

Daftar Pustaka

- Ajeng, P. & Niken P. (2014) Hubungan Rasio Lingkar Pinggang terhadap Tinggi Badan dengan Kadar HDL dan Trigliserida. *Jurnal Medika Medika Muda*, 7, pp. 1–11.
- Alsabieh, M., Alqahtani, M., Altamimi, A., Albasha, A., Alsulaiman, A., Alkhamshi, A., Habib, S. S., & Bashir, S. (2019). Fast food consumption and its associations with heart rate, blood pressure, cognitive function and quality of life. Pilot study. *Heliyon*, 5(5), pp. 1–6.
- Alwash, S. M., McIntyre, H. D., & Mamun, A. (2021) The association of general obesity, central obesity and visceral body fat with the risk of gestational diabetes mellitus: Evidence from a systematic review and meta-analysis. *Obesity Research and Clinical Practice*, 15(5), pp. 425–430.
- Amanda, D., & Martini, S. (2018). Hubungan karakteristik dan status obesitas sentral dengan kejadian hipertensi. *Jurnal Berkala Epidemiologi*, 6, 51–59.
- Angely, C., Nugroho, K. P. A., & Agustina, V. (2021) Gambaran Pola Asuh Anak Obesitas Usia 5–12 Tahun di SD Negeri 09 Rangkang, Kabupaten Bengkayang, Kalimantan Barat. *Jurnal Sains Dan Kesehatan*, 3(6), pp. 816–825.
- Anggraini, N. V., Balafif, M., & Rahmasari, A. (2017) *Faktor-Faktor yang Mempengaruhi Pola Konsumsi Makanan Siap Saji di Kalangan Mahasiswa*. Skripsi, Universitas Bhayangkara Surabaya.
- Arief, N. A., Ferianto, B., Kuntjoro, T., & Surabaya, U. N. (2020) Gambaran Aktifitas Fisik Dan Perilaku Pasif Mahasiswa Pendidikan Olahraga Selama Pandemi Covid-19. *Jurnal Multilateral*, 19(2), pp. 175–183.
- Ariesta, D. (2017) *Perbedaan antara Rasio Lingkar Pinggang-Tinggi Badan (RLPTB) dan Indeks Massa Tubuh (IMT) dalam Menentukan Status Obesitas Anak Sekolah Menengah Pertama (SMP)*. Skripsi, Universitas Sebelas Maret.
- Ariyanto, A., Puspitasari, N., & Utami, D. N. (2020) Physical activity to quality of life in the elderly. *Jurnal Kesehatan Al-Irsyad*, 13(2), pp. 145–151.
- Ashwell, M., & Hsieh, S. D. (2005) Six reasons why the waist-to-height ratio is a rapid and effective global indicator for health risks of obesity and how its use could simplify the international public health message on obesity. *International Journal of Food Sciences and Nutrition*, 56(5), pp. 303–307.
- Astha, Krishnan, B., & Kharde, A. (2021). Assessment of obesity using anthropometric markers among university students. *Current Research in Nutrition and Food Science*, 9(1), pp. 211–221.
- Azevedo, M. R., Araújo, C. L. P., Reichert, F. F., Siqueira, F. V., da Silva, M. C., & Hallal, P. C. (2007). Gender differences in leisure-time physical activity. *International Journal of Public Health*, 52(1), pp. 8–15.
- Baillet, A., Chenail, S., Polita, N. B., Simoneau, M., Libourel, M., Nazon, E., Riesco,

