

DAFTAR PUSTAKA

- Adek, W. & Wahyuningsih, A. 2011. Hubungan Kepatuhan Diet dengan Kejadian Komplikasi pada Penderita Hipertensi di Ruang Rawat Inap di RS. Baptis Kediri. *Jurnal STIKES Baptis kediri*, 4(1): 31–37.
- Adil, M.M., Beslow, L.A., Qureshi, A.I., Malik, A.A. & Jordan, L.C. 2016. Hypertension Is Associated with Increased Mortality in Children Hospitalized with Arterial Ischemic Stroke. *Pediatric Neurology*, 56: 25–29. Tersedia di <http://dx.doi.org/10.1016/j.pediatrneurol.2015.11.002>.
- Adler, A.J., Taylor, F., Martin, N., Gottlieb, S., Taylor, R.S. & Ebrahim, S. 2013. Reduced dietary salt for the prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews*, (12). Tersedia di <http://doi.wiley.com/10.1002/14651858.CD009217.pub3>.
- Anand, S.S. & Yusuf, S. 2011. Stemming the global tsunami of cardiovascular disease. *The Lancet*, 377(9765): 529–532.
- Antillon, D. & Towfighi, A. 2011. No time to “weight”: the link between obesity and stroke in women. *Women’s Health*, 7(4): 453–463.
- Arguedas, J.A., Perez, M.I. & Wright, J.M. 2009. Treatment blood pressure targets for hypertension. J.A. Arguedas, ed., *Cochrane Database of Systematic Reviews*. Chichester, UK: John Wiley & Sons, Ltd, hal.3–5. Tersedia di <http://doi.wiley.com/10.1002/14651858.CD004349.pub2>.
- Arifin, M.H.B.M., Weta, I.W. & Ratnawati, N.L.K.A. 2016. Faktor-Faktor Yang Berhubungan Dengan Hipertensi pada Kelompok Lanjut Usia di Wilayah Kerja UPT Puskesmas Petang I Kabupaten Badung Tahun 2016. *E-Jurnal Medika*, 5(7).
- Balitbangkes 2007. *Laporan Nasional Riset Kesehatan Dasar (RISKESDAS)*. Jakarta.
- Balitbangkes 2010. *Riset Kesehatan Dasar (RISKESDAS) 2010*. Jakarta.
- Balitbangkes 2013. *Riset Kesehatan Dasar (RISKESDAS) 2013*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. Jakarta.
- Bazzano, L.A., Gu, D., Whelton, M.R., Wu, X., Chen, C.-S., Duan, X., Chen, J., Chen, J. & He, J. 2010. Body mass index and risk of stroke among Chinese men and women. *Annals of Neurology*, 67(1): 11–20. Tersedia di <http://doi.wiley.com/10.1002/ana.21950>.
- Beevers, G., Lip, G.Y.H. & Brien, E.O. 2001. ABC of Hypertension: The Pathophysiology of Hypertension. *BMJ*, 322(7291): 912–916. Tersedia di <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1120075/>.
- Bertalina, M. 2013. Hubungan Pola Makan, Asupan Makanan dan Obesitas Sentral dengan Hipertensi di Puskesmas Rajabasa Indah Bandar Lampung. *Jurnal Kesehatan*, VII(1): 34–45.
- Biderafsh, A., Karami, M., Faradmal, J. & Poorolajal, J. 2015. Estimating the potential impact fraction of hypertension as the main risk factor of stroke: Application of the distribution shift method. *Journal of Epidemiology and Global Health*, 5(3): 231–237. Tersedia di <http://linkinghub.elsevier.com/retrieve/pii/S2210600614001129>.
- Billinger, S.A., Arena, R., Bernhardt, J., Eng, J.J., Ot, P.T., Franklin, B.A., Johnson, C.M., Mackay-lyons, M., Macko, R.F., Mead, G.E. & Roth, E.J.

