

DAFTAR PUSTAKA

- Akhlaghi, M. & Kohanmoo, A. (2023) Sleep deprivation in development of obesity, effects on appetite regulation, energy metabolism, and dietary choices. *Nutrition Research Reviews*, pp.1-21.
- Akhriani M, Fadhilah E, & Kurniasari F. (2016) Hubungan konsumsi minuman berpemanis dengan kejadian kegemukan pada remaja di SMP Negeri 1 Bandung. *Indonesian Journal of Human Nutrition*, 3(1), pp.29-40.
- Alifiandhira, S., Maghfira, R., Putri, H.A.T. & Nisa, H. (2024) Gizi lebih, pengetahuan gizi, konsumsi dan paparan iklan minuman manis pada mahasiswa. *MOTORIK Jurnal Ilmu Kesehatan*, 19(1), pp.23-31.
- American Academy of Child and Adolescent Psychiatry (AACAP) (2008) Stages of adolescent development. Available from: <https://www.preadsourcecenter.org/sites/default/files/content/6._stages_of_adolescent_development.pdf> [Accessed 7 Oktober, 2025].
- Andwiyani, A. (2022) *Hubungan pengetahuan gizi dengan pemilihan makanan melalui aplikasi pesan antar makanan daring pada Mahasiswa Universitas Gadjah Mada*. Tesis, Universitas Gadjah Mada.
- Anggreni, D. (2022). *Buku ajar metodologi penelitian kesehatan*. Mojokerto: Stikes Majapahit Mojokerto.
- Anwar, K. & Khalda, N.R. (2023) Hubungan konsumsi sugar sweetened beverages dengan rasio lingkaran pinggang pinggul pada remaja di Jakarta Selatan. *Journal of Nutritional Science and Dietetics*, 2(3), pp.221-229.
- Aramita, T. D. (2024) *Hubungan preferensi makanan dan aktivitas fisik dengan status gizi mahasiswa FK-KMK UGM*. Tesis, Universitas Gadjah Mada.
- Aranis, S.D., Putra, W.K.Y., Setiawati, A. & Prasetyo, T.J. (2024) Sugar-sweetened beverages consumption based on individual and environmental factors among the faculty of public health Universitas Indonesia's students in 2023. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 4(2), pp.6.
- Ardeshirlarijani, E., Jalilpiran, Y., Daneshzad, E., Larijani, B., Namazi, N. & Azadbakht, L. (2021) Association between sugar-sweetened beverages and waist circumference in adult populations: a meta-analysis of prospective cohort studies. *Clinical nutrition ESPEN*, 41, pp.118-125.
- Badan Kebijakan Pembangunan Kesehatan Kementerian Kesehatan RI. (2023). *SURVEI KESEHATAN INDONESIA (SKI) 2023 DALAM ANGKA*. Jakarta: Kemenkes RI.
- Bennett, A.M., Murray, K., Ambrosini, G.L., Oddy, W.H., Walsh, J.P & Zhu, K. (2022) Prospective associations of sugar-sweetened beverage consumption during adolescence with body composition and bone mass at early adulthood. *The Journal of Nutrition*, 152(2), pp.399-407.

- Berger, E. & G  lo  n, A. (2022) Insulin prevents fatty acid induced increase of adipocyte size. *Adipocyte*, 11(1), pp.510-528.
- Block, G., Wakimoto, P., Jensen, C., Mandel, S. & Green, R.R. (2006) Validation of a food frequency questionnaire for Hispanics. *Preventing chronic disease*, 3(3), pp.A77.
- Bountziouka, V. and B Panagiotakos, D. (2010) Statistical methods used for the evaluation of reliability and validity of nutrition assessment tools used in medical research. *Current pharmaceutical design*, 16(34), pp.3770-3775.
- Bourke, E.J. & Veerman, J.L. (2018) The potential impact of taxing sugar drinks on health inequality in Indonesia. *Bmj Global Health*, 3(6), pp.000923.
- Budreviciute, A., Damiaty, S., Sabir, D.K., Onder, K., Schuller-Goetzburg, P., Plakys, G., Katileviciute, A., Khoja, S. & Kodzius, R. (2020) Management and prevention strategies for non-communicable diseases (NCDs) and their risk factors. *Frontiers in public health*, 8, p.574111.
- Bujang, M.A., Omar, E.D., Foo, D.H.P. & Hon, Y.K. (2024) Sample size determination for conducting a pilot study to assess reliability of a questionnaire. *Restorative dentistry & endodontics*, 49(1).
- Buso, M.E., Brouwer-Brolsma, E.M., Naomi, N.D., Ngo, J., Soedamah-Muthu, S.S., Mavrogianni, C., Harrold, J.A., Halford, J.C., Raben, A., Geleijnse, J.M. & Manios, Y. (2023) Sugar and low/no-calorie-sweetened beverage consumption and associations with body weight and waist circumference changes in five European cohort studies: the SWEET project. *European journal of nutrition*, 62(7), pp.2905-2918.
- Butar, H.A.B., Aryani, L., Hartini, E. & Wulandari, F. (2024) Perbandingan literasi kesehatan mahasiswa aktif fakultas kesehatan dengan non kesehatan Universitas Dian Nuswantoro Semarang. *Afiasi: Jurnal Kesehatan Masyarakat*, 9(2), pp.146-154.
- Calder  n-Garc  a, J.F., Roncero-Mart  n, R., Rico-Mart  n, S., De Nicol  s-Jim  nez, J.M., L  pez-Espuela, F., Santano-Mogena, E., Alfageme-Garc  a, P. & Sanchez Munoz-Torrero, J.F. (2021) Effectiveness of body roundness index (BRI) and a body shape index (ABSI) in predicting hypertension: a systematic review and meta-analysis of observational studies. *International journal of environmental research and public health*, 18(21), pp.11607.
- Campos-Ram  rez, C., Palacios-Delgado, J., Caama  o-Perez, M.D.C., Camacho-Calderon, N., Villagr  n-Herrera, M.E., Aguilar-Galarza, A., Garc  a-Gasca, T. & Anaya-Loyola, M.A. (2023) Perceived stress is directly associated with major consumption of sugar-sweetened beverages among public university students. *Behavioral Sciences*, 13(3), p.232.
- Cao, H., Shi, C., Aihemaiti, Z., Dai, X., Yu, F. & Wang, S. (2025) Association of body round index with chronic kidney disease: a population-based

