

## DAFTAR PUSTAKA

- Ali, N. *et al* 2022, 'Prevalence and risk factors of general and abdominal obesity and hypertension in rural and urban residents in Bangladesh: a cross-sectional study', *BMC Public Health*, 22(1). doi: 10.1186/S12889-022-14087-8.
- Amanda, D. and Martini, S 2018, 'Hubungan Karakteristik Dan Obesitas Sentral Dengan Kejadian Hipertensi', *Jurnal Berkala Epidemiologi*, 6(1), pp. 43–50. doi: 10.20473/JBE.V6I12018.43-50.
- American Heart Association 2024, *Know Your Risk Factors for High Blood Pressure*, *heart.org*. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/know-your-risk-factors-for-high-blood-pressure> (Accessed: 19 June 2024).
- Arumsari, D. *et al* 2019, 'The description of smoking degree based on brinkman index in patients with lung cancer', *Jurnal Berkala Epidemiologi*, 7(3), pp. 249–256. doi: 10.20473/JBE.V7I32019.250-257.
- Badan Pusat Statistik Kota Bogor 2021, *Kecamatan Bogor Tengah dalam Angka 2021*. Kota Bogor: BPS Kota Bogor. Available at: <https://bogorkota.bps.go.id/publication/2021/09/24/0b4ddd3a8def2de16a570687/kecamatan-bogor-tengah-dalam-angka-2021.html> (Accessed: 16 June 2024).
- Badan Pusat Statistik Kota Bogor 2022a, *Kecamatan Bogor Tengah dalam Angka 2022*. Edited by Khairunnisa. Kota Bogor: BPS Kota Bogor. Available at: <https://bogorkota.bps.go.id/publication/2022/09/26/d4e6611cc752788afa4218ee/kecamatan-bogor-tengah-dalam-angka-2022.html> (Accessed: 16 June 2024).
- Badan Pusat Statistik Kota Bogor 2022b, *Kota Bogor dalam Angka 2022*. Edited by Khairunnisa and R. Sulistyowati. Kota Bogor: BPS Kota Bogor. Available at: <https://bogorkota.bps.go.id/publication/2022/02/25/19ce680f73f2e62b14efd949/kota-bogor-dalam-angka-2022.html> (Accessed: 16 June 2024).
- Bai, K. *et al* 2022, 'Hypertension modifies the associations of body mass index and waist circumference with all-cause mortality among older Chinese: a retrospective cohort study', *BMC Geriatrics*, 22(1), pp. 1–10. doi: 10.1186/S12877-022-03057-9/FIGURES/4.
- Bertalina, B. and Muliani, M 2016, 'Hubungan Pola Makan, Asupan Makanan dan Obesitas Sentral dengan Hipertensi di Puskesmas Rajabasa Indah Bandar Lampung', *Jurnal Kesehatan*, 7(1), pp. 34–45. doi: 10.26630/JK.V7I1.116.

- Beusenbergh, M. and Orley, J 1994, *A User's guide to the self reporting questionnaire (SRQ)*. World Health Organization.
- Bosomworth, N. J. and Fcftp, C 2019, 'Normal-weight central obesity: Unique hazard of the toxic waist', *Canadian Family Physician*, 65(6), p. 399. Available at: /pmc/articles/PMC6738397/ (Accessed: 19 June 2024).
- Carson, A. P. *et al* 2011, 'Ethnic Differences in Hypertension Incidence Among Middle-Aged and Older Adults', *Hypertension*, 57(6), pp. 1101–1107. doi: 10.1161/HYPERTENSIONAHA.110.168005.
- CDC 2021, *High Blood Pressure Symptoms and Causes* . Available at: <https://www.cdc.gov/bloodpressure/about.htm> (Accessed: 23 February 2024).