- E., Bond, D. S. & Romain, A. J. (2021) Physical activity motives, barriers, and preferences in people with obesity: A systematic review *Plos One*.
- Candrawati, S. (2011) Hubungan Tingkat Aktivitas Fisik Dengan Indeks Massa Tubuh (IMT) dan Lingkar Pinggang Mahasiswa. *The Soedirman Journal of Nursing*, 6(2), pp. 112–118.
- Cantika, I. B., Widayanti, E., & Zulhamidah, Y. (2021). Hubungan Konsumsi Fast Food Dengan Rasio Lingkar Pinggang Panggul pada Mahasiswa Fakultas Kedokteran Universitas YARSI Tahun Pertama dan Tahun Kedua. *Majalah Kesehatan Pharmamedika*, 12(2), pp. 66–73.
- Cassidy, S., Chau, J. Y., Catt, M., Bauman, A. & Trenell, M., I. (2017) Low physical activity, high television viewing and poor sleep duration cluster in overweight and obese adults; a cross-sectional study of 398,984 participants from the UK Biobank. I. *International Journal of Behavioral Nutrition and Physical Activity*, 14:57.
- Chan, Y.Y., Lim, K.K., Lim, K.H. *et al.* Physical activity and overweight/obesity among Malaysian adults: findings from the 2015 National Health and morbidity survey (NHMS). *BMC Public Health* 17, 733 (2017).
- Christianto, D. A. (2018) Hubungan aktivitas fisik terhadap kejadian obesitas berdasarkan indeks massa tubuh di desa banjaroyo. *Berkala Ilmiah Kedokteran Duta Wacana*, 3(2), pp. 78.
- Cleland, C., Ferguson, S., Ellis, G., & Hunter, R. F. (2018). Validity of the International Physical Activity Questionnaire (IPAQ) for assessing moderate-to-vigorous physical activity and sedentary behaviour of older adults in the United Kingdom. *BMC Medical Research Methodology*, 18(1), pp. 1–12.
- Dharmansyah, D., & Budiana, D. (2021). Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *Jurnal Pendidikan Keperawatan Indonesia*, 7(2), pp. 159–163.
- Dini, M. A., Widiyanti, I. G. A., & Wardana, I. N. G. (2018). Prevalensi obesitas dengan menggunakan metode waist-hip ratio pada mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Udayana angkatan 2014. *Bali Anatomy Journal*, 1(1), 9–11.
- Duchečková, P., & Forejt, M. (2014). Aerobic steps as measured by pedometry and their relation to central obesity. *Iranian Journal of Public Health*, 43(8), pp. 1070–1078.
- Erma, D. (2016) Pengaruh Komposisi Tubuh Dengan Tingkat Kebugaran Fisik Pada Mahasiswa Overweight Dan Obese Di Poltekkes Kemenkes Palu Sulawesi Tengah. *Jurnal Publikasi Kesehatan Masyarakat Indonesia*, 3(1), pp. 32.
- Esmailzadeh, A., & Azadbakht, L. (2008). Major dietary patterns in relation to general obesity and central adiposity among Iranian women. *Journal of Nutrition*, 138(2), pp. 358–363.
- Eyler, A. E., Wilcox, S., Matson-Koffman, D., Evenson, K. R., Sanderson, B., Thompson, J., Wilbur, J. E., & Rohm-Young, D. (2002). Correlates of physical