cross-sectional study from NHANES 1999–2018. *International Urology and Nephrology*, 57(3), pp.965-971.

- Centers for Disease Control and Prevention (CDC). (2010). The CDC guide to strategies for reducing the consumption of sugar-sweetened beverages. Available at <<https://stacks.cdc.gov/view/cdc/51532>> [Accessed 9 Oktober 2025]
- Chen, R., Ji, L., Chen, Y. & Meng, L. (2022) Weight-to-height ratio and body roundness index are superior indicators to assess cardio-metabolic risks in Chinese children and adolescents: compared with body mass index and a body shape index. *Translational Pediatrics*, 11(3), pp.318.
- Chen, L., Zheng, W., Wei, C., Ling, J. & Kong, Q. (2025) Associations of body roundness index and sugar-sweetened beverage consumption with psychological symptoms in adolescents: a multicenter cross-sectional survey based on Chinese adolescents aged 12–18 years old. *Frontiers in Nutrition*, 12, p.1505491.
- Chen, Y., Tu, H., Liang, M. & Shen, M. (2025) Association between body roundness index and advanced cardiovascular-kidney-metabolic syndrome. *Frontiers in Nutrition*, 12, pp.1623766
- Claassen, L., Henneman, L., Janssens, A.C.J., Wijdenes-Pijl, M., Qureshi, N., Walter, F.M., Yoon, P.W. & Timmermans, D.R. (2010) Using family history information to promote healthy lifestyles and prevent diseases; a discussion of the evidence. *BMC public health*, 10(1), p.248.
- Committee on Dietary Risk Assessment in the WIC Program. (2002). *Dietary risk assessment in the WIC program*. Washington, DC: National Academies Press.
- Collins, B.J., Delaney, C.L., Boffo, J.E. & Miller, M.D. (2021) Development and validation of a short food frequency questionnaire to measure dietary intake of a selection of immune-modulating nutrients in patients with established peripheral arterial disease. *Nutrients*, 13(10), pp.3316.
- Covassin, N., Singh, P., McCrady-Spitzer, S.K., St Louis, E.K., Calvin, A.D., Levine, J.A. & Somers, V.K. (2022) Effects of experimental sleep restriction on energy intake, energy expenditure, and visceral obesity. *Journal of the American College of Cardiology*, 79(13), pp.1254-1265.
- Craig, C.L., Marshall, A.L., Sjöström, M., Bauman, A.E., Booth, M.L., Ainsworth, B.E., Pratt, M., Ekelund, U.L.F., Yngve, A., Sallis, J.F. & Oja, P. (2003) International physical activity questionnaire: 12-country reliability and validity. *Medicine & science in sports & exercise*, 35(8), pp.1381-1395.
- Dahlan, M.S. (2010). *Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan*. Jakarta: Salemba Medika.
- Deliens, T., Clarys, P., De Bourdeaudhuij, I. & Deforche, B. (2014) Determinants of eating behaviour in university students: a qualitative study using focus group discussions. *BMC public health*, 14(1), pp.53.

