Open*, 11(10). <https://doi.org/10.1136/bmjopen-2021-048855>
- Isnaeni, F. N., Risti, K. N., Mayawati, H., & Arsy, K. M. (2018a). *Tingkat Pendidikan, Pengetahuan Gizi Dan Kepatuhan Diet Pada Pasien Di-Abetes Mellitus (Dm) Rawat Jalan Di Rsud Karanganyar*. 1(2), 40–45.
- Isnaeni, F. N., Risti, K. N., Mayawati, H., & Arsy, M. K. (2018b). Tingkat Pendidikan, Pengetahuan Gizi Dan Kepatuhan Diet Pada Pasien Diabetes Mellitus (Dm) Rawat Jalan Di Rsud Karanganyar. *MPPKI (Media Publikasi Promosi Kesehatan Indonesia): The Indonesian Journal of Health Promotion*, 1(2), 40–45. <https://doi.org/10.31934/mppki.v1i2.116>
- Istikharoh, Asti Nuraeni, & Mamat Supriyono. (2015). Efektifitas Pendampingan Keluarga Terhadap Tingkat Kemandirian Penderita Diabetes Melitus Lansia dalam Mempertahankan Kestabilan Kadar Gula Darah di Kelurahan Purwoyoso. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 11(3), 1–10.

- Kemenkes RI. (2018a). Laporan Nasional RISKESDAS 2018. *Kementrian Kesehatan RI*, 1–582. <https://dinkes.kalbarprov.go.id/wp-content/uploads/2019/03/Laporan-Riskesdas-2018-Nasional.pdf>
- Kemenkes RI. (2018b). *Laporan Provinsi Di Yogyakarta Riskesdas* (Balitbangk).
- Kemenkes RI. (2020). Tetap Produktif, Cegah Dan Atasi Diabetes Mellitus. In *pusat data dan informasi kementrian kesehatan RI*.
- Khan, A., Usmani, A., Khaliq, T., & Al, E. (2020). WhatsApp an informal learning and communication tool: Perception of medical officers working in low resource setting: A Focus Group Discussion. *JPMMA. The Journal of the Pakistan Medical Association*, 70(2), 225–230. <https://doi.org/10.5455/JPMA.17802>
- Kontoangelos, K., Papageorgiou, C. C., Raptis, A. E., Tsiotra, P., Lambadiari, V., Papadimitriou, G. N., Rabavilas, A. D., Dimitriadis, G., & Raptis, S. A. (2015). Homocysteine, cortisol, diabetes mellitus, and psychopathology. *Journal of Diabetes Research*, 2015. <https://doi.org/10.1155/2015/354923>
- Krause, M., Mahan, L., Escott-Stump, S., & Raymond, J. (2012). Krause's Food & the Nutrition Care Process. 13th. *US: Saunders*, 151–153.
- Lanywati. (2011). *Diabetes Melitus Penyakit Kencing Manis* (Kanisius).
- Legi, N. N., Pasambuna, M., Purba, R. B., Kasiati, O., Poltekkes, J. G., & Manado, K. (2019). *Media Video Makanan Terhadap Pengetahuan Dan Kepatuhan Diet Serta Pengendalian Kadar Glukosa Darah Pasien Diabetes Melitus Tipe II* (Vol. 11, Issue 2).
- LeMone, P., Burke, K. M., Bauldoff, G., & Et, A. (2016). *Buku Ajar Keperawatan Medikal Bedah Gangguan Integumen Gangguan Endokrin Gangguan Gastrointestinal*.
- Macgilchrist, C., Paul, L., Ellis, B. M., Howe, T. E., Kennon, B., & Godwin, J. (2010). Lower-limb risk factors for falls in people with diabetes mellitus. *Diabetic Medicine*, 27(2), 162–168.
- Malik, V. S., Popkin, B. M., Bray, G. A., Després, J. P., & Hu, F. B. (2010). Sugar-sweetened beverages, obesity, type 2 diabetes mellitus, and cardiovascular disease risk. In *Circulation* (Vol. 121, Issue 11, pp. 1356–1364). <https://doi.org/10.1161/CIRCULATIONAHA.109.876185>
- Muhammad, C., Nazar, J., Bojerenu, M. M., Safdar, M., & Marwat, J. (2016). *Effectiveness of diabetes education and awareness of diabetes mellitus in combating diabetes in the United Kigdom; a literature review*. 5(2), 110–115.