- activity among women from diverse racial/ethnic groups. *Journal of Women's Health and Gender-Based Medicine*, 11(3), pp. 239–253.
- Fajria, A., Triyanti, & Kusharisupeni. (2021). Indeks massa tubuh, lingkaran pinggang, dan rasio lingkaran pinggang-tinggi badan sebagai prediksi hipertensi pada karyawan. *Jurnal Gipas*, 5.
- Fauziyyah, Z. R., & Solikhah, S. (2021). Hubungan Pola Konsumsi Makanan Cepat Saji dan Hipertensi. *Buletin Penelitian Sistem Kesehatan*, 24(1), pp. 31–37.
- Ferdausi, F., Al-Zubayer, M. A., Keramat, S. A., & Ahammed, B. (2022). Prevalence and associated factors of underweight and overweight/obesity among reproductive-aged women: A pooled analysis of data from South Asian countries (Bangladesh, Maldives, Nepal and Pakistan). *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, 16(3).
- Frayon, S., Cavaloc, Y., Wattelez, G., Cherrier, S., Lerrant, Y., Ashwell, M., & Galy, O. (2018). Potential for waist-to-height ratio to detect overfat adolescents from a Pacific Island, even those within the normal BMI range. *Obesity Research and Clinical Practice*, 12(4), pp. 351–357.
- Frisca, Karjadidjaja, I., & Santoso, A. H. (2018). Prevalensi obesitas sentral berdasarkan lingkaran pinggang pada pengemudi bus antar kota. *Jurnal Muara Sains*, 2(2).
- Gariballa, S., Al-Bluwi, G. S., & Yasin, J. (2023). Mechanismns and Effect of Increased Physical Activity on General and Abdominal Obesity and Associated Metabolic Risk Factors in a Community with Very High Rates of General and Abdominal Obesity. *Journal Antioxidants*, 12, 826.
- Gaesser, G. A., & Angadi, S. S. (2021). Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. *IScience*, 24(10).
- Ge, Q., Qi, Z., Xu, Z., Li, M., Zheng, H., Duan, X., Chu, M., & Zhuang, X. (2021). Comparison of different obesity indices related with hypertension among different sex and age groups in China. *Nutrition, Metabolism and Cardiovascular Diseases*, 31(3), pp. 793–801.
- Ghaderian, S. B., Yazdanpanah, L., Shahbazian, H., Sattari, A. R., Latifi, S. M., & Sarvandian, S. (2019). Prevalence and correlated factors of obesity, overweight and central obesity in southwest of Iran. *Iranian Journal of Public Health*, 48(7), pp. 1354–1361.
- Gowda, G. S., Komal, S., Sanjay, T. N., Mishra, S., Kumar, C. N., & Math, S. B. (2019). Sociodemographic, legal, and clinical profiles of female forensic inpatients in Karnataka: A retrospective study. *Indian Journal of Psychological Medicine*, 41(2), pp. 138–143.
- Halim, R. D. P., & Wijaya, F. J. M. (2022). Komposisi Tubuh Dan Status Antropometri Atlet Puslatda Senam Artistik Gymnastik Jawa Timur. *Jurnal Prestasi Olahraga*, 5(1), pp. 141–146.
- Hands, B., Parker, H., Larkin, D., Cantell, M., & Rose, E. (2016) Male and female Differences in Health Benefits Derived from Physical Activity: Implications for

Exercise Prescription. *Journal Womens Health Issues Care*, 5(4).

Harahap, M., & Mochtar, Y. (2017). Gambaran Rasio Lingkar Pinggang Pinggul, Riwayat Penyakit Dan Usia Pada Staff Pegawai Polres Pekanbaru. *Jurnal Kesehatan Masyarakat Andalas*, 10(2), 140.

Harbuwono, D. S., Tahapary, D. L., Edi Tarigan, T. J., & Yunir, E. (2020). New proposed cut-off of waist circumference for central obesity as risk factor for diabetes mellitus: Evidence from the Indonesian Basic National Health Survey. *Plos One*, 15, pp. 1–12.

Harleli. (2022). Hubungan lingkar pinggang dengan kejadian hipertensi pada petani di wilayah kerja puskesmas basala kabupaten konawe selatan. *Jurnal Ilmiah Obsgin*, pp. 77–85.

Helble, M., & Francisco, K. (2017). The Upcoming Obesity Crisis in Asia and the Pacific: First Cost Estimates. *ADB Working*.

Helou, K., El Helou, N., Mahfouz, M., Mahfouz, Y., Salameh, P., & Harmouche-Karaki, M. (2017). Validity and reliability of an adapted Arabic version of the long international physical activity questionnaire. *BMC Public Health*, 18(1), 1–8.

Ilmi, A. F., & Utari, D. M. (2020) Hubungan Lingkar Pinggang Dan Rasio Lingkar Pinggang-Panggul (RLPP) Terhadap Kadar Glukosa Darah Puasa Pada Mahasiswa. *Journal of Nutrition College*, 9(3), 222–227.