- Dharmansyah, D. & Budiana, D. (2021) Indonesian adaptation of the International Physical Activity Questionnaire (IPAQ): *Psychometric Properties*, 7(2), pp.195-200.
- Dhokte, S. & Czaja, K. (2024) Visceral adipose tissue: the hidden culprit for type 2 diabetes. *Nutrients*, 16(7), pp.1015.
- DiNicolantonio, J.J., Mehta, V., Onkaramurthy, N. & O'Keefe, J.H. (2018) Fructose-induced inflammation and increased cortisol: A new mechanism for how sugar induces visceral adiposity. *Progress in cardiovascular diseases*, 61(1), pp.3-9.
- Djalil, R.H., Kasim, Z. & Bawenti, S.H. (2024) Hubungan sedentary lifestyle dengantekanan darah pada mahasiswa keperawatan di Fakultas Ilmu Kesehatan Universitas Muhammadiyah Manado. *Jurnal Kesehatan Amanah*, 8(2), pp.125-135.
- Egli, L., Lecoultre, V., Cros, J., Rosset, R., Marques, A.S., Schneiter, P., Hodson, L., Gabert, L., Laville, M. & Tappy, L. (2016) Exercise performed immediately after fructose ingestion enhances fructose oxidation and suppresses fructose storage. *The American journal of clinical nutrition*, 103(2), pp.348-355.
- Ejigu, B.A. & Tiruneh, F.N. (2023) The link between overweight/obesity and noncommunicable diseases in Ethiopia: evidences from nationwide WHO STEPS survey 2015. *International journal of hypertension*, 2023(1), pp.2199853.
- Elkin, N. (2024) The relationship between health literacy and healthy lifestyle behaviors: a meta-analysis. *Medicine*, 103(43), p.e40260.
- Emiliana, N. & Setiarini, A. (2024) Hubungan konsumsi minuman berpemanis dengan kejadian obesitas pada anak dan remaja: A systematic literature review. *Holistik Jurnal Kesehatan*, 18(4), pp.509-517.
- Endy, E.J., Yi, S.Y., Steffen, B.T., Shikany, J.M., Jacobs Jr, D.R., Goins, R.K. & Steffen, L.M. (2024) Added sugar intake is associated with weight gain and risk of developing obesity over 30 years: The CARDIA study. *Nutrition, Metabolism and Cardiovascular Diseases*, 34(2), pp.466-474.
- Fanda, R.B., Salim, A., Muhartini, T., Utomo, K.P., Dewi, S.L. & Abou Samra, C. (2020) Mengatasi tingginya konsumsi minuman berpemanis di Indonesia. *Pusat Kebijakan dan Manajemen Kesehatan*,
- Fatikasari, K. Z. (2020) *Hubungan pengaruh paparan media sosial dan faktor lainnya dengan konsumsi sugar-sweetened beverages (ssbs) pada siswa SMAN 25 Jakarta Tahun 2020*. Tesis, Universitas Indonesia.
- Fawziya, V.R., Adi, M.S., Wurjanto, Mf.A. & Yuliawati, S. (2024) Hubungan antara peran teman sebaya dan paparan media sosial dengan tingkat konsumsi minuman berpemanis pada remaja. *Amerta Nutrition*, 8(3), pp.383-388.
- Fayasari, A. (2020). *Penilaian konsumsi pangan*. Jombang: Kun Fayakun.

- Fernando, H.A., Zibellini, J., Harris, R.A., Seimon, R.V. & Sainsbury, A. (2019) Effect of Ramadan fasting on weight and body composition in healthy non-athlete adults: a systematic review and meta-analysis. *Nutrients*, 11(2), p.478.
- Ferretti, F. & Mariani, M. (2019) Sugar-sweetened beverage affordability and the prevalence of overweight and obesity in a cross section of countries. *Globalization and health*, 15(1), pp.30.
- Fischer, K., Pick, J.A., Moewes, D. & Noethlings, U. (2015) Qualitative aspects of diet affecting visceral and subcutaneous abdominal adipose tissue: a systematic review of observational and controlled intervention studies. *Nutrition reviews*, 73(4), pp.191-215.
- Gallagher, C., Moschonis, G., Lambert, K.A., Karaglani, E., Mavrogianni, C., Gavrilis, S., Manios, Y. & Erbas, B. (2021) Sugar-sweetened beverage consumption is associated with visceral fat in children. *British Journal of Nutrition*, 125(7), pp.819-827.
- Gan, Y.Y., Luo, Y.D., Zhai, L., Huo, R.R., Dai, X. & Liao, Q. (2025) Temporal trends, associated risk factors and longitudinal cardiovascular outcomes of body roundness among middle-aged and older Chinese adults: from the China Health and Retirement Longitudinal Study 2011–2018. *Frontiers in Nutrition*, 12, pp.1515067.
- Gao, W., Jin, L., Li, D., Zhang, Y., Zhao, W., Zhao, Y., Gao, J., Zhou, L., Chen, P. & Dong, G. (2023) The association between the body roundness index and the risk of colorectal cancer: a cross-sectional study. *Lipids in health and disease*, 22(1), pp.53.
- Geidl-Flueck, B. & Gerber, P.A. (2023) Fructose drives de novo lipogenesis affecting metabolic health. *Journal of Endocrinology*, 257(2).
- Gibson, RS. (2025). Principles of Nutritional Assessment, 3rd ed. New York: Oxford University Press. Available from: <https://nutritionalassessment.org/> [Accessed 8 May 2026].
- Gong, H., Duan, S., Choi, S. & Huang, S. (2024) Higher body roundness index (BRI) increases infertility among US women aged 18–45 years. *BMC Endocrine Disorders*, 24(1), pp.266.
- Gulati, S. & Anoop M. (2014) Sugar intake, obesity, and diabetes in India. *Nutrients*, 2014(6), pp.5955-5974.
- Halim, S. (2023) Hubungan aktivitas fisik dan tingkat stres pada mahasiswa fakultas Kedokteran Universitas Tarumanagara. *Jurnal Kesehatan dan Kedokteran Tarumanagara*, 2(1), pp.16-22.
- Hanifah, R.A., Wiboworini, B. and Budiastuti, V.I. (2023) Tren Konsumsi Minuman Manis Kekinian dan Efek yang Dirasakan Pada Remaja. *Temu Ilmiah Nasional Persagi*, 5(1).