2014. Physical Activity and Exercise Recommendations for Stroke Survivors: A Statement for Healthcare Professionals From the American Heart Association/American Stroke Association. *Stroke*, 45: 2532–2553. Tersedia di <http://stroke.ahajournals.org/content/45/8/2532%0AData>.
- Blas, E., Kurup, A.S. & Sommerfeld, J. 2011. *Social Determinants Approaches to Public Health: From Concept to Practice*. Geneva: World Health Organization.
- Booth, J.N., Levitan, E.B., Brown, T.M., Farkouh, M.E., Safford, M.M. & Muntner, P. 2014. Effect of sustaining lifestyle modifications (nonsmoking, weight reduction, physical activity, and Mediterranean diet) after healing of myocardial infarction, percutaneous intervention, or coronary bypass (from the reasons for geographic and racial differ. *American Journal of Cardiology*, 113(12): 1933–1940. Tersedia di <http://dx.doi.org/10.1016/j.amjcard.2014.03.033>.
- Boroujeni, H., Saadatnia, M., Shakeri, F., Keshteli, A., Saneei, P. & Esmailzadeh, A. 2016. Dairy consumption and risk of stroke: A case-control study. *International Journal of Preventive Medicine*, 7(1): 2. Tersedia di <http://www.ijpvmjournal.net/text.asp?2016/7/1/2/173792>.
- Bovalino, S., Charleson, G. & Szoeki, C. 2016. The impact of red and processed meat consumption on cardiovascular disease risk in women. *Nutrition*, 32(3): 349–354. Tersedia di <http://dx.doi.org/10.1016/j.nut.2015.09.015>.
- Brunner, E.J., Rees, K., Ward, K., Burke, M. & Thorogood, M. 2013. Dietary advice for reducing cardiovascular risk. *Cochrane Database Syst Rev*, (12): CD002128.
- Bushnell, C., McCullough, L.D., Awad, I.A., Chireau, M. V., Fedder, W.N., Furie, K.L., Howard, V.J., Lichtman, J.H., Lisabeth, L.D., Pina, I.L., Reeves, M.J., Rexrode, K.M., Saposnik, G., Singh, V., Towfighi, A., Vaccarino, V. & Walters, M.R. 2014. Guidelines for the Prevention of Stroke in Women: A Statement for Healthcare Professionals From the American Heart Association/American Stroke Association. *Stroke*, 45(5): 1545–1588. Tersedia di <http://stroke.ahajournals.org/cgi/doi/10.1161/01.str.0000442009.06663.48>.
- Caballero, B. et al. ed., 2003. *Encyclopedia of Food Sciences and Nutrition*. London: Academic Press.
- Chagas, P., Caramori, P., Galdino, T.P., Barcellos, C. da S. de, Gomes, I. & Schwanke, C.H.A. 2013. Egg consumption and coronary atherosclerotic burden. *Atherosclerosis*, 229(2): 381–384. Tersedia di <http://dx.doi.org/10.1016/j.atherosclerosis.2013.05.008>.
- Chen, R., Ovbiagele, B. & Feng, W. 2016. Diabetes and Stroke: Epidemiology, Pathophysiology, Pharmaceuticals and Outcomes. *The American Journal of the Medical Sciences*, 351(4): 380–386. Tersedia di <http://linkinghub.elsevier.com/retrieve/pii/S0002962915379337>.
- Chiang, C.E., Wang, T.D., Ueng, K.C., Lin, T.H., Yeh, H.I., Chen, C.Y., Wu, Y.J., Tsai, W.C., Chao, T.H., Chen, C.H., Chu, P.H., Chao, C.L., Liu, P.Y., Sung, S.H., Cheng, H.M., Wang, K.L., Li, Y.H., Chiang, F.T., Chen, J.H., Chen, W.J., Yeh, S.J. & Lin, S.J. 2015. 2015 Guidelines of the Taiwan

- Society of Cardiology and the Taiwan Hypertension Society for the Management of Hypertension. *Journal of the Chinese Medical Association*, 78(1): 1–47. Tersedia di <http://dx.doi.org/10.1016/j.jcma.2014.11.005>.
- Choi, Y., Chang, Y., Lee, J.E., Chun, S., Cho, J., Sung, E., Suh, B.S., Rampal, S., Zhao, D., Zhang, Y., Pastor-Barriuso, R., Lima, J.A.C., Shin, H., Ryu, S. & Guallar, E. 2015. Egg consumption and coronary artery calcification in asymptomatic men and women. *Atherosclerosis*, 241(2): 305–312. Tersedia di <http://dx.doi.org/10.1016/j.atherosclerosis.2015.05.036>.
- Cook, D.E. 2015. *ccmatch*. Tersedia di <http://www.danielecook.com/ccmatch/>.
- Dahlan, M.S. 2010. *Mendiagnosis dan Menata Laksana 13 Penyakit Statistik: Disertai Aplikasi Program Stata*. Jakarta: Sagung Seto.
- Díez-Espino, J., Basterra-Gortari, F.J., Salas-Salvadó, J., Buil-Cosiales, P., Corella, D., Schröder, H., Estruch, R., Ros, E., Gómez-Gracia, E., Arós, F., Fiol, M., Lapetra, J., Serra-Majem, L., Pintó, X., Babio, N., Quiles, L., Fito, M., Martí, A. & Toledo, E. 2016. Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. *Clinical Nutrition*, 1–7.
- Dorland, W.A.N. 2012. *Kamus Saku Kedokteran Dorland*. 28 ed. Jakarta: EGC.
- Estes, E.H. & Kerivan, L. 2014. An archaeologic dig: A rice-fruit diet reverses ECG changes in hypertension. *Journal of Electrocardiology*, 47(5): 599–607. Tersedia di <http://dx.doi.org/10.1016/j.jelectrocard.2014.05.008>.
- Estruch, R., Ros, E., Salas-Salvadó, J., Covas, M.-I., Corella, D., Arós, F., Gómez-Gracia, E., Ruiz-Gutiérrez, V., Fiol, M., Lapetra, J., Lamuela-Raventós, R.M., Serra-Majem, L., Pintó, X., Basora, J., Muñoz, M.A., Sorlí, J. V., Martínez, J.A. & Martínez-González, M.A. 2013. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. *New England Journal of Medicine*, 368(14): 1279–1290. Tersedia di <http://www.nejm.org/doi/abs/10.1056/NEJMoa1200303>.
- Fallah-Moshkani, R., Saadatnia, M., Shakeri, F., Keshteli, A.H., Saneei, P., Larijani, B. & Esmailzadeh, A. 2017. A case-control study on egg consumption and risk of stroke among Iranian population. *Journal of Health, Population and Nutrition*, 36(1): 28. Tersedia di <http://jhpn.biomedcentral.com/articles/10.1186/s41043-017-0104-2>.
- Fekete, K., Szatmári, S., Szocs, I., Szekeres, C., Szász, J., Mihálka, L., Smolanka, V., Kardos, L., Csiba, L. & Bereczki, D. 2014. Prestroke alcohol consumption and smoking are not associated with stroke severity, disability at discharge, and case fatality. *Journal of Stroke and Cerebrovascular Diseases*, 23(1): 31–37.
- Field, M.J., Gebruers, N., Shanmuga Sundaram, T., Nicholson, S. & Mead, G. 2013. Physical Activity after Stroke: A Systematic Review and Meta-Analysis. *ISRN Stroke*, 2013: 1–13. Tersedia di <http://www.hindawi.com/journals/isrn/2013/464176/>.
- Firdaus, E.D. 2015. Managemen Holistik dan Komprehensif pada Wanita Lansia dengan Hipertensi , Gout , Arthritis , dan Riwayat Stroke. *Jurnal Medula*, 4(27): 59–64.
- Furie, K.L. & Rost, N.S. 2016. *Overview of secondary prevention of ischemic*

