

DAFTAR PUSTAKA

- Ashwell, M., & Gibson, S. (2014). A proposal for a primary screening tool: “Keep your waist circumference to less than half your height”. *BMC Medicine*, *12*, 207. <https://doi.org/10.1186/s12916-014-0207-1>
- Bercea, C., Cottrell, G. S., Tamagnini, F., & McNeish, A. J. (2021). Omega-3 polyunsaturated fatty acids and hypertension: a review of vasodilatory mechanisms of docosahexaenoic acid and eicosapentaenoic acid. *British Journal of Pharmacology*, *178*(4), 860–877. <https://doi.org/10.1111/bph.15336>
- Bertalina. (2018). Hubungan Asam Lemak Jenuh, Tak Jenuh Ganda, dan Serat dengan Rasio LDL/HDL Pada Penderita Jantung Koroner di Poli Jantung RSUD Dr. HI. Abdul Moeloek. *Jurnal Dunia Kesmas*.
- Casadei, K., & Kiel, J. (2024). *Anthropometric Measurement*.
- Cerhan, J. R., Moore, S. C., Jacobs, E. J., Kitahara, C. M., Rosenberg, P. S., Adami, H.-O., Ebbert, J. O., English, D. R., Gapstur, S. M., Giles, G. G., Horn-Ross, P. L., Park, Y., Patel, A. V, Robien, K., Weiderpass, E., Willett, W. C., Wolk, A., Zeleniuch-Jacquotte, A., Hartge, P., ... Berrington de Gonzalez, A. (2014). A pooled analysis of waist circumference and mortality in 650,000 adults. *Mayo Clinic Proceedings*, *89*(3), 335–345. <https://doi.org/10.1016/j.mayocp.2013.11.011>
- Choi, H. Y., & Kim, E. (2023). Factors Influencing the Control of Hypertension According to the Gender of Older Adults. *Healthcare (Basel, Switzerland)*, *11*(11). <https://doi.org/10.3390/healthcare11111595>
- Delong, C., & Sharma, S. (2024). *Physiology, Peripheral Vascular Resistance*.
- Destra, E., Anggraeni, N., Firmansyah, Y., & Santoso, A. H. (2023). Waist to hip ratio in Cardiovascular Disease Risk : A Review of the Literature. *MAHESA : Malahayati Health Student Journal*, *3*(6), 1770–1781. <https://doi.org/10.33024/mahesa.v3i6.10595>
- Dewi, N., Erry, M. Y., & Tiurma, H. (2016). *Kalsium, Indeks Massa Tubuh, dan Hipertensi Pada Wanita Postmenopause di Pulau Sumatera (Analisis Data Sekunder Riskedas 2007) Nutrire Diaita Volume 8 Nomor 1*.
- Gamage, A. U., & Seneviratne, R. de A. (2021). Physical inactivity, and its association with hypertension among employees in the district of Colombo. *BMC Public Health*, *21*(1), 2186. <https://doi.org/10.1186/s12889-021-12013-y>
- Goodhart, A. K. (2016). Hypertension from the patient’s perspective. *British Journal of General Practice*, *66*(652), 570–570. <https://doi.org/10.3399/bjgp16X687757>
- Hardinsyah, M. (2017). *Ilmu Gizi : Teori dan Aplikasi*. EGC.
- Hasdianah, HR. (2014). *Pemanfaatan Gizi, Diet, dan Obesitas*. Nuha Medika.

- Hidayah, A., Yuniastuti, A., & Rahayu, R. (2020). The Analysis of Saturated Fat, Sodium, Protein Intake and Body Mass Index on the Occurrence of Hypertension in the Elderly in Semarang Regency. *Public Health Perspectives Journal Arifatul Hidayah*, 5(2), 2020–2162. <http://journal.unnes.ac.id/sju/index.php/phpj>
- Lidiyawati, L., & Kartini, A. (2014). Hubungan Asupan Asam Lemak Jenuh, Asam Lemak Tidak Jenuh, dan Natrium dengan Kejadian Hipertensi Pada Wanita Menopause di Kelurahan Bojongsalaman. *Journal of Nutrition College*, 3(4), 612–619. <https://doi.org/10.14710/jnc.v3i4.6860>
- Listrianah, Abadi, E., Memah, H. P., Andriyani, D., Rotua, M., & Dewi, V. (2023). *ILMU GIZI*. <https://www.researchgate.net/publication/374418462>
- Maki, K. C., Dicklin, M. R., & Kirkpatrick, C. F. (2021). Saturated fats and cardiovascular health: Current evidence and controversies. *Journal of Clinical Lipidology*, 15(6), 765–772. <https://doi.org/10.1016/j.jacl.2021.09.049>
- Mardalena, I., & Suryani, E. (2016). *Ilmu Gizi*.
- Mittal, B. (2019). Subcutaneous adipose tissue & visceral adipose tissue. *The Indian Journal of Medical Research*, 149(5), 571–573. https://doi.org/10.4103/ijmr.IJMR_1910_18
- Nadiyah, Harna, & Sapang, M. (2021). *Hubungan Tingkat Kecukupan Lemak Tidak Jenuh Tunggal, Mineral, Status Gizi dengan Kejadian Hipertensi Lansia di Posbindu Daerah Puskesmas Tajur Kota Tangerang*.
- Natesan, V., & Kim, S.-J. (2021). Lipid Metabolism, Disorders and Therapeutic Drugs - Review. *Biomolecules & Therapeutics*, 29(6), 596–604. <https://doi.org/10.4062/biomolther.2021.122>
- Novianingsih, E., & Kartini, A. (2012). *Hubungan Antara Beberapa Indikator Status Gizi Dengan Tekanan Darah Pada Remaja*. <http://ejournal-s1.undip.ac.id/index.php/jnc>
- Pratama, E., & Pangalila, F. (2019). Hubungan kualitas tidur dengan tekanan darah pada karyawan Universitas Tarumanagara. In *Tarumanagara Medical Journal* (Vol. 1, Issue 2).
- Princewel, F., Cumber, S. N., Kimbi, J. A., Nkfusai, C. N., Keka, E. I., Viyoff, V. Z., Beteck, T. E., Bede, F., Tsoka-Gwegweni, J. M., & Akum, E. A. (2019). Prevalence and risk factors associated with hypertension among adults in a rural setting: the case of Ombe, Cameroon. *Pan African Medical Journal*, 34. <https://doi.org/10.11604/pamj.2019.34.147.17518>
- Rehman, S., Hashmi, M. F., & Nelson, V. L. (2024). *Blood Pressure Measurement*.
- Rivera-Soto, W. T., & Rodríguez-Figueroa, L. (2016). Is Waist-to-Height Ratio a Better Obesity Risk-Factor Indicator for Puerto Rican Children than is BMI or Waist Circumference? *Puerto Rico Health Sciences Journal*, 35(1), 20–25.