International Physical Activity Questionnaire (2005). Guidelines for Data Processing and Activity Questionnaire (IPAQ). Tersedia dalam: <<http://www.ipaq.ki.se>>

Janochova, K., Haluzik, M., & Buzga, M. (2019). Visceral fat and insulin resistance – what we know? *Biomedical Papers*, 163(1), 19–27.

Karastergiou (2012) Sex Differences in Human Adipose Tissues-The Biology of Pear Shape.

Kee, Jamaiah H., Noor S. M. N., Khor G. L., Suzana S., Jamalludin A. R., Rahmah R., Ahmad A. Z., Ruzita A. T., Wong N. F., Ahmad F. Y., (2008) Abdominal Obesity in Malaysian Adults: National Health and Morbidity Survey III (NHMS III, 2006). *Malays J Nutr*. 2008 Sep;14(2):125-35.

Kementerian Kesehatan Republik Indonesia. (2019) Angka Kecukupan Gizi Masyarakat Indonesia.

Khader, Y., Batieha, A., Jaddou, H., El-Khateeb, M., & Ajlouni, K. (2019). The performance of anthropometric measures to predict diabetes mellitus and hypertension among adults in Jordan. *BMC Public Health*, 19(1), 1–9.

Kim, D., Hoiu, W., Wang, F., & Arcan, C. (2019). Factors Affecting Obesity and Waist Circumference Among US Adults. *Preventing Chronic Disease*, 22(3), 253.

Komariah, K., & Rahayu, S. (2020). Hubungan Usia, Jenis Kelamin Dan Indeks Massa Tubuh Dengan Kadar Gula Darah Puasa Pada Pasien Diabetes Melitus Tipe 2 Di Klinik Pratama Rawat Jalan Proklamasi, Depok, Jawa Barat.

Jurnal Kesehatan Kusuma Husada, 41–50.

Kristanto, N. (2020). Persepsi Kinestetik Terhadap Hasil Pointing Atlet Petanque Jawa Timur. *Prestasi Olahraga*, 3(1), 1–5.

Kurniasanti, P. (2020). Hubungan Asupan Energi, Lemak, Serat, dan Aktivitas Fisik dengan Visceral Fat Pada Pegawai UIN Walisongo Semarang. *Nutri-Sains: Jurnal Gizi, Pangan Dan Aplikasinya*, 4(2), 139–152.

Kurniati, N. (2018). Obesity and central obesity. *Medical Journal of Indonesia*, 27(2), 1–2

Kusuma, T. U., & Rosidi, A. (2018). Reliabilitas Kaliper Tinggi Lutut dalam Penentuan Tinggi Badan. *Journal of Health Studies*, 2(1), 96–102.

Länsitie, M., Kangas, M., Jokelainen, J., Venojärvi, M., Vaaramo, E., Härkönen, P., Keinänen-Kiukaanniemi, S., & Korpelainen, R. (2021). Association between accelerometer-measured physical activity, glucose metabolism, and waist circumference in older adults. *Diabetes Research and Clinical Practice*, 178.

Lea, N. C., Jewell, J., Whiting, S., Rippin, H., Farrand, C., Kremling, W., & Breda, J. (2021). Nutrition, overweight and obesity. *World Health Organization Europe*, 1–19.

Lee, O., Lee, D. C., Lee, S., & Kim, Y. S. (2016). Associations between physical activity and obesity defined by Waist-To-Height ratio and body mass index in the Korean population. *PLoS ONE*, 11(7), 1–11.

Li, W. C., Chen, I. C., Chang, Y. C., Loke, S. S., Wang, S. H., & Hsiao, K. Y. (2013). Waist-to-height ratio, waist circumference, and body mass index as indices of cardiometabolic risk among 36,642 Taiwanese adults. *European Journal of Nutrition*, 52(1), 57–65.

Linder, M. C. 2006. *Nutritional Biochemistry and Metabolism*. Jakarta: UI Press.