- stroke*. UpToDate. Tersedia di <http://www.uptodate.com> [Accessed 21 Agustus 2017].
- Gadiraju, T. V., Patel, Y., Gaziano, J.M. & Djoussé, L. 2015. Fried Food Consumption and Cardiovascular Health : A Review of Current Evidence. *Nutrients*, 7: 8424–8430.
- Gallanagh, S., Quinn, T.J., Alexander, J. & Walters, M.R. 2011. Physical Activity in the Prevention and Treatment of Stroke. *ISRN Neurology*, 2011: 1–10. Tersedia di <http://www.hindawi.com/journals/isrn/2011/953818/>.
- Garbett, T.M., Garbett, D.L. & Wendorf, A. 2016. Vegetarian Diet: A Prescription for High Blood Pressure? A Systematic Review of the Literature. *The Journal for Nurse Practitioners*, 12(7): 452–458.e6. Tersedia di <http://dx.doi.org/10.1016/j.nurpra.2016.04.013>.
- de Goede, J., Soedamah-Muthu, S.S., Pan, A., Gijsbers, L. & Geleijnse, J.M. 2016. Dairy Consumption and Risk of Stroke: A Systematic Review and Updated Dose–Response Meta-Analysis of Prospective Cohort Studies. *Journal of the American Heart Association*, 5(5): e002787. Tersedia di <http://jaha.ahajournals.org/lookup/doi/10.1161/JAHA.115.002787>.
- Grasgruber, P., Sebera, M., Hrazdira, E., Hrebickova, S. & Cacek, J. 2016. Food consumption and the actual statistics of cardiovascular diseases: an epidemiological comparison of 42 European countries. *Food and Nutrition Research*, 60(1): 31694.
- He, F.J., Li, J. & MacGregor, G.A. 2010. Effect of longer-term modest salt reduction on blood pressure. *Journal of human hypertension*, 30(6): 1–8. Tersedia di http://www.nature.com/jhh/journal/v23/n6/full/jhh2008144a.html%5Cnhttp://hnp.sagepub.com/cgi/doi/10.1177/1524839914544171%5Cnhttp://care.diabetesjournals.org/lookup/doi/10.2337/dc14-0327%5Cnhttp://www.paho.org/hq/index.php?option=com_docman&task=doc_view&.
- He, F.J., Nowson, C.A. & MacGregor, G.A. 2006. Fruit and vegetable consumption and stroke: meta-analysis of cohort studies. *Lancet (London, England)*, 367(9507): 320–6. Tersedia di <http://www.ncbi.nlm.nih.gov/pubmed/16443039>.
- He, K., Song, Y., Daviglus, M.L., Liu, K., Van Horn, L., Dyer, A.R., Goldbourt, U. & Greenland, P. 2004. Fish Consumption and Incidence of Stroke: A Meta-Analysis of Cohort Studies. *Stroke*, 35(7): 1538–1542. Tersedia di <http://stroke.ahajournals.org/cgi/doi/10.1161/01.STR.0000130856.31468.47>.
- Hirahatake, K.M., Slavin, J.L., Maki, K.C. & Adams, S.H. 2014. Associations between dairy foods, diabetes, and metabolic health: Potential mechanisms and future directions. *Metabolism: Clinical and Experimental*, 63(5): 618–627. Tersedia di <http://dx.doi.org/10.1016/j.metabol.2014.02.009>.
- Hooper, L., Abdelhamid, A., Moore, H.J., Douthwaite, W., Skeaff, C.M. & Summerbell, C.D. 2012. Effect of reducing total fat intake on body weight: systematic review and meta-analysis of randomised controlled trials and cohort studies. *BMJ*, 345(dec06 1): e7666–e7666. Tersedia di <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=3516671&tool=p>

mcentrez&rendertype=abstract%5Cn<http://www.bmj.com/content/bmj/345/bmj.e7666.full.pdf>.