- Chantararat, T. *et al* 2022, 'Predicting the onset of hypertension for workers: does including work characteristics improve risk predictive accuracy?', *Journal of Human Hypertension* 2022 37:3, 37(3), pp. 220–226. doi: 10.1038/s41371-022-00666-0.
- Chen, L. *et al* 2023, 'Association of different obesity patterns with hypertension in US male adults: a cross-sectional study', *Scientific Reports* 2023 13:1, 13(1), pp. 1–10. doi: 10.1038/s41598-023-37302-x.
- Chen, Y. *et al* 2018, 'Association of Body Fat Mass and Fat Distribution With the Incidence of Hypertension in a Population-Based Chinese Cohort: A 22-Year Follow-Up', *Journal of the American Heart Association: Cardiovascular and Cerebrovascular Disease*, 7(6). doi: 10.1161/JAHA.117.007153.
- Dhawan, D. and Sharma, S 2020, 'Abdominal Obesity, Adipokines and Non-communicable Diseases', *The Journal of Steroid Biochemistry and Molecular Biology*, 203, p. 105737. doi: 10.1016/J.JSBMB.2020.105737.
- Diana, R. *et al* 2018, 'Risk Factors of Hypertension among Adult in Rural Indonesia', *Jurnal Gizi dan Pangan*, 13(3), pp. 111–116. doi: 10.25182/JGP.2018.13.3.111-116.
- Dinas Kesehatan Kota Bogor 2019, *Profil Kesehatan Kota Bogor 2018*, Dinas Kesehatan Kota Bogor. Available at: <https://dinkes.kotabogor.go.id/po-content/uploads/profil-dinkes-2018.pdf>.
- Dinas Kesehatan Kota Bogor 2022, *Profil Kesehatan Kota Bogor 2021*, Dinas Kesehatan Kota Bogor. Bogor.
- Ekaningrum, A. Y 2021, 'Hubungan asupan natrium, lemak, gangguan mental emosional, dan gaya hidup dengan hipertensi pada dewasa di DKI Jakarta', *Journal of Nutrition College*, 10(2), pp. 82–92. doi: 10.14710/JNC.V10I2.30435.

- Fan, H. and Zhang, X 2022, 'Effects of smoking intensity trajectory, cumulative smoking exposure, and the number of years since quitting on the subsequent risk of hypertension', *The Journal of Clinical Hypertension*, 24(7), pp. 937–944. doi: 10.1111/JCH.14534.
- Gao, N. *et al* 2023, 'Assessing the association between smoking and hypertension: Smoking status, type of tobacco products, and interaction with alcohol consumption', *Frontiers in Cardiovascular Medicine*, 10, p. 1027988. doi: 10.3389/FCVM.2023.1027988/FULL.
- Goto, K 2023, 'Triglyceride, an Independent Risk Factor for New-Onset Hypertension: A Perspective', *Endocrine, Metabolic & Immune Disorders - Drug Targets*, 23(12), pp. 1483–1490. doi: 10.2174/1871530323666230619104853.
- Grambauer, N. *et al* 2010, 'Incidence Densities in a Competing Events Analysis', *American Journal of Epidemiology*, 172(9), pp. 1077–1084. doi: 10.1093/AJE/KWQ246.
- Gupta, R. Das *et al* 2024, 'The association between body mass index and abdominal obesity with hypertension among South Asian population: findings from nationally representative surveys', *Clinical Hypertension*, 30(1). doi: 10.1186/S40885-023-00257-2.
- Hendrijanto, J. D. and Damay, V. A 2023, *Cara Mengatasi Hipertensi, Ayosehat Kemkes*. Available at: <https://ayosehat.kemkes.go.id/cara-mengatasi-hipertensi> (Accessed: 24 February 2024).
- InaSH 2023, *Panduan Promotif Dan Preventif Hipertensi 2023*. Edited by A. A. Lukito. Available at: <https://www.inash.or.id/news-detail.do?id=451> (Accessed: 24 February 2024).
