

DAFTAR PUSTAKA

- Al Rahmad, A. H., Annaria, & Fadjri, T. K. (2016). Faktor Resiko Peningkatan Kolesterol pada Usia Diatas 30 Tahun di Kota Banda Aceh. *Nutrisia Journal*, 18(2), 109–114.
- Alberti, K. G. M. M., Eckel, R. H., Grundy, S. M., Zimmet, P. Z., Cleeman, J. I., Donato, K. A., Fruchart, J. C., James, W. P. T., Loria, C. M., & Smith, S. C. (2009). Harmonizing the metabolic syndrome: A joint interim statement of the international diabetes federation task force on epidemiology and prevention; National heart, lung, and blood institute; American heart association; World heart federation; International atherosclerosis society; And international association for the study of obesity. In *Circulation* (Vol. 120, Issue 16, pp. 1640–1645). <https://doi.org/10.1161/CIRCULATIONAHA.109.192644>
- Aminussin, M. F., & Anggraini, C. (2025). ANALISIS PERBANDINGAN KADAR KOLESTEROL TOTAL ANTARA PEROKOK AKTIF DAN PASIF BERUSIA 20-25 TAHUN DI WILAYAH SAMARINDA. *Jurnal Borneo Cendekia*, 9(1), 69–75.
- Andarmoyo, S., & Nurhayati, T. (n.d.). *LAKI-LAKI DAN RIWAYAT KELUARGA DENGAN PENYAKIT JANTUNG KORONER (PJK) BERESIKO TERHADAP KEJADIAN PJK*.
- Andini, F. A. D., & Siregar, A. Y. M. (2024). Work hours and the risk of hypertension: the case of Indonesia. *BMC Public Health*, 24(1). <https://doi.org/10.1186/s12889-024-20003-z>
- Ar Rafiq, A., & Lukman Wicaksana, A. (2021). Pengaruh Aktivitas Fisik terhadap Penurunan Berat Badan dan Tingkat Kolesterol pada Orang dengan Obesitas: Literature Review Effect of Physical Exercise on Weight Loss and Cholesterol Levels in Obese People: Literature Review. In *Jurnal Keperawatan Klinis dan Komunitas* (Vol. 5, Issue 3).
- Aritonang, J. P., Widiastuti, I. A. E., & Harahap, I. L. (2022). *Gambaran Tingkat Aktivitas Fisik Mahasiswa Pendidikan Dokter Fakultas Kedokteran Universitas Mataram di Masa Pandemi COVID-19 Description of Physical Activity Level of Medical Students Faculty of Medicine, University Of Mataram In Covid-19 Pandemic*. 10(1). <https://doi.org/10.23886/ejki.10.129.58>
- Badimon, L., Chagas, P., & Rüegg, J. C. (2018). Interplay between hypertension and hypercholesterolemia in atherosclerosis. *Hypertension Research*, 41(8), 543–549.
- Bantas, K., Agustina, F. M. T., & Zakiyah, D. (2012). Risiko Hiperkolesterolemia pada Pekerja di Kawasan Industri. *Kesmas: National Public Health Journal*, 6(5), 219. <https://doi.org/10.21109/kesmas.v6i5.87>
- Brown, M. S., & Goldstein, J. L. (2022). Lipoprotein metabolism and its regulation. *Annual Review of Biochemistry*, 91(1), 231–259.
- Burton, W. N., Chen, C. Y., Li, X., Schultz, A. B., & Abrahamsson, H. (2014). The association of self-reported employee physical activity with metabolic syndrome, health care costs, absenteeism, and presenteeism. *Journal of Occupational and*

Environmental Medicine, 56(9), 919–926.
<https://doi.org/10.1097/JOM.0000000000000257>

Carroll, M. D., Fryar, C. D., Gwira, J. A., & Iniguez, M. (2021). *Total and High-density Lipoprotein Cholesterol in Adults: United States, August 2021–August 2023*. <https://www.cdc.gov/nchs/products/index.htm>.