- Hussain, M.A., Mamun, A. Al, Reid, C. & Huxley, R.R. 2016. Prevalence, Awareness, Treatment and Control of Hypertension in Indonesian Adults Aged ≥ 40 Years: Findings from the Indonesia Family Life Survey (IFLS). *PLoS ONE*, 11(8): e0160922. Tersedia di <http://dx.plos.org/10.1371/journal.pone.0160922>.
- IDAI 2009. *Pedoman Pelayanan Medis Ikatan Dokter Anak Indonesia*. Jakarta: Ikatan Dokter Anak Indonesia.
- IDF Clinical Guidelines Task Force 2005. *Global Guideline for Type 2 Diabetes*. Brussels: International Diabetes Federation.
- Instalasi Gizi Perjan RS Dr. Cipto Mangunkusumo & Asosiasi Dietisien Indonesia 2007. *Penuntun Diet Edisi Baru*. Jakarta: Gramedia.
- James, P.A., Oparil, S., Carter, B.L., Cushman, W.C., Dennison-Himmelfarb, C., Handler, J., Lackland, D.T., LeFevre, M.L., MacKenzie, T.D., Ogedegbe, O., Smith, S.C., Svetkey, L.P., Taler, S.J., Townsend, R.R., Wright, J.T., Narva, A.S. & Ortiz, E. 2013. Evidence-Based Guideline for the Management of High Blood Pressure in Adults. *Jama*, 1097(5): 1–14. Tersedia di <http://jama.jamanetwork.com/article.aspx?articleid=1791497%5Cnhttp://jama.jamanetwork.com/article.aspx?doi=10.1001/jama.2013.284427>.
- Jayanti, A.A. 2015. *Hubungan Hipertensi dengan Kejadian Stroke di Sulawesi Selatan Tahun 2013 (Analisis Data Riskesdas 2013)*. Universitas Islam Negeri Syarif Hidayatullah Jakarta.
- Kaluza, J., Åkesson, A. & Wolk, A. 2015. Long-term processed and unprocessed red meat consumption and risk of heart failure: A prospective cohort study of women. *International Journal of Cardiology*, 193: 42–46. Tersedia di <http://dx.doi.org/10.1016/j.ijcard.2015.05.044>.
- Kaluza, J., Wolk, A. & Larsson, S.C. 2012. Red Meat Consumption and Risk of Stroke: A Meta-Analysis of Prospective Studies. *Stroke*, 43(10): 2556–2560. Tersedia di <http://stroke.ahajournals.org/cgi/doi/10.1161/STROKEAHA.112.663286>.
- Karatzis, K., Aissopou, E.K., Tsirimiagou, C., Fatmeli, E., Sfrikakis, P.P. & Protogerou, A.D. 2016. Association of consumption of dairy products and meat with retinal vessel calibers in subjects at increased cardiovascular risk. *Nutrition, Metabolism and Cardiovascular Diseases*, 26(8): 752–757.
- Kasyani 2016. *Hubungan Status Gizi dengan Kejadian Hipertensi dan Diabetes Mellitus di Indonesia (Analisis Data Indonesia Family Life Survey tahun 2014)*. Universitas Gadjah Mada.
- Katz, S.H. & Weaver, W.W. ed., 2003. *Encyclopedia of Food and Culture*. New York: Charles Scribner's Sons.
- Kementerian Kesehatan RI 2014a. *Pedoman Gizi Seimbang (Pedoman Teknis Bagi Petugas dalam Memberikan Penyuluhan Gizi Seimbang)*. Jakarta: Kementerian Kesehatan RI.
- Kementerian Kesehatan RI 2014b. Pusdatin Hipertensi. *Infodatin*, (Hipertensi): 1–7. Tersedia di <http://www.depkes.go.id/download.php?file=download/pusdatin/infodatin/inf>

odatin-hipertensi.pdf&usg=AFQjCNHWLiHieCeL1Ksg4Tr_yx.

- Kerry, J.P. & Kerry, J.F. 2011. *Processed Meat: Improving Safety, Nutrition, and Quality*. 1 ed. Cambridge: Woodhead Publishing.
- Kim, D.-E., Lee, K.-B., Jang, I.-M., Roh, H., Ahn, M.-Y. & Lee, J. 2012. Associations of cigarette smoking with intracranial atherosclerosis in the patients with acute ischemic stroke. *Clinical neurology and neurosurgery*, 114(9): 1243–7. Tersedia di <http://www.ncbi.nlm.nih.gov/pubmed/22445616>.
- Kouvari, M., Tyrovolas, S. & Panagiotakos, D.B. 2016. Red meat consumption and healthy ageing: A review. *Maturitas*, 84: 17–24.
- Kouwenhoven-Pasmooij, T.A., Burdorf, A., Roos-Hesselink, J.W., Hunink, M.G.M. & Robroek, S.J.W. 2016. Cardiovascular disease, diabetes and early exit from paid employment in Europe; The impact of work-related factors. *International Journal of Cardiology*, 215: 332–337. Tersedia di <http://dx.doi.org/10.1016/j.ijcard.2016.04.090>.
- Kroll, M.E., Green, J., Beral, V., Sudlow, C.L.M., Price, A., Yang, T.O. & Reeves, G.K. 2016. Adiposity and Ischemic and Hemorrhagic Stroke: Prospective Study in Women and Meta-analysis. *Neurology*, 87: 1473–1481.
- Kurniawan, A. 2002. Gizi seimbang untuk mencegah hipertensi. *Seminar*, (September): 1–18.
- Lajous, M., Bijon, A., Fagherazzi, G., Rossignol, E., Boutron-Ruault, M.-C. & Clavel-Chapelon, F. 2014. Processed and unprocessed red meat consumption and hypertension in women. *American Journal of Clinical Nutrition*, 100(3): 948–952. Tersedia di <http://ajcn.nutrition.org/cgi/doi/10.3945/ajcn.113.080598>.
- LaRosa, J.C. & Kostis, J.B. 2012. *Dyslipidemia in Hypertension*. Second Edi ed. *Hypertension: A Companion to Braunwald's Heart Disease: Second Edition*. Elsevier Inc. Tersedia di <http://dx.doi.org/10.1016/B978-1-4377-2766-1.00036-3>.
- Larsson, S.C., Akesson, a & Wolk, a 2014. Overall diet quality and risk of stroke: a prospective cohort study in women. *Atherosclerosis*, 233(1): 27–29. Tersedia di <http://www.ncbi.nlm.nih.gov/pubmed/24529117>.
- Lassale, C., Castetbon, K., Laporte, F., Deschamps, V., Vernay, M., Camilleri, G.M., Faure, P., Hercberg, S., Galan, P. & Kesse-Guyot, E. 2016. Correlations between Fruit, Vegetables, Fish, Vitamins, and Fatty Acids Estimated by Web-Based Nonconsecutive Dietary Records and Respective Biomarkers of Nutritional Status. *Journal of the Academy of Nutrition and Dietetics*, 116(3): 427–438.e5. Tersedia di <http://dx.doi.org/10.1016/j.jand.2015.09.017>.
- Lawrie, R.A. & Ledward, D.A. 2006. *Lawrie's Meat Science*. 7 ed. Cambridge: Woodhead Publishing.
- Leung, W.K., Gao, L., Siu, P.M. & Lai, C.W. 2016. Diabetic nephropathy and endothelial dysfunction: Current and future therapies, and emerging of vascular imaging for preclinical renal-kinetic study. *Life Sciences*, 166: 121–130. Tersedia di <http://dx.doi.org/10.1016/j.lfs.2016.10.015>.
- Li, Y., Zhou, C., Zhou, X. & Li, L. 2013. Egg consumption and risk of cardiovascular diseases and diabetes: A meta-analysis. *Atherosclerosis*,