- Helland, M.H. & Nordbotten, G.L. (2021) Dietary changes, motivators, and barriers affecting diet and physical activity among overweight and obese: a mixed methods approach. *International journal of environmental research and public health*, 18(20), p.10582.
- Imani, B. (2025) *Persepsi konsumen terhadap penyajian informasi nilai gizi pada menu minuman di Coffee at Home*.
- Immanuel, N. & Charissa, O. (2023) Hubungan asupan sugar sweetened beverages dengan obesitas sentral pada mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Jurnal Kesehatan dan Kedokteran Tarumanagara*, 2(1), pp.98-102.
- International Diabetes Federation. (2021) *Guide for Diabetes Epidemiological Studies*. Available at: <https://idf.org/our-activities/epidemiology-research/idf-guide-for-diabetes-epidemiology-studies.htm> [Accessed: 3 November 2025].
- Iqbal, M. & Ngizan, F.N. (2023) Hubungan gaya hidup “nongkrong”, aktivitas sedentary, dan konsumsi minuman manis dengan status gizi pada mahasiswa. *Jurnal Nutrisia*, 25(1), pp.1-11.
- Izah, N., Muliani, R.H., Rakhimah, F., Handayani, S.A., Desi, N.M. & Zumaro, E.M. (2023) Pengabdian kepada masyarakat peningkatan pengetahuan gizi remaja dalam upaya cegah anemia pada remaja putri. *Jurnal Ilmiah Pengabdian Kepada Masyarakat (Ji-SOMBA)*, 3(1), pp.39-45.
- Jahan, A., Abdullah, M.M., Frank, R., Castellanos, L.J., Singer, P., Shen, C.L., Basalely, A.M. & Sethna, C.B. (2025) Body roundness index is a stronger predictor of cardiometabolic risk than body mass index in children between ages 8-17. *The Journal of Pediatrics*, pp.114826.
- Jahja, Y. (2011). *Psikologi perkembangan*. Jakarta: Kencana.
- Janssen, I. & Ross, R. (1999) Effects of sex on the change in visceral, subcutaneous adipose tissue and skeletal muscle in response to weight loss. *International journal of obesity*, 23(10), pp.1035-1046.
- Jayanti, A.K., Sufyan, D.L., Puspita, I.D. & Puspareni, L.D. (2021) Hubungan konsumsi sugar-sweetened beverages dan pemesanan makanan online dengan kadar glukosa darah pekerja 25-44 tahun di Perumahan Kasuari, Cikarang. *Ghidza: Jurnal Gizi dan Kesehatan*, 5(2), pp.221-230.
- Jia, W., Wang, H., Yong, F., Liu, W., Shi, J. & Jia, H. (2025) Association between the body roundness index and chronic pain among adults in the United States: a cross-sectional study. *Annals of Medicine and Surgery*, 87(9), pp.5454-5461.
- Joh, H.K., Lee, D.H., Hur, J., Nimptsch, K., Chang, Y., Joung, H., Zhang, X., Rezende, L.F., Lee, J.E., Ng, K. & Yuan, C. (2021) Simple sugar and sugar-sweetened beverage intake during adolescence and risk of colorectal cancer precursors. *Gastroenterology*, 161(1), pp.128-142.