Cavalli, N. P., de Mello, M. B., Righi, N. C., Schuch, F. B., Signori, L. U., & da Silva, A. M. V. (2024). Effects of high-intensity interval training and its different protocols on lipid profile and glycaemic control in type 2 diabetes: A meta-analysis. *Journal of Sports Sciences*, 42(4), 333–349. <https://doi.org/10.1080/02640414.2024.2330232>

Chen, H., Chen, Y., Wu, W., Cai, Z., Chen, Z., Yan, X., & Wu, S. (2021). Total cholesterol, arterial stiffness, and systolic blood pressure: a mediation analysis. *Scientific Reports*, 11(1), 1330. <https://doi.org/10.1038/s41598-020-79368-x>

Chen, S., & Cheng, W. (2022). Relationship Between Lipid Profiles and Hypertension: A Cross-Sectional Study of 62,957 Chinese Adult Males. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.895499>

Chen, Z., Zhou, R., Liu, X., Wang, J., Wang, L., Lv, Y., & Yu, L. (2025). Effects of Aerobic Exercise on Blood Lipids in People with Overweight or Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. In *Life* (Vol. 15, Issue 2). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/life15020166>

CIOMS. (2016). *International Ethical Guidelines for Health-related Research Involving Humans*. CIOMS.

Dang, A. K., Thi Le, L. T., Pham, N. M., Nguyen, D. Q., Thi Nguyen, H. T., Dang, S. C., Le Nguyen, A. T., Le, H. T., Mamun, A. A., Phung, D., & Thai, P. K. (2025). An upward trend of dyslipidemia among adult population in Vietnam: Evidence from a systematic review and meta-analysis. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 19(1), 103171. <https://doi.org/10.1016/J.DSX.2024.103171>

Fahmawati, D. (2019). PERBEDAAN TINGKAT KONSUMSI DAN KADAR KOLESTEROL DARAH ANTARA PEROKOK DAN NON PEROKOK. *The Indonesian Journal of Public Health*, 14(2), 243–251. <https://doi.org/10.20473/ijph.v14i1.2019.243-251>

Fan, J., Liu, Y., Yin, S., Chen, N., Bai, X., Ke, Q., Shen, J., & Xia, M. (2019). Small dense LDL cholesterol is associated with metabolic syndrome traits independently of obesity and inflammation. *Nutrition and Metabolism*, 16(1). <https://doi.org/10.1186/s12986-019-0334-y>

Fang, Y.-Y., Huang, C.-Y., & Hsu, M.-C. (2019). Effectiveness of a physical activity program on weight, physical fitness, occupational stress, job satisfaction and quality of life of overweight employees in high-tech industries: a randomized controlled study. *International Journal of Occupational Safety and Ergonomics*, 25(4), 621–629. <https://doi.org/10.1080/10803548.2018.1438839>

- Fernández-Figares Vicioso, M. P., Riutord Sbert, P., Ramírez-Manent, J. I., López-González, Á. A., del Barrio Fernández, J. L., & Vicente Herrero, M. T. (2025). Association Between Sociodemographic and Lifestyle Factors and Type 2 Diabetes Risk Scores in a Large Working Population: A Comparative Study Between the Commerce and Industry Sectors. *Nutrients*, *17*(15). <https://doi.org/10.3390/nu17152420>
- Fitrianto, H., Azmi, S., & Kadri, H. (2014). Penggunaan Obat Antihipertensi pada Pasien Hipertensi Esensial di Poliklinik Ginjal Hipertensi RSUP DR. M. Djamil Tahun 2011. In *Jurnal Kesehatan Andalas* (Vol. 3, Issue 1). <http://jurnal.fk.unand.ac.id>
- Fodor, G. (2010). *Primary prevention of CVD: treating dyslipidaemia*.
- Franczyk, B., Gluba-Brzózka, A., Ciałkowska-Rysz, A., Ławiński, J., & Rysz, J. (2023). The Impact of Aerobic Exercise on HDL Quantity and Quality: A Narrative Review. In *International Journal of Molecular Sciences* (Vol. 24, Issue 5). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/ijms24054653>
- Grundy, S. M., Stone, N. J., Bailey, A. L., Beam, C., Birtcher, K. K., Blumenthal, R. S., Braun, L. T., De Ferranti, S., Faiella-Tommasino, J., Forman, D. E., Goldberg, R., Heidenreich, P. A., Hlatky, M. A., Jones, D. W., Lloyd-Jones, D., Lopez-Pajares, N., Ndumele, C. E., Orringer, C. E., Peralta, C. A., ... Yeboah, J. (2019). 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. In *Circulation* (Vol. 139, Issue 25, pp. E1082–E1143). Lippincott Williams and Wilkins. <https://doi.org/10.1161/CIR.0000000000000625>
- Habib, M. B., Akbar, N. S., Batool, G., & Info, A. (2025). *Investigation of Dyslipidemia and Lipid Profile Ratios Among Patients in Tertiary Care Hospitals*. <https://orcid.org/0000-0002-8025-9404>
- Harmawan, W., & Susilowati, H. (2022). Dyslipidemia Factors on Male Workers at Power Plant in Jepara. *Health Notions*, *6*(2). <https://doi.org/10.33846/hn61204>
- Hassan, M. A., Rahman, N. H., & Ariffin, N. M. (2021). Workplace health promotion and cardiovascular risk reduction: A systematic review. *Journal of Occupational Health*, *63*(1). <https://doi.org/10.1002/1348-9585.12234>
- Ivanovic, B., & Tadic, M. (2015). Hypercholesterolemia and Hypertension: Two Sides of the Same Coin. *American Journal of Cardiovascular Drugs*, *15*(6), 403–414. <https://doi.org/10.1007/s40256-015-0128-1>
- Jiang, H., Zhou, Y., Nabavi, S. M., Sahebkar, A., Little, P. J., Xu, S., Weng, J., & Ge, J. (2022). Mechanisms of Oxidized LDL-Mediated Endothelial Dysfunction and Its Consequences for the Development of Atherosclerosis. In *Frontiers in Cardiovascular Medicine* (Vol. 9). Frontiers Media S.A. <https://doi.org/10.3389/fcvm.2022.925923>
- Johannesen, C. D. L., Mortensen, M. B., Nordestgaard, B. G., & Langsted, A. (2025). Discordance analyses comparing LDL cholesterol, Non-HDL cholesterol, and