- 229(2): 524–530. Tersedia di <http://dx.doi.org/10.1016/j.atherosclerosis.2013.04.003>.
- Madiyono, B., Moeslichan, C., Sastroasmoro, S., Budiman, I. & Purwanto, S.H. 2014. Perkiraan Besar Sampel. S. Sastroasmoro & S. Ismael, ed., *Dasar-Dasar Metodologi Penelitian Klinis*, 5 ed. Jakarta: Sagung Seto.
- Mahan, L.K. 2008. *Krause's Food and Nutrition Therapy*. 12 ed. Missouri: Saunders.
- Mahmud, K.M., Hermana, Zulfianto, N.A., Apriyantono, R.R., Ngadiarti, I., Hartati, B., Bernadus & Tinexcellly 2009. *Tabel Komposisi Pangan Indonesia*. Jakarta: Gramedia.
- Maria, G., Puspita, R.D. & Sulistyowati, Y. 2012. Hubungan Asupan Natrium dan Kalium Dengan Tekanan Darah Pada Pasien Hipertensi Di Unit Dili Timor Leste Intake (With Blood Pressure on Hypertension Patients At the Outpatient Unit in Dili ' S Guido). *Hubungan Asupan Natrium dan Kalium Dengan Tekanan Darah Pada Pasien Hipertensi Di Unit Dili Timor Leste Intake (With Blood Pressure on Hypertension Patients At the Outpatient Unit in Dili ' S Guido)*, 15.
- Martin, J.N. 2016. Severe systolic hypertension and the search for safer motherhood. *Seminars in Perinatology*, 40(2): 119–123. Tersedia di <http://dx.doi.org/10.1053/j.semperi.2015.11.018>.
- Menéndez, E., Delgado, E., Fernández-Vega, F., Prieto, M.A., Bordiú, E., Calle, A., Carmena, R., Castaño, L., Catalá, M., Franch, J., Gaztambide, S., Gírbés, J., Goday, A., Gomis, R., López-Alba, A., Martínez-Larrad, M.T., Mora-Peces, I., Ortega, E., Rojo-Martínez, G., Serrano-Ríos, M., Urrutia, I., Valdés, S., Vázquez, J.A., Vendrell, J. & Soriguer, F. 2016. Prevalence, Diagnosis, Treatment, and Control of Hypertension in Spain. Results of the Di@bet.es Study. *Revista española de cardiología (English ed.)*, 69(6): 572–8. Tersedia di <http://www.ncbi.nlm.nih.gov/pubmed/26979767>.
- Mente, A., O'Donnell, M.J. & Yusuf, S. 2016. How Robust Is the Evidence for Recommending Very Low Salt Intake in Entire Populations? *Journal of the American College of Cardiology*, 68(15): 1618–1621.
- Miller, M.G., Thangthaeng, N., Poulouse, S.M. & Shukitt-Hale, B. 2016. Role of Fruits, Nuts, and Vegetables in Maintaining Cognitive Health. *Experimental Gerontology*, 10–14. Tersedia di <http://linkinghub.elsevier.com/retrieve/pii/S0531556516306064>.
- Mourouti, N., Kontogianni, M.D., Papavagelis, C., Plytzanopoulou, P., Vassilakou, T., Psaltopoulou, T., Malamos, N., Linos, A. & Panagiotakos, D.B. 2015. Meat consumption and breast cancer: A case-control study in women. *Meat Science*, 100: 195–201. Tersedia di <http://dx.doi.org/10.1016/j.meatsci.2014.10.019>.
- National Institutes of Health 2015. *In Brief: Your Guide to Lowering Your Blood Pressure with DASH*. NIH Public Access, Tersedia di https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf.
- Nidhinandana, S., Ratanakorn, D., Charnnarong, N., Muengtaweepongsa, S. & Towanabut, S. 2014. Blood pressure control among stroke patients in Thailand - The i-STROKE study. *Journal of Stroke and Cerebrovascular*