- Islam, M. R. *et al* 2021, 'Relationship of anthropometric indicators of general and abdominal obesity with hypertension and their predictive performance among albanians: A nationwide cross-sectional study', *Nutrients*, 13(10). doi: 10.3390/NU13103373/S1.
- Jager, K. J. *et al* 2020, 'Where to look for the most frequent biases?', *Nephrology (Carlton, Vic.)*, 25(6), p. 435. doi: 10.1111/NEP.13706.
- Jiang, S. Z. *et al* 2016, 'Obesity and hypertension', *Experimental and Therapeutic Medicine*, 12(4), p. 2395. doi: 10.3892/ETM.2016.3667.
- Kaiming, G. *et al* 2023, 'Association of waist circumference and its change with hypertension in 18 – 65 years old Chinese residents: a dynamic prospective cohort study', *中国公共卫生*, 39(9), pp. 1096–1101. doi: 10.11847/ZGGGWS1141021.

- Kemenkes RI 2014, *Infodatin Hipertensi*. Pusat Data dan Informasi Kementerian Kesehatan RI.
- Kemenkes RI 2024, *Bahaya Hipertensi, Upaya Pencegahan dan Pengendalian Hipertensi, Sehat Negeriku*. Available at: <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20240518/5245526/bahaya-hipertensi-upaya-pencegahan-dan-pengendalian-hipertensi/> (Accessed: 19 June 2024).
- Kementerian Kesehatan RI 2015, *Pedoman Pengendalian Hipertensi*. Direktorat Pengendalian Penyakit Tidak Menular.
- Kementerian Kesehatan RI 2019, *Laporan Riskesdas 2018 Nasional, Lembaga Penerbit Balitbangkes*.
- Kementerian Kesehatan RI 2021, *Laporan Penelitian Studi Kohor Faktor Risiko Penyakit Tidak Menular Tahun 2021*.
- Kementrian Kesehatan R.I 2015, *Pedoman Pengendalian Hipertensi*. doi: 10.47655/dialog.v44i1.470.
- Kesztyüs, D. *et al* 2018, 'Therapeutic Treatment for Abdominal Obesity in Adults', *Deutsches Ärzteblatt International*, 115(29–30), p. 487. doi: 10.3238/ARZTEBL.2018.0487.
- Khasanah, D. N 2022, 'The risk factors of hypertension in Indonesia (data study of Indonesian family life survey 5)', *Journal of Public Health Research and Community Health Development*, 5(2), pp. 80–89. doi: 10.20473/JPHRECODE.V5I2.27923.
- Kristanti, D. and Prihartono, N 2019, 'Obesity as a predictor of hypertension in adult population: A 14-years retrospective cohort study', *Indian Journal of Public Health Research and Development*, 10(6), pp. 491–497. doi: 10.5958/0976-5506.2019.01322.6.
- Lacruz, M. E. *et al* 2015, 'Prevalence and Incidence of Hypertension in the General Adult Population: Results of the CARLA-Cohort Study', *Medicine*, 94(22), p. e952. doi: 10.1097/MD.0000000000000952.
- LaMorte, W. W 2016, *Introduction & Learning Objectives, Boston University School of Public Health*. Available at: [https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713\\_cohortstudies/](https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713_cohortstudies/) (Accessed: 28 March 2024).
- LaMorte, W. W 2018, *Attributable Proportion, Boston University School of Public Health*. Available at: [https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713\\_association/ep713\\_association6.html](https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713_association/ep713_association6.html) (Accessed: 18 June 2024).

- LaMorte, W. W 2022, *Incidence: Risk, Cumulative Incidence (Incidence Proportion), and Incidence Rate*, Boston University School of Public Health. Available at: [https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713\\_diseasefrequency/ep713\\_diseasefrequency4.html#headingtaglink\\_6](https://sphweb.bumc.bu.edu/otlt/mph-modules/ep/ep713_diseasefrequency/ep713_diseasefrequency4.html#headingtaglink_6) (Accessed: 17 June 2024).