apolipoprotein B for cardiovascular risk estimation. *Atherosclerosis*, 403. <https://doi.org/10.1016/j.atherosclerosis.2025.119139>

Katsi, V., Argyriou, N., Fragoulis, C., & Tsioufis, K. (2025). The Role of Non-HDL Cholesterol and Apolipoprotein B in Cardiovascular Disease: A Comprehensive Review. In *Journal of Cardiovascular Development and Disease* (Vol. 12, Issue 7). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/jcdd12070256>

Kusliyana, I. (n.d.). *Perbedaan Kadar HDL (High Density Lipoprotein) Kolesterol Dengan Cara Semi-Mikro dan Makro*.

Latifah, D., Studi, P. S., & Fakultas Ilmu Kesehatan, K. (2015). PERILAKU MEROKOK DENGAN KEJADIAN STROKE. In *THE SUN* (Vol. 2, Issue 2).

Lee, E. Y., Kim, Y. B., Goo, S., Oyama, O., Lee, J., Kim, G., Lim, H., Sung, H., Yoon, J., Hwang, J., Chung, S., Kang, H. J., Kim, J. Y., Kim, K. il, Kim, Y., Lee, M. young, Oh, J. W., Park, H., Song, W., ... Jeon, J. Y. (2023). Physical activity in the era of climate change and COVID-19 pandemic: Results from the South Korea's 2022 Report Card on physical activity for children and adolescents. *Journal of Exercise Science and Fitness*, 21(1), 26–33. <https://doi.org/10.1016/j.jesf.2022.10.014>

Letukienė, A., Hendrixson, V., & Ginevičienė, V. (2024). Current knowledge and scientific trends in myokines and exercise research in the context of obesity. In *Frontiers in Medicine* (Vol. 11). Frontiers Media SA. <https://doi.org/10.3389/fmed.2024.1421962>

Lind, L., Sundström, J., Ärnlöv, J., Risérus, U., & Lampa, E. (2021). A longitudinal study over 40 years to study the metabolic syndrome as a risk factor for cardiovascular diseases. *Scientific Reports*, 11(1). <https://doi.org/10.1038/s41598-021-82398-8>

Liu, Y., Zhang, L., Wang, Q., Liu, H., Zhu, X., Li, H., & Zhang, H. (2024). The effects of high-intensity interval training/moderate-intensity continuous training on the inhibition of fat accumulation in rats fed a high-fat diet during training and detraining. *Lipids in Health and Disease*, 23(1). <https://doi.org/10.1186/s12944-024-02209-7>