- Diseases*, 23(3): 476–483. Tersedia di <http://dx.doi.org/10.1016/j.jstrokecerebrovasdis.2013.04.006>.
- Norfai, A. 2014. Hubungan Status Gizi dengan Kejadian Hipertensi Lansia di Posyandu Lansia Kakaktua di Wilayah Kerja Puskesmas Pelambuan. *An Nadaa*, 1(1): 32–36.
- Nozoe, M., Kitamura, Y., Kanai, M., Kubo, H., Mase, K. & Shimada, S. 2016. Physical activity in acute ischemic stroke patients during hospitalization. *International Journal of Cardiology*, 202: 624–626. Tersedia di <http://dx.doi.org/10.1016/j.ijcard.2015.09.077>.
- Oparil, S., Zaman, M.A. & Calhoun, D.A. 2003. Pathogenesis of Hypertension. *Annals of Internal Medicine*, 139(9): 761–776.
- Osborn, D. & Sinn, J. 2006. Formulas containing hydrolysed protein for prevention of allergy and food intolerance in infants. J. Sinn, ed., *Cochrane Database of Systematic Reviews*. Chichester, UK: John Wiley & Sons, Ltd, hal.CD003741. Tersedia di <http://doi.wiley.com/10.1002/14651858.CD003664.pub3>.
- Owolabi, M.O. & Agunloye, A.M. 2013. Risk factors for stroke among patients with hypertension: A case-control study. *Journal of the Neurological Sciences*, 325(1–2): 51–56. Tersedia di <http://dx.doi.org/10.1016/j.jns.2012.11.016>.
- Pakar Gizi Indonesia 2016. *Ilmu Gizi Teori & Aplikasi*. Jakarta: EGC.
- Perawaty, Dahlan, P. & Astuti, H. 2014. Pola makan dan hubungannya dengan kejadian stroke di RSUD dr. Doris Sylvanus Palangka Raya. *Jurnal Gizi Dan Dietetik Indonesia*, 2(2): 51–61.
- Porth, C.M. 2006. *Essentials of Pathophysiology: Concepts of Altered Health States*. 2 ed. Philadelphia: Lippincott Williams & Wilkins.
- Prastuti, B. & Sunarti 2012. Pengendalian Superoxide Dismutase (SOD) dan Nitrit Oxide (NO) pada penderita DMT2 dengan emping garut (Maranta arundinacea Linn) sebagai makanan selingan. *Jurnal Gizi Klinik Indonesia*, 8(3): 118–125.
- Purnama, D.S. & Prihartono, N.A. 2013. *Prevalensi Hipertensi dan Faktor-Faktor yang Berhubungan dengan Kejadian Hipertensi Pada Lansia di Posyandu Lansia Wilayah Kecamatan Johar Baru Jakarta Pusat Tahun 2013*. Universitas Indonesia.
- Pusat Kebijakan Perdagangan Dalam Negeri 2013. *Analisis Dinamika Konsumsi Pangan Masyarakat Indonesia*. Kementerian Perdagangan RI. Jakarta.
- Quinn, T.J., Dawson, J. & Walters, M.R. 2011. Sugar and Stroke: Cerebrovascular Disease and Blood Glucose Control. *Cardiovascular Therapeutics*, 29(6): e31–e42. Tersedia di <http://doi.wiley.com/10.1111/j.1755-5922.2010.00166.x>.
- Rahajeng, E. & Tuminah, S. 2009. Prevalensi Hipertensi dan Determinannya di Indonesia. *Majalah Kedokteran Indonesia*, 59(12): 580–587.
- Riyadina, W. & Rahajeng, E. 2013. Determinan Penyakit Stroke. *Kesmas: Jurnal Kesehatan Masyarakat Nasional*, 7(7): 324–330.
- Rizza, R.A. & Harrison, G.G. 2002. *Encyclopedia of Food: A Guide to Healthy Nutrition*. California: Academic Press.

- Robbins, J.M., Petrone, A.B., Ellison, R.C., Hunt, S.C., Carr, J.J., Heiss, G., Arnett, D.K., Gaziano, J.M. & Djoussé, L. 2014. Association of egg consumption and calcified atherosclerotic plaque in the coronary arteries: The NHLBI Family Heart Study. *e-SPEN Journal*, 9(3): e131–e135. Tersedia di <http://dx.doi.org/10.1016/j.clnme.2014.04.004>.
- Roemling, C. & Qaim, M. 2012. Obesity trends and determinants in Indonesia. *Appetite*, 58(3): 1005–1013. Tersedia di <http://dx.doi.org/10.1016/j.appet.2012.02.053>.
- Ross, D. 2010. *Food and Nutrition*. 2010 ed. Jaipur: Oxford Book Company.
- Saneei, P., Saadatnia, M., Shakeri, F., Beykverdi, M., Keshteli, A.H. & Esmailzadeh, A. 2015. A case-control study on red meat consumption and risk of stroke among a group of Iranian adults. *Public Health Nutrition*, 18(6): 1084–1090. Tersedia di http://www.journals.cambridge.org/abstract_S1368980014001165.
- Sartika, R.A.D. 2008. Pengaruh Asam Lemak Jenuh, Tidak Jenuh dan Asam Lemak Trans terhadap Kesehatan. *Jurnal Kesehatan Masyarakat Nasional*, 2(2): 154–160.
- Sébédo, J.L. & Malpuech-Brugère, C. 2016. Metabolic syndrome and dairy product consumption: Where do we stand? *Food Research International*, 89: 1077–1084. Tersedia di <http://dx.doi.org/10.1016/j.foodres.2016.03.040>.
- Setyopranoto, I. 2011. Stroke: Gejala dan Penatalaksanaan. *Cermin Dunia Kedokteran*, 38(4): 247–249.
- Siebenhofer, A., Jeitler, K., Horvath, K., Berghold, A., Posch, N., Meschik, J. & Semlitsch, T. 2016. Long-term effects of weight-reducing drugs in people with hypertension. *Cochrane Database of Systematic Reviews*, 2016(3).
- Sigarlaki, H.J.O. 2006. Karakteristik dan faktor berhubungan dengan hipertensi di desa bocor, kecamatan bulus pesantren, kabupaten kebumen, jawa tengah, tahun 2006. *Makara, Kesehatan*, 10(2): 78–88.
- Soenarta, A.A., Erwinanto, Mumpuni, A.S.S., Barack, R., Lukito, A.A., Hersunarti, N., Lukito, A.A. & Pratikto, R.S. 2015. *Pedoman Tatalaksana Hipertensi Pada Penyakit Kardiovaskuler*. 1 ed. Jakarta: Perhimpunan Dokter Spesialis Kardiovaskular Indonesia.
- Song, Y.-M., Sung, J., Smith, G.D. & Ebrahim, S. 2004. Body Mass Index and Ischemic and Hemorrhagic Stroke: A prospective Study in Korean Men. *Stroke*, 35: 831–837.
- Sriani, K.I., Fakhriadi, R. & Rosadi, D. 2016. Hubungan antara Perilaku Merokok dan Kebiasaan Olahraga dengan Kejadian Hipertensi pada Laki-Laki Usia 18-44 Tahun: Studi Observasional di Wilayah Kerja Puskesmas Sungai Besar Kecamatan Banjarbaru Selatan. *Jurnal Publikasi Kesehatan Masyarakat Indonesia*, 3(1): 1–6.
- Steddon, S., Ashman, N., Chesser, A. & Cunningham, J. 2014. *Oxford Handbook of Nephrology and Hypertension*. 2 ed. Oxford: Oxford University Press.
- Strauss, J., Sikoki, B. & Witoelar, F. 2016. *The Fifth Wave of the Indonesia Family Life Survey (IFLS5): Overview and Field Report*. WR-1143/1-NIA/NICHD: RAND.
- Strauss, J., Witoelar, F., Sikoki, B. & Wattie, A.M. 2009. *The Fourth Wave of the*