- Lee, S. H. *et al* 2005, 'A Retrospective Cohort Study on Obesity and Hypertension Risk among Korean Adults', *Journal of Korean Medical Science*, 20(2), p. 188. doi: 10.3346/JKMS.2005.20.2.188.
- Li, Y., Li, J. and Nima, Q 2023, 'Associations of socioeconomic status and obesity with hypertension in tibetan adults in a Chinese plateau area', *BMC Public Health*, 23(1). doi: 10.1186/S12889-023-15864-9.
- Lin, Y. *et al* 2020, 'Salt consumption and the risk of chronic diseases among Chinese adults in Ningbo city', *Nutrition Journal*, 19(1). doi: 10.1186/S12937-020-0521-8.
- Lolo, W. A. *et al* 2022, 'Quality of Life of Hypertensive Patients Undergoing Chronic Disease Management Program during the COVID-19 Pandemic', *Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)*, 17(4), pp. 264–269. doi: 10.21109/KESMAS.V17I4.6224.
- MacLeod, K. E. *et al* 2022, 'A Literature Review of Productivity Loss Associated with Hypertension in the United States', *Population Health Management*, 25(3), p. 297. doi: 10.1089/POP.2021.0201.
- Maulidina, F., Harmani, N. and Suraya, I 2019, 'Faktor-Faktor yang Berhubungan dengan Kejadian Hipertensi di Wilayah Kerja Puskesmas Jati Luhur Bekasi Tahun 2018', *ARKESMAS (Arsip Kesehatan Masyarakat)*, 4(1), pp. 149–155. doi: 10.22236/ARKESMAS.V4I1.3141.
- Meher, M., Pradhan, S. and Pradhan, S. R 2023, 'Risk Factors Associated With Hypertension in Young Adults: A Systematic Review', *Cureus*, 15(4). doi: 10.7759/CUREUS.37467.
- Mohammed, T. *et al* 2021, 'Etiology and management of hypertension in patients with cancer', *Cardio-oncology*, 7(1). doi: 10.1186/S40959-021-00101-2.
- Monaghan, T. F. *et al* 2021, 'Foundational Statistical Principles in Medical Research: A Tutorial on Odds Ratios, Relative Risk, Absolute Risk, and Number Needed to Treat', *International Journal of Environmental Research and Public Health*, 18(11). doi: 10.3390/IJERPH18115669.
- National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research 1979, *The Belmont Report*. Available at: <https://www.hhs.gov/ohrp/regulations-and-policy/belmont-report/read-the-belmont-report/index.html#xrespect> (Accessed: 15 March 2024).

- National Heart Lung and Blood Institute 2004, *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. National Heart, Lung, and Blood Institute (US). Available at: <https://www.ncbi.nlm.nih.gov/books/NBK9630/> (Accessed: 23 February 2024).
- National Heart Lung and Blood Institute 2022, *High Blood Pressure - Causes and Risk Factors* | NHLBI, NIH, [nhlbi.nih.gov](https://www.nhlbi.nih.gov/health/high-blood-pressure/causes). Available at: <https://www.nhlbi.nih.gov/health/high-blood-pressure/causes> (Accessed: 24 February 2024).
- Niu, J. and Seo, D. C 2014, 'Central obesity and hypertension in Chinese adults: A 12-year longitudinal examination', *Preventive Medicine*, 62, pp. 113–118. doi: 10.1016/J.YPMED.2014.02.012.
- Nurdiantami, Y. *et al* 2018, 'Association of general and central obesity with hypertension', *Clinical nutrition (Edinburgh, Scotland)*, 37(4), pp. 1259–1263. doi: 10.1016/J.CLNU.2017.05.012.