- Kahn, H.S., Austin, H., Williamson, D.F. & Arensberg, D. (1996) Simple anthropometric indices associated with ischemic heart disease. *Journal of clinical epidemiology*, 49(9), pp.1017-1024.
- Kemenkes RI. (2014) *Buku Foto Makanan oleh Tim Survei Konsumsi Makanan Individu*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kemenkes RI.
- Kemenkes RI. (2014) *Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 tentang Pedoman Gizi Seimbang 2014*. Jakarta: Kemenkes RI.
- Kemenkes RI. (2019) *Permenkes RI Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*. Jakarta: Kemenkes RI.
- Kemenkes RI. (2024) *Bahaya Konsumsi Gula Berlebihan: Dampak dan Cara Mencegahnya*. Available at: <https://ayosehat.kemkes.go.id/bahaya-konsumsi-gula-berlebihan> [Accessed at 2 November 2025]
- Kemenkes RI. (2026) Keputusan Menteri Kesehatan Republik Indonesia nomor HK.01.07/MENKES/301/2026 tentang Pencantuman Label Gizi dan Pesan Kesehatan pada Pangan Olahan Siap Saji. Jakarta: Kemenkes RI.
- Khan, K., Qadir, A., Trakman, G., Aziz, T., Khattak, M.I., Nabi, G., Alharbi, M., Alshammari, A. & Shahzad, M. (2022) Sports and energy drink consumption, oral health problems and performance impact among elite athletes. *Nutrients*, 14(23), pp.5089.
- Kolnes, K.J., Petersen, M.H., Lien-Iversen, T., Højlund, K. & Jensen, J. (2021) Effect of exercise training on fat loss—energetic perspectives and the role of improved adipose tissue function and body fat distribution. *Frontiers in physiology*, 12, pp.737709.
- Laksmi, P.W., Morin, C., Gandy, J., Moreno, L.A., Kavouras, S.A., Martinez, H., Salas-Salvadó, J. & Guelinckx, I. (2018) Fluid intake of children, adolescents and adults in Indonesia: Results of the 2016 liq. In 7 national cross-sectional survey. *European Journal of Nutrition*, 57, pp.89-100.
- Landis, J.R. & Koch, G.G. (1977) The measurement of observer agreement for categorical data. *Biometrics*, pp.159-174.
- Lara-Castor, L., Micha, R., Cudhea, F., Miller, V., Shi, P., Zhang, J., Sharib, J.R., Erndt-Marino, J., Cash, S.B., Barquera, S. & Mozaffarian, D. (2024) Intake of sugar sweetened beverages among children and adolescents in 185 countries between 1990 and 2018: population based study. *bmj*, pp.386.
- Lee, M.J. & Kim, J. (2024) The pathophysiology of visceral adipose tissues in cardiometabolic diseases. *Biochemical pharmacology*, 222, pp.116116.
- Lee RD & Nieman DC. (2010). *Nutritional Assessment, Fifth Edition*. Singapore: McGraw-Hill.

- Li, H., Zhang, J., Wang, H. & Luo, L. (2025) Association between body roundness index and metabolic syndrome in middle-aged and older adults: a prospective cohort study in China. *Frontiers in Public Health*, 13, pp.1604593.
- Listiani, R.Y. & Ayubi, D. (2024) Faktor risiko konsumsi minuman manis terhadap kejadian diabetes melitus tipe 2 di era gaya hidup modern pada usia muda literature review. *Ranah Research: Journal of Multidisciplinary Research and Development*, 7(1), pp.563-570.
- Liu, Z., Wu, K.K., Jiang, X., Xu, A. & Cheng, K.K. (2020) The role of adipose tissue senescence in obesity-and ageing-related metabolic disorders. *Clinical science*, 134(2), pp.315-330.
- Llaha, F., Gil-Lespinard, M., Unal, P., De Villasante, I., Castañeda, J. & Zamora-Ros, R. (2021) Consumption of sweet beverages and cancer risk. A systematic review and meta-analysis of observational studies. *Nutrients*, 13(2), pp.516.
- Lowette, K., Roosen, L., Tack, J. & Vanden Berghe, P. (2015) Effects of high-fructose diets on central appetite signaling and cognitive function. *Frontiers in nutrition*, 2, pp.5.
- Luquis, R.R. & Kensinger, W.S. (2017) Perceptions of health care and access to preventive services among young adults. *Journal of community health*, 42(6), pp.1204-1212.
- Ma, J., McKeown, N.M., Hwang, S.J., Hoffmann, U., Jacques, P.F. & Fox, C.S. (2016) Sugar-sweetened beverage consumption is associated with change of visceral adipose tissue over 6 years of follow-up. *Circulation*, 133(4), pp.370-377.
- Malik, V.S. & Hu, F.B. (2022) The role of sugar-sweetened beverages in the global epidemics of obesity and chronic diseases. *Nature Reviews Endocrinology*, 18(4), pp.205-218.
- Mardah, N. (2017) *Pengaruh pemberian air putih dan teman sebaya terhadap perubahan perilaku konsumsi soft drink remaja di Kabupaten Bone*. Doctoral Dissertation, Universitas Gadjah Mada.
- Martinez, K.E., Tucker, L.A., Bailey, B.W. & Le Cheminant, J.D. (2017) Expanded normal weight obesity and insulin resistance in US adults of the National Health and Nutrition Examination Survey. *Journal of diabetes research*, 2017(1), pp.9502643.
- Masri, E. (2018) Faktor determinan perilaku konsumsi minuman berkalori tinggi pada mahasiswa. *Sciastia Jurnal Farmasi dan Kesehatan*, 8(1), pp.53-63.
- Mastorci, F., Piaggi, P., Vassalle, C., & Pingitore, A. (2024) The transition from childhood to adolescence: between health and vulnerability. *Children*, 11(8), pp.989.