Mach, F., Koskinas, K. C., Roeters van Lennep, J. E., Tokgözoğlu, L., Badimon, L., Baigent, C., Benn, M., Binder, C. J., Catapano, A. L., De Backer, G. G., Delgado, V., Fabin, N., Ference, B. A., Graham, I. M., Landmesser, U., Laufs, U., Mihaylova, B., Nordestgaard, B. G., Richter, D. J., ... Group, E. S. D. (2025). 2025 Focused Update of the 2019 ESC/EAS Guidelines for the management of dyslipidaemias: Developed by the task force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and the European Atherosclerosis Society (EAS). *European Heart Journal*, ehaf190. <https://doi.org/10.1093/eurheartj/ehaf190>

Mahmood, S. S., Levy, D., Vasan, R. S., & Wang, T. J. (2014). The Framingham Heart Study and the epidemiology of cardiovascular disease: A historical perspective. In *The Lancet* (Vol. 383, Issue 9921, pp. 999–1008). Elsevier B.V. [https://doi.org/10.1016/S0140-6736\(13\)61752-3](https://doi.org/10.1016/S0140-6736(13)61752-3)

Maisto, G., Scatigna, M., Delle Monache, S., Coppolino, M. F., Pugliese, L., Sponta, A. M., Tobia, L., Tolli, E., Zito, P., Bonavolontà, V., Fabiani, L., Tuccella, C., &

- Vinciguerra, M. G. (2025). Impact of a 24-Week Workplace Physical Activity Program on Oxidative Stress Markers, Metabolic Health, and Physical Fitness: A Pilot Study in a Real-World Academic Setting. *Journal of Functional Morphology and Kinesiology*, *10*(3). <https://doi.org/10.3390/jfmk10030348>
- Mann, S., Beedie, C., & Jimenez, A. (2014). Differential effects of aerobic exercise, resistance training and combined exercise modalities on cholesterol and the lipid profile: review, synthesis and recommendations. In *Sports Medicine* (Vol. 44, Issue 2, pp. 211–221). <https://doi.org/10.1007/s40279-013-0110-5>
- Moradinazar, M., Pasdar, Y., Najafi, F., Shahsavari, S., Shakiba, E., Hamzeh, B., & Fakhri, N. (2020). Association between dyslipidemia and blood lipids concentration with smoking habits in the Kurdish population of Iran. *BMC Public Health*, *20*(1). <https://doi.org/10.1186/s12889-020-08809-z>
- Motuma, A., Shiferaw, K., Gobena, T., Roba, K. T., Berhane, Y., & Worku, A. (2023). Dyslipidemia and its predictors among adult workers in eastern Ethiopia: An institution-based cross-sectional study. *PLoS ONE*, *18*(10 October). <https://doi.org/10.1371/journal.pone.0291665>
- Muhammad Arif, & Mario Sandro. (2024). Hubungan Usia dan Jenis Kelamin terhadap Kadar Kolesterol. *Jurnal Ilmu Kesehatan Dan Gizi*, *3*(1), 51–61. <https://doi.org/10.55606/jig.v3i1.3395>
- Mulyani, N. S., Al Rahmad, A. H., & Jannah, R. (2018). Faktor resiko kadar kolesterol darah pada pasien rawat jalan penderita jantung koroner di RSUD Meuraxa. *Action: Aceh Nutrition Journal*, *3*(2), 132. <https://doi.org/10.30867/action.v3i2.113>
- Nair, P. (2013). Brown and Goldstein: The cholesterol chronicles. In *Proceedings of the National Academy of Sciences of the United States of America* (Vol. 110, Issue 37, pp. 14829–14832). <https://doi.org/10.1073/pnas.1315180110>
- Nawata, K. (2023a). An Analysis of Health Factors Affecting Employees' Absenteeism: Influences of HDL Cholesterol and Blood Sugar Levels. *Health*, *15*(05), 397–412. <https://doi.org/10.4236/health.2023.155027>
- Nawata, K. (2023b). An Analysis of Health Factors Affecting Employees' Absenteeism: Influences of HDL Cholesterol and Blood Sugar Levels. *Health*, *15*(05), 397–412. <https://doi.org/10.4236/health.2023.155027>
- Nugraheni, W. P., Mubasyiroh, R., & Rachmawati, T. (2023). *Effects of the COVID-19 pandemic on cardiovascular disease financing in Indonesia (JKN claims data analysis 2019–2020)*. <https://icd.who.int/browse10/>
- Pasadena, R., Amalia, A. A., & Hadi, W. S. (2024). Hubungan Kadar Kolesterol dengan Usia Lanjut dan Jenis Kelamin Pada Pasien Hipertensi di RSUD Nyi Ageng Serang Kulon Progo. *Jurnal Pendidikan Tambusai*, *8*(3), 44311–44320.
- Peñalvo, J. L., Sagastume, D., Mertens, E., Uzhova, I., Smith, J., Wu, J. H. Y., Bishop, E., Onopa, J., Shi, P., Micha, R., & Mozaffarian, D. (2021). Effectiveness of workplace wellness programmes for dietary habits, overweight, and cardiometabolic health: a