- Indonesia Family Life Survey (IFLS 4): Overview and Field Report*. WR-675/1-NIA/NICHD.
- Swanida, N., Malonda, H., Dinarti, L.K. & Pangastuti, R. 2012. Pola makan dan konsumsi alkohol sebagai faktor risiko hipertensi pada lansia (Eating pattern and alcohol consumption as risk factors of hypertension in the elderly). *Jurnal Gizi Klinik Indonesia*, 8(4): 202–212.
- Tang, W.H.W. & Hazen, S.L. 2014. The contributory role of gut microbiota in cardiovascular disease. *Journal of Clinical Investigation*, 124(10): 4204–4211. Tersedia di <http://www.jci.org/articles/view/72331>.
- Tatiyana, R., Anwar, F. & Dwiriani, C.M. 2011. *Gaya Hidup dan Pola Konsumsi Penderita Hipertensi Karyawan Pabrik Hot Strip Mill (HSM) PT. Krakatau Steel Cilegon*. Institut Pertanian Bogor.
- Tedjasukmana, P. 2012. Tata Laksana Hipertensi. *Cermin Dunia Kedokteran*, 39(4): 251–255.
- Tektonidis, T.G., Åkesson, A., Gigante, B., Wolk, A. & Larsson, S.C. 2015. A Mediterranean diet and risk of myocardial infarction, heart failure and stroke: A population-based cohort study. *Atherosclerosis*, 243(1): 93–98. Tersedia di <http://dx.doi.org/10.1016/j.atherosclerosis.2015.08.039>.
- The Global Burden of Metabolic Risk Factors for Chronic Disease Collaboration 2014. Cardiovascular disease, chronic kidney disease, and diabetes mortality burden of cardiometabolic risk factors from 1980 to 2010: a comparative risk assessment. *Lancet Diabetes Endocrinol*, 2(8): 634–647. Tersedia di [http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587\(14\)70102-0.pdf](http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587(14)70102-0.pdf).
- Tuminah, S. 2014. Efek Perbedaan Sumber dan Struktur Kimia Asam Lemak Jenuh Terhadap Kesehatan. *Buletin Penelitian Kesehatan*, 38(1): 1–5. Tersedia di <http://id.portalgaruda.org/?ref=browse&mod=viewarticle&article=71017>.
- Tuttolomondo, A., Casuccio, A., Buttà, C., Pecoraro, R., Di Raimondo, D., Della Corte, V., Arnao, V., Clemente, G., Maida, C., Simonetta, I., Miceli, G., Lucifora, B., Cirrincione, A., Di Bona, D., Corpora, F., Maugeri, R., Iacopino, G. & Pinto, A. 2015. Mediterranean Diet in patients with acute ischemic stroke: Relationships between Mediterranean Diet score, diagnostic subtype, and stroke severity index. *Atherosclerosis*, 243(1): 260–267.
- Usrin, I., Mutiara, E. & Yusad, Y. 2013. Pengaruh Hipertensi Terhadap Kejadian Stroke Iskemik dan Stroke Hemoragik di Ruang neurologi di Rumah Sakit Stroke Nasional (RSSN) Bukit Tinggi Tahun 2011. *Kebijakan, Promosi Kesehatan, dan Biostatistik*, 2(2): 1–9.
- Vegas, A. & McCluskey, S. 2012. *Peripheral Resistance*. Tersedia di http://pie.med.utoronto.ca/CA/CA_content/CA_cardiacPhys_peripheralResistance.html [Accessed 11 April 2017].
- Vissers, L.E.T., Waller, M., Schouw, Y.T. van der, Hébert, J.R., Shivappa, N., Schoenaker, D.A.J.M. & Mishra, G.D. 2017. A pro-inflammatory diet is associated with increased risk of developing hypertension among middle-aged women. *Nutrition, Metabolism and Cardiovascular Diseases*. Tersedia di <http://dx.doi.org/10.1016/j.numecd.2017.03.005>.