Lugina, W., Maywati, S., & Neni, N. (2021). Hubungan Aktivitas Fisik, Asupan Energi, dan Sarapan Pagi Dengan Kejadian Overweight Pada Siswa SMA Tasikmalaya Tahun 2020. *Jurnal Kesehatan Komunitas Indonesia*, 17(2), 305–313.

Macassa, G., Ahmadi, N., Alfredsson, J., Barros, H., Soares, J., & Stankunas, M. (2016). Employment status and differences in physical activity behavior during times of economic hardship: results of a population-based study. *International Journal of Medical Science and Public Health*, 5(1), 102.

Mannan, M., Mamun, A., Doi, S., Clavarino, A., (2016) Is there a bi-directional relationship between depression and obesity among adult men and women? Systematic review and bias-adjusted meta analysis. *Asian J Psychiatr*.

McLeon, K. (2016) Why so many people regain weight after dieting. The Conversation. Tersedia dalam: <<https://theconversation.com/why-so-many-people-regain-weight-after-dieting-65095>>

Mohammadi, A., Tajdar-oranj, B., Hosseini, H., Kamankesh, M., Shariatifar, N., Jazaeri, S., & Hosseini-Esfahani, F. (2023). Probabilistic dietary exposure and carcinogenic risk of heterocyclic aromatic amines formed in the main groups

of fast foods: Investigation of different ages and genders. *Journal of Food Composition and Analysis*.

- Moradi, S., Entezari, M. H., Mohammadi, H., Jayedi, A., Lazaridi, A. V., Kermani, M. ali H., & Miraghajani, M. (2022). Ultra-processed food consumption and adult obesity risk: a systematic review and dose-response meta-analysis. *Critical Reviews in Food Science and Nutrition*, 63(2), 249–260.
- Muhammad, J. (2022). Perkembangan Kebugaran Fisik Orang Dewasa Muda Ditinjau Dari Jenis Kelamin. *Sains Olahraga: Jurnal Ilmiah Ilmu Keolahragaan*, 4(1), 42.
- Muhammad, Z. O. O (2018). *Hubungan Asupan Kalori dan Aktivitas Fisik dengan Komposisi Tubuh pada Wanita Premenopause di Kota Padang*. Skripsi, Universitas Andalas.
- Müller, S. M., Floris, J., Rohrmann, S., Staub, K., & Matthes, K. L. (2022). Body height among adult male and female Swiss Health Survey participants in 2017: Trends by birth years and associations with self-reported health status and life satisfaction. *Preventive Medicine Reports*, 29.
- Munasiroh, D., Nurawali, D. O., Rahmah, D. A., Suhailah, F., & Yusup, I. R. (2019). Faktor-Faktor Yang Berhubungan Dengan Perilaku Konsumsi Makanan Cepat Saji (Fast Food) Pada Mahasiswa. *An-Nadaa: Jurnal Kesehatan Masyarakat*, 6(2).
- Mokoginta, F. S., Budiarmo, F., & Manampiring, A. E. (2016). Gambaran Pola Asupan Makanan pada Remaja di Kabupaten Bolaan Mongondow Utara. *Jurnal e-Biomedik*, 4(2).
- Nisa, H., & Fatimah, I. Z. (2020). Indikator Antropometri Sebagai Prediktor Glukosa Darah Puasa Terganggu Pada Usia Dewasa Di Tangerang Selatan. *Buletin Penelitian Sistem Kesehatan*, 23(4), 267–274.
- Norafidah, A., Azmawati, M., Norfazilah, A. (2013) Factors influencing abdominal obesity by waist circumference among normal BMI population. *Malaysian J Public Health Med*.
- Nurohmi, S., Marfu'ah, N., Naufalina, M. D., Farhana, S. A. H., & Riza, M. El. (2021). Rasio Lingkar Pinggang-Pinggul dan Kaitannya dengan Kadar Kolesterol Total pada Wanita Dewasa. *Nutri-Sains: Jurnal Gizi, Pangan Dan Aplikasinya*, 4(1), 25–38.
- Olateju, I. V., Opaleye-enakhimion, T., Udeogu, J. E., Asuquo, J., Olaleye, K. T., Osa, E., & Funso, A. (2023). Diabetes & Metabolic Syndrome: Clinical Research & Reviews A systematic review on the effectiveness of diet and exercise in the management of obesity. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 17(4), 102759.
- Olfert, M. D., Barr, M. L., Charlier, C. C., Greene, G., Zhou, W., & Colby, S. E. (2019). Sex differences in lifestyle behaviors among U.S. college freshmen. *International Journal of Environmental Research and Public Health*, 16(3).
- Omer, T. (2020). The causes of obesity: an in-depth review. *Advances in Obesity, Weight Management & Control*, 10(4), 90–94.