- Shahoud, J. S., Sanvictores, T., & Aeddula, N. R. (2024). *Physiology, Arterial Pressure Regulation*.
- Sharma, S., Hashmi, M. F., & Bhattacharya, P. T. (2024). *Hypotension*.
- Shen, S., Lu, Y., Qi, H., Li, F., Shen, Z., Wu, L., Yang, C., Wang, L., Shui, K., Yao, W., Qiang, D., Yun, J., & Zhou, L. (2017). Waist-to-height ratio is an effective indicator for comprehensive cardiovascular health. *Scientific Reports*, 7, 43046. <https://doi.org/10.1038/srep43046>
- Sherwood, L. (2016). *Human Physiology : from cells to systems* (9th Edition, Vol. 1). Boston, MA : Cengage Learning, [2016].
- Siyoto, S. (2015). *Dasar Metodologi Penelitian* (Ayup, Ed.).
- Tasić, T., Tadić, M., & Lozić, M. (2022). Hypertension in Women. *Frontiers in Cardiovascular Medicine*, 9, 905504. <https://doi.org/10.3389/fcvm.2022.905504>
- Triana, M. A., Alfarisi, R., Anggraeni, S., & Teddy, T. (2024). Hubungan Aktifitas Fisik Dengan Tekanan Darah Pada Karyawan Di Universitas Malahayati Bandar Lampung. *Jurnal Ilmu Kedokteran Dan Kesehatan*, 11(6), 1252–1260. <https://doi.org/10.33024/jikk.v11i6.14996>
- Tur, J. A., & Bibiloni, M. D. M. (2019). Anthropometry, Body Composition and Resting Energy Expenditure in Human. *Nutrients*, 11(8). <https://doi.org/10.3390/nu11081891>
- Wang, K., Li, L., Li, N., Ke, R., Yuan, D., Deng, T., Liu, S., Wu, Y., Zuo, D., Fang, H., & Liu, A. (2023). The Assessment of Fatty Acid Composition in Deep-Fried Dough Sticks across Five Cities in China in 2020. *Processes*, 11(11), 3254. <https://doi.org/10.3390/pr11113254>
- Warrier, V., Krishan, K., Shedge, R., & Kanchan, T. (2024). *Height Assessment*.
- Wulan Sari, N., Mutmainna, A., Nani Hasanuddin, S., Perintis Kemerdekaan VIII, J., & Makassar, K. (2024). Hubungan Stres Dengan Kejadian Hipertensi Pada Penderita Hipertensi di Wilayah Kerja Puskesmas Tamangapa Kota Makassar. *JIMPK : Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*, 4, 2024.
- Yoo, E. G. (2016). Waist-to-height ratio as a screening tool for obesity and cardiometabolic risk. In *Korean Journal of Pediatrics* (Vol. 59, Issue 11, pp. 425–431). Korean Pediatric Society. <https://doi.org/10.3345/kjp.2016.59.11.425>
- Yoo, E.-G. (2016). Waist-to-height ratio as a screening tool for obesity and cardiometabolic risk. *Korean Journal of Pediatrics*, 59(11), 425–431. <https://doi.org/10.3345/kjp.2016.59.11.425>
- Yuriah, A., Astuti, A. T., & Inayah, I. (2019). *Hubungan asupan lemak, serat dan rasio lingkar pinggang pinggul dengan tekanan darah pasien hipertensi di Puskesmas Gondokusuman I Yogyakarta*.

- Zainuddin, A., Yunawati, I., Studi, P., & Masyarakat, K. (2019). *Asupan Natrium dan Lemak Berhubungan Dengan Kejadian Hipertensi Pada Lansia di Wilayah Poasia Kota Kendari*.
- Zong, G., Li, Y., Sampson, L., Dougherty, L. W., Willett, W. C., Wanders, A. J., Alssema, M., Zock, P. L., Hu, F. B., & Sun, Q. (2018a). Monounsaturated fats from plant and animal sources in relation to risk of coronary heart disease among US men and women. *The American Journal of Clinical Nutrition*, 107(3), 445–453. <https://doi.org/10.1093/ajcn/nqx004>