- P2PTM Kemenkes RI 2018a, *Apa itu HDL dan LDL ?*, <https://p2ptm.kemkes.go.id/>. Available at: [https://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/page/28/klasifikasi-hipertensi](https://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluhdarah/page/36/apa-itu-hdl-dan-ldl#:~:text=HDL - High Density Lipoprotein (Kolesterol,satu penyebab utama pembentukan ateroma. (Accessed: 24 February 2024).</a></p>
<p>P2PTM Kemenkes RI 2018b, <i>Klasifikasi Hipertensi</i>. Available at: <a href=).
- P2PTM Kemenkes RI 2019, *Kendalikan faktor risiko Hipertensi dengan membatasi asupan natrium*, [p2ptm.kemkes.go.id](https://p2ptm.kemkes.go.id/). Available at: <https://p2ptm.kemkes.go.id/infographic/kendalikan-faktor-risiko-hipertensi-dengan-membatasi-asupan-natrium> (Accessed: 1 June 2024).
- Pereira de Sousa, L. *et al.* 2020, 'Educational approach for hypertensive people with low educational level', *European Journal of Public Health*, 30(Supplement\_5), p. ckaa166.464. doi: 10.1093/eurpub/ckaa166.464.
- Pereira, M. *et al.* 2012, 'Incidence of hypertension in a prospective cohort study of adults from Porto, Portugal', *BMC Cardiovascular Disorders*, 12(1), pp. 1–8. doi: 10.1186/1471-2261-12-114/TABLES/2.
- PERKI 2013, 'Pedoman Tatalaksana Dislipidemia PERKI 2013', *Indonesian Journal of Cardiology*, 34(4), pp. 245–70. doi: 10.30701/IJC.V34I4.385.

- Pramaningtyas, M. D., Prasiddha, K. C. and Estiko, R. I 2021, 'The relationship between waist circumference and systolic blood pressure', *Jurnal Kedokteran Universitas Palangka Raya*, 9(2), pp. 1362–1365. doi: 10.37304/JKUPR.V9I2.3437.
- Pratiwi, R., Sudiarti, T. and Mizan, S 2024, 'Hubungan obesitas sentral dan asupan zat gizi dengan hipertensi pada wanita', *Jambura Journal of Health Sciences and Research*, 6(1), pp. 1–12. doi: 10.35971/JJHSR.V6I1.21760.
- Pugh, D., Gallacher, P. J. and Dhaun, N 2019, 'Management of Hypertension in Chronic Kidney Disease', *Drugs*, 79(4), p. 365. doi: 10.1007/S40265-019-1064-1.
- Qiu, L. *et al* 2021, 'Prevalence and Risk Factors of Hypertension, Diabetes, and Dyslipidemia among Adults in Northwest China', *International Journal of Hypertension*, 2021(1), p. 5528007. doi: 10.1155/2021/5528007.
- Queiroz, P. D. S. F. *et al* 2021, 'Abdominal obesity and associated factors in quilombola communities in Northern Minas Gerais, Brazil, 2019', *Epidemiologia e Servicos de Saude*, 30(3). doi: 10.1590/S1679-49742021000300023.
- Rahma, G. and Gusrianti 2019, 'Hubungan Obesitas Sentral Dengan Hipertensi pada Penduduk Usia 25-65 Tahun', *JIK JURNAL ILMU KESEHATAN*, 3(2), pp. 118–122. doi: 10.33757/JIK.V3I2.239.
- Ramezankhani, A., Azizi, F. and Hadaegh, F 2019, 'Associations of marital status with diabetes, hypertension, cardiovascular disease and all-cause mortality: A long term follow-up study', *PLoS ONE*, 14(4). doi: 10.1371/JOURNAL.PONE.0215593.
- Raphadu, T. T. *et al* 2023, 'A Longitudinal Investigation on the Effects of Sodium and Potassium Intake on the Development of Hypertension and Abdominal Obesity from Childhood to Young Adulthood amongst Ellisras Rural Population, South Africa', *Children*, 10(8). doi: 10.3390/CHILDREN10081330.