- Parente, E. B., Mutter, S., Harjutsalo, V., Ahola, A. J., Forsblom, C., & Groop, P. H. (2020). Waist-height ratio and waist are the best estimators of visceral fat in type 1 diabetes. *Scientific Reports*, 10(1), 1–10.
- Penggalih, M. S. T., Sofro, Z. M., Solichah, K. M., Niamilah, I., Nadia, A. 2021. *Gizi Olahraga II: Respons Adaptasi Biokimia dan Fisiologi Atlet*. Yogyakarta: UGM Press.
- Pertiwi, R. (2014). Ukuran Lahir, Keragaan Status Gizi, Dan Komposisi Tubuh Mahasiswa Tingkat Persiapan Bersama Institut Pertanian Bogor. *Jurnal Gizi Pangan*, 9, 173–180
- Popławska, H., Dmitruk, A., & Hołub, W. (2019). Physical fitness and parent-reported health status and leisure time activity of polish boys and girls with abdominal and peripheral obesity. *Journal of Physical Education and Sport*, 19(3), 867–875.
- Prabowo, L. H. G & Yuliasrid, D. (2022) Hubungan Aktivitas Fisik dengan VO2 Max pada Tim Futsal Putra selama Pandemi Covid 19. *Jurnal Kesehatan Olahraga*, 10 (4), pp. 25-30.
- Puder, J. J., Monaco, S. E., Sen Gupta, S., Wang, J., Ferin, M., & Warren, M. P. (2006). Estrogen and exercise may be related to body fat distribution and leptin in young women. *Fertility and Sterility*, 86(3), 694–699.
- Puspitasari, N., Epidemiologi, Biostatistika, D., Ilmu, J., & Masyarakat, K. (2018). Faktor kejadian obesitas sentral paa usia dewasa. *Higeia Journal of Puplic Health Research and Development*, 2(2), 249–259.
- Qatrunnada, R. D. (2022). Faktor Penyebab Kejadian Kelebihan Berat Badan dan Obesitas pada Anak-anak dan Dewasa Factors that Cause Overweight and Obesity in School-Age Children and Adult. *Media Gizi Kemas*, 2–6.
- Qumar, N., Agarwal, S., Studies, H., Pradesh, U., Studies, H., Pradesh, U., Student, M. S., & Studies, H. (2016). Relationship Between Fast Food Consumption and. *International Journal Of Research- Granthaalayah-A Knowledge Repository*, 4(6), 72–81.
- Rana, K., Ghimire, P., Chimoriya, R., & Chimoriya, R. (2021). Trends in the Prevalence of Overweight and Obesity and Associated Socioeconomic and Household Environmental Factors among Women in Nepal: Findings from the Nepal Demographic and Health Surveys. *Obesities*, 1(2), 113–135.
- Riso, E. M., Kull, M., Mooses, K., & Jürimäe, J. (2018). Physical activity, sedentary time and sleep duration: Associations with body composition in 10-12-year-old Estonian schoolchildren. *BMC Public Health*, 18(1), 1–7.
- Runingsari, T. (2018). Sensitivity and Specificity of Waist to Height Ratio (WHtR) in Obesity. *Argipa*, 3(2), 96–101.
- Roemmich, J. N., Rogol, A. D. (1999). Hormonal changes during puberty and their relationship to fat distribution. *Am J Hum Biol*, 11(2), 209-224.
- Safitri, D., E. & Rahayu, N., S. (2020) Determinan Status Gizi Obesitas pada Orang Dewasa di Perkotaan: Tinjauan Sistematis. *Arkesmas*, 5:1.