- Muniyappa, R., & Gubbi, S. (2020). COVID-19 pandemic, coronaviruses, and diabetes mellitus. *American Journal of Physiology - Endocrinology and Metabolism*, 318(5), E736–E741. <https://doi.org/10.1152/ajpendo.00124.2020>
- Mustafida, N. A., Sundari, A. S., & Indriati, D. W. (2022). *Prevalence of Diabetes Mellitus Comorbidity in COVID-19 Patients Treated at Selected Hospital in Surabaya*. 9(1), 32–34.

- Muthi'ah, T. S. (2021). *Pengaruh Edukasi Dan Konseling Pemberian Makan Bayi Dan Anak (Pmba) Berbasis Whatsapp Oleh Kader Terlatih Terhadap Pengetahuan Dan Praktik Pmba Ibu Usia Remaja Di Puskesmas Banguntapan III* (Tesis). Universitas Gadjah Mada.
- Naziah, S. T., Maula, L. H., & Sutisnawati, A. (2020). Analisis Keaktifan Belajar Siswa Selama Pembelajaran Daring Pada Masa Covid-19 di Sekolah Dasar. *Jurnal JPSPD (Jurnal Pendidikan Sekolah Dasar)*, 7(2), 109–120.
- Notoatmodjo. (2014). *Ilmu Perilaku Kesehatan* (Rineka Cip).
- Notoatmodjo, S. (2007). *Promosi kesehatan & ilmu perilaku*.
- Nugraha, A., & Nestiyarum, Y. (2021). Pembuatan Media Video Pembelajaran Berbasis TIK. *Pembuatan Media Video Pembelajaran Berbasis TIK*, h. 8.
- Nursihhah, M., & Wijaya septian, D. (2021). Hubungan Kepatuhan Diet Terhadap Pengendalian Kadar Gula Darah Pada Pasien Diabetes Melitus Tipe 2. *Jurnal Medika Hutama*, Vol 02, No(Dm), 9. <http://jurnalmedikahutama.com/index.php/JMH/article/view/203>
- Odgers-Jewell, K., Isenring, E., Thomas, R., & Reidlinger, D. P. (2017). Process evaluation of a patient-centred, patient-directed, group-based education program for the management of type 2 diabetes mellitus. *Nutrition & Dietetics*, 74(3), 243–252.
- Omar, A. M., Hasan, S., Palaian, S., & Mahameed, S. (2020). The impact of a self-management educational program coordinated through whatsapp on diabetes control. *Pharmacy Practice*, 18(2), 1–9. <https://doi.org/10.18549/PharmPract.2020.2.1841>
- Paramita, D. P., & Lestari, A. A. W. (2019). Pengaruh Riwayat Keluarga Terhadap Kadar Glukosa Darah Pada Dewasa Muda Keturunan Pertama Dari Penderita Diabetes Mellitus Tipe 2 Di Denpasar Selatan. *Jurnal Medika*, 8(1), 61–66.
- Patel, S. A., Dhillon, P. K., Kondal, D., Jeemon, P., Kahol, K., Manimunda, S. P., Purty, A. J., Deshpande, A., Negi, P. C., Ladhani, S., Toteja, G. S., Patel, V., & Prabhakaran, D. (2017). Chronic disease concordance within Indian households: A cross-sectional study. *PLoS Medicine*, 14(9). <https://doi.org/10.1371/journal.pmed.1002395>
- Perez, L. E. G., Álvarez, M., Dilla, T., Gil-Guillén, V., & Orozco-Beltrán, D. (2013). Adherence to therapies in patients with type 2 diabetes. *Diabetes Therapy*, 4(2), 175–194. <https://doi.org/10.1007/s13300-013-0034-y>
- Purba, M. B., Rahayu, E. S., & Sinorita, H. (2010). *Dukungan keluarga dan jadwal makan sebelum edukasi berhubungan dengan kepatuhan jadwal makan pasien diabetes melitus (DM) tipe 2 rawat jalan yang mendapat konseling gizi di RSUD Kota Yogyakarta*.

- Putri, L. R. (2017). *'Validasi 8-Item Morisky Medication Adherence Scale Versi Indonesia pada Pasien Diabetes Melitus Tipe 2 di Puskesmas Kabupaten Sleman dan Kota Yogyakarta*. Universitas Gadjah Mada.