- Ren, H. *et al* 2023, 'Association of normal-weight central obesity with hypertension: a cross-sectional study from the China health and nutrition survey', *BMC Cardiovascular Disorders*, 23(1), pp. 1–11. doi: 10.1186/S12872-023-03126-W/FIGURES/3.
- Rezqi, E. G., Fathana, P. B. and Dirja, B. T 2023, 'Hubungan perilaku merokok dan obesitas dengan kejadian hipertensi pada guru sman di kota mataram', *Intisari Sains Medis*, 14(1), pp. 237–242. doi: 10.15562/ISM.V14I1.1569.

- Rhee, E. J. *et al* 2018, 'Association between abdominal obesity and increased risk for the development of hypertension regardless of physical activity: A nationwide population-based study', *The Journal of Clinical Hypertension*, 20(10), p. 1417. doi: 10.1111/JCH.13389.
- Riyadina, W. *et al* 2020, *Rekam Jejak Studi Kohor Faktor Risiko Penyakit Tidak Menular di Kota Bogor*, UI Publishing. UI Publishing.
- Setia, M. S 2016, 'Methodology Series Module 1: Cohort Studies', *Indian Journal of Dermatology*, 61(1), p. 21. doi: 10.4103/0019-5154.174011.
- Shariq, O. A. and McKenzie, T. J 2020, 'Obesity-related hypertension: a review of pathophysiology, management, and the role of metabolic surgery', *Gland Surgery*, 9(1), p. 80. doi: 10.21037/GS.2019.12.03.
- Sirait, A. M. and Riyadina, W 2013, 'Hipertension Incidence in Prospective Cohort Study', *Buletin Penelitian Sistem Kesehatan*, 16(1), pp. 99–107. Available at: <https://id.scribd.com/document/496488619/INSIDEN-HIPERTENSI>.
- Son, M. *et al* 2022, 'Effects of Marital Status and Income on Hypertension: The Korean Genome and Epidemiology Study (KoGES)', *Journal of Preventive Medicine and Public Health*, 55(6), p. 506. doi: 10.3961/JPMMPH.22.264.
- Spruill, T. M 2010, 'Chronic Psychosocial Stress and Hypertension', *Current hypertension reports*, 12(1), p. 10. doi: 10.1007/S11906-009-0084-8.
- Sudikno, Riyadina, W. and Rahajeng, E 2018, 'Obesitas sentral pada orang dewasa: studi kohor prospektif di kota bogor', *GIZI INDONESIA*, 41(2), pp. 105–116. doi: 10.36457/GIZINDO.V41I2.276.
- Sulistiowati, E. and Sihombing, M 2020, 'Risk Factors for Newly Diagnosed Hypertensive at Non-Diabetes Participants: A Cohort Study in Central Bogor, Indonesia', pp. 74–80. doi: 10.2991/AHSR.K.200215.015.
- Sun, J. Y. *et al* 2022, 'High waist circumference is a risk factor of new-onset hypertension: Evidence from the China Health and Retirement Longitudinal Study', *The Journal of Clinical Hypertension*, 24(3), p. 320. doi: 10.1111/JCH.14446.
- Sun, K. *et al* 2022, 'Association of education levels with the risk of hypertension and hypertension control: a nationwide cohort study in Chinese adults', *J Epidemiol Community Health*, 76(5), pp. 451–457. doi: 10.1136/JECH-2021-217006.
- Szili-Torok, T. *et al* 2023, 'Normal Fasting Triglyceride Levels and Incident Hypertension in Community-Dwelling Individuals Without Metabolic Syndrome', *Journal of the American Heart Association: Cardiovascular and Cerebrovascular Disease*, 12(16), p. 28372. doi: 10.1161/JAHA.122.028372.



- Tan, J. L. and Thakur, K 2023, 'Systolic Hypertension', *StatPearls*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK482472/> (Accessed: 24 February 2024).