- Saharan, M., Saharan, A. K., Ranjeeta, W., Rajpurohit, V. S., & Taneja, D. (2022). Effect of ultrasonic cavitation on subjects with gynoid obesity: a randomized controlled trial. *International Journal of Multidisciplinary Educational Research*, 816(2), 1–10.
- Said, I., Hadi, A. J., Manggabarani, S., Tampubolon, I. L., Maryanti, E., & Ferusgel, A. (2020). The Effectivity of Nutrition Education Booklet on Knowledge, Fast-food Consumption, Calorie Intake, and Body Mass Index in Adolescents. *Journal of Health Promotion and Behavior*, 5(1), 11–17.
- Salbiah. (2018). *Perbedaan Kadar Glukosa Darah Pada Remaja Dengan Indeks Massa Tubuh Normal Dan Overweight Di SMAN 1 Palangkaraya*. Skripsi, Poltekkes Kemenkes Palangkaraya.
- Sartika, R. A. D. (2011). Prevalensi dan Determinan Kelebihan Berat Badan dan Kegemukan pada Anak Berusia 5-15 Tahun. *Kesmas: National Public Health Journal*, 5(6), 262.
- Seeveltdt, V., Malina, R. M., & Clark, M. A. (2002). Factors influencing levels of physical activity in adults. *Sports Medicine*, 32(3), 143–168.
- Sherwood, L. (2013). *Human physiology : from cells to systems*. Belmont, CA : Brooks/Cole, Cengage Learning.
- Septiyanti, & Seniwati. (2020). Obesitas dan Obesitas Sentral pada Masyarakat Usia Dewasa di Daerah Perkotaan Indonesia. *Jurnal Ilmiah Kesehatan*, 2(3), 118–127.
- Silveira, E. A., Pagotto, V., Barbosa, L. S., de Oliveira, C., Das Graças Pena, G., & Velasquez-Melendez, G. (2020). Accuracy of BMI and waist circumference cut-off points to predict obesity in older adults. *Ciencia e Saude Coletiva*, 25(3), 1073–1082.
- Sinaga, D. (2014) Statistik Dasar. *Jakarta: UKI Press*.
- Smith, M. K., Christianto, E., & Staynor, J. M. D. (2021). Obesity and visceral fat in Indonesia: An unseen epidemic? A study using iDXA and surrogate anthropometric measures. *Obesity Research and Clinical Practice*, 15(1), 26–32.
- Sofa, I. M. (2018). Kejadian Obesitas, Obesitas Sentral, dan Kelebihan Lemak Viseral pada Lansia Wanita. *Amerta Nutrition*, 2(3), 228.
- Sudikno, Syarief, H., Dwiriani, C. M., & Riyadi, H. (2015). Faktor Risiko Obesitas Sentral pada Orang Dewasa Umur 25-65 Tahun di Indonesia (Analisis Data Riset Kesehatan Dasar 2013). *Penelitian Gizi Dan Makanan*, 38(2), 111–120.
- Suryadinata, R. V., & Sukarno, D. A. (2019). Pengaruh Aktivitas Fisik Terhadap Risiko Obesitas Pada Usia Dewasa. *The Indonesian Journal of Public Health*, 14(1), 106–116.
- Suryana, & Fitri, Y. (2017). The Association Between Physical Activity with Body Mass Index (BMI) and Body Fat Composition. *Aceh Nutrition Journal*, 2(2), 114–119.