- McKenna, M. & Collins, J. (2010) 'Current issues and challenges in chronic disease control', in Remington, P.L., Wegner, M.V. and Brownson, R.C. (eds.) *Chronic Disease Epidemiology and Control*. 3rd edn. Washington, DC: American Public Health Association, pp. 1–24.
- Munigar, M. (2013) Puasa ramadhan dan obesitas. *Jurnal Health Quality*, 4(1), pp.47-53.
- Nasution, F., Wibowo, A., Nasution, T.M.S. & Edith, I.R. (2024) Konsep dasar, ruang lingkup psikologi dewasa dan manula, kondisi dewasa awal. *Jurnal Ilmu Psikologi dan Kesehatan* | E-ISSN: 3063-1467, 1(3), pp.108-114.
- Nazari, M., Mirzaie, K. & Keshavarz, S. (2024) Association between lifelines Diet score (LLDS) and some novel anthropometric indices, including body roundness index (BRI), a body shape index (ABSI), visceral Adiposity Index (VAI), and body adiposity index (BAI), in Iranian women: a cross-sectional study. *BMC Women's Health*, 24(1), pp.172.
- Niermann, C.Y., Spengler, S. & Gubbels, J.S. (2018) Physical activity, screen time, and dietary intake in families: a cluster-analysis with mother-father-child triads. *Frontiers in public health*, 6, pp.276.
- Nuttall, F.Q. (2015) Body mass index: obesity, BMI, and health: a critical review. *Nutrition today*, 50(3), pp.117-128.
- Pacheco, L.S., Lacey Jr, J.V., Martinez, M.E., Lemus, H., Araneta, M.R.G., Sears, D.D., Talavera, G.A. & Anderson, C.A. (2020) Sugar-sweetened beverage intake and cardiovascular disease risk in The California Teachers Study. *Journal of The American Heart Association*, 9(10), pp.E014883.
- Palmer, B.F. & Clegg, D.J. (2015) The sexual dimorphism of obesity. *Molecular and cellular endocrinology*, 402, pp.113-119.
- Pamarta, D. & Suminah, S. (2022) Relationship between peer influence and consumption of sugar-sweetened beverages in adolescents. *International Journal of Human and Health Sciences (IJHHS)*, 6(3), pp.289.
- Park, J.E., Park, H.Y., Kim, Y.S. & Park, M. (2024) The role of diet, additives, and antibiotics in metabolic endotoxemia and chronic diseases. *Metabolites*, 14(12), pp.704.
- PDDikti Kemditisaintek. (2024) *Statistik Pendidikan Tinggi 2024*. Jakarta: Sekretariat Jenderal Kemditisaintek.
- PDDIKTI Kemditisaintek. (2025) *Data Pendidikan Tinggi Indonesia*. Available at: <<https://pddikti.kemdikbud.go.id>> [Accessed 9 Oktober 2025].
- Peng, L., Jiang, Y., Ye, J. and Xiong, Z. (2024) The impact of empathy on prosocial behavior among college students: The mediating role of moral identity and the moderating role of sense of security. *Behavioral Sciences*, 14(11), p.1024.

- Pérez, L.M., Pareja-Galeano, H., Sanchis-Gomar, F., Emanuele, E., Lucia, A. & Gálvez, B.G. (2016) 'Adipaging': ageing and obesity share biological hallmarks related to a dysfunctional adipose tissue. *The Journal of physiology*, 594(12), pp.3187-3207.
- Pouyfung, P., Petchoo, J. & Chaisit, S. (2025) Sugar-sweetened beverage consumption and risk of visceral fat accumulation among university students in Thailand. *Roczniki Państwowego Zakładu Higieny*, 76(1), pp.75-85.
- Pouyfung, P., Sawekwang, A., Kaewnopparat, P., Dungkond, T., Pornpitayalud, P., Chuaboon, L. & Petchoo, J. (2022) Sugar-sweetened beverages consumption during Covid-19 pandemic among office workers in semi-urban area in southern Thailand: a cross-sectional study. *Roczniki Państwowego Zakładu Higieny*, 73(4), pp.453-462.
- Pramono, A., Elia, N.N., Fillah, F.D., Dewi, M.K., & Ayu R. (2025) Assessing the predictive accuracy of the body roundness index for Prediabetes in Indonesian adults. *Amerta Nutrition*, 9(4), pp. 689–697.
- Pratiwi, A.A. (2025) *Hubungan pola makan dan aktivitas fisik dengan status depresi pada mahasiswa di universitas gadjah mada*. Tesis, Universitas Gadjah Mada.
- Qiu, L., Xiao, Z., Fan, B., Li, L. & Sun, G. (2024) Association of body roundness index with diabetes and prediabetes in US adults from NHANES 2007–2018: a cross-sectional study. *Lipids in Health and Disease*, 23(1), pp.252.
- Ranjit, N., Evans, M.H., Byrd-Williams, C., Evans, A.E. & Hoelscher, D.M. (2010) Dietary and activity correlates of sugar-sweetened beverage consumption among adolescents. *Pediatrics*, 126(4), pp.e754-e761.
- Rezaei, M., Ghadamgahi, F., Jayedi, A., Arzhang, P., Yekaninejad, M.S. & Azadbakht, L. (2024) The association between food insecurity and obesity, a body shape index and body roundness index among US adults. *Scientific reports*, 14(1), pp.23631.
- Rico-Martín, S., Calderón-García, J.F., Sánchez-Rey, P., Franco-Antonio, C., Martínez Alvarez, M. & Sánchez Muñoz-Torrero, J.F. (2020) Effectiveness of body roundness index in predicting metabolic syndrome: a systematic review and meta-analysis. *Obesity Reviews*, 21(7), pp.e13023.
- Rosita, N. (2023) Analisis Kandungan Gula Pada Minuman Kekinian Thai Tea, Milk Boba dan Ice Tea Di UIN Jakarta. *Journal of Natural Sciences*, 4(2), pp.71-78.
- Salsabila, M. (2025) *Hubungan mindful eating dengan persentase lemak tubuh pada mahasiswa di Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada*. Tesis, Universitas Gadjah Mada.