- Wang, Y.F., Jr, W.Y., Yu, D., Champagne, C., Appel, L.J. & Lin, P. 2008. The relationship between dietary protein intake and blood pressure: results from the PREMIER study. *Journal of Human Hypertension*, 22(11): 745–754. Tersedia di <http://www.nature.com/doi/10.1038/jhh.2008.64>.
- Wang, Z., Zhang, B., Zhai, F., Wang, H., Zhang, J., Du, W., Su, C., Zhang, J., Jiang, H. & Popkin, B.M. 2014. Fatty and lean red meat consumption in China: Differential association with Chinese abdominal obesity. *Nutrition, Metabolism and Cardiovascular Diseases*, 24(8): 869–876. Tersedia di <http://linkinghub.elsevier.com/retrieve/pii/S0939475314001070>.
- Webster-Gandy, J. et al. ed., 2014. *Gizi & Dietetika (A Handbook of Nutrition and Dietetics)*. Edisi 2, T ed. Jakarta: EGC.
- Wennberg, M., Jansson, J.-H., Norberg, M., Skerfving, S., Strömberg, U., Wiklund, P.-G. & Bergdahl, I.A. 2016. Fish consumption and risk of stroke: a second prospective case-control study from northern Sweden. *Nutrition Journal*, 15(1): 98. Tersedia di <http://nutritionj.biomedcentral.com/articles/10.1186/s12937-016-0216-3>.
- Widimský, J. 2016. The role of arterial hypertension in the primary prevention of stroke. *Cor et Vasa*, 58(2): e279–e286. Tersedia di <http://linkinghub.elsevier.com/retrieve/pii/S0010865015001216>.
- Wong, M.C.S., Wang, H.H.X., Kwan, M.W.M., Li, S.T.S., Liang, M., Fung, F.D.H., Yeung, M.S., Fong, B.C.Y., Zhang, D.X., Chan, D.K.L., Yan, B.P., Coats, A.J.S. & Griffiths, S.M. 2016. The effectiveness of Dietary Approaches to Stop Hypertension (DASH) counselling on estimated 10-year cardiovascular risk among patients with newly diagnosed grade 1 hypertension: A randomised clinical trial. *International Journal of Cardiology*, 224(74): 79–87.
- World Health Organization 2000. *Obesity: preventing and managing the global epidemic. Report of a WHO consultation. World Health Organization technical report series*, WHO Press. Tersedia di <http://www.ncbi.nlm.nih.gov/pubmed/11234459>.
- World Health Organization 2012. *The top 10 causes of death*. Tersedia di http://www.who.int/mediacentre/factsheets/fs310/en/index4.html#.WHb_ujwEkHQ.mendeley [Accessed 12 Januari 2017].
- World Health Organization 2013. *A Global Brief on Hypertension: Silent Killer, Global Public Health Crisis*. Geneva: WHO Press.
- World Health Organization 2014. *Global status report on noncommunicable diseases 2014. World Health*. Geneva: WHO Press.
- Wulandari, R.A. & Madanijah, S. 2015. Gaya hidup, konsumsi pangan, dan hubungannya dengan tekanan darah pada lansia anggota posbindu (Lifestyle, food consumption, and relationship to blood pressure among elderly members of Posbindu). *Jurnal Gizi Pangan*, 10(2): 125–132.
- Xi, B., Cheng, H., Shen, Y., Zhao, X., Hou, D., Wang, X. & Mi, J. 2012. Physical activity modifies the associations between genetic variants and hypertension in the Chinese children. *Atherosclerosis*, 225(2): 376–380.
- Yang, C., Pan, L., Sun, C., Xi, Y., Wang, L. & Li, D. 2016a. Red Meat Consumption and the Risk of Stroke: A Dose-Response Meta-analysis of

- Prospective Cohort Studies. *Journal of stroke and cerebrovascular diseases*, 25(5): 1177–1186. Tersedia di <http://www.sciencedirect.com/science/article/pii/S1052305716000677>.
- Yang, F., Qian, D. & Hu, D. 2016b. Prevalence, awareness, treatment, and control of hypertension in the older population: Results from the multiple national studies on ageing. *Journal of the American Society of Hypertension*, 10(2): 140–148. Tersedia di <http://dx.doi.org/10.1016/j.jash.2015.11.016>.
- Yuliani, F., Oenzil, F. & Iryani, D. 2014. Hubungan Berbagai Faktor Risiko Terhadap Kejadian Penyakit Jantung Koroner Pada Penderita Diabetes Melitus Tipe 2. *Jurnal Kesehatan Andalas*, 3(1): 37–40.
- Zhao, M., Konishi, Y. & Glewwe, P. 2013. Does information on health status lead to a healthier lifestyle? Evidence from China on the effect of hypertension diagnosis on food consumption. *Journal of Health Economics*, 32(2): 367–385. Tersedia di <http://dx.doi.org/10.1016/j.jhealeco.2012.11.007>.
- Zheng, G., Chen, B., Fang, Q., Yi, H., Lin, Q., Chen, L., Tao, J., Li, J., Zheng, X., Li, M. & Lan, X. 2014. Primary prevention for risk factors of ischemic stroke with Baduanjin exercise intervention in the community elder population: study protocol for a randomized controlled trial. *Trials*, 15(1): 113. Tersedia di <http://trialsjournal.biomedcentral.com/articles/10.1186/1745-6215-15-113>.