- Syahputri, A., & Karjadidjaja, I. (2022). Hubungan pola aktivitas fisik dengan indeks massa tubuh (IMT) dan lingkar pinggang pengunjung usia dewasa di Puskesmas Kecamatan Kalideres Jakarta Barat. *Tarumanagara Medical Journal*, 4(2), 187–193.
- Thompson, D., Karpe, F., Lafontan, M., & Frayn, K. (2012). Physical activity and exercise in the regulation of human adipose tissue physiology. *Physiological Reviews*, 92(1), 157–191.
- Triyanti, T., & Ardila, P. (2019). Asupan Lemak Sebagai Faktor Dominan Terhadap Obesitas Sentral Pada Wanita Fat Intake As A Dominant Factor of Central Obesity Among Women. *Jurnal Gipas*, 3, 133–143.
- Tukuboya, V. T., Malonda, N. S. H., Sanggelorang, Y., Kesehatan, F., Universitas, M., & Ratulangi, S. (2020). Gambaran Aktivitas Fisik Pada Tenaga Pendidik Dan Kependidikan Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi Selama Masa Pandemi Covid-19. *Jurnal Kesmas*, 9(6), 35–45.
- Uddin, R., Burton, N. W., & Khan, A. (2021). Factors associated with changes in physical activity and sedentary behaviour during one year among university-based young adults. *Sports Medicine and Health Science*, 3(4), 236–242.
- Utami, S., Ary L. U., & Rachmi, A. (2022). Scoping Review: Efektivitas Pengonsumsi Probiotik terhadap Berat Badan pada Overweight dan Obesitas Dewasa. *Bandung Conference Series: Medical Science*, 2(1), 402–409.
- Wahyu, P. R. G., & Hidayati, R. (2017). Lingkar pinggang lebih dari normal mempengaruhi terjadinya penyakit jantung koroner. *Jurnal Ners*, 4(2), 122–127.
- Wahyuni, Y., Dewi, R., & Utami, T. P. (2017). Upaya Preventif Penyakit Degeneratif Melalui Pemeriksaan Lemak Viseral Masyarakat Di Wilayah Pesantren Asshiddiqiyah Jakarta Barat 2017. *Jurnal Abdimas*, 4, 280.
- Winata, A. H., & Siregar, N. P. (2021). Perkiraan Tinggi Badan berdasarkan Panjang Tulang Ulna pada Mahasiswa FK UISU. *Jurnal Kedokteran Ibnu Nafis*, 10(2), 179–187.
- World Health Organization. (2016). WHO Guidelines on physical activity and sedentary behaviour. Tersedia dalam: <<https://apps.who.int/iris/handle/10665/336656>>
- World Health Organization. (2021). *Obesity*. Tersedia dalam: <<https://www.who.int/health-topics/obesity>>
- Wulan SN, Westerterp KR, Plasqui G. Ethnic differences in body composition and the associated metabolic profile: a comparative study between Asians and Caucasians. *Maturitas*. 2010;65(4):315–319.
- Yang, X. L., Ouyang, Y. F., Zhang, X. F., Su, C., Bai, J., Zhang, B., Hong, Z. X., Du, S. F., & Wang, H. J. (2022). Waist Circumference of the Elderly over 65 Years Old in China Increased Gradually from 1993 to 2015: A Cohort Study. *Biomedical and Environmental Sciences*, 35(7), 604–612.

- Yunieswati, W. (2015). Status Antropometri Dengan Beberapa Indikator Pada Mahasiswa Tpb-lpb. *Jurnal Gizi Pangan*, 9(3), 181–186.
- Zalita, A. O., & Indah, S. (2022). Faktor–Faktor Yang Berhubungan Dengan Perilaku Konsumsi Fast Food Pada Siswa SMA. *Buletin Kesehatan: Publikasi Ilmiah Bidang Kesehatan*, 6(1), 121–137.
- Zhang, X., Wang, Y., Huang, F., Zhang, B., Wang, Z., Du, S., & Wang, H. (2022). Multiple trajectories of any intensities of physical activity are better than sustained sedentary time on improving waist circumference and body mass index among Chinese adults: China Health and Nutrition Survey, 2004-2018. *Nutrition Research*, pp. 2004–2018.