systematic review and meta-analysis. *The Lancet Public Health*, 6(9), e648–e660. [https://doi.org/10.1016/S2468-2667\(21\)00140-7](https://doi.org/10.1016/S2468-2667(21)00140-7)

Pereira, M. A., Mullane, S. L., Toledo, M. J. L., Larouche, M. L., Rydell, S. A., Vuong, B., Feltes, L. H., Mitchell, N. R., de Brito, J. N., Hasanaj, K., Carlson, N. G., Gaesser, G. A., Crespo, N. C., Oakes, J. M., & Buman, M. P. (2020). Efficacy of the ‘Stand and Move at Work’ multicomponent workplace intervention to reduce sedentary time and improve cardiometabolic risk: a group randomized clinical trial. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1). <https://doi.org/10.1186/s12966-020-01033-3>

PERKENI. (2019). Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia. *Edisi Pertama*. Jakarta: PB Perkeni.

PERKI. (2017). Panduan tata laksana dislipidemia. *PB PERKI*.

Piché, M. E., Tchernof, A., & Després, J. P. (2022). Obesity phenotypes, metabolically healthy obesity, and cardiovascular disease risk. *Annual Review of Nutrition*, 42(1), 21–44.

Pinheiro, Tatiane Draguer Dal Ponte, Silva, Brenda, Zanella, Janice de Fátima Pavan, Salazar, Rodrigo Fernando dos Santos, & Bonfanti-Azzolin, Gabriela. (2022). Cardiovascular disease risk among male workers of a regional electricity distribution company in Brazil. *WORK*, 74(1), 219–226. <https://doi.org/10.3233/WOR-205238>

Prakoso, A., & Agusman. (2014). Pengaruh Pemberian Jus Mentimun Terhadap Tekanan Darah Pada Lansia dengan Hipertensi di Posyandu di Kabupaten Demak. *Prosiding Seminar Nasional & Internasional*, 2(1).

Prana, U. G., & Rosmaini, E. (2016). *BELAJAR OLAH DATA dengan SPSS, MINITAB, R, MICROSOFT EXCEL, EVIEWS, LISREL, AMOS, dan SMARTPLS (disertai beberapa contoh perhitungan manual)*. USU Press. <http://usupress.usu.ac.id>

PT PLN (Persero) UP3 Ternate. (2024). *Hasil Medical Check Up PLN UP3 Ternate (2022-2024)*.

Pyakurel, P., Karki, P., Lamsal, M., Ghimire, A., & Pokharel, P. K. (2016). Cardiovascular risk factors among industrial workers: A cross-sectional study from eastern Nepal. *Journal of Occupational Medicine and Toxicology*, 11(1). <https://doi.org/10.1186/s12995-016-0109-6>

Rachman Zein, M. F. A. (2021). *PERBANDINGAN KADAR KOLESTEROL PADA PEROKOK AKTIF DAN PEROKOK PASIF USIA 20-40 TAHUN DI DESA SUNGAI RANGIT, KECAMATAN PANGKALAN LADA, KOTAWARINGIN BARAT* [Sekolah Tinggi Ilmu Kesehatan Borneo Cendikia Media Pangkalanbun]. <https://repository.stikesbcm.ac.id/id/eprint/190/1/Karya%20Tathur%20Ilmiah%20Fathur.pdf>

Rahayu, L. E., Liana, & Novasyra, A. (2025). FAKTOR YANG BERHUBUNGAN DALAM PENINGKATAN KADAR KOLESTEROL DI PUSKESMAS PASAR