- Putri, N. A., & Pritasari, D. (2017). *The effect of nutrition education on knowledge, attitude, and food pattern of type 2 diabetes patients at Puskesmas Kecamatan Ciracas*. 2(2), 54–64.
- Rahayu, P. F. (2019). Kepatuhan Pengobatan Peserta Prolanis Diabetes Melitus Tipe 2 Di Puskesmas Depok,Sleman,Yogyakarta. In *Skripsi* (Universita, Vol. 3, pp. 1–9).
- Rajpal, A., Rahimi, L., & Ismail-Beigi, F. (2020). Factors leading to high morbidity and mortality of COVID-19 in patients with type 2 diabetes. *Journal of Diabetes*, 12(12), 895–908. <https://doi.org/10.1111/1753-0407.13085>
- Rasdianah, N., Martodiharjo, S., Andayani, T. M., & Hakim, L. (2016). The Description of Medication Adherence for Patients of Diabetes Mellitus Type 2 in Public Health Center Yogyakarta. *Indonesian Journal of Clinical Pharmacy*, 5(4), 249–257. <https://doi.org/10.15416/ijcp.2016.5.4.249>
- Ratri, D. M. N., Hamidah, K. F., Puspitasari, A. D., & Farid, M. (2020). Video-based health education to support insulin therapy in diabetes mellitus patients. *Journal of Public Health Research*, 9(2), 223–226. <https://doi.org/10.4081/jphr.2020.1849>
- Rosyid, M. Z., Sa'diyah, H., & Septiana, N. (2006). *Ragam media pembelajaran*. CV Literasi Nusantara Abadi.
- Sa, G. G. de M., Silva, F. L., dos Santos, A. M. R., Nolêto, J. D. S., Gouveia, M. T. de O., & Nogueira, L. T. (2019). Technologies that promote health education for the community elderly: Integrative review. *Revista Latino-Americana de Enfermagem*, 27. <https://doi.org/10.1590/1518-8345.3171.3186>
- Sadiman, S. A., Rahardjo, Haryono, A., & Harjito. (2018). *Media Pendidikan: Pengertian, Pengembangan dan Pemanfaatannya* (PT Rajagra).
- Santoso, T. A., Sofiatin, Y., Wiramihardja, S., & et al . (2021). *Pola Asupan Manis dan Karbohidrat Pada Masyarakat Jatinangor Dengan dan Tanpa Riwayat Keluarga Diabetes Melitus Tipe 2*.
- Sievenpiper, J. L., Chan, C. B., Dworatzek, P. D., Freeze, C., & Williams, S. L. (2018). Nutrition Therapy. *Canadian Journal of Diabetes*, 42, S64–S79. <https://doi.org/10.1016/j.jcjd.2017.10.009>
- Simbolon, Y. I., Triyanti, T., & Sartika, R. A. D. (2019). Faktor-Faktor Yang Berhubungan Dengan Kepatuhan Diet Pada Penderita Diabetes Melitus Tipe 2 Di Puskesmas Kecamatan Pasar Minggu Tahun 2018. *Jurnal Kesehatan Komunitas*, 5(3), 110–117. <https://doi.org/10.25311/keskom.vol5.iss3.336>
- Sirajuddin, Surmita, Astuti, T., & Et, A. (2018). *Survey Konsumsi Pangan* (IndoKemenk).

- Soegondo, S., Soewondo, P., & Subekti, I. (2011). Penatalaksanaan Diabetes Melitus Terpadu bagi dokter maupun edukator diabetes. *Fakultas Kedokteran Universitas Indonesia*.
- Soelistijo, Adi, S., Lindarto, D., Decroli, E., Permana, H., Sucipto, K. W., Kusnadi, Y., & Ikhsan, R. (2019). Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia 2019. *Perkumpulan Endokrinol Indones*, 4, 1–117.
- Soelistijo, S. A., Lindarto, D., Decroli, E., Permana, H., Sucipto, K. W., Kusnadi, Y., Budiman., Ikhsan, R., Sasirani., Samusi., Nugroho, H. K., & Susanto. (2021). Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia 2021. In *PB PERKENI* (p. 104). www.ginasthma.org.
- Soelistijo, S. A., Novida, H., Rudijanto, A., Soewondo, P., Suastika, K., Manaf, A., Sanusi, H., Lindarto, D., Shahab, A., Pramono, B., Langi, Y. A., Purnamasari, D., Soetedjo, N. N., Saraswati, M. R., Pand, M., Sucipto, K. W., & Zufry, H. (2015). *Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Di Indonesia 2015*.