- Tchernof, A. and Després, J. P 2013, 'Pathophysiology of human visceral obesity: An update', *Physiological Reviews*, 93(1), pp. 359–404. doi: 10.1152/PHYSREV.00033.2011/ASSET/IMAGES/LARGE/Z9J0011326460008.JPEG.
- Thawornchaisit, P. *et al* 2013, 'Health risk factors and the incidence of hypertension: 4-year prospective findings from a national cohort of 60 569 Thai Open University students', *BMJ Open*, 3(6), p. e002826. doi: 10.1136/BMJOPEN-2013-002826.
- Wang, J. *et al* 2018, 'Differences in prevalence of hypertension and associated risk factors in urban and rural residents of the northeastern region of the People's Republic of China: A cross-sectional study', *PLoS ONE*, 13(4). doi: 10.1371/JOURNAL.PONE.0195340.
- Wang, M. *et al* 2020, 'The Paradox Association between Smoking and Blood Pressure among Half Million Chinese People', *International Journal of Environmental Research and Public Health*, 17(8). doi: 10.3390/IJERPH17082824.
- Wang, Y. *et al* 2020, 'Waist Circumference Change is Associated with Blood Pressure Change Independent of BMI Change', *Obesity (Silver Spring, Md.)*, 28(1), p. 146. doi: 10.1002/OBY.22638.
- Williams, R. B 2010, 'How does lower education get inside the body to raise blood pressure?: What can we do to prevent this?', *Hypertension*, 55(3), pp. 617–618. doi: 10.1161/HYPERTENSIONAHA.109.146423.
- Wong, M. C. S. *et al* 2020, 'Global, regional and time-trend prevalence of central obesity: a systematic review and meta-analysis of 13.2 million subjects', *European Journal of Epidemiology*, 35(7), p. 673. doi: 10.1007/S10654-020-00650-3.
- World Health Organisation 2008, *Waist Circumference and Waist–Hip Ratio. Report of a WHO Expert Consultation. Geneva, 8–11 December 2008*. Available at: <http://www.who.int>.
- World Health Organization 2013, *Global Brief on Hypertension: Silent Killer, Global Public Health Crisis, World Health Organization*. Available at: <https://www.who.int/publications/i/item/a-global-brief-on-hypertension-silent-killer-global-public-health-crisis-world-health-day-2013>.

- World Health Organization 2021, *Global Physical Activity Questionnaire (GPAQ) Analysis Guide*, World Health Organization. 20 Avenue Appia, 1211 Geneva 27, Switzerland: Surveillance and Population-Based Prevention Prevention of Noncommunicable Diseases Department World Health Organization 20. Available at: <https://www.who.int/teams/noncommunicable-diseases/surveillance/systems-tools/physical-activity-surveillance>.
- World Health Organization 2023a, *Hypertension*, *who.int*. Available at: <https://www.who.int/news-room/fact-sheets/detail/hypertension> (Accessed: 21 February 2024).
- World Health Organization 2023b, *Global report on hypertension: the race against a silent killer*. Available at: <https://www.who.int/publications/i/item/9789240081062> (Accessed: 22 February 2024).
- Xie, H. *et al* 2022, 'The relationship between lipid risk score and new-onset hypertension in a prospective cohort study', *Frontiers in Endocrinology*, 13, p. 916951. doi: 10.3389/FENDO.2022.916951/BIBTEX.
- Zare, M. G. *et al* 2023, 'Prevalence and risk factors of pre-hypertension and hypertension among adults in Southeastern Iran: Findings from the baseline survey of the Zahedan adult cohort study', *PLOS ONE*, 18(12). doi: 10.1371/JOURNAL.PONE.0295270.
- Zheng, C. *et al* 2020, 'Social determinants status and hypertension: A Nationwide Cross-sectional Study in China', *The Journal of Clinical Hypertension*, 22(11), p. 2128. doi: 10.1111/JCH.14023.