- MERAH. *Jurnal Kedokteran Ibnu Nafis*, 14(1), 103–112.
<https://doi.org/10.30743/jkin.v14i1.946>
- Rahmawati, Y., Ramadanty, D. D., Rahmawati, F., & Perwitasari, E. (2022). *HIPERKOLESTEROLEMIA PADA PASIEN LANJUT USIA: STUDI KASUS PUSKESMAS SEYEGAN*. 3(1).
- Raissa Astari Darwizar. (2019). *PENGARUH OLAHRAGA INTENSITAS SEDANG TERHADAP KADAR KOLESTEROL TOTAL PADA LAKI-LAKI DEWASA MUDA*. Universitas Kristen Maranatha.
- Raja, V., Aguiar, C., Alsayed, N., Chibber, Y. S., ElBadawi, H., Ezhov, M., Hermans, M. P., Pandey, R. C., Ray, K. K., Tokgözoğlu, L., Zambon, A., Berrou, J. P., & Farnier, M. (2023). Non-HDL-cholesterol in dyslipidemia: Review of the state-of-the-art literature and outlook. *Atherosclerosis*, 383, 117312.
<https://doi.org/10.1016/J.ATHEROSCLEROSIS.2023.117312>
- Riyanto, A. (2022). *APLIKASI METODOLOGI PENELITIAN KESEHATAN (Pertama)*. Nuha Medika.
- Rosehardini, Y. (2019). *Faktor-Faktor yang Berhubungan dengan Tingginya Kadar Kolesterol Total Pekerja Catering di PT. The First Trijaya Tahun 2018*. Universitas Esa Unggul.
- Rosmiati, A., Fitriyani, F., & Sari, R. M. (2025). Impact of educational intervention on cholesterol levels in employees: A workplace-based study. *Preventive Medicine Reports*, 40, 102017. <https://doi.org/https://doi.org/10.1016/j.pmedr.2025.102017>
- Saltiel, A. R., & Olefsky, J. M. (2017). Inflammatory mechanisms linking obesity and metabolic disease. In *Journal of Clinical Investigation* (Vol. 127, Issue 1, pp. 1–4). American Society for Clinical Investigation. <https://doi.org/10.1172/JCI92035>
- Selviana Anakonda, Fery Lusviana Widiyany, & Inayah. (2019). Hubungan aktivitas olahraga dengan kadar kolesterol pasien penyakit jantung koroner. *Ilmu Gizi Indonesia*, 125–132.
- Shahraz, J., Joukar, F., Sheida, F., Yeganeh, S., Maroufizadeh, S., Baghaee, M., Naghipour, M., & Mansour-Ghanaei, F. (2025). Associations Between Body Mass Index (BMI) and Dyslipidemia: Results From the PERSIAN Guilan Cohort Study (PGCS). *Obesity Science and Practice*, 11(1). <https://doi.org/10.1002/osp4.70055>
- Smart, N. A., Downes, D., van der Touw, T., Hada, S., Dieberg, G., Pearson, M. J., Wolden, M., King, N., & Goodman, S. P. J. (2025a). The Effect of Exercise Training on Blood Lipids: A Systematic Review and Meta-analysis. In *Sports Medicine* (Vol. 55, Issue 1, pp. 67–78). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1007/s40279-024-02115-z>
- Smart, N. A., Downes, D., van der Touw, T., Hada, S., Dieberg, G., Pearson, M. J., Wolden, M., King, N., & Goodman, S. P. J. (2025b). The Effect of Exercise Training on Blood Lipids: A Systematic Review and Meta-analysis. In *Sports Medicine* (Vol. 55, Issue