- Sanjaya, I.A. (2023) *Hubungan pola konsumsi minuman manis dan berat badan berlebih terhadap kekuatan genggam tangan di Daerah Istimewa Yogyakarta*. Tesis, Universitas Gadjah Mada.
- Sari, S.L., Utari, D.M. & Sudiarti, T. (2021) Konsumsi minuman berpemanis kemasan pada remaja. *Ilmu Gizi Indonesia*, 5(1), pp.91-100.
- Schleinitz, D., Böttcher, Y., Blüher, M. & Kovacs, P. (2014) The genetics of fat distribution. *Diabetologia*, 57(7), pp.1276-1286.
- Setyaningsih, A. (2025) Faktor risiko gizi lebih pada dewasa muda: konsumsi minuman manis dan perilaku sedentari. *Jurnal Riset Gizi*, 13(1).
- Sigala, D.M., Widaman, A.M., Hieronimus, B., Nunez, M.V., Lee, V., Benyam, Y., Bremer, A.A., Medici, V., Havel, P.J., Stanhope, K.L. & Keim, N.L. (2020) Effects of consuming sugar-sweetened beverages for 2 weeks on 24-h circulating leptin profiles, ad libitum food intake and body weight in young adults. *Nutrients*, 12(12), pp.3893.
- Sisay, B.G., Jima, B.R., Habtamu, M., Gebru, N.W. & Hassen, H.Y. (2023) Predictive ability of anthropometric indices in identifying metabolic syndrome among US adolescents 10 to 19 years old: Analysis from the National Health and Nutrition Examination Survey 2011 to 2018 data set. *Nutrition*, 113, pp.112081.
- Soekidjo N. (2012). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.
- Sholihah, P. C. (2024) *Kajian Pengetahuan Gizi Seimbang dan Pola Konsumsi Pangan Terhadap Tekanan Darah Mahasiswa Universitas Gadjah Mada Sebagai Dampak Pandemi COVID-19*. Doctoral dissertation, Universitas Gadjah Mada.
- Steinberg, L. (2013). *Tenth Edition: Adolescence (Tenth Edit)*. McGraw-Hill Higher Education.
- Suardi, A.K., Rizal, F. & Marissa, N. (2025) Hubungan pola konsumsi minuman manis terhadap prediktor sindrom metabolik. *Future Academia: The Journal of Multidisciplinary Research on Scientific and Advanced*, 3(3), pp.1529-1536.
- Sudono, P.P., Sulistyoningrum, D.C. & Tsani, A.F.A. (2015) *Hubungan antara minuman manis terhadap kadar gula darah pada remaja obesitas di kota Yogyakarta*. Doctoral dissertation, Universitas Gadjah Mada.
- Supariasa. (2001). *Penilaian Status Gizi*. Jakarta: EGC.
- Suryati, NS. (2025). *Asuhan Keperawatan Dewasa pada Gangguan Sistem Endokrin*. Jakarta: PT Bukuloka Literasi Bangsa.
- Teng, N.I.M.F., Juliana, N., Izlin, N.L. & Semaon, N.Z. (2020) Knowledge, attitude and practices of sugar-sweetened beverages: a cross-sectional study among adolescents in Selangor, Malaysia. *Nutrients*, 12(12), p.3617.