- Sudjana, N., & Suryana, H. (2010). *Cara belajar siswa aktif dalam proses belajar mengajar*. Sinar baru.
- Sufiza Ahmad, N., Ramli, A., Islahudin, F., & Paraidathathu, T. (2013). Medication adherence in patients with type 2 diabetes mellitus treated at primary health clinics in Malaysia. *Patient Preference and Adherence*, 7, 525–530. <https://doi.org/10.2147/PPA.S44698>
- Sugito, M., Yosuke, O., Keiichi, T., Kazuhiko, E., & Yoshiya, T. (2021). Work Environment-related Stress Factors are Correlated with Diabetes Development in Workers with Impaired Glucose Tolerance: A 5-year Followup Study Using the Brief Job Stress Questionnaire (BJSQ). *J UOEH*, 42(2), 183–196.
- Sukraniti, D. P., Taufiqurrahman, & Iwan, S. S. (2018). *Konseling Gizi*.
- Sun, X., Yu, W., & Hu, C. (2014). Genetics of type 2 diabetes: Insights into the pathogenesis and its clinical application. *BioMed Research International*, 2014(Table 1). <https://doi.org/10.1155/2014/926713>
- Supariasa, I., Fajar, I., & Bakri, I. (2001). *Penilaian status gizi*.
- Suryati, N. I. (2021). *Buku Keperawatan Latihan Efektif Untuk Pasien Diabetes Mellitus Berbasis Hasil Penelitian*. Deepublish.
- Tandra, H. (2017). *Segala Sesuatu Yang Harus Anda Ketahui Tentang Diabetes*. Gramedia Pustaka Utama.
- Tarwoto, W., Taufiq, I., & Mulyati, L. (2012). Keperawatan medikal bedah gangguan sistem endokrin. *Jakarta: Trans Info Media*.
- Thanh Ha, N., Thi Phuong, N., & Thi Thu Ha, L. (2019). How dietary intake of type 2 diabetes mellitus outpatients affects their fasting blood glucose levels? *AIMS Public Health*, 6(4), 424–436. <https://doi.org/10.3934/publichealth.2019.4.424>

- Thomas L, H., Liu, S., Manson, J. E., & Hu, nd F. B. (2008). Low-carbohydrate-diet score and risk of type 2 diabetes in women. *Am J Clin Nutr*, 24(5), 777–786.
- Tsalissavrina, I., Tritisari, K. P., Handayani, D., Kusumastuty, I., & Ariestiningsih, A. D. (2018). Hubungan lama terdiagnosa diabetes dan kadar glukosa darah dengan fungsi kognitif penderita diabetes tipe 2 di Jawa Timur. *AcTion: Aceh Nutrition Journal*, 3(1), 28. <https://doi.org/10.30867/action.v3i1.96>
- Tsuji, C. K., Araki, S. ichi, Kume, S., Chin-Kanasaki, M., Osawa, N., Morino, K., Sekine, O., Ugi, S., Kashiwagi, A., & Maegawa, H. (2018). Impact of obesity on annual medical expenditures and diabetes care in Japanese patients with type 2 diabetes mellitus. *Journal of Diabetes Investigation*, 9(4), 776–781. <https://doi.org/10.1111/jdi.12766>
- Tuzzahroh, F. (2015). *Pengaruh Penyuluhan Gizi Seimbang Dengan Media Video Poster Permainan Kwartet Gizi Terhadap Pengetahuan Gizi dan Status Gizi Siswa Di Sekolah Dasar Negeri Karangasem III Kota Surakarta*. Universitas Muhammadiyah Surakarta .
- Uchenna, O., Ijeoma, E., Pauline, E., & Sylvester, O. (2010). Contributory factors to diabetes dietary regimen non adherence in adults with diabetes. *World Academy of Science, Engineering and Technology*, 45, 735–742.