- 1, pp. 67–78). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1007/s40279-024-02115-z>
- Smith, J. P., Williams, C. M., & Taylor, R. L. (2023). Work stress and cardiovascular disease: Mechanisms and interventions. *Journal of Occupational Health Psychology*, 28(1), 56–72. <https://doi.org/10.1037/ocp0000284>
- Song, X., Cui, X., Su, W., Shang, X., Tao, M., Wang, J., Liu, C., Sun, Y., & Yun, H. (2024a). Comparative effects of high-intensity interval training and moderate-intensity continuous training on weight and metabolic health in college students with obesity. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-67331-z>
- Song, X., Cui, X., Su, W., Shang, X., Tao, M., Wang, J., Liu, C., Sun, Y., & Yun, H. (2024b). Comparative effects of high-intensity interval training and moderate-intensity continuous training on weight and metabolic health in college students with obesity. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-67331-z>
- Sugiarti, L., & Latifah. (2010). *HUBUNGAN OBESITAS, UMUR DAN JENIS KELAMIN TERHADAP KADAR KOLESTEROL DARAH*. <http://www.obesitas.web.id/>
- Susanti, N., Putri, D. A., Ananda, R., & Hasanah, U. (2024). FAKTOR RISIKO POLA MAKAN DAN RUTINITAS OLAHRAGA TERHADAP KADAR KOLESTEROL PADA LANSIA. *Jurnal Universitas Pahlawan*, 8(2), 3194–3200. <https://journal.universitaspahlawan.ac.id/index.php/prepotif/article/view/30283/21547>
- U.S. Centers for Disease Control and Prevention. (2025, February 24). *Heart Disease, Stroke and Peripheral Artery Disease*. <https://www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html#print>
- Vikaliana, R., Agung, P., Awin, M., Renatalia, F., Reza, R., Heru Kreshna, R., Edward, N., Franciscus, D., Suharni, & Laila, U. (2022). *RAGAM PENELITIAN DENGAN SPSS* (M. Surur, Ed.; Pertama, Vol. 1). Tahta Media Group.
- Volpato, S., Zuliani, G., Guralnik, J. M., Palmieri, E., & Fellin, R. (2001). The Inverse Association between Age and Cholesterol Level among Older Patients: The Role of Poor Health Status. *Gerontology*, 47(1), 36–45. <https://doi.org/10.1159/000052768>
- Walker, A. E., Eskurza, I., Pierce, G. L., Gates, P. E., & Seals, D. R. (2009). Modulation of vascular endothelial function by low-density lipoprotein cholesterol with aging: Influence of habitual exercise. *American Journal of Hypertension*, 22(3), 250–256. <https://doi.org/10.1038/ajh.2008.353>
- Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2023). Health benefits of physical activity: A systematic review. *Canadian Journal of Cardiology*, 39(4), 456–472. <https://doi.org/10.1016/j.cjca.2023.01.009>
- Wazir, M., Olanrewaju, O. A., Yahya, M., Kumari, J., Kumar, N., Singh, J., Abbas Al-itbi, A. Y., Kumari, K., Ahmed, A., Islam, T., Varrassi, G., Khatri, M., Kumar, S., Wazir, H., & Raza, S. S. (2023). Lipid Disorders and Cardiovascular Risk: A Comprehensive Analysis of Current Perspectives. *Cureus*. <https://doi.org/10.7759/cureus.51395>

- World Health Organization. (2018). *World No Tobacco Day 2018: Tobacco breaks hearts – choose health, not tobacco*.
- World Health Organization. (2023). *World Heart Report*.
- Yoeantafara, A., & Martini, S. (2018). Pengaruh Pola Makan terhadap Kadar Kolesterol Total. *Media Kesehatan Masyarakat Indonesia*, 13(4).
- Yun, H., Su, W., Zhao, H., Li, H., Wang, Z., Cui, X., Xi, C., Gao, R., Sun, Y., & Liu, C. (2023). Effects of different exercise modalities on lipid profile in the elderly population: A meta-analysis. *Medicine (United States)*, 102(29), E33854. <https://doi.org/10.1097/MD.00000000000033854>
- Yusvita, F., & Nandra, N. S. (2018). Gambaran Tingkat Risiko Penyakit Jantung dan Pembuluh Darah pada Pekerja di Pt. In *X Forum Ilmiah* (Vol. 15).
- Zahra, N. L., Chandra, D. N., Mansyur, M., & Fahmida, U. (2023). Designing Optimal Food-Based Recommendations and Nutrient-Dense Canteen Menu for Oil and Gas Workers Using Linear Programming: A Preliminary Study in Oil and Gas Worksite in East Kalimantan, Indonesia. *Nutrients*, 15(19). <https://doi.org/10.3390/nu15194132>
- Zeljko, A., Spasojevic-Kalimanovska, V., & Vekic, J. (2021). *LDL and HDL subclasses and their relationship with atherosclerosis*. <https://doi.org/10.1016/bs.acc.2021.02.001>
- Zeng, J., & Lo, C. H. (2025). Editorial: Lipid metabolism dysregulation in obesity-related diseases and neurodegeneration. In *Frontiers in Endocrinology* (Vol. 16). Frontiers Media SA. <https://doi.org/10.3389/fendo.2025.1564003>
- Zheng, C., Liu, Y., Xu, C., Zeng, S., Wang, Q., Guo, Y., Li, J., Li, S., Dong, M., Luo, X., & Wu, Q. (2024). Association between obesity and the prevalence of dyslipidemia in middle-aged and older people: an observational study. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-62892-5>