- Thomas, D.M., Bredlau, C., Bosy-Westphal, A., Mueller, M., Shen, W., Gallagher, D., Maeda, Y., McDougall, A., Peterson, C.M., Ravussin, E. and Heymsfield, S.B. (2013) Relationships between body roundness with body fat and visceral adipose tissue emerging from a new geometrical model. *Obesity*, 21(11), pp.2264-2271.
- Tiala, M.E.A.R.P., Tanudjaja, G.N. & Kalangi, S.J. (2013) Hubungan Antara Aktivitas Fisik Dengan Lingkar Pinggang Pada Siswa Obes Sentral. *eBiomedik*, 1(1), p.62690.
- U.S. Department of Agriculture (USDA) (2006) *USDA Database for the Added Sugars Content of Selected Foods: Release 1*. Beltsville, MD: Agricultural Research Service, Beltsville Human Nutrition Research Center, Nutrient Data Laboratory.
- Valenzuela, M.J., Waterhouse, B., Aggarwal, V.R., Bloor, K. & Doran, T. (2021) Effect of sugar-sweetened beverages on oral health: a systematic review and meta-analysis. *European Journal of Public Health*, 31(1), pp.122-129
- Veronica, M.T. & Ilmi, I.M.B. (2020) Minuman kekinian di kalangan mahasiswa Depok dan Jakarta. *Indonesian Journal of Health Development*, 2(2), pp.83-91.
- Veronica, M.T., Ilmi, I.M.B. & Octaria, Y.C. (2022) Kandungan gula sangat tinggi dalam minuman teh susu dengan topping boba. *Amerta Nutrition*, 6.
- Vetiny, V., Astiarani, Y., Etania, K. & Jeremy, J. (2023) Comparison of the anthropometric indices to identify prehypertension among male medical students. *Jurnal Ilmu Kesehatan Masyarakat*, 14(1), pp.52-61.
- Vivanti, A., Yu, L., Palmer, M., Dakin, L., Sun, J. and Campbell, K. (2013) Short-term body weight fluctuations in older well-hydrated hospitalised patients. *Journal of Human Nutrition and Dietetics*, 26(5), pp.429-435.
- Vos, T., Lim, S.S., Abbafati, C., Abbas, K.M., Abbasi, M., Abbasifard, M., Abbasi-Kangevari, M., Abbastabar, H., Abd-Allah, F. & Abdelalim, A. (2020) Global burden of 369 diseases and injuries in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet*, 396, pp. 1204–1222.
- Wei, S., Nguyen, T.T., Zhang, Y., Ryu, D. & Gariani, K. (2023) Sarcopenic obesity: epidemiology, pathophysiology, cardiovascular disease, mortality, and management. *Frontiers in endocrinology*, 14, p.1185221.
- Wirawan, S. (2021). *Statistik untuk tenaga kesehatan*. Yogyakarta: Pustaka Barupress.
- World Health Organization (2015) *Guideline: Sugars intake for adults and children*. World Health Organization.
- World Health Organization & Food and Agriculture Organization of the United Nations. (2024) *What are healthy diets? Joint statement by the Food and*

Agriculture Organization of the United Nations and the World Health Organization. Geneva: World Health Organization.

- Xu, H., Zhao, Y., Tan, R., Li, M., Yu, C., Rui, D., Li, J., Xiong, Y. & Zheng, W. (2024) Association of consumption of sugar-sweetened beverages with elevated blood pressure among college students in Yunnan Province, China. *Public Health Nutrition*, 27(1), pp.e85.
- Xu, J., Zhang, L., Wu, Q., Zhou, Y., Jin, Z., Li, Z. & Zhu, Y. (2021) Body roundness index is a superior indicator to associate with the cardio-metabolic risk: evidence from a cross-sectional study with 17,000 Eastern-China adults. *BMC cardiovascular disorders*, 21(1), pp.97.
- Yildirim, I., Dogan, I., Isik, O., Yildirim, Y. & Karagoz, S. (2020) Investigation of the relationship between basal metabolic rate and body composition in young adults using CHAID analysis. *Progress in Nutrition*, 22, pp.5-10.
- Yosephin, B. (2018) *Tuntunan praktis menghitung kebutuhan gizi*. Yogyakarta: CV Andi Offset.
- Yudkin, J. & Roddy, J. (1966) Assessment of sugar intake: validity of the questionnaire method. *British Journal of Nutrition*, 20(4), pp.807-811.
- Yunianto, A.E., Lusiana, S.A., Triatmaja, N.T., Suryana, S., Utami, N., Yunieswati, W., Ningsih, W.I.F., Fitriani, R.J., Argaheni, N.B., Febry, F. & Puspa, A.R. (2021) *Ilmu Gizi Dasar*. Yogyakarta: Yayasan Kita Menulis.
- Zahida. (2025) Hubungan antara konsumsi makanan ultra proses dan gaya hidup sedentari dengan status gizi lebih pada mahasiswa. Doctoral dissertation, Universitas Gadjah Mada
- Zakiah, W., Sa'adah, C.N., Prasetyo, F., Lubis, C.F., Nurfadhila, L. & Utami, M.R. (2022) Article review: analysis of artificial sweetness in food and beverages: English. *Jurnal EduHealth*, 13(02), pp.564-571.
- Zhan, Q., An, Q., Zhang, F., Zhang, T., Liu, T. & Wang, Y. (2024) Body roundness index and the risk of hypertension: a prospective cohort study in Southwest China. *BMC Public Health*, 24(1), pp.2539.
- Zhang, X., Ma, N., Lin, Q., Chen, K., Zheng, F., Wu, J., Dong, X. & Niu, W. (2024) Body roundness index and all-cause mortality among US adults. *JAMA network open*, 7(6), pp.e2415051-e2415051.
- Zhao, E., Wen, X., Qiu, W. & Zhang, C. (2024) Association between body roundness index and risk of ultrasound-defined non-alcoholic fatty liver disease. *Heliyon*, 10(1).
- Zhou, Z., Yin, P., Yang, D., Wang, J., Yang, C. & Su, L. (2025) Associations of body roundness index and inflammatory marker with hypertension among children and adolescents: a cross-sectional study. *Scientific Reports*, 15(1), pp.28438.