- Ugahari, L. E., Mewo, Y. M., & Kaligis, S. H. M. (2016). Gambaran kadar glukosa darah puasa pada pekerja kantor. *Jurnal E-Biomedik*, 4(2). <https://doi.org/10.35790/ebm.4.2.2016.14616>
- Wahyu, D., Jurusan, H. *, Kesehatan, I., Keolahragaan, I., Disetujui, D., & _____ D. (2017). Faktor-Faktor Yang Berhubungan Dengan Kepatuhan Dalam Pengelolaan Diet Pada Pasien Rawat Jalan Diabetes Mellitus Tipe 2 Di Kota Semarang. In *JHE* (Vol. 2, Issue 2). <http://journal.unnes.ac.id/sju/index.php/jhealthedu/>
- Waspadji. (2009). Buku Ajar Penyakit Dalam: Kaki Diabetes, Jilid III, Edisi 4. *Jakarta: Fakultas Kedokteran Universitas Indonesia*.
- Waspadji, S. (2007). Penatalaksanaan DM terpadu. *Fakultas Kedokteran Universitas Indonesia, Jakarta*.
- Werdani, A. R., & Triyanti. (2014a). Asupan Karbohidrat sebagai Faktor Dominan yang Berhubungan dengan Kadar Gula Darah Puasa (Carbohydrate Intake as a Dominant Factor Related to Fasting Blood Glucose Level). *Jurnal Kesehatan Masyarakat*, 9(1), 71–77.
- Werdani, A. R., & Triyanti. (2014b). Asupan Karbohidrat sebagai Faktor Dominan yang Berhubungan dengan Kadar Gula Darah Puasa. *Jurnal Kesehatan Masyarakat Nasional* , 9(1).
- Widiantini, W., & Tafal, Z. (2014). Aktifitas Fisik Stress Dan Obesitas Pada Pns. *Jurnal Kesehatan Masyarakat Nasional Vol.8 No.7 Februari 2014. p-ISSN: 1907-7505. e-*

ISSN: 2460-0601, 8(7), 330–336.

<http://journal.fkm.ui.ac.id/kesmas/article/view/374>

- Winaningsih, W., Setyowati, S., & Lestari, N. T. (2020). Aplikasi nutri diabetic care sebagai media konseling untuk meningkatkan kepatuhan diet diabetes mellitus. *Ilmu Gizi Indonesia*, 3(2), 103. <https://doi.org/10.35842/ilgi.v3i2.134>
- Worsa, K. T., Zinab, B., & Teshome, M. S. (2021). Dietary Practice among Type 2 Diabetic Ppatients in Southern Ethiopia. *International Journal of Endocrinology*, 2021. <https://doi.org/10.1155/2021/1359792>
- Xu, J., Eilat-Adar, S., Loria, C. M., Howard, B. v, Fabsitz, R. R., Begum, M., Zephier, E. M., & Lee, E. T. (2007). Macronutrient intake and glycemic control in a population-based sample of American Indians with diabetes: the Strong Heart Study 1-4. In *Am J Clin Nutr* (Vol. 86). <https://academic.oup.com/ajcn/article/86/2/480/4633034>
- Yadav, P., Seth, S., Chugh, K., Chugh, S. N., Sehgal, P. K., & Gehlot, V. (2016). Stress hormone-cortisol and testosterone hormone levels and their role in North Indian Men and Women with Diabetes mellitus type 2. *International Journal of Advanced Research*, 4(7), 2054–2059. <https://doi.org/10.21474/IJAR01>
- Yitshak-Sade, M., Mendelson, N., Novack, V., Codish, S., & Liberty, I. F. (2020). The association between an increase in glucose levels and armed conflict-related stress: A population-based study. *Scientific Reports*, 10(1). <https://doi.org/10.1038/s41598-020-58679-z>
- Yolanda, V., Antono, L., & Kurniati, A. (2017). Sensory Evaluation of Sweet Taste and Daily Sugar Intake in Normoglycemic Individuals with and without Family History of Type 2 Diabetes: A Comparative Cross-sectional Study. *International Journal of Diabetes Research*, 2017(3), 54–62. <https://doi.org/10.5923/j.diabetes.20170603.02>
- Yorke, E., & Atiase, Y. (2018). Impact of structured education on glucose control and hypoglycaemia in Type-2 diabetes: a systematic review of randomized controlled trials. *Ghana Medical Journal*, 52(1), 41–60. <https://doi.org/10.4314/gmj.v52i1.8>
- Yulia, S. (2015). *Faktor-Faktor Yang Mempengaruhi Kepatuhan Dalam Menjalankan Diet Pada Penderita Diabetes Mellitus Tipe 2* [Skripsi]. Universitas Negeri